

livelife

The magazine for HASSRA members



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HASSRA
Living Life 

£25,000 Spring Big Cash Giveaway

ENTER
HERE
FOR YOUR
CHANCE
TO WIN

HASSRA is giving members the opportunity to win up to £5,000 in the £25k Spring Big Cash Giveaway.

With 100 prizes up for grabs, including a massive £5k first prize, there's lots of chances to win.

But you've got to be in it to win it!

To enter, simply answer the multiple-choice question below.

Q) There are over 4.5 billion Bank of England notes in circulation. Together they are worth approximately how much?

A) £8 billion B) £80 billion C) £800 billion

Entry closes at midnight on Sunday 5th June 2022.

Winners will be drawn at random from the correct entries and must be subscribing HASSRA members at the time of the draw.

It's a brilliant idea to book early for your 2023 UK holiday with Parkdean Resorts. Book today and you can pay a deposit as little as £25*, this way you'll get the best and biggest choice of accommodation before it's snapped up!

Whether you're looking for a relaxing getaway or want an action-packed family break too, our parks are sure to provide everything you need for the perfect holiday in 2023!

Spread the cost with **EASY PAY**

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*£25 low deposit available for online bookings made using the Direct Debit Payment facility. Only available on holidays priced at £200 or more. Holidays must be booked a minimum of 16 weeks prior to travel to qualify for the Direct Debit payment options. Final payment must be made 4 weeks + 1 day prior to travel.

Parkdean
Resorts

Spring forward as 2022 continues to blossom.

This year is definitely starting to feel normal again. At the time of writing, I have just returned from my first city break abroad in nearly three years and hybrid working has brought me face to face with friends and colleagues after far too long. I'm also looking forward to the upcoming HASSRA AGM and Major Awards Dinner at Warwick University which will see another reunion of members from around the country celebrating HASSRA's achievements in 2021.

I say it time after time but volunteers really are the lifeblood of HASSRA. Without them our local and regional programme wouldn't exist. In this issue, read about one of last year's highly-commended volunteers and what HASSRA means to her. She might just inspire you to take a step forward. You can also hear from our Best Business Sponsor about the importance of HASSRA in the workplace.

Wellbeing is at the heart of everything HASSRA does. This year's Livelife Challenge sees members striving to reach a common goal by going Around the World in 180 Days. We want as many of you as possible to join up and, at the same

time, raise funds for the Charity for Civil Servants. Check out page 4 for details. Also in the name of charity, see how much HASSRA raised in 2021, including two fearless members who risked life and limb for their chosen good cause.

2022 will see us all begin to feel the pinch it would seem. But there's nothing better than having a little (or big) win every now and again. HASSRA gives members more chances than ever before to win fantastic prizes. Our £25,000 Cash Giveaway, will see a hundred members receive a rather nice windfall, including one lucky member who'll scoop the top prize of £5,000. Plus, with a £15,000 jackpot, a £10,000 second prize and 120 prizes in total each month, the HASSRA Lottery also gives members a realistic chance of winning big. And unlike other lotteries, HASSRA Lottery prizes are GUARANTEED in every draw. See on page 6 how the Lottery made a difference to one lucky member!

HASSRA has something for everyone and more members means bigger and better offers for us all. So spread the HASSRA message to all your colleagues, new and old. Be part of something special where you work.



In the meantime, please continue to keep you and your loved ones safe.

Robbie Miller
Editor

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Around the World in 180 Days!

**SIGN UP
FOR FREE
TODAY**

THIS YEAR HASSRA HAVE JOINED FORCES WITH THE CHARITY FOR CIVIL SERVANTS TO BRING YOU THE LIVELIFE CHALLENGE - AROUND THE WORLD IN 180 DAYS!

Between 2 May and 28 October HASSRA members are being challenged to travel 25,670 miles across the seven continents of the world, by taking part in various activities. You can choose to travel the distance by walking, running or cycling and activities such as golf, squash and gardening can also help you reach your goal. It's a great opportunity to get active with your fellow HASSRA members and stay healthy!

