HASSRA Leeds Website

Discounted HASSRA Online Shop

HASSRA Leeds Clubs

Newsletter Contents

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March News

We are going green by reducing the number of newsletters that we print. Let us know if you want a hard copy. Those of you who normally get a Newsletter delivered will still get one in the usual way, but if you’d rather get the online version please let us know. All new newsletters are posted on the HASSRA Leeds website on the left hand side.

If you want to be told when the next edition of the Newsletter is available, you can follow our Blog by clicking on the “Follow” button at the bottom right hand side of the HASSRA Leeds Newsletter Website. This will ensure that you are updated by email.

www.hassraleedsnewsletter.com

New Trips!
New Golf dates!
New wellbeing notices!

Meet the HASSRA Board of Management on page 4. We haven’t got all the photos in yet, so please enjoy our little owl placeholder!

This month’s quiz is a “Sudoko” quiz, good luck! There’s £30 in it.

There are some new member benefits including the new cafe Eat Your Greens, Leeds Rhinos, and Big Deal music shop.

The choir started their sessions on Thursday 16th January at 12:30 with a taster session for new singers. If you’re interested in joining them on Thursdays contact Stephanie on: Stephanie.howe@dwp.gov.uk

Come down to the Woodpecker Coffee and Sandwich Bar at The Forum on the ground floor, East Entrance of Quarry House. There is a variety of food and drink available, from Croissants and pastries to smoothies and juices. Try the new Salad bar and Protein Shakes too!

New Gym Timetable
There is also free WiFi for customers as well.

Thanks,

Phil
Cinema Ticket Discounts

Social Events and Parties

Sporting Events and Wellbeing

Monthly Competitions

All from only £2.10 a month

Discounted Holidays and Short Breaks

Discounts for a variety of restaurants and shops

Access to the gym and pool at The Forum Leisure Centre

National and Regional Tournaments

HASSRA – Bringing Leisure to Life
Meet the HASSRA B.O.M.

Phil Corbett  Alan Shaw  Simon Jarrold  Michele Jowett
Susan McPadden  Nick Streets  Catriona Patterson  Jonathan Kirkland
Dawn Lennie  Julie Goodall  Roy Jones
Luisa Panetta  Stuart Wiltshire  Clive Fane
February Quiz - What’s the Word?

Find the word which links all three words. It will either make a new word when placed in front or behind, or it will make a well known term or name.

Example:
Rain  Robin  Wink  =  HOOD

1. ARROWS  HANDED  INDIAN  :  RED
2. BIRTHDAY  LINE  SURPRISE  :  PARTY
3. BOARD  COTTAGE  SAY  :  CHEESE
4. BOAT  HOLD  SHOW  :  HOUSE
5. CALL  MINT  NAP  :  CAT
6. CATTLE  CROSS  GARDEN  :  MARKET/COUNTRY
7. CITY  MARK  SCHOOL  :  HALL
8. COUNTRY  FOOT  GOLF  :  CLUB
9. CRICKET  HOUSE  MAN  :  BAT
10. DOG  HOUSE  RED  :  HOT
11. FISH  GUIDE  STAR  :  DOG
12. GANG  GOLD  LETTER  :  CHAIN
13. HATCH  HAZEL  SHELL  :  NUT
14. MAN  NURSE  SLOPE  :  NURSERY
15. POINT  RUGBY  SNOW  :  BALL

There were 24 entries.
19 of which were correct.
The winner is Susan Powell QH East C.
Your name and membership number:__________________________________________________________
Location____________________________________
Tel:________________________________________
Please send your completed quiz to Phil Hepworth, Forum Reception by 26th March COP.
All correct entries (or highest score) will be entered into a prize draw for £30. Members only.
Included:
· Luxury air-conditioned coach travel.
· Return mini-cruise sailings from Hull to Zeebrugge (sharing 2 berth inside cabin with bunks).
· One night, bed & breakfast in the IBIS Bruges Centrum hotel.

If you set out to design a fairy-tale medieval town, it would be hard to improve on central Bruges (Brugge in Dutch), one of Europe’s best preserved cities. Picturesque cobbled lanes and dreamy canals link photogenic market squares lined with soaring towers, historical churches and lane after lane of old whitewashed almshouses.

SUNDAY - We depart QH at 3.00pm for the 18.30pm P&O overnight crossing Hull to Zeebrugge. Facilities onboard include restaurants, bars, casinos, cinema and entertainment.


TUESDAY – Depart our hotel mid-afternoon, travel to Zeebrugge for our overnight crossing to Hull.

WEDNESDAY. Return home, arriving at QH mid/late morning.

PRICES

<table>
<thead>
<tr>
<th></th>
<th>HASSRA LEEDS MEMBERS</th>
<th>NON- MEMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic price</td>
<td>£125</td>
<td>£179</td>
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<tr>
<td>Single supplement</td>
<td>£70</td>
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<td>Outside cabin supplement</td>
<td>£20 per person</td>
<td>£20 per person</td>
</tr>
<tr>
<td>Inside cabin supplement</td>
<td>£10 per person</td>
<td>£10 per person</td>
</tr>
<tr>
<td>Meal package on-board *</td>
<td>£56 per person</td>
<td>£56 per person</td>
</tr>
</tbody>
</table>

*C 2 buffet dinners and 2 buffet breakfasts.

CLOSING DATE - 30th June 2020

Balance required by 31st August 2020

Please send booking forms with a non-refundable deposit cheque of £30 per person (one cheque per party if possible, made payable to HASSRA Leeds) to: Susan McPadden, 4 Church Gate, Leeds, LS18 5TL.
Email Beautifulsea1@hotmail.co.uk

Bank transfers for payment will be accepted please contact Susan McPadden email at Beautifulsea1@hotmail.co.uk
Cambridge & Oxford

Sat 27th Jun – Sun 28th Jun
1 night - 2 days
HASSRA price £80
Non HASSRA £115

Included:
- Luxury air-conditioned coach travel.
- One night, dinner, bed & breakfast in the Jury’s Inn hotel in Milton Keynes.
- Visit to Cambridge.
- Visit to Oxford.

SATURDAY We depart QH at TBA (poss 8am) and travel to Cambridge.
www.visitcambridge.org Admire the beautiful architecture and majestic college buildings and explore the quaint passages set around the historic marketplace. We depart later this afternoon for the journey to Milton Keynes and the Jurys Inn.

SUNDAY Following breakfast, we travel home via Oxford, the City of Dreaming Spires
www.oxfordcity.co.uk Steeped in a rich and fascinating history, Oxford is famous for its prestigious university and is home to 38 colleges were many notable scholars have emerged. Its charming scenery has been the inspiration for many. We depart later this afternoon to make our journey home to Leeds.

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PRICES

<table>
<thead>
<tr>
<th></th>
<th>HASSRA LEEDS MEMBERS</th>
<th>NON- MEMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic price</td>
<td>£80</td>
<td>£115</td>
</tr>
<tr>
<td>Single Supp</td>
<td>£35</td>
<td>£35</td>
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</table>

CLOSING DATE - 10th Apr 2020

Balance required by 31st May 2020

Please send booking forms with a non-refundable deposit cheque of £30 per person (one cheque per party if possible, made payable to HASSRA Leeds) to: Susan McPadden, 4 Church Gate, Leeds, LS18 5TL.
Email Beautifulsea1@hotmail.co.uk

Bank transfers for payment will be accepted please contact Susan McPadden email at Beautifulsea1@hotmail.co.uk
SAVE THE DATE

For our 2021 Warner hotel trip we are returning to Littlecote House Hotel in Berkshire. The dates are Monday 18th January 2021 – Friday 22nd January 2021.

We are still working on the detail’s, trips & timings etc so the advert won’t be out for a few months yet. However, we thought you would want to get the dates in the diary as soon as possible.
If you are a Full/Retired/NAMS member please ensure you have obtained your new HASSRA membership number from the HASSRA Live website. www.hassra.org.uk

The Events Committee
HASSRA LEEDS DAY TRIP TO YORK RACES

SATURDAY 25 JULY 2020

JOIN HASSRA LEEDS FOR A TOP AFTERNOON’S RACING AT YORK RACECOURSE FOLLOWED BY A LIVE MUSIC PERFORMANCE FROM RICK ASTLEY (AND HOPEFULLY WITH BETTER WEATHER THAN LAST YEAR’S TRIP!)

ENTRY TICKET TO THE GRANDSTAND AND PADDOCK AREA OF THE RACECOURSE (NO DRESS CODE ALTHOUGH YOU ARE FREE TO DRESS UP IF YOU SO WISH – MANY RACEGOERS DO)
COACH FROM NEAR QUARRY HOUSE LEAVING AT 10:30 - DROPPING BACK OFF NEAR QUARRY HOUSE APPROXIMATELY 20:30

PRICE FOR THIS EVENT IS £17 PER PERSON HASSRA LEEDS MEMBERS AND £24 NON-HASSRA LEEDS MEMBERS (COACH INCLUDED)

UPGRADE AVAILABLE TO COUNTY STAND (DRESS CODE APPLIES) FOR AN ADDITIONAL FEE – PLEASE ADVISE IF YOU WISH TO WATCH THE RACES FROM THE COUNTY STAND

FOR TICKETS PLEASE SEND BOOKING FORM AND A CHEQUE PAYABLE TO “HASSRA LEEDS” TO SIMON JARROLD, 83 Wycliffe Gardens, Shipley, West Yorks, BD18 3NJ.

BANK TRANSFERS MAY BE ACCEPTABLE – PLEASE CONTACT SIMON JARROLD (E-MAIL SIMON.JARROLD@DWP.GOV.UK) OR ANDREW RILEY (E-MAIL ANDREW.RILEY@DWP.GOV.UK)

FOR MORE INFORMATION PLEASE CONTACT SIMON JARROLD OR ANDREW RILEY

CLOSING DATE FOR APPLICATIONS FRIDAY MAY 22, 2020
Did you catch our performances in Quarry House just before Christmas? Have you thought about joining the choir?

We restarted on Thursday 16 January

There are no auditions so step away from your desk or your retired life and come to Café Vita on Thursday lunchtimes at 12:30 for an hour’s singing with HASSRA Leeds’ very own Community Choir.

We have a couple of Saturday singing workshops during the year and opportunities for vocal coaching too.

