

livelife

The magazine for HASSRA members



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HASSRA
Living Life 

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and subscribe to our newsletter by
31st March 2020...

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in and we'll keep you updated!

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Welcome to this decade's first edition of livelife

2020 promises to be a wonderful year. With the Tokyo Games just around the corner, this issue has an Olympic theme running throughout.

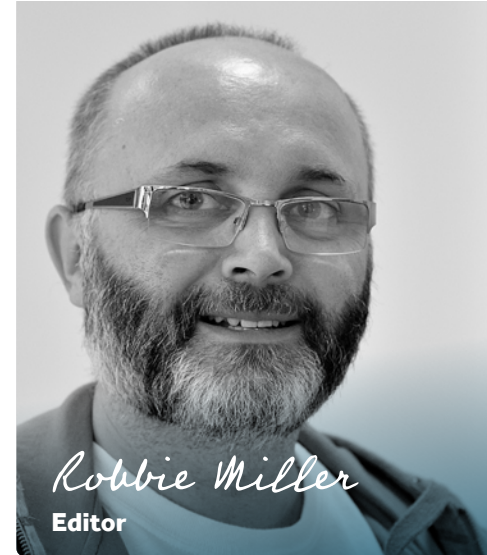
Read page 8 to see how the HASSRA Development Fund has helped one of our talented members get closer to fulfilling her Olympic dream. Maybe you could be next! Why not kick start your own year and get together with HASSRA colleagues in the 'Trek to Tokyo', this year's Livelife Challenge? See page 6 for full details.

With a focus on the Olympic motto, 'Faster, Higher, Stronger', you can get creative with the return of the HASSRA DWP Challenge. Starting with local and regional heats, followed by the Grand Final to be judged by Senior Civil Servants in London later this year, it's a fantastic opportunity to put your artistic talents on show. See page 10 for more information.

The development of HASSRA Live continues and we look forward to unveiling more and more features throughout 2020. Over half of you have already activated your new online account, allowing you to manage your own membership and access all of the discounts and benefits available, as well as receive newsletters tailored specifically to your interests. If you've not already done so, activate your account and subscribe to our newsletters now and you could win up to £1,000 of holiday vouchers in our Big Prize Draw. See page 2 for details.

There are so many chances to win with HASSRA! Read about two of our recent big winners on page 9, plus details of how to join the ever-popular HASSRA Lottery.

With thoughts hopefully turning to the summer and some better weather, check out page 12 to see what's on at this year's HASSRA Festivals and how you can get involved.



Robbie Miller
Editor

Finally, many thanks to nearly 3000 members who provided feedback on the magazine in the recent survey. We will shortly be analysing your responses and looking at how we move forward.

HASSRA regional contacts:

East of England

hassra.eastofengland@dwp.gov.uk

East Midlands

hassra.eastmidlands@dwp.gov.uk

Fylde

hassra.fyldeinbox@dwp.gov.uk

London

hassra.london@dwp.gov.uk

North East

hassra-northeast@dwp.gov.uk

North West

hassra.NW@dwp.gov.uk

Scotland

hassra.scotland@dwp.gov.uk

South East

hassra.southeast@dwp.gov.uk

South West

hassra.southwest@dwp.gov.uk

Wales

hassra.wales@dwp.gov.uk

West Midlands

hassra.westmidlands@dwp.gov.uk

Yorkshire and The Humber

hassra.yorkshireandhumberside@dwp.gov.uk

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Editorial

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Telephone: 01691 403234. Email: hassra.livelife@dwp.gov.uk



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HASSRA
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IMPORTANT NEWS for HASSRA Members...

From January 2020 HASSRA subscriptions will rise from £2.24 to £2.30 per month. This modest increase will ensure members **continue to enjoy a first class membership package**, including

- Savings on cinema eCodes and Sky Store deals
 - Exclusive access to the HASSRA Lottery paying out £660,000 in cash prizes annually
 - Discounted FULL membership for English Heritage and Cadw
 - Savings on theme park and attraction tickets
 - Half-price tickets on family days out during the HASSRA Summer Promotion
 - Discounts on UK and European family holidays, including airport parking
 - Discounted insurance products
 - Discounted gym memberships
 - Offers and discounts in your local area
 - Free competitions and giveaways with prizes worth £50,000
 - A massive programme of national and regional sports and leisure activities
 - A network of local office and activity clubs ensuring there's always something good going on where you are.
- The increase is applied automatically so you can just carry on enjoying your HASSRA membership to the full.

Look out for new benefits and much more in 2020.