HOW TO GET INVOLVED

Register now and start logging your activities on our interactive platform – it's quick and easy to do. You can log the distance you travel manually, or by linking your page to a fitness app to see how far you've travelled. Any sport or fitness activity you do counts towards the total miles you travel. And you can sign up and join at any point during the Challenge – not just at the start.

Clubs can set up teams for their members; individuals can also sign up with the aim of travelling across Europe in 180 days... that's a mammoth 1,340 miles!

Whether you're registered as an individual or as part of a team, any logged activity counts towards the grand total travelled by HASSRA members.

FUNDRAISE FOR THE CHARITY FOR CIVIL SERVANTS

What's even better is that the money you raise by taking part in this challenge will support people who are struggling when they need it the most. People like Jenny, who was supported by the Charity to escape an abusive relationship.

"The Charity helped me get out of the worst situation I could ever face. I feel like a different person now; I feel so confident. If you find yourself struggling to cope, know that there is hope when you contact The Charity for Civil Servants."

The Charity for Civil Servants supports all current, former and retired civil servants throughout their lives, listening without judgement and offering practical, financial and emotional support.

**The Charity for
Civil Servants**

We're here
for you

PRIZES TO BE WON



HASSRA Best Business Sponsor – Duncan Wardle

One of the first things put under my nose when I started working for the DWP back in 1981 was the HASSRA membership form.

As I'd always enjoyed sports, socialising and getting a bargain, joining HASSRA was a no-brainer.

I got involved in many of the sports events and enjoyed the social aspects that followed (where there might be the odd drink or two!). Rugby, football, badminton, and squash were my favourites, but I also enjoyed social activities such as skittles, car treasure hunts, walking treasure hunts and quizzes.

To this day, I play fun five-a-side football each week. It's organised by HASSRA and free to members – £2 for non-members – so I get my monthly subscription back in that activity alone. Bargain!

I have represented the SW region at cricket, rugby, and athletics – always fun and not too serious. I remember travelling to play rugby against Wales. We picked people up in a coach on the way, then realised we were one player short when we got there, so the coach driver played for us! I also attended the national special event in Warwick as a volunteer. I enjoyed all the events immensely, but what I really took away was the sense of community, almost family, that HASSRA instils.

I've always been a bit of an organiser and, as I was enjoying HASSRA so much, I soon became a committee member for the Bridgwater site. Not only was I taking part in many of the events, I was also involved in organising them.

It's fair to say, I have had my money's worth out of my HASSRA membership over the years. I've taken advantage of the great benefits on offer – discounts on cinema tickets, entrance fees to theme parks – and I recently got 10% of a hefty group food bill in a St Austell Brewery pub in Cornwall, which was a real win-win! Because I receive so much, I wanted to give something back – that's why I became a HASSRA sponsor for the Taunton, Bridgwater, Wells and Minehead Club. Little did I know that, by doing so, I would get even more back from working alongside HASSRA group organisers and other sponsors.

“For me, comradery is key!”

I'm proud of HASSRA and how it brings people together. It plays a large part in the department's 'Wellbeing Agenda'. This really came home to me during lockdown, where we had to think outside the box to organise group activities remotely and keep people connected, involved, and motivated. The local and regional teams used social media and MS Teams to conduct various activities. These included bingo, photo competitions and talent competitions, all of which were accessible to those feeling isolated at home or in an office. I'm certain this helped improve the mental and physical wellbeing of many.



I don't see this award as mine solely, more a recognition of everything good about the membership of my local club and South West HASSRA. The local club I sponsor has a great committee who are extremely dedicated and hardworking. I just try to be as involved and supportive as I can. I'd like to thank my local team for nominating me, as it means I must be doing something right. And to have pipped other equally deserving sponsors to the award is extremely humbling.



