

livelife

The magazine for HASSRA members



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Win BIG with HASSRA

As well as a monthly Lottery, HASSRA provides Fun & Free Competitions throughout the year with a wide range of fantastic prizes for our members.

With more still to come in 2024, you need to be in it to win it! Make sure you regularly check out what's on offer. Once you've signed into your account, visit the **"WIN!" section of HASSRA Live** and you'll see the competitions you're eligible to enter. **Best of luck!**

We just launched the **HASSRA Double Money Lottery Draw**

- A massive **£30,000** jackpot is up for grabs in the **HASSRA DOUBLE MONEY** Lottery October 2024 prize draw with **£20,000** for the runner-up and two **£10,000** prizes!
- **120 guaranteed winners** will share the huge prize pot of **£126,000** – double the usual monthly total but you must enter before 31st August 2024 to be in it.

We also have:-

- **£20k Big Summer Giveaway HASSRA**
- **Cash for Clubs**
- **HASSRA Puzzles**
- **Smart Quiz**
- **HASSRA Buddy Draw**

Visit **HASSRA Live** for the latest competitions

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Welcome to Livelife Summer Edition

Well, it's been a busy old time in HASSRA World. We concluded the Annual General Meeting to ensure the business side of the organisation is addressed as it should be – swiftly followed by a wonderful Major Awards Evening held at Warwick University. And what a night it was – I have lots to share about that!

Next in the HASSRA calendar of events are the Festivals. These spectacular events see members from across all twelve regions converging at Warwick University to take part in a variety of activities demonstrating fierce competitiveness blended with more than a smidgeon of fun.

If you are interested in taking part in Festivals, details of the events and your regional contacts can be found here **HASSRA Festivals**. New faces are always welcome.

You can also read about the success of the HASSRA Men's Hockey Team at the recent Hancock and Evans Competition – didn't they do well?!

But back to the awards now – an excellent opportunity to celebrate and reward success for those members who have gone above and beyond expectations to help make DWP a great place to work.

There were an unprecedented 160 people in attendance with the valued support of no less than 20 DWP Senior Leaders, ready to present the awards and celebrate the evening with the assembled winners and guests.

The generosity of the guests helped raise a phenomenal £900 for the Charity for Civil Servants – Jason Foley-Doherty has more to tell you about how that money will help later in the magazine.

Congratulations to all the award nominees and winners in all the categories – you do a fantastic job for HASSRA. Want to know what it takes to come out on top? Read the shared insight from some of our winners – I hope you find them interesting and they inspire you for next year.



In the next edition, I'll be bringing you all the news from the HASSRA Festivals – now where's my trainers?

Jacky Sneddon
Editor

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CHARITY FOR CIVIL SERVANTS

Charity for Civil Servants was the nominated Charity for the Awards Evening. There was a large selection of prizes donated by generous partner organisations ranging from a Eurocamp Holiday to Tastecards and Cinema Tickets – with pamper days and weekend breaks in between.

Jason Foley-Doherty and Alex Anderson did a sterling job selling tickets and were astounded by the generosity of all the Award attendees, here's what Jason had to say.

"Raising £900 on a single night was **phenomenal** and we can't thank HASSRA members enough for their support. The £900 raised could pay for 9 emergency food parcels, give access to the Thrive app to lots of people needing Mental Health and Wellbeing support or just generally helping HASSRA colleagues who are going through a tough time. Thank you HASSRA National for your continued support and hosting another wonderful Awards evening."

On another fundraising note – Jason provided this update on the recent Mega Miles Challenge.

"Thank you to everyone who took part and shared their adventures and photos - you made it MEGA, altogether challengers covered over 250k miles and raised over £64k for the Charity for Civil Servants."

MEGA MILES CHALLENGE Watch all the best moments from the Mega Miles Challenge 2024!

In total, 54 Civil Service Departments took part, however, DWP/HASSRA colleagues were the No 1 Department with 1,732 participating and together raising nearly half of the overall amount, in total DWP/HASSRA colleagues raised **£27,882.42**.

It is with everyone's support we can continue to help colleagues like **Stephen** and **Umme**. (Some members may find Umme's story upsetting as it is about infant death).



Alex Anderson and Jason Foley-Doherty

At Charity for Civil Servants, we can't prevent the tricky, stressful, sad stuff from happening but whenever it does, we can help get you the best support. **Visit our website or give us a call on 0800 056 2424 to see how we can keep you strong.**

The Statistics from the Mega Miles Challenge

- isn't DWP a great place to work?

