



THE NEWSLETTER

Volume 12/12

Next Issue - 8/01/13
Deadline for Articles - 3/01/13



**- December's Edition of 2012 -
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See the New HASSRA Leeds Website at
www.hassraleedsnewsletter.com

Enjoy Everyone!!!
Voted 2008 National Best Publication
Produced by Phil Hepworth

**Congratulations to
Lee Wardley who won
November's Sudoku**



Child Associate Membership

ONLY £5

See Page 7 for details.

- Inside -

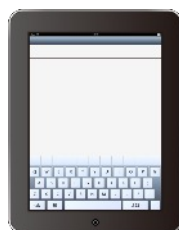
**Christmas Raffle!
Fantastic Prizes.
Send your entries in today**

HASSRA Leeds xmas party

Bosworth Hall - £99 with 99p bar!

London Easter Theatre Break

**Edinburgh Bank Holiday
Weekend**



WWW.HASSRALEEDSNEWSLETTER.COM

**Please Contact
Phil On:**

0113 2324456

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

**[the.newsletter@
hotmail.co.uk](mailto:the.newsletter@hotmail.co.uk)**



Leeds December News

Well its cold, wet, and getting miserable...it must be Christmas, bah, snively bah humbug!

Actually I quite like Christmas and I have rellies (of sorts) coming over from Australia so I hope that you all have as much fun and Christmas snuggleness as I intend to have! And to help with Christmas cheer HASSRA Leeds is again running a Christmas raffle for HASSRA Leeds members (and HASSRA members based in Leeds). To take part all you need to do is be a member...well and make sure you put your name in of course – see page 10 for more on the fantastic prizes and an application form.

So what have we got for you in this festive edition!? Well I'm going to start with member benefits – and these aren't only the fantastic raffle, oh no, we have so much more. This month I'm going to highlight something that we might all need post-Christmas bulge, and that's a personal trainer and nutritionist. Anna Ferguson has some great deals for members who wish to kick start 2013 by knocking back 2012 excesses – have a look on page 6.

Don't forget the fantastic ticket offer we have on the go at the moment. 50%, yes that's 50%, off tickets for any theatre show in Yorkshire for the whole of December and January – surely we can all find some way of making good on this offer. Remember it's for members only though – must be worth making friends and loved ones associates surely!? See page 8 for full details.

For our trips still on offer – remember we have already advertised all next year's trips – check out page 13 and our 4* Easter London Theatre break staying at the Guoman Tower Hotel. This is from 28 to 30 March 2013 and costs from only £142. This is a 4* hotel for only £142! There will also be the opportunity to purchase cheap tickets to a London theatre production – there will be some choice here and we will notify ticket options in the New Year. It also includes a trip to Greenwich – National Maritime Museum et al!

Clubs wise I have to mention the Rambling Club this month as they have put forward all their trips for next year – well up to September anyway – make a note of the dates and booking details and get booking those holidays! I especially want to mention the Peak District walking weekend on page 20 from 12 – 14 April 2013, staying in a gothic mansion and with optional led walks each day, and all from only £50!

Christmassy wise, in addition to the member Christmas raffle, we have a Christmas themed quiz – have a go and win £30 on page 16 – and of course the HASSRA Leeds Christmas Party from 8pm on 14 December at the Hedley Verity – for free entry tickets (entitling you to £2 towards your first drink) see page 9.

Lastly, one last thing to remember! Remember that child associate membership fees are now only £5 per annum

Alan Shaw
Chair – HASSRA Leeds Communications



Would you like to be a part of a happier, healthier workplace environment? Do you want to get involved in swimming but need that extra push?



HASSRA are working with the Amateur Swimming Association (ASA), the governing body for swimming,

on an Active Workplaces project. The aim of the project is to gather evidence which then looks at the impact on reducing absenteeism, increasing productivity and better promotion of a flexible working culture.

In order to provide an accurate evidence based resource for employers, the ASA will be piloting an Active Workplace initiative with HASSRA members to assess the extent to which swimming can have a direct influence on work place wellness. By introducing an 'aquatic month' at the close of 2012, the ASA will promote swimming to all HASSRA members within the department and, following the completion of a short survey, assess whether an increase in physical activity leads to less illness



and sick days, provides a happier working environment and helps employees to be more productive at work.



In addition, during this time HASSRA members taking part in the survey who swim 4 times at the Form will be entitled to a 5th swim free.

So if you're interested in taking part in the survey and using swimming offers please contact Laura Duffin at laura.duffin@swimming.org We will then email to you a copy of the survey to complete and then return - to help us with our research. The period of the study will last from 17th November to 17th December 2012. HASSRA members taking part will then receive a survey at the end of this period to finalise the results.

We would like to have a final report ready in time for the national HASSRA conference in 2013.



New HASSRA Leeds Website

<http://www.hassraleedsnewsletter.com>

HOME ABOUT CLUBS CONTACT DETAILS FORMS LINKS

HASSRA Leeds Newsletter

Home

What's going on...

[NEW ASSOCIATE MEMBER BOOKING FORMS. SEE 'FORMS' SECTION OF THE WEBSITE TO VIEW.](#)

- This month's quiz is an Olympics and Paralympics Quiz
- ANNOUNCEMENT! Child Associate Membership is now £5 per annum. See Newsletter for details.
- This Months trips include
 - Entertainment Break to Bosworth Hall – 1-4 February 2013
 - London Easter Weekend Break – 28-30 March 2013
 - Edinburgh Bank Holiday Weekend – 4-6 May 2013
 - 1940's weekend – 6-7 July 2013
 - Visit To Downton Abbey – 17-19 August 2013
 - Belgian Christmas Markets – 12-16 December 2013
- New member benefit – 30% off your bill at Escobar and Escobar Cantina
- Quarry House Summer Fete – Full Review
- Quarry House Guitar Club starting 6 week lesson sets
- Y&H Regional Squash Singles Competition

September's Newsletter
Click below to access this month's Newsletter.

Volume 09/12
September & October 2012
Inside 'The Newsletter' This Month

THE NEWSLETTER

ONLY £5

Review of the Year Magazine

HASSRA Leeds

We are always looking to improve our website and Newsletter, so feedback from members would be very helpful.