HASSRA Live Update

Following the launch of HASSRA Live in October, more than 50% of members have already activated their personal accounts and this figure continues to steadily rise. If you've not already done so, activate your account and subscribe to our newsletters now.

We have introduced a number of security features to ensure your data remains safe from attack whilst also providing the necessary assurances required by our benefit partners.

This includes raising the level of password protection. If your current password does not meet our new standards, you will be prompted to change your password when you next sign in. The system will check your new password and, if necessary, provide prompts to ensure it complies with the new format.

Three failed attempts to log-in will result in you being temporarily locked out of your account. It is therefore imperative that you choose a memorable password that meets the new criteria.

In summary, your new password must be at least 8 characters in length and contain:

- at least one capital letter
- at least one lower case letter
- at least one number
- at least one special symbol, such as @?%!£ etc.

Your new password must not contain - or be based on - a dictionary word or name.

The following examples will give you an idea of how to create a password that will satisfy the criteria and also be memorable.

H&5sra1234 (alternative to HASSRA)

W1ntEr2020 (alternative to Winter)

R088i£2468 (alternative to Robbie)

J&Cki£2020 (alternative to Jackie)

Remember, these are examples and not for general use.

By taking these steps you will get the most from your membership and be ready for the next phase of the rollout which will include event organisation and registration, expenses and competitions. Watch this space for full details.

Apply for £5,000* instantly this winter!



Did you know that when you become a member with Commsave you can apply for up to £5,000 (*26.8% APR) instantly!

The Department for Work and Pensions is working in partnership with Commsave to make saving easy and borrowing better with repayments straight from your pay.

To find out how to apply or to view our other products, please visit www.commsave.co.uk or give us a call on 0303 0402 660.

Your opinion matters to us. Visit **Commsave Pulse Survey** and answer a few simple questions to be in with the chance of winning one of three great Amazon voucher prizes!

£100

£75

£50

The Livelife Challenge 2020

Trek to Tokyo

TOKYO
5938 MILES

With the 2020 Olympic and Paralympic Games being held in Tokyo, HASSRA is encouraging members to **Trek to Tokyo** as part of this year's Livelife Challenge.

It is 5938 miles from London to Tokyo, equating to 12 million steps, so why not gather together a group of colleagues and start planning your **Trek to Tokyo** now.

Participating groups will each receive 'steppers' and a Livelife Challenge 2020 information pack which will provide everything you need to organise a successful **Trek to Tokyo**.

You may have your own ideas for completing the Livelife Challenge 2020, maybe cycling or swimming to Tokyo? You can still apply!

For more information and an application form, please contact Maggie Ritchie maggie.ritchie@dwp.gov.uk

HASSRA
Living Life 

Plain Sailing with HASSRA!

At the Inter Departmental Offshore Regatta (IDOR), HASSRA* crew members of all abilities take part racing from Cowes on the Isle of Wight, with yachts chartered from Fairview Sailing at Port Hamble Marina, near Southampton.

2019 was another good year for both HASSRA boats with the mix of experienced, novice and first timers really working well together. You can read an **IDOR Diary** from one of last year's crew. Who knows, it may inspire you to get involved this year.

IDOR 2020 will take place between Sunday 31st May – Friday 5th June.

It's a week-long programme of inshore and offshore races, providing a fantastic opportunity to enjoy some exciting sailing and competitive racing.

First-time applications are particularly welcomed and any novices who are selected will receive instruction and guidance from the more experienced crew members.

It's always a wonderful event and, by all reports, as well as an amazing experience. So check out the **HASSRA Sailing page** for full details. Applications are required ASAP, but no later than 13th March.

***You must be a member of both HASSRA and CSSC to take part in this event**

Doing it for the kids!

HASSRA clubs have a fantastic reputation for fundraising and many have a chosen charity that they raise funds for each year.

St Martins House in Bootle, (HASSRA North West) is no different. In 2019, their chosen charity was Ronald McDonald House. Located near Alder Hey Children's Hospital, it is the UK's largest Ronald McDonald House with running costs of £700,000 per year, providing accommodation for up to 84 families of children receiving hospital treatment.

The club raised more than £650 for the charity throughout the year, as well as donating Easter Eggs and Advent Calendars for the children and their families, but they didn't stop there...

Through DWPs Community 10,000 volunteering scheme, members of the club committee and some staff

from the office volunteered for a day at Ronald McDonald House. They were certainly kept busy; sorting out stock, tidying store rooms, painting and decorating, gardening and general maintenance. Their efforts equated to savings of £650 in time and resources for the charity.

