



THE NEWSLETTER

Volume 02/13

Next Issue - 5/03/13
Deadline for Articles - 27/02/13

- February's Edition of 2013 -
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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 Anne Fields
Who won January's
Crossword**



Child Associate Membership

ONLY £5

See Page 14 for details.

- Inside -

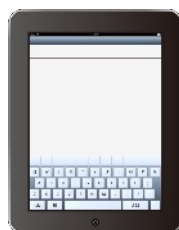
**Christmas Raffle!
Winners**

Valentines Cake Competition

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 February News

Hi everyone, I hope that you are all enjoying the lovely weather we have been having recently!! Good time to start thinking ahead and thinking of the spring / summer months possibly. Time to use one of the member benefits that HASSRA Leeds gives you?? And there are lots this month that you might want to take advantage of.

I want to start this month with what is a fun ticket offer and something that I may take advantage of myself! The Mousetrap is on in March and the Rocky Horror Show in June, both at The Grand, and your club is offering a serious discount for members. See p14 for more.

We still have a lot of trips on offer at the moment – all pretty good value for money and they all look like a lot of fun. Why not have a look through and pick one to go on. I have just come back from a stay at Bosworth Hall in Market Bosworth – very opportune given what was found nearby...and I have to say 'it wasn't me'! The trip I want to highlight is the 1940s Weekend on the Severn Valley Railway on 6-7 July with trips to Evesham and Broadway and staying at the Hilton Hotel in Bromsgrove. The trip includes unlimited travel on the railway and access to 1940s celebration at Kidderminster – see page 21 for more. Deadline for this trip is 28 February – as is the deadline for the trip to Edinburgh to see the pandas! Check them out or miss out.

There are a number of charity events this month, including a Valentine Cake Competition (see page 12), but I wanted to highlight a different activity this month. Do you remember watching 'The Choir'

with Gareth teaching workplace choirs? Yes, well we are organising a choir for Quarry House for you to sing while you work. Interested? Then check out the note on page 18 and send Elaine an email.

Lots of clubs are organising activities this month – have a look from page 30. I especially wanted to highlight a trip that the Ramblers are running a ramble around Bardsey and Thorner and a walk of 7 miles. This is described as a gentle Yorkshire scenery that will be full of wild flowers in a few months, and provides a passing glance at the Roman earthwork of Pompoali. It will only take three hours – not bad for a lot of exercise!

The winner of the January Crossword is Anne Fields – well done Anne. The quiz this month is a sudoku on page 27 – good luck!

Don't forget to get your discounted bus / train ticket – see page 15 for info. And see page 27 for a chance to win a special valentines day prize just through being observant in this month's Newsletter!

Finally in a packed Newsletter this month, I wanted to talk about the HASSRA Leeds AGM. This is on 28 February at 12.30 in The Woodpecker. This is a chance for you to have your say in how your club is run. There are a number of club activities and committees that need your support. Please help us to keep your club running for another year – see page 6 for more information.

Alan Shaw
Chair – HASSRA Leeds Communications Committee



New HASSRA Leeds Website

<http://www.hassraleedsnewsletter.com>

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HASSRA Leeds Newsletter

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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

THE NEWSLETTER

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 British Hairdressing 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.



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 Lif, 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 AGM

On Thursday 28 February 2013

at 12:30

in Woodpecker Bar, Quarry House

1. Motions to the AGM

Motions from members must be submitted in advance & in writing, together with accompanying notes to fully explain the reasoning behind the motion, by Monday 18 February at latest. Please send either by email to isobel.todd@dwp.gsi.gov.uk or by post/courier to Isobel Todd, Room 3E10, Quarry House, Quarry Hill, Leeds LS2 7UA.

1. Attendance and Voting

All HASSRA Leeds Members (full, retired or associate) can attend and participate at the AGM.

1. Apologies

Anyone wishing to formally record apology for non-attendance should do so via returning the attached slip

To: Isobel Todd
Room 3E 10 , Quarry House

I would like to tender apologies that I will be unable to attend the 2012 AGM on Thursday 28th February 2013

Contact Name.....

Room Number/Location or home address.....

Single Activity Club (if appropriate).....



Nomination for the HASSRA Leeds Board of Management

Name.....

Room/Location.....

Phone Number.....

Signature of Nominee.....

We confirm that we are HASSRA Leeds members & wish to nominate the above person to serve on the **BOM** in the following position (*please delete as appropriate) :

***Chair**

***Secretary**

***Treasurer**

***Ordinary Board Member**

Nominated by:

1. Name.....

Room/Location.....

Phone Number.....

Signature.....

2. Name.....

Room/Location.....

Phone Number.....

Signature.....



WANTED.....

Willing Helpers for HASSRA Leeds

Do you want to be involved?

Our AGM will be on **Thursday 28th February 2013 @ 12:30 in the Woodpecker Bar, Quarry House.** We will be looking for members who wish to help run the Club. Listed below are the areas where your help is needed. If you have an interest in one of these areas and would like to share your skills with us, please send your completed nomination form to Isobel Todd, Room 3E10, Quarry House, Quarry Hill, Leeds LS2 7UA by (date) at the latest. Nominations received will be used in the election process at the AGM.

Trips & Events

Fancy having a go at organising a couple of trips in the next 12 months? If so read on.

By joining the Events Committee you will

1. Meet once a month to discuss a programme of activities and agree subsidies within guidelines issued by the HASSRA Leeds Board of Management.
2. Help organise a couple of trips or events for our members - this will involve:
 - a) Liaising with travel companies for prices/itinerary/adverts.
 - b) Being the contact point for cheques, issuing receipts, checking membership details and booking places.

Communications Committee

This group would have the responsibility for general communication issues – in particular they have responsibility for the HASSRA Leeds Newsletter and the HASSRA Leeds Website.



WANTED.....

Willing Helpers for HASSRA Leeds

Finance & Clubs Development Committee

Want to have a say in how HASSRA funds are distributed to our sports & leisure clubs? Would you like to help members set up new clubs? This committee:

1. decides on funding applications which are submitted during the year by our clubs and committees; funds are then used to subsidise activities throughout the year.
2. provides advice to club officials re record keeping (accounts etc) and monitors such records throughout the year.
3. encourages new ideas from clubs & members and the setting up of new clubs.

Leisure Centre Contract Management Group

Do you use the Forum regularly and have an interest in maintaining/improving the service provided? The Open Forum provides the opportunity for members to channel suggestions. The chair of the Open Forum will also serve with members from the BOM on the Leisure Centre Contract Management Team.

Board of Management

The BOM provides guidelines, which the various committees work to allowing the committees to manage the Club with the BOM dealing with more strategic issues. It also provides members to manage the contract with the leisure centre.