Please send any feedback to:

the.newsletter@hotmail.co.uk



HASSRA Leeds Member Benefits

At 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.

Russell Eaton Aveda Lifestyle Salon & Spa



Welcome to the prestigious Russell Eaton Aveda Lifestyle Salon & Spa, home to the Awards North Eastern Hairdressers of the year - Russell Eaton. This particular salon & spa has been voted in the top ten salons to visit by Cosmopolitan Magazine and is regularly featured in the regional and national press. This year, their professional stylists and therapists would love to exclusively welcome and impress the HASSRA Staff Members in Leeds for **...75% less than the usual cost!**

To purchase a Russell Eaton Aveda Platinum Gift Certificate or to enquire further:
Please contact Kim or Gemma on 0845 686 0185 (office hours 9-5 Mon-Fri).



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.

Cinema Vouchers - To Order

HASSRA Cinema ticket vouchers for Vue, Showcase and Cineworld are available to order from www.hassra.org.



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. (Not valid between 01/12 – 02/01, bank holidays and Valentines Day)

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.

VISIT THE NEW SALON AT 7 WESTGATE ARCADE

TONI & GUY

25% OFF!!!

HALIFAX

CALL 01422 343838 TO BOOK AN APPOINTMENT

cut & colour bookings at Toni&Guy Halifax

20% OFF

CUT AND BLOW DRY FOR MEN AND WOMEN AT TONI&GUY HALIFAX

TONI & GUY

VISIT THE NEW SALON AT 7 WESTGATE ARCADE

HALIFAX

CALL 01422 343838 TO BOOK AN APPOINTMENT



HASSRA Leeds Member Benefits

Commando Fit

The COMMANDO FIT military style outdoor exercise sessions are entering their second season in Temple Newsam, Leeds. Started in response to people wanting to get fit using the same course used in the Race for Life, they have been getting fantastic results for their clients ever since. When you consider that you get a whole month of exercise classes for no more than £28 they are one of the most cost effective ways to exercise and get results, quickly. You can also make use of the classes at Wakefield and Bradford also for the same cost for maximum flexibility and benefit.

The success of the clients is largely down to the instructors, all past or present serving military personnel, and they certainly understand how to motivate and support the clients through their one hour exercise session. So if you are not getting any fitter using your current methods or need that EXTRA push and motivation then get yourself down there and join some of your colleagues. ALL HASSRA members are welcome to a WEEKS FREE trial on top of their 10% DISCOUNT and there is no need to book, but remember to tell them where you heard about the sessions to claim your discount.

Further details can be found at www.commandofit.co.uk or by contacting 01226 382800.

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.

Physiotherapy

- Chartered, BUPA approved physiotherapist
- Treating - Back & neck pain - Knee and shoulder pain
- Sports injuries, sprains & strains - Sports massage
- Simon Glover MCSP SRP BSc HONS PHYS
- Clinics in LS1 & LS15
- Quarry House Thursdays
- £30/session - registered with Leeds hospital fund
- Tel: 07815 755097
- Chartered physiotherapist for 10 years - www.physioleeds.com



Anna Ferguson Personal Trainer & Nutritionist

At the Forum, Quarry House. 20% discount with PT & Nutrition deals on all year round for Hassra members.

www.fitness-fusion.co.uk

anna@fitness-fusion.co.uk

07958199611

TRANSFORM

Transform your health, body and mind
in the comfort of your own home in 12
Easy weeks!

Book before the 30th Dec 2012 & get
50% off
Was £500 now £250

VIP Health For Life Subscription

1/3 off! Was £60 but now £40 a month for limited time only!
Receive weekly VIP emails
1 Personal training session a month
1 training or nutrition consultation via Skype a month or 2 if unable
to meet with me.

www.fitness-fusion.co.uk
Anna Ferguson
Personal Trainer & Nutritionist
anna@fitness-fusion.co.uk



HASSRA Leeds

Announce Child Associate Membership Fees £5 per annum

£

Starting 1st September 2012

See Forum reception for membership form

£

HASSRA Leeds have reduced Child associate membership fees to £5 per annum.

Children, up to 16 years of age, may join as an associate member, when nominated by a full HASSRA Leeds member, and can take advantage of the advertised subsidies that appear in the HASSRA Leeds monthly Newsletter.

Look out for the advertised tickets and family events that will be advertised regularly.

Ideas for other venues or family trips are always welcomed and can be sent to Julie.Chapman@dh.gsi.gov.uk

Where a child is already an associate member of HASSRA Leeds the annual renewal costs will be reduced to £5 per annum.



HASSRA LEEDS CHRISTMAS & NEW YEAR TICKET OFFER



In celebration of the newly reduced child HASSRA Leeds associate membership costs...

– only £5 per child, per annum –

Why not purchase tickets for a panto, ballet, comedy, drama or any other theatre event during December 2012 and January 2013, and claim 50% back on the cost of each ticket purchased for a HASSRA Leeds member.

HASSRA Leeds invite you to organise your own tickets – at any theatre 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% refund on the cost of all tickets that have proof of HASSRA Leeds membership or associate membership.



To claim costs back you will need to send a ticket stub with **price, date, venue and name of whom the ticket was purchased for with individual HASSRA Leeds membership number for each ticket refund claimed.** Send this information along with your contact details of where the cheque may be sent, to *Phil, C/O the Forum at Quarry House, Quarry Hill, Leeds, LS2 7UE.*

Only one theatre ticket for a performance attended during December 2012 or January 2013, per adult or child will be accepted.

All Yorkshire theatre tickets accepted.

Exceptions apply to Nutcracker Ballet & Oliver already advertised; claims for these events will be honoured separately.

Enquiries to Julie.chapman@dh.gsi.gov.uk

Child HASSRA LEEDS associate membership may be applied for from the Forum Leisure Centre – Quarry House.



HASSRA LEEDS



XMAS PARTY 2012



THE HEDLEY VERITY

Wetherspoons – Lloyds No.1 Bar
Woodhouse Lane – opposite Merrion Centre

FRIDAY 14th DECEMBER

Party from 8.00pm 'til 1.30am



Entrance by ticket only

Tickets available from NOVEMBER

Isobel Todd - 3E10 QH – Isobel.todd@jobcentreplus.gsi.gov.uk

Simon Jarrold – 4S25 QH – simon.jarrold@dwp.gsi.gov.uk

Catriona Patterson – 5W09 – catriona.patterson@dh.gsi.gov.uk

Julie Chapman – 5E58 - Julie.chapman@dh.gsi.gov.uk

Proof of membership will be requested

Each ticket is worth £2 – to be used towards drinks order in the upstairs bar



Christmas raffle



Prize draw -
winners announced in January
Entries to be in by
28th December

Prizes

- £250!
- £125
- £75
- £25 x 2



.....

