

livelife

Live life to the full with a little help from HASSRA

ANOTHER GREAT SUCCESS for the Livelife Challenge

Pg 5

HOLIDAY AND
TRAVEL DISCOUNTS
WITH HASSRA

Pg 2

IMPORTANT
NEWS FOR
HASSRA
MEMBERS

Pg 4

ENGLISH
HERITAGE OFFER

Pg 5

SPOTLIGHT ON
HASSRA REGIONS

Pg 6 & 7

CALLING
ALL BAKERS

Pg 8

CHRISTMAS
CRACKER RESULTS

Pg 10

Win holiday
vouchers
worth up to

£1000

Pg 2

 HASSRA
North West

 HASSRA
Bringing leisure to life

livelife

Win up to £1000

of Holiday Vouchers with **HASSRA**

Dreaming about getting away?

The festive season is now over and many of us are looking forward to booking our holidays. Let HASSRA help make those dreams a reality with our latest prize giveaway for £7,500 of Love2Shop Holiday Vouchers.

We are giving away one voucher worth **£1,000**, two vouchers worth **£750** each and ten vouchers worth **£500** each.

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 26 February 2018** 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.

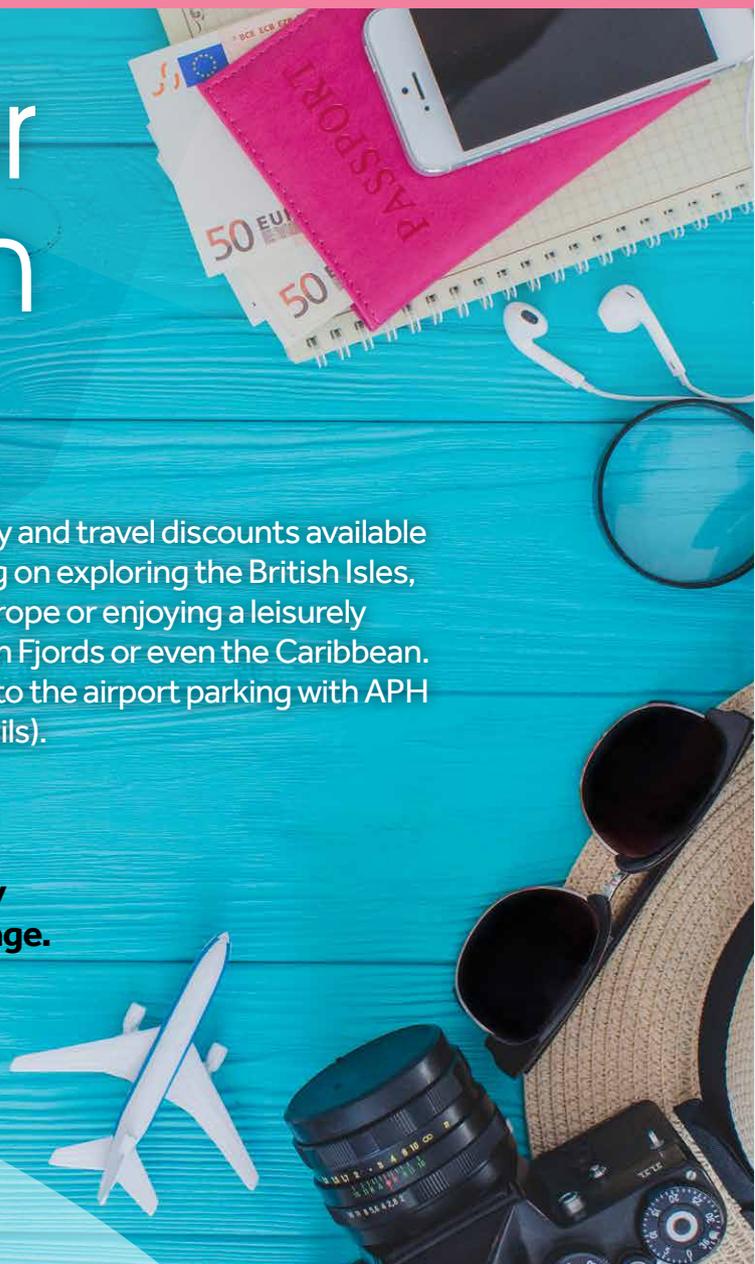
Make sure you opt in to our **HASSRA Online Shop Newsletters** too. It's a great way to keep up to date with news, offers and the latest benefits.

