

# LivingLife

The magazine for HASSRA members

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HUT VOUCHERS  
WORTH £300

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**HASSRA**  
is 85!

Win Big in our  
**£85,000**  
Prize Draw

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**HASSRA**  
Living Life 

# GET ON YOUR BIKE



## with the HASSRA Cycling Challenge

Bikes and the all-important safety equipment can be expensive. So to help you on your way HASSRA is giving away 20 Halfords Bike Hut vouchers worth £300 each.

All you have to do is correctly answer 10 cycling related questions in our Halfords Bike Hut Competition.

All correct entries will go onto a final draw and the first 20 selected at random will win the prizes.

To enter, just visit the HASSRA Halfords Bike Hut Competition.

So have a go and good luck!

Also check out pages 7 & 8 for details of the new HASSRA Cycling Challenge, plus the rest of our fantastic Summer Lockdown programme.

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**HASSRA Living Life**

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# Welcome to the Summer edition of Livelife

What a year 2020 has been so far! When the last magazine was published, little did we know the challenges that would be faced over the ensuing months. The ways in which we live and work have changed beyond all recognition. Health, employment, caring responsibilities, education – uncertainty with everything. Even the ability to buy toilet rolls! Our host departments have been stretched to breaking point at times, but we have all pulled together stoically to get to where we are. Amid all this uncertainty, I want to reassure you that one thing remains unchanged – HASSRA is here for you.

Extra cash grants are available to all offices, bringing colleagues and friends together (with the appropriate social distancing, of course) to make this a time to remember for all the right reasons. Make sure your office applies for yours!

Everyone needs some distraction in times of great stress and hundreds of you have told us what you've been doing under Lockdown. Please continue to send us your Summer Staycation stories, photos and videos throughout July and August. Thousands have also taken part in our puzzles and online quizzes. Check out pages 7 & 8 to see how you can also get involved in the Lockdown programme, including national competitions for Photography and Writing with lots of chances to win some Love2Shop vouchers.

In addition, the HASSRA Cycling Challenge gives pedal pushers of all abilities the chance to get involved, get fit and get rewarded. Make sure you enter the Halfords Bike Hut competition on page 2 to help you on your way.

The lockdown restrictions have had a major impact on many of HASSRA's flagship events. As well as the HASSRA Festivals, the National Awards Dinner couldn't take place this year. However, this doesn't detract from fantastic work undertaken across the country in 2019. Check out all the winners on pages 4 & 5.

As lockdown restrictions ease, many of HASSRA's benefit partners have started to open their doors for business. As a result, we will be launching a Summer Promotion with a limited number of fantastic offers to begin with. These offers will gradually increase as more and more of our attractions begin to open. See page 11 for details..

HASSRA members are as likely as anybody see the effects of the pandemic. Financial and emotional stress, caring for both the young and old, all this on top of ill health and bereavement. Read on to see how The Charity for Civil Servants, Commsave and, our new benefit partner, The Happiness Club, are all there to provide help and support.



*Robbie Miller*  
**Editor**

There is a special bond between HASSRA members. Many of you have been with us for much of your adult life. You can rely on us, and we know we can rely on you. And we will do everything we can to keep it that way — today, tomorrow, until we get to the other side of this situation, and beyond.

**Take care and keep safe.**

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## Supported by:



## In partnership with:



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# 2019 MAJOR AWARD WINNERS

HASSRA presents its Annual Awards to its volunteers, clubs, regions and business sponsors who have worked tirelessly throughout the year. The usual glitz and glamour of an Awards Dinner was sorely missed due to the Lockdown but we will do our utmost to have a double celebration next year for all our winners from 2019 and 2020!