The HASSRA Lottery

With 120 guaranteed winners sharing £63,000 every month, including a massive jackpot of £15,000 and a second prize of £10,000, the HASSRA Lottery gives you the very best chance of winning big.

It costs just £1 to enter the draw, and you can buy up to 20 entries each month to increase your chances of a win. Compare this with most major UK lotteries, where you have to guess a sequence of numbers, often resulting in no overall winners for weeks on end, or having to share your win with others.

THE ODDS SPEAK FOR THEMSELVES:

| LOTTERY | COST | CHANCE OF JACKPOT WIN | GUARANTEED WINNER |
|---|----------------|-----------------------|-------------------|
|  | £1 per month | 1 in 90,000 | ✓ |
|  | £10 per month | 1 in 135,000 | ✓ |
|  | £4 four-weekly | 1 in 1,000,000 | ✗ |
|  | £2 per week | 1 in 45,100,000 | ✗ |
|  | £2.50 per week | 1 in 139,800,000 | ✗ |

HASSRA National BOM member, Fylde Chair and recent HASSRA Lottery Jackpot Winner, Simon Woodrow told us:

"I joined the HASSRA Lottery when I started with the then DHSS back in 1988. I was persuaded to do so by the HASSRA rep who came along to my induction.

I began with 5 shares and kept those until fairly recently. After taking partial retirement in 2020, I decided to increase my shares to 10, which looks to have been a good move.

I was at a meeting in Carlisle when an email landed in my work inbox saying "Congratulations – mine's a pint". I had no idea what this was about and was joking with some of my colleagues that I must have won the lottery. When I checked my personal emails, I found the one from HASSRA that confirmed that I had indeed won the £15,000 jackpot. I spent the rest of the day in a bit of a daze whilst also being told "mine's a pint" by quite a few more colleagues.

It's fantastic to win the 1st prize in the HASSRA Lottery. It's a substantial amount of money which will allow me and the family to do some of the things we want to do while we still can.

We recently built a new garage and man-cave, so in a way my winnings have retrospectively paid for that. The man-cave is now the home of my model railway layout, after 20 years of collecting engines, coaches, wagons and track. We are also planning our first proper holiday since 2019. Finally, we have a new grandchild due in May which will be our third. So, I'm sure that we will be treating all of them too.

I did have another much smaller win about 3-4 years ago but prior to that, like many people I know, I was very much a member

of the "I've been in the Lottery for 30+ years and never won a thing club." Not any longer!

I know it's a cliché but you really do have to be in it to win it.

The chances of winning a reasonable prize in the HASSRA Lottery are far greater than the National Lottery. So, I would recommend that you consider joining, or increasing your number of tickets, if you can afford it. You never know - it could be you writing the next Winner's Story!"



Find out more and get your tickets at HASSRA Lottery.

WHO'S THE DADDY?

HASSRA is giving members the opportunity to win one of 25 Cadbury's Chocolate Hampers to celebrate Father's Day.

But you've got to be in it to win it!

Simply sign in to your **HASSRA Live** account and answer the multiple-choice question below.

What was the famous wrestler, Big Daddy's real name?

- a. Shirley Crabtree
- b. Marion Morrison
- c. Lily Savage

Entry closes at midnight on Sunday 5th June 2022. Winners will be drawn at random from the correct entries and must be subscribing HASSRA members at the time of the draw.



Harry the hiker.

He loves to keep fit and healthy and be in the great outdoors. He is always out on long hikes with his dog Scout. He has also just saved money on his car and home insurance with us.

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HASSRA
Fylde **Green Fingered Garden Therapy**

In November 2019 our local children's Hospice, Brian House, asked us if there was an allotment they could have, to develop and use as part of a therapeutic wellbeing activity involving the children, their siblings and families.

Unfortunately, at that time, there were no spare plots available, and access to the allotments meant going over grassed pathways – just not possible for the children in wheelchairs. However, we were determined not to give up but see how HASSRA could make this happen.