Interested? Please contact
Elainearnott29@gmail.com
And
Stephanie.howe@dwp.gov.uk
Glass Fusion Workshops
Saturday 28 March – 12noon-2pm and 4pm-6pm

As we are coming up on a new decade, why not learn a new skill. We have two Glass Fusion sessions available at Twice Fired in Farsley on Saturday 28 March. There’s no need to attend both sessions, but you are welcome to book both, space permitting. Please note you will only be subsidised up to the non-membership price of the workshop you have signed up for.

Come and learn how to make beautiful works of art, as the friendly and knowledgeable tutor, Kate Park, will help you through the process of glass fusion creations. Check out her website at: http://twicefired-glass.co.uk/.

Have a go at making some simple geometric designs in the Beginner session, or try something more complex in one of the other workshops we offer. Prices and more detailed descriptions below.

Please email Susanne Gee (Susanne.Gee@governmentlegal.gov.uk) to register for one of the workshop, or if you would like more details.

Tea/ coffee and biscuits will be available during the workshop.

Please book your place by Friday 28 February 2020. Places will be confirmed by Wednesday 4 March (a lottery will be held if the places are oversubscribed). All monies must be paid by Friday 13 March.

Both workshops are limited to 10 people and Twice Fired reserves the right to cancel a workshop if fewer than 6 people have booked on to it by Friday 28 February.

Cancellation

If you pay for a space on one of the sessions and are unable to use it, no refund will be given unless that place is subsequently filled. However, you can transfer your place to someone else – please contact Susanne Gee with details so she can update the attendance sheet.

Please refer to full terms and conditions when applying as printed in the Newsletter and on the HASSRA Leeds website www.hassra-leeds.org.

HASSRA Leeds Craft Club

Your membership fee for HASSRA Leeds Craft Club must be paid before you can claim the subsidised prices quoted below. Membership will save you money on whichever workshop you decide to join or whatever items you choose to make.
Description and Payment

If you make any additional items that are not included in the packages below, you must pay for these on the day. No Craft Club discount can be claimed for these items.

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Description</th>
<th>Cost to Craft Club Members</th>
<th>Cost to Non-Craft Club Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginners</td>
<td>Learn the basics by making:</td>
<td>£28</td>
<td>£40</td>
</tr>
<tr>
<td></td>
<td>- a small hanging decoration.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>And then chose one for the following:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- a coaster</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- small dish</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- a small piece of glass art</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- a set of 2 small tea lights</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>- a small candle arch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
<td>Try some new techniques and make:</td>
<td>£38.50</td>
<td>£55</td>
</tr>
<tr>
<td></td>
<td>- a small hanging decoration</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>And then chose one of the following:</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>- a lantern</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- a candle plate</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- framed glass art</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- a set of 4 coasters</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>- free-standing panel</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Advanced</td>
<td>Take your skills even further and try a more advanced workshop:</td>
<td>£42</td>
<td>£60</td>
</tr>
<tr>
<td></td>
<td>- a larger piece of art work (30cm x 10cm) which can be used as a garden stake or wall-hanging</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>If you want to make something different, ask Susanne to contact Kate to agree your glass project (cost only subsidised up to the £60 pre-subsidised cost).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special Workshop</td>
<td>Try using some different types of glass or new techniques in a Jewellery workshop.</td>
<td>£49</td>
<td>£70</td>
</tr>
</tbody>
</table>

To book your place, please email Susanne Gee – Susanne.Gee@governmentlegal.gov.uk.

We look forward to seeing you there!
SUBSIDISED LESSONS FOR 2019

· HASSRA Leeds Golf Society offers private golf lessons, arranged with a golf professional of your choice.
· We will subsidise your lessons by 40%, up to a maximum of £75 per member per year.
· Most golf clubs offer individual lessons, lessons in pairs and group lessons.
· You must be a Full, Retired or Associate member of HASSRA Leeds and have paid your memberships subscription to the Golf Society to take advantage of this offer.

WHAT TO DO NEXT

· Once you have paid for your lessons and have a receipt, please send it to David Barnes, 1st Floor West, Zone E, Quarry House, Leeds, LS2 7UA

You can contact David at David.Barnes@dwp.gov.uk
HOW TO JOIN THE GOLF SOCIETY

Contact Nick Streets either by email or phone

Nick.streets@btinternet.com or 07487 746938

You will require to be a full/retired member of HASSRA
Or join HASSRA Leeds as an Associate Member
by contacting the Forum (0113 232 4456)

Annual subscription is £10
Subscriptions cover the cost of prizes and engraving

We play 10 outings a year
We have two overnight trips
We subsidise your golf lessons
The 2020 SPRING TROPHY outing will be at SHIPLEY NORTHCRIFFE GC.
9 holes from 10.15am. 18 holes from 1.30pm.  Dinner at about 7.00pm
on FRIDAY 3RD APRIL 2020

Northcliffe Golf Club is situated in the heart of West Yorkshire on the outskirts of the World Heritage Site of Saltaire, the course overlooks the beautiful Aire Valley & is easily accessible from Bradford, Leeds, York & even parts of Lancashire. Northcliffe boasts a challenging 18-hole golf course set in some 100 acres of stunning parkland & hosts some of the most scenic and challenging holes in the whole of Yorkshire. Northcliffe is a James Braid designed course. Braid is recognised as one of golf's pre-eminent course architects and has created some of the finest examples of golf courses in the country. Over the years, the high quality of the course has been enhanced by significant investment.

HASSRA Leeds
Member Guest
Package A: DISCOUNTED full day package £40.00 £57.00
Package B: C&BS, all day golf no dinner £30.00 £42.00
Package C: 18 Holes only £20.00 £27.00
Package D: 18 holes plus Dinner £32.00 £42.00

Dinner: Roast Beef and Lemon Meringue Pie

* DEADLINE: 20th MARCH *

Final written details will be sent out by 28TH MARCH.
If you have a query please contact:
Nick Streets (Nick.Streets@btinternet.com) (07487 746938)

Pay by bank transfer. HLGS Bank Account Name: HASSRA (Leeds) Golf Society. Sort Code 08-92-99 and Account Number 65286856

Please add a reference stating the event e.g. NORTHCRIFFE 1x PKA (Course, No of People, Package).
Separate transfers are required for each event.

YOU MUST ALSO e-mail PAUL at PAUL.BENTLEY4@DWP.GOV.UK with the following information: Name(s) – Event – Package.
The 2020 CHARITY BOWL outing will be at WAKEFIELD (SANDAL) GC. 9 holes from 10.30am. 18 holes from 1.30pm. Dinner at about 7.00pm on THURSDAY 7TH MAY 2020

The course, designed by Sandy Herd and bunkered by Dr. Alister MacKenzie, is a challenging Par 72, SSS 73. Easy to walk, it comprises two loops of 9 holes both of which start and finish at the clubhouse. Good drainage and high standards of maintenance mean grass tees and regular greens are usually in play all year round, making it a great venue for golf in all seasons. It is ideal for and popular with visitors and societies; many of who make regular return visits.

<table>
<thead>
<tr>
<th>Package A: DISCOUNTED full day package</th>
<th>HASSRA Leeds</th>
<th>Guest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member</td>
<td>£38.00</td>
<td>£55.00</td>
</tr>
<tr>
<td>Package B: C&amp;BS, all day golf no dinner</td>
<td>£30.00</td>
<td>£42.00</td>
</tr>
<tr>
<td>Package C: 18 Holes only</td>
<td>£21.00</td>
<td>£30.00</td>
</tr>
<tr>
<td>Package D: 18 holes plus Dinner</td>
<td>£30.00</td>
<td>£43.00</td>
</tr>
</tbody>
</table>

* DEADLINE: 22nd APRIL *

Final written details will be sent out by 29TH APRIL.
If you have a query please contact:
Nick Streets (Nick.Streets@btinternet.com) (07487 746938)

Pay by bank transfer. HLGS Bank Account Name: HASSRA (Leeds) Golf Society. Sort Code 08-92-99 and Account Number 65286856

Please add a reference stating the event e.g. SANDAL 1x PKA (Course, No of People, Package). Separate transfers are required for each event.

YOU MUST ALSO e-mail PAUL at PAUL.BENTLEY4@DWP.GOV.UK with the following information: Name(s) – Event – Package.
March
WEDNESDAY 18TH
SANDBURN HALL, YORK

April
FRIDAY 3RD
NORTHCLIFFE, SHIPLEY

May
THURSDAY 7TH
SANDAL, WAKEFIELD

THURSDAY 14TH
FYLDE MATCH : FIXBY

SUNDAY 24TH/MONDAY 25TH ***
Trip to FOREST PINES

**** PLEASE NOTE THAT THIS TRIP HAS MOVED THIS YEAR DUE TO THE CHANGE OF BANK HOLIDAY AT THE START OF MAY ****

June
FRIDAY 5TH
PRESIDENTS DAY: MOOR ALLERTON

MONDAY 15TH
NATIONAL QUALIFIER: TANKERSLEY PARK

FRIDAY 26TH
ALWOODLEY (Twilight)

July
FRIDAY 17TH
CAPTAINS DAY: HARROGATE (Starbeck)

FRIDAY 31ST
NW MATCH: PLEASINGTON

August
WEDNESDAY 12TH
HOWLEY HALL, MORLEY

30TH – SEPT 1ST
Trip to SOUTHPORT

Sept
THURSDAY 24TH
BROUGH

SUNDAY 27TH /MONDAY 28TH
4-WAY MATCH: SCOTLAND

Oct
WEDNESDAY 21ST
BONDHAY, WORKSOP

Dec
FRIDAY 4TH
MOORTOWN
Walking Club
Saturday 21st March
Ripon
Fountains Abbey Circular

The walk:
The walk is 8 miles in length through woods fields and parkland passing Fountains Abbey and Studley Royal. The level of walk is easy with very little ascent, it can be muddy so wear appropriate boots. If folks are members of the National Trust they bring their membership cards with them as they can cut through the grounds of the Abbey during the walk.

Meeting point and time:
Meet at 9:45 for a 10:00 start at St Marygate car park (£2.00 all day), HG4 1LY https://goo.gl/maps/s1tAmu2ThEgRikx1A

The 36 bus runs from Leeds and Harrogate to Ripon every 20 mins. (07:55 from Leeds Bus Station gets to Ripon at 09:22)

Lunch:
Due to length of walk a packed lunch would be advisable. There plenty of cafes and pubs to be enjoyed at the end of the walk.

