

livelife

The magazine for HASSRA members



In this issue:

WWT ADVENTURES

p2

PTSD SUPPORT TRAINING

p4

JULY & SEPTEMBER
FESTIVAL WINNERS

p5-9

IN AT THE DEEP END

p10

TRAFFORD QUAYS
MARKS HASSRA
ANNIVERSARY IN STYLE

p11

INTRODUCING OUR
FUTURE HEALTH

p12

HASSRA VOLUNTEERING

p13

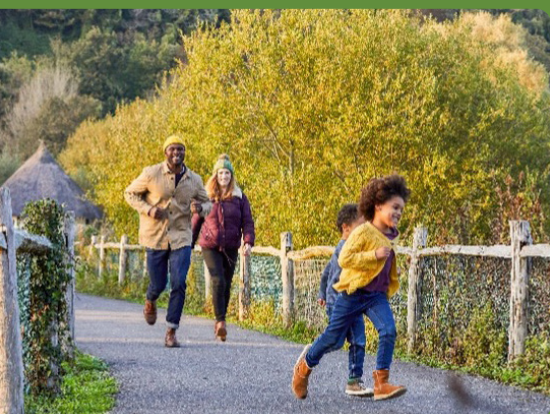
WIN
A 5-NIGHT
CRUISE WITH
HASSRA &
FRED. OLSEN
page 13

HASSRA
Living Life

Nature Meets Mystery: October Adventures Await at WWT!

By Kelly Lynch

For those who love the supernatural but not the spook, WWT is inviting families to enjoy a fun-filled Halloween, bubbling over with magical activities at eight of its wetland centres across the UK.



WWT, is the charity for wetlands and wildlife. It directly manages over 6,900 hectares of wetland habitat in the UK, creating unique wetland experiences for people, so that you and your family can forge a stronger connection with nature.

For one week only, visitors can make magical memories and experience the wonder of wetlands through enchanting activities. Families can design a willow wand to cast spells, discover the mysteries of wetland plants to make magical potions, and search for spotted tops and amazing giant domes on a fungi hunt.

There's so much to explore in the autumnal wetland nature, from mini beast hunting and pond dipping to leaf scavenger hunts, that will leave families feeling enchanted. While the owl pellet dissection activity offers nature lovers a chance to discover how these nocturnal birds of prey live and feast in wetlands and woodlands. Activities vary from site to site, ensuring each visit is a unique experience. **Click here** to find out what's on at your nearest wetland centre.

Capturing these magical memories, families can pick up a free WWT Wetland Centre 'Super Natural' logbook with a guide to all the activities on offer and space to note down their other-worldly wetland adventures.

WWT sites running Super Natural events include WWT Washington (Tyne and Wear), WWT Martin Mere (Lancashire), WWT Arundel (West Sussex), WWT Welney (Norfolk), WWT London (Barnes) and WWT Slimbridge (Gloucestershire),

WWT Llanelli (South Wales) and WWT Castle Espie (Northern Ireland).

For those based in the South West a brand-new Mystical Marsh Lantern Experience at WWT Slimbridge this Halloween offers a spellbinding nighttime event that invites families to explore the illuminated wetlands like never before. The event will take place on Friday 17 and Saturday 18 October, and from Friday 24 to Saturday 1 November. Tickets priced at £12.95 per person are available to **book online here**.

Entry to the Super Natural events is included with the price of admission. As a member of HASSRA you are entitled to visit any WWT Wetland Centres for a discount of up to 85% on standard admission (children aged 3 and under go free).

To redeem this offer, visit the WWT page on the **HASSRA shop.**



Welcome to the Autumn Edition of Livelife

As autumn arrives and the air turns crisp, we find ourselves in a season that invites reflection – on growth, on gratitude, and on the journeys we’ve shared. This year, that reflection is especially meaningful as HASSRA continues to celebrate its remarkable 90th Anniversary.

Before we immerse ourselves fully into the new season, let’s reflect on our vibrant summer of fun and what happened in our HASSRA community. From the thrill of competitive sailing to the joy of discovering discounted days out with WWT, our members have embraced every opportunity to connect, explore, and thrive.