	All Departments	DWP	
Distance Covered (miles)	258,197	98,734	38%
Donations	£64,520	£27,882.42	43%
Participants	4,744	1,732	36%
Number of Teams	453	156	34%
Number of Departments	54	1	

HASSRA MAJOR AWARDS 2023

It's so important to take time out to celebrate success and the Major Awards evening is an ideal opportunity to do just that.

Long Service and Merit awards were also made to celebrate members who have contributed in many ways to HASSRA over a period of time. A massive well done to all the recipients for all the hard work you have done – some truly fantastic achievements.

This year, we decided to switch things up a bit and here's what we did differently.

Decision Making Power on two of the categories was handed over to you – the members and you chose Jayne Baldock from South East as winner of **The Terry Green Trophy** for Best Sportsperson and the winner of **The Sir Leigh Lewis Trophy** for Best Arts, Crafts and Non-Sporting Contributor category, was Della Tucker from East Midlands.

The Cinema Society Trophy – this was introduced to recognise the Club with the highest number of new regional cinema members and was awarded to West Midlands.

HASSRA Heroes – trialled for the first time with two Heroes from each region being invited to attend the Major Awards – they are all winners of course!

In honour of our eminent HASSRA patron, we introduced for the first time, **The Neil Couling Trophy** to recognise the club with the highest number of new HASSRA members recruited. This award went to Dover BC. Neil was asked what it meant to him to have a Trophy as a legacy in his name and this is what he said.

"I've been lucky enough to be honoured by the late Queen twice, but loving HASSRA as I do this felt even more special, like being honoured by the family. And even my kids said "wow" but, as kids do, brought me down to earth by saying "well there's no chance you'd actually win it yourself"

Major Award	Winner	Highly Commended
Vice President's Trophy Best Large Club	Trafford Quays (North West)	
Sir Michael Partridge Trophy Best Small Club	Great Yarmouth (East of England)	
Sir Leigh Lewis Trophy Best Arts, Crafts & Non-Sporting Contributor	Della Tucker (East Midlands)	
Rachel Lomax Trophy Volunteer of the Year	Marion Beagle (East Midlands)	Gareth Niblett (West Midlands)
Lesley Strathie Trophy Best Business Sponsor	Helen Matthews (Wales)	Ruth Hannaford (South West)
President's Trophy Best Association	Yorkshire and the Humber	West Midlands
The Andy Graham Trophy Best Newcomer	Jenna Williams (Wales)	Ceri Green (Y&H)
The John Nunn Trophy Best Single Activity Club	North West Drama Club (North West)	
The Terry Green Trophy Best Sportsperson	Jayne Baldock (South East)	
Sir Robert Deveraux Trophy Wellbeing	Lincoln HASSRA (East Midlands)	
Best Innovation Trophy	Maggie Smith (South East)	
The Neil Couling Trophy Best Recruiting Club	Dover BC (South East)	Harlesden (London)
The Cinema Society Trophy Most new Regional Cinema Members	West Midlands	

HASSRA'S Newest Life Vice President – Paul Wyatt

To recognise a long and distinguished career in HASSRA, a nomination was made and ratified to award a HASSRA Life Presidency to Paul Wyatt – the HASSRA South East Regional Chair.

Paul is the very definition of the calibre of person worthy to have this honour bestowed upon him and he will be a good yardstick for future considerations. It was a very emotional evening for Paul and when we caught up with him after the event, here is what he had to say.

A LIFE IN HASSRA

2nd January 1966 – Ministry of Pensions and National Insurance, London North Regional Office, Wembley way, London. My first day – “induction day” they called it – sent from the Welsh Valleys to the big city, green as grass, I was put in a small room with 2 other strangers and given 3 forms: “sign these” said a man with a posh accent and pinstripe suit. “What are they?” I asked. “Union, Sports and Social, Official Secrets” he said. Not wishing to start off on the wrong foot, I duly signed them, and the rest is history. I had joined the Union, the Sports and Social and henceforth was barred from ever telling the enemies of the state the rates of Sickness Benefit and how to get a loan from the “Social”.

It’s a day etched in my memory; 58 years on, I am eternally grateful to that posh geezer who told me to sign those forms.