Throughout 2020, despite the pandemic and lockdowns, we carried on planning and researching how we could do this and trying to raise funds as much as we could.

Move on to 2021 – we finally had detailed plans, with funding from HASSRA Fylde and two charities, and with the help of volunteers and a landscaping company, we have achieved what we set out to do and we've made it happen.

We now have a reinforced driveway allowing Ambulances to drop off people who are wheelchair users; a large area where we have built raised garden beds at various heights that will be suitable for wheelchair users and people with mobility problems.

What we have achieved is much more than what was initially started, an allotment project for Brian House; it has now started to grow (*pardon the pun!*). We have been incredibly blessed by donations from local companies providing the raised beds,

plants, vegetables and shrubs, plaques for the allotments etc. and HASSRA Fylde is incredibly grateful to these organisations for their generosity.

Trinity Hospice, Dementia nurses and their patients are now all involved and have this unique opportunity and will all be using this gardening space for cultivating and growing vegetables, fruit, and flowers.

Not only will children from Brian House be able to explore the outdoor

space and grow fresh produce, it will also open it up to the siblings of life limited children as well as parents and grandparents, allowing them to network, a really perfect opportunity.

Working with staff from the Hospices we are also planning and organising creative events everyone can take part in, such as building Bug Hotels, Bee & Butterfly houses, Bird Houses and Bird Tables and so much more.



Assistant Clinical Director at Brian House, Lisa Barlow, said:

“The generosity of everyone involved in this garden project is just incredible.

“Thanks to the volunteers, everyone at HASSRA and local companies, we will have an amazing outdoor space which will give our very fragile children the chance to enjoy new experiences. It will also be used by their families to give them the chance to unwind and take time for themselves, away from the pressures of having a child who is life limited.

“This allotment and garden area will also be enjoyed by patients in our adult services at Trinity Hospice and will be particularly useful to patients who are also living with dementia.

“We are very grateful to everyone who has been involved in this project and are very much looking forward to helping to create some truly special memories.”

HASSRA Fylde Chair, Simon Woodrow said:

“HASSRA Fylde and HASSRA Gardening Club are bringing communities together, working to help better people's lives; supporting them to learn new skills, improve wellbeing, mental and physical health and the therapeutic benefits that gardening and nature brings.

“More importantly, our work helps to reduce isolation and anxiousness, especially for some of the most vulnerable people in our society.

“We are honoured to be creating this extremely valuable outdoor space for local hospice patients of all ages, as well as their families, knowing that it will have the potential to make a lasting difference in their lives.

On Friday 29th April, our Open Day and official opening of the Gardens took place, with dignitaries from across the Fylde area invited to celebrate what we have collectively achieved, including the Mayor of Wyre Andrea Kay, local MP Paul Maynard, representatives from Regional HASSRA, plus those local companies who made this possible.

The Mayor of Wyre did the honours and welcomed the invited guests along to the gardens, whilst also thanking all of those involved in making this happen, including the incredible partnership between HASSRA and the Hospices.

Finally, the work of the Gardening Club has also been recognised within HASSRA Fylde for its work, with them taking the Club of the Year Award at this years Awards evening. They will go onto represent Fylde in the National Awards later in the year, a true recognition of the hard work and endeavour of all involved, and the excellent leadership and direction of Christine Fisher, the Gardening Club Secretary and Stephen Fisher the allotment manager who designed the area, worked with contractors and organised volunteers to help.



“The generosity of everyone involved in this garden project is just incredible”

Lisa Barlow
Assistant Clinical Director | Brian House

HASSRA Charitable Fundraising for 2021

2021 was another challenging year for so many. The charity sector continued to be hit hard, with many fundraising activities postponed due to lockdown and the nation faced with a cost-of-living crisis. However, HASSRA members continued to do their bit with yet another extremely successful year of fundraising with over £100,000 raised nationally.