This issue is full of stories that capture the heart of HASSRA:

- Highlights from the July and September Festivals.
- Inspiring stories of support and wellbeing, from Development Fund grants to creative anniversary celebrations.
- A spotlight on Our Future Health alongside a volunteer’s fond reflections on her HASSRA journey.

As we look ahead to the final months of this milestone year, let’s carry the spirit of autumn with us – celebrating change, embracing community, and sowing seeds for the future.



Here’s to 90 years of **HASSRA** – and to many more seasons of inspiration.

Jacky Sneddon
Editor

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Walking Beside Heroes: My Path to PTSD Support Training

By Alan Deans

As a volunteer in the veteran community, I've seen the profound impact of Post Traumatic Stress Disorder – not only on individuals, but on their families and support networks. The invisible wounds of service can be just as debilitating as physical injuries. I wanted to do more, but knew I needed proper training.

Thanks to funding from CSiS through the HASSRA Development Fund, I completed specialist PTSD training. It has been transformational – not only in how I support veterans, but in how my contributions are recognised. I've since been able to bring new knowledge and skills to my roles, offering more targeted, compassionate support.

Mental health support is not a luxury – it's a necessity. For veterans, timely and informed care can be life changing. The training reinforced the importance of understanding trauma, listening without judgment, and creating safe

spaces for healing. Mental health must be embedded into every aspect of veteran support.

This journey also led to me being honoured as Scottish Veterans Community Champion 2025, and runner-up for the Lifetime Achievement Award. While these recognitions mean a lot, what matters most is the growing awareness of how critical mental health support is in our community.

The HDF/CSiS process was smooth and supportive, and I'd encourage others to apply. If you want to make a difference – especially for vulnerable groups – funding like this can empower you to take the next step.

Together we can build a more understanding, resilient, and mentally healthy community.
[Click here for more information.](#)



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FESTIVAL RESULTS

JULY

ACTIVITY	CATEGORY	NAME	REGION
Archery	Men's Winner	Iain Watson	HASSRA Fylde
	Ladies' Winner	Francesca Dabinett	HASSRA South East
	Men's Runner-Up	Suresh Dhanji	HASSRA North East
	Ladies' Runner-Up	Zoe Jones	HASSRA East Midlands
	Overall Winner	Francesca Dabinett	HASSRA South East
	Team Winners	Iain Watson & Lorraine Burrow	HASSRA Fylde
	Team Runners-Up	Zoe Jones & Ben Everitt	HASSRA East Midlands
Badminton	Men's Doubles Winners	Simon Bamber & Murray Wright	HASSRA North East
	Ladies' Doubles Winners	Helen Bamber & Gargi Chatterjee	HASSRA North East
	Mixed Doubles Winners	Simon Bamber & Helen Bamber	HASSRA North East
	Men's Doubles Runners-Up	David Hopkins & Jaime Werboweckjy	HASSRA Yorkshire & the Humber
	Ladies' Doubles Runners-Up	Norma Lewis & Julie Adderley	HASSRA London
	Mixed Doubles Runners-Up	Gargi Chatterjee & Murray Wright	HASSRA North East
Coarse Angling	Individual Winner	Stephen Doherty	HASSRA London
	Regional Team Winners	HASSRA London	HASSRA London
	Individual Runner-Up	Chris Gray	HASSRA South West
	Regional Team Runners-Up	HASSRA Scotland	HASSRA Scotland
Crown Green Bowls	Singles Winner	Paul Holden	HASSRA North West
	Singles Runner-Up	Ian Burgess	HASSRA North West
	Pairs Winners	Louise Cotton & Joshua Cotton	HASSRA West Midlands
	Pairs Runners-Up	Martyn Rawlinson & Heather Walsh	HASSRA North West
Men's Five-a-Side Football	Regional Team Winners	HASSRA West Midlands	HASSRA West Midlands
	Regional Team Runners-Up	HASSRA Fylde	HASSRA Fylde
Footgolf	Men's Winner	Simon Sowden	HASSRA South West
	Ladies' Winner	Janine Crosby	HASSRA Yorkshire & the Humber
	Men's Runner-Up	Kyle Pullen	HASSRA South East
	Ladies' Runner-Up	Rebecca Suckow	HASSRA East Midlands
General Knowledge Quiz	Regional Winners	HASSRA East Midlands	HASSRA East Midlands
	Regional Team Runners-Up	HASSRA London	HASSRA London
Gym Based Triathlon	Men's Winner	Gary Pennington	HASSRA North West
	Ladies' Winner	June Fenwick	HASSRA North East
	Men's Runner-Up	Jake Stevenson	HASSRA Fylde
	Ladies' Runner-Up	Linda Roulston	HASSRA East Midlands
Mixed Rounders	Regional Winners	HASSRA South West	HASSRA South West
	Regional Team Runners-Up	HASSRA Yorkshire & the Humber	HASSRA Yorkshire & the Humber
Pictionary	Regional Winners	HASSRA East Midlands	HASSRA East Midlands
	Regional Team Runners-Up	HASSRA Fylde	HASSRA Fylde
Tennis	Men's Doubles Winners	Ian Hartley & Ed Woodcock	HASSRA North West
	Ladies' Doubles Winners	Jane Rimmer & Liz Mason-Home	HASSRA North West
	Men's Doubles Runners-Up	Martin Hollister & Gordon Buchan	HASSRA Scotland
	Ladies' Doubles Runners-Up	Nicola Bibby & Judith Fisher	HASSRA North East

