



HASSRA LEEDS

25th
Anniversary Year



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Please Contact Phil On:

0113 2324456

All articles for inclusion in The
Newsletter should be sent to:

the.newsletter@hotmail.co.uk





August News

Please let us know how you would like to receive your newsletter. Maybe you would like to have a hard copy sent to you, or maybe you would like to be sent an email when it is online? If you are no longer a HASSRA member or you no longer want to have a hard copy posted to you, please let us know this as well.

The winner of last month's **Sudoku** was Pete Knowles QH! Well done Pete. This month we have a Crossword.

See on page 3 for details of the 25th anniversary Ball at Elland Road on the 29th September. We have also revealed our special guest speaker!

There are three upcoming trips being advertised in this month's edition of the Newsletter. These include a shopping trip to Boulogne Sur Mer in November, a trip to Lincoln Christmas Market in December, and a walking Club trip to Austria.

There are three football related articles in this month. These include a **Walking Football Report**, a HASSRA **Five-a-side Competition report**, with lots of pictures, as well as a **Subbuteo Club**.

The **Craft Club have** have some information on what they have been doing as well as what they have coming up including a Glass Fusion Workshop. They have plenty of upcoming events that are all listed on page 36 that include workshops, craft afternoon teas and parties.

The Tabletop Wargame, Boardgame and Roleplaying Club have had the brilliant idea to set up a Subbuteo Club.

The **Choir** is holding a singing workshop on 23rd September led by Start Oerington.

The **Rambling Club** have a trip to The Hamlet & Hillside of Warley as well as their walk to Austria.

We also have adverts for the **Wine Club**, **Angling** open days and the **Book People** Events.

Don't forget to look at the member benefit pages as well as the ticket offer pages. You can get **15% off places like Aagrah** for food or **10% off physiotherapy!** We also have two new restaurant deals offering **20% off the total for food and drinks**, available Sunday-Friday for lunch and dinner. See benefits pages for more details.

There is also a **National HASSRA Benefit for Cotswolds Outdoor** discount.

See here for more details:

<http://www.hassra.org.uk/members/index.asp>

Language for Fun classes for **Spanish** and **French** are running in The Forum Cafe. See inside for details.

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! There is also **free WiFi** for customers as well.

The Forum is now running an **Aqua Fit** class as well as **The Forum Fast Class** and **Ab Attack**.

Thanks,

Phil



HASSRA LEEDS is 25!!

Friday 29th September 2017

Black Tie Event

Guest Speaker - **Gary McCallister**

FREE 3 Course Meal and
FREE Drinks Voucher for HASSRA members

If you are interested in the event please contact:

Phil Corbett - philip.corbett@dwp.gsi.gov.uk

Dawn Lennie – dawn.lennie@dh.gsi.gov.uk

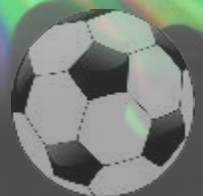
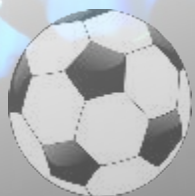
and title your email 'HASSRA September Ball'

Tickets are free but restricted to **HASSRA Leeds members only** as there are limited places available.

If the event is oversubscribed there will be a draw for places.

DEADLINE TO SUBMIT YOUR REQUEST FOR TICKETS IS 21ST AUGUST 2017.

You can apply in pairs to ensure if you are offered a place you can go with a friend.





HASSRA - Bringing Leisure to Life



**Cinema
Ticket
Discounts**

**Social Events
and Parties**

**Sporting
Events and
Wellbeing**



**Monthly
Competitions**

**All from only
£1.99 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**



**The Olive Tree
Greek Restaurant**





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

If you work for **DH or ATOS Origin, Cofely, NHS England, Health Education England, MyCSP, Public Health England, Trillium, NHS Property services** complete the form [here](#).

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 £1.99 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.



RHINE IN FLAMES

13TH – 18TH SEPTEMBER 2018



5 nights/6 days from £325 for members – Deposit £50 pp

Includes: Overnight North Sea ferry crossings to/from Hull in standard bunks
Staying on banks of the Rhine in the Ebertor Hotel, Boppard, Germany
Buffet breakfast & 3 course buffet evening meal plus tea/coffee
Tea/coffee & cake one afternoon in Hotel
Guided walk of the town one morning
Trip to Rudesheim to wander freely
Rhine in Flames Evening River Cruise with 2-course set menu
City tax

Optional: Supplement for outside cabin is £20 per cabin (return).
Supplement for low berth cabin is £16 per cabin (return).
Ferry charges for evening meal & breakfast is £25 each way (£50 return).
Single Supplement (Hotel Room & Single Occupancy Cabin) £100

Short Itinerary:

13th September - Executive coach collection from Quarry House to Hull North Sea ferry for overnight travel to Rotterdam at approximately 3.30 pm. The ferry offers free onboard entertainment, plus many bars and quiet relaxation areas.

14th September – Executive coach travel from Rotterdam to Boppard with comfort stops arriving early afternoon. Evening meal in hotel.

15th September – Free guided walk around Boppard in the morning with free time for the remainder of the day. Evening Rhine in Flames river cruise with dinner included

16th September – Free coach trip to Rudesheim with time to explore, returning to the hotel in Boppard

17th September - Executive coach travel from Boppard to Rotterdam after breakfast, returning to the ferry for the overnight travel.

18th September – Executive coach travel from Hull to Quarry House returning approximately 10.30 a

BOOKING APPLICATIONS required by 18th Sept 2017 with details & £50 deposit pp

Ebertor Hotel: (see Trip advisor for photos etc)

With an enviable location on the west bank of the Rhine, this 3 star hotel has welcomed groups to Boppard for many years. The hotel has 66 bedrooms, with the majority of these being located in a modern extension attached to the main building. There is internal access, but bedrooms are better accessed externally, with many being on the ground floor. Each bedroom is simply decorated with modern facilities including TV and hairdryer. The outdoor terrace overlooks the river and is the perfect location for a drink in the afternoon sunshine. There is also a restaurant and lounge area in which to relax, along with a sauna and spa bath for guests' use.

RHINE IN FLAMES TRIP - 13th – 18th September 2018

**Send completed form with deposit to: Julie Goodall, 1 Coniston Way, Goole, DN14 6JL
Queries to – HASSRAinGoole@Hotmail.com**



RHINE IN FLAMES TRIP - 13th – 18th September 2018

Send completed form with deposit to: Julie Goodall, 1 Coniston Way, Goole,
DN14 6JL
Queries to – HASSRAinGoole@Hotmail.com

Name	HASSRA Leeds member Yes/No No. if known (found on back of Forum card eg: LEE00001)	Type of Hotel Room D/T/S	Type of cabin (pp) Standard Outside- £20 Lower- £16	Ferry meal pack £50 rtn	Amount of Deposit £50 pp Plus extras	Balance

Do you have any special dietary or ability requirements?

Name of lead contact:

Address (Work or Home)

Phone

Mobile

E-mail

Please ensure that you provide full contact details. Failure may prejudice your booking.

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**

▪ **Balances will be required by JULY 2018**

- Cheques to be made payable to **HASSRA Leeds**. In the event of over-subscription, a ballot will be held and uncashed cheques will be returned to unsuccessful applicants.
- Cheques will not be banked until after the closing date, but bookings will not be accepted without a completed application together with cheque.
- Insurance should be considered and include cover for medical treatment, an emergency helpline, and repatriation cover – see also para 5 of the terms and conditions
- Please refer to full terms and conditions when applying as printed in the Newsletter and on HASSRA Leeds website **www.hassra-leeds.org**