The following pages contain nomination forms for the Board Of Management and the various sub committees. If you would like to stand for election at the AGM, please complete the relevant nomination form, remembering to have your nomination proposed and seconded by a **HASSRA Leeds member**, and return to

Isobel Todd , Room 3E10, Quarry House
by Monday 18th February at latest.

Please note all nominations need to be supported by a brief pen picture (information you could possible include - HASSRA club involvement, HASSRA committee experience other HASSRA involvement, other relevant experience and reasons for nomination).



Nomination for HASSRA Leeds Sub Committees

Name

Room/Location.....

Phone Number.....

Signature of Nominee

We confirm we are HASSRA Leeds members & wish to nominate the above person to serve on the committee in the position indicated below (* please delete as appropriate):

1. Trips & Events

*Chair (please note that the Chair will also serve on the Board of Management)

*Ordinary member

2. Finance & Development of Clubs

*Chair (please note that the Chair will also serve on the Board of Management)

*Ordinary member

3. Communication

*Chair (please note that the Chair will also serve on the Board of Management)

*Ordinary member

4. Leisure Centre Contract Group

*Chair (please note that the Chair will serve on the Board of Management) Management Group with members of the BOM)

Nominated by:

1. Name.....

Room/Location.....

Phone Number.....

Signature

2. Name.....

Room/Location

Phone Number.....

Signature



HASSRA Y&H

Wicked at the Palace Theatre Manchester



Please note - closing date for applications is Friday 25th January 2013.

Saturday 2nd November 2013

Wicked, the global musical phenomenon is on tour for a strictly limited time. The show lands 'Up North' in Manchester and HASSRA Yorkshire and Humberside have secured tickets in the Stalls for both the Matinee and Evening performances on Saturday 2nd November 2013. Brilliantly re-imagining the stories and characters created by L. Frank Baum in The Wonderful Wizard of Oz, Wicked tells the remarkable untold story of an unlikely but profound friendship between two girls who first meet as sorcery students: the blonde and very popular Glinda and a misunderstood green girl, Elphaba. As their friendship reaches a crossroads, their extraordinary adventures in Oz will ultimately see them fulfil their destinies as Glinda the Good and the Wicked Witch of the West.

Prepare to be spellbound by the captivating story, spectacular costumes, thrilling technical wizardry, and phenomenal score, featuring the show-stopping Defying Gravity, by multi GRAMMY and Academy Award® winner Stephen Schwartz.

The Palace Theatre is opposite Manchester Oxford Road Train station and the approximate show duration is 2 hours 45 minutes.

Ticket prices and ordering details

2:30pm - Matinee showing

Ticket prices are as follows:

- **£40** - HaSSRA Yorkshire & Humberside

7:30pm - showing

Ticket prices are as follows:

- **£40** - HaSSRA Yorkshire & Humberside

There maybe an additional discount available for 1 ticket if you are also a member of CSSC and your local area association has agreed to offer a further discount. Please state when ordering if also a CSSC member and we will advise re additional discounts after the closing date.

Important note: HaSSRA Y&H Members can purchase a maximum of 3 tickets at the discounted price (i.e. member plus two additional). Whilst the tickets we have purchased are open tickets (neither adult or child) the additional ticket discount is on the basis the tickets are being used for children (i.e. U18).

If you would like to purchase tickets for this show please email Janet Downes at janet.downes@dwp.gsi.gov.uk stating:

- how many tickets you require
- which showing you would like to see
- office location and home town/city (only needed for CSSC members)
- whether a member of HaSSRA, CSSC or both

Closing date for ticket requests is **Friday 25th of January 2013**

Will you be my Valentine for Charity of course



CAKE COMPETITION
14th February 2013
Sale will begin at 12 noon
Room 3E05



Please will you let me know if you are willing to enter the competition, don't worry if you are not Delia Smith or Gordon Ramsay ALL cakes have always been well received

For those of you not familiar –

1. let me know as soon as possible you would like to enter a cake
2. nearer the date I will issue you with an entry number
3. on the day you bring your cake and place it in the room on your entry number
4. the judges decide on their favourite cakes (hopefully HASSRA will let us have some prizes for the winning cakes)
5. **12 NOON** - doors open and all cakes are sold (we accept donations of your choice but ask that you are as generous as possible)
6. All donations received will go to Leeds Children's Hospital

**IF YOU WOULD LIKE TO TAKE PART IN THE COMPETITION PLEASE E-MAIL SALLY HALEY BY
MONDAY 11th FEBRUARY (E-MAIL SALLY.HALEY@CSEMPLOYEEPOLICY.GSI.GOV.UK)**

THE CAKES WILL BE JUDGED IN THE MORNING

**CAKE SALE BEGINS AT 12 NOON – ALL DONATIONS RECEIVED WILL GO TO THE LEEDS CHILDREN'S
HOSPITAL**

GOOD LUCK AND THANK YOU FOR YOUR SUPPORT

COMIC RELIEF

SAVE THE DATE!!!!

FRIDAY 15th MARCH

HASSRA LEEDS WILL BE HOLDING A DRESS DOWN DAY FOR COMIC RELIEF – THIS YEAR’S THEME – (IF YOU ARE FEELING BRAVE ENOUGH) IS PYJAMAS/DRESSING GOWNS/ONESIES! – IF NOT THEN JUST DRESS DOWN FOR THE DAY

THERE WILL ALSO BE A COMIC RELIEF RAFFLE

FURTHER DETAILS TO FOLLOW IN MARCH’S NEWSLETTER





HASSRA Leeds Theatre Ticket Offers



Rocky Horror Show

LEEDS GRAND THEATRE Performances: Mon 10 – Sat 15 June 2013

Tickets from £17.50 visit www.leedsgrandtheatre.com for more information and to book..

Follow squeaky-clean sweethearts Brad and Janet on an adventure they'll never forget, with the scandalous Frank 'n Furter, rippling Rocky and vivacious Magenta.

Get ready for a night of fun, frolics and frivolity in this thrilling production of Richard O'Brien's classic original script! Directed by Christopher Luscombe and featuring David Bedella as Frank The Rocky Horror Show is bursting at the seams with timeless classics, including Sweet Transvestite, Damn it Janet, and of course, the pelvic-thrusting Time Warp, Richard O'Brien's The Rocky Horror show is a non-stop party!

Ready to thrill you with its frothy fun and naughty moments, this is the boldest bash of them all, so sharpen those stilettos for the rockiest ride of your life! Don't dream it – be it.

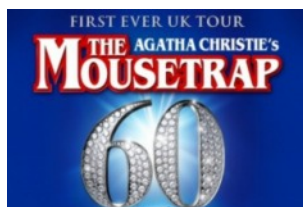
BE WARNED, THIS SHOW HAS RUDE PARTS!