**The Presidents Cup:**  
(Best Region)  
HASSRA South West  
Winner



**Di Grossey**  
SOUTH WEST

**Sir Philip Rogers Trophy:**  
(Best Large Club)  
Walsall Service Centre  
West Midlands  
Winner



**Emily Armstrong**  
WEST MIDLANDS

**Sir Michael Partridge Trophy:**  
(Best Small Club)  
HASSRA Shrewsbury  
West Midlands  
Winner



**Steph Powis**  
WEST MIDLANDS

**Rachel Lomax Trophy:**  
(Volunteer of the Year)  
Wendy Longman  
Wales  
Winner



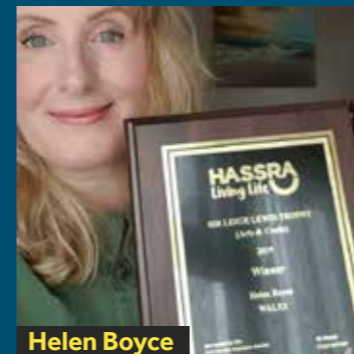
**Wendy Longman**  
WALES

**Terry Green Trophy:**  
(Best Sportsperson)  
Janine Crosby  
Yorkshire & The Humber



**Janine Crosby**  
YORKSHIRE  
& THE HUMBER

**Sir Leigh Lewis Trophy:**  
(Arts & Crafts)  
Helen Boyce  
Wales



**Helen Boyce**  
WALES

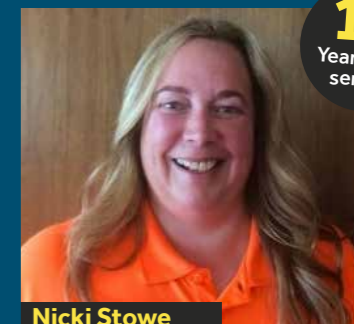
**Volunteer Long Service Award:**  
Ann Nash  
South West



**Ann Nash**  
SOUTH WEST

**5**  
Years long  
service

**Volunteer Long Service Award:**  
Nicki Stowe  
Yorkshire & The Humber



**Nicki Stowe**  
YORKSHIRE  
& THE HUMBER

**10**  
Years long  
service

**Lesley Strathie Trophy:**  
(Business Sponsor)  
Gareth Niblett  
West Midlands



**Gareth Niblett**  
WEST MIDLANDS

**Sir Robert Devereux Trophy:**  
(Wellbeing Award)  
Lincoln HASSRA  
East Midlands



**Klare Clark**  
EAST MIDLANDS

**Best Single Activity Club:**  
HASSRA London  
Golf Society



**Shaun Bausor**  
LONDON

Huge congratulations also go to all our National Sports Teams after HASSRA was awarded this year's **CSSC Duke of York Trophy for Best Departmental Association**. This wouldn't have been possible without the commitment and achievements of all of our fantastic national teams. Massive well done!

## THE (VIRTUAL) HASSRA AGM

This year's AGM took place on 14 May via a conference call, with delegates from all 12 regions dialling in.

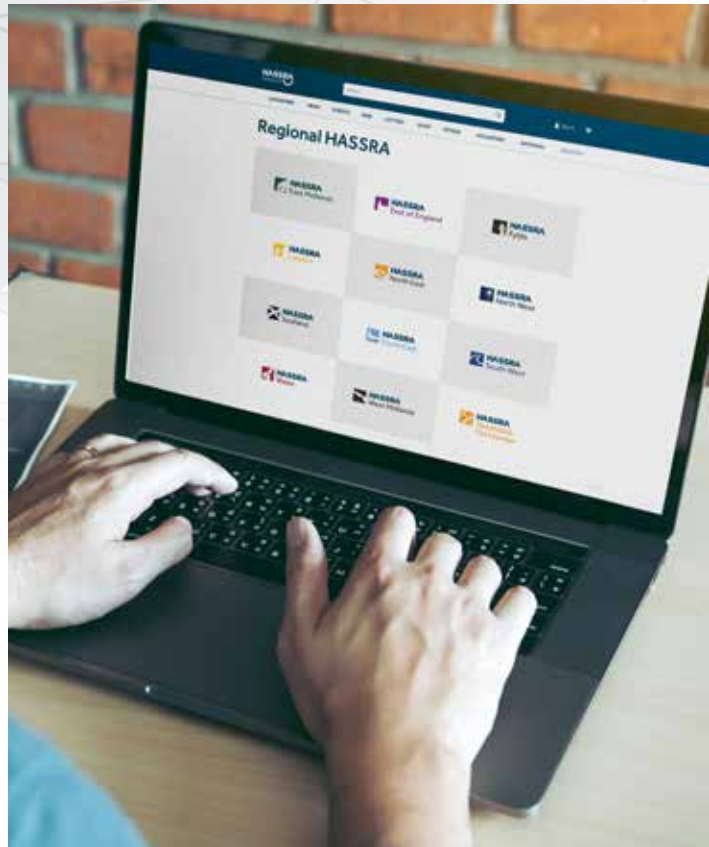
The impact of the pandemic on our 2020 programme was discussed but this didn't overshadow the positivity felt throughout the Association, not only for the performance in 2019 but also for HASSRA's future.