Expand your horizons with **HASSRA**

Take full advantage of the fantastic range of holiday and travel discounts available to all HASSRA members. Whether you are planning on exploring the British Isles, taking a short break, booking a family holiday in Europe or enjoying a leisurely cruise around the Mediterranean, the Scandinavian Fjords or even the Caribbean. HASSRA has something for everyone, even down to the airport parking with APH and travel insurance with CSiS (see page 8 for details).

To take advantage of the holiday and travel discounts, you need to register with the HASSRA Online Shop, if you haven't already done so, and visit the Offers and Discounts page.

hassra.org.uk



Welcome to the first Livelife magazine of 2018.

2017 was a fabulous year for HASSRA. We held two very successful festivals attended by over 1,000 members. We celebrated the fantastic achievements of our members and volunteers at our Annual Awards Evening. Members enjoyed some wonderful new benefits including Historic Royal Palaces, Eurocamp, Hotpoint Privilege Club, Snow+Rock, Cycle Surgery, Cotswold Outdoors and Runners Need.

In addition, HASSRA has given away 150 prizes in our Fun & Free competitions and Livelife giveaways – including Wimbledon tickets, Apple watches, West End Theatre breaks, plus our hugely popular Christmas Cracker with a

top prize of £3,000. Make sure you take part in our latest promotion to win up to £1,000 of holiday vouchers, more details can be found on page 2.

As we begin 2018, I would like to take this opportunity to thank our partners for their continued support. Special thanks go to CSIS who, once again, generously provided cash prizes at our Annual Awards Evening and both Festival Awards Dinners, and for their ongoing sponsorship of the HASSRA Development Scheme. Turn to page 9 for more information about the Scheme, and also page 8 for details of the fabulous new CSIS travel insurance discount for HASSRA members.



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In partnership with:



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Just £1
per month
gets you
access to
the HASSRA
Lottery

Membership Subscriptions

IMPORTANT NEWS for HASSRA members

From January 2018 HASSRA subscriptions have risen from £1.99 to £2.10 per month. This modest increase will ensure members continue to enjoy a first class membership package worth around £8.5m annually, including:

- Savings on cinema tickets
- Savings on theme park and attraction tickets
- Huge discounts on family days out in the Summer Promotion
- Discounts on UK and European family holidays including airport parking
- Savings on insurance products
- Savings on gym memberships Free competitions with prizes worth £50k
- Exclusive access to the HASSRA Lottery paying out £660k in cash prizes annually
- A massive programme of national and regional sports and leisure activities and offers
- A network of local office and activity clubs ensuring there's always something good going on where you are.
- And much more.

The price increase will be applied automatically so all you need do is carry on enjoying your HASSRA membership to the full.

HASSRA Lottery

Just £1 per month gets you access to the HASSRA Lottery. And with members allowed up to 20 entries per month, your chances of winning a tax-free cash prize couldn't be better.

One **1st Prize** of **£12,500**
Four **2nd Prizes** of **£2,500**
Fifteen **3rd Prizes** of **£1,000**
Twenty-five **4th Prizes** of ... **£500**
Twenty **5th Prizes** of **£250**

That's 65 prizes worth £55,000 per month or 780 prizes worth £660,000 per year. But you can't win it unless you're in it. So why not get involved and give yourself a chance.

At only £1 per share, with a maximum of 20 shares per month, Lottery members are automatically included in the draw and notified of a win.

