

livelife

The magazine for HASSRA members

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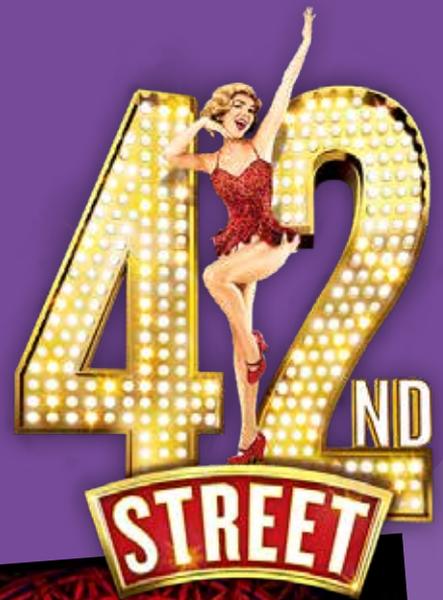
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HASSRA
Living Life 



Win a West End Theatre Break with **HASSRA**

HASSRA is giving its members the chance to win one of FIVE wonderful London Theatre Weekend Breaks with tickets to see the top West End musical 42nd Street! In addition, you can experience the capital's famous festive feeling. Finish your Christmas shopping in the West End or at any of London's numerous Christmas Markets.

This fabulous prize includes:-

- A pair of top price evening tickets to see the West End musical '42nd Street' on Saturday 8th December 2018 at the Theatre Royal, Drury Lane.
- Two nights B&B accommodation in the centrally located 4* Radisson Blu Edwardian, Grafton Hotel.
- PLUS £200 spending money.



Just register with the **HASSRA Online Shop** before midnight on Sunday 11th November 2018.

The winners will be the first five members drawn at random from our **HASSRA Online Shop** database after the closing date.

Good Luck

HASSRA's going Digital with HASSRA Live

Over the coming months HASSRA will be rolling out a new web-based business platform. It's called HASSRA Live, and it promises everyone a more attractive and engaging membership experience.

At the heart of the system will be individual online member accounts that allow you to manage your membership 24-7. So whether you want to buy discounted tickets, register for an event, claim expenses or just ask a question about HASSRA or your membership, HASSRA Live will let you take control from your smart phone, tablet or PC.

The first phase of roll-out will be a new internet site which will be hosted on the **HASSRA Online Shop**. You won't need a current shop account to access the new web pages, but it will give you many more options if you do.

So, if you don't already have a shop account, go to **www.hassrashop.org.uk** to open one now and start taking advantage of all our fantastic discounts and offers.

We also strongly encourage you to subscribe to the **HASSRA Online Shop Newsletter** and keep an eye on HASSRA's Facebook and Twitter pages for the latest news and advice on HASSRA Live roll-out – it's going to revolutionise your membership and give you more than ever before.

Welcome to the autumn edition of livelife

With the World Cup a fading memory and trees beginning to shed their leaves, summer's definitely over. But don't worry, HASSRA still has plenty on offer for the remainder of 2018.

The biggest news is HASSRA Live, a new digital platform that will transform your membership experience. Roll-out begins before Christmas, so if you haven't already registered an account on the HASSRA Shop, do it now to make sure you get the most from our new system. See page 2 for further details.

If big prize competitions are your thing, check out what's coming your way soon:

- A wonderful West End weekend break to see the fabulous 42nd Street – see page 2
- A pair of Cineworld Unlimited cards courtesy of our partners at Filmology – see page 11
- A short break with Haven when you complete the HASSRA Membership Survey – see page 13
- The annual HASSRA Christmas Cracker with £25k of cash and electronic gadgets to give away – see page 8

Many of you will have enjoyed our Festivals in July and September at Warwick University. More than 1,200 of you took part in over 30 events, ranging from Quizzes to Football to Drama to Photography. Take a look at pages 4 to 7 for some great photos and all the results. And if you want to get involved in 2019, keep an eye on our web pages and social media and make a note in diaries: next year's Festivals will be on 6th July and 7th September.

There are lots of other HASSRA stories in this edition, but you'll be particularly uplifted by the colourful way in which HASSRA Leeds Craft Club have raised mental health awareness and welcome funds for the charity MIND, and how one determined member reached the top with a helping hand from the Development Scheme and the CSIS Charity Fund.

Livlife will be back at the end of the year with a further update on HASSRA Live and lots of other great stories and chances to win some fantastic prizes.