Formal elections were not required this year for the various posts on national committees and congratulations go to:

**National Board of Management:**  
Nigel Thomas (Wales)

**Finance Committee:**  
Di Grossey (South West)  
Jay Saleem (HASSRA Staff Team)

**Awards Committee:**  
Ann Nash (South West)



## Helping You Afford Life



Commsave offers you safe savings and affordable loans, direct from payroll. Any DWP employee can join and save through regular salary deductions.

### Savings

We offer a range of savings accounts, including a PrizeSaver Account, which each month gives you the chance to win £5,000. Every pound you have in this account, up to £200, gets you a ticket in the monthly draw and, as with all our accounts, your savings are 100% safe and secure\*.

### Loans

We offer loans for just about any purpose – whether it's a new car, home improvements, or that special item you've had your eye on. There are no set up or admin fees and we promise a fast turnaround on your application.

**To start taking advantage of these fantastic benefits, become a Commsave member by clicking [here](#).**

Your opinion matters to us. Visit **Commsave Pulse Survey** and answer a few simple questions for the chance to win one of these great prizes!

£100

£75

£50

\* savings up to £85,000 are guaranteed by the Financial Services Compensation Scheme

Deadline for entries 31<sup>st</sup> July 2020

# Living Life Well Under Lockdown

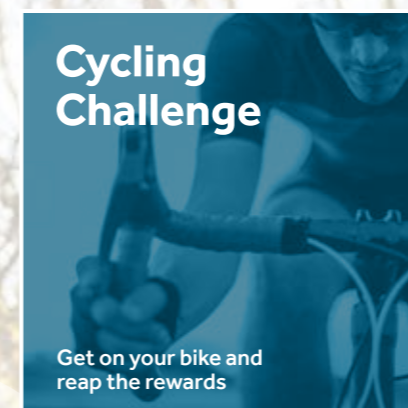
Throughout the Corona pandemic, HASSRA has worked hard to bring you something different to make life a little more bearable under lockdown. And haven't you made the most of it!

Our **Extra Support for Clubs** has helped you provide care packs, quizzes, bingo, fun competitions and so much more for colleagues at work and at home.

Your amazing entries in the **About You** and **Rainbow** competitions have been truly inspirational.

But the Coronavirus pandemic continues to affect us all, whether in the office, at home or retired. And so we are launching some extra Lockdown offers to keep you going over the summer months.

These existing Lockdown offers will continue. Find out more by clicking on each image:



The **HASSRA Cycling Challenge** gives pedal pushers of all abilities a chance to get involved and win some great prizes. If you need help with gear to get you going, enter our **Halfords Bike Hut competition** and you could win one of 20 vouchers worth £300 each.

Share your **Cycling Stories**, pictures and favourite routes and we'll award a £20 gift voucher for every entry published on HASSRA Live. Join us on Strava to **Ride the HASSRA Sportive** and you could win some fantastic prizes while setting your own personal records. And with categories for **Advanced, Intermediate** and **Beginners**, you don't have to be Chris Frome to have a chance.

Whatever your plans for the summer, we hope you'll want to go on sharing your stories and photos via our **Summer Staycation** competition. So send them in and we'll award a £20 gift voucher for every entry published on HASSRA Live.

If photography is your thing – or even if you're just a casual snapper – the **HASSRA Photography Competition** is a great opportunity to share your pics and have a chance of winning some fabulous prizes. We're looking for entries in categories **People and Animals, Landscapes, and A Moment in Time**. All entries will be published on HASSRA Live.

Budding writers and poets can enter our **Writing Competition** in the categories **Short Story, Non-Fiction and Poetry**. We know there's plenty of talent out there, so have a go. All entries will be published on HASSRA Live, and who knows where it might lead?