FESTIVAL RESULTS

SEPTEMBER

ACTIVITY	CATEGORY	NAME	REGION
Chess	Winner	Bill Hewitt	HASSRA Wales
	Runner—Up	Simon Lunn	HASSRA London
Darts	Ladies’ Singles Winner	Karen Garton	HASSRA East Midlands
	Ladies’ Singles Runner-Up	Deborah Lamb	HASSRA East of England
	Men’s Singles Winner	Nichoas Kenny	HASSRA Wales
	Men’s Singles Runner-Up	Terence Roach	HASSRA North West
	Regional Team Winners	HASSRA North East	HASSRA North East
	Regional Team Runners-Up	HASSRA Yorkshire & the Humber	HASSRA Yorkshire & the Humber
Flat Green Bowls	Ladies’ Singles Winner	Maureen Hunter	HASSRA Scotland
	Men’s Singles Winner	Ryan Currie	HASSRA Scotland
	Pairs Winners	Christine Garner & Andy Bojke	HASSRA North East
	Ladies’ Singles Runner-Up	Tina Gray	HASSRA West Midlands
	Men’s Singles Runner-Up	Colin Parry	HASSRA North West
	Pairs Runners-Up	Jackie Butterworth & Paul Bolden	HASSRA North West
Golf	Ladies’ Handicap Winner	Angela Hughes	HASSRA Scotland
	Mes’s Handicap Winner	Jack Garrett	HASSRA East of England
	Ladies’ Scratch Winner	Amanda Owen	HASSRA Wales
	Men’s Scratch Winner	Ryan Unsworth	HASSRA Fylde
	Ladies’ Handicap Runner-Up	Wendy Kingdon	HASSRA South West
	Men’s Handicap Runner-Up	Paul Fuller	HASSRA South East
	Ladies’ Scratch Runner-Up	Nicola Goodison	HASSRA Yorkshire & the Humber
	Men’s Scratch Runner-Up	Alan Tierney	HASSRA Scotland
Netball	Regional Team Winners	HASSRA Wales	HASSRA Wales
	Regional Team Runners-Up	HASSRA Yorkshire & the Humber	HASSRA Yorkshire & the Humber
Pool	Ladies’ Singles Winner	Lorraine Grice	HASSRA Yorkshire & the Humber
	Men’s Singles Winner	Adam Stevens	HASSRA London
	Ladies’ Singles Runner-Up	Kerry Sharpe	HASSRA East Midlands
	Men’s Singles Runner-Up	Stephen Ainsworth	HASSRA Scotland
Snooker	Winner	Lee Mein	HASSRA Scotland
	Runner-Up	Paul Baxter	HASSRA Fylde
Sports Quiz	Regional Team Winners	HASSRA North West	HASSRA North West
	Regional Team Runners-Up	HASSRA Fylde	HASSRA Fylde
Squash	Men’s Winner	Paul Atkinson	HASSRA Wales
	Men’s Runner-Up	Stephen Lankester	HASSRA East of England