Almost half of that total was raised by the fantastic members of HASSRA North West and a huge shout-out must go to Birkenhead CSAC who raised more than £20k for their chosen charities.

Two plucky Birkenhead members, Gill Parkes and Kristy Maughan, completed a death-defying abseil down the Liverpool Anglican Cathedral to raise funds for the Motor Neurone Disease Association in memory of their colleague, Karen Murphy, who was diagnosed with the disease in 2019 and sadly passed away in October 2020.

Gill told us, "During one of our visits to see Karen, a few months after her diagnosis, she mentioned how she would like to get involved in raising money for the MND Merseyside Branch as they were helping her deal with her diagnosis. They were planning an abseil of the Cathedral in August 2020 but she didn't know anyone mad enough to take part.

She was so pleased when we Kristy and I told her to sign us up for it.

Unfortunately, the event was postponed due to the pandemic and Karen never got the chance to see us abseil down the Cathedral. However, in March 2021 we noticed a Facebook post from MDNA Merseyside stating that the Cathedral Abseil had been rearranged for July. We immediately contacted Karen's family to ask if we could complete the abseil in memory of Karen, and they were so grateful that she was still remembered by her former colleagues.

We eventually completed the 150ft abseil (I reached the bottom first, much to Kristy's annoyance), supported by Karen's family and our own friends and family. We managed to raise over £8,500 for the charity which would have made Karen so proud."

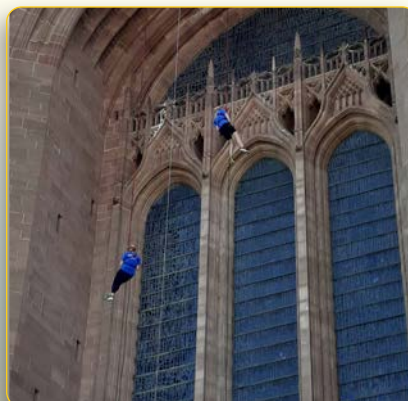


We want to showcase more of the great work you do on HASSRA Live. Please get in touch and let us know what you have been doing and for which charities you have been raising funds. Send your stories to: HASSRA Fundraising Stories.

We will also be in touch at the end of 2022 for full details of your club's fundraising, so please try to keep a running total!



Gill Parkes and Kristy Maughan



The HASSRA Summer Promotion On Sale Now

Back by popular demand, the HASSRA summer ticket promotion will give members the opportunity to make huge savings on selected attractions throughout the UK this summer.



All featured tickets will be at least **50% off** the normal 'on the gate' admission prices!

Tickets will be on sale at special offer prices until 31st August 2022.

All tickets **MUST** be ordered on the OFFERS section of HASSRA Live.

Please Note:

- Orders will be restricted to a maximum of 10 tickets per member, per attraction for the duration of this promotion.
- All e-ticket orders will be sent by email immediately after the order is placed.
- All paper ticket orders will be dispatched as soon as possible by Royal Mail 2nd class post in strict date order.
- A confirmation e-mail will be sent to you when your order has been dispatched.
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Take a step forward with HASSRA

HASSRA membership doesn't have to just be about the offers and discounts you can take advantage of. Being a HASSRA member also provides the opportunity to volunteer in many different ways throughout the Association. Without our fantastic volunteers, many of your local and regional events and activities throughout the year simply wouldn't happen. Dorothy Brookfield, HASSRA Wales, was highly commended for her volunteer work at last year's HASSRA Awards Dinner. Here she tells us what she does, and why.

"As soon as I joined DWP in 1984, I was introduced to the wonderful world of HASSRA which seemed to offer a multitude of opportunities for sporting events, so I signed on the dotted line. I was immediately brought in for the HASSRA Wales Annual Sports Day to help Wrexham win, as apparently it was a close call the previous year against Gabalfa. I soon joined the Wrexham committee and began organising trips, charity fundraising, team sports against local offices and family fun days. I remained a member of the committee during my whole career and served as treasurer for many years. Over the last 10 years, HASSRA has offered an increasing number of offers and discounts, as well as the traditional sports. During my many recruitment talks to new staff, I found HASSRA membership much easier to sell as I had first-hand experience of lots of the offers while organising trips and away-days for Wrexham.