July Sudoku - Answers

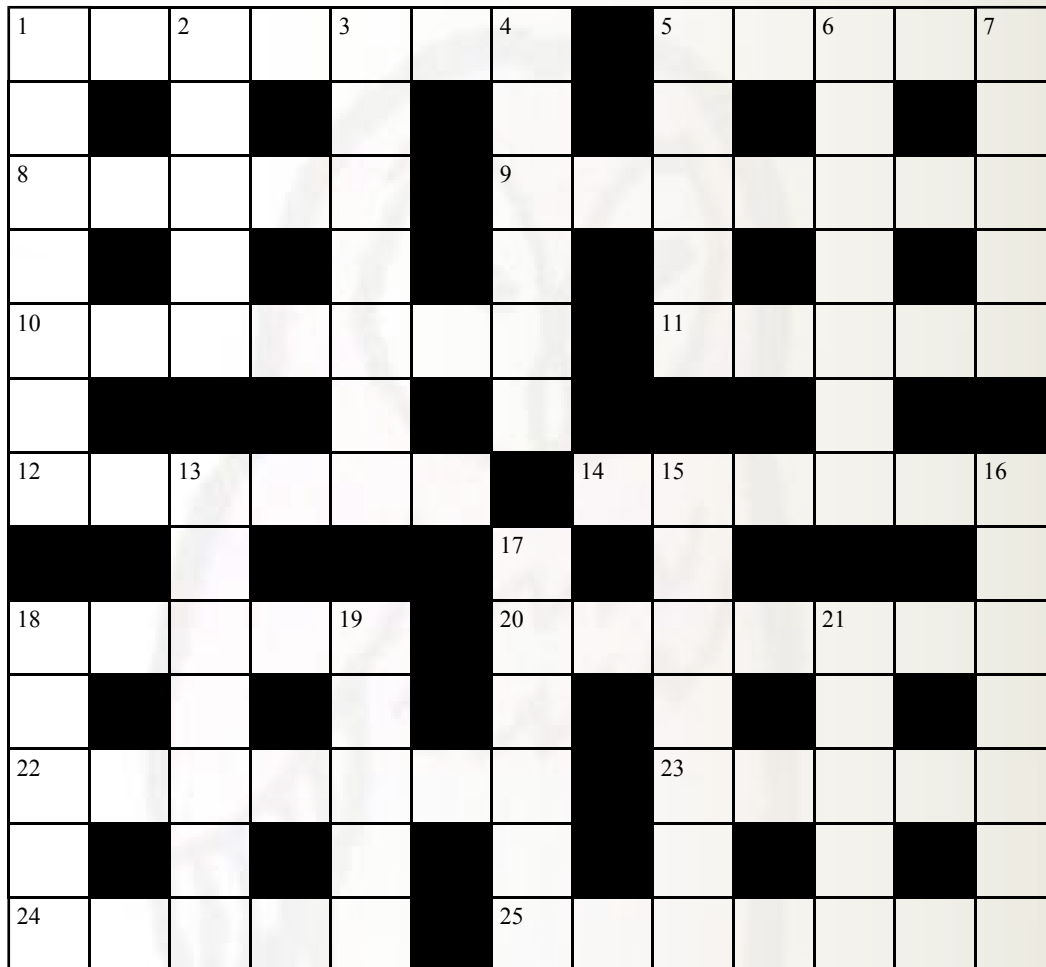
6	2	7	1	4	9	8	3	5
5	1	4	2	3	8	6	7	9
9	8	3	6	7	5	1	4	2
4	9	1	3	8	7	5	2	6
3	6	5	4	9	2	7	8	1
2	7	8	5	1	6	3	9	4
7	4	9	8	5	1	2	6	3
1	3	2	7	6	4	9	5	8
8	5	6	9	2	3	4	1	7

There were 26 answers. All of which were correct.

The winner is Pete Knowles.



August Crossword



Across

1. Large house (7)
5. Pieces of information (5)
8. Profits (5)
9. Gruesome (7)
10. Retaliated (7)
11. Form of transport (5)
12. Hostility (6)
14. Stick (6)
18. Permit (5)
20. Sincere (7)
22. Creatures (7)
23. Doctrine (5)
24. Ledge (5)
25. Sweet (7)

Down

1. Tycoon (7)
2. Dissonance (5)
3. Perceptiveness (7)
4. Wanderers (6)
5. Aspect (5)
6. Vegetable (7)
7. Austere (5)
13. Discomfort (7)
15. Mocks (7)
16. Pull out (7)
17. Stopped (6)
18. Accumulate (5)
19. Dock (5)
21. Bird of prey (5)

Your name and membership number: _____
Location: _____
Tel: _____

Please send your completed quiz to Phil Hepworth, Forum Reception by 25th August COP.
All correct entries (or highest score) will be entered into a prize draw for £30. Members only.



The Indoor Garden Party



Quarry House opened its doors in 1992 and the same year HASSRA Leeds was born. That means our fantastic sports and social club has reached its silver anniversary. To celebrate the committee have decided to host a few events. The first one of these was to be our outdoor garden party which was organised for possibly the wettest June day ever in the history of wet days in June, so the committee decided to bring the party indoors.

Many of the HASSRA clubs were represented with everything from Subbuteo to crafting. A free buffet (which was all gone in half an hour!!) and commemorative gifts pulled in the crowds. The golf and angling societies offered games to play and the gaming club put on a Subbuteo match. The Wellbeing group was there giving out information about desk exercises and the forum gym managed to sign up some new members whilst the choir entertained us with a few songs.



The archives team sent along lots of bulletins and papers from the early 1990s which reflected the opening of the building which caused a lot of discussion and entertainment. Especially the quote from one southerner 'I was brought up in the south and had a common conception of the place (Leeds) as all flat caps and whippets but I was most favourable impressed'.

25 lucky HASSRA members won a £25 gift voucher each and the 2004 calendar girls style calendar brought back some memories and a few giggles.



Our next event is the Ball at Elland road on 29th September. This is a black tie dinner free to HASSRA Leeds members. There will be a very special guest speaker. Places are limited so if you are interested please contact Dawn Lennie dawn.lennie@dh.gsi.gov.uk or Phil Corbett PHILIP.CORBETT@DWP.GSI.GOV.UK and note the email 'HASSRA September Ball'. Only HASSRA Leeds members are eligible but you can request places in pairs so you are able to attend with a friend.

COME FOR COFFEE

IT'S FOR MACMILLAN

HASSRA LEEDS WILL BE HOLDING THEIR ANNUAL COFFEE MORNING FOR MACMILLAN CANCER SUPPORT – ON FRIDAY 22nd SEPTEMBER IN QUARRY HOUSE FEATURING HOME MADE CAKES, COFFEES, TEAS, RAFFLE – ROOM GC07 10:00-12:30

Come down and support us on the day -We are also looking for people who would be kind enough to bake for us – If you are able to bake for us please could you e-mail Simon Jarrold

(Simon.jarrold@dwp.gsi.gov.uk)

by Friday 8th September



COME FOR
COFFEE AND
CAKE



Member Benefits

Restaurants & Days Out

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.

Historic Houses Association Cards



Historic Houses Association Cards

You can collect one of eight HASSRA Leeds Historic Houses Association Cards from Tracy Dibdin in Quarry House. Not The Forum. For more information on the properties you can visit for free see:

http://www.hha.org.uk/Search/type/friends_free

Tracy.dibdin@dh.gsi.gov.uk

Harewood House Card - OPEN UNTIL - Sunday 29th October 2017



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.

Member Benefits

Brooklands Country Retreat Health Spa picturesque setting Brooklands Country Retreat health Spa Garstang Lancashire style eclectic mix old new 19th century country house fabulously modern spa fabulous beauty treatments Declair Clarin...
Spa Find Fake Bake luxurious facilities Brooklands relaxed invigorating thrilled...
HASSRA members serene surroundings fabulous facilities luxurious treatme...
10% discount bookings Anna Ferguson Personal Trainer Nutritionist Quar...
Forum Discount 12 online Transform course 30 Day Uniquely YOU VIP...
FREE Diet analysis PT sessions Up and Running Bear Lane running...
running experience company gathered skills knowledge Up and...
Central staff on your feet £10 off trainers 10% off all other run...
star fitness specialise building health fitness personal traini...
professional athletes coaches practitioners achieve your...
results Free consultation half hour session HASSRA me...
motivate support one hour exercise session fitter me...
Spa Find Fake Bake luxurious fa...
Aagrah Indian Restaurant 15% Dis...
starter dish HASSRA Leeds Member...
atmosphere wonderful food FAIRUZ...
Lebanese restaurant popular venue f...
House Information Harewood House f...
collect HASSRA Leeds Historic Houses p...
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season in Temple Newsam Leeds fit Res...
Fitness Commando Fit COMMANDO mill...
Ingredients inspired herbs spices treat...
Taylor Forum Leisure Centre Quarry H...
flexibility benefit success clients in...
support one hour



Member Benefits

Health & Fitness

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 or call the practitioner for an informal chat, Rebecca Joy Callicott on 07725 805 981

Member Benefits

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.