Because since then I have lapped up the camaraderie, laughs, company and too many days off to mention that HASSRA and its predecessors have brought me. I am still in touch with people I have met over the 58 years of HASSRA membership and no matter how long the gap between us meeting up, we just pick up where we left off.

I’m often asked why I have remained the HASSRA South East chair for so long – 30 years and counting (though they don’t usually put it that way – more like “you’re not still doing that are you?”) – and my reply is always the same – because I love doing it and it’s my way of giving back something to an organisation that has given me so much. The volunteers, the organisers, my board and indeed the members themselves are all such great people to be around and we have a common goal in doing things for the enjoyment of others, raising morale where we can, and contributing to the fun that we all get out of HASSRA. Throughout my career I shouted out the value of HASSRA to all and sundry. A minority of fellow managers were maybe not convinced and thought I was



Paul Wyatt, Life Vice President with Dawn Crow, Acting Head of National Operations

bonkers, neanderthal, but there was clear evidence that an office with a vibrant HASSRA involvement was invariably a good one with performance to match. Why? Because a happy staff work better, feel valued, and are more committed – it’s not rocket science.

Such good memories – like the special events which were indeed special. My HASSRA journey (I hate that word) as a competitor in many sports, committee member, local club secretary, club chairman, national board member and regional chair are all things I have enjoyed immensely over the years and now, out of the blue, the icing on the cake. Being made a Life Vice President of the greatest club in the world is such an honour and more than I could ever have dreamed of when I signed that form back in January 1966. So, thank you HASSRA for making me a very proud and happy old man.

Here’s to the next thirty years!

By Paul Wyatt

HASSRA South East Regional Chair & Life Vice President

MAJOR AWARDS

ANDY GRAHAM TROPHY

Best Newcomer Winner – Jenna Williams

This is the second time this trophy has been awarded. Named after a HASSRA Scotland stalwart known and loved by many who knew him – he was always encouraging people to join in and take part irrespective of ability. This trophy is awarded to candidates who demonstrate that same positive energy and encourage those around them to be the best they can.

This year's worthy winner was Jenna Williams from Ty Taf in Wales and here's what winning meant to her.

"I joined DWP back in February 2022, and joined the HASSRA committee pretty much straight away. I was lucky enough to be selected to be Deputy Secretary and then became the Secretary in 2023. Being new to DWP/The Civil Service, and working in such a large building like Ty Taf, I didn't know many people. I joined the committee to get to know more people around the building and to get involved in organising/running events which is something I've always loved doing, inside and outside of work.

My role as Secretary involves arranging meetings, taking minutes/actions, and sharing with the committee on a regular basis. Alongside this, I have been keen to try and create a HASSRA Ty Taf community and arrange lots of activities/events for colleagues to get involved in.

I formed a Choir, after being told we had some keen singers amongst us, and they now meet on a weekly basis and have done several performances inside and outside of Ty Taf. I've helped to run several competitions around certain events in the calendar year e.g. pumpkin carving at Halloween

and an easter egg/bonnet competition at Easter. I set up a frequent donation to the local foodbank and this was a huge success, thanks to our wonderfully generous colleagues here in Ty Taf. I hosted a fayre in our foyer, highlighting the different groups/clubs we have available/could have available in Ty Taf, as we had a lot of recruitment within the building, and I wanted to share what HASSRA has to offer with the new starters. Most recently, I organised and led our first ever International Women's

Day event at Ty Taf. I invited a panel of brilliant women from Ty Taf, of all different grades to talk about their experiences around the theme "inspire inclusion". I am grateful for all the support our HASSRA Ty Taf Chairperson gave me to make this event a huge success.

"I love being part of the HASSRA Ty Taf Committee, and really enjoy working alongside my committee members to make Ty Taf a more exciting and fun place to be."

I had no idea I was being nominated for an award, and when I got the email to say I had won the award for "Best Newcomer" in Wales, I was over the moon. A big thank you to Merium Bashir for her nomination and recognition, it means a lot. And then to be awarded "Best Newcomer" at a national level was amazing. I love being part of the HASSRA Ty Taf Committee, and really enjoy working alongside my committee members to make Ty Taf a more exciting and fun place to be. But it is lovely to have all the hard work and extra time recognised, by receiving this award – I feel very lucky. Thank you!"