Send your entries to Phil Hepworth at The Forum Leisure Centre.

Name:

HASSRA / HASSRA Leeds number:.....

Extension or phone number:



Members must be based from QH or subsidiaries.

book events

BY THE BOOK PEOPLE

in association with
The Charity
for Civil Servants

**Fantastic gifts
for Christmas!**

For all New Releases – Come and see
our extensive display of books



- **The charity receives 10% commission from each book sale.**
- **Your support will make a difference to many people's lives.**
- **Staff have the opportunity to buy top quality books at a fraction of high street prices without leaving the building!**

Please Contact :

Clare Bridges – Fundraising Initiatives Manager
For You by You, Anne Boleyn's Walk, Cheam,
Sutton SM3 8DY

Tel: 0208 240 2418

Email: clare.bridges@foryoubyyou.org.uk

www.foryoubyyou.org.uk

Place

Woodpecker Bar

Date

4th and 5th December

Time

The Charity for
Civil Servants **for you
by you**

We accept cash, cheques, debit and credit cards
www.thebookpeople.co.uk/bookevents



15% off Annual MetroCards & up to 25% off other bus tickets.



GREEN Travel Planners sells tickets to DWP (including Child Maintenance Group) , DH, NHS Confederation & Highways staff. Commitment to encouraging use of Public Transport by these employers allows us to sell MetroCards with 15% off.

Help to keep this discount going forward by completing the March 2013 travel survey. Details to follow.

You could save up to £336.20!

If you buy 12 monthly zone 1-5 MetroCards now, the cost is £1,584.00; a **GREEN Travel Planners** zone 1-5 annual is only

£1,247.80 . You can also get a salary advance for your annual ticket.

If you are interested then please contact:

Elizabeth Beetham on Quarry House 0113 2324199 or Diane Rawnsley on Quarry House 0113 2324321

Annual tickets start 1st May 2013, some part year tickets are available for new members starting during the year.



HASSRA LEEDS

London Easter theatre break

with optional free visit to Greenwich

4 star Guoman Tower Hotel

28-30 March 2013

3 days from only £142

The price includes

- luxury coach travel with air-conditioning, toilet and drinks facility
- two nights bed and English buffet breakfast at the Guoman Tower Hotel
- Thursday evening discounted theatre tickets (details to follow in December)

Maundy Thursday - We depart Quarry House at 8.30am and travel by luxury coach to London, dropping off at Covent Garden around 1.30pm. There are market stalls, street entertainers, shops, cafes and Somerset House is nearby. A short walk takes you to Trafalgar Square where you can visit the National Gallery or the National Portrait Gallery (both offer free admission).

We rejoin the coach at 4pm and make the short transfer to our hotel. We check in to the 4 star Guoman Tower, overlooking Tower Bridge (with views of the iconic new Shard) and the attractive St Katharine Docks, and adjacent to the Tower of London. All rooms are en-suite with satellite TV and tea-coffee making facilities. There is an underground station close to the hotel or perhaps enjoy a pleasant stroll alongside the Thames where attractions such as Vinopolis, the Globe Theatre and Tate Modern are within reasonable distance.

This evening we include a transfer to the West End with discounted theatre tickets (details to follow). Please note this can only be a one-way transfer due to driver's hours restrictions.



Good Friday The day is free. Alternatively, join us at 10am for an optional (free) excursion to Greenwich where attractions include the newly restored Cutty Sark exhibition (admission charge), National Maritime Museum, the Royal Observatory and the Old Royal Naval College including the beautiful Painted Hall (all free admission). We return to the hotel by 3pm (alternatively there are river boat services from Greenwich back to the hotel and central London or use the new cable car spanning the River Thames between North Greenwich and the Royal Docks and make you own way).

Easter Saturday After checking-out the day is free for shopping or sightseeing until we depart from the hotel at 3.30pm. Perhaps enjoy a day rover ticket on the Thames (boats depart from outside the hotel). We expect to arrive in Leeds around 8.30pm.

PRICES

(adult/child basic prices are based on a minimum of 30 passengers and will reduce if 35 or more travel)

	HASSRA LEEDS MEMBER	NON-MEMBER
Basic-price	£142	£219
One child under 12 sharing with 2 adults	£97	£149
Single-supplement	£45	£70
Optional-Theatre-tickets	TBC	

CLOSING DATE: 31 JANUARY 2013

Please return booking form with £30 per person non-refundable deposit (by cheque payable to HASSRA Leeds) to: **Julie Chapman, Room 4N11, Quarry House, Quarry Hill, Leeds, LS2 7UE**

Balances due end February.



HASSRA LEEDS FAMILY TRIP

Panda Expedition 4-6th May 2013 **EDINBURGH BANK HOLIDAY WEEKEND**

With admission to Edinburgh Zoo and the option of a visit to Dynamic Earth 3 star Best Western King's Manor Hotel

HASSRA Leeds members from £173 (sngl sup £30)
Child associate membership only £5 annually

- air-conditioned coach travel with toilet and drinks facility
- two nights dinner, bed and breakfast
- visit to the National Railway Museum at Shildon
- visit to Edinburgh Zoo with timed slot to see the Pandas
- services of a Group Choice Tour Manager



The 3 star Best Western King's Manor Hotel is situated less than five miles from Princes Street and within walking distance of the beach at Portobello. With leisure facilities including heated pool, sauna, steam room, spa, gym and tennis court. All rooms are en-suite with TV, hairdryer and tea/coffee making facilities. Local train to the centre of Edinburgh (10 mins except Sunday)

SATURDAY

We depart at 8.30am and travel to Edinburgh taking a morning stop at the National Railway Museum Locomotion at Shildon. There is a display of more than 70 railway heritage vehicles from the National Collection and railway workers cottages to visit plus a café and gift shop.