Robbie Miller
Editor

Please take some time to visit

www.hassrashop.org.uk and check out everything that's available – we're adding great new deals all the time. If you haven't already, please sign up to the newsletter. It's a great way of finding out first hand what's new or changed – **don't miss out!**

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Yorkshire and The Humber

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July Festival 2018 The Winners

Archery

Men
Steven Lester
West Midlands

Ladies
Zoe Langton
East Midlands

Team
West Midlands

Articulate

Team
Fylde

Badminton

Ladies' Doubles
Helen Bamber & Nicola Bibby
North East

Men's Doubles
Simon Bamber & David Parker
North East

Mixed Doubles
Simon Bamber & Helen Bamber
North East

Coarse Angling

Team
East of England

Individual
Chris Knights
East of England

Five a Side Football

Team
Scotland

Drama

Best Production
West Midlands

Best Performance
Martin Perrin
South West

Flat Green Bowls

Ladies' Singles
Maureen Hunter
Scotland

Men's Singles
Michael Stephens
Scotland

Pairs
Eddie Henry & Ronnie Hall
North East

Fly Fishing

Individual
Mick Tarbet
Scotland

Team
Scotland

Footgolf

Men
Allan McNeil
Fylde

Ladies
Joise Anderson
West Midlands

General Knowledge Quiz

Team
East Midlands

Mixed Rounders

Team
South West

Squash

Ladies
Sian Hughes
Wales

Men
Paul Atkinson
Wales

Tennis

Men's Doubles
Ian Hartley & Matthew Gibson
North West

Ladies' Doubles
Jane Rimmer & Louise Williams
North West

10K Race

Men
Nick Hume
Fylde

Ladies
Paula Ellwood
East Midlands

Photographers:
Craig Lewis, Phil Vaughan and Sanjeev Sethi.
Check out all the July photos at ['Flickr'](#)



Well done!
to everyone
involved.



September Festival 2018

The Winners

Art

Individual
Jon White
South West

Chess

Individual
Bill Hewitt
Wales

Crown Green Bowls

Singles
Colin Parry
North West

Pairs
Paul Holden &
Jackie Butterworth
North West

Darts

Ladies' Singles
Ros Wilkinson
Yorks & The Humber

Men's Singles
Stuart Monaghan
Yorks & The Humber

Team
South East

Gaming

Winner
Lee Anderson
North East

Team
North East

Golf

Ladies' Handicap
Caroline Riley
Yorks & The Humber

Ladies' Scratch
Caren Spindler
South West

Men's Handicap
Tilla Khan
West Midlands

Men's Scratch
David McIntyre
Scotland

Mixed Touch Rugby

Team
Yorks & The Humber

Music

Overall Winner
Helen Boyce
Wales

Contemporary Voice
Helen Boyce
Wales

Instrumental
Joanna Statham
West Midlands

Classical Voice
Diane Midgeley
Yorks & The Humber

Netball

Team
West Midlands

Photography

Overall Winner
Daniel Harris
North West

Black & White Category
Graeme Vine
East of England

Colour Category
George Lawson
West Midlands

Round Category
Martin Caldwell
South West

People Category
Gavin Jackson
South West

Pool

Men
Ryan Cleaves
South West

Ladies
Lorraine Grice
Yorks & The Humber

Snooker

Individual
Paul Baxter
Fylde

Sports Quiz

Team
West Midlands

Table Tennis

Ladies' Singles
Lucy Elliott
Scotland

Men's Singles
Ian Denton
Yorks & The Humber

Ladies' Doubles
Joan Donovan,
Lesley Whitehead
London

Men's Doubles
Ian Denton,
Ian Teale
Yorks & The Humber

Mixed Doubles
Lucy Elliott & Gordon Duff
Scotland

Ten Pin Bowling

Ladies' Handicap
Maggie Gaughan
South West

Ladies' Scratch
Jackie Arnold
North West

Men's Handicap
Mark Wisden
Wales

Men's Scratch
Norman Hamed
Yorks & The Humber

Pairs
Norman Hamed &
Vicki Ackerman- Mitchell
Yorks & The Humber

Team
Yorks & The Humber

Photographers:
Craig Lewis, Phil Vaughan, Sanjay Chamund
and Kevin Donegan.

Check out all the September photos
at ['Flickr'](#)



Historic Royal Palaces



HASSRA members and up to three guests can continue to enjoy **FREE ENTRY** to the Tower of London, Hampton Court Palace, Kensington Palace, Banqueting House and Hillsborough Castle up to 28 Feb 2019. Members can also receive 10% off entry to Kew Gardens.

If you are planning a trip to London (or Hillsborough) after 28 February you will be unable to use the current offer.

HASSRA is working hard with Historic Royal Palaces to agree a new deal beyond February and we will notify you when this has been finalised.

