livelife

Live life to the full with a little help from HASSRA

APRIL 2018 | Issue 22

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HASSRA
Bringing leisure to life

livelife

Unleash your baking creativity

In our latest **HASSRA prize draw** you could **win one of six 4.8l KitchenAid Artisan stand mixers**. The perfect tool for all you budding bakers, you'll be creating cakes and bakes in no time with one of these in your kitchen.

To be in with a chance of winning make sure you register on the **HASSRA Online Shop**, if you haven't already done so. You must be registered by Monday 28th May to be included in the prize draw.

Not only is it the way to win one of these amazing prizes. It is also the only way to find out about our exclusive discount codes and offers as well as ordering tickets for the cinema, theme parks and zoos.

Make sure you opt in to our **HASSRA Online Shop Newsletters** too. It's a great way to keep up to date with news, offers and new benefits.

Prove Yourself!

for the DWP Challenge Cup

The DWP Challenge returns this year and by popular demand it's the "Great HASSRA Bake Off." This time there's a twist – it's a "Cupcake Challenge" with two categories "Best Baked" and "Gluten Free"

So get together and organise your own local club round by 25th May. You can also sell the cupcakes to colleagues and raise money for charity. Winners of local rounds will progress to a regional round with the possibility of taking part in the grand final on 21st November 2018 at Caxton House where the new Permanent Secretary, Peter Schofield CB, will be part of the judging panel.

The overall winner will be presented with the DWP Challenge Cup for 2018 so get baking.

Get in touch if you need more information by e-mailing Contact HASSRA

HASSRA
Bringing leisure to life

Welcome to the Spring issue of Livelife magazine.

With the warmer weather on its way you may be thinking about getting out and about more. Whether you are thinking of a short break or just a day out, there are some great ideas in this edition.

On page 5 you can find out details of our exclusive, very special offer of full English Heritage membership. Live and breathe the story of England at royal castles, historic gardens, forts and defences with access to over 400 sites at a fraction of the normal cost.

If you are wondering how to keep the children occupied take a look at page 10 where you can find out about our great deal with Wildfowl and Wetlands Trust (WWT). For just £8 (£2 per ticket) a family of four can visit one of the Wetland Centres where lots of seasonal activities will be taking place.

Back by popular demand, the DWP Challenge Cup will once again test your skills in the kitchen with the Great HASSRA Bake Off. Take a look at page 2 to see how you can take part.

We are also giving away six KitchenAid Artisan mixers in our latest prize draw. All you need to do is register on the **HASSRA Online Shop**, if you haven't already. Once registered you will be automatically included in our prize draw.

On page 6 you can read a volunteer's story. Find out why they love volunteering and what they get out of it. If you are interested in volunteering, you can find out more on the **Volunteer Toolbox** on the **HASSRA Online Shop**.

HASSRA members have a fantastic reputation for raising money for charity and 2017 was no exception. Go to page 7 for stories and pictures of what members have done over the year.

I hope you enjoy this edition of Livelife.

Please share it with colleagues who aren't already members and encourage them to join us and benefit from everything **HASSRA** has to offer.

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ENGLISH HERITAGE
Historic Royal Palaces

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WIN BIG

with 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 numbers @ £1.00 each per month.

Payment for lottery shares is made directly from pay or pension or by annual payments in advance for members who cannot pay by deductions from their pay or pension. Once you join there's nothing more to do because we'll automatically enter your numbers every month. We'll even let you know when you win.

Read on to see how winning a prize in the HASSRA Lottery made a real difference to one of our lucky winners:

Carol Marsden tells her story…

I joined HASSRA in 2015 and sometime afterwards I joined the HASSRA Lottery. I'd heard Robbie Miller, one of the HASSRA staff team who works in my office, talking about advertising the Lottery in the Livelife magazine and the chances of winning the 65 prizes on offer, so at £1 a go I thought why not?

Imagine my surprise when I received a call to tell me that I'd won £2500 in the February draw...I was so surprised that I didn't even take in how much it was initially. My win came at the perfect time as my 30th wedding anniversary was at Easter so it was easy to choose how to spend the money.

My husband and I enjoyed a romantic break in Tenerife in March. It's one of our favourite places and we had a great time, particularly as it was Island Festival time. We're a surfing family, so Vans Surf School definitely got a visit.

I've also booked a family break with Hoseasons in May, staying in one of their luxury lodges in North Wales. This is one of the HASSRA Membership Benefits, so not only did my lottery win help pay for it, but I got a discount too.

I can obviously recommend the HASSRA Lottery to everyone.

"AT £1 A GO I THOUGHT WHY NOT?"

Historic Royal Palaces

Historic Royal Palaces

Historic Royal Palaces Offer is Changing

HASSRA members and up to three guests currently enjoy free access to the Tower of London, Hampton Court Palace, Kensington Palace and Banqueting House as part of HASSRA's Corporate Membership.