As I can never seem to avoid eye-contact, I soon found myself on the HASSRA Wales Board of Management! This allowed me to concentrate on enhancing the profile of North Wales members and increasing engagement and closer working with members in the South. I have to admit, the North/South divide once perceived has really improved over the years.

Some readers will be far too young to remember the forerunner to the HASSRA Festival, but Special Event was my next big test. I first went as a competitor but when Wales and South West hosted Span90, I was on the organising committee and got to know Bath University quite well. After that I attended most years and have visited many sites, all of which had their pros and cons. I have met many people over the years and made some good friends, and quickly learned new sports when we had no one for the events. Archery was my biggest challenge and I was just glad I managed to hit the target without killing anyone.

HASSRA Festivals – well, what can I say? Over the years, I have attended as Team Manager for Wales but I have often been required to step in at the last minute, don a pair of trainers and pretend to know what I was doing when someone has dropped out. The events have been great but, once again, it really is the people that make them special. Plus, it has been a pleasure to be able to see people twice a year and catch up.

It has been a real challenge to maintain HASSRA momentum over the last two years due to the Covid 19 pandemic. During the first lockdown, I took the lead in Wrexham to make the most of the HASSRA lockdown grants. I organised a competitions, provided plants, pots and gnomes for a gardening venture, plus bouquets of flowers for members nominated by colleagues. Alongside that I have continued to run charity events, ensuring they were inclusive of all staff, whether office-based or working from home. We managed to hold our big Christmas raffle, moving away from physical prizes to vouchers allowing winners to get their prizes quickly.

I was so pleased to have won Volunteer of the Year for HASSRA Wales and it was an added bonus to get highly commended at the National Awards. I have loved every minute that I have been involved with HASSRA. Now that I have retired, I will be keeping my membership and, along with it, my finger in the pie. So, sorry HASSRA Wales, you haven't got rid of me yet!"



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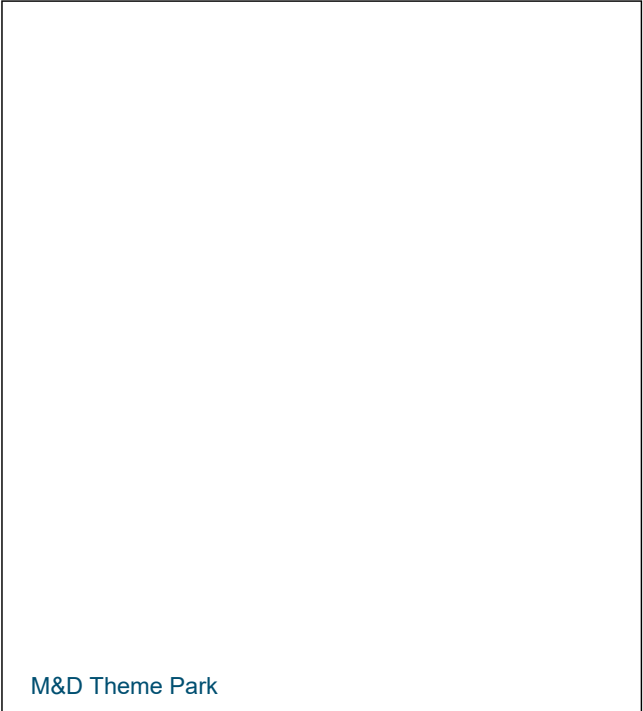


Deep Sea World

Edinburgh Zoo



Flamingo Land



M&D Theme Park



Marwell Zoo

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Woburn Safari Park



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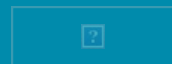
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