We continue to Edinburgh, with a 30 minute stop at Jedburgh Woollen Mill around lunch time, and expect to arrive at our hotel around 3.30pm. The rest of the afternoon is free to enjoy the hotel's leisure facilities, stroll to the beach or take the local train to Edinburgh.

SUNDAY

Today we drop off in the centre of Edinburgh for those not wishing to visit the Pandas, then continue to the Zoo. Edinburgh Zoo is the most exciting wildlife attraction in Scotland, home to the Giant Pandas Tian Tian and Yang Guang and the UK's only Koala Bears. In just one day you can meet over one thousand wonderful animals in the beautiful parkland setting. Attractions include the Budongo Trail (interactive chimpanzee enclosure), Brilliant Birds (walk through aviary), Saki Monkey walkthrough, Hilltop Safari and attractive gardens. Collect those in Edinburgh and return to the hotel.

MONDAY

(Bank Holiday) After checking out we depart at 9.45am and drop off in the centre of the city. Attractions include Edinburgh Castle (admission charge), the National Museum of Scotland, the National Gallery of Scotland, the Museum of Childhood and The People's Story (all with free admission). There are plenty of shops and cafes. Alternatively, you may wish to visit Dynamic Earth (admission extra). We leave Edinburgh at 2.30pm and, with a services stop en route, expect to arrive in Leeds by around 7.45pm.

PRICES (basic price is based on a minimum of 30 and will reduce if 35 or more travel)

	HASSRA LEEDS MEMBER	NON-MEMBER
Basic price	£173	£273
Basic price (child under 16 sharing with two adults)*	£73	£173
Basic price (child under 5 sharing with two adults)*	£13	£113
Single supplement	£30	£60
Dynamic Earth (adult)	£6.65	£9.50
Dynamic Earth (senior)	£5.46	£7.80
Dynamic Earth (child under 16)	£4.34	£6.20
Dynamic Earth (child under 3)	FREE	FREE

*Maximum family room occupancy is 2 adults and 3 children (please note that there will be limited space at full occupancy)

CLOSING DATE 31st January 2013: Please send a booking form and a deposit of £30pp (for all over 16s in your party) to George Roe 1S25 Quarry House tel 0113 2324244. Cheques should be made payable to HASSRA Leeds

November Sudoku Answers

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

There were 28 entries all of which were correct.

The winner is Lee Wardley.

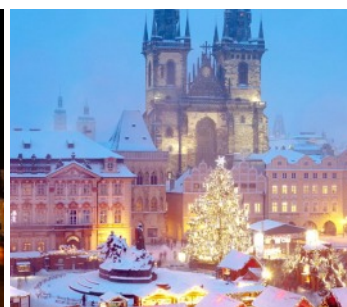
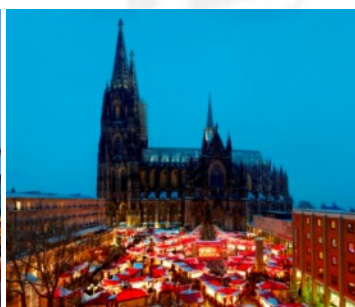
December Christmas Quiz!

Guess the Song

Can you identify the song, artist(s) and year from the description below? And what is the connection between them all?

1. A man tries to contact his former girlfriend via the postal service but eventually he accepts that she doesn't want him anymore. You should have tried Skype, daddi-o.
2. An elderly relative is extolled as a lovely person by a group of youngsters, regardless of distance.
3. A man commits murder and is executed. He accepts his fate but it takes him several minutes to do so.
4. A tradesman duels with a love rival but is defeated by a fatal stale pastry. However, does he subsequently haunt his rival and his rival's new bride from beyond the grave?
5. Another tradesman is optimistic about his ability to do the jobs through excellent teamwork and long hours' enjoyable effort.
6. A tale of rejected love with improbable haircuts. From waitress to diva.
7. A man in prison dreams for the lush verdant landscape of the Valleys. But his time on Earth will soon end and he will only return home in a coffin.
8. The inventor of a magic potion is lauded and examples of its efficacy are outlined. Probably wouldn't get past the Trades Descriptions Act nowadays.
9. A charming playground incident takes on a deeper meaning in the heat of battle. One good turn deserves another.
10. An annoying Mormon who hates the barber pretends that he is the Don Juan of West Derby.

Can you name the location of these Christmas



1.

2.

3.

4.

Your name and membership number: _____

Location: _____

Tel: _____

Please send your completed quiz to Phil Hepworth, Forum Reception by 23rd October COP.
All correct entries (or highest score) will be entered into a prize draw for £30. Members only.
Only one entry per person.

Leeds Clubs and Activities

Club	Contact	Extension	Room No.
Angling	George Roe	24244 QH	1S25
Badminton	Jonathan Leahy	46707 QH	5.00E+62
Bridge	Andy Mattacks Dave Barnes	24631 QH 24188 QH	GN35
Christian Fellowship	Gillian Priestley Ros Hynes	29949 QH 45847 QH	
Craft Club	Elizabeth Letaief	24902 QH	GW10
Cricket	Phil Sharples	7920864377	3S25
Darts	Tim Wardle	27210 QH	3FS TS
Football (men's 5 a side)	Scott Gee	36768	4W57
Football - Wednesday	Phil Thomas	46549 QH	
Forum Leisure Centre	Reception	24456 QH	Ground Floor
Gamefishers	David Roper-Newman	27355 QH	GS36
Golf	Phil Corbett	27363 QH	3S25
HASSRA Dance Club	Mark Gore	45427 QH	4W57
Hockey - Men's	Sean Massey	24632 QH	GS36
Netball	Isobel Todd	27491 QH	3S25
Rambling	Carol Rutherford	7941566105	mumwee1962@yahoo.co.uk
Wine	Susan Mayne	47291 QH	
Table Top Wargame, Boardgame and Roleplaying	Stuart Wiltshire Stuart Barraclough	27234 QH 24435 QH	GS25 1S25

Please contact The Forum Leisure Centre for details of swimming, training & fitness classes.