ACTIVITY	CATEGORY	NAME	REGION
Table Tennis	Ladies’ Singles Winner	Alison McKim	HASSRA North East
	Men’s Singles Winner	Phil Cawser	HASSRA Yorkshire & the Humber
	Ladies’ Doubles Winners	Alison McKim & Pauline Long	HASSRA North East
	Men’s Doubles Winners	Phil Cawser & Raj Passey	HASSRA Yorkshire & the Humber
	Mixed Doubles Winners	Jackie Wood & Phil Cawser	HASSRA Yorkshire & the Humber
	Ladies’ Singles Runner-Up	Barbara Dabrowska	HASSRA Yorkshire & the Humber
	Men’s Singles Runner-Up	Adekunle Akinboyewa	HASSRA South East
	Ladies’ Doubles Runners-Up	Jackie Wood & Barbara Dabrowska	HASSRA Yorkshire & the Humber
	Men’s Doubles Runners-Up	Aiden Williamson & Mark Alexander	HASSRA North East
	Mixed Doubles Runners-Up	Alison McKim & Aiden Williamson	HASSRA North East
Ten-Pin Bowling	Ladies’ Scratch Winner	Janet Watson	HASSRA East Midlands
	Men’s Scratch Winner	Dave Broomfield	HASSRA Fylde
	Ladies’ Handicap Winner	Lyndsey South	HASSRA Yorkshire & the Humber
	Men’s Handicap Winner	Mark Wisden	HASSRA Wales
	Mixed Doubles Scratch Winners	Norman Hamed & Lyndsey South	HASSRA Yorkshire & the Humber
	Mixed Doubles Handicap Winners	Ross Clifford & Tammara Glenister	HASSRA Wales
	Regional Team Scratch Winners	HASSRA Yorkshire & the Humber	HASSRA Yorkshire & the Humber
	Regional Team Handicap Winners	HASSRA Wales	HASSRA Wales
	Ladies’ Scratch Runner-Up	Jacqueline Arnold	HASSRA North West
	Men’s Scratch Runner-Up	Norman Hamed	HASSRA Yorkshire & the Humber
	Ladies’ Handicap Runner-Up	Jane Edrupt	HASSRA East of England
	Men’s Handicap Runner-Up	Martin Hill	HASSRA London
	Mixed Doubles Scratch Runners-Up	Robert Seaton & Janet Watson	HASSRA East Midlands
	Mixed Doubles Handicap Runners-Up	Jeff Griffin & Rachel Cain	HASSRA South West
	Regional Team Scratch Runners-Up	HASSRA East Midlands	HASSRA East Midlands
Walking Football	Regional Team Handicap Runners-Up	HASSRA South West	HASSRA South West
	Regional Team Winners	HASSRA Fylde	HASSRA Fylde
	Regional Team Runners-Up	HASSRA North East	HASSRA North East





JULY FESTIVAL



SEPTEMBER FESTIVAL



The Inter-Departmental Offshore Regatta (IDOR): My Leap in at the Deep End

By Helen Roylance-Trotman

The Inter-Departmental Offshore Regatta (IDOR) is an annual yacht racing event in the UK – a five-day programme for Civil Service departments, agencies, and affiliated sailing clubs. It mixes inshore and offshore races, all sailed on chartered Beneteau Oceanis 37 yachts.



It began with an email from HASSRA: "Apply Now: IDOR 2025." Me? On a yacht? Fueled by curiosity, caffeine, and a questionable sense of adventure, I filled out the form. Soon after came the reply: *"Congratulations! You've been selected!"*

I wondered if they'd emailed the wrong person. But no – they wanted me. The one whose idea of "port" was a type of wine.



And there she was – home for the next five nights: a yacht named *Modernistic Lady*. Eight people in that space? Technically yes – if you don't mind spooning. We settled on top-and-tailing. Privacy? Forget it. You'll know your crewmates' snoring patterns better than your own dreams.

I had no clue how to tack or gybe – let alone what those words meant. But the crew, diverse in experience and personality, welcomed me with patience. These manoeuvres are sailing's dance routine – except the floor moves, the wind leads badly, and the boom aims for your head.