This was a great way to provide practical support for the charity and really helped the volunteers to see how their fundraising was going to help. It really inspired the group to carry on fundraising for such a worthwhile charity.

If you are interested in volunteering, either as an individual or as part of a team, for your chosen HASSRA supported charity or elsewhere,

take a look at the Community 10,000 pages on the DWP intranet and contact your local Volunteer Manager.

**COMMUNITY
10,000**



Linda De Sa (Senior Fundraiser, Ronald McDonald House), **Julie Savage** (DWP Senior Manager) and **Ken Lawton** (Chair, St Martins House HASSRA).

Keen swimmer's Olympic dream

Megan Keen (HASSRA London) recently received HASSRA Development Fund support to help her with the cost of competing at the National Swimming Championships with the aim of eventually making the Olympic Trials for Tokyo 2020.

Megan took two titles in the 200m Backstroke and 200m Individual Medley (IM) at the Sussex County Championships, and an array of silver and bronze, leading up to the Nationals in Sheffield Ponds Forge where she went on to scoop two National titles in the 200m Backstroke and 400m IM, as well as silver in the 100m Butterfly and bronze in the 100m IM and 50m Butterfly.

This was closely followed by the Inter-County Championships where, in the South East region, Sussex won the team event and Megan won her individual race and all her relays.

We all wish Megan the best of luck in building on her recent success and fulfilling her Olympic dream.

“Thank you so much again HASSRA for all your support!”



The HASSRA Development Fund (HDF) has been in operation for over 30 years, providing financial support to individuals who want to develop their skills where this would involve an expense they would find difficult to meet.

Members who consider themselves to be disadvantaged or to have a disability can also access funds provided by the CSiS Charity Fund through the HDF.

To apply to the HDF you should:

- be a HASSRA member
- be able to show how you currently or could support HASSRA or community activities
- be able to describe your needs and outline the costs you'd like help with
- keep us informed of your progress and achievements so that we can monitor the Fund's success.

Find out how HASSRA can help you progress and reach your goals by visiting the HASSRA Development Fund section of our website.



DEVELOPMENT FUND

Be in it to win it.

Throughout the year, HASSRA regularly features Fun & Free competitions, ballots and giveaways with a range of fantastic prizes for our members.

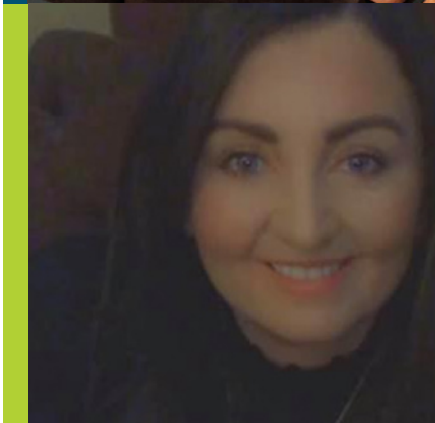
You really do need to be in it to win it, so make sure that as well as activating your HASSRA Live account and subscribing to our newsletters, you regularly check our Competitions page to find out what you can win and how to enter. The recent HASSRA Live £10,000 Prize Draw and the annual Christmas Cracker resulted in over 160 winners between them.



ANDY DUERDEN, HASSRA North West

"I was absolutely delighted to find out that I had won the top prize of £3,000 in the HASSRA Christmas Cracker draw!"

"The prize has already made a huge difference to our family. It arrived just before Christmas so helped greatly towards the kids presents and treating my partner for putting up with me! We plan to go on a nice relaxing family holiday this summer with the rest of the money."



CHERYL TAYLOR, HASSRA Scotland

"Winning the top prize of £1,000 was fantastic, especially just in time for Christmas."

"When I received the email I actually thought it was a joke and told myself I couldn't have possibly won as I never win anything. When it was confirmed I was ecstatic and on cloud nine. It really was a great end to the year."

You can see a list of all the lucky winners at: [HASSRA Live £10,000 Prize Draw](#) | [Christmas Cracker](#)

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.



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Or visit: www.csis.co.uk/hassra

Lines open Mon-Fri, 8.30am-6.00pm,
Sat, 9.00am-1.00pm



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Authorised and regulated by the Financial Conduct Authority. Car and Home Insurance is underwritten and finance provided by Zurich Insurance plc. Travel Insurance is underwritten by ERGO Travel Insurance Services on behalf of Great Lakes Insurance SE.

The HASSRA DWP Challenge

FASTER, HIGHER, STRONGER.