HASSRA Subsidy £10 per member/associate member

HASSRA Leeds invite you to organise your own tickets, enjoy the event and provide proof of purchase and HASSRA Leeds membership **for each ticket after the event** to receive the advertised refund on the cost of your ticket. Offer applies to HASSRA Leeds members and their children (under 16) who have associate membership.

To claim costs back you will need to send a ticket stub with **price and date**, or some other proof of purchase, individual HASSRA Leeds membership number for each ticket refund claimed and 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. Enquiries to Julie.chapman@dh.gsi.gov.uk



The Mousetrap

LEEDS GRAND THEATRE Performances: Mon 11 – Sat 16 March 2013

Tickets from £15.50 visit www.leedsgrandtheatre.com for more information and to book..

Agatha Christie's masterpiece - The Mousetrap - is famous around the world as being the longest running show of any kind in the history of British theatre, with almost 25,000 performances it's a play to be proud of. To celebrate 60 incredible years on stage, it's going on tour for the first time, with a star cast to give you a once in a life-time opportunity to see this masterpiece here in Leeds

HASSRA Subsidy £10 per member/associate member

HASSRA Leeds invite you to organise your own tickets, enjoy the event and provide proof of purchase and HASSRA Leeds membership **for each ticket after the event** to receive the advertised refund on the cost of your ticket. Offer applies to HASSRA Leeds members and their children (under 16) who have associate membership.

To claim costs back you will need to send a ticket stub with **price and date**, or some other proof of purchase, individual HASSRA Leeds membership number for each ticket refund claimed and 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.

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

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.

Travelling to Quarry House?



Why not use the **FREE Quarry House Shuttle Bus?**

There is a free daily shuttle bus service that runs between Leeds Train Station and Quarry House.

The scheduled times are listed below.

Departing from Aire Street at the rear of Leeds Station at:-

08:15 08:45 09:15

You can also use the free bus service to get you back to the station. Departing from the East Entrance of Quarry House with drop off at the front of Leeds Station at:-

16:30 17:00 17:30 18:00

It's cheaper than a taxi - it's FREE!



St Vincent's Spring Ball

Event to be held at the following time, date, and location:

Saturday, 16 March 2013 at 19:30

- to -

Sunday, 17 March 2013 at 01:00 (GMT)

Ebor Suite

York Racecourse

Knavesmire



As part of our ongoing fundraising programme, St Vincent's is hosting a magnificent Spring Ball at York Racecourse on 16 March 2013 and we would be delighted if you would consider being a part of the evening either by taking up one of the sponsorship packages we are offering or simply buying tickets to attend.

St Vincent's was set up as a project of The St Vincent de Paul Society in 1996 and our Centre is now a vibrant hub for families and individuals. The Centre has a commitment to providing help, hope and opportunity - a place where everyone is valued and able to fulfil their potential.

Every day we receive requests from families in crisis with a desperate need for food, furniture or help with their personal circumstances. Our community shop and cafe are central to helping these families, providing good quality products at affordable prices. We also operate an emergency food parcel service for those who find they have no income or means to buy even the basic foods that you or I may take for granted. We offer many free support services from debt advice, general counselling, to learning opportunities.

We are aiming to raise over £5,000 from the Ball - which equates to providing emergency support for over 700 families.

We have a wonderful evening planned: a sumptuous three course dinner, a grand raffle and auction, a welcome message from Leeds United legend Eddie Gray, as well as dancing to the unique sound of Kabuki, a fabulous funk & soul band. A donation of goods or a voucher would also be a great boost to our fundraising. This will help us keep costs to a minimum and generate more funds. All the money raised goes directly towards giving local families right here in Yorkshire a chance of a better life. Your generosity would obviously be acknowledged in the Ball programme and the planned media campaign surrounding the event.

The Ball tickets are £50 or £500 for a Table of 10. It is a great opportunity to dress up, to celebrate with friends, to reward employees or a rare chance to thank important customers. The choice is yours. If you would like to get involved either on a personal basis or as a company, please give us a call on 0113 248 4126. On behalf of everyone at St Vincent's, thank you for your time. We look forward to hearing from you.

Best Regards,

Charlotte Walton
Centre Manager

Organised in conjunction with the team at Tailormade Conference Management

Were you inspired by Gareth Malone's BBC TV programme "The Choir: Sing while you work"? Then read on.



HASSRA Leeds would like to invite you to "sing while you work" and be part of a new venture, singing popular songs in a choir under the musical directorship of Jane Edwardson. Jane is a freelance choral director who has been inspiring community choirs and singing groups around Yorkshire for over 20 years. Her work has taken her into schools, colleges, community centres, prisons, to Paris, Berlin and all the way to the Sydney Opera House. Her accessible and popular choral arrangements are enjoyed both here and abroad. Last year Jane was assistant choir director for the *Leeds Celebrates Olympic Torch* and Queen's Jubilee visit events, bringing together and directing rehearsals for 240 children and adult singers. As well as Music Director of Gay Abandon, winners of Choirs Rock 2012, she directs Artforms Staff Choir (Leeds City Council) and is a tutor for Heydays (West Yorkshire Playhouse). Jane is a tutor on *Sing for Pleasure's* choral conducting programme, having previously been awarded the organisation's John Coates Memorial Baton for her conducting achievement.



The choir will meet weekly for rehearsals at lunch time in Quarry House with the aim of performing a concert or two towards the summer. So if you have an interest in this, even if you haven't sung since school then come along and hear the vision we have for the choir. We won't be auditioning, you don't have to read music and you won't have to sing solo (unless you want to).

If you are based in Quarry House or are part of HASSRA Leeds associate membership through family or friends of members, or through the approved partner organisations, or a retired HASSRA member please get in touch with me if you are interested in joining the choir. If you are not a HASSRA Leeds member I can advise you how you can join up.

We would love to hear from you so **email me now**, the start-up meeting is planned for lunchtime in Quarry House on, **Thursday 28 February** so put the date in your diary please. The choir will start fully in March and I will give further info as we near these dates, I look forward to seeing you there and introducing Jane to you all.

Elaine Arnott

Please email both my colleague Stephanie and myself and so we can keep you informed of progress.

stephanie.howe@dwp.gsi.gov.uk and elainearnott29@gmail.com.



London Easter theatre break – : Rock of Ages & Spamalot

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, two nights bed and buffet breakfast at the Guoman Tower Hotel

Maundy Thursday – 28 March - 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 adjacent to the Tower of London. All rooms are en-suite with satellite TV and tea-coffee making facilities. The underground station is close by as are attractions such as Vinopolis, the Globe Theatre and Tate Modern.

For music & comedy lovers, this evening we include discounted tickets and a transfer to the West End to see the blockbusting musical **Rock of Ages** – see website: <http://www.rockofagesmusical.co.uk/>
Please note this can only be a one-way transfer.

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).