Historic Royal Palaces is in the process of withdrawing corporate membership from all organisations, and the current offer for HASSRA members will end on 30th June 2018.

Please note that if you are planning a trip to London after that date and were hoping to take in one of the Historic Royal Palaces you will not be able to use the current offer.

HASSRA is currently working with Historic Royal Palaces to agree a new deal, and we will let you know more once that is agreed.

In the meantime, make the most of your current corporate membership because it will end on 30th June 2018.

Details of events taking place up to 30 June 2018 can be found at the **Historic Royal Palaces** website. HASSRA members also receive a 10% discount in Historic Royal Palaces' shops up to 30th June 2018 by presenting their ticket at the till.

Visit the **HASSRA Online Shop** 'Offers and Discounts' page to print your vouchers.

HASSRA
Bringing leisure to life

FANTASTIC NEW
ENGLISH HERITAGE OFFER

From 1st April 2018 HASSRA members can enjoy an exclusive, very special offer of full English Heritage membership at a fraction of the normal cost.

As a full English Heritage member you will enjoy:

- unlimited free access to over 400 historic places for a whole year.
- an award winning Members' Magazine delivered four times a year.
- a complimentary full colour handbook worth £10.95
- exclusive offers throughout the year.
- free or reduced price entry to hundreds of historic events.

Members can also:

- enjoy half price admission to historic places protected by CADW during the first year and free entry after the first renewal.
- explore more than 70 properties under the care of Historic Scotland with half price admission during the first year and free entry after the first renewal.
- visit for free more than 40 iconic Irish sites looked after by OPW who are responsible for the care of Ireland's most important heritage sites.
- discover the Isle of Man's history through its rich landscape and historic castles with free admission to Manx Heritage attractions.
- enjoy free entry to 48 nationally-significant heritage properties cared for by Heritage New Zealand.

Details of all English Heritage sites can be found at www.english-heritage.org.uk

To purchase discounted English Heritage membership, you need to register with the HASSRA Online Shop, if you haven't already done so, and visit the A-Z or Other page.

This excellent new offer is exclusive to HASSRA members!

Please note: The previous free corporate membership of English Heritage has ended. Please do not attempt to use your HASSRA membership card to gain access to any of their sites.

ENGLISH HERITAGE

Take a step forward for HASSRA

HASSRA membership doesn't have to just be about the benefits, discounts, savings and activities that you can take advantage of. Being a HASSRA member means you've also got the opportunity to be a volunteer in many different areas of the Association.

We spoke to Bec Jones – volunteer, social media guru, competition organiser and generally HASSRA London's leading lady - to find out what she does, and why.

How long have you been a HASSRA member?

I joined HASSRA in 2012 after meeting the ever enthusiastic then business partner, James Kennedy. His energy was contagious and with all the member benefits it wasn't a hard decision!

How long have you been a HASSRA volunteer?

I have been a volunteer one way or another since 2012

What led you to become a HASSRA volunteer?

Initially I volunteered in order to get a club set up in my then office. I could see the massive positive impact having a club would bring to my colleagues

In what part of the organisation do you volunteer?

I am a member of the London Board of Management (BOM)

What sort of things do you do for HASSRA?

When I joined the BOM in 2013 I took on the role as the Events, Competitions and Awards committee sub-chair; I arranged two large summer parties which were fully catered and had the 90s Dance sensation Angie Brown perform.

One of my greatest contributions to HASSRA London has been the setting up and running of the social media presence on Facebook and Twitter. Of the 1,400 or so members we have in our Facebook group over 1,200 are interacting with the page at least once a month.

I was excited to launch an amazing competitions programme in partnership with the O2 arena in 2014 which is now in its 5th year. We have given away over 150 pairs of VIP access tickets to see some of the biggest acts on the planet. I work very closely with our account manager there to make sure we have the best seats in the house!

Additionally I attended last year's September festival as the Team Manager and have helped run several regional sports days. The highlight of which was last year watching HASSRA members trying to navigate a giant inflatable assault course clingy on to their dignity!

Finally last March I organised one of the biggest trips HASSRA London have had where I took 61 people to Bournemouth for a long weekend. It was such a popular trip that it's just been repeated, despite the unexpected snow!

How much of your time do you spend doing HASSRA related volunteering?

This is a difficult question to answer as it all depends what I am involved with at the time, but the social media alone keeps me very busy.

If you are a volunteer outside of HASSRA, what other volunteering do you do?

I volunteer at my children's school Christmas Fair selling Christmas trees – we source them in bulk and all profits go back to the school.

How have you benefitted from being a HASSRA volunteer?