MAJOR AWARDS LESLEY STRATHIE TROPHY

Best Business Sponsor 2023 Winner – Helen Matthews

All of the Volunteers in all of the clubs do an amazing job – and behind the army of volunteers are Business Sponsors who support them in their endeavours. Ty William Morgan in Wales are very lucky to have such a supportive leader in Helen Matthews. Here, Helen tells you about what her club has achieved in 2023, how strangers become friends and what winning the award means to her.

"I was so delighted to be nominated for HASSRA Business Sponsor of the Year award for 2023 – and even more delighted to win, definitely a highlight of this year for me!

I have been a member of HASSRA since I joined DWP (40 years and counting) and always been supportive of the work HASSRA does to support its members and local charitable organisations – so, the opportunity to become the Ty William Morgan Business Sponsor was too good to refuse and has helped me to be more active in offering tangible support.

"I was nominated due to Ty William Morgan (TWM) being a new club and, I think, one that has come together to do great things!"

TWM brings together around 70 DWP and HSE colleagues along with many other departments into one location – an amalgamation of HASSRA strangers who are now HASSRA friends. The club has arranged numerous activities including a monthly night out (advertised amongst members and alternating the day it is held to be inclusive of varied working patterns and domestic responsibilities). Non-members are welcome to attend, and we share the benefits of joining HASSRA with them, allowing them to make an informed decision. We have also organised visits to the BBC studios and Flight Club (I lost by the way).

I'm really proud that our chosen charity for 2023 was The Huggard Centre - Club members collected 44 items of brand-new clothing and a huge number of toiletries to donate to the charity who support in excess of 250 homeless service users a day. We also Fundraised £175 through encouraging members to wear festive jumpers and make donations to support the organisation.

All of this has supported Ty William Morgan in achieving a friendly community feel and I'm so grateful to all our TWM HASSRA volunteers who put a huge amount of personal time into making the club a success – they are all fantastic. **The club would not be a success without them, and I love being their Business Sponsor!"**



MAJOR AWARDS RACHEL LOMAX TROPHY

Volunteer of the Year 2023 Winner – Marion Beagle

Being a volunteer is challenging. It's not always easy motivating people to engage, but one lady who understands how vital the role of the volunteer in the workplace can be is Marion Beagle from East Midlands. Marion's HASSRA Club has members across three sites but that's no barrier to providing events for all members to be part of as she tells us about below.

'I have been an active member of Lincolnshire HASSRA for over 10 years now and was really flattered and thrilled to be nominated for the 'Volunteer of the Year' award for the East Midlands region. It was a very nice and unexpected surprise, made even sweeter when I found out that I had been fortunate enough to win. I am proud and humbled by this recognition from my peers. Volunteers are the lifeblood of many organisations. Without the selfless efforts and countless hours of service, our achievements would be greatly reduced. As a regional winner, I understood that my name would be forwarded by the region for consideration as the national 'Volunteer of the Year.'

I had absolutely no expectations of winning anything, but I was terribly honoured and proud just to be standing on stage alongside my fellow nominees whose nomination biographies and individual efforts on behalf of HASSRA in their regions, is both humbling and seriously impressive. They are a fabulous example to everyone. I was just really pleased for all the nominees and grateful for the national recognition their collective efforts as dedicated volunteers received.

I have to say that I had absolutely no idea that I would win the national 'Volunteer of the Year' award. It was such a complete surprise when I heard my name being called and saw my name in huge script on the

big screen! As I think my reaction showed, I was utterly shocked and stunned by the win – in truth, I still can't believe it's really happened. I'm also a little bit glad that, when my name was called out, my hand was over my mouth because I'm not sure what would have come out if it hadn't!

My nomination focused upon the great work we are doing in Lincolnshire to build a strong and vibrant HASSRA that supports its members and gives lots of great reasons why HASSRA membership is incredibly valuable. As Lincolnshire secretary I co-ordinate and manage our committee meetings working across Lincolnshire to ensure our other centres in Gainsborough, Skegness and Boston are included and involved. Our committee organise and promote local quizzes, competitions and trips and spend time raising money through raffle draws and numerous other events to support those who need our assistance in the local community. Our collective efforts have seen our membership steadily grow. We are a huge county of very disparate communities so it is great when we can bring colleagues into our broader network and enjoy all the good things HASSRA Lincolnshire has to offer.

In addition, I have participated both as a competitor & volunteer at the HASSRA festivals and would highly recommend it to all. A fantastic

opportunity to meet new people and experience the HASSRA ideals of inclusivity and togetherness.