In the meantime, make the most of the current corporate membership because it will end on 28 February 2019.

For full details and to obtain your vouchers*, please visit the **HASSRA Online Shop 'Offers and Discounts'** page.

2019 EXTENDED TO 28 FEBRUARY 2019 EXTENDED

*Current vouchers valid until 31 Oct. New vouchers will be available to download shortly. Please check 'valid to' date before your visit.

HASSRA Christmas Cracker 2018

REGISTER NOW with the HASSRA Online Shop to take advantage of these and many more great offers including the upcoming HASSRA Christmas Cracker 2018.

With a top prize of £3k and a total prize fund of £25k, Christmas could come early for those good boys and girls who are registered with the **HASSRA Online Shop** by 30 November.

This year's Christmas Cracker will once again include lots of cash prizes plus more fantastic electronic gadgets than ever before, giving lots of HASSRA members some extra festive cheer.

However, **ONLY** members who are fully registered with the **HASSRA Online Shop** will be entered into the draw. There are no tricky questions to answer.

We will just draw 100 names from the **HASSRA Online Shop** and you can just sit back and wait for us to contact you.

So don't hesitate. Register now on the **HASSRA Online Shop**, if you haven't already done so. The **ONLY** way to have a chance of grabbing one of these fantastic prizes.

If you are already registered, please make sure that your details are up to date.



The HASSRA Development Scheme

The HASSRA Development Scheme 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.



"CSIS Charity Fund exists to put the profits of the Civil Service Insurance Society to good use helping former, serving and retired civil and public servants in need, hardship and distress and allowing them to pursue their sporting dreams and ambitions".
Gillian Noble, Chairwoman CSIS Charity Fund.

A Rather Uplifting Story!

HASSRA NW's Mel Cowan recently competed for Great Britain in the Amateur World Powerlifting Championship.

She tells us how the HASSRA Development Scheme (sponsored by The CSIS Charity Fund) helped her to fulfil her ambitions.

November 2017. The seed had been sown. The Amateur World Powerlifting Championships were to be held in my home town of Manchester in August 2018. Was I fit enough, strong enough and young enough to compete?

YES - with the full backing of my personal trainer, Anthony Zawalij, I decided I was!

Stage 1 of my journey was about to begin and after three weeks of intense training I was competing in the final regional qualifier in Salford.

Stage 2 was five months away. Plenty of time, or so I thought, to qualify to represent Great Britain in the World Championships. I had to finish in the top two lifters in my category at the British Finals being held in Birmingham in May.

Christmas came and went, as did a prolonged period of snow to further interrupt my training schedule.

Fast forward a few weeks and I had made the weight and was in Birmingham, along with seven other qualifiers from my gym. The atmosphere was something else; nerves kicked in during the warm up sessions, but before I could totally convince myself that I shouldn't be there, my name was called and I was doing my first lifts.

Amazingly, I won my age category, which meant automatic qualification for the World Championships. The dream was coming alive. However, unlike professionals who receive sponsorship, the expense was also starting to become a concern.

Being a seasoned HASSRA member and having won Regional Business Sponsor 2016, I applied for and received some much-needed funding from the HASSRA Development Scheme, sponsored by The CSIS Charity Fund.

The relief was immense – this award helped me with the entry fee and kit, plus additional training sessions; no longer worrying about finances I was able to concentrate on both strength and form.

August soon came, and there I was, on the greatest platform of all. No time for nerves – 'Just do it, Mel', I thought. And that's what I did.

Squat 92.5 kg, Bench 50 kg and deadlift 135 kg. I was representing Great Britain and I had won. However, there was one more event on the final day. The 'single lift' deadlift and I was aiming for the stars. I only went and, with a lift of 140kg, I got a world record for my age!

I'd already decided that the World Championship would be my final competition but I managed to end on a double high.

Never underestimate what you can achieve when you combine sheer determination and a helping hand from the HASSRA Development Scheme and The CSIS Charity Fund.

For full details of the Scheme, visit the HASSRA website.





Take a Step Forward with HASSRA

I guess many of you have experienced a HASSRA regional trip or event and thought, "That was awesome. I can't wait to go again next time." Well, it is easy to overlook the time and effort that has gone into the organising and delivery of such occasions by the hard-working volunteers across the country who make it possible.

Nick Hume, HASSRA Fylde, tells us about his experience as a HASSRA Volunteer...

At the 2018 National HASSRA Awards Dinner, I was honoured to receive a HASSRA Volunteer Long Service Award for over 20 years' service as the HASSRA National Athletics Team Manager. Little did I realise that when I was appointed back in 1996 that I would still be in that position in 2018.