- **Tacking:** turning the bow through the wind, with frantic dives across the cabin and line-pulling as sails switch sides.
- **Gybing:** turning the stern through the wind, the boom swinging like a flying sledgehammer.

Both are essential for changing course – and for beginners, they're equal parts coordination, chaos, and bruises.

Then came the spinnaker. Majestic when flying, but repacking it felt like wrestling an octopus in a wind tunnel. With guidance, I eventually folded it into something resembling order.

The racing was exhilarating:

- **Inshore** meant dazzling coastal views and endless tacking and gybing.
- **Offshore** was tougher – longer legs, fewer landmarks, and a rhythm demanding patience and a strong stomach. I spent hours curled up with ginger biscuits as the yacht pitched and slammed into waves.

Sailing with strangers is a leap of faith. Six days at sea strips away the superficial. You learn to trust, communicate, and adapt. You share silence and adrenaline, frustration and triumph. And sometimes, between the waves, you find unexpected friendships.

I still don't know my port from my starboard. Would I apply again?

Heck yeah.

Because I've learned that open seas, chaos, bruises, and being yelled at is my new love language.

A Sweet Celebration

– Trafford Quays marks HASSRA's 90th in style

By Christopher Wheeldon

To celebrate HASSRA's 90th Anniversary, Trafford Quays pulled out all the stops – treating all 500 members to a week of fun and treats in the form of commemorative surprises, made possible by the generous 90th Anniversary Grant.

The festivities kicked off in June with a gift for every member. A cream tea box filled with a large scone, Rodda's clotted cream, a mini jam pot, cutlery, and a HASSRA pamphlet. The collection point quickly became a lively hub, where members gathered to browse a photo board showcasing the club's proudest moments, awards, and past events. Committee members were on hand to share stories, while a table of HASSRA-branded goodies – lanyards, torches, pens and post-it notes – added to the celebratory spirit.

But the party didn't end there.

In the week commencing 14th July 2025, an ice cream van rolled up to the Quays, offering every member a free 99 or ice lolly. Each member received a ticket to redeem their treat, along with a custom-designed commemorative trolley coin – featuring the HASSRA Trafford Quays logo on one side and the 90th Anniversary emblem on the other.

These two events created a real buzz across the site, bringing members together, sparking conversations, and even welcoming a few new faces. In fact, the celebrations helped push the club's membership past the 500 point – a milestone worth celebrating!

From all of us at Trafford Quays: **Happy 90th Anniversary HASSRA!** Here's to many more years of fun, friendship and fantastic memories.

If your Club has not yet applied for its 90th Anniversary Club Grant, there is still time. [Click here](#) for more information on how to apply.



Introducing Our Future Health

By Fiona Ryland

As Government Chief People Officer, I'm pleased to share news of an exciting partnership between the Government People Group (GPG) and [Our Future Health](#) the UK's largest-ever health research programme. This collaboration is part of a wider Health and Wellbeing work programme, developed with senior Health and Wellbeing Champions and departmental Health and Wellbeing leads, to support the [CS Health and Wellbeing Strategic Priorities](#).

We know that when we're healthy and happy, we're more productive and engaged at work. That's why this initiative is so important – it promotes the benefits of proactively looking after our health and contributes to vital research that could improve lives across the UK.

What is Our Future Health?

Our Future Health aims to help people live longer, healthier lives by enabling earlier detection, better prevention, and more effective treatment of diseases. Over 2 million people from all backgrounds have already joined, contributing valuable health data to support research into conditions like dementia, cancer, diabetes, heart disease, and stroke.

Volunteers provide information about their health and lifestyle, helping researchers understand how diseases develop and how to tackle them more effectively. The programme is open to everyone aged 18 and over, including those with existing health conditions.

Why it Matters

Currently, 59% of people aged 65+ live with two or more serious health conditions – a figure [expected to rise to 70% by 2035](#). Many diseases begin long before symptoms appear, and Our Future Health is working to change how we detect and treat them. By collecting data from millions of volunteers, researchers can make discoveries that benefit everyone.