If you want to join the HASSRA Lottery, please complete the application form available at **Lottery Application**. National Associate Members should apply at www.hassrashop.org.uk/associate-membership

HASSRA Online Shop

All of our special offers are now available through the **HASSRA Online Shop**. That means you can order and pay for your discounted tickets safely and securely 24/7. Only HASSRA members with an online shop account can take advantage of these special offers.

- Order your discounted cinema and theme park tickets quickly and securely online.
- Find your special HASSRA discount and offer codes.
- Receive newsletters on the latest benefits, promotions and competitions.

- Be automatically included in prize draws.
- Access 24/7 via the internet.

So, if you haven't already registered with the **HASSRA Online Shop** do it now and start enjoying more of the benefits of HASSRA membership.

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



Register now:
hassrashop.org.uk

HASSRA livelife Challenge

 **HASSRA**
Bringing leisure to life

In 2017, the HASSRA Livelife Challenge went from strength to strength, with 168 groups successfully securing a grant, 20,000 people took part in a variety of physical activity challenges.

HASSRA contributed a total of £14,000 towards these activities.

Some groups, such as the HASSRA Stompers from Gloucester and the 'Feet of Fire' group from St Marylebone, took on a walking challenge. Bilston Office used their grant to set up a badminton club. We've had groups taking part in 10k races and cycling across South America (virtually of course!).

Interested in getting active with a group of colleagues? Look out for the 2018 Livelife Challenge which will be launching later this year.

The New English Heritage Offer. GET READY!



ENGLISH HERITAGE

Live and breathe the story of England at royal castles, historic gardens, forts & defences, world-famous prehistoric sites and many others.

Thousands of members and their families have enjoyed privileged access to some of England's most cherished heritage sites since we teamed up in February 2012. This arrangement will end on 31st March 2018 but happily will be replaced with a new deal.

From 1st April 2018 HASSRA members can enjoy full English Heritage membership at a fraction of the normal cost.

English Heritage members can enjoy:

- Unlimited 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.

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

So check it out and get ready for exclusive new deals available only from the HASSRA Online Shop.

Spotlight on HASSRA regions...



HASSRA Wales

HASSRA Wales have enjoyed a successful and eventful year. Our membership has thrived with offerings as varied as Go-Karting and Deep Sea Fishing to Darts and Chess and we ran a number of fun and free competitions.

Members enjoyed a fantastic trip to London and took advantage of the free Historic Royal Palace entry.

Our Annual Sports Day took place in May – bringing people from across Wales together – an occasion members look forward to.

HASSRA Wales saw success at the July Festival, winning the Five-a-side football competition. Our members have been amazing throughout 2017 fundraising for a variety of charities, national and local.

We still occasionally produce our newsletter, Dragon Tales, but have moved increasingly towards the use of social media, in particular Facebook, to communicate instantly with our members. We have reached 577 followers and the number grows weekly! Check out our page to see what we get up to at facebook.com/hassra.wales




HASSRA Fylde

2017 has yet again been a very busy year for HASSRA Fylde. Our Sports Grounds have continued to be used by a host of our activity clubs. Norcross Cricket Club (NXCC) were crowned Britain's Greatest Amateur Cricket Club having received the highest number of public votes, impressing industry judges, including Colin Graves, Chariman of the ECB.

We have taken our members on some wonderful trips including London, Disneyland Paris, a Little Mix concert, Disney On Ice and both Manchester and York Christmas Markets. We have given our members a varied range of taster events to try from Yoga, Pilates and Secret Swimmers to climbing, craft evenings and ladies-specific events for Crown Green Bowls and Golf.

We competed against HASSRA North West in a brand new inter-regional challenge, the Winter Games. This was hosted by Fylde in February and was a huge success, with the icing on the cake being a home victory.

The high point of the year came at the HASSRA Annual Awards in May. One of our members, Joanne Graham, won the Best Participant award and the proudest came when, for the first time in 20 years, HASSRA Fylde won the President's Cup for Best Association.



HASSRA South West

HASSRA South West have been working hard with members this year to get communications right and to ensure members know what is available to them.