As a regular member of the HASSRA Athletics Team since joining the Department back in 1983, I was keen to put something back into a sport that has given me so much enjoyment over nearly 50 years. Without volunteers many regions would not function as well as they do, and this is particularly true in this day and age with so many competing pressure for one's time. However, the benefits of volunteering are tremendous. During my time in HASSRA, I have had the privilege of meeting so many wonderful people, from international stars to those who love running just for their own wellbeing.

Volunteering is not a "freebie" and requires commitment and dedication to ensure that the event/trip/competition runs smoothly and people come away with positive thoughts and feelings about the occasion and would then encourage their friends as well.

The gratitude you often receive for giving up your time is highly rewarding and spurs you on to give more. Many events and activities would simply not take place without the commitment of HASSRA's network of volunteers.

One of the benefits I have found in being both a competitor and also a volunteer is the enhanced understanding of what is required to ensure the smooth running of an event and to provide a greater experience for those taking part.

From a personal perspective, volunteering for over 20 years has allowed me:

- the opportunity to meet so many interesting people.
- to give something back to others.
- to be involved in the decision making process in a committee role.
- to be proud of being part of HASSRA for over 35 years and all that it stands for.

The hardest step of the 'volunteer journey' can be the very first one - making the initial contact. Hopefully you will receive a warm welcome and advice and guidance on what is expected of you on the day and then plenty of thanks for a job well done.

As you progress, you might become more involved and take on a variety of roles and responsibilities, gaining some fantastic skills along the way that can be used both in and out of the workplace.

Volunteering is what you make of it. Whether you only volunteer for one event a year or become involved in a much greater scale, your efforts are appreciated and in theory the more volunteers there are the less time that is required from everyone.

Volunteering is something I would highly recommend, especially with HASSRA.

Find out more by contacting your region – see page 3 for contact details.



Crafty Idea to Beat the Blues

Using their creative ability and business savvy, HASSRA Leeds Craft Club have made the most of a spur-of-the-moment idea to increase mental health awareness in their region and, at the same time, raise some much-welcomed funds for the charity **MIND**. Launched in May 2018 at the Woodpecker Bar in Quarry House and with an initial fundraising target of £350, talented artist, Leanne Henderson and Craft Club organiser, Elizabeth Letaief have produced a high-quality adult colouring book which has, so far, proven to be very popular indeed.

The artwork is both fantastic and fun. With a HASSRA Leeds theme running through the whole book, it has given their members even more of a reason to make a purchase and keep that money flowing in. This fantastic idea has also raised the awareness of mental health and wellbeing throughout the region, encouraging staff to take regular lunch breaks, which are so important but often skipped, to ensure a healthy balance throughout the working day.



Sales of the book have already exceeded 200 and reached as far and wide as Caxton House, and you can also support this great cause.

At just £3 (A5) or £5 (A4) plus p+p, these are a great way of putting some colour into your lunchtimes, or grab one as a stocking filler for Christmas. For full details contact **HASSRA Leeds Craft Club**.

Share your regional stories with us at **HASSRA Livelif**.

BUY & KEEP IN SKY STORE



Jurassic World: Fallen Kingdom
Available in Sky Store 19th October

Buy & Keep the latest movies straight from the cinema, whenever you want - even if you don't have Sky TV. Don't forget, you can save up to 20% by getting your discounted Sky Store online vouchers from the **HASSRA Online Shop**.

SUBSCRIBE TO THE HASSRA ONLINE SHOP NEWSLETTER FOR...

- NEWS, OFFERS, & SALES ON SKY STORE
- STEP-BY-STEP GUIDES
- COMPETITIONS & QUIZZES
- NEW RELEASES
- AND MUCH MORE

BLOCKBUSTER CINEMA UPTAKE



Cinema eCodes have become an instant hit on the **HASSRA Online Shop**. In fact for August we saw a massive 50% increase in the uptake of eCode cinema tickets, against paper cinema tickets in August last year.

WIN CINEWORLD UNLIMITED FOR TWO

Johnny English returns to 'Strike Again' in cinemas this October, so we've put together a quiz all about the most disaster-prone member of Her Majesty's Secret Service. Answer correctly and you could be in with a chance to win a pair of Cineworld Unlimited cards, with free Cineworld premium eCodes for 10 runners up. Enter at **Cineworld Unlimited Competition**.

You have until Wednesday 31st October to prove you've got what it takes. Good Luck Agents!

Closing date for entries 23:59 Wednesday 31st October. Full terms and conditions available online at Cineworld Competition t&c's. Winners will be contacted directly after the closing date.



HASSRA Special FX

Each year, HASSRA Preston Office Centre's committee nominates a local charity to benefit from its fundraising efforts.