With so much on offer, there's something for everyone this summer. So get involved, share your stories and win some prizes.

Check out the HASSRA Lockdown pages for full details

# Straight Down the Middle

**The HASSRA London Golf Society, winner of the new HASSRA Major Award for Best Single Activity Club, has been in existence for over 70 years and continues to have a thriving membership comprising male and female golfers of all standards between the ages of 25 and 75.**

**Captain, Shaun Bausor, tells us,**

“Golf has been integral to HASSRA activities for many decades. The London team originally comprised members from Headquarters (HQ), London North and London South societies. The HQ connection can be traced as far back 1949 which is perhaps why one of the original competitions was the ‘Lloyd George Trophy’.

The Society takes pride in the fact that all members are treated equally. Everyone is encouraged to play with different members. More experienced players are paired with newer members, thus providing a warm welcome, guidance around the course and, most importantly, an enjoyable day that they will be keen to repeat. We have become more representative of HASSRA’s ideals in recent years; striving for diversity and inclusivity. Golf for all pretty much sums it up nicely.

Membership and participation are gradually increasing, with an average of over 30 members at our seven main events in 2019. One of our events is a Beginners and Improvers Day, organised by our President. A number of our current members “graduated” through these events to give them the confidence to play in Society days. We continue to look to further boost participation and encourage new members with adverts throughout the region in “The Londoner” magazine, HASSRA London newsletters, Caxton House flyers and the DHSC internal video channel. In addition to playing golf, our generous members have also raised £1,000 for charity in the last three years.

I’ve only had a small part to play in the three years I’ve been Captain but the committee, particularly Gary Arnold (Secretary), Leon Ranson (Treasurer) and Andy French (Membership Secretary) have all had major input, with such positive attitudes and sense of humour, whilst still working in demanding, full-time jobs.

Society President, Brian Skinner, adds, “Current Captain, Shaun Bausor, has continued the past legacy admirably. His enthusiasm has been tremendous and under his watch we have flourished. Long may it continue.”

**Any London members who would like to hear more about the Society and its programme of events, please contact the Secretary, Gary Arnold or the Captain, Shaun Bausor. For members in other regions, please contact your local HASSRA clubs or check your regional webpages for details of what’s teed up in your area.**



**WINNING THE TREW CUP IN 2018**

**Back row (L to R):** Gary Arnold, Raj Mohindra, Neil Stephens, Andy French, Nigel Parkinson, Steve James

**Front row (L to R):** Gary Mitchell, Allen Manning, Shaun Bausor, Ann-Maria Loughman



## Worry Less and Sleep Better with The Charity for Civil Servants

**In the past few months, all our lives have changed. Understandably, focusing on the essentials for our families has been our main priority. But as well as taking steps to protect ourselves and our loved ones from getting sick, we need to make sure we protect our financial health as well.**

For some the financial impact has been minimal, with costs like travel reduced. Some people may have found themselves better off, particularly with the closure of pubs, restaurants and other leisure activities. For others, who've lost jobs or whose incomes may have reduced, the financial impact may be making an already difficult situation worse.

So, as lockdown eases and things begin to return to normal, what should you be doing about your finances, and in particular, if you have problem debt?

### Don't ignore a problem

If you can, start addressing problem debt now and have a plan in place to tackle debts when payment deferrals end. If you're not sure where to begin, you can use our simple **budget calculator** to find out what your position is. It's quick and easy to use and will give you a snapshot of your financial situation right now.

### Create an emergency budget

You should include all payments you're making. If you can continue to pay your normal household costs, you should maintain these wherever possible to help keep your payments to a minimum in the coming months.

### Prioritise your payments

If your emergency budget shows that you don't have enough money to cover all your payments, you need to prioritise. You should aim to cover all your essential payments first. These include food, rent or mortgage, council tax, utilities and TV licence costs, and other household expenditure such as hire purchase agreements and insurance payments.

### Cancel unnecessary payments

Are you paying unnecessarily for things you don't actually use? Check your insurance and media packages and cancel any you don't need.

### Use savings

With interest rates at an all-time low, now might be a good time to consider using any savings you might have to reduce your debt. But remember to leave yourself a financial buffer for emergencies.