To book your place on this walk
Please contact the walk leader, Wendy Brown by Friday 20th March:
phone 01937 842001, mob 07709 282584 or email susan.wendy.brown@gmail.com.
Do you enjoy running? Are you new to running? Are you an experienced runner?
The HASSRA Leeds Running Club is looking for any type of runner to join our club! Membership is only **£5 per year** and with that you get a whole range of benefits, including:

- **Cash back for events you complete** - £5 membership for the year entitles you to claim 30% off two runs per year (not already subsidised by HASSRA Y&H)

- **Cash back for physiotherapy/sports massage** - members can claim back up to 30% off two physiotherapy or sports massage appointments each year.

- **Subsidised spot race entries** – members can enjoy cheaper entries to local races chosen at random by the running club

- **Informal group sessions** primarily led by trained Run England Group leaders – offering a wealth of experience – you do not need to be a PAID member of the club to join in these

- **Motivation to escape your desk at lunchtime** in a relaxed environment

- **Useful running resources** and signposts to events, including running abroad.

**Joining is easy!** To join, simply transfer £5 to: “HASSRA Leeds Running Club” Sort Code: 089299, Account No: 65630208 and email rosina.citrone@dwp.gsi.gov.uk with your HASSRA Leeds number so that we can track your membership payment and you can be added to the circulation list for communications.
Running Club

Lakeland Trails in Keswick

5th September 2020
5k, 10k or 15k

Come for a run in the Lake District!

Join the HASSRA Running Club the weekend of the 5th September to run the famous Lakeland trail in Keswick.

[https://www.lakelandtrails.org/keswick/](https://www.lakelandtrails.org/keswick/)

There is a 5k, 10k or 15k race available to take part in – we will subsidise so you only pay £5 to take part.

Organise your own travel and accommodation and you are then able to claim back 30% off a 2 night stay in the lake district (to a maximum of £120 in total per person).

If interested get in touch with Rosina.Citrone@dwp.gov.uk or Elaine.Craiggs1@dwp.gov.uk for more details on how to enter or to claim.

**PLEASE NOTE THESE RACES DO SELL OUT SO ORGANISE YOUR ENTRY EARLY!**

T&C – at least 1 member of your party must be taking part in a race; all people claiming a subsidy must be a paid up member of the HASSRA Running Club at the time of claiming and also over the race weekend (and therefore a current member of HASSRA Leeds over the period also).
Do you like playing boardgames?

Whether new to boardgames or an experienced gamer, you are invited to come along and join us for a fun evening of games:

3rd Wednesday in every month
4:30-5pm onwards in first floor coffee area (Overlooking the West Yorkshire Playhouse), Quarry House, Leeds.

Our game library includes old and new games. We love to try other games however so if you have a favourite you want to bring, just let us know. We have games that play in under an hour if you can only spare a short while!

So we can ensure there are enough games, please let us know you are calling in or if you have any questions, please email:

STUART.BARRACLOUGH@DWP.GSI.GOV.UK
Or
STUART.WILTSHIRE@DWP.GSI.GOV.UK

Like us on Facebook - Search for "Hassra Leeds Wargames Club"
Yoga Club

Who is it for:

- It’s for people who currently enjoy yoga and want to develop their practice
- It’s for people who currently enjoy yoga and just want to do more yoga!
- It’s for people who have a mild curiosity about yoga but have never tried it
- It’s for people who have never been tempted... but might be now that they are reading this advert........

What the club offers:

30% Cashback back on yoga workshops* (try a handstand workshop….its fun)*
30% Cashback on yoga courses* e.g. a beginner’s course or a Roga course
30% Cashback on a yoga retreat* (2 nights min)
3 Free classes* per year

Membership will cost £5 on top of your HASSRA membership and is valid for 1 year.

*subject to terms and conditions. If you wish to join please email Elaine.craiggs1@dwp.gsi.gov.uk for all the terms and conditions.
The Forum gym at Quarry House already offer 2 yoga classes, no experienced required and they provide all the equipment. Tuesday lunchtimes Hatha Yoga, and Thursday lunchtimes Vinyasa Yoga. Please contact the Gym for further information as these classes are not part of the HASSRA yoga club
### Hassra Leeds Wine Club

(Events start at 5:30 in the Canteen unless otherwise advised)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
<th>Buddy</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>12 March</td>
<td>TBA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>27 March</td>
<td>TBA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>23 April</td>
<td>TBA</td>
<td></td>
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<tr>
<td>Friday</td>
<td>8 May</td>
<td>TBA</td>
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<tr>
<td>Thursday</td>
<td>28 May</td>
<td>TBA</td>
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</tr>
<tr>
<td>Friday</td>
<td>25 June</td>
<td>TBA</td>
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</tr>
<tr>
<td>Saturday</td>
<td>4 July</td>
<td>Virgin External Tasting Leeds</td>
<td>Roy Jones</td>
<td></td>
</tr>
<tr>
<td>TBA</td>
<td></td>
<td>Tasting at Harrogate Wines</td>
<td>Kim Molloy</td>
<td></td>
</tr>
</tbody>
</table>
Robert Harkins 1952 to 2020

Rab Harkins was much loved husband and father and a very popular and respected ex-colleague and friend to many, who very sadly died on 14 January 2020 whilst battling cancer for a third time. He worked in the Department of Health in Quarry House for many years before retiring. He was a very enthusiastic footballer who supported Celtic and helped organise much of the brilliant five-a-side scene at Quarry House, national tournaments and the annual HASSRA Leeds tournament. Many hundreds have enjoyed these activities over the years, not least Rab. He was renowned for his unique footballing style and his method of finishing (the Rab ‘toe poke’) was often deadly.

When Rab started in Quarry House in 1992 the sports facilities were not yet completed. Impatient for a game of football he explored other local venues and booked the sports hall at Richmond Hill sports centre for an hour each Monday night. Despite QH only being partly occupied he managed to find enough people to get a five-a-side game going. Rab was keen that anyone of any ability, male or female, should feel they were welcome to play and that the game should be played in the right spirit. Once the QH sports hall opened in 1993 the game transferred to there and was soon joined by a Friday evening game. Other organisers followed Rab’s example and multiple games began to take place throughout the week, at dinnertime as well as from 16:00. Although the Monday night was discontinued some years ago the Friday night game is still going strong.

Rab’s next idea was to set up an annual five-a-side tournament. He obtained permission and funding from HASSRA, booked some pitches and sought teams to take part. The tournaments were a great success and continue to this day. Rab’s team (see below) took part and always managed to win a few games. Rab was delighted with this but even more so that many people turned out to play and in a good spirit. He took great pleasure in presenting the cups and medals at the end of the day.

Rab also set up an over 35s five-a-side team that played in eight CSSC over 35’s national tournaments, most recently in 2016. It also took part for many years in the annual HASSRA Leeds five-a-side afternoon. He named the team the Captain Haddock Fan Club, reflecting his sense of fun and his love of the Tintin stories. Most of the tournaments were held in Edinburgh but others took place across the north of England. Writing in the Leodis Gazette after the first tournament, played outdoors on grass at Rosyth in 2007, Rab reported, “This team (Haddocks) of gnarled veterans generally stay indoors to play football. They emerged, blinking, into the Rosyth gloom and wondered where the walls and floor were. What’s that green stuff? They mused on whether their venerable limbs would last the pace. They had two people over 55 in the team and the rest were no spring chickens. Other teams had an average age of under forty and some of the players looked as though they had hardly started shaving, never mind reaching the grand old age of 35!” The Haddocks were never going to win the tournament but that was of no consequence to Rab. He was there for the love of the game, to play and talk football and to chat to colleagues from across the UK. It also gave him an opportunity to indulge in another of his favourite pastimes, a curry night, followed by a few beers and finally a ‘wee dram’ before he was off to his bed.

In May 2011 Rab combined his retirement day with the HASSRA tournament. Only he could have arranged this. To mark the occasion and his pivotal role in providing leisure opportunities, the footballers within QH clubbed together to buy him a picture of Celtic winning the European Cup. It was signed by the Celtic captain Billy McNeill. Rab treasured the picture and it was proudly displayed in his house, although he never said what his wife, Frances, thought about this!

Rab never complained about his illness. He fought it with quiet determination and remained optimistic and humorous thoughout. During his treatment, whenever anyone asked how he was, he replied, “tickety boo.” As a result of this all the nurses called him Mr Tickety Boo. Up to a week before his death, visitors were welcomed to his room in Harrogate hospice and conversations were bright and punctuated with laughter. This was typical of Rab. He always looked for the best of every situation and in everybody. I never heard him moan or complain.
To honour Rab’s role in setting up and running, for many years, the HASSRA tournament, this year’s event will be played for the Rab Harkins trophy. I would just like to say on a personal level that you couldn’t meet a nicer fellow than Rab. He was kind, positive and humble. He always had time for anyone, loved travel and was cultured too. Rab was an avid cinema goer and used to write film reviews for the HASSRA Gazette under the name – The Man in the Cheap Seats. He was also fond of poetry and could quote easily and unaided, especially Robbie Burns. Rab will be sadly missed.

His funeral took place in Skipton on Wednesday 29th January. It was attended by many family members, friends and ex colleagues. It featured a number of eulogies, poems and music. Rab had chosen a couple of Bob Dylan numbers. Rab’s son Nick remarked that Dylan was the reason his dad could never hold a tune!

Nick read out ‘To Alexander Graham’ written by W.S Graham.

Lying asleep walking
Last night I met my father
Who seemed pleased to see me.
He wanted to speak. I saw
His mouth saying something
But the dream had no sound.

We were surrounded by
Laid-up paddle steamers
In The Old Quay in Greenock.
I smelt the tar and the ropes.

It seemed that I was standing
Beside the big iron cannon
The tugs used to tie up to
When I was a boy. I turned
To see Dad standing just
Across the causeway under
That one lamp they keep on.

He recognised me immediately.
I could see that. He was
The handsome, same age
With his good brows as when
He would take me on Sundays
Saying we’ll go for a walk.