For the first time we can offer additional discounted theatre tickets for Monty Python aficionados for the hilarious comedy **Spamalot** – *Always look on the Bright side of Life!* see website: <http://www.spamalotontour.co.uk/> . Please note this can only be a one-way transfer.

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
Rock of Ages – Thursday Theatre tickets	£25	£35

FINAL CLOSING DATE: 12 FEBRUARY 2013 Please return booking form with £30 per person (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

**EXTENDED
DEADLINE**

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 (single sup £30)

- 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 28th February 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



1940's Weekend

Severn Valley Railway
and visits to Evesham and Broadway (Cotswolds)
The Hilton Hotel, Bromsgrove
6-7 July 2013
2 days from only £79



The price includes:

- luxury coach travel with air-conditioning, toilet and drinks facility
- one night dinner, bed and breakfast at the Hilton Hotel, Bromsgrove
- visit to Evesham and Broadway
- unlimited day travel on the Kidderminster to Bridgnorth Severn Valley Railway
- services of a Group Choice Tour Manager

Saturday

We depart at 9am and travel by luxury coach (with a services stop en route) to the ancient market town of Evesham, situated on the River Avon. Attractions include the Saturday Charter Market, Almonry Museum set in a 14th century building, Abbey Park, riverside meadows and boat trips. There are plenty of pubs and cafes. Later in the afternoon we enjoy a scenic Cotswolds drive with a stop at the picturesque village of Broadway. We expect to arrive at our hotel by 5pm. The Hilton is situated just over 2 miles from the town centre – there are a couple of pubs within walking distance. All rooms are en-suite with TV, hairdryer and tea/coffee making facilities.



There is a bar and restaurant. The indoor leisure facility has an 18m pool, whirlpool bath and fitness room. Dinner is included this Evening.

We depart at 9.45am and make the short journey to Kidderminster. We have included a train ticket for the Severn Valley Railway which runs through sixteen miles of glorious countryside. The ticket for this special event (cost £20 but included in the prices below) gives unlimited travel from Kidderminster to Bridgnorth, allowing multiple stops en route. There will be 1940s stalls at Kidderminster and Bridgnorth Stations, big band sounds throughout the day at Kidderminster, battle re-enactments, period vehicles and costumed characters on the trains. This event is great fun and was very popular on our last visit.

We leave at 4pm and expect to arrive in Leeds by 7pm.

Why not get into the swing and dress in the style of the era. Don't worry about standing out from the crowd as many visitors participate!

PRICES

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

	HASSRA LEEDS <input type="checkbox"/> <input type="checkbox"/>	NON-MEMBER
	MEMBER	
Basic price <input type="checkbox"/> <input type="checkbox"/>	£79 <input type="checkbox"/> <input type="checkbox"/>	£139
Single supplement	£20 <input type="checkbox"/> <input type="checkbox"/>	£20



CLOSING DATE 28th February 2013

Please return booking form (with a £30 non-refundable deposit per person) to:

David Barrett, 23 Beck Meadow, Barwick in Elmet, Leeds, LS154PA

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



**Join us on this annual
HASSRA Leeds Wine Club trip as we
Return to old favourites
Reims and Champagne
champagne tours, tastings and visit to Bruges
3 star Best Western Hotel de la Paix, Reims
12-17 June 2013
6 days/5 nights from only £284**

The price includes

- Luxury coach travel with air-conditioning
- Return mini-cruise sailings from Hull to Zeebrugge
- Three nights bed and buffet breakfast at the 3 star Best Western Hotel de la Paix, Reims
- All excursions with tours/tastings at three champagne producers
- Services of a Group Choice Tour Manager

The comfortable Hotel de la Paix is situated in the centre of Reims, next to a large pedestrianised area with a wide variety of pavement cafes, bars and restaurants. All rooms are air-conditioned and en-suite with satellite TV and hairdryer (no tea/coffee making facilities). There is a small indoor pool and leisure facility.



Wednesday

We depart Leeds at 3pm and travel to Hull for the 6.30pm overnight sailing to Zeebrugge. We include air-conditioned en-suite inside cabins with lower berths (outside cabins with lower berths are available at a supplement). Facilities include bar lounge with live entertainment, buffet and a-la-carte restaurants, casino, two cinemas (local charge), piano bar and shops. A pre-purchased meal package of 2 dinners and 2 breakfasts is available at a considerable saving against the on-board prices (see price panel).

Thursday

We disembark in Zeebrugge at 9.15am and travel to Reims, arriving by 1.30pm. The afternoon is free to enjoy the sights and shops in Reims (check-in from 3pm - luggage may be stored safely at the hotel). Apart from several champagne cellars, attractions include the impressive Gothic cathedral, the Tau Palace and the Fine Arts Museum. There are guided walks available and a tourist train. A number of prestigious champagne producers can be visited.

Friday

Today we enjoy a return to two of our favourite champagne houses from previous years, with a tour and tastings at each and time for lunch in Epemay. Tastings will include Premier Cru and Grand Cru.

Saturday

The morning is free (an optional excursion may be offered). This afternoon we visit a Grand Cru village for our final re-visit to a favourite producer.

Sunday

We depart at 10am and travel to Bruges, arriving around 1.15pm. This beautifully preserved medieval city is famous for lace making and its network of peaceful canals and pretty bridges. It has some impressive churches and the cobbled streets are lined by fine old brick houses. There are many museums to explore, lovely shops (including several specialising in their own Belgian chocolates) and a wide range of cosy bars and restaurants. 4.30pm we depart and travel to the ferry terminal for the 7pm sailing to Hull. Entertainment is again included.

Monday

We disembark at 8.30am and expect to be in Leeds around 10.15am.

PRICES

Basic prices are based on a minimum of 35 passengers and will reduce if 40 or more travel

	HASSRA LEEDS MEMBER	NON-MEMBER
Basic price	£284	£409
Single supplement	£100	£100
Outside cabin supplement	£20 per cabin	£20 per cabin
Meal package on-board * (adults)	£43	£43

* 2 five-course buffet dinners and 2 buffet breakfasts. Normal on-board price around £55.

TRAVEL INSURANCE: Adequate travel insurance is essential. Details of cover held at the time of booking (insurance company, policy number, expiry date and emergency telephone number) must be submitted. This cover should include medical expenses and repatriation.