I really hope that my award may encourage others to be inspired to volunteer for HASSRA. I truly believe in HASSRA's mission and try every day to ensure that all our members are given every opportunity to make the most of being a member of such a wonderful organisation.'

I had such a lovely evening and want to thank the National team for making it so special.



Marion Beagle being presented with her Volunteer of the Year trophy by Martin Brown, President – HASSRA Wales.

PICTURE GALLERY FROM MAJOR AWARDS





MAJOR AWARDS PRESIDENT'S TROPHY Best Association 2023

Yorkshire and the Humber were crowned Best Regional Association at the annual Awards Evening for the second year in a row. This follows on from recognition via highly commended awards the three years preceding that, making it a great five years of success for the Region. We caught up with the Chair – Lee South to ask him what it is that has made his Region so successful.

What is the secret to Yorkshire & Humber Region's success?

The main success factor is having a dedicated group of volunteers on the regional board and beyond who dedicate their own personal time to deliver a great range of activities for members. That ranges for competitions, trips, discounted events and a whole host of regional qualifiers. Those volunteers also drive innovation at a local and regional level with most of the regional BOM also being heavily involved in their local clubs. Without these volunteers we wouldn't be here today talking to you about our awards.

We also wouldn't be able to offer what we do without the ongoing support of the National Team. The development of HASSRA Live alone has made the role of a volunteer so much easier.

What are some of your standout achievements for 2023?

Recruitment and retention can be a challenge, especially given our region is home to quite a few corporate centre buildings who continue to operate on a hybrid basis with time spent at home and in the office. With that in mind we were delighted to see our overall membership increase in 2023, the largest across the association in both numbers and percentage with the end result our highest membership numbers in over 10 years.

To support recruitment and retention we supply local clubs with HASSRA branded merchandise to issue to members including pens, post-its and water bottles. We always freshen up stocks with new items such as key ring torches, bottle openers and phone holders. Also mindful of the

impact on the environment, we changed bottles to a more sustainable recycled plastics product made from sea waste. A good conversation starter when selling the benefits of HASSRA to new or existing members.

To maintain remote engagement and awareness, we held several free to enter competitions and draws. We had just under 12,000 members entering across the year including celebrating Eurovision, the Women's World Cup, EID and Inclusion week.

A couple of our biggest successes didn't need much time or commitment from our volunteers thanks to the ongoing success of HASSRA Live and support from the National team. Jumping on the back of the ever-successful Cinema offer and Summer Promotion, we added additional discounts to that already offered by National HASSRA.





Our Cinema offer gave an additional £4 off already discounted prices and saw transactions increase by 72%, with people buying for first time increasing by 22%.

The Summer promotion deal targeted some attractions in our Region with an additional 25% off. The additional offer drove a 65% increase in sales in this period when compared to 2022.

Combined with our other discounts, our offer for Trips, Shows, the Cinema and Summer Promotion saved members in our Region just under £61k.

How do you make sure everyone feels included?

In the multicultural vibrant landscape of Y&H, Diversity and Inclusion(D&I) are not just buzz words, they are at the very heart of who we are and what we stand to achieve. Our D&I journey began in 2022 with the creation of our Y&H D&I subcommittee which still goes strong today.

This ignited a dedication to ensuring every member feels valued and respected. Our approach is about promoting a culture of creativity, empathy and openness and we are constantly striving to push boundaries, exploring new ways to make inclusivity a lived reality for everyone.

During National Inclusion Week we educated and engaged with our community through daily quizzes on HASSRA Live. These quizzes weren't just about answering

questions correctly; they were about sparking meaningful conversations and challenging perceptions, encouraging participants to think deeply about what inclusivity truly means. Our commitment didn't stop there, we encouraged local clubs to celebrate Pride week with targeted local events linking awareness, bringing people together and raising money for charity. In Y&H, diversity is our strength, and inclusion is our mission.

What are your plans for 2024 and biggest challenges?

The challenge is maintaining the overall offer within a framework of ever-increasing costs, balancing the savings for members against the funds we have available.

We hope to do that by doing more of the same to be honest. We will continue to offer what we know our members like whilst still trying out new things, encouraging as many people to take part as possible. One of our smaller events last year (Cold Water Swimming) was one of our most successful as it saw some members take part in their first ever HASSRA event. We hope to see more of that in 2024.