I have met an enormous number of people through my HASSRA work and made some wonderful friends. I get a real sense of satisfaction seeing an idea come to life. I love a party so made it one of my priorities to get HASSRA members attending as many events as possible

What skills have you gained/developed from being a volunteer?

Through all of the events and trips I have organised over the last 5 years I have really got to grips with event management – booking venues, food, entertainment etc. and, most importantly, dealing with challenges as they arise. Forging links with 3rd parties developed my stakeholder management and commercial awareness skills – with everything I do I make sure I get the best value for money – I am an ace negotiator!

My work as a HASSRA volunteer formed a large part of the competencies I used to secure the role I am now doing at HMRC. So from a career point of view being a volunteer can add real value.

Why would you recommend volunteering with HASSRA?

I could fill this page with reasons why I would recommend volunteering with HASSRA. If I had to choose a main one it would be the opportunity to meet so many new people.

What is the best thing about being a HASSRA volunteer?

The sense of satisfaction gained knowing what you are doing benefits such a large number of people; enabling them to get the most out of their memberships. Plus as I said before, those that know me know I love a party so the social side is a massive bonus for me.

HASSRA
Bringing leisure to life

Charity Roundup

With HASSRA raising in excess of £430,000 for charity in 2017, these are just a sample of how HASSRA Members are working to support their community, local charities and much more"

More than
£430k
raised for charity in 2017

Charities are Daft As A Brush

Sunderland

Members of ESA at Sunderland arranged a Tombola and fund Raising day to support the "Daft As A Brush Cancer Patient Care".

They wanted to show their appreciation to the effort put in and the care shown to all who need to use the service, including some members of staff on site.

In total they raised £1285.11 through tombola, cake sale, raffles, and bucket collections Included in the donation was £360.00 from the City of Sunderland Sports & Social Club members who supported the nomination of it being one of their charities of the year.

The Team proudly wearing their Daft as a Brush Shirts.

total raised
£1,300

Newcastle

Throughout 2017 Newcastle Pensions HASSRA were very proactive in raising in total £13,945.61 for various charities including those supported by their Sunderland neighbours.

Their largest single total was £2088.60 for "Daft as a Brush" following a dress down day, sports themed raffle with a Gazza autographed football and his signed strip from Pavel Srnicek's fund raiser match and autographed England & Durham cricket shirts from Mark Wood. This also included a mystery bottle tombola with donations from staff and a sponsored run.

Newcastle Pensions HASSRA received a letter of thanks from Brain Burnie Trustee "I would like to thank you for your kind generosity and valuable support to Daft as a Brush Cancer Patient Care whose service to the patients is and always will be free of charge."

total raised
£14,000

Community walk is a worthwhile cause

Back in June a team of volunteers from AAC in Falkirk walked 4.3 miles along the Forth and Clyde Canal, from the Kelpies at the Helix to the Falkirk Wheel, picking up litter as they went.

They were accompanied by 2 representatives from Scottish Waterways Trust who provided safety equipment, black bags and litter grabbers, and removed the 15 bags of rubbish at the end of the walk.

The team said, "We thoroughly enjoyed our walk, and felt we contributed to a very worthwhile activity." "Its nice to get out of the office and contribute to a worthy cause."

"Great day, good company – now got sore feet!"

"This challenge was difficult to train for. We knew that a lot of the course we would only be able to walk due to the altitude and terrain"

Himalayan 100 mile stage race

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.

Read on to discover how the Scheme has helped Steph Miller.

After over 20 years of running, I thought I had completed a variety of challenges from the speedy 5 and 10k cross country, half marathons, marathons and those other races with various obstacles along the route.

Then I saw this: The Himalaya 100 mile stage race. That is 100 miles over five days at altitude in the mountains with Everest in the background. Both my husband and I fancied it as we had never been to India and the two week trip also covered trips to Delhi and the Taj Mahal and Darjeeling and the Toy train.

This challenge was difficult to train for. We knew that we would only be able to walk a lot of the course due to the altitude and terrain, so we practiced in the local area finding all the hills and walking up to a marathon and then walking again the next day.

On the 5 race days the distances varied from 13 to 26 miles per day and altitude peaked at 4000 metres. We needed the warmest sleeping bags, liner and clothing as well as suitable running gear and walking shoes. We needed walking poles, suitable ruck sack, head torch etc.

Day 1 was 20 miles and we only managed around 2 1\2 miles per hour. We finished in the dark. Energy was sapped by the steepness of the climbs and the thin air. We completed the planned distance every day but the marathon day sadly became a half-marathon day, so our total mileage was not the full 100 but a very rewarding 87.

This was an organised event which had 60 participants from all over the world. There were 300 marshalls and helpers to ensure we were safe. This trip did not come cheap. A once in a lifetime adventure to complete the challenge and to see the beautiful scenery of India and its people and to experience their culture and taste a proper curry!