CLOSING DATE: 31 MARCH

Please send booking forms with a deposit cheque of £100 per person (one cheque per party if possible) to:

Mike Ferguson, 27 Copgrove Road, Leeds LS8 2SP



HASSRA LEEDS visit to

Downton Abbey (Highclere Castle) and The Manor Reborn (Avebury Manor) Oxford and the Cotswolds With an optional visit to Blenheim Palace 4 star Hilton Hotel Swindon



**17-19 August 2013
3 days from only £125**

- **Luxury coach travel with air-conditioning, toilet and drinks facility**
- **Two nights dinner, bed and breakfast at the Hilton Hotel Swindon**
- **Visit to Oxford en route, with the option of a visit to Blenheim Palace (admission extra)**
- **admission to Avebury Manor, home of "The Manor Reborn" (National Trust) featured in the BBC series**
- **Entrance to Highclere Castle and Gardens (Egyptian exhibition optional extra admission)**
- **Full day tour of the Cotswolds including the village of Bampton (location used in Downton Abbey)**
- **Services of a Group Choice Tour Manager**

The Hilton Swindon is a modern hotel situated just off the motorway on the outskirts of Swindon. It has an indoor leisure facility including heated pool, sauna, steam room, Jacuzzi and gymnasium. All rooms are en-suite with TV, hairdryer and tea/coffee making facilities. There is a lift.

Saturday We depart Leeds at 8am and travel to Oxford, taking a comfort stop en route. We expect to arrive in Oxford by noon. We will drop off close to the impressive Ashmolean Museum (free admission). Other attractions include the Bodleian Library, leisurely punt trips on the river, open-top bus tours, various colleges, guided walking tours and a wide range of shops including specialist bookshops.

Alternatively, there will be the opportunity to visit Blenheim Palace and Gardens (individual prices shown below but these will reduce if 15 or more wish to visit). This is the home of the 8th Duke of Marlborough and the birthplace of Winston Churchill. The upper floor is open to visitors with a suite of ten rooms telling the story of the palace through the eyes of the servants, with automated commentary. There will be time for lunch at Blenheim before returning to pick up in Oxford at 4pm. We expect to arrive at our hotel by 5pm. Dinner is included each evening.

Sunday We depart at 9.30am and travel to Avebury village, site of Avebury Henge and Stone Circles (free to visit) and Avebury Manor and Garden (National Trust). The Manor featured in the 2012 BBC documentary "The Manor Reborn". After a major transformation this is a house with a difference where you can sit down and touch things! The garden is separated by ancient walls and topiary into a series of tranquil 'rooms'. There is a cafe and shop. At noon we travel to Highclere Castle where our entry is booked for 1pm.

Highclere has been home to the Carnarvon family since 1679. Built on an ancient site, the original house was recorded in the Domesday Book. The present Castle was designed in 1842 by Sir Charles Barry, the architect also responsible for building the Houses of Parliament. The gardens were designed in the 18th century by "Capability" Brown. There is a tearoom and gift shop.

Explore what is often described as the finest occupied Victorian Castle in England, read how the 5th Countess of Carnarvon converted the Castle to Highclere Home Hospital in 1915 and visit the magnificent Gallery bedrooms which remain today as they were in Edwardian times (and as used by Cora, Countess of Grantham in *Downton Abbey*). Guides are available in most rooms to answer questions. An Egyptology Exhibition (extra cost) celebrates the achievements of the 5th Earl who famously discovered the Tomb of Tutankhamun with Howard Carter. We return to the hotel by 5.30pm.

Monday After checking out we depart at 9.45am to enjoy a tour of the beautiful Cotswolds with their mellow limestone houses and rolling hills. Our first visit will be to the pretty village of Bampton which was used for some of the outdoor locations for "Downton Abbey". We continue to Burford, often referred to as "Gateway to the Cotswolds", an elegant town with a wide main street leading down to the river Windrush. There are 14th-16th century houses and Burford Church contains the "woolsack" graves of local rich woollen merchants. Our last visit is to the attractive village of Bourton-on-the-Water where there are several pubs, restaurants and visitor attractions including Birdland Park and Gardens, Model Village and Cotswolds Motoring Museum and Toy Collection.

We leave at 3.30pm and, with a tea stop en route, expect to arrive in Leeds by 7.15pm.

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

	HASSRA LEEDS	NON-MEMBERS
Basic price	£125	£224
Single supplement	£20	£40
Blenheim Palace (adults)	£	£20 (TBC)
Blenheim Palace (seniors)	£	£15.50 (TBC)
Avebury Manor (NT members reduction)	£	£10 reduction

CLOSING DATE: 30 APRIL 2013

Please return booking form with £30 per person non-refundable deposit (by cheque payable to HASSRA Leeds) to:
Personal, Jan Worthy, NHS Employers, 2 Brewery Wharf, Kendell Street, Leeds, LS10 1JR

Balance due 31st June 2013



NEW CLOSING DATE FOR APPLICATIONS

HASSRA LEEDS - BELGIAN CHRISTMAS MARKETS

**12-16 Dec 2013, Mercure Hotel, Leuven including
Ypres, Brussels and Bruges
5 days/4 nights from only £150**

Price includes:

- 1. return mini-cruise from Hull to Zeebrugge with inside en-suite cabin with bunks**
- 2. two nights bed and continental buffet breakfast sharing twin/double room at the Mercure Leuven Centre**

THURSDAY - We depart at 3pm and travel to Hull for the 1830hrs P+O overnight crossing to Zeebrugge (an overnight bag is recommended). We include inside, air-conditioned cabins with bunks (cabins with two lower berths and outside cabins available at a small supplement). There is live entertainment, buffet and a-la-carte restaurants, casino, two cinemas (local charge) and shops. A pre-purchased meal package of 2 dinners (5-course buffet style) and 2 buffet breakfasts is available at a saving of around £10 on the on-board prices.

FRIDAY We disembark at 9.15am and travel to Ypres, arriving around 10.45am. This attractive medieval city was completely destroyed in the First World War. Several buildings have been painstakingly restored including the impressive Cloth Hall which houses "In Flanders Field" Museum. Another moving spectacle is the 54,000 names of soldiers with no known graves inscribed on the Menin Gate where the Last Post is sounded every evening. There is a small atmospheric Christmas Market in the main square together with an ice-skating rink.



We depart at 1.30pm and continue to the attractive city of Leuven where we expect to arrive by 3.30pm. The 3 star Mercure Hotel is situated in the centre of the town with a wide selection of reasonably priced restaurants and many bars nearby. All rooms are en-suite with satellite TV, hairdryer and tea/coffee making facilities. The location is ideal for the excellent Christmas Market which occupies two of the main squares and creates a wonderful seasonal atmosphere with crafts, gifts, decorations, food and entertainment, all within 2 minutes walk. **We hope to arrange a tour of the Stella Artois Brewery from 6-7.30pm (subject to demand and availability).**

SATURDAY The morning is free. Leuven has a range of museums (the Treasury of St Peter's contains the world famous 15th century painting *The Last Supper* by Dirk Bouts), beguinages, gardens and impressive facades, particularly the floodlit Town Hall decorated with over 200 statues.