Dad, what am I doing here?
What is it I am doing now?
Are you proud of me?
Going away, I knew
You wanted to tell me something.

You stopped and almost turned back
To say something. My father,
I try to be the best
In you you give me always.
Wellbeing and Mindfulness

Mini Retreat

Learn the techniques for adopting an organisational approach to self-care

Increase focus, priorities and productivity

Reduce stress, manage anxiety, sickness and absence

FRIDAY 13th MARCH
10am - 12pm
Quarry House, Quarry Hill, Leeds LS7 2UA

ONE TEAM GOV | FOUR PEAKS COACHING
Your Mental Health First Aiders Are:

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tracey Hagan</td>
<td>0113 208 3368</td>
<td><a href="mailto:tracey.hagan@dwp.gsi.gov.uk">tracey.hagan@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Dawn Kane</td>
<td>0113 232 4834</td>
<td><a href="mailto:dawn.kane@dwp.gsi.gov.uk">dawn.kane@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Stephen Lees</td>
<td>0113 232 7843</td>
<td><a href="mailto:stephen.lees@dwp.gsi.gov.uk">stephen.lees@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Aude Malone</td>
<td>0113 232 7126</td>
<td><a href="mailto:aude.malone@dwp.gsi.gov.uk">aude.malone@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Jane Needham</td>
<td>0796 656 6247</td>
<td><a href="mailto:jane.needham@dwp.gsi.gov.uk">jane.needham@dwp.gsi.gov.uk</a></td>
</tr>
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<td>Rebecca Owen</td>
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<td><a href="mailto:rebecca.e.owen@dwp.gsi.gov.uk">rebecca.e.owen@dwp.gsi.gov.uk</a></td>
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<td>Liz Peddie</td>
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<td><a href="mailto:liz.peddie@dwp.gsi.gov.uk">liz.peddie@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Andrea Peel</td>
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<td><a href="mailto:andrea.peel@dwp.gsi.gov.uk">andrea.peel@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Tony Read</td>
<td>0734 186 8148</td>
<td><a href="mailto:tony.read@dwp.gsi.gov.uk">tony.read@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Calei Smith</td>
<td>0797 970 0785</td>
<td><a href="mailto:calei.smith@dwp.gsi.gov.uk">calei.smith@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Kirsty Stubbs</td>
<td>0774 167 3614</td>
<td><a href="mailto:kirsty.stubbs@dwp.gsi.gov.uk">kirsty.stubbs@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Fran Tempest</td>
<td>0113 251 9017</td>
<td><a href="mailto:frances.tempest@dwp.gsi.gov.uk">frances.tempest@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Andrea Whiting</td>
<td>0113 251 9186</td>
<td><a href="mailto:andrea.whiting@dwp.gsi.gov.uk">andrea.whiting@dwp.gsi.gov.uk</a></td>
</tr>
<tr>
<td>Simon Gray</td>
<td>0113 2324483</td>
<td><a href="mailto:simon.gray1@dwp.gsi.gov.uk">simon.gray1@dwp.gsi.gov.uk</a></td>
</tr>
</tbody>
</table>

If emailing one of the Mental Health First Aiders about a personal matter, please mark your email "Private".

There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health Leeds Quarry House please contact one of the people listed above.
Well-Being Support in Quarry House

Life can be difficult… Do you feel stressed, down, anxious, overwhelmed or depressed?

Drop in for a private chat!
Where: room 1H03 (in the dentist suite)
When: Monday to Friday 1-3pm
NON-COMPETITIVE FOOTBALL

Mondays at 12

The Forum Sports Hall

FOR SOME EXERCISE AND ENJOYMENT, COME TO THE SPORTS HALL AT 12 EVERY MONDAY FOR SOME NON-COMPETITIVE FOOTBALL. JUST TURN UP WITH TRAINERS AND A T-SHIRT (FREE FOR HASSRA MEMBERS). ALL AGES, SKILLS AND GENDERS WELCOME. IF YOU CAN’T SPARE A WHOLE HOUR, JUST DIP IN AND OUT AS WE DON’T KEEP SCORE.

MONDAYS AT 12 - THE FORUM SPORTS HALL
NO NEED TO BOOK
LAUNCH OF HASSRA LIVE

As a HASSRA Y&H member, you can now activate your new account on HASSRA Live, which will allow you to manage your membership 24-7. Members in the other 11 regions will be able to activate their accounts from 21st October.

You can find a quick and easy, step-by-step guide by clicking the following link to Activate Your HASSRA Live Account.

As you would expect, the new system has undergone extensive testing. To date, the majority of accounts have been activated successfully. If you do experience any issues, please use the Live Chat function on the HASSRA Live website (circled in red on the screen shot below). Type-in your question, and the HASSRA Virtual Assistant will automatically try and help. Then click on leave a message and then on the envelope that appears, give us the details and we'll resolve your issue and reply by e-mail. This will also help our roll-out to the other 11 regions go as smoothly as possible.

N.B. From 21st October, the HASSRA Shop will only be available through HASSRA Live. Activating your account now means you will beat the rush.

HASSRA Live is the biggest and most important step forward for HASSRA in many years. It will allow you to maximise the benefits of your membership, and enable us to support you, your local club and region efficiently and cost-effectively. We are therefore hugely grateful to you and all other Y&H members for your support for the first phase of roll-out.

Thank you and best wishes,

Lee South, Chair HASSRA Y&H
Craig Lewis, Head of Operations National HASSRA

P.S. Don't forget to sign-up to the online newsletter and we'll enter you into the £10,000 cash prize draw.
Digital HASSRA Membership Cards

HASSRA is rolling out digital membership cards to all members as part of the national launch of HASSRA Live.

The new e-card is available 24-7 via the MY PROFILE page of your HASSRA Live account and contains information which will confirm HASSRA membership. It also includes a QR code to allow our digitally-enabled benefit providers to scan it for a quick and easy eligibility check.

Things to note: (see image below)

- Your membership number has been replaced by a new one which will now start with HAS. Please use the new number for all future HASSRA business.
- The card will also have an expiry date. This will automatically renew as long as your subscriptions continue to be paid.
- You can save this to your digital device either as a PDF or use the ‘screen shot facility (usually HOME+ON/OFF together).
- If you do not have access to a digital device, you can print your e-card.
- Finally, the Card ID number will change upon renewal but your membership number will always remain the same.

Once you have activated your HASSRA Live account and accessed your digital card, you can dispose of your old white plastic one.

Kind Regards

HASSRA National Team
National HASSRA Offers & Events

**HASSRA Lottery**

**Wellbeing Discounts** - Click here < for more information

- Gateway to Health and Wellbeing
- HASSRA Live life Challenge
- Bupa Cash Plan 100
- Hilton Hotel Health 30% off
- Holiday Inn Spirit Health discount
- Many more…

**Member Benefits** - Click here < for more information

A wide variety of benefits including:

- CSIS Motor and Home Insurance
- Cinema Tickets
- Theme Parks, Wildlife Parks and Zoos
- APH Airport Parking & Hotels
- Fred. Olsen Cruise Lines
- Eden Project
- Holidays, Short Break and Days Out


- London Eye Discount
- Merlin Entertainments
- Yocalm
HASSRA HOLIDAY EXCLUSIVES

BUTLINS: Privilege Holiday Club

These special offers from Butlins are exclusively for Privilege Holiday Club (PHC) guests and will add an extra £10 discount to any booking made with a valid Q code.

The special offers are updated regularly with a great range of dates and accommodation types across the 3 resorts (Bognor Regis, Minehead and Skegness). To make sure the extra discount is applied make a note of the accommodation type shown in the grid and choose this in your booking preferences.

The exclusive promotional code for HASSRA members is available through our On Line Shop.

To check out current offers and make a booking visit their website Butlins Privilege Holiday Club

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COTTAGES.COM

Cottages.com offers a choice of over 19,000 cottage holidays. Discover rural cottages, rustic farmhouses and modern apartments in the UK and beautiful villas and gites overseas.

Each property is regularly inspected and graded. The green scheme offers a collection of environmentally friendly holiday homes. Pet friendly holidays also available. Choose a short break or longer.

Call their sales team on 0345 268 0763 and quote their promotional code for HASSRA members available through our On Line Shop

or search and book online using their website cottages.com

HASSRA are excited to share the news that cottages.com have just added over 700 new luxury properties to our portfolio, mostly in the beautiful South West of England. Take a look

-----------------------------------------------------------------------------------

EUROCAMP

Eurocamp are proud to offer the largest choice of premium outdoor holidays in Europe. You will find their 180 parcs with fantastic facilities in 13 countries as well as a couple of Mediterranean islands.

Book now and save up to 50% on family breaks. These rates cannot be redeemed through travel agents.

To book visit their website Eurocamp and enter the quote the promotional code for HASSRA members available through our On Line Shop

Terms & Conditions apply - see Eurocamp website for full details.

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FRED OLSEN CRUISES

HASSRA have teamed up with award-winning Fred. Olsen Cruise Lines to give you a very tempting 10% membership discount* on your first sailing with them – and that’s on top of any current offers.

Existing Fred. Olsen customers can save 5%, in addition to their 5% Loyalty Club discount.

You can visit http://www.fredolsencruises.com/hassra for full details

To redeem the discount you must book directly with Fred Olsen Cruise Lines on 0800 0355 110. Don’t forget to use your unique promotion code, available in our On Line Shop when contacting them.
HAVEN HOLIDAYS

Haven Holidays have 36 parks nestled in beautiful coastal locations around the UK. They offer seaside holidays your whole family will enjoy, whether you want an action-packed break or a few days relaxing on the beach.

They’re dotted around the UK’s favourite resorts, most spectacular landscapes and sandiest beaches. Filled them with activities and entertainment to keep everyone happy including splash-tastic heated indoor and outdoor pools, all kinds of outdoor fun – from archery to zip wires – and entertainment for all ages.

For more information call 0333 202 5247 or visit their website Haven and quote your EMB savings code available through our On Line Shop

LOCH TAY HIGHLAND LODGES

Based within Perthshire at the very shore of Loch Tay they offer a diverse, exciting range of accommodation. Available all year round for breaks and holidays in one of the most beautiful areas of Scotland. Surrounded by mountains, lochs and rivers they are also in easy driving distance of Edinburgh, Stirling and Glasgow.