Brooklands Country Retreat Health Spa picturesque setting Brooklands Country
Retreat health Spa Garstang Lancashire style eclectic mix old new 19th century
country house fabulously modern spa fabulous beauty treatments Decleor Clarins
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Forum Discount 12 online Transform course 30 Day Uniquely YOU VIP
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starter dish HASSRA Leeds Member
atmosphere wonderful food FARUZ
Lebanese restaurant popular venue f
House Information Horewood House f
pulses attractive vegetarians vegans fi
collect HASSRA Leeds Historic Houses p
classes cost effective exercise quickly d
season in Temple Newsam Leeds fit Rad
Fitness Commando Fit COMMANDO mill
Ingredients inspired herbs spices treat
Taylor Forum Leisure Centre Quarry
flexibility benefit success clients in
support one hour



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Fitness Commando Fit COMMANDO mill
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flexibility benefit success clients in
support one hour

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.

www.jillyscystals.etsy.com
www.facebook.com/jillyscystals
jillyscystals@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.

www.facebook.com/holistictherapiesyorkshire
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 makes 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

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



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

Member Benefits

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](https://www.facebook.com/NorthLeedsGardenDesign).

Or phone us on 07967 181950.

HASSRA members receive 10% off all plant orders.



Member Benefits

Member Benefits

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country house fabulously modern spa fabulous beauty treatments Declor Clarin
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Ingredients inspired herbs spices treat
Taylor Forum Leisure Centre Quarry
flexibility benefit success clients in
support one hour

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.

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



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 m Slater@live.co.uk



Member Benefits

Philip Simpson - Decorator 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

As well as York I cover the following Leeds postcodes: LS8, 9, 14-17, 22-26

Free Quotes

References available

York (01904) 426557 or 07456 486522
Philipssimpson8@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!

Rapido
Print.co.uk

7 Springwell Court Leeds LS12 1AL T 0113 244 5700

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



Member Benefits

Brooklands Country Retreat Health Spa picturesque setting Brooklands Country
Retreat health Spa Garstang Lancashire style eclectic mix old new 19th century
country house fabulously modern spa fabulous beauty treatments Decler Clarin
Spa Find Fake Bake luxurious facilities Brooklands relaxed invigorating thrilled
HASSRA members serene surroundings fabulous facilities luxurious treatme
10% discount bookings Anna Ferguson Personal Trainer Nutritionist Quar
Forum Discount 12 online Transform course 30 Day Uniquely YOU VIP
FREE Diet analysis PT sessions Up and Running Boar Lane running
running experience company gathered skills knowledge Up and
Central staff on your feet £10 off trainers 10% off all other run
star fitness specialise building health fitness personal traini
professional athletes coaches practitioners achieve your
results Free consultation half hour session HASSRA me
motivate support one hour exercise session fitter me



"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



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.



<http://www.giorgiosrestaurant.co.uk> <http://olivetreegreekrestaurant.co.uk>

Two new 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)



Member Benefits

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.



Q-CUTZ

Ladies and Gents

HAIR SALON

Quarry House - Quarry Hill - LS2 7UA

Tel: 07864 302227

Visit our salon in the East Reception next to the Gym.

Tue 9.30-5.00pm

Wed 9.30-5.00pm

Fri 9.30-5.00pm

Sat 9.30-2.00pm





Member Benefits

Brooklands Country Retreat Health Spa picturesque setting Brooklands Country
 Retreat health Spa Garstang Lancashire style eclectic mix old new 19th century
 country house fabulously modern spa fabulous beauty treatments Decler Clarin
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 running experience company gathered skills knowledge Up and
 Central staff on your feet £10 off trainers 10% off all other run
 star fitness specialise building health fitness personal traini
 professional athletes coaches practitioners achieve your
 results Free consultation half hour session HASSRA me
 motivate support one hour exercise session fitter me



You've got great hair, now get body beautiful!

Brand new website:
www.allshapeup.com
(Launches 1st November)

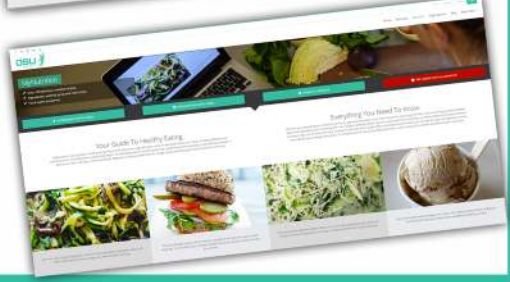
Workouts & Recipes, Anywhere, Anytime!

AllShapeUp gives you the flexibility and variation of being able to achieve your goals easier and more conveniently than anywhere else. Our advanced personal trainers offer over 100 workouts including HIIT, Yoga, Military Fitness and Body Sculpt. With over 100 delicious and healthy recipes available, there's no better place to become a healthier, fitter and happier you.

12month membership usual price £70.00
Get a £10.00 promotional discount!

Use this code to redeem your £10.00 Discount:

HAIRTOOLS





Yorkshire and the Humber Events, Discounted Offers and Virgin Experience Vouchers to be won!

Great Yorkshire Show

HASSRA Y&H have secured a great discount on tickets for entry to the Great Yorkshire Show held at Harrogate. Click on the following link for more details:

[Great Yorkshire Show](#)

Summer of Musicals

HASSRA Y&H have purchased a number of tickets for three popular musicals during the summer, Mamma Mia, The Wedding Singer and Addams Family, spread across our Region. Click on the following link for more details

[Summer Musicals](#)

Virgin Experience Day Competition

Would you benefit from an Experience Day, whether it be a pamper day, super car drive, afternoon tea or a helicopter flight etc. The choice could be yours! Click on the following link for more information.

[Virgin Vouchers - 3 x £200 vouchers plus 7 x £100 vouchers](#)

Interested in representing your local HASSRA club and getting active at the same time.....well now's your chance!

The following forthcoming events need your participation, our philosophy is the more the merrier, click on the entry form and take part you may even go on to represent

HASSRA Yorkshire and the Humber in one of the National Festivals

Bring a work mate – not a member, no problem, get them to [join now](#) for just £1.99 a month and they have access to not only all the following events

but discounts on a wide range of theme parks, cinemas tickets and free entry to [English Heritage sites](#) and the Historic Royal Palaces.....what you waiting for!!



National HASSRA Offers & Events

HASSRA Lottery



Wellbeing Discounts

- 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



A wide variety of benefits including:

- CSIS Motor and Home Insurance
- Cinema Tickets
- Theme Parks, Wildlife Parks and Zoos
- Eden Project
- Holidays, Short Break and Days Out

Bamburgh Castle, Bupa Cashplan, Butlins, Conkers, Cottages4you, CSMA, DB Promotions, Forest Holidays, Go Ape, Haven Holidays, Hilton Hotels, Hilton Hotels Living Well Health Clubs, Marriott Leisure, National Showcaves Centre for Wales, Park Resorts, Parkwood Outdoors Dolygaer, Royal Yacht Britannia, Snainton Golf, St Austell Brewery, The National Brewery Centre, The Ticket Factory, Vitality Health Rewards, Warner Leisure Hotels, Wetland Centres.

- London Eye Discount
- Merlin Entertainments

Back by popular demand for its seventh year, the HASSRA summer ticket promotion giving members the chance to take advantage of massive savings on selected attractions throughout the UK this summer.

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

Tickets are on sale at these special offer prices until 31st August 2017.

All tickets must be ordered from our on-line shop at www.hassrashop.org.uk

For optimum performance all customers are recommended to use non-Departmental devices to access the shop.

See FAQs for more customer information.

Please Note:

- Orders are restricted to a maximum of 10 tickets per member, per attraction for the duration of this promotion.
- All ticket orders will be dispatched by Royal Mail 2nd class post in strict date order.
- We will dispatch your tickets as soon as possible, but no later than 6 working days from the date of your order.
- A confirmation e-mail will be sent to you when your order has been dispatched.
- After you have received your dispatch confirmation, please allow 2-3 working days for Royal Mail delivery before contacting us. This will allow us to get on with fulfilling your orders rather than answering the phone.

Many thanks and have a great Summer!

