

Volume
11/16

Deadline for Next Issue
Articles
23/11/2016



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THE NEWSLETTER



Please Contact Phil On:

0113 2324456

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

the.newsletter@hotmail.co.uk



November



www.hassraleedsnewsletter.com



November News

This month's highlights

The winner of last month's Olympics Sudoku quiz was Pete Knowles from 1st Floor South QH!

We have a Crossword quiz for November. You could be in with the chance of the **winning the £30 prize Money**. If you have a Christmas quiz that you'd like us to include in the Newsletter, please send it in and we could use it for our monthly competition.

There is a **HASSRA Open Day** in the Forum Sports Hall on 10th November. You can find out things such as: who we are, what we do, how you can benefit and various opportunities you can benefit from.

We have a 4 night trip to the **Isle of Wight** in April 2017. There is also a new trip to **Bakewell & Buxton** including a tour of Riverside Brewery and Derbyshire Winery.

There is a table for events and description of events for the **Wine Club**. The **Golf Club** is still offering lesson subsidies and the **Angling Club** has twinned with the **Craft Club** for a break away. **The Walking Club** is advertising a trip to Appletreewick and Trollers Gill in November as well as a Weekend in the Peak District in October 2017.

We now are happy to have a fully fledged running club which you can read all about on page 21 followed by a trip to Run in Riga on page 22.

The Choir still meets on Thursdays at 1pm in the Woodpecker Bar and is running a weekend away on the 5-6th November. The Choir Christmas performance is on Thursday 8th December in Quarry House.

The Civil Service Choir are organising their Christmas Carol Service too.

The Christmas party date is set as the 15th December at The Tkye Tavern on Crown Point Road. Look out in this and future editions of the Newsletter for HASSRA Leeds Christmas party dates.

Congratulations to Elaine Arnott and Joan Liversuch of HASSRA Leeds who won the regional round of the **HASSRA Bake Off** Held on 19th October in Quarry House. They both now will go on to represent the region in the National Final (to be held in London in November) – Best of luck to both.

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

Come down to the Woodpecker **Coffee and Sandwich Bar** at The Forum on the ground floor, East Entrance of Quarry House. There is a variety of food and drink available, from Croissants and pastries to smoothies and juices. There is also **free WiFi** for customers as well! The Forum is currently in the process of undertaking a partial refurbishment of the gym area and has a new **Aqua Fit Class**. Pop down to the Forum for more information.

Thanks,

Phil



October Sudoku

Answers

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

There were 17 answers, all of which were correct.

The winner is Pete Knowles 1st Floor South QH.



November Quiz

1		2		3		4			5	6		7
8						9		10				
11								12				
13				14			15			16		
						17						
18		19				20		21				22
23								24				
25					26							

Across

- 1 Waterfall (8)
- 5 Cans (4)
- 8 Pulsate (5)
- 9 Border plant (7)
- 11 Diminish, shrink slowly (7)
- 12 Precious stone (5)
- 13 Christmas songs (6)
- 15 Commotion (6)
- 18 Snug (5)
- 20 Saviour (7)
- 23 Knee bone (7)
- 24 Thrown (5)
- 25 Petty quarrel (4)
- 26 Surprised (8)

Down

- 1 Quoted (5)
- 2 Breed of dog (7)
- 3 Dressed (5)
- 4 Young cattle (6)
- 6 Relative by marriage (5)
- 7 Vivid red (7)
- 10 Small and elegant (5)
- 13 Pilot's compartment (7)
- 14 Faithful (5)
- 16 Out of the ordinary (7)
- 17 Bosom (6)
- 19 Theme (5)
- 21 More secure (5)
- 22 Inflexible (5)

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

Please send your completed quiz to Phil Hepworth, Forum Reception by 24th November COP.
 All correct entries (or highest score) will be entered into a prize draw for £30. Members only.



Joining HASSRA

Read our ['Join Us' Membership Booklet](#) to find out more about our discounts, offers, benefits and free prize draws. It also includes a membership and lottery application form.