HASSRA members can save up to 10% on online bookings on their 2, 3 and 4 bed lodges, glamping (wigwams and domes), woodland cabins, The Bothy, luxury 5* 3 bed waterfall lodge with hot tub, sauna, log burner and waterfall access.

To book visit their website www.lochtay-vacations.co.uk and enter the relevant booking code available through our On Line Shop into the voucher code box and select add voucher code. Failure to select this will result in the discount not being applied.

PARKDEAN RESORTS.

HASSRA members can get an extra 10% off spring, early summer and autumn breaks. (5% applies to all School and Bank Holidays)

Visit their website at Parkdean Resorts or call 0333 207 6884 for more information and to make a booking, quoting their booking code available through our On Line Shop.

TEE TO PIN

HASSRA, in partnership with The Leisure Club, are offering excellent offers on golf breaks through Teetopin Ltd, a professional golf company who organise Charity, Society and Corporate golf days and golf breaks throughout the UK.

As a truly independent organiser Teetopin have access to over 1,000 golf courses throughout the UK, ranging from municipal courses to some of the best in the world, including the likes of Celtic Manor, The Belfry, Turnberry and The Grove. Packages include 1 in 12, 1 in 16 go FREE, to 20% off Bar Tabs, and many more.

In addition, you can register via their website to attend events they run throughout the UK as Corporate Golf days. Through their shop they will also be bringing you branded golf accessories, and you can also receive specially discounted prices on their “PowerBug” push and electric golf trolley range.

They will be continuing to add to the golf venues that are currently available, and should you like to play at any other golf course of your choice please do not hesitate to contact them at: golf@teetopin.co.uk.

Please remember to register your details so that they keep you informed with special offers and new venues as they come on board.

Go to www.teetopin.co.uk HASSRA Members then click on LOG IN on the top right hand corner, then by using the details available through our On Line Shop.
Fancy treating yourself or someone you love to a glamorous and glossy new hairstyle? Well here is your chance with this very special limited time offer! Sue’s hair Design will be offering a fabulous Wash, Cut and Blow dry for just £20 week commencing 10th to 31st of March, great value and convenient.

This is a deal you don’t want to miss.

Bookings are been taken now, see number below.

Looking forward to see you Sue x

Tel: 07809614306
Email: Sueshairdesign@hotmail.co.uk
Café Vita

Coffee & Sandwich Bar

Sandwiches
Various Fillings
£2.95

Cakes and Crisps

Salad Bar

The forum
East Entrance
The best way to predict your future is to create it.

Train at The Forum with a Personal Trainer.

WANT SOME ATTENTION?

1-2-1 Personal Training Sessions

Also

Group sessions up to 4 people

Ask one of the gym team or contact The Forum reception on

0113 2324456 or e-mail

theforum@parkwood-leisure.co.uk

“The best way to predict your future is to create it”

Train at The Forum with a Personal Trainer.
# The Forum Leisure Centre Swimming

## Pool Time Table

| Day    | 7am | 8am | 9am | 10am | 11am | 12am | 1pm | 2pm | 3pm | 4pm | 5pm | 6pm | 7pm | 8pm | 9pm | 10pm |
|--------|-----|-----|-----|------|------|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Mon    | Lane Swimming | Parents and Babies | School Swim | Lane Swimming | School Swim | Private Lessons | Member's Swim |   |   |   |   |   |   |   |   |
| Tues   | Lane Swimming | School Swim | Lane Swimming | School Swim | Private Lessons | Member's Swim | Lane Swimming |   |   |   |   |   |   |   |   |
| Wed    | Lane Swimming | LADIES ONLY | Lane Swimming | School Swim | Private Lessons | Member's Swim |   |   |   |   |   |   |   |   |   |
| Thur   | Lane Swimming | Parents and Babies | School Swim | Lane Swimming | School Swim | Member's Swim | Lane Swimming |   |   |   |   |   |   |   |   |
| Fri    | Lane Swimming | Parents and Babies | School Swim | Lane Swimming | School Swim | Pool Closed | Member's Swim | Swim School |   |   |   |   |   |   |   |   |
| Sat    | Lane Swimming |   | Swim Lessons |   |   |   |   | Parents and Babies | Member’s Swim |   |   |   |   |   |   |   |   |
| Sun    | Lane Swimming |   |   |   |   |   |   |   | Members Swim |   |   |   |   |   |   |   |   |

Please note: There are occasionally pool parties on Sundays, please ring ahead to check opening times.
TheForumGym

Classes

INDOOR CYCLING
SWEATBOX
METASERIES
AB ATTACK
KETTLE-BELL
PILATES
RIP 30
ASHTANGA YOGA
AQUA FIT
## GROUP FITNESS TIMETABLE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>SweatBOX</td>
<td>Circuit Training</td>
<td>Circuit Training</td>
<td>Active Life</td>
<td>Spinning</td>
</tr>
<tr>
<td>07:15 - 07:50</td>
<td>12:15 - 12:50</td>
<td>07:20 - 07:55</td>
<td>10:15 - 11:00</td>
<td>07:10 - 08:00</td>
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<td>Yoga</td>
<td>Spinning</td>
<td>RIP</td>
<td>Gym Floor Class</td>
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<td>12:20 - 12:55</td>
<td>09:00 - 09:30</td>
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<td>Studio Circuit</td>
<td>SweatBOX</td>
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<td>18:15 - 18:55</td>
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<td>Ab Attack</td>
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<td>Kettlebell</td>
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</tbody>
</table>

### DESCRIPTIONS

#### Circuits

Body conditioning or endurance training using high intensity, targeting the full body through strength building or muscular endurance. A circuit is one completion of all exercises in the programme before repeating 2-3 times. Circuit exercises traditionally consist of short bursts and short recovery using various equipment such as battle ropes, kettlebells, slam balls and many more. The variety of circuits is a fun, rewarding, and great way to workout.

#### Ab Attack

Give your abs a killer workout. The ultimate ab class will tighten and tone your front and your lower back, and give you a complete whole abdominal workout. It’s an opportunity to tone your core muscles and increase overall core strength using a variety of exercises.

#### Kettlebells

A high intensity explosive cardio and resistance workout using functional movements to work the full body. Kettlebells are renowned for their ability to condition your core muscles and ultimately tone your entire body giving you lean definition and shape. Expect to get a great toning workout and increase your stamina and overall aerobic ability.

#### Pilates

A refreshing mind-body workout which focuses on core-stability and posture, aiming to lengthen and strengthen muscles. It focuses on alignment, breathing, developing a stong core, and improving co-ordination and balance.

#### RIP

Rip is a strength programme for everyone of all ages and fitness levels. Matching movement to music and using traditional strength training exercises using a barbell, dumbbells and your own bodyweight, challenging the body through lots of repetitions but allowing participants to work at their own level.

#### SweaBOX

HIIT workout based on 3 stations - cycling (cardio), resistance (strength), boxing (intensity), keeping your heart rate elevated as you push through 3 minute rounds, created in the studio for an electric atmosphere, high energy music gets you pushing, punching, pulling and sprinting to your best.

#### Spinning

Studio cycling is challenging and fun, and one of the best way to improve cardiovascular fitness while burning lots of calories. There will be intervals, rolling hills, sprints, climbs, runs, surges and jumps all to the music selected to motivate and inspire. This is a great workout if you want to burn calories and increase endurance. The workout is on a static bike, it is an energy-packed session that improves stamina and strength fitness. “A motivating non-impact class for all levels”.

#### Hatha Yoga

This class includes a short flowing warm up, followed by a sequence of still postures and a final guided relaxation. The aim of the class is to increase strength, flexibility, proper breathing and awareness. The class is suitable for complete beginners and more experienced yogis, as each posture can be modified to suit each individual.

#### Vinyasa Yoga

Yoga is a spiritual, mental and physical activity in which you will perform a range of stretches and positions to enhance your physical and mental sate. No matter what your age or ability to experience, yoga is an inclusive activity suitable for everyone. With physical, spiritual and mental benefits, it is truly a holistic activity. Yoga increases muscle strength, flexibility, balance and core ability; it is an excellent activity to improve posture, and to enhance your breathing technique. It has been proven to have positive effects on mental well-being, decreasing stress and anxiety whilst promoting attention and concentration.

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[LeisureCentre.com](http://www.LeisureCentre.com)
SQUASH GROUP

Fancy a New Challenge?

Why not test your skills against one of our other members.

Open to all abilities.

Please send your contact details to:
Steven.wager@parkwood-leisure.co.uk
<table>
<thead>
<tr>
<th>SERVICES</th>
<th>PRICES GUIDE</th>
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</thead>
<tbody>
<tr>
<td><strong>Ladies</strong></td>
<td></td>
</tr>
<tr>
<td>Cut / Blow dry</td>
<td>£25 - £30</td>
</tr>
<tr>
<td>Wet Cut</td>
<td>£15 - £20</td>
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<tr>
<td>Dry Cut</td>
<td>£13 - £18</td>
</tr>
<tr>
<td>Curling - Tongs/Iron</td>
<td>£10 - £12</td>
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<tr>
<td><strong>Girls under 12 years</strong></td>
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<tr>
<td>Cut / Blow dry</td>
<td>£13 - £15</td>
</tr>
<tr>
<td>Trim</td>
<td>£8 - £10</td>
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<tr>
<td><strong>Ladies Colours</strong></td>
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<tr>
<td>Full head highlights</td>
<td>£55 - £75</td>
</tr>
<tr>
<td>Half head highlights</td>
<td>£45 - £55</td>
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<tr>
<td>T / Section</td>
<td>£30 - £35</td>
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<tr>
<td>Full head colour</td>
<td>£45 - £50</td>
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<tr>
<td>Re-growth</td>
<td>£40 - £45</td>
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<tr>
<td>Semi Permanent</td>
<td>£35 - £40</td>
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<tr>
<td>Toner</td>
<td>£15 - £20</td>
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<tr>
<td>Hair treatment</td>
<td>£6 - £8</td>
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<tr>
<td>Crazy Colours</td>
<td>POA.</td>
</tr>
</tbody>
</table>

**Men's**

| Cut & finish | £15 - £18 |
| Scissor Cut | £12 - £14 |
| Trim | £7 |
| Clippers cut | £7 |

**Opening Hours**

Monday - Closed
Tuesday - 10am - 4pm
Wednesday - Closed
Thursday - 12noon - 6pm
Friday - 1.30pm - 6.30pm
Saturday - 9.30 - 1.30
Sunday - Closed

**Quarry House**
Quarry Hill
LS2 7UA
Member Benefits

---

**ONPOINTPICTURES**

**10% DISCOUNT ON ALL JOBS WITH CODE: HASSRA10**

Wedding and Events photographer, Barrat homes development photographer competition winner, based in Leeds.

contact email: onpointpictureslegmail.com
contact phone number: 07378721612

FULL WEDDING DAY SHOOT £450
CEREMONY ONLY WEDDING SHOOT £330
HOURLY RATE £80

For discount to be applied please email the discount code along with your enquiry to onpointpictureslegmail.com if not emailed discount cannot be applied.
46

Member Benefits

Tickets for Dacia Magic Weekend

2020 are now on sale and once again our fab Leeds Rhinos Business Ambassadors can get a whopping 50% discount to share with colleagues and clients.