HASSRA Leeds Board of Management Contact Details

Chair HASSRA Leeds	Catriona Patterson	0113 2545780	catriona.patterson@dh.gsi.gov.uk
Secretary	Isobel Todd	0113 2327491	isobel.todd@dwp.gsi.gov.uk
Treasurer	Peter Blinston	0113 2545972	peter.blinston@dh.gsi.gov.uk
Events Committee Chair	Julie Chapman	0113 2545302	julie.chapman@dh.gsi.gov.uk
Finance/Clubs Development Chair	Nick Streets	Email Only	nick.streets@btinternet.com
Communications Chair	Alan Shaw	0113 2324028	alan.shaw@dwp.gsi.gov.uk
BOM Member	Simon Jarrold	0113 2327120	simon.jarrold@dwp.gsi.gov.uk
BOM Member	Rosemary Matheson	0113 2547130	rosemary.matheson@ic.nhs.uk
BOM Member	Elaine Arnott	Email Only	elaearnott29@googlemail.com

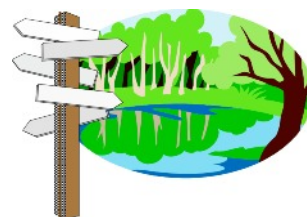


HASSRA Leeds Events and Clubs Activity Programme 2012

Dec 12	1 st	Wargaming Club	Recon - Wargaming Convention	Pudsey Civic Hall
	3 rd	Christmas Fayre	Sports Hall	
	14 th	Christmas Party	Hedley Verity	
	15 th	Rambling Club	Oakworth Area The Grouse Inn	Tony
	15 th	Rambling Club	Burley Woodhead Circular Walk	Tony
January	10 th	Wine Club	Winter Warmers + AGM	Meet from 5 Woodpecker Bar
Feb 13	1-4 th	Bosworth Hall Hotel, Warwickshire	£99 with 99p bar	
March 13	28-30 th	London Easter Theatre Break	Optional visit to Greenwich	
April 13	12-14 th	Rambling Club	Peak District Weekend	
May 13	4-6 th	Edinburgh Bank Holiday Weekend	Panda Expedition	
June	20-21 st	Angling Club	Worcestershire	Menzies Stourport Manor
August	31 st	The Rambling Club	Walk and Spa in the Austrian Alps	Mayrhofen
October	11 th -14 th	The Rambling Club	A Long Weekend at Bassenthwaite	John Belbin



Rambling Club



Burley Woodhead – Circular walk 4.5 miles (2 hours 30 mins)

Saturday 15th December 2012

The walk

This is a perfect Christmas ramble. A relatively easy walk up to Burley Moor providing some delightful views over the Wharfedale valley, once again with the sole aim of justifying lunch.

The route climbs gently from the Hermit Inn towards Carr Bottom Reservoir and follows a circular route affording splendid views on a clear day

Clothing

Although the walk is short you should be prepared for wet and cold weather and boots are essential as parts of the walk involve class B HASSRA mud. You may wish to bring a change of clothes for the pub which asks that no muddy boots be worn.

Meeting point and time

Meet in the car park to the Hermit pub, (Grid ref. Explorer Map 297: 447155) at 10:00 for a prompt 10:15 start.

Transport

By car: To Burley in Wharfedale and follow the Station signs. Go past the Station to the very top of the road and turn left. The pub is about 200 yards along.

Please let the leader know if you need or can offer a lift.

Lunch

Lunch will be at 13:00 in the Hermit which serves Timothy Taylor and Black Sheep beers and excellent food. The menu is attached – please let me have your choices and £12 per head when confirming your place on the walk. (There is a subsidy of £4.95 per person for members of HASSRA Leeds Rambling Club)

Non members should pay £16.95.

To book your place on this walk

So that a booking at the Pub can be made in good time please contact the leader, **Tony Armitage**, as soon as possible. Please include your menu selection, payment is requested in advance.

You can make your payment directly into the club's account (08-92-50, 65070800) or by cheque payable to HASSRA Leeds Rambling Club to **Tony Armitage**, 114 Kingswear Crescent, Leeds LS15 8NE

Phone: **0779 072 6628**

E-mail: tony.armitage@yahoo.com



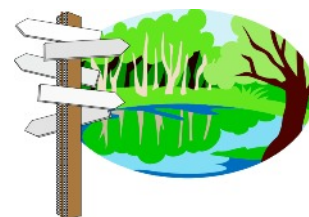
Starter	Main	Dessert
Soup of the day With bread roll	Roast Turkey Dinner With all the trimmings	Traditional Christmas Pudding with brandy sauce
Creamy Stilton and mushroom en croute	Hake Fillet served with lemon butter	White Chocolate Tiramisu
Chef's home made pate served with toast	Pork Medallions With creamy thyme and mustard sauce	Port Marinated Red Berries with vanilla ice cream
	Mushroom, Brie and Cranberry Wellington	

All mains served with seasonal potatoes and vegetables



Rambling Club

HASSRA Leeds Rambling Club
Peak District Weekend
Ilam Hall YH
2 nights from £50.00 pp
Fri 12th - Sun 14th April 2013



Ilam Park is a 158-acre country park situated in Ilam, on both banks of the River Manifold five miles north west of Ashbourne, Derbyshire in the ownership of the National Trust. The property is managed as part of the Trust's South Peak Estate.

For an unforgettable holiday in a National Trust property, stay in this huge Victorian Gothic manor house. [YHA Ilam](#) offers a wide range of activities, making it ideal for family and activity breaks. Popular with everyone, it's a great base for walking holidays, exploring Dovedale or cycling along the Tissington, Manifold or High Peak trails. This magnificent accommodation is also near Alton Towers, and within an hour's drive of Matlock, Chatsworth House and Haddon Hall, perfect for a family day out. There's a licensed bar and restaurant to enjoy after your day out exploring

Accommodation is in twin or 4 bedded rooms, many with en-suite facilities. Family rooms can be booked, please contact the organiser if you would like a family room.



Parking is free for National Trust members, all other guests can purchase a discounted parking ticket from reception.

The price includes

- Optional walks led by HASSRA Leeds Rambling Club on Friday, Saturday and Sunday
- 2 nights accommodation
- Bed, Breakfast and evening meal

The hostel has self catering facilities, for drinks and packed lunches, a games room and licensed bar.

	HASSRA Leeds Members	Non Members
Twin Room	£56.50	£86.80
4 Bedded Room	£50.00	£76.60
Single Occ	£85.00	£143.80

Single rooms are not available - the Single Supplement price reflects the cost of two beds.