We have introduced the Chairs network which is equipping Club Chairs with the right skills to recruit and look after their members. Our Board of Management have taken their meetings on the road and recruited new members on the way!

We have continued to raise money for charities, held lots of fun and free competitions, new taster events, our usual sports programme and coach trips to London to use the new Historic Royal Palaces benefit.



HASSRA Yorkshire & The Humber

Health and fitness is at the heart of what HASSRA Yorkshire & The Humber offers to its members.

In 2017, we provided financial assistance to our members for entry to various long-distance runs throughout the region, as well as the Olympic Park, and a Total Warrior adventure race.

Our successes during the year included increased entry to many events, numerous personal bests, and winning the Team Challenge at the Yorkshire Half Marathon for the third successive year.

Many of our participants were competing for the first time, while other seasoned athletes had taken on increased challenges. A special mention goes to Bruno Beckett for a sub-3 hour marathon and Maria Paliuc who knocked a magnificent 9 minutes off her PB at the Leeds Abbey Dash with a new PB of 52m 16s.



HASSRA Scotland

Throughout 2017 HASSRA Scotland ran a varied sporting and leisure programme including curling, darts, bowls, golf, snooker and football. There were trips to Liverpool and York/Leeds Christmas markets. We held monthly draws, a New Year draw and one of our most popular events, 'It's a Knockout', where 12 teams gathered together on the battlefield. The eventual winners were the Clydebank Titans who edged out the Northgate Nomads in the final. Congratulations to everyone who took part.




HASSRA South East

2017 was another good year for HASSRA South East. We fielded full teams for both of the annual Festivals and put in a spirited performance in everything we participated in. We won prizes in a number of events including running, darts, chess and mixed touch rugby although winning is not our main objective at HASSRA South East camaraderie and enjoyment in participating are a major priority in our successful region.

Our Regional Annual Sports Day – our WOW! Day – was shared with the HASSRA London for a third time. It was yet another resounding success, drawing members into a fun and exciting day, and ensuring its continuation for the foreseeable future whilst cementing our friendship with our fellow region. We have taken to trying new ideas on the day and this year was no exception as we had a 'Silent Disco' – as much fun to watch as it was to participate in!

Our local clubs have been highly active arranging quiz evenings, football matches and various other team building ventures. In offices there were schemes and events supporting fundraising and much needed morale boosting. Our local clubs fully supported Comic Relief, Macmillan Cancer Support and Children in Need. There was also a huge support shown for local charities; animal rescues, hospices, women's refuges. The events organised were just as mixed; 'Jelly days', indoor beach parties and bric-a-brac sales have gone alongside the very popular cake sales and dress-down days, wear jeans - wear red - wear scary!

All round, a good year for HASSRA South East.'



HASSRA North East

HASSRA North East has a strong focus on fundraising for various charities and providing lots of events and activities for our HASSRA members. We are also involved in a number of well being activities. In Sunderland we worked with the BLAST group and completed several walking challenges.

18 HASSRA Cobalt members took part in a sponsored 12 mile coastal walk to raise funds to help a local terminally-ill lady, Jenny Thirlaway and her family make memories. Additional activities took place throughout the office which included bingo, a raffle and a sponsored silence. The more talented among us made crafts such as Birthday & Christmas cards, jewellery and gift boxes which were sold in the office on our craft stall. In total we have raised a massive £1,200 for this very worthwhile course.



Calling all Bakers

The DWP Challenge 2018 will be the Great HASSRA Cup Cake Bake Off – a modern twist on the ever popular Great HASSRA Bake Off.

Club rounds will begin in April followed by regional rounds and the two best bakers from each region will be invited to the final in Caxton House in November.

There will be two categories: Best Baked and Healthy Option. So keep your eyes peeled for more information about how you can get involved in your club round in the Spring.

Travel Insurance for HASSRA members



What do you need to know?

Each year UK residents make millions of trips abroad. Most trips are trouble-free but the following travel insurance advice from CSIS may help make sure you have a more relaxed time while you're abroad.

What does a travel policy generally cover?