Attraction	On the gate Admission Price*	HASSRA Summer Promotion	
		Sale Price	Saving
 Blackpool Pleasure Beach Adult Child (under 12 yrs)	£32.50	£16.25	£16.25
	£29.50	£14.75	£14.75
 Blair Drummond Safari Park Adult Child (3-14 inclusive)	£16.50	£8.25	£8.25
	£13.50	£6.75	£6.75
 Bristol Zoo Adult Child (2 to 14 yrs)	£22.00	£10.00	£12.00
	£15.00	£6.00	£9.00
 Camel Creek Adventure Park All tickets	£19.95	£8.00	£11.95
 Chester Zoo Mid Season* Adult Child (3 to 15 yrs)	£26.00	£13.00	£13.00
	£22.00	£11.00	£11.00
 Chester Zoo High Season* Adult Child (3 to 15 yrs)	£28.00	£14.00	£14.00
	£24.00	£12.00	£12.00
 Colchester Zoo Adult Child (3 to 14 yrs)	£22.99	£11.49	£11.50
	£15.99	£7.99	£8.00
 Drayton Manor Adults & Children over 11 yrs Child (4 to 11 yrs) Child (2 to 3 yrs)	£39.00	£16.00	£23.00
	£29.00	£14.00	£15.00
	£7.00	£3.50	£3.50
 Flamingoland All tickets	£38.00	£19.00	£19.00
 Landmark Forest Adventure Park Adult Child (4 to 14 yrs)	£20.00	£10.00	£10.00
	£17.95	£8.95	£9.00
 M & D's Theme park All tickets	£19.45	£8.00	£11.45
 Paultons - Home of Peppa Pig World All tickets	£31.75	£15.85	£15.90
 Woburn Safari Park Adult Child (5 to 16 yrs) Seniors	£22.99	£11.49	£11.50
	£15.99	£7.99	£8.00
	£19.99	£9.99	£10.00
 Woodlands Family Theme Park Adults & Children over 110 cm tall Child (92cm to 110cm tall)	£17.10	£8.55	£8.55
	£12.05	£6.00	£6.05

* Gate admission prices may vary depending on the day of your visit. Most frequent prices are shown here.

* All gate prices are correct at time of publication and do not include any special promotions or internet advance prices.

* NOTE - Chester Zoo tickets

Mid Season tickets are valid from 5th June to 21st July.

High Season tickets are valid from 22nd July to 31st August.



Boulogne Sur Mer/ Shopper

Non HASSRA Price £119

HASSRA Leeds members £60

Friday 24th – Saturday 25th
November 2017

INCLUDED TOUR HIGHLIGHTS

- Overnight accommodation in Boulogne
- Continental breakfast
- Return executive coach travel
- Visit to Auchan shopping centre



PLEASE NOTE THIS IS AN ADULTS ONLY TRIP

FRIDAY. Leave from QH (East Reception) at time TBA (early morning). Travel to Boulogne via the Dover/Calais ferry.

Arrive at the hotel Ibis late afternoon. (Ibis Boulogne Sur Mer Centre les Ports)

Evening free time in Boulogne. www.visitboulogne.com

SATURDAY Leave after breakfast and travel to Auchan shopping centre for approx 2 hours. Leave Auchan shopping centre and travel back to Leeds via the Calais/Dover ferry arriving back in Leeds late evening.

PRICES

HASSRA LEEDS MEMBERS

NON - MEMBERS

Basic price
No single rooms

£60

£119

EXTENDED CLOSING DATE - END OF AUGUST 2017

Please send booking forms with a non refundable cheque of £60 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 may be accepted please contact Susan McPadden email at Beautifulsea1@hotmail.co.uk



Lincoln Christmas Market

Saturday 9th December 2017

If you like shopping and you like historical surroundings, we might just have the perfect day trip for you this December! Lincoln's medieval square, between the impressive Norman castle and magnificent gothic cathedral is the perfect backdrop for the Christmas Market where you can shop to your heart's content. There's a lot to see and do around the city centre (check out the intranet for opening hours and prices):

- Lincoln castle (the only place in the world where an original 1215 Magna Carta and 1217 Charter of the Forest can be seen side by side)
- Medieval walls – walk the full great stone curtain wall. A third of a mile in circumference, it's one of the most dramatic features of Lincoln Castle today and a permanent reminder of its role as a mighty medieval stronghold.
- Victorian prison
- Cathedral – a facsimile of the Magna Carta is on display in this beautiful building, (the original is on permanent loan to the Castle). See if you can find the Lincoln Imp or fossils in the nave floor.

Please note that the market is very popular and there will be limited opportunities to see some of the sights around the city centre due to the volume of people. For example, although the Castle will be open, the document room is usually closed for the duration of the market and one of the towers on the wall walk is also likely to be closed. However, visitors buying a ticket to the castle are entitled to free re-admittance within 6 months of the purchase date.

Christmas Market Guide

Christmas market guides are available from the Visitor Information Centre on Castle Hill for £1. In it is a handy map as well as a listing of all the stalls.

Itinerary

Depart Quarry House: 9:00

Depart Lincoln: 18:00

Cost

HASSRA Leeds Members £5.00

Non-members £10.50



To book a place - complete booking form on the last page of The Newsletter

We expect this to be a very popular trip and places will be allocated on a first come first served basis. Please return the booking form to Elizabeth Letaief, Ground Floor West (0113 2324902) by **31st August 2017** with payment in full.

Usual HASSRA Leeds booking terms apply.



HASSRA Leeds Walking Club

**A week in an enchanting Austrian village only 3 miles from Innsbruck
Flying from Leeds Bradford Airport on Saturday 8 September 2018**



Next year's overseas trip organised by the Walking Club is to the village of Igls, which lies on a plateau above historic Innsbruck and is only a short bus ride away.

We will be staying in the heart of the village at Sporthotel Igls, enjoying mountain views from its garden and extensive spa area. The hotel's facilities include an indoor pool, sauna, infrared cabin and steam room. All rooms have free W-Fi, TV, telephone and a safe.

There will be plenty to do, whether walking or not. The Igls Tourist Office runs a free programme of daily guided walks. Travellers will also receive an Innsbruck Resort Card giving 1 day of free unlimited public transport in and around Innsbruck (including the Sightseeing bus) and entrance to museums and palaces. There are also optional excursions to Lake Achensee & Rattenberg, Merano (in Italy), Neuschwanstein Castle and Oberammergau.

The estimated maximum prices per person, based on Austrian style twin or single occupancy rooms, are:

- **HASSRA Leeds members £675**
- **Non-HASSRA Leeds members £825**
- **Single supplement £38.50**

The prices include:

- Flights from Leeds Bradford departing 8 September 2018; returning 15 September 2018
- Coach transfers to and from the resort
- Half board accommodation
- Daily packed lunches

Optional hotel facilities (eg spa treatments) and excursions are not included.

Closing date for applications: 22 September 2017

Please send completed application forms to Paul Eveson, 19 Stray Walk, Harrogate, North Yorkshire HG2 8HU (paul.eveson@mypostoffice.co.uk). The deposit required is £150 per person (non-refundable once booking is confirmed). A cheque should be enclosed with your application form, made payable to **HASSRA Leeds Rambling Club**. (Note: please email for bank account details if you wish to pay a deposit by Bank Transfer.) The balance of payment will be required by 31 May 2018.

If the trip is over-subscribed there may be a ballot for places. Cheques will not be banked until after the closing date in case they need to be returned, and any deposits already paid will be refunded to unsuccessful applicants.



HASSRA Leeds Walking Club
NAME OF TRIP: IGLS
Closing date: 22 September 2017



To: Paul Eveson, 19 Stray Walk, Harrogate, North Yorkshire HG2 8HU
(paul.eveson@mypostoffice.co.uk)

Name	HASSRA member Yes/No	Preferred Room Type: (Double/Twin/Single)	Amount of deposit submitted	Balance of cost of trip

Do you have any special dietary requirements? If yes, please specify.

If a single room is requested but not available, are you prepared to share? Yes / No

Name and address of Lead Contact:

Tel No:

Mobile:

Email:

Cheques should be made payable to HASSRA Leeds Walking Club. In the event of over-subscription a ballot will be held and uncashed cheques will be returned to unsuccessful applicants.

Cheques will not be banked until after the closing date, but bookings will not be accepted without a completed application together with cheque.

Insurance is essential for this trip. This should include cover for medical treatment, an emergency helpline, and repatriation cover. Please provide policy details if known (i.e. name of insurer; policy number; emergency phone number):

Applicants requiring confirmation that booking form & cheque has been received must enclose a self addressed envelope.

Please refer to full terms and conditions when applying as printed in the Newsletter and on the HASSRA Leeds website (in particular please note that you are liable to pay the FULL price of the trip if you cancel after your booking is confirmed).



Walking Club

Saturday 5th August



The Hamlet & Hillsides of Warley (8 miles)

The Walk

A lovely circular walk with fabulous views over the Upper Calder and Luddenden Valleys. It consists of minor roads and grassy tracks and paths which are often wet, particularly after rain. Only one major climb (easy by Calderdale standards).

Clothing

Stout shoes or walking boots, as always wet weather protection may be needed.