For the past two years, that charity has been Caritas Care's FX Project, which supports vulnerable young adults in the local area. HASSRA POC was delighted recently to present a cheque for £2,544.05 raised from various methods of fundraising including raffles and cake sales.

Staff in Preston were particularly keen to donate to the FX Project as all the money raised was going directly to fund day trips and other special treats for these young people.

Caritas Care FX Project:

Caritas Care has been providing care and support to children, families and communities since 1934.

The money raised through the Preston Office Centre HASSRA branch has gone towards the charity's FX Project based in Preston city centre.

It provides individually-tailored services five days a week through a team of Specialist Support Workers and a fully-trained nurse, supporting adults with learning disabilities many of whom have additional complex care needs.

The charity has three minibuses so the young people who are being supported can have days out in the community, at venues such as Preston's Moor Park and the Sealife Centre. There are also regular yoga and music sessions and a weekly disco.

Martin Layton, Learning Disabilities Service Manager at Caritas Care, says:

"Donations such as these go towards helping us to provide exciting and life enhancing opportunities as well as making fond and special memories for our young people and their families."



Staff and some of the youngsters from the FX Project, along with HASSRA POC committee members.

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Terms and conditions: *Save up to 50% on June and July 4-night breaks. This is based on selected 4-night (Mon-Fri) breaks throughout June and July 2019 at selected parks. †Exclusive member benefits extra discounts are additional savings on top of Haven's best prices which you can combine with our general offers and will be added on after all other discounts have been taken into account. Save an additional 5% applies to school holidays and bank holidays. Save an additional 10% applies to all other dates. These additional savings apply to all dates, all grades of accommodation and touring and camping. Offers cannot be used in conjunction with any other offer, third party discount, group bookings or voucher and must be booked direct with Haven. To get these offers visit www.haven.com/emb_hassra or call our contact centre on 0333 202 5247 and quote EMB_HASSRA. You won't get these if you book via a travel agent, one of our holiday parks, or affiliates. Offers apply to new bookings only for arrival dates in 2019, and are subject to the full booking terms and conditions as stated online. Offers are subject to availability and may be amended or withdrawn at any time without notice. For all terms and conditions, including call charges, please visit www.haven.com/terms. Haven Holidays is a trading name of Bourne Leisure Limited, registered in England and Wales, no 04011660. Registered office 1 Park Lane, Hemel Hempstead, Hertfordshire, HP2 4YL.

HASSRA Member Survey

Tell us what you think. You could win a Haven Break!

HASSRA aims to provide something for all of our members.

We want to know your views.

In fact, we need to know your views.

This survey is your chance to tell us what you think.

Your views matter

Since the last survey we have:

- improved our HASSRA Online Shop making it easier to purchase your tickets
- introduced more offers for you and your families, such as free entry to Historic Royal Palaces
- rolled out Cinema e-Codes for lightning-quick convenience

As a result more of you than ever before have chosen to join us.

That's why it's so important you continue to tell us what matters to you.

As an incentive

We need to keep listening, learning and adapting so that your membership experience remains as rewarding as it can be. So we're offering a fantastic prize to encourage everyone to get involved.

When you complete the survey you will be automatically entered into a prize draw to win a short break* at any Haven Holidays park. In addition, every respondent will receive an exclusive Haven Holidays discount.

We will also be giving away 25 runner-up prizes of £20 Love2Shop high street vouchers.

All you have to do is complete the survey and provide your contact details (solely for the purpose of running the prize draw).

To access the HASSRA Survey 2018 please [click here](#).

Thanks for taking part and best of luck!

***[Click here for terms and conditions.](#)**



The Big Idea!

Tom McCormack, CMG Director gives us an update on DWP's initiative, The Big Idea!

When DWP launched The Big Idea back in May last year, our aim was to build upon and hopefully grow the fantastic levels of charity and good cause activities that so many colleagues and so many teams across DWP Operations already do throughout the year.

TBI! has four key drivers – wellbeing; community; fund raising; and fun, and is intended to give colleagues a place to publicise what they're up to, attract more interest, and celebrate their causes and achievements. TBI! also provides a way to see a collective view of the fantastic amounts that colleagues across DWP are raising - the totaliser has continued to grow to £715,000! And this is just what we know of - wow!

The Big Idea gives us more opportunities to personally connect with our teams and to help create even more pride in DWP. This year the aim is to widen out beyond just DWP Operations and raise £1M by April 2019. So what are you up to?



Full details are available at [The Big Idea](#) or please feel free to contact me for more information.

Tom McCormack,
TBI Sponsor