At around noon we travel to Brussels where the Christmas Market is in full swing. Brussels is a sophisticated city, rich in history. Narrow, winding streets, excellent restaurants, impressive shops and bars serving a wide range of tempting beers surround the attractive Grand Place. Attractions include the Royal Palace, Royal Museum of Fine Arts, St Michael's Cathedral, Museum of Brewing and Museum of Chocolate. Getting around the historical city centre on foot is straightforward as it is surprisingly compact. The Market has over 200 chalets across the city.

SUNDAY After a leisurely breakfast we travel to the beautifully preserved medieval city of Bruges with its network of peaceful canals and pretty bridges. It has some impressive churches and the cobbled streets are lined by fine old brick houses. There are many museums and a wide range of cosy bars and restaurants. There is a small Christmas Market, ice rink and a Snow and Ice Sculpture Festival (admission charge). In the late afternoon we return to Zeebrugge and board the 7pm sailing to Hull, again with entertainment.

MONDAY We disembark at 8.30am and return to Quarry House by 10.15am. (back to your desk if you wish)

PRICES

	HASSRA MEMBER	NON-MEMBER
Basic price	£150	£249
Single supplement (cabin and hotel rooms)	£45	£90
Outside cabin supplement (two lower berths)	£20 per cabin	£20 per cabin
Inside cabin with two lower berths	£10 per cabin	£10 per cabin
Meal package on-board *	£42	£42
Stella Artois tour	£TBC	

* 2 five-course buffet dinners and 2 buffet breakfasts. Normal on-board price around £52.

TRAVEL INSURANCE: Adequate travel insurance is essential. Details of cover held at the time of booking (insurance company, policy number, expiry date and emergency telephone number) must be submitted. This cover should include medical expenses and repatriation.

NEW CLOSING DATE: 30 April 2013 - date brought forward due to hotel booking demands Please return booking form with £30 per person non-refundable deposit (by cheque payable to HASSRA Leeds) to: Susan McPadden, 4 Church Gate, Leeds, LS18 5TL. 0113 2587400



ICE SKATING LEEDS @ ICE CUBE Millennium Square - Leeds

Sat 25 Jan 2013 - Sun 24 February 2013

www.leeds.gov.uk/icecube

Get your skates on and make sure you enjoy the thrill and magic of outdoor ice-skating at Leeds' coolest winter attraction.

- Great fun and suitable for all ages.
- Upright "penguins" in the nursery ring for budding new skaters. Trainer skates (double bladed) for learners and of course normal skates for the more adventurous!
- Over 1200 sq mtrs of real ice
- Fully heated rink-side café.

HASSRA Leeds invite you to organise your own tickets, 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 your ticket. Offer applies to HASSRA Leeds members and associate members. Offer limited to one application per member, irrespective of how many times you return for another go!

To claim costs back you will need to send a ticket stub with **price and date**, or some other proof of purchase, individual HASSRA Leeds membership number for each ticket refund claimed and your contact details where the cheque may be sent, to **Phil, C/O the Forum at Quarry House, Quarry Hill, Leeds, LS2 7UE.**

January Crossword - Answers

T	A	N	D	E	M		L	A	W	F	U	L
A		I				T		H		A		A
I	N	G	O	T		E	L	E	C	T	O	R
L		H		R		R		A		U		D
O	P	T	I	O	N	S		D	R	O	N	E
R				U		E				U		R
	W	R	A	T	H		A	M	A	S	S	
S		A				W		A				U
T	E	M	P	T		A	D	J	O	U	R	N
A		B		R		G		O		R		I
R	E	L	E	A	S	E		R	O	B	O	T
T		E		I		R				A		E
S	A	D	D	L	E		A	T	O	N	E	D

Across

1. Bicycle for two (6)
3. Legal (6)
8. Metal bar (5)
10. Voter (7)
11. Choices (7)
12. Stingless male bee (5)
13. Ire (5)
15. Accumulate (5)
20. Entice (5)
22. Recess (7)
24. Let go (7)
25. Automaton (5)
26. Riding seat (6)
27. Repented (6)

Down

1. Sartor (6)
2. Evening (5)
4. Make better (5)
5. Asinine (7)
6. Food store (6)
7. Laconic (5)
9. Fish (5)
14. Wandered (7)
16. Type of musical scale (5)
17. Begins (6)
18. Bet (5)
19. Combined (6)
21. Path (5)
23. Relating to a city (5)

**There were 20 entries,
17 of which were correct.
The winner is Anne fields.**

February Sudoku

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

Your name and membership

number: _____

Location _____

Tel: _____

Please send your completed quiz to Phil Hepworth, Forum Reception by 27th February COP.

All correct entries (or highest score) will be entered into a prize draw for £30. Members only.

Only one entry per person.

Cupid?

Find cupid hiding in this month's newsletter for a chance to win our Valentine goody bag.

Email the page number to Elizabeth.letaief@dpw.gsi.gov.uk (using the **subject cupid**).

The winner will be drawn from correct entries. **Entries by 27th February.**

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

Feb 13	1 - 4 th	Bosworth Hall Hotel, Warwickshire	£99 with 99p bar	
	7 th	Wine Club	Wine Reviewed By Media	Carol and Martin Cocker
	14 th	Valentines Charity Cake Competition	3E05 QH	
	15 th	Dress Down Day	Comic Relief	
	16 th	Rambling Club	Barsey-Thorner + AGM	Luisa Panetta
	22 nd	Wine Club	Wine and Films	Susan Mcpadden
	16, 23, 30 th	Craft Club	Weekly Meetings on Wednesdays	12:30 GC06
March 13	7 th	Wine Club	Italian Wines	Mike Ferguson
	14 th	Wine Club	Spirit Tasting	Roy Jones
	16-17 th	St. Vincents Charity Ball	York Racecourse	
	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	7 th	Five a-side competition		
	12 - 17 th	Wine Club	Reims & Champagne	
	20 - 21 st	Angling Club	Worcestershire	Menzies Stourport Manor
July	6-7 th	Events	1940's Weekend	
August	17-19 th	Evens	Downton Abbey Trip	
	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
November	2 nd	Wicked	Palace Theatre	Manchester
December	12 - 16 th	Events	Belgian Christmas Markets	

Dear Mike,

I am writing to thank you for holding a Corporate Book Event by The Book People at your workplace. The Charity receives 10% commission from all book sales held on our behalf and your event held on 31st October & 1st November 2012 generated £198.50 for The Charity for Civil Servants. We are most grateful to you and your colleagues for your support.

We issue an annual Certificate of Appreciation with the total amount of revenue generated as we find most workplaces hold repeat events for staff throughout the year. The commission generated is a valuable source of income for the Charity and generated over £12,000 in 2010.

Kind Regards
Clare Bridges

Fundraising Initiatives Manager

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.