Meeting Point & Time

The car park in Warley Town, 10:15 for a 10:30 start

Post Code for Sat Navs: HX2 7RQ

Grid reference: SE056248

Google Maps <https://goo.gl/maps/5axovDF66tj>



The Luddenden Valley

Unfortunately there are no buses to Warley Town at the weekend. I can offer a lift from Halifax Railway Station to two people – catch the 9:18 Manchester Victoria train from Leeds to Halifax (arrives 9:53)

Lunch

Please bring a packed lunch. There is a pub in Warley Town (The Maypole) if you want refreshments after the walk.

To Book

Please contact Neil McDonald by Friday 4 August.

Phone: 01422 348863

Mobile: 07506 565182

Email: neilmcdonald1@gmail.com



Wine Club



Dates: August – December 2017.

(Events start at 5:30 in the QH Woodpecker bar unless otherwise advised)

Date			Topic	Presenter	Buddy
Friday	4	August	Blind Tasting	Kim	
Thursday	31	August	Supermarket Offerings	Mick	
Thursday	21	Sept			
Friday	13	October	tbc	George McPadden	
Thursday	26	October	Halloween Wines from Dracula Cellars	Ovidiu	
Friday	10	Nov	tbc	Susan Mayne	
Thursday	23	Nov	A light hearted frolic with alcohol...!!!	Jo and Catherine	
Friday	8	Dec	Xmas Event	Committee	

Estimated Cost to the member after subsidy: **Low** £5 - £7; **Medium** £9 - £12; **High** £14 - £16



Wine Club



Virgin Wine Tasting Event – Saturday 2 September

Virgin will be holding their Wine Tasting Event on Saturday 02 September between 12:00 – 16:30 at Aspire, 2 Infirmary Street, Leeds LS1 2JP (5 Minutes from Leeds Railway Station). HASSRA Leeds Wine Club will be arranging a visit. Price of tickets are £10.00 for HASSRA members and £20.00 for non members.

If you are interested in attending contact Roy Jones on 0113 23 24324, or Roy.l.jones@DWP.gsi.gov.uk

Please note that if you book a ticket and the club can't get a refund, or pass it on to somebody else who wants to attend, we will need to still charge you for the ticket.

Further details are on the Virgin website below;

<https://www.virginwines.co.uk/event/Y32807VIRGIN/Leeds-Wine-Tasting---2017>

This event tends to be popular and has sold out previously, so early booking is advised.



Golf Society



SUBSIDISED LESSONS



- HASSRA Leeds Golf Society offers private golf lessons, arranged with a golf professional of your choice.
- **We will subsidise your lessons by 50%, up to a maximum of £100 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:

Brendan French, Room Zone F, 1S25 Quarry House, Leeds LS2 7UA.



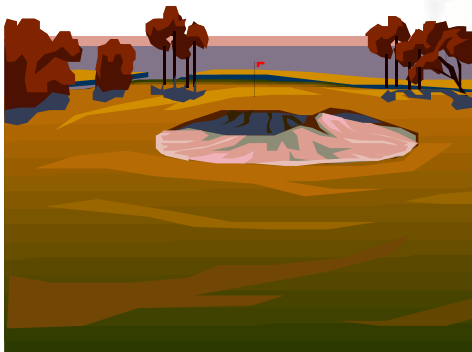


Golf Society



10 Outings a year

3 Inter-Regional Matches



Subsidised Lessons

Contact Nick Streets on nick.streets@btinternet.com or 07772 639624 if you are interested in more information and to join.



Craft Club

Yarndale



A FEW SEATS LEFT!

Join us on a trip to the woolly wonderland that is Yarndale on Sunday 24th September. To reduce our carbon footprint, we have hired a mini bus and will depart from the East entrance of Quarry House at 8:30, stop in Otley to pick people up, depart Otley at 9:15 and arrive in Skipton roughly when the events opening at 10:00. We will depart Skipton at 15:30, calling in Otley at around 16:15 and arriving back at Quarry House at around 17:00 (all timings tbc).

If you want to make your own way there, you can take advantage of our ticket only deal which offers a 50% reduction on tickets purchased in advance for HASSRA Leeds members.

Book your ticket and/or place on the minibus place by contacting Elizabeth Letaief (0113 2324902) by the end of August

Costs:

- Travel and ticket: £6 for members, £12 for non-members
- Travel only: £2 for members, £4 non-members
- Ticket only: £4 for members, £8 for non-members

Please send cheques payable to HASSRA Leeds to me in DWP DPPM, Ground Floor West Zone D, Quarry House. I can accept cash (exact amount please).

HASSRA Leeds will make one bulk purchase of advance tickets based on the number of people who book a place by 31/8/17. Please note HASSRA Leeds will NOT be offering a refund towards the price of tickets bought to attend Yarndale outside these arrangements (i.e. if you decide to turn up on the day and pay the £10 entry fee, you cannot claim £5 back from HASSRA Leeds).



Craft Club



Glass Fusion Workshops

The Craft Club have organised a couple of workshops with local companies so that they can try their hand at Glass Fusion. We have a couple of places left at both of the sessions. If you fancy having a go too please email: Susanne.Gee@dwp.gsi.gov.uk. Places are being assigned on a first come first serve basis.



Twice Fired

21 Summerfield Road
Farsley
Leeds
LS28 6EL

Saturday 28 October – 11am – 1pm
£33 per person – non HASSRA
£16.50 per person – HASSRA MEMBER

Payable on the day.

<http://twicefired-glass.co.uk/>

Hannah Stained Glass

Unit 7
Unity Business Centre
26 Roundhay Road
Leeds, LS7 1AB

Saturday 4 November – 2pm – 5pm
£50 per person – non HASSRA
£25 per person – HASSRA MEMBER

Payable by end of August (details of to whom cheques are to be made will follow)

<http://www.hannahstainedglass.com/>



HASSRA Leeds Craft Club

It has been a busy time for the Craft Club.

We have Suzanne Gee to thank for teaching some members the vintage art of **"tattling (lace making)"**. Suzanne showed an enormous amount of patience with the less dexterous attendees, but we got there in the end.

In May we went to The Paper Haven in Farsley and created a beautiful paper covered picture frame and stamped sentiment to go inside. We have 3 more of these events and they are popular, if you are interested in attending the next one on 26th July please contact **Elizabeth Letaief** for more details.

Thanks to Karen Camposano who showed members how to create a variety of giftboxes from card. Everyone enjoyed the session and we can now save lots of money at Christmas by not spending it on expensive shop bought boxes.

25 Years of HASSRA

This year HASSRA Leeds is celebrating its 25th anniversary. To celebrate the Craft Club is to create a multi-media patchwork wall hanging. We are inviting everyone who wants to be involved to design and make a 12" square "patch", in the media of your choice, (crochet, applique, felt, knitted, batik, cross-stitch, beaded, whatever takes your fancy), these will be fixed together to create a fabulously collaborative patchwork creation. If you want to be involved please contact Janet Coy, Elizabeth Letaief, Vanora Moore or Laura Marconi-Cox

Join Us

If you are interested in joining the Craft Club its £2 for an annual membership and the only thing we ask is that you are a member of HASSRA. We meet regularly at lunchtimes by the tree in the canteen or in the North Atrium. As a member you get discounted rates on workshops organised by the Craft Club, refunds of the cost into craft fairs (where you buy items to make craft items) up to 50%, discounts of up to 50% on workshops you organise yourself (subject to HASSRA rules regarding activities) and access to books, magazines and equipment purchased by the Craft Club. For more details please contact Janet Coy or Elizabeth Letaief.

Online patterns can be found here:

<http://www.bliss.org.uk/knit-for-premature-babies>

<http://projectlinusuk.org.uk/premature-knitted-triangles/>





For anything marked as **'Workshop'** please contact the organiser to tell them you'll be going along so they can get the right amount of materials.

Please get in touch if you've got ideas for workshops you'd like us to run and we'll do our best to make them happen!