Thank you for this really useful insight Lee, plenty good ideas there. We hope this will inspire other Regions and local Clubs to do even more in 2024.

The Neil Couling Trophy for Best HASSRA Recruiting Club – Awarded to Dover BC

With a large intake of new staff in 2023, the committee were keen to make the new recruits aware of HASSRA and the benefits that are available, especially those most popular in our patch.

During Induction week, the Club Chair, Julie Malins-Saunders lead talks with each tranche of new recruits, helping them navigate the HASSRA website and locate membership offers.

We are very fortunate to have one of the best castles in the country (a cracking day out) and two Tudor castles just up the road so promoting HASSRA membership and its partnership with English Heritage, makes visits easy and affordable.

Some recruits joined HASSRA straight away and one also joined the committee injecting their energy and enthusiasm along with new ideas.

We tell the whole office about our charitable and fun events and

include details of how to join in our communications – we also run members only events with invites for non-members to join.

Recently we held a duck hunt – was fun watching people going down corridors and into rooms – scanning the location, checking desks, lockers and windows in the hope of finding those elusive rubber ducks so they could claim their prize – anything from a £25 voucher to a Freddo frog.

It generated a real buzz, with colleagues straying onto floors they wouldn't normally visit. Some people (ok – me too), were desperate to find one and so pleased when they did (my duck is on my monitor) and the Freddo Frog I won was delicious!

Julie and I were delighted to be at the awards evening to receive the Trophy for Best recruiting Club 2023.

By Stu Harris Dover BC



Strictly HASSRA

The inaugural winner of the Neil Couling Glitterball Trophy for best dancer as judged by Mr. Couling himself was Pat Finney, East of England.

“After winning National Best Small Club I was on the hunt for more silverware. The Glitterball trophy was in my sights. I love being in the spotlight, but short of talent, I rarely get a chance to shine. At the most opportune moment, I decided to bust out my best move, The Worm. My heart jumped for joy as the crowd cheered. Winning the Glitterball gave me an opportunity to shine in the spotlight again as the crowd and DJ encouraged me to repeat my winning move. I felt like a king for an evening.”

WIN BIG with HASSRA

The main raffle prize of the evening was a holiday for four donated by our partners at Eurocamp and the winner was Jo Jones from West Midlands.

“I never win anything (true story), so I didn't realise my number was being called out. I was gobsmacked to win such a fantastic prize after buying 5 raffle tickets.

I've decided to go with my partner and friends, we plan to visit the France Eurocamp in 2025.

We're really looking forward to it!

Thank you HASSRA!”

HASSRA Development Fund

Do you want to realise your full potential – but short on capital to make it happen? Then the **HASSRA Development Fund** could be just the support you are looking for. It exists to help HASSRA members achieve their best in their chosen activity by providing cash to help overcome financial barriers which would otherwise prevent them accessing opportunities in areas such as Sports & Leisure or Volunteering.



There are eligibility conditions of course – you will find out more about that here **HASSRA Development Fund** as well as how to apply.

Recently, Mark Cooper (HASSRA Y&H) received an award and here's how it has helped him pursue his goals.

The HASSRA Development Fund has been beneficial for myself in helping towards funding coaching courses that I use in the local community. I currently run a junior football club in

Grimsby, with 21 teams and coach my sons U13 team alongside coaching at our Saturday club for kids aged between 4-14. Having the formal qualifications means I'm a better football coach, and develop the kids better, but I'm also a mentor for other newer coaches in the club.

My initial UEFA C had a contribution from HASSRA, and I've recently

received a contribution towards a UEFA B course that I've applied for and waiting to enrol on. A massive thank you to HASSRA, as without the funding I wouldn't have pushed myself to complete the courses due to the cost.

The HASSRA Development Fund has helped over 1,500 members so far to achieve success – let it help you too.

To find out more check [HASSRA Development Fund Information](#)



wines

HASSRA member offer

Enjoy over 50% off six top-quality wines

Was £69.94 | **Now £29.94**
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Glasses at the ready, wine lovers! Indulge in six delicious drops covering a range of styles from around the world, including fruit-filled Argentinian Malbec, ultra-fresh Sauvignon Blanc, and more. This case also acts as the ideal introduction to Virgin Wines' legendary club, WineBank.

To find out more visit:
hassra.org.uk/virgin-wines

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Activity Alliance – What they do

By Vicky Sexton

I attended the HASSRA July Festival's very first Activity Alliance session, designed for individuals of all abilities to participate in adaptive sports.