- Cover for loss or damage to baggage and money
- Cover for holiday cancellation or curtailment due to ill health
- Cover for medical treatment abroad or repatriation
- Cover for your liability if you cause injury, loss or damage to third parties and their property

Policy limits may vary, dependant on your insurer, so it is important to check **there is enough cover** to reimburse your outlay if something goes wrong. Always watch out for **age limits** on policies too.

What do travel policies usually exclude?

- Your pre-existing medical conditions (see below *)
- Cancellation due to pre-existing medical conditions of any close relative even if they are not travelling
- The effects of alcohol or drugs
- Depression and suicide
- Terrorism

- Hazardous pursuits or sports
- Liability arising from the use of vehicles, watercraft or aircraft
- Territories where the Foreign and Commonwealth Office (FCO) advise not to visit
- Volcanic ash

These lists are not definitive and every policy needs to be studied carefully to check the detail. Most insurers offer a health screening service if you have a pre-existing medical condition and may offer cover for an additional premium.

This advice has been brought to you by our friends at CSIS who offer a 10% discount to HASSRA members for Travel Insurance.

CALL TODAY ON 01622 766960

**10%
discount
to HASSRA
members**

* CSIS offers travel to Europe **without medical screening** provided you are considered **fit to travel** by your medical practitioner. To view their policy terms and conditions visit www.csis.co.uk/hassra

All about the **HASSRA** Development Scheme

The HASSRA Development Scheme has been in operation since 1986, providing financial support to individuals who want to develop their skills where this would involve an expense they would find difficult to meet.

There are three main categories under which you can apply:

1. **Personal Development** – to develop your potential to serve HASSRA and your local community.
2. **Sport** – to develop skills in your chosen sport or activity.
3. **Members** – who consider themselves to be disadvantaged or to have a disability and wish to take up or develop skills in a sport, pastime or recreational activity.

Over the last 30 years, we have had more than 1300 applications for assistance, demonstrating our commitment to both able-bodied and disabled members throughout the Association.

The scheme is administered by the HASSRA Awards Committee, which is allocated funds annually from the Association and the CSiS charity fund.

Angela Morgan, East of England – Cycling

The contribution from the HASSRA Development Scheme enabled me to buy a road bike that is more suitable to long distance cycling than my previous cruiser bicycle.

I took part in the Prudential Freecycle in London this year and along with my cycling team, I also took part in the Foulness Bike Ride this year, raising £420 for Alzheimer's Research Society.

Although I was not able to take part in the London to Southend bike ride this year, I will be registering for 2018.



ANGELA MORGAN

Clint Williams, South East – OCR Running

Although I already considered myself to be fit for my age (54) when competing and winning my age group in The NUTS Challenge one lap race in early September, I was aware that to compete in the World Championships I had to train to a level I had never reached before. I began training six days a week from the beginning of September, mixing running, HIIT (high intensity interval training) and specific weights exercises to build the muscles for monkey bar style rigs. I now know that this was about six months less than I needed.

Upon arriving at the event village, I soon became aware of the incredible fitness levels of fellow competitors, even in my age category. When I walked around the course the day before the events started, I felt completely out of my depth. If I had a magic wand to whisk me home in an instant I would have used it.

Day one was the 3k sprint event, and I watched some of the UK competitors. We were called Team UK and I was quite proud to be a part of it, even if I simultaneously felt like an imposter. I soaked up the atmosphere, ate a hearty dinner, and started to mentally prepare for the next day.

Saturday morning arrived and the other UK competitors sharing my chalet went off to the course as their age group waves started earlier than mine. The men's 50+ began at 13:10pm Canadian time. After an "inspirational" speech from an American I'd never heard of but many had, the gun fired and we set off up a grassy hill with a mediocre incline.

The start was one to ease you into the race, a kilometre of small inclines and

declines with various hurdles, before you turn round a corner to see a hill that walked up into the clouds with an ever increasingly steep slope. It had rained overnight, and as around 1800 runners had started earlier than us, the grass was turning to mud. As the hill became steeper, all you could do was try to plant your foot in a mark made by someone before you until eventually you were slipping and sliding and clutching onto grass to haul yourself up. It lasted around 800m and at the top I was gasping for air.