Returning to St James' Park, Newcastle, Leeds Rhinos will top the bill on Saturday 23rd May, taking on Hull FC, kick-off 7:30pm in the final game of the day!
Day tickets are available for your team from just £12.50 for adults and £6.25 for juniors!

The full fixtures for the Bank Holiday weekend are:

**Saturday 23rd May**
3.00pm – Castleford Tigers v Catalans Dragons
5.15pm – St Helens v Salford Red Devils
7.30pm – Hull FC v Leeds Rhinos

**Sunday 24th May**
12.30pm – Huddersfield Giants v Toronto Wolfpack
2.45pm – Wigan Warriors v Warrington Wolves
5.00pm – Wakefield Trinity v Hull KR

Please note this discount will **expire at midnight on 23rd February**, which is earlier than in previous years so please encourage your teams to book early to make this fab saving.

PROMOTIONAL CODE: DWP19BA
CODE LIVE FROM: 9AM ON FRI 15 NOVEMBER 2019
CODE EXPIRES: MIDNIGHT ON 23 FEBRUARY 2020
WHAT DOES THE CODE GET ME: 50% SAVING PER TICKET ON CATEGORY 2 AND CATEGORY 3 MAGIC WEEKEND TICKETS

**WHAT ARE THE PRICES:**

**Category 3 – Gallowgate Stand**
(Reserved seating behind the sticks in the Rhinos end)
Day - Adult – £12.50 (Full price £25.00)
Day Concession – £10.00 (Full price £20.00)
Day Junior – £6.25 (Full price £12.50)
Weekend – Adult - £20.00 (Full price £40.00)
Weekend – Concession - £15.00 (Full price £30.00)
Weekend – Junior - £10.00 (Full price £20.00)

**Category 2 – East Stand**
(Reserved seating down the side of the pitch)
Day - Adult – £20.00 (Full price £40.00)
Day Concession – £15.00 (Full price £30.00)
Day Junior – £10.00 (Full price £20.00)
Weekend – Adult - £30.00 (Full price £60.00)
Weekend – Concession - £22.50 (Full price £45.00)
Weekend – Junior - £15.00 (Full price £30.00)

HOW TO BUY:

ONLINE HERE http://bit.ly/36ZMd4i ENTER PROMO CODE ON PAYMENT PAGE OR CALL 0371 423 1315 AND QUOTE YOUR PROMO CODE WHEN BOOKING OVER THE PHONE.
**Member Benefits**

Head to tickets.therhinos.co.uk and select “home games” and then choose the game you wish to attend.

Choose where you want to sit or stand using the live stadium plan and select ‘Buy’.

Click ‘checkout’ and log in to identify yourself on the system, using your computer number and password. If you’re already registered click the ‘login’ button. If you haven’t purchased online before, you’ll need to register.

Once logged in you will be able to indicate any concessions or juniors (16 & under which are being purchased.

When complete, you will proceed to the checkout page where you will need to enter your promo code in the box on the right. You will see the discount applied to your order before you enter your card details.

When your sale is complete the confirmation page will be displayed and an email will be sent to you confirming your purchase. Please keep this for your records. If you have selected to print at home, the ticket will come as an attachment on your confirmation email - please don’t forget to print this off.

For further information please contact michelle.cooper@leedsrcrugby.com

*Full time students, senior citizens 65+, under 21s.*
**Member Benefits**

**Roth Read Photography**  
- **Our Focus Is You**

We create a unique Portrait photoshoot experience beautifully and personally designed just for you.

It begins with a Consultation in our lounge where we get to know you, design a tailored portrait session and arrange a date to attend your photoshoot (lasting no less than 4 hours). Your Reveal session will take place two weeks later where you can place the images you love in your folio box to take home with you.

We also offer Headshots to complement your brand, portfolio, social media or agency requirements.

Lincoln and Perrin  
Roth Read Photography  
Leeds


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**Newest Benefits**

**Up and Running**

The site at Boar Lane can service all our running needs. With over 20 years of running experience as a company and many years gathered skills and knowledge, Up and Running Leeds Central staff can keep you on your feet.

- £10 off trainers  
- 10% of all other running goods.

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House Information: Welcome to our House of Beautiful Stays. We are a luxury 5-star fitness specialise building health professional athletes coaches practice. Free consultation half hour motivate support one hour ex
Member Benefits

Philip Simpson - Decorator - *Now operating in Leeds*
Paint Effects

I have over forty years experience offering a clean and reliable decorating service in domestic and commercial work. As well as painting a decorating I also paint kitchen units and furniture through to specialist decorative work.

10% discount to HASSRA members
I cover the following Leeds postcodes: LS6-9, 14-17, 22-26
Free Quotes
References available
0113 2491449
Philipsimpson8@gmail.com

10% discount for HASSRA members

We're delighted to offer this saving to HASSRA members on anything print related: it can be used for business, any personal print or a club, society or association you may belong to....Just have a look at our brand new website:

www.rapidoprint.co.uk

and once you’ve completed your order, simply use the unique code HAS814 at checkout and we’ll do the rest!

We've been looking after the print requirements of Leeds folk for well over 30 years, so if what you need isn't on our site, please give us a call... we'll be delighted to talk to you and we'll almost certainly be able to help.

www.rapidoprint.co.uk

7 Springwell Court Leeds LS12 1AL T 0113 244 5700
Member Benefits

Eat Your Greens

www.eatyourgreensleeds.co.uk

10% discount when you show your cards.

Big Deal - Music Shop on the Headrow, Leeds

Since 1988 we’ve been buying and selling quality musical instruments, vintage HiFi, synths, drum machines and the like. Now thanks to our Ebay shop we are able to buy and sell globally. All our stock is thoroughly tested and all sold with a warranty. We are located on Eastgate in the the heart of Leeds city centre - please feel free to come in and see our store where our friendly and professional staff will be more than happy to help you out.

HASSRA Members are able to make use of a discount of 10% on spending over 100%.

http://www.ukbigdeal.co.uk/

Ripley Layne Hair Loss Solutions

Thinning Hair/Hair loss of any description can affect your self esteem and confidence. If you have tried every product on the market with out success and would like to talk to a professional in confidence . RipleyLayne hair loss solutions can provide a free consultation and one to one non surgical treatments to suit your individual requirements . contact Tracey Garry on 01132601550 / 07517577632 Email tragarry@hotmail.co.uk 20% off any product or treatment.
Member Benefits

Aagrah Indian Restaurant
Get 15% discount off food bill from Sunday to Thursday inclusive when a starter and main dish are ordered when you show your HASSRA Leeds Membership Card.

Fairuz Lebanese Restaurant
For a friendly and relaxed atmosphere and wonderful food visit FAIRUZ at Fairfax House, Merrion Street, Leeds. Tel: 0113 243 4923. All HASSRA LEEDS members can claim 10% discount on their bill at Fairuz, Leeds’ only Lebanese restaurant.
Always a popular venue, Fairuz is especially renowned for imaginative use of vegetables and pulses, which makes it particularly attractive to vegetarians and vegans. But fish and meat eaters are also catered for, with delicious fresh ingredients, and an inspired use of herbs and spices. Never tried Lebanese food before? You’re missing a treat.

Harewood House Card
You can book one of three Harewood House Cards from the Forum Leisure Centre in Quarry House. These entitle you to free entry to Harewood House. See The Forum for further details.

Giorgio’s Restaurant & The Olive Tree
http://www.giorgiosrestaurant.co.uk
http://olivetreegreekrestaurant.co.uk
Two special offers for all HASSRA Leeds members.
Available Sunday to Friday lunch and dinner (excludes Saturday).
20% off total food & drinks bill (£30 maximum discount per table) booking essential.
2 unique dining experiences – family friendly and for that special occasion.
Just show your HASSRA membership card and mention “HASSRA” when booking.
(Cannot be used in conjunction with any other offer or for special events)

Historic Houses Association Cards
HASSRA Leeds has 8 Historic Houses Association Cards. Each member of your party will require a card for entry therefore we are offering a maximum of 4 cards per visit. Cards can be ordered from Tracy Dibdin in Quarry House up to three months in advance. Not The Forum. For more information on the properties you can visit for free see:
http://www.hha.org.uk/Search/type/friends_free
Or Email: Tracy.dibdin@dhsc.gov.uk
**5 star fitness**
At 5 star fitness we specialise in building health and fitness through personal training and nutritional advice. All our staff are professional athletes, coaches and practitioners who can help you achieve your goals and bring about amazing results.
Contact us on Castleford 01977 553330 or Leeds 01132 203647 for further information or visit our website on www.5starfitness.co.uk
**Free consultation** and half hour session for HASSRA members at one of our private studios.

**Acupuncture**
**For Health, Balance and Wellbeing.**
Wetherby Acupuncture is delighted to offer a £20 discount - £5 off your consultation and £5 off 3 follow up treatments. Wetherby Acupuncture sees a variety of patients for all kinds of issues such as neck, shoulder and back pain, headaches, migraine, stress, depression and anxiety. Support is also offered to assist women who are trying to conceive naturally, or through IVF. For more information log on to [www.wetherbyacupuncture.co.uk](http://www.wetherbyacupuncture.co.uk) or call the practitioner for an informal chat, Rebecca Joy Callicott on 07725 805 981

**Brooklands Country Retreat and Health Spa**
The picturesque setting of Brooklands Country Retreat and Health Spa in Garstang, Lancashire oozes style – an eclectic mix of old and new, combining the stunning 19th century country house and fabulously modern spa. Offering a fabulous selection of beauty treatments, which include Decleor, Clarins, Spa Find and Fake Bake, plus luxurious facilities, your Brooklands experience can be as relaxed or as invigorating as you would prefer.