### Get help

If you're unable to pay for essentials or are worried about your finances, please **contact us**. Our Money Advice and Guidance team can provide information on your options and how to access the help you need. We can also consider providing financial assistance with priority payments and emergency items to help you get back on your feet.

### Are you finding it hard to sleep?

Sleep is a funny thing. At some stage, you've probably had that familiar thought: "I should be asleep by now, why am I still awake?" Then panic sets in and, before we know it, we find ourselves even more bright-eyed and bushy-tailed than we felt after that cup of coffee 14 hours earlier. Our minds are powerful and, the moment we feel pressured to do something, the more difficult it can seem.

## How are you sleeping?

Free support and guidance from Sleepstation's expert sleep team.

We know how important it is to get a good night's sleep. And we know that many are struggling in this current climate. It's not surprising that many of us are feeling anxious, particularly in the middle of the night when everything seems much worse.

But we must remember this unsettling period will not last forever. We will come out the other side with a new appreciation for life and the people we love. Every pandemic throughout human history has come to an end and this will be no different.

Keeping a note of how you're sleeping can help you discover what does and doesn't work for you. It can be even more effective if you have experts to guide you. That's why we've partnered up with **Sleepstation**. Their online sleep improvement programme is clinically proven to combat even the most severe insomnia. But it's Sleepstation's personalised support that makes it so effective. One civil servant who feels passionately about the benefits of this programme is Andy. **Read his story.**

**For help and support from the Charity visit our website, and remember, we're here for you.**

The Charity for Civil Servants

We're here for you





# Summer Promotion ON SALE NOW!



At this time of year HASSRA's traditional Summer Promotion is normally in full swing. But with many attractions still closed or operating a restricted service due to Covid 19, we have to launch this year's event with a limited range of offers but still with fantastic discounts.

From now until 30th September 2020 you can buy the following tickets with at least 50% off the normal 'on the gate' admission prices!

**Wildfowl and Wetland Trust sites throughout England\***

**Paultons Park: The Home of Peppa Pig World**

**Lightwater Valley**

More great offers will follow as soon as the attractions open and tickets become available.

All tickets must be ordered from the HASSRA Online Shop. For full details of all the latest Summer Promotion offers, please visit the **HASSRA Website**

\*sites in Scotland and Wales are still closed at time of publication.



Looking after your mental health has never been so important.

**We are living in unusual times.**

**People all over the country are feeling overwhelmed, stressed, lonely, depressed and anxious.**

**Which is why The Happiness Club is here.**

The Happiness Club is an online support service for mental health and wellbeing.

**As a member you receive:**

**Standard membership:** discounted rate of **£10** per year for HASSRA members

- Direct daily support from our team. We've been there and we know how it feels.
- Uplifting daily messages of support, with a mindset tool, technique or strategy to help you live a calmer, happier and more balanced life.
- A monthly positive mental health webinar full of support, advice, tips and tools

**Premium membership:** discounted rate of **£25** per year for HASSRA members

- Everything in the standard membership plus:
- 24/7 access to confidential, one to one advice from our team of qualified counsellors and therapists, you can contact us by phone, email, messenger or WhatsApp

All delivered to you online and via The Happiness Club App

For full details visit the **OFFERS PAGE** on HASSRA Live.

## Best Business Sponsor

I've been a HASSRA member since day one of joining the Department back in 2002. In those days, it was just one of the numerous forms you signed on induction, though at the time didn't really know what you were signing up to! On reflection, 18 years on, it was undoubtedly the best membership I put pen to paper on!

My HASSRA career began as a committee member at Hereford Jobcentre, organising and taking part in a variety of activities before being asked to step up and take on the role of club Chair. A rather daunting request at the time given that the retiring Chair had unquestionable commitment and preceded over a very successful club, but up for a challenge I accepted and I've not looked back since!

As jobs takes you to different locations, in 2013 I was involved in the formation of HASSRA Shrewsbury and took on the role of Business Sponsor. In recent years our club has flourished, going from strength to strength, culminating in winning both the



West Midlands and National Best Small Club awards in 2019. As a Business Sponsor I'm very active with the committee, maybe too active at times! I attend as many meetings as work commitments allow me to and provide lots of suggestions for activities. Always keen to get involved and show my support I joined the 14-mile charity walk around Lake Vyrnwy and when I'm not bagging up 200+ samosas at home for our monthly Samosa Wednesday, I'll be putting my new found baking skills to the test for our regular charity cake bakes – chocolate brownies are my speciality! Being a Business Sponsor isn't just about governance and ensuring the club operates effectively, it's about getting involved.