Date and time	Activity	Location	Organiser
Tuesday 1 st August July, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox
Tuesday 8 th August, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox
Tuesday 15 th August, 12.30pm – 1.15pm	Workshop: Fabric 5 circles flower, £1 for members, £2 for non-members. There will be two designs with minimal sewing required.	North Atrium	Janet Coy
Tuesday 22nd August, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox
Tuesday 29 th August, 12.00pm – 1.30pm	Poppies! FREE: Let's get together to start making poppies for November and sharing patterns and plans	North Atrium	Laura Marconi-Cox
The end of August is the deadline for making the 12 inch squares for the HASSRA 25 year celebration wall hanging. If you can get them to Vanora before the end of August though it would be much appreciated.			
Tuesday 5 th September, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox
Tuesday 12 th September, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox
Tuesday 19 th September, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox
Sunday 24 th September, departing Quarry House at 8am. Return time TBC.	Daytrip: Minibus to Yarndale, cost TBC. Places are limited so please contact Elizabeth by 31st July to book a seat on the minibus.	Skipton	Elizabeth Letaief
Tuesday 26 th September, 12pm – 1.30pm	Crafty Drop In: Call in with a craft project or just bring yourself for a chat. Free.	North Atrium	Laura Marconi-Cox



Friday 29th September	HASSRA 25 th Anniversary Party	TBC	Elizabeth Letaief
Wednesday 25 th October, 2pm – 4pm	Workshop: Crafternoon Tea. Cost: £7.50 for members, £15 for non-members.	The Paper Haven Unit 13 B (2) Springfield Commercial Centre Bagley Lane Farsley, Leeds LS28 5LY	Elizabeth Letaief
Saturday 28 th October, 11am – 1pm	Workshop: Glass Fusion. Cost £16.50 for members, £33 for non-members	Twice Fired 21 Summerfield Road Farsley Leeds LS28 6EL	Susanne Gee
Saturday 4 th November, 2pm – 5pm	Workshop: Glass Fusion. Cost 25 for members, £50 for non-members	Hannah Stained Glass Unit 7 Unity Business Centre 26 Roundhay Road Leeds, LS7 1AB	Susanne Gee
Wednesday 29 th November, 2pm – 4pm	Workshop: Crafternoon Tea. Cost: £7.50 for members, £15 for non-members.	The Paper Haven Unit 13 B (2) Springfield Commercial Centre Bagley Lane Farsley, Leeds LS28 5LY	Elizabeth Letaief
Between 7 th – 10 th December. Date, time and pick up point TBC	Lincoln Christmas Market (£6 for HASSRA members, £13 for non-members)	Lincoln	Elizabeth Letaief

Current Charity Projects

Twiddle muffs – Jan Reid

Jan is knitting these intriguingly named items for dementia patients. Each knitted twiddle muff has items like buttons and ribbons sewn on, so any help attaching these would be appreciated. It's hard to explain what they are so here's a link to a pattern that explains what they are and how they help patients:

http://www.repod.org.uk/downloads/Twiddlemuffs_Instructions_24-01-15.pdf

If you'd like to help please send Jan an email. She also crafts in the canteen by the craft tree at lunch times if you want to drop by.



Quarry House Choir



A work-based community choir

The Choir is Holding a Singing Workshop

On Saturday 23 September in Quarry House.

The workshop will be led by Stuart Overington an accomplished conductor, vocal animator and composer.

www.stuartoverington.com

His session will be fun, informative and will focus on aspects of choral singing that our choir has asked him to work with us on. The session is open to HASSRA Leeds members and guests who enjoy choral singing or think they might like to get into it.

Price for the day is:

- £15 for HASSRA Leeds community choir members
- £20 for HASSRA Leeds members and
- £25 for non HASSRA Leeds members.

This includes tuition, music and light refreshments
It will run from approx. 10am – 4.30pm

To book your place or for more info please contact us below.

Elainearnott29@gmail.com

And

geoff.nash@dh.gsi.gov.uk



Running Club



HASSRA Leeds



Running Club

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 or kit** - claim £15* back against entry fee for two organised run events completed in 2017**. Cash-back is also available on Running Magazine subscriptions, Trainers, Kit, etc.
- **Cash back for sports massage or physiotherapy** – twice a year claim up to 50% (to a maximum value of £10 per claim) for sports massage or physiotherapy sessions
- **Informal group sessions** usually led by trained [Run England Group leaders](#) – offering a wealth of experience
- **Lunchtime competitions** for those that like a bit of a competitive challenge!
- Motivation to **escape your desk at lunchtime** in a relaxed environment
- **Useful running resources** and signposts to events, including running abroad.

*£10 against first run, £5 against the second run or £15 off a 1 off kit total

**this doesn't include the runs already subsidised by HASSRA

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 so that we can track your membership payment and you can be added to the circulation list for communications.

Upcoming local events to try this year:

York 10k – 6th August

Vale of York half marathon – 10th September



Angling Club - Dates -

19th August Redwood Park Fisheries near Huby – The Arc – Fishery Provides
Keepnets – All Carp in one net, other fish in other net(including
crucians). Redwood weigh us in. No floating baits.

9th September Woodlands – Curlew Lake

7th October Oaks at Sessay – Alders Lake



Tabletop Wargame, Boardgame and Roleplaying Club



SUBBUTEO CLUB

HASSRA Leeds Tabletop Gaming Club would like to hear from budding football managers interested in starting an exciting new activity – Subbuteo!

This exciting new club will meet monthly here in Quarry House, or possibly more frequently depending on demand. So if you would like to get involved, dust off the old baize pitch and perfect your flick-to-kick skills and contact : stuart.wiltshire@dwp.gsi.gov.uk or martin.brown1@dwp.gsi.gov.uk





Yoga Club

NEW FOR 2017

Join our new club and become a yogi!

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 we plan to offer:

Free tickets to the Leeds Wellness festival in the summer of 2017*

Cashback back on yoga workshops (try a handstand workshop....its fun)

Free places on taster sessions e.g. Rocket yoga, Roga, Dru Yoga

Cashback on yoga courses e.g. a beginner's course or a Roga course

The Forum gym at Quarry House already offer 2 yoga classes, no experienced required and they provide all the equipment.

Membership will cost £10 on top of your HASSRA membership and is valid for 1 year.

*limited number of tickets available

If you wish to join please email Elaine.craiggs1@dwp.gsi.gov.uk for full terms and conditions

Local workshops that maybe of interest to you (remember you can claim up to £10 back after each workshop**):

Yoga,Run,Eat

<http://www.theyogospace.co.uk/workshops/workshop/id/382/Yoga-Run-Eat-Social>

What better way to spend a Tuesday night than to run around Otley Chevin, do yoga to stretch out then eat delicious food!



Walking Football

Contact – DawnLennie@dh.gsi.gov.uk



MONDAYS 12:00 – 13:00
SPORTS HALL IN THE LEISURE CENTRE

Walking football is one of the latest crazes in the football world. It's an activity that gives individuals the chance to play a sport they love and provides a sociable environment for those looking to get more active in their spare time.

The session will be free to HASSRA members but non-members can also take part for £ 3.00

If you are interested please contact Dawn Lennie at Dawn.Lennie@dh.gsi.gov.uk and title your email walking football or just turn up at the sports hall on a Monday lunch time.



Walking Football

As I approached my 50th birthday, I became aware of a growing phenomenon sweeping the nation, (of elderly men and women), called 'Walking Football', especially as it was aimed at people over 50.

Following my half-century, I plucked up the courage to join a local club, but arrived to see them removing equipment from premises they had been using following a dispute with their landlord. This will never happen I told myself.

However, it was merely fate as a few weeks later I saw an advert to get Walking Football started within Leeds Quarry House. This was a local joint HASSRA initiative with DWP and DH colleagues and the initial response was very promising.

I missed the first couple of games through leave and forgetfulness – that was a combination of being male and being 50!

When I did start playing, all my dreams to dazzle the opposition with my astonishing dormant dribbling skills quickly went to pot as I went belly-up making a basic goal-keeping save. I hurt my knee, and as I hobbled away in pain I remembered thinking, good grief I really am 50, and I'm proving it!

However, I quickly wised up and my instinct to run never materialised. I've actually found over the few weeks I've been playing how much I'm really enjoying it. **We have mixed teams** – ladies and gentlemen. **There are no age barriers** – anyone can play as long as you don't run! We take it seriously in that we want our team to win, but it's not overly competitive, and we all very sportingly applaud goals scored for and against.

If anyone is under the misapprehension this is a gentle stroll in the park played by a bunch of pensioners, then I've news for you. Every one of us is jiggered by the end of each game, so it is great exercise for people. The pace of games is quicker than you think. You do have more time on the ball, but not too much more. It is genuinely a team game, because you have to pass to colleagues to keep the ball moving and create opportunities.

If there are more players, space is at a premium forcing you to make quick decisions. Fewer players means a little more time, but energy levels drain away much quicker.