Brooklands is thrilled to invite all HASSRA members to come and enjoy the serene surroundings, fabulous facilities and luxurious treatments at a 10% discount on any bookings made Monday to Thursday.

For further information please call 01995 605162 or view the website [www.brooklandsretreat.co.uk](http://www.brooklandsretreat.co.uk).
Member Benefits

Wedding photography
packages available from £350.00
Capturing the magic of your special day in a relaxed and friendly way.
We offer a range of affordable and completely flexible packages which all include your edited images on disc or USB stick to use again and again.
Special offer for HASSRA members 25% off packages, (limited availability.)
Feel free to contact Paul for a no obligation consultation or with any questions.
proco@live.co.uk
www.procophotography.co.uk
07947 758991

Northern Heights Tree Specialists
Professional tree and hedge services. HASSRA members benefit from a 10% discount on production of a membership card.
Contact us for free expert advice, friendly service and reliable workmanship.
Fully qualified & insured.
Tel:- 0113 293 1463
Email:- info@northernheightstrees.com
Greig Courtney FScArb
07886 850484

Need some help with your garden?

North Leeds Garden Design offers bespoke garden design and professional gardening. We will not only get your garden looking its best but ensure that you know how to look after it too. Whether you need a new border planted, the whole garden re-designed or just some advice on a problem area – we can help.
You can find out more about us at: www.northleedsgardendesign.co.uk or on: Facebook.com/NorthLeedsGardenDesign.
Or phone us on 07967 181950.
HASSRA members receive 10% off all plant orders.

Northern Heights Tree Specialists

Greig Courtney FScArb
07886 850484
At Street Boxing UK we’ll show you how to reconnect with your primal instincts to access the same condensed, gross-motor self-protection strategies used by the security services but in a fun, low-impact, fitness environment.

Thursdays, Yorkshire Dance, Leeds 18:00-19:00.
Beginners welcome. £5 entry to HASSRA members.
www.streetboxing.co.uk  @streetboxinguk

"At BJE LEGAL Solicitors we realise that sometimes it can be daunting instructing a solicitor. Perhaps you are worried about legal fees or are unsure as to whether a solicitor can be of assistance. For these reasons we promise to give you, a family member or a friend a free telephone consultation with a solicitor to discuss any issues which you may have. As a HASSRA member should you or any family or friends choose to instruct us we will provide you with a 20% reduction on our usual fee rate. We are able to advise in all areas of the law and look forward to hearing from you."

Tel: 0113 293 9619
 e-mail: benjamin.evans@bjelegal.co.uk
Member Benefits

Brentwood Guest House
www.brentwoodhouse.co.uk
Family run Guest House in central Bridlington
Close to amenities and beach
Near bus station for East Coast exploration
10% HASSRA discount

MKK Electrical is an NICEIC Registered Domestic Installer based locally in the Leeds area. Director, Mark Slater, lives locally in the Crossgates area of Leeds and heads a team of dedicated City & Guilds (17th Edition Qualified) electricians, who professionally undertake all aspects of domestic works along with periodic inspection and testing. MKK Electrical would like to offer all HASSRA members 10% discount along with a free safety check with agreed works.

Please contact Mark Slater via telephone on 07825 882343 or email mslater@live.co.uk

Break the Pain Feel the Gain - www.pain-barrier.co.uk
David Foster HPC, MCSP
Leeds-based physiotherapist and fitness instructor specialising in back pain and sports injuries providing professional one-to-one treatment from HPC registered and fully qualified therapist.
My clinic is open Monday to Friday with flexibility at weekends: patients seen by appointments only. I would be pleased to discuss your requirements and give advice ahead of your first consultation and treatment.
Please contact me by phone on: 07817 412822 or by email: dfosterphysiotherapy@gmail.com
I am offering 20% reduction to all HASSRA members

Bags by Butterfly Tree
Made locally with high quality Yorkshire fabrics, and inspired by the natural beauty of the Yorkshire countryside, we are proud to announce that Bags by Butterfly Tree are now available in the newly opened Leeds John Lewis. Buy in store or online, or visit the www.bagsbybutterflytree.com website to personalise your bag.
For a 10% discount on any purchase, email contact@bagsbybutterflytree using the subject header HASSRA DISCOUNT, to receive a discount code.
**Member Benefits**

**Jilly’s Crystals**
Jilly’s Crystals makes handmade Crystal Healing Jewellery, the jewellery is infused with Reiki healing to give a healing experience. We also stock various crystal tumblestones. For all HASSRA workers, a discount of 10% will be applied to all Etsy transactions using discount code HASSRA.

[Website](http://www.jillyscrystals.etsy.com)
[Facebook](http://www.facebook.com/jillyscrystals)
[jillyscrystals@gmail.com](mailto:jillyscrystals@gmail.com)

**Holistic Therapies Yorkshire** can come to the comfort of your own home for Holistic therapies, we will be launching a Holistic room in May. The treatments on offer is Reiki Healing and Crystal Therapy. Launching in June we will also be offering Holistic Massage, Swedish Massage, Indian Head Massage and Zone Therapy.

The discount for HASSRA workers is £5 off any treatment. Jilly can also read Angel Cards and Fairy cards either by email or I can come to your home to do a reading. The card readings are really fun and accurate. For Angel and Fairy card readings it is £1 off an email reading and £2.50 off a card reading in your home.

[Facebook](http://www.facebook.com/holistictherapiesyorkshire)
[holistictherapiesyorkshire@gmail.com](mailto:holistictherapiesyorkshire@gmail.com)

**Holistic Therapies Yorkshire**
The Galleries
42 Wakefield Road
Dewsbury
WF12 8AT

**CALL: 0113 234 0818**

**TO BOOK A TREATMENT**

**CST Taster Sessions for just £5 and an hour’s free session for one lucky reader**

CST is a complementary therapy treatment that helps the body to rest and de-stress.

A treatment usually lasts for an hour, slightly longer the first time that you come. In the treatment you keep your clothes on and lie on the treatment couch just removing your shoes. The therapists make light contact with your head, the base of your spine and other areas, encouraging your body to relax and begin to make the changes it needs. It is a great treatment to have if you are feeling stressed, tired or just a little beaten by the daily grind! For more information about this treatment visit [www.joannajonescst.co.uk](http://www.joannajonescst.co.uk)

As an added incentive we offer all HASSRA members 10% off the prices shown on our website [www.phoenixhealthandwellbeing.org.uk](http://www.phoenixhealthandwellbeing.org.uk) Just bring along some ID when you come for your treatment.
Joining HASSRA

Read our ‘Join Us’ Membership Booklet to find out more about our discounts, offers, benefits and free prize draws. It also includes a membership and lottery application form.

You can join HASSRA if you work for or are retired from the:

• Department of Health, or
• NHS
• Department for Work and Pensions, or
• Food Standards Agency, or
• Executive agencies and related bodies of these organisations

Staff employed by private contractors working on departmental business may also apply

If you work for **DWP** click here for the membership application form


Please make sure that you click the correct ‘Submit Form’ button when returning your completed application.

**Becoming a National Associate Member**

If you don’t fit into any of the categories above, you can apply to join the HASSRA National Associate Membership Scheme (NAMS) if you:

• Are currently a member of HASSRA under the “25 year rule”, or
• Have in the past 12 months been a member of HASSRA but have had to leave because you are no longer employed by one of the qualifying organisations listed above, or
• Have in the past been a HASSRA member and are currently a member of a HASSRA regional associate membership scheme, or
• Are employed in one of the qualifying employers listed above but your employer will not deduct subscriptions directly from your salary.

For more information on the National Associate Membership Scheme please click here.

National Associate Membership Scheme (NAMS) – membership application form and lottery application form.

To apply for **National Associate Membership**, complete the form here. Please note National Associate Members can only join the lottery either when they initially apply for membership, or when they renew their annual membership.

**Civil Service Fast Streamers on a DWP or DHCP placement paid by another Department**

**Child Associate Membership of HASSRA Leeds**

Children of HASSRA Leeds members can join for only £5 per year. This entitles them to join in any trips or events at HASSRA Leeds prices. To take out child membership, please call at the Forum Leisure centre reception desk and ask for the child associate membership form or ring the leisure centre on 0113 2324456

**HASSRA Leeds Associate Membership**

HASSRA Leeds members can sponsor up to 5 Associate members of HASSRA Leeds. This entitles them to join in any local events or trips at HASSRA Leeds prices and take account of any local offers. HASSRA Leeds Associate Members can’t take up any National offers or join the National HASSRA lottery but it’s a great way of enabling friends and family to join a HASSRA Leeds trip or event. Associate membership costs £33.00, payable in one lump sum at the Forum leisure centre.

**How much does it cost?**

National Membership and National Associate Membership cost just £2.10 per month. The monthly subscription is deductible from your salary or civil service pension or payable 12 months in advance if you belong to the HASSRA National Associate Membership scheme.