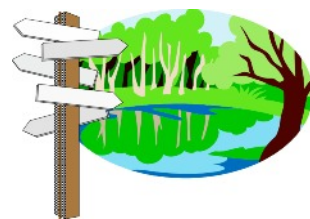


You can make your payment directly into the club's account (08-92-50, 65070800) or by cheque payable to HASSRA Leeds Rambling Club.

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



Rambling Club



Saturday 16th February

Bardsey - Thorner – Circular Walk & AGM

7 miles (3 hours 30 mins max)



The walk

This easy walk takes us through gentle Yorkshire scenery that will be full of wild flowers in a few months, and provides a passing glance at the Roman earthwork of Pomporcali.

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.

The AGM

The AGM will be held after the walk and before lunch; the AGM provides all members with the opportunity to have an input to the way the club is run and elect the new committee.

Meeting point and time

Meet in the car park at the Bingley Arms pub, Bardsey, (Grid ref. Explorer Map 289: SE 363429) at 9:30 for a prompt 9:45 start.

Transport

By car: Bardsey is situated to the East of the A58 about 8 miles North of Leeds. On turning off the A58 follow the road through the village for about 600m and the pub is on the left.

By Bus: The X98/99 service runs along the A58; the 8:40 from Infirmary St. arrives at the Bardsey turning at 9:15. The 9:17 from Wetherby Station arrives at 9:28.

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

Lunch

Lunch will be at 13:45 in the Bingley Arms; the bar menu is available on [this link](#) – please let me have your choices when confirming your place on the walk.

To book your place on this walk

Please contact the leader, Luisa Panetta, by close of **Thursday 14th February**

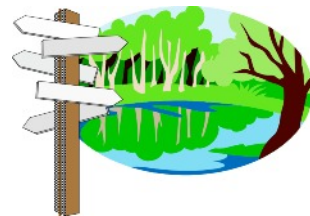
Luisa Panetta, 3N09 Quarry House Leeds

Te: 0113 232 4562

E-mail – Luisa.panetta@dwp.gsi.gov.uk



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 7th March
Italian Wines

5.30p.m. in the Restaurant

Meet from 5.00pm in the Woodpecker Bar

Presented by: Mike Ferguson

A mix of old favourites and classic Italian wines with some new exciting wines from innovative producers - a great opportunity to taste the best of what Italy currently has to offer. The focus will be on red wines but I hope to find at least one white to challenge your pre-conceptions about Italian whites.

This is a High cost event so **pre-booking is essential**. Depending on the numbers attending it will cost members in the region of £15.

What's Coming Up?

Friday 22nd March: Austrian & German Wine Night

Presented by: Michael Morby

German and Austrian wines were once highly sought after. Today, however, that popularity has somewhat diminished, possibly as a result of mass produced sweet and cheap wines like Liebfraumilch and Piesporter Michelsburg and, in the case of Austria, the diethylene glycol scandal of 1985. So join us for an evening where you can rekindle your taste buds with great wines from Germany's Middle Mosel and Austria's Wachau regions. The cost to members for this interesting event will be around £10.

Thursday 11th April : Wines for Spring & Summer

Presented by: Roy Jones

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 Wine Club



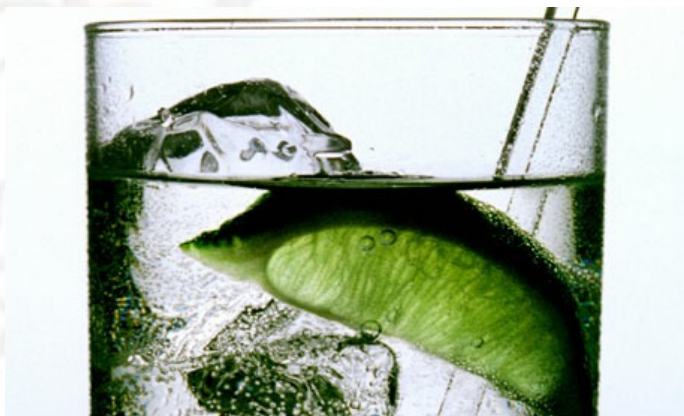
SPECIAL SPIRIT TASTING EVENT

This year, the club is trying out a new style event in conjunction with Gerry's Wines and Spirits, who are based in New Briggate. The event is an additional one to the main calendar, and will be held on Thursday 14th March at Gerry's shop, starting at 7.00 pm. Gerry's is situated at the top of New Briggate, just down from the Grand Theatre. The tasting will be on the first floor of the shop premises.

For those of you who are not regular imbibers of spirits and liqueurs, this is a great opportunity to find out more through a tutored tasting of some excellent products. If you think you already "know" that you don't like certain drinks, be prepared to open your minds and give it a try – the range is incredible and many will surprise you.

We will be trying a range of drinks rather than just one type. At this stage, we plan to taste rum as our main spirit, and probably some cognac and some gin (if you think gin has no flavour on its own, be prepared for a shock!). However, the final selection will be influenced by those attending – when you book your place just let us know what you would prefer.

We are limited to 20 places, and tickets must be purchased in advance from the club. The cost will be £10 for HASSRA Leeds members – simply give Roy Jones, (Room GW33 Quarry House Leeds LS2 7UA. Tel No. 0113 23 24324. E-mail Roy.L.Jones@DWP.GSI.GOV.UK) a cheque for that amount by the end of February to guarantee your place.



For further information contact any of us:

CHAIR	□ □ □	Mike Ferguson:	□	Home: 0113 293 9327	/	Mobile: 07725 321816
TREASURER	□	Roy Jones:	□ □	Work: 0113 232 4324		
SECRETARY	□ □	Susan Mayne:		Work: 0113 254 7291		



HASSRA Leeds Five-a-Side Competition 2013

Friday 7th June

HASSRA Leeds has generously agreed to support another competition at Goals next summer. The first game will kick off at 13.00 and there will be a buffet at the end. I think we last played there in 2008. This is an advance notice so you can get yourselves organised. There will be a reminder in the spring.

I'll speak Goals about the style of the tournament. I expect up to sixteen teams to enter. I'll set it up with them so we get the maximum number of games and pitch time.

Goals will do the entire organisation for us, and provide the referees, so we can concentrate on the football. I think it will be better than the John Charles Centre. Who can forget this year's day out? The rain. The soggy scoresheets. The lavish buffet.

Teams will have a maximum of seven players and there will be a £21 per team entry fee. Cheques, made payable to HASSRA Leeds should be sent to Peter Blinston, 5W09, QH and should be with Peter by Friday 1st June. If you don't pay you don't play! HASSRA are unhappy with last minute team withdrawals and late payment of fees, so please avoid both.

All players must be **HASSRA Leeds members**. You should, subject to line manager approval, be able to get special leave to take part. Please let me have expressions of interest soon, but by 16th March at the latest, with full details of team membership by 25th May. Please get in touch if you need more information.

My e-mail address for this tournament is robbie19521@hotmail.com.