My work with HASSRA doesn't stop there, I'm also the Vice Regional Chair for West Midlands, lead on communications for the region and will turn my hand to anything else that needs doing.

Put simply HASSRA is about having fun in work and letting people enjoy themselves. Work can be demanding at times and everyone needs that bit of downtime, to relax with something to look forward to and HASSRA certainly offers that. HASSRA plays a key role in supporting the Department's wellbeing agenda and increasing engagement amongst our people, I'm extremely passionate about what it can bring to sites



and the difference it can make to people's lives.

I was delighted to win the West Midlands award and I'm immensely proud to win the Leslie Strathie Award for National Best Business Sponsor. Not just in recognition of the dedication and commitment I give to HASSRA as a volunteer, but as someone who worked for Leslie in her Private Office when she was the Jobcentre Plus Chief Executive back in 2007, it makes it even more special as she is no longer with us.

Ultimately this award isn't about me, yes it's nice to be recognised for what I've done, however it's my contribution to the wider success the club has achieved over the past year and the recognition for all their hard work, that's the most important thing.

**“ I was delighted to win the West Midlands award and I'm immensely proud to win the Leslie Strathie Award for National Best Business Sponsor. ”**

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This offer also acts as the perfect introduction to Virgin Wines' WineBank service which allows you, as a member, to earn 20% interest on the money you save, giving you big discounts on the wines you want... and all with free express delivery as standard.

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or call 0343 224 1001 quoting VC2556**

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Sat, 9.00am-1.00pm



Civil Service Insurance Society

## HAPPY 85th HASSRA!

£85,000  
PRIZE  
FUND

### Did you know HASSRA celebrates its 85th Anniversary this year?

To mark the occasion we're running **HASSRA's 85th Competition** with loads of cash prizes worth – you guessed it – £85,000.

All you have to do is answer this question correctly and you will be entered automatically into the prize draw.

#### Which of these denotes an 85th Anniversary?

- a. Oak
- b. Diamonds and Sapphire
- c. Diamonds and Emerald.

The first correct entry randomly drawn will win the top prize of £8,500. The next 80 correct entries randomly drawn will each win prizes of £850.

The next 100 correct entries randomly drawn will each receive £85.

### It's the biggest prize draw HASSRA has ever done so make sure you're in it to win it.

To enter, just go to **HASSRA's 85th Competition** by midnight on 31st August. All our usual T&Cs apply. And remember, you can only enter the competition if you have activated your HASSRA Live account. It's easy to do, so if you haven't done it already, go to [www.hassra.org.uk/sign-in](http://www.hassra.org.uk/sign-in) now!

## In it to win it



In addition to our competitions and prize giveaways, members can increase their chances of winning big prizes by joining the **HASSRA Lottery!**

With a total of £55,000 in cash prizes every month, the HASSRA Lottery could change your life.

65 fantastic prizes every month; including a top prize of £12,500, 4 prizes of £2,500, 15 prizes of £1,000, 25 prizes of £500 and 20 prizes of £250, giving you plenty of chances to win each month.

You can opt for up to a maximum of 20 tickets @ £1.00 each per month.

Once you join, we'll automatically enter your tickets every month and notify you as soon as you win. It's as simple as that. For more information and details of how to apply, visit the **HASSRA Lottery page**.

#### March 2020's £12,500 winner, Joan Hutchinson (HASSRA North East), says,

The email came through on my phone and, at first, I thought it was spam. I logged on to my HASSRA account and found out I really had won £12,500.

I couldn't believe it as I never win anything. As the shops where all closed due to lockdown, it curbed any ideas of a spending spree. Instead it gave me time to think about how I was going to use the money.

So far, I have arranged for my downstairs loo to be refurbished. I'm also going to treat my family and two best friends to a long weekend away when the pandemic comes to an end. Preferably somewhere with a hot tub.

Once again, thank you to HASSRA. I would encourage everyone to **join** as you just never know.