Hassra Leeds Associate membership costs £33.00 per year.
# Leeds Clubs and Activities

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<thead>
<tr>
<th>Club</th>
<th>Contact</th>
<th>Extension</th>
<th>Room No.</th>
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</thead>
<tbody>
<tr>
<td>Angling</td>
<td>George Roe</td>
<td>01937 919173</td>
<td><a href="mailto:georgeroe@talktalk.net">georgeroe@talktalk.net</a></td>
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<tr>
<td>Badminton</td>
<td>Ibc</td>
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<tr>
<td>Bridge</td>
<td>Andy Mattacks</td>
<td>24631 QH</td>
<td>GN35</td>
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<td></td>
<td>Dave Barnes</td>
<td>24188 QH</td>
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<td>Community Choir</td>
<td>Elaine Arnott</td>
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<td></td>
<td></td>
<td><a href="mailto:Elainearnott29@gmail.com">Elainearnott29@gmail.com</a></td>
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<tr>
<td>Christian Network</td>
<td>Helen Capocci</td>
<td>0113 232 4366</td>
<td>Quarry House</td>
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<tr>
<td></td>
<td>Jonny Pearson</td>
<td>0113 8254753</td>
<td></td>
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<tr>
<td></td>
<td>Ben Assiluah</td>
<td>0113 8250792</td>
<td></td>
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<tr>
<td>Craft Club</td>
<td>Jackie Bryan</td>
<td></td>
<td><a href="mailto:HassraLeeds.CraftClub@dwp.gov.uk">HassraLeeds.CraftClub@dwp.gov.uk</a></td>
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<td>Cricket</td>
<td>Phil Sharples</td>
<td>7920864377</td>
<td>3S25</td>
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<td>Football (men's 5-a-side)</td>
<td>Scott Gee</td>
<td>36768 QH</td>
<td>4WS7</td>
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<td>Football - Wednesday</td>
<td>Phil Thomas</td>
<td>46549 QH</td>
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<td>Football - Walking</td>
<td>Clive Fane</td>
<td>0113 2519938</td>
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<td>Forum Leisure Centre</td>
<td>Reception</td>
<td>0113 2324456</td>
<td>Ground Floor</td>
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<td>Golf</td>
<td>David Barnes</td>
<td>24188 QH</td>
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<tr>
<td>Guitar Lessons</td>
<td>Phil Hepworth</td>
<td>07725 005893</td>
<td><a href="mailto:Phil_hepworth@hotmail.co.uk">Phil_hepworth@hotmail.co.uk</a></td>
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<tr>
<td>Hockey - Men’s</td>
<td>Sean Massey</td>
<td>24632 QH</td>
<td>GS36</td>
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<tr>
<td>Running Club</td>
<td>Rosina Citrone</td>
<td></td>
<td><a href="mailto:ELAINE.CRAIGGS1@DWP.GOV.UK">ELAINE.CRAIGGS1@DWP.GOV.UK</a></td>
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<td></td>
<td>Elaine Craiggs</td>
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<td>Table Top Games</td>
<td>Stuart Wiltshire</td>
<td>7234 QH</td>
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<td>4435 QH</td>
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<td>Walking Club</td>
<td>Luisa Panetta</td>
<td>4532 QH</td>
<td><a href="mailto:irene.schwehla@nhs.net">irene.schwehla@nhs.net</a></td>
</tr>
<tr>
<td>Wine</td>
<td>Jo O’Keefe</td>
<td>0113 232 4331</td>
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<tr>
<td>Yoga Club</td>
<td>Elaine Craiggs</td>
<td></td>
<td><a href="mailto:ELAINE.CRAIGGS1@DWP.GOV.UK">ELAINE.CRAIGGS1@DWP.GOV.UK</a></td>
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<tr>
<td></td>
<td>Rosina Citrone</td>
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Please contact The Forum Leisure Centre for details of swimming, training & fitness classes.

## HASSRA Leeds Board of Management Contact Details

| Chair HASSRA Leeds       | Phil Corbett 0113 823 0116 | PHILIP.CORBETT@dwp.gov.uk |
| Vice Chair HASSRA Leeds  | Alan Shaw 0113 23 24028    | alan.shaw@dwp.gov.uk      |
| Interim Secretary        | Simon Jarrold 0113 2327120 | simon.jarrold@dwp.gov.uk  |
| Treasurer                | Michele Jowett Email Only  | MICHELE.JOWETT@dwp.gov.uk |
| Events Committee Chair   | Susan McPadden Email Only   | beautifulsea1@hotmail.co.uk |
| Finance/Clubs Development Chair | Nick Streets Email Only |                           |
| Communications Chair     | Catriona Patterson 07764 181618 | Catriona.patterson@yahoo.co.uk |
| BOM Member                | Rosemary Matheson 0113 2547130 | rosemary.matheson@nhs.net |
| BOM Member                | Dawn Lennie 0113 2546072    | Dawn.lennie@dhic.gov.uk   |
| BOM Member                | Julie Goodall 0113 2546089  | HassraInGoole@hotmail.com |
| BOM Member                | Roy Jones 24324 QH          | Roy.jones@dwp.gov.uk      |
| BOM Member                | Jonathan Kirkland 0113 214 8026 | Jonathan.Kirkland@dwp.gov.uk |
| BOM Member                | Luisa Panetta 24562 QH      | Luisa.panetta@dwp.gov.uk  |
| BOM Member                | Clive Fane 0113 2519938     | Clive.Fane@dwp.gov.uk     |
| BOM Member                | Stuart Wiltshire 0113 2327234 | Stuart.wiltshire@dwp.gov.uk |
BOOKING TERMS AND CONDITIONS
HASSRA TRIPS AND EVENTS

The following terms and conditions will apply to all events to ensure that every member has a fair opportunity to participate in events. The terms and conditions should be read in conjunction with the relevant booking form.

1. Wherever possible events will be advertised with a closing date for applications that is at least 4 weeks from the date first advertised, including proposed events where expressions of interest are being requested.

2. Persons wishing to travel together should complete one application form per room, submit their applications together, and determine a lead person who will be responsible for forwarding payments due and act as the contact on behalf of the group via a signed disclaimer agreeing to these terms and conditions.

3. A booking will not be accepted or entered in a draw without the correct deposit and signed disclaimer.

4. Once the closing date is reached, the number of applicants wishing to travel will be determined. Where there are sufficient places for all applicants, then deposit cheques will be banked and places confirmed.

5. Members should be aware that once deposit cheques have been banked they are not returnable and travellers will be liable to pay full price of the trip (unless the place is subsequently filled). Full price means the un discounted "non-member" price. Where necessary, HASSRA (Leeds) will provide an invoice for the full price for insurance purposes but travellers need to be aware that the cost of insurance, (if purchased), is non-refundable.

6. Travel operators will be asked to date insurance cover from the date on which they receive notification of the persons travelling. It is therefore essential to obtain adequate travel insurance before booking if you do not purchase the insurance offered.

7. Single supplements. There will be no member discount on supplements for travellers wishing to secure a single room. Where members indicate on the application form that they are willing to share a room with someone of the same sex, the organiser will arrange for pairing. If an individual has indicated that they are willing to share, they will not have to pay a single supplement even if no pair is available.

8. Where the number of applicants exceeds the places available, a random draw of application forms will determine those successful in receiving a place, subject to Clause 8. Cheques accompanying these applications will then be processed. Remaining applications will continue to be drawn at random to determine the order of the reserve list.

9. The trip organiser will be granted up to two places on that trip without entry into the ballot. An organiser is the person who arranges the trip on behalf of the HASSRA Events Committee, whether or not s/he is a member of the Committee.

10. Where expressions of interest have been sought for a proposed trip, if that trip is subsequently confirmed, applications received from those expressing interest prior to the closing date will be given priority to book before any unfilled places on the trip are advertised. On these occasions, once the closing date is reached, remaining places will be filled on a first come first served basis.

11. Members who have been unsuccessful in a ballot for a trip may record this on their application for the next trip, to the same destination, and will be given priority for available spaces.

12. Applications from solely non-member groups, i.e. not accompanying a full HASSRA member, wishing to participate in an event will be considered only in the event of places remaining after the closing date has passed.

13. The priority order will be: a) Organiser +1, b) Previously unsuccessful on similar trip (ballot if necessary), c) Prior registered interest (ballot if necessary), d) Other Members, e) Non Member groups.

14. Non-members may apply to travel at the discounted rate on an event provided that they satisfy the criterion for associate membership and send a completed application for membership together with the appropriate payment, on or before the closing date for the trip. Associate Membership will last for 12 months from the date of processing the application. The Committee reserves the right to determine specific criteria for prior membership on certain trips. Any such requirements will be notified in the advertisement. Participants are reminded to conduct themselves in an appropriate manner while attending HASSRA sponsored trips and events. Formal complaints may prejudice an individual's eligibility for future trips.
NAME OF TRIP: _______________________________ Closing date: __________________________

To: ______________________________________ Location: ______________________________________

For flying trips, names MUST correspond to those shown in your passport(s).

<table>
<thead>
<tr>
<th>Name</th>
<th>HAS S RA Leeds Member Number:</th>
<th>Type of room</th>
<th>Amount of deposit</th>
<th>Balance of cost of trip</th>
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If associate member: Sponsor Name: HASSRA number of sponsor:

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<tr>
<th>Name of lead contact:</th>
<th>Address (Work if staff member)</th>
<th>Phone (Work if staff member)</th>
<th>Mobile</th>
<th>E-mail (Work if staff member)</th>
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Please ensure that you provide full contact details. Failure may prejudice your booking.

Insurance cover, dietary or ability requirements (must be provided with balance if not before)

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<tr>
<th>Name</th>
<th>Insurer</th>
<th>Policy No.</th>
<th>Expiry Date</th>
<th>Dietary of other requirements</th>
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DISCLAIMER . This must be completed to enable acceptance of the application

I can confirm that I have authority to act for all applicants and that all have read, understand and agree to abide by the Terms & Conditions set by HASSRA (Leeds) and any additional terms as specified by linked travel companies.

Travelling Alone?
If travelling alone, would you like to “buddy” in a twin room with another tripper of the same sex, to avoid the single supplement? YES / NO
Would you be willing to “buddy” if you have requested a single room but none is available? YES / NO
Please refer to the trip advertisement for:
- The names and address of the trip organiser, to whom this form should be sent
- The closing date for applications
- The deposit required

Balances will be required approximately 4 - 8 weeks before trip.

Booking Form Notes: Cheques to be made payable to HASSRA Leeds unless otherwise specified in the advertisement. In the event of over-subscription, a ballot will be held and un-cashed cheques will be returned to unsuccessful applicants.
Remember to enclose your cheque with the application. Cheques will not be banked until after the closing date, but bookings will not be accepted without a completed application together with cheque.
Travel insurance is recommended for all trips but is mandatory for trips abroad. Insurance cover should include cover for medical treatment, an emergency help line, and repatriation cover – see also para 5 of the terms and conditions. For activities such as mountain sports additional specialist insurance will also be essential.
Applicants requiring confirmation that booking form & cheque has been received must enclose a self addressed envelope/grid.
Please refer to full terms and conditions when applying as printed in the Newsletter and on HASSRA Leeds website www.hassra-leeds.org