To book your place please return booking form with full payment to Luisa Panetta, Rm 4S25 Quarry House, Leeds, LS2 7UA – Bank details for Internet Transfers are given on the booking form..

Closing Date – 25/01/2013



Rambling Club

Walk and Spa in the Austrian Alps
A week in the picturesque town of Mayrhofen
from 31st August 2013



AUSTRIA

Fly from Leeds from only £600

**Picturesque Villages,
 Steam Train, Cable Cars,
 Spa**



Mountains, Waterfalls, Glaciers

We will be staying at the two adjoining **4 star** Sporthotel Strass & Strass located in the town centre on the main road next to the Penken Gondola.

Hotel facilities:

- Large bar and lounge area
- Residents' restaurant for both hotels
- à la carte restaurant
- Extensive leisure area with two indoor pools, Jacuzzi, various steam rooms and saunas, gym,
- Garden
- Internet access
- Lifts



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

Accommodation:

- All bright, spacious Austrian twins have bath, balcony and seating area**
- Singles have shower or bath and balcony
- All rooms have phone, radio, cable TV, safe and hairdryer.

*Swimming costumes are not permitted in the spa.

** Austrian twin - a queen size bed frame with 2 mattresses on it and 2 quilts

The price includes:

- Flights from Leeds Bradford Airport departing at 10.25 and returning at 17.25
- Transfers to/from the Hotels
- Buffet breakfast and 4 course evening meals
- Choice of locally led walks /cycle rides
- Packed lunch on three days
- Use of hotel leisure facilities

Optional Extras are available

- Excursions to Krimml Falls, Salzburg, Lakes Achensee and Garda, the Grossglockner (Austria's highest mountain) and more
- Cycle Hire
- Local transport pass (£50 approx)

Spa treatments*

Prices

HASSRA Leeds Members: £600

Non-Members: £700

Single-Supplement: £20 Non-M £40

Closing Date: 28th February 2013

Prices may reduce depending on numbers

To book your place please return booking form with £130 deposit (non-refundable) to John Belbin, Garfield, Keighley Road, Colne BB8 7HL – Bank details for Internet Transfers are given on the booking form.

Extra Information: There isn't room here to give details of all the walks / coach trips etc. so if you need more ask John john@belbincolne.co.uk 01282 867291. An information leaflet will be prepared although the 2013 position for some items will not be available until July.



Rambling Club

A Long Weekend at Bassenthwaite in the Lake District

Friday 11th – Monday 14th October 2013



Enjoy a long weekend (3 nights) in the peace and tranquillity of the Lake District based at Bassenthwaite Lake - the only official Lake in the Lake District! The area is designated as a National Nature Reserve. We will be providing 2 (4? *) full and 2 half day walks. Alternatively the area is easily explored by car, Keswick being only 5.5 miles away. We have booked most of the hotel rooms so there will be a friendly "house party" feel to the weekend.

* If there are sufficient numbers (and Leaders) we hope to provide a hard and easy walk on the two full days.

The Hotel & Prices

The Ravenstone Manor on the A591 Keswick to Carlisle road immediately after the Osprey Viewing site. The hotel is a converted 18th Century Manor House set in 2 acres of grounds at the base of Skiddaw, overlooking Bassenthwaite Lake and is under new, and very friendly, management.
<http://www.ravenstonemanor.co.uk/>

HASSRA Leeds members **£140**

Non-members **£210**

Single Supplement (in a twin room): £8 Members, £15 non-members for the weekend.

Note: luxury rooms are available at little extra cost- please contact organiser for details

Included

- Half board with a 4 course evening meal using mostly local produce. (Have a look at the mouthwatering sample menu)
- All rooms are en-suite with shower or bath

A packed lunch at £4 is available as there are no local shops. Bring your own flask.

Transport

No transport is provided with this trip – we shall be using our own vehicles. If you need, or can offer, a lift on a petrol-sharing basis, please inform the organiser when booking.

Deposit

Please return booking form with £50 deposit (non-refundable) to john@belbincolne.plus.com or post to John Belbin, Garfield, Keighley Road, Colne BB8 7HL.

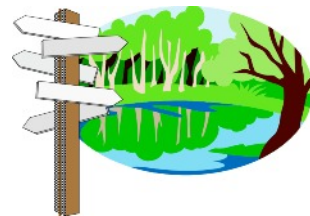


You can make your payment directly into the club's account (08-92-50, 65070800) or by cheque payable to HASSRA Leeds Rambling Club.

Closing Date: 31st May 2013 balance payable by 1st September 2013



Rambling Club



NAME OF TRIP:

Closing date:

To:

Name	HASSRA Member Yes/no	Type of room: Double/Twin/Single/ Share	Amount of Deposit submitted	Balance of cost of trip

Do you have any special dietary requirements?

If single room not available are you prepared to share?

Yes / No

Name/address of Lead Contact:

Tel No:

Mobile:

Email:

Cheques (or Bank Transfers) should be made payable to HASSRA Leeds Rambling Club.

In the event of over-subscription, a ballot will be held and uncashed 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 or preferably Bank Transfer to 08-92-50 / 65070800.

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 Gazette and on HASSRA Leeds website (in particular please note that you are liable to pay the FULL price of the trip if you cancel).



Hassra Leeds Wine Club



Next event
Thursday 10th January 2013
Winter Warmers + AGM

5.30p.m. in the Restaurant
Meet from 5.00pm in the Woodpecker Bar

Presented by: Tess Brooke

Winter warmers – it's cold outside, so what can we drink to help keep warm? Tess will be looking for reasonably priced wines to warm the blood on those chilly winter nights. Probably mostly red wines but no doubt she'll have a surprise as well.

The Club AGM (30 mins) will be held before the wine tasting. The Committee need to know the members ideas and views on how the club should be run so please come along and tell us.

What's coming Up?

Friday 25th January : Presented by Brian Phillips
Australia v The rest of the world

We shall take one white and two red wines from Australia. We shall then compare each of them with the same wine/grape produced somewhere else in the world. This could be literally anywhere as we will try to find wines which are as good if not better than the Australian. There will therefore be 6 wines in total and since this is a medium event, the cost to members should be around £10 depending on numbers attending.