The HASSRA DWP Challenge returns for the 4th time and this year we are giving members an opportunity to showcase their creative talent. With 2020 being an Olympic year, what better theme to adopt than the Olympic motto – Faster, Higher, Stronger.

Whether your talent lies in drawing, painting, animation, needlework, crafting or any other form of creative design, this is your chance to get involved and challenge yourself.

Your creation must relate in some way to the Olympic motto; it could be just one element, or all three, it's up to you. However, your final piece must be easily transportable in order for it to be judged.

Club rounds will begin in April, closely followed by regional rounds. Two winners from each region will then be invited to attend the Grand Final in Caxton House at the end of October, where their work will be judged by senior civil servants.

Full details will be available shortly on the HASSRA website and social media pages, and through your region and club.



Help us help others



We helped Umme many years ago. Still learning how to cope with the grief of losing a child, she now feels ready to tell her story.

Umme started working for the Civil Service in 2005. As a young, driven woman, she worked hard to progress within the Department for Work and Pensions. In addition to having a successful career, Umme also wanted a family. When she eventually fell pregnant, she gave birth to a baby girl and named her Hamidah. She was just 23 weeks into her pregnancy.

Although the doctors did everything they could to save Hamidah's life, she tragically passed away just three days later. In the Muslim community, it's tradition to bury deceased loved ones as soon as possible and therefore funeral plans had to be made quickly.

"She died on the Saturday and we were able to bury her on the Sunday. Luckily, the people who worked at the mosque said we could pay the funeral costs later but we were already struggling financially. We just couldn't afford it."

Umme's work friends wanted to help and suggested she get in touch with the Charity. After a supportive conversation with our team, we found that we were able to provide financial support to the family during this difficult time. Umme and her husband finally had the space to rebuild the world around them after saying goodbye to their baby girl.

"I needed to feel like someone was there for me and that's exactly how the Charity made me feel. It's important to share my story if it means I can help other people. I want to give back to the Charity in whatever way I can."

Read Umme's story or watch her film.

Right now, there are many current and former civil servants like Umme who feel like they have nowhere and no one to turn to. With your help, we can change people's lives and reassure them that they're part of a community who cares about them. **Donate today** and make a difference. We helped Umme because she matters to us. Civil Servants matter. You matter.



A Really Worthy Cause.

Many HASSRA South West members will be aware of the sad news that Steve Cause lost his long battle with illness in 2019. Steve's thoroughly-deserved Community Award was accepted posthumously by his wife and mother at the end of last year. Steve was dedicated to building an inclusive and supportive environment within Plymouth HASSRA. His genuine "welcoming approach" and commitment to everyone being afforded the same opportunities continues to inspire other members of the committee and the club. He achieved all of this with significant health issues and was a true role model for unwavering dedication professionalism and positivity.

The picture shows the award being presented by Peter Schofield CB, DWP Permanent Secretary, HASSRA President and Chair of the Charity for Civil Servants, along with the Charity's Vice-Chair, Mark Addison.

The Charity for Civil Servants

HASSRA Festivals 2020

HASSRA Festivals 2020 will once again take place at Warwick University, where a full programme of activities will be staged bringing together HASSRA members from all over the country.

Along with some of the traditional sports historically associated with HASSRA, the festivals provide an opportunity for members to experience something new, like Footgolf and a Strength & Sculpting Fitness Workshop.

After an action packed Saturday, there's a presentation dinner in the evening which gives everyone a chance to dress up and celebrate their successes, or commiserate with one another!

Single en-suite accommodation is provided along with all meals from dinner on Friday to breakfast on Sunday.

With nearly 30 events running across the two festivals and over 1000 participants, HASSRA volunteers play a crucial part in the delivery of a successful event.

Volunteering will not only provide you with a hugely valuable and rewarding experience but you will also have the opportunity to:

- **Meet new people**
- **Gain new skills and enhance existing ones**
- **Have fun!**

THE LINE-UP FOR THIS YEAR'S EVENTS:

July 4th

Archery; Badminton; Coarse Angling; Craft Workshop; Drama; Flat Green Bowls; Fitness/Swim Workshop; Footgolf; General Knowledge Quiz; Give Us A Clue; Gym-Based Triathlon; Men's 5-a-side Football; Mixed Rounders; Tennis.

September 12th

Chess; Darts; Gaming; Golf; Mixed Touch Rugby; Netball; Photography; Pictionary; Pool; Snooker; Sports Quiz; Squash; Strength & Sculpting Fitness Workshop; Table Tennis.

Get involved!

Check out the HASSRA Festivals page on our website for full details.