How to Take Part

Joining is simple:

- Sign the consent form
- Complete an online health and lifestyle questionnaire
- Attend a 15-minute appointment at a local clinic

At your appointment, you'll provide a small blood sample and have basic measurements taken. You'll also receive insights into your own health, such as blood pressure, and may be offered information about your risk of certain diseases in the future. You can choose a time slot that suits you.

As a thank you, you'll receive a £10 voucher, which can be spent in supermarkets, high street shops, or online – or donated to the Our Future Health charity.

Your Privacy

Some aggregate data will be shared with GPG to help shape future wellbeing initiatives, but all personal information is handled independently by Our Future Health. Your employer will not be informed if you choose to participate.

You may have heard of UK Biobank, a similar study. You're welcome to join Our Future Health even if you're already a UK Biobank participant, but only if you feel comfortable continuing with both.

Get Involved

To learn more or sign up, visit: ourfuturehealth.org.uk

Let's work together to prevent disease and build a healthier future for all.

If you are really fast – and I mean get a wriggle on! There is still time to enter the Fred. Olsen Competition and you could be sailing into the sunset of Espana Verde in August next year.

We have not one, but three pairs of tickets to give away in our September competition, but be warned, it closes at midnight on Sunday 5th October – so don't miss the boat and enter here.

Win a 5-Night Cruise with HASSRA & Fred. Olsen!

Back by popular demand is our Advent Competition coming soon, where we will be giving away to 12 lucky members, one of the following

Two Jo Malone Advent Calendars
Two Elemis Advent Calendars
Two Liz Earle Advent Calendars
Two Fortnum's Beauty Advent Calendars
One Paco Rabanne Advent Calendar
Creed Aftershave for men Green Tweed
Creed Aftershave for men Santal
Creed Aftershave for men Aventus

Also coming soon is the £60,000 Christmas Cracker.

We asked you what should be in Santa's Sack this year and you gave us some brilliant new ideas – There's just not enough space here to tell you everything, but we won't disappoint. With cash, tech and gifts to make your Christmas that bit more wonderful.

Volunteering

- a Lifelong Journey with HASSRA

By Ann Nash

The recently published HASSRA book, filled with photos from events spanning 90 years, brought back many fond memories – especially of the Special Events we planned, organised, and enjoyed. From local clubs to national festivals, these moments created lifelong friendships and a deep appreciation for the HASSRA community.

My journey began in December 1972 on my first day at Stroud DHSS, when I was handed a HASSRA membership form. I soon joined the local committee and served as secretary for several years. With over 90% membership and strong management support, our club thrived, hosting many successful events.

In 1977, I volunteered as a courier for the South West (SW) Special Event in Bath – an unforgettable experience, especially bathing in the Roman Baths! That led to my invitation to join the SW Regional Board of Management, where I served for 36 years, including as Deputy Chair and Chair. We supported local clubs, pioneered a Finance sub-committee, and achieved so much through teamwork, shared skills, and passion for HASSRA.

After stepping down in 2014, I was honoured to become a SW Life Vice President. I then joined the National Awards Committee, serving three terms reviewing Development Scheme applications and recognising members' achievements at the Annual Presentation Dinners, while also updating the scheme's criteria and processes.

In 2023, I joined the new Diversity & Inclusion Committee, using my

HR background to help it grow.

We've since developed the HASSRA D&I Statement, reviewed survey findings, supported key national dates like PRIDE and Carers Week, and promoted National Inclusion Week with a competition.

Beyond HASSRA, I volunteer as a mentor and, since 2014, as a Befriender for the Civil Service Retirement Fellowship (CSRF), now celebrating its 40th year. I'm also part of a working group building a partnership between HASSRA and CSRF. You can help too – do you know retired colleagues who might benefit from CSRF's Befriending Service? It offers home visits, phone calls, pen pal letters, and soon, emails. With their permission, please send their details to enquiries@csrf.org.uk to be referred to CSRF.

You can also support the charity as a Digital Donor for just £3 a year or volunteer as a Befriender – current needs include Swaffham, Romsey, Fakenham, and Wallington.

I can hardly believe I've been a HASSRA volunteer for over 50 years. While I've received recognition, it's the friendships, camaraderie, and shared purpose that have been the most rewarding. **Here's to another 90 years of HASSRA!**