SPECIAL OFFER REMINDER: Don't forget our special offer : Any HASSRA Leeds member who attends the wine club for the first time pays only half price for the event. And if you decide you like it enough to join the club, the night is free. You can just turn up on the night, but it helps our planning to know potential numbers in advance, so if you would like to join us, or you'd like more information, please contact one of the committee.

For further information contact any of us:

CHAIR <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Mike Ferguson: <input type="checkbox"/>	Home: 0113 293 9327	/	Mobile: 07725 321816
TREASURER <input type="checkbox"/>	Roy Jones: <input type="checkbox"/> <input type="checkbox"/>	Work: 0113 232 4324		
SECRETARY <input type="checkbox"/> <input type="checkbox"/>	Susan Mayne:	Work: 0113 254 7291		



HASSRA Leeds Angling Club



**Join us for a two day break
in beautiful Worcestershire
Thursday 20th & Friday 21st
June 2013**



**Stay with us at the 4 Star
Menzies Stourport Manor**

The Hotel

Stourport Manor is a sixty-eight bedroom, four star country house style hotel, with extensive indoor leisure facilities. The hotel underwent a major refurbishment in 2010 which has made it one of the finest four star hotels in Worcestershire. It is set within twenty-three acres of grounds, making a tranquil setting. The public areas include spacious and attractive lounges.

The Fishing

We will be fishing the Solhampton Fishery at nearby Astley. Solhampton is recognised as one of the premier fishing venues in the country. It has 6 pools with over 200 pegs that offer a great days fishing with picturesque scenery. The site boasts a 60 seater café serving a wide range of meals, snacks and refreshments. There is also an on-site bait shop.

Other Attractions



The Award Winning West Midlands Safari Park is just 4 miles away.

The park combines a four mile self drive Safari with Discovery Trail, live shows, African Village and Theme Park. To purchase tickets at discounted rates contact: HASSRA East Midlands on 01332714434.

The Price

HASSRA Leeds Members single room 2 nights DB&B £80.00

Non-members single room 2 nights DB&B £114

Two HASSRA Leeds Members double/twin room 2 nights DB&B £118

Non- members double/twin room 2 nights DB&B £168

Not included in the price

- Transport
- Activities other than fishing

Please send booking forms with a deposit of £30 per room to **George Roe, Room 1S25 Quarry House, Quarry Hill, Leeds, LS2 7UA by 4th January 2013**. Cheques should be made payable to Quarry House Angling Club.

Savage Worlds Zombie Apocalypse - Episode 3 & 4.

Previously on Zombie Apocalypse

After the world went to hell, a group of survivors holed up in the Baxter Building in New York. On a routine trip for supplies, one of the group, Fingers an ex-con, is bitten. Hoping to save him from dying and becoming a zombie, the group cuts his arm off and he passes out. On the way back to the Baxter Building, the group are helped out by other survivors who inform them that the US Army is about to launch several nuclear missiles at cities that have become overrun, including New York. After a short discussion, both groups agree to join forces and head out...somewhere...

**HASSRA LEEDS TABLETOP
WARGAME, BOARDGAME &
ROLEPLAYING GAME CLUB**

"Anything but a 1 ... DOH!"



Follow this link to the write-up of the next instalment on the HASSRA Leeds Web page, and remember to tune in again next year for the next thrilling instalment until then ...



Have a very Merry Christmas and Happy New year from the **HASSRA Leeds Tabletop Wargame, Boardgame and Roleplaying Club.**

REVIEW OF THE BOOTLEG SIXTIES **ILKLEY TOWN HALL** **16.11.12.** **BY MELLOW MELLOTRON**



A cold dark late Autumnal night in Ilkley scene for 60s tribute trippers The Overtures to take us back to the Golden age of pop. I am alarmed to find that I am one of the youngest people there so we are looking at a elderly audience. And its amazing how they dig a tumultuous Light my Fire and Hole in my shoe in part two of the show. So the talented beat combo take us on a journey from the black and white 60s of the Beatles to the Beach Boys *Coupe Deuce* with its irresistibly sweet chorus. Each song is interspersed with great shots of events, gigs, models, happenings. The band are all competent apart from a few dropped octaves from the 2nd singer. The main singer is exceptionally good and in a time of differing vocal styles (unlike today's uniformity) does a good job. So they progress slowly from Mersey beat to Mod (an impressive 'Pinball Wizard' to the 'Kinks You Really Got Me'.) Predictable maybe, but they used the authentic instruments like the small guitars used by the Fabs. The sound on some songs is awesome. They even do a Sonny and Cher song with Cher's vocals. They were under rated actually.

The second half opens with footage of England's 1966 World cup win. 1966 has now actually been thought of as a golden time – politically, weather wise, fashion, pop etc. The Overtures keep time really well and change songs at a bewildering pace. They even have a black polo necked maracas jam on stage and do acoustic songs like a bridge over troubled water. The keyboardist is excellent and his antics during Light my fire are to be applauded. The elderly audience love it.

The only down point is the mawkish 'You'll Never Walk Alone' at the end which I have to boycott.

Songs they could have played –

Fire – Crazy World of Arthur Brown
 Jessamine – The Casuals
 Psychotic reaction – The Count 5
 The Toys – A lovers concerto
 The Shangri – Las – Long live our love
 The Zombies – Think I 'm going out of my head
 Personalities missing from the collage
 Jason King



Rating 7.5/10

Venue rating – 8/10 (atmospheric, could've been used in Randall & Hopkirk).



HASSRA Spring and Summer Festivals 2013

The way in which our HASSRA National programme is delivered is changing.

- From 2013 the majority of our national and inter-association competitions will be staged at Spring and Summer festivals as part of a comprehensive package, including travel, accommodation, meals, entertainment, and the competitions themselves.

- In 2013 both events will be staged at the University of Warwick in the West Midlands. This is central location with good communications links and fantastic purpose-built facilities.

- We want competitors to arrive on the Friday, compete on the Saturday and leave for home on the Sunday. Saturday evening will include dinner, presentation of prizes and entertainment. This should create a fantastic atmosphere in which members can give of their best in competition and then join together in the evening to celebrate everyone's achievements.