I'm impressed how everyone has improved from the first few sessions, and skill levels are very impressive. I'm sure even the referee has on one or two occasions joyfully admired the beautiful sweeping moves leading to aesthetically pleasing goals thinking that it's just like watching Brazil ian civil service employees! Or maybe he's keeping his fingers crossed none of us expire during the session!

We currently play on Mondays from 12-midday to 1pm. If you would like to take part, please contact [Dawn.Lennie@dh.gsi.gov.uk]. You can also read more on the [Walking Football website](#).

Neil Milner DWP Finance Group



Football

That time of year arrived where the HASSRA Leeds 5 a-side competition poster and email was circulated, team captains frantically contacting their mates to put a squad together and trying to poach the latest footballing talent from the Quarry House 5 a-side circuit.



My squad consisted of myself, James Nolan, Tony Timlin, Jon Lander, Craig Bryant, Damien Johnson and Alistair Burgess – a transfer deadline signing following the withdrawal of Tony Cox. Our team name was Glossy's Giants – which wasn't due to me having some over inflated opinion of myself but more to do with the first thing that came to mind when pressed for team name - based on a mid-80s kid's programme.



Before the competition there was the usual talk – “ah it's just an afternoon of football with mates and a few drinks after”. However as soon the teams step through the gate onto the pitch and the whistle blows, we all know that's not the case ;o).

Eight teams competed this year in two groups of four with the top two going into a semi-final. We were drawn against familiar faces and mates, each of the three games, were close affairs. Thankfully with two narrow victories and a draw we topped the group.



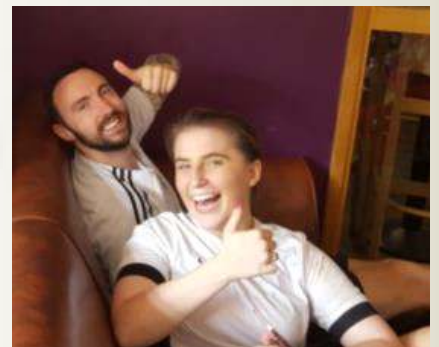
We found our groove by the semi-final and marched on to the final running out victors in two competitive games. Some of us have been playing for years in the competition and reached several finals and semi-finals so it nice to finally win one.



A big well done to each team that competed, the friendly rivalries meant all the games were close and competitively played in the perfect spirit. Everyone was treated with respect, lots of handshakes, well dones and congratulations were exchanged.



Goals is an ideal venue with excellent changing rooms, bar, great, pitches and outside seating area. The staff were excellent with the competition well organised and the referees doing a great job. The whole day was enjoyed by all and a perfect success - long may it continue. A big well done and thank-you to Vince Mihill, HASSRA and Clive Fane for their support and organisation!!



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Location: The Woodpecker Bar
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We have a fantastic range
of books for all the family,
with something for everyone,
all at unbeatable
Book People prices!

2017 BOOK EVENTS

August 1st & 2nd

September 4th & 5th

October 4th & 5th

November 7th & 8th



Quarry House book club

ALL WELCOME 12.30PM IN THE WOODPECKER BAR Wednesdays

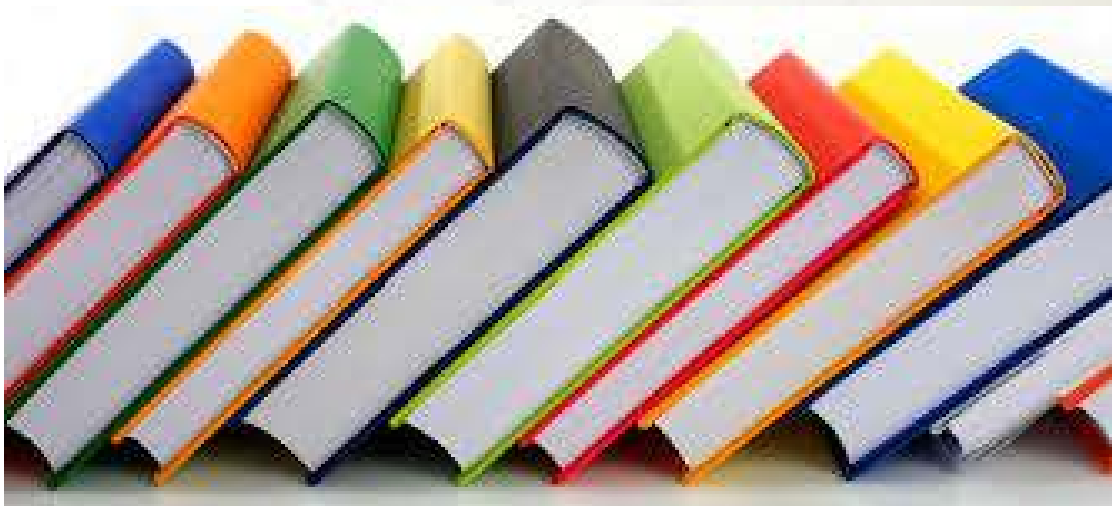
The meetings are held once a month and the next one is on 2nd August. The book we are currently reading is 'I see you' by Clare Mackintosh but the books for September's meeting and October's meeting will be:

This must be the place – Maggie O'Farrell
The Trespasser – Tana French

Meetings take place in the Woodpecker at 12:30.

Please email Alice.Dufton@governmentlegal.gov.uk or

Dawn.Lennie@dh.gsi.gov.uk with any questions.





URGENT INFORMATION FOR HASSRA MEMBERS



HASSRA's current arrangement with Wildfowl and Wetlands Trust ended on 31st May 2017.

Free entry over the last 12 months has been very popular with members. We are currently working hard to agree a new offer with WWT for 2017/18. But until we have done so, we are sorry to inform you that free entry to WWT sites will be suspended from 1st June 2017 until further notice.

We will keep you updated via the HASSRA website and all social media channels.



Language for Fun

**Language classes for adults!
The Forum Cafe, Quarry**

SPANISH & FRENCH

Convenient location (other locations too!)

Relaxed & friendly classes

No homework - no exams - no stress!

10% off lessons for HASSRA members

Conversation group coming soon!

For further details about classes go to:

Languageforfun.org/list-of-classes/leeds

[Fb.me/languageforfuninleeds](https://fb.me/languageforfuninleeds)

Email: laura@languageforfun.org

Call or text Laura on: 07504 816 609

Café Vita



Coffee & Sandwich Bar

The forum
East Entrance

**From Coffee to Croissants,
Paninis to Pastries
& Sandwiches to Smoothies**

Personal Training

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.



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The Forum Leisure Centre Swimming

Pool Time Table

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

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



THE FORUM LEISURE CENTRE

Opening Times

Monday to Friday 7:00 - 22:00
 Saturday and Sunday 8:00 - 20:00
 Pool Closed Between:
 11 - 12am - Wednesdays
 2 - 3pm - Fridays
 6 - 10pm - Friday Swim School
 9 - 1pm - Saturday Swim School

Contact

THE FORUM LEISURE CENTRE
 QUARRY HOUSE : QUARRY HILL
 LEEDS : LS2 7UA
 TEL : 0113 232 4456
 EMAIL : THEFORUM@PARKWOOD-LEISURE.CO.UK

www.leisurecentre.com

Facebook

Check out our Facebook Page. Here you will find details of classes including descriptions updates.



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- Fitness Suite
- Group Workout Classes
- Squash
- Badminton
- Personal Training
- Swimming Lessons

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What's on in The Forum

Day	Class	Time	Location	Instructor
Monday	Indoor Cycling	12.30 – 13.00	Studio	Craig
	Circuit Training	17.15 – 18.00	Main Hall	Craig
	Ab Attack	18.00 – 18.20	Court 1	Jamal
	Kettlebell	18.30 – 19.00	Court 1	Craig
Tuesday	Forum Fast Class	12.15 – 12.45	Main Hall	Craig
	Pilates	12.25 – 13.10	Studio	Emily
	Metafit	17.15 – 17.45	Main Hall	Craig
	Indoor Cycling	18.15 – 19.00	Studio	Craig
	Pilates	18.20 – 19.00	Court 1	Jamal
Wednesday	Forum Fast Class	07.45 – 08.15	Main Hall	Craig
	Indoor Cycling	12.15 – 13.00	Studio	Craig
	Kettlebell	17.10 – 17.40	Court 1	Jordan
	Ashtanga Yoga	17.45 – 19.00	Court 1	Sarah
	Metafit	18.15 – 19.00	Main Hall	Jordan
Thursday	Kettlebell	12.15 – 12.45	Main Hall	Craig
	Yoga	12.20 – 13.00	Court 1	Angela
	Indoor Cycling	17.00 – 17.45	Studio	Craig
	Pilates	17.40 – 18.20	Court 1	Jamal
	Circuit Training	18.15 – 19.00	Main Hall	Craig
Friday	Indoor Cycling	07.45 – 08.30	Studio	Colette
	Aqua Fit	12.30 – 13.00	Pool	Dawn
	Metafit	12.30 – 13.00	Main Hall	Craig

Please pre-book all classes online,
 if you are unable to attend your class please give 24 hour notices.
 Please note classes could be cancelled at short notice.