I applied to the HASSRA **Development Scheme** to see if they could support me with this challenge and I am very grateful for the £400 donation towards the various costs incurred.

Thank you

Steph Miller
Hastings JCP

TICKET

MEMBER REWARDS

FAMILY DAYS OUT

INCREDIBLE SAVINGS

SAVE UP TO 49%

ONLINE BOOKING

ATTRACTION & SHORT BREAK DISCOUNTS

MERLIN ENTERTAINMENTS

For booking information please go to the HASSRA Shop **www.hassrashop.org.uk**

TICKET

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Swimathon
A Swim For All

While Adam Peaty, Lizzie Simmonds, Ross Murdoch at all are competing in the pool at Gold Coast 2018, HASSRA members have the opportunity to take part in Swimathon, the UK's biggest and most popular swimming event of the year while supporting Cancer Research and Marie Curie.

With 25% off, using **SWIMATHON18HASSRA**, all HASSRA members and their families can sign up at **SWIMATHON** and participate in this swim for all with distances for any ability and any age during the weekend of 27-29th April

Swimming is an inclusive and relaxing activity with reduced load on joints and a whole host of health benefits.

Involve the whole family and it can be fun too.

HASSRA Scotland member Stephen Morrison is a national ambassador and you can read about his Swimathon 5K preparations at the **Swimathon Blog** and at **www.howmanymiles.co.uk**

Get **25% off** event entry when you sign up using code **SWIMATHON18HASSRA**

Wildfowl and Wetlands Trust

A whole new world of discovery awaits you at WWT Wetlands Centres.

WWT

In spring and summer, see baby ducklings, flamingos, cygnets and goslings take their first wobbly steps. Tiny frogs and dormice emerge from hibernation while birds dance and display to attract a partner.

There's always something to see and do at a WWT Wetland Centre. You can choose as much or as little activity as you want – such as painting classes, photography courses, craft sessions, walks and talks, Land Rover safari and special events.

HASSRA members can enjoy discounted tickets priced at just £2 each and can be used at Wetlands Centres* until 31 August 2018. Visit the **HASSRA Online Shop** 'A-Z' or 'Other' page to buy your tickets.

Members are restricted to one application per month with a maximum of ten tickets per application.

Full details of all Wetland Centres can be found at wwt.org.uk

*Please note: You don't need to purchase tickets for WWT Steart as it's already free.

Crufts®

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Tracey's Tibetan Triumph!

Together with her beautiful Tibetan Terrier, Araki Already Whispering (aka Ruby), HASSRA Wales member Tracey Leese took on the daunting challenge of Crufts 2018.

After a great day Ruby won the post graduate class, the largest class in her breed. She later then went on to challenge all the class winners from 230 Tibetan Terrier entries and was awarded the honour of "Best Bitch" on the day.

Overall Ruby was placed second, narrowly beaten by the Best Dog for Best of Breed. Definitely a day Tracey will never forget, especially for Ruby after getting a congratulatory cuddle from singer, Radio 2 DJ and housewives' favourite, Michael Ball.

Terms and conditions: *June breaks from £149, plus your EMB saving on top is based on selected 3 night (Fri-Mon) and 4 night (Mon-Fri) breaks throughout June 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. Offers apply to new bookings only for arrival dates in 2018, and are subject to the full booking terms and conditions as stated in the current Haven brochure. Facilities and activities will vary by park and date, and some are 'paid for' activities. You won't get these if you book via a travel agent, one of our holiday parks, or affiliates. 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.

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CAUGHT ON CAMERA

Win £250 of Love2Shop vouchers with the **HASSRA Caption Competition**

With the new Livelife Challenge and Summer Festivals just around the corner, we are giving our members the chance to win £250 in Love2Shop vouchers.

You could use this to get ready for any sporting or activity challenge you have planned in 2018.

To be in with a chance of winning, take a look at this photo from last year's HASSRA Festival, then click on the following link to enter the **HASSRA Caption Competition** before midnight on 20th May 2018.

We will select the top ten entries and then let Nicki Stowe from HASSRA Y&H (pictured on the right) pick the winner.

SQUASH SUCCESS

for HASSRA

With strong opposition taking part in this year's CSSC Squash Mixed Team National Open Championships held at Nottingham in January, our HASSRA teams needed to be at the top of their game to defend the title they won in 2017.

After two days of excellent play and very tight matches, the event came down to the final game between HASSRA "A" and CSSC North West. HASSRA triumphed in a tough contest and in doing so deservedly retained their title!

Proving age is no barrier, Team Captain Siân Hughes also beat the current CSSC over 50's Ladies Champion in the final and fifth game of an epic match!

Congratulations go not only to HASSRA "A", but also to HASSRA "B" who, despite an early injury robbing them of a key player, ended the event as Plate Runners Up.