If I thought that would be the end of the inclines I was wrong. We came up and down the hills four times in various ways. Over the 15km course, the total inclines were over 3.2km and there were 44 obstacles. In one part there was rope hanging down the hill and you needed it to haul yourself up.

I finished in 3:33:21, but had time penalties of 1:15:00 as I failed 9 obstacles, that equated to 84th of 124 men in the 50+ category. More importantly, I finished in position 1456 out of 2260 from all age groups. Might not sound great, why get excited about 1456th? Well these were the World Championships and the 4,000 competitors from across 66 countries taking part in the 3k and 15k events were all there after qualifying in special events. So, 1456th was good with me. Unless it comes to the UK in 2018, I will not be competing again, but if it does, I now know what is required, and I will train even harder with the target of making the top 500.



CLINT WILLIAMS

To find out more, or to apply for funding, please visit the **HASSRA Development Scheme** page on our website.

the BIG idea



raised
£476

Karen Osborne from Devonport Jobcentre raised £476 for local Plymouth Charity, Friends and Families of Special Children by skydiving in November.

A huge thank you to DWP colleagues around the country who have embraced the Big Idea since its launch in May 2017.

Colleagues have supported victims of terrorist attacks and residents of Grenfell by raising money, providing clothes and essentials and manning emergency resource centres. They took part in sky dives, walking, running and cycling events and cake sales. By the end of

November, you have helped to raise over **£500,000** which is a massive achievement.

Tom McCormack, Child Maintenance Group Director says:

"I'm really proud of The Big Idea and the way that it has been taken forward right across DWP.

Through The Big Idea colleagues have been able to generate extra publicity about what they're up to, attract even more interest and participation and raise even more money for a vast range of charities that really matter to them – over half a million pounds to date! Wow!!!

The Big Idea has also been a way for colleagues to celebrate their efforts and it's been truly heart-warming to see and hear what our people have been up to - I've been blown away by the creativity and commitment our people have shown. But we know The Big Idea is just the tip of the iceberg and beyond the great news stories that we've seen there's so much more fantastic stuff going on right across DWP to raise money for great causes.

As we move into the New Year all I can say is look out for The Big Idea 2018 which I'm sure will be even bigger!"



raised
£2044

Angela Foster, Eltham Jobcentre 'Braved the Shave' for MacMillan raising £2044



Book by
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February**

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up to **50%**
ON 2018 HOLIDAYS

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- * Spacious quality accommodation
- * Free kids' clubs and plenty of activities
- * Arrive any day and stay as long as you want
- * Flexible travel options

Find out more www.hassrashop.org.uk

Offer applies to new 2018 holidays of 3-21 nights, staying in a Classic, Esprit, Espace or Vista holiday home, a Classic Tent or Safari Tent. The discount applies to the parc and accommodation price only and excludes the following parcs: CD011, CD012, CD013, HL012, IA022, IL019, IS018, RV015, WM017, WM020, WM032. Please see website for full terms and conditions. Book by 28th February 2018. 90% customer score based on Reevo post-holiday questionnaires from 12 months up to 7th December 2017.

HASSRA Festivals 2018

HASSRA Festivals 2018 will take place at Warwick University, where a full programme of activities will be staged bringing together members from all over the country.

The line-up for this year's events:

Friday 6 to Sunday 8 July 2018

10K race, Archery, Articulate, Badminton, Coarse Angling, Craft Workshop (Card Making), Drama, Men's 5-a-side Football, Flat Green Bowls, Fly Fishing, Foot Golf, General Knowledge Quiz, Rounders, Squash and Tennis.

Friday 7 to Sunday 9 September 2018

Art, Chess, Crown Green Bowls, Dance/Fitness Workshop, Darts, Gaming, Golf, Mixed Touch Rugby, Music, Netball, Photography, Pool, Snooker, Sports Quiz, Table Tennis and Ten Pin Bowling.