Craft Club Update

Meeting every Wednesday at 12:30

Everyone is welcome to drop into one of our weekly craft sessions in room GC06. Bring your own work in progress or just come along for a chat and to swap ideas.

If you're interested in learning knitting, crochet, quilting, toy-making or any other particular craft or can help others learn something crafty, contact Please contact Elizabeth.Letaief@DWP.GSI.Gov.UK if you'd like to come.

Jewellery making workshops - after Easter!



Fancy joining a four-hour session making earrings and/or rings from wire and beads?

I've found a teacher whose bead work has been published in Bead magazine. She's a silversmith who teaches a range of courses from making jewellery with beads and wire to working with silver (not practical in Quarry House!)

The session will probably start at 10:00 and finish at 14:00 with a short break for lunch.

Costs will be around £25. All tools and materials will be provided and you can take home anything you make.

Please email Elizabeth.Letaief@DWP.GSI.Gov.UK if you want to take part, let me know if there are any days of the week you are unavailable and if you would prefer to make earrings, rings (or a mixture).





Guitar Club Q&As

Striking a chord with guitarists in Quarry House!
Answered by our guitar teacher, Phil Hepworth



Struggling with an aspect of guitar playing? Don't worry, Phil is here to help you. Send your letters to the.newsletter@hotmail.co.uk. Phil can't enter into individual correspondence and letters may be edited for publication

Q.

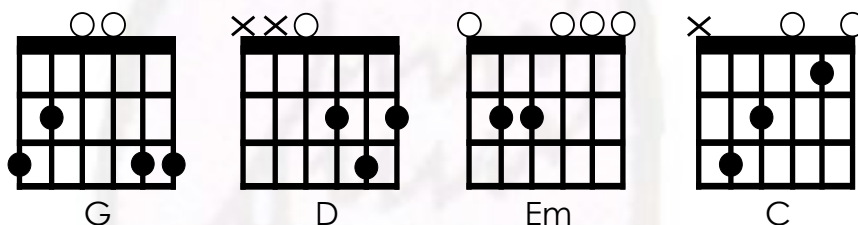
Phil,

I'm just starting to learn chords and I wondered which ones it's better to learn first. What's the minimum number I need to know to play a recognisable song? Can you recommend a simple, current(ish) I can learn that people might recognise?

A.

Just the one would be enough, as in Queen's 'We Will Rock You', for example. For most songs though, you will need at least two or three! The majority of top 10 hits are very simple and only require a few simple chords (capo placement for original key optional.)

I would recommend learning the chords G, D, Em, and C first. This is the easiest key to play most chords in.



Q.

Dear Phil,

I've just started playing guitar and my fingers are hurting like mad. Is there anything I can do to toughen them up?

A.

Not really, I have read suggestions ranging from super glue to alcohol, but the best way is to play regularly but not for too long at a time. If you play for 2 hours having not played much before, or even not played for a couple of months, you'll have painful and maybe blistered fingers. If you practise 20 minutes a day they will gradually harden. The most likely quick fix would probably be alcohol...I assume it must dry out and harden the skin quicker. Just practise more. You get the added benefit of getting better as well!

Q.

Hi Phil,

How long should fingernails be on the left and right hands?

A.

If you're right handed:

Left = short, as short as is realistic. If your finger nails touch the fret board, cut them.

Right = up to you. Long if you want a sharp sound when finger picking. Short if you want a warmer sound (but it hurts more).

If you are interested in discounted guitar lessons at Quarry House, please contact Robert Hindmarch at:

robert.hindmarch@dpw.gsi.gov.uk





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



Y & H Regional Mixed Indoor Cricket 6's

Date: Friday 2nd August

Time: 10:00 – 16:00

Venue: Headingley Indoor Cricket Centre, Leeds



- Participants must be HASSRA members. New members welcome.
- **ALL** standards are welcome
- Individual entries welcome- we will put you into a team (as appropriate) on the day.
- At least one team member must be female.
- HASSRA can accept no liability for personal injury, loss or damage incurred while participating in Regional competitions. Members are recommended to make their own insurance arrangements.
- Travel expenses are payable in line with the Y&H expenses guidance
- If a competitor has any special requirements – access, dietary etc. – please include details on your entry.

Entries should be sent to: James Myers, 4th Floor, E-Mill, Dean Clough Office Park, Halifax, West Yorkshire, HX3 5AX or emailed to JAMES.MYERS@JOBCENTREPLUS.GSI.GOV.UK

Closing Date: Friday 19th July

The following wish to enter the Indoor Cricket event:

Name	Location	Membership Number	Email



CSSC GAMES 2013

12 - 13 SEPTEMBER, LOUGHBOROUGH UNIVERSITY

Try Something New

This year's Games is delivering the largest number of sports ever - 17 in total. The new sports that are making their debut this year are:

[Beach Volleyball](#)

[Tennis](#)

[Open Football](#)

[Easy Cricket](#)

[Super 14 Athletics](#)

[Retro Sports](#) (which comprises of Dodgeball, 3v3 Basketball and Ultimate Frisbee)

The regular favourites:

[Badminton](#)

[Chess](#)

[Mixed Hockey](#)

[Masters' Football](#)

[Women's Football](#)

[Netball](#)

[Rounders](#)

[Squash](#)

[Table Tennis](#)

[Golf \(any pairs\)](#)

[Touch Rugby](#)

Early Bird Discount

Book by Friday 29 March 2013 and enjoy special 'early bird' rates, saving a full £10 per night off the prices quoted for the single en-suite and standard singles.

Prior 29 March 2013 (Early Bird Booking)

Single Ensuite £72.50

Single Standard £62.50

Day Visitor £20.00 per day

After 29 March 2013

Single Ensuite £82.50

Single Standard £72.50

Linked Membership

Bring your friends and family to the CSSC Games; members can nominate up to three adult family members or friends to join. Linked Members will pay the same membership fee and have the same membership rights. [Click here for more information.](#)

Don't Forget

You can follow @CSSCGames on Twitter for the latest news, and if you are tweeting about the Games, don't forget to use the hashtag #CSSCGames. There will also be information on Facebook, along with the [website](#)!

(nicki.stowe@dwp.gsi.gov.uk)

Sponsored by



THE FORUM

Cut this out from
the Newsletter
and exchange at
The Forum for a
Voucher



New Members Only

expressions
fitness

2 DAY MEMBERSHIP

This membership entitles you to
two consecutive days of fitness **FREE!**

(Cut this out from the Newsletter and exchange at The Forum for a Voucher)



THE FORUM FLYER - February



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



February

Classic Indoor Race Distance (2,500m)

2,500m was the distance rowed at all indoor rowing championships until 1995 when it switched to 2,000m.

You can see the British and World Records for this distance on the C2 website at: concept2.co.uk/records

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

aqua zone

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