Activities were aligned with events on campus such as archery, rounders, tennis and football. We wore blindfolds to experience how it would feel for someone with poor vision to play football and tennis – this really alters how you play – using different senses such as hearing to focus on the sound of the ball and claps from team-mates to identify their position

I gained so much respect for those participating in blind sports and how incredibly skilled they are.

We played seated volleyball, with teams of three and a balloon to get used to remaining seated for those of us that were not wheelchair users, progressing to 4-a-side with a ball. Our competitive spirit emerged with complete commitment. It was great fun, my team won all 3 games.

We were introduced to a game played at the Paralympics called Boccia, similar to boules, but played seated, has

special balls and you can adapt your throws. Sadly, my team lost 2 of the 3 games – but it's absolutely something I would love to play again.

I learned so much in my session, especially that you do not need to be an expert just to give new things a go. I had fun, met new people, and tried out new sports without pushing my body beyond its physical limits like a lot of standard sports do. This enabled me to enjoy the evening's festivities that I've completely missed out on previously due to the impact of regular competition.

The Activity Alliance will be at the September festival too. I'd recommend the opportunity to attend the sessions to anyone – especially if it's been difficult to take part in the Festivals before.



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HASSRA's Hockey Heroes

HASSRA Hockey Players from around the UK once again made the journey to Nottingham, proudly representing the **HASSRA National Men's Hockey Team** in the annual Hancock & Evans tournament held at Beeston Hockey Club.

The tournament, held over 2 days, brings together teams representing several Civil Service Departments for friendly but competitive hockey, with the opportunity for teams to win the cup or the plate following a league round robin on day 1. The tournament also acts as a 'scouting event', identifying potential players for the CSSC Representative Team, who compete against the Armed Services each year.

The combination of a tough draw, new players and new formations to combine proved too much on the first day for the HASSRA team to match and heavy losses against strong opposition were experienced in the first two matches leading to a tactical rethink. Subsequent goals from Brown (2) and Cooper saw HASSRA's best performance and the first victory of the day.

Third place in the group on day 1 meant that HASSRA would take part in the 'Plate' competition the following day.

Day 2 saw a semi-final against Barbarian's 'B' and, after going behind early in the 2nd half, an equaliser from Brown saw the game going to penalties. In true dramatic fashion, it looked as though defeat was on the cards, with HASSRA being 2-0 down after having their first 2 penalties saved. However, heroics from HASSRA goalkeeper Curwood turned the game on its head, with 3 great diving saves finally giving HASSRA a 3-2 victory.

HASSRA started strongly in the final and deservedly took the lead when Cooper latched onto a great aerial ball from Rees, smashing it past the bewildered keeper. MOD 'B' found an early equaliser after halftime and, as fatigue crept in, HASSRA struggled to retain possession. However, the team continued to defend well together, with Curwood continuing to make some good saves to take the game to penalties, again!

Once again, it was the HASSRA keeper who proved to be the hero with 3 early saves, allowing Terleski, Brown and Payne to convert, thereby securing the HASSRA Plate title for the 4th year in a row.

Chris Sturley was awarded the Dave Murie HASSRA Players' Player of the Tournament and winning the CSSC Player of the Tournament was HASSRA's very own Macauley Curwood.



HASSRA receiving the Hancock & Evans Plate Trophy from Hilary Gray, and HASSRA goalkeeper Macauley Curwood with his CSSC Player of the Tournament.

Left to right - Lawrence Payne, Hilary Gray (CSSC), Macauley Curwood and Ian Brown

A Forward Look

The team, who have also developed a great social bond over the years of playing together, are always on the lookout for new players who may be interested in representing HASSRA and participating in next year's event. HASSRA is made up of players at all levels (from those who haven't played since school, to players who currently represent their countries at international level at Masters).

Next year the event will take place in April 2025 (date tbc), so if you would like to be considered for a place in next year's team, please contact [Lawrence Payne](#) or [Ian Brown](#) for further details.



Back row left to right - Lee Cooper, Ricky Goulsbra, Peter Fielding, Jonathan Dee, Phil Rees, Toron Everett, Roy Manders, Ian Brown, Fergus Harradence, Aidan Flatt, Lawrence Payne

Front row left to right - Lucas Smith, Paul Terleski, Macauley Curwood, Chris Sturley, Akhil Chawla