Along with some of the traditional sports historically associated with HASSRA, the Festivals provide an opportunity for members to experience something new, like Articulate and Foot Golf.

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.



To get involved or to find out more about the Regional Qualifying Events, visit the HASSRA Festivals page on our website.



THE RESULTS

CHRISTMAS CRACKER DRAW 2017

£3,000 Gaynor Clarke,
South West

£1,000 Dawn Taylor,
Fylde
Jayantilal Dayal,
East of England

£500	Darren Priest	West Midlands
£500	Denise Smith	North West
£500	Alison Mitchell	Fylde
£500	Ben Pickard	East Midlands
£500	Sanjeev Sethi	East of England
£500	Mandy Davis	West Midlands

Xbox One X David Stanley Scotland

PS4	Ian Potts	London
PS4	Richard Hart	Wales
PS4	Hayley Moran	North East
PS4	Susan Howard	London

iPad	Brian Barkley	Scotland
iPad	Deborah Bailey	East of England
iPad	Diane Lane	North West
iPad	Debbie Galeozzie	Wales

£200	Clare Jackson	North West
£200	Mike Tyler	Fylde
£200	Tracy Walker	East of England
£200	Ruth Brown	East Midlands
£200	Rachael Francis	Fylde
£200	Sarah Woollerson	Fylde
£200	Chantelle Bevas	West Midlands
£200	Jacqueline Mitchell	London
£200	Justine Draper	Wales
£200	Caroline Abley	West Midlands
£200	Andrew Clark	Fylde
£200	Jane Dolan	North East
£200	Raqaia Mahmood	Wales
£200	Danielle Price	West Midlands
£200	Karen Davies	South East
£200	Martyn Longdin	Yorkshire and the Humber
£200	Nicola Swain	East of England
£200	Elizabeth Rigby	North West
£200	Linda Lane	North West
£200	Fiona Tolley	West Midlands

Canon Powershot SX620	Jill Goscombe	South West
Canon Powershot SX620	Diane Childs	North East
Canon Powershot SX620	Maxine Higham	North West
Canon Powershot SX620	Jane Green	North West
Canon Powershot SX620	Tracey Papa	London

Amazon Echo Plus	Katherine Crame	North East
Amazon Echo Plus	Gail McKale	North East
Amazon Echo Plus	Carol Webster	North West
Amazon Echo Plus	Nicola Hobbs	West Midlands
Amazon Echo Plus	Alaysia Nisbet	Scotland

Garmin S5 GPS Dashcam	Tanya Reay	North East
Garmin S5 GPS Dashcam	Carol Bold	South West

£100	Jodie Theobald	London
£100	Wendy Fitton	Scotland
£100	Elaine McCallum	Scotland
£100	Jane Ball	London
£100	Karen Hopkins	East of England
£100	Jackie Guy	Fylde
£100	Sue Truscott	East Midlands
£100	Nim Jadav	London
£100	Vasanti Parmar	London
£100	Lesley Gedge	West Midlands
£100	Elizabeth Henaughen	Scotland
£100	Samantha Walker	Yorkshire and the Humber
£100	Collette Gent	Yorkshire and the Humber
£100	Charmian White	Yorkshire and the Humber
£100	Rachel Jones	Wales
£100	Linda Mastaglio	North East
£100	Rachael Banner	Yorkshire and the Humber
£100	Nosheen Sabah	Yorkshire and the Humber
£100	Liz Pearce	South West
£100	Kylie Hood	East Midlands
£100	Malcolm Gardiner	Scotland
£100	Neil Gouldingay	Wales
£100	Cheryl Black	East of England
£100	Linda Marshall	Scotland
£100	Ann Fyfe	North West
£100	Jacqueline Holden	North West
£100	Janet Burns	Scotland
£100	Jacqueline Carmichael	South West
£100	Catherine Hill	Scotland
£100	Alison Duffy	Scotland