The Spring Festival, on 6th April 2013, will include:

Netball	Squash
Mixed Rounders	Badminton
Chess	Golf
Men's 5 a side Football	Mixed Touch Rugby
Women's 5-a-side Football	Tennis

- For activities which require off-campus facilities, competitions will be held at venues near to the University, with transport laid on.

- It is anticipated that coach transport to and from the University of Warwick will be arranged on a regional basis to keep travelling costs at a reasonable level. Competitors will be expected to avail themselves of this transport.

- We continue to support CSSC's biennial Games, which in 2013 will be staged at Loughborough University. We have been careful to ensure none of our events clashes with theirs. In practice, that means most of our large-team events have been scheduled for the April Festival. CSSC has been kept fully informed of our plans.

- This new format may mean that a small number of members who currently compete in more than one activity may need to make a choice. I hope those affected will understand that this change will create new opportunities for members who previously have not been able to get involved.

- Further details of next year's events will follow on a regular basis, with updates on the HASSRA intra and internet sites.

If you would like to get involved, as a competitor, volunteer, or both, please contact your regional business partner now!

- With your support, we believe our Programme will be bigger and better than ever before.

Dave White

HASSRA National Chair

HASSRA Regional Contacts:

East of England Tel: 01603 692528
walthamcross.hassraeastofengland@dwg.gsi.gov.uk

East Midlands Tel: 01603 692528
hassra.east-midlandsdnr@dwg.gsi.gov.uk

Fylde Tel: 01843 258816
hassra-fylde-dwp@dwg.gpn.gov.uk

London Tel: 0207 829 3407
hassra.london@dwg.gsi.gov.uk

North East Tel: 0191 211 4425
hassra-northeast@dwg.gsi.gov.uk

North West Tel: 01843 258816
hassra.northwest@dwg.gsi.gov.uk

Scotland Tel: 0131 310 1030
hassra.scotland@dwg.gsi.gov.uk

South East Tel: 01843 258816
hassra-southeast@dwg.gsi.gov.uk

South West Tel: 01752 886601
hassra.southwest1@dwg.gsi.gov.uk

Wales Tel: 01752 886601
hassra-wales1@dwg.gpn.gov.uk

West Midlands Tel: 01603 692528
hassra.westmidlands@dwg.gsi.gov.uk

Yorkshire and The Humber Tel: 0131 310 1030
hassra.yorkshireandhumberside@dwg.gsi.gov.uk



THE FORUM FLYER - December



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

Facebook

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



NEW CLASS

PowerHoop - Thursday 12:15 - 1

This fab new workout is spreading across the country fast, don't miss out on this fun and addictive class. This class really is for all ages and abilities and so much fun! Weight loss/calorie burn.

Contact the Forum for more information on classes.



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

Classes

Day	Time	Class	Area	Instructor
Monday	12.30 - 1.15pm	Studio Cycling	Studio	Craig
	5.30 - 6.15pm	Kettle bell	Studio	Jamal
	6.05 - 7.00pm	Body Combat	Main Hall	Anita
	6.30 - 7.30pm	Pilates Conditional	Studio	Jamal
Tuesday	10.15 - 11.00pm	Active Life	Main Hall	David
	12.15 - 1.00pm	Circuits	Main Hall	Craig
	12.30 - 1.30pm	Body Balance	Studio	Sylvia
	5.30 - 6.15pm	Studio Cycling	Studio	Craig
	6.30 - 7.30pm	Beginning Pilates	Studio	Jamal
Wednesday	12.30 - 1.15pm	Studio Cycling	Studio	Craig
	5.30 - 6.30pm	Circuits	Main Hall	Craig
	5.15 - 6.00pm	Aqua Fit	Pool	Anna
	5.30 - 6.15pm	Ashtanga Yoga	Studio	Sarah
Thursday	10.15 - 11.00pm	Active Life	Main Hall	David
	12.15 - 1.00pm	PowerHoop	Main Hall	Nicola
	12.30 - 1.30pm	Pilates	Studio	Jamal
	5.30 - 6.00pm	Studio Cycling	Studio	Margaret
	6.05 - 7.00pm	Body Attack	Main Hall	Anita
Friday	6.30 - 7.30pm	Pilates	Studio	Jamal
	8.00 - 8.45am	Studio Cycling	Studio	Craig
	12.15 - 1.15pm	Yoga	Studio	Jack



GET READY TO PARTY

Get FIT for the party season!

Tone up, Revitalise and Re-energise!

Become a member in November and enjoy:

- FREE Induction
- FREE Gym Programme
- FREE Group Exercise Classes*
- FREE Swimming*
- FREE Health Suite*

*Subject to availability & facilities. Terms and Conditions apply.

expressions fitness

lode
getting fit with us

leisurecentre.com

Managed in partnership with your Local Authority



THE FORUM



DECEMBER

Greg Searle Challenge(5,000m)

Re-named in honour of Olympic gold medallist and C2 blogger Greg Searle's commitment to training during the holidays. 5,000 metres will take somewhere from 16 to 30 minutes and is a fantastic test of mental and physical endurance not that dissimilar to a festive visit from the in-laws.

Want to know more?
Simply visit

concept2.co.uk/challengeseries



Swimming Lessons at The Forum Leisure Centre

Children's Swim School

Friday evening & Saturday morning
£47.50 (10 week term)

Adult Swimming Lessons

Tuesday evening and Thursday Lunch
£50.00 (10 week course)

Private Lessons (Monday-Sunday)

1 to 1 @ £67.50 (5 lessons)
2 to 1 @ £60.50 (5 Lessons)

Aqua Babies

£80 (10 week course)

Forum Leisure Centre

Quarry House Quarry Hill
United Kingdom, LS2 7UA
Phone: 0113 232 4456



Don't worry,
you will
love
learning to swim

ADULT SWIMMING LESSONS
Tuesday evenings from 7.00-8.30pm and
Thursday lunchtime at 12.00-1.30pm

AQUABABIES Fun and adventure swimming at affordable prices!

enjoy swimming with your baby. come along, sing a song, learn new skills to help your baby enjoy progressing in the water.

ask at reception for details.

leisurecentre.com

Enrol Now!

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 travelers will be liable to pay full price of the trip (unless the place is subsequently filled). Full price means the undiscounted "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 approx 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 uncashed 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 helpline, 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