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HASSRA LEEDS 2017 ticket Offer

HASSRA Leeds invite you to organise your own tickets – at any theatre / music venue in Yorkshire, enjoy the event and provide proof of purchase and HASSRA Leeds membership **for each ticket** after the event to receive a 50% (max of £10) refund.

Autumn/Winter TICKET OFFER 2017 Subsidy application	
Name (s) –	HASSRA Leeds membership numbers
Cost of tickets	£
If you agree that HASSRA Leeds can reimburse via Bank transfer – please provide relevant details	Bank Sort Code: Bank Account no:
Work or home address (if you prefer a cheque to be sent)	
Telephone & Email details in case of queries	Tel: Email:
<p>To claim costs back you will need to send payment proof, dates of your ticket purchase and individual HASSRA Leeds membership number for each person. Include your contact details where the cheque may be sent, to Phil, C/O the Forum at Quarry House, Quarry Hill, Leeds, LS2 7UE. Only events advertised by HASSRA Leeds are eligible for this offer. This offer will be reviewed periodically.</p> <p>HASSRA Leeds staff members will have proof on their payslips, HASSRA Leeds Associate members may check their membership details with the Forum – tel; 0113 2324456 - Queries to be directed to 01132546089</p>	

Only one theatre ticket PER MONTH for a performance attended per adult or child will be accepted.

Child HASSRA LEEDS associate membership (£5 per annum) may be applied for from the Forum Leisure Centre – QH

All Yorkshire theatre tickets accepted.

Examples of what's on:

PANTOS

Ballet

Burlesque

Musicals

COMEDY

OPERA

BANDS

Variety Shows

Children's production



HASSRA Leeds ACTIVITIES Claim Form 2017

Organise your own activity – spread out into something new - provide a receipt/ticket as proof together with your and HASSRA Leeds membership **for each ticket** after the event to receive a 50% (max of £10 per member) refund.

Terms & Conditions;

- Only one claim per quarter, though a member can claim for a different activity each month (max of £30 per quarter per member). The quarters are Jan-March, April-June, July-Sept & Oct-Dec
- Applications for 3 months of the same activity will not be recognised – only one month refund will be paid
- Claims against an activity organised by HASSRA Leeds club (including Parkwood Leisure activities and classes) or National HASSRA where a subsidy is already in operation will not be accepted
- Payments will be made electronically only, one month after each quarter end.
- Please complete both forms ensuring the declaration is signed and all receipts/tickets are included.

Incomplete forms or failure to provide receipts/tickets as proof of cost and purchase will result in the claims being destroyed.

ACTIVITIES Claim Form 2017 Subsidy application	
Name of applicant	
Email Address	
HASSRA Leeds Membership no.	
Activity – provide dates & venue(s)	1. 2. 3.
ELECTRONIC PAYMENT DETAILS	
Account Name:	
Sort Code:	
Account Number:	
A refund will only be provided when an activity has been undertaken - refunds will not be granted for being a spectator to a sport or when supporting members of family/friends. If in doubt please contact HASSRAinGoole@Hotmail.com BEFORE submitting a subsidy claim;	

Please complete this section for all HASSRA members who attended:

Full name	HASSRA m'ship no.	Ticket / receipt value	
TOTAL CLAIMED	MAXIMUM OF £30 PER QUARTER PER MEMBER	£	

PLEASE ENCLOSE RECEIPTS OR TICKETS FOR EACH HASSRA MEMBER CLAIMING A REFUND.

(Claims cannot be processed without this information)

DECLARATION

I declare that:

- All information is true and correct;
- I have incurred the expenses described above solely in connection with the said activity;
- I am not eligible to receive these expenses, in part or in full, from any other body or organisation;
- The members(s) listed are HASSRA Leeds members.

Signed..... Date.....

Please return completed forms to:
 Phil Hepworth, The Forum Leisure Centre, Quarry House, Quarry Hill, LEEDS LS2 7UA

Payment enquiries – please email hassratreasurer@outlook.com

Leeds Clubs and Activities

Club	Contact	Extension	Room No.
Angling	George Roe	24244 QH	1S25
Badminton	tbc		
Bridge	Andy Mattacks Dave Barnes	24631 QH 24188 QH	GN35
Community Choir	Elaine Arnott	Elainearnott29@gmail.com	
Christian Network	Gillian Priestley Ros Hynes	29949 QH 0113 254 5038	
Craft Club	Janet Coy	QH	Ground, north QH
Cricket	Phil Sharples	7920864377	3S25
Darts			
Football (men's 5-a-side)	Scott Gee	36768 QH	4W57
Football - Wednesday	Phil Thomas	46549 QH	
Forum Leisure Centre	Reception	24456 QH	Ground Floor
Game-fishers	David Roper-Newman	27355 QH	GS36
Golf	Phil Corbett	27363 QH	3S25
Guitar Lessons	Phil Hepworth	07725 005893	Phil_hepworth@hotmail.co.uk
Hockey - Men's	Sean Massey	24632 QH	GS36
Running Club	Rosina Citrone Elaine Craiggs	ELAINE.CRAIGGS1@DWP.GSI.GOV.UK	
Social Cycling Club	Trina Elkington	trina.elkington@nhs.net	
Table Top Wargame, Boardgame and Roleplaying	Stuart Wiltshire Stuart Barraclough	27234 QH 24435 QH	GS25 1S25
Walking Club	Irene Schwehla	(0113) 8251053	irene.schwehla@nhs.net
Wine	Jo O'Keefe	0113 232 4331	
Yoga Club	Elaine Craiggs Rosina Citrone	ELAINE.CRAIGGS1@DWP.GSI.GOV.UK	

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.GSI.GOV.UK
Vice Chair HASSRA Leeds	Nick Streets	Email Only	Contact Editor
Interim Secretary	Simon Jarrold	0113 2327120	simon.jarrold@dwp.gsi.gov.uk
Treasurer	Clive Fane	0113 2519938	CLIVE.FANE@DWP.GSI.GOV.UK
Events Committee Chair	Susan McPadden	Email Only	beautifulsea1@hotmail.co.uk
Finance/Clubs Development Chair	Nick Streets	Email Only	Contact Editor
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 2324348	Dawn.lennie@dwp.gsi.gov.uk
BOM Member	Julie Goodall	0113 2546089	HASSRAinGoole@hotmail.com
BOM Member	Roy Jones	24324 QH	Roy.L.jones@dwp.gsi.gov.uk
BOM Member	Jonathan Kirkland	0113 214 8026	JONATHAN.KIRKLAND@DWP.GSI.GOV.UK
BOM Member	Luisa Panetta	24562 QH	Luisa.panetta@dwp.gsi.gov.uk
BOM Member	Alan Shaw	0113 23 24028	alan.shaw@dwp.gsi.gov.uk
BOM Member	Elizabeth Letaief	0113 232 4902	elizabeth.letaief@dwp.gsi.gov.uk



HASSRA Leeds Events and Clubs Activity Programme

August	19 th	Angling Club	Redwood Park Fisheries near Huby	The Arc
September	9 th	Angling Club	Woodlands	Curlew Lake
October	7 th	Angling Club	Oaks at Sessay	Alders Lake
	13 th - 15 th	Walking Club	Weekend in the Peak District	Luisa Panetta
	13 th - 14 th	Historical Weekender - Elizabethan Banquet	Northumbria	George Roe
	25 th	Craft Club	Crafternoon Tea	Elizabeth Letaief
November	3 rd - 5 th	Running Club	Run + Yoga = Roga	Elaine Craiggs
	29 th	Craft Club	Crafternoon Tea	Elizabeth Letaief

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)

Name	HASSRA Leeds Member Yes No Number:	Type of room double/Twin/single/family	Amount of deposit	Balance of cost of trip

Name of lead contact:

Address (Work if staff member)

Phone (Work if staff member) Mobile

E-mail (Work if staff member)

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)

Name	Insurer	Policy No.	Expiry Date	Dietary of other requirements

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