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

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

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

If you work for **DWP** [click here](#) for the membership application form

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

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

Becoming a National Associate Member

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

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

For more information on the National Associate Membership Scheme please [click here](#).

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

To apply for **National Associate Membership**, complete the form [here](#).

Child Associate Membership of HASSRA Leeds

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

HASSRA Leeds Associate Membership

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

How much does it cost?

National Membership and National Associate Membership cost just £1.99 per month. The monthly subscription is deductible from your salary or civil service pension or payable 12 months in advance if you belong to the HASSRA National Associate Membership scheme.

Hassra Leeds Associate membership costs £33.00 per year.



Bringing leisure to life

Date For Your Diary



HASSRA Open Day

10th November 2016
Sports Hall, Quarry House

You can find out:

- Who we are...
- What we do...
- How you can benefit Nationally AND Locally
- Opportunities - Not just sporty ones!

More info next month.





HASSRA Leeds Exclusive Trip Isle of Wight - 4 night stay – from £140

Staying at the Trouville Hotel, Sandown, Isle of Wight 3*

Monday 3rd – Friday 7th April 2017

Included

- 4 nights, Dinner, Bed & Breakfast
- Optional free sightseeing island tours and visits to Newport, Cowes and Godshill
- Option to relax, walk, sight-see at leisure
- On board 'welcome' pack
- Return executive coach travel- exclusive for HASSRA Leeds

Monday – Collection from Quarry House and travel to Isle of Wight. Comfort stops on the way, arriving at the 3* Trouville Hotel, a well-appointed and excellently placed hotel with 88 en-suite bedrooms and offering expected facilities such as TV, hairdryer, tea & coffee hospitality trays and toiletries. More information is available on their website www.trouvillehotel.co.uk/

Tuesday - Optional free excursion around the Island. An enchanting tour beginning with Bonchurch, one of the oldest surviving settlements on the island. Next we're on to Ventnor, famed for its micro climate and wide variety of flora and fauna. Then along past the pretty coastal village of Brighstone and the shopping town of Freshwater to Bay, with a chance to see the world famous coloured sand cliffs that overlook the Isle of Wight's most famous landmark - The Needles Rocks. Finally stopping at the bustling town of Yarmouth with its natural harbour and historic castle.

Wednesday - Newport & Cowes free excursion exploring the Isle of Wight's principal town and its charming maritime heritage. Have time in the morning in Newport, enjoying quaint little shops and interesting quay side. In the afternoon we travel to Cowes, best known as the world's premier yachting centre, and the island's main port with a natural harbour.

Thursday – a half day free excursion to Godshill, a picture postcard village with thatched cottages, quaint tea rooms and model village. It also features a medieval church dating back to the 14th Century.

Friday – after breakfast the coach will return to Leeds.

PRICES	HASSRA LEEDS	NON-MEMBERS
Basic price	£140	£269
Single supplement	£0	£TBC

A small number of single rooms and rooms sleeping three people are available

CLOSING DATE - 28th November 2016 -

Balance required by 30 January 2017.

Please complete and send booking forms with a deposit cheque of £30 per person (*non-refundable after confirmation of trip has been given*). One cheque per party if possible made payable to HASSRA Leeds to: Julie Chapman, Rm 2W26, Quarry House, Quarry Hill, Leeds LS2 7UE.

Bank transfers for payment will be accepted please contact Julie Chapman for details.

Note: This is a bespoke trip for HASSRA Leeds and failure to get a minimum of number of applicants *may* result in this trip being cancelled - **please BOOK EARLY.** Julie.chapman@dh.gsi.gov.uk for any other enquiries.



HASSRA LEEDS Bakewell & Buxton trip 2017 Includes tours of Riverside Brewery & Derbyshire Winery

Friday 23rd June – Sunday 25th June (2 nights / 3days)

HASSRA Leeds members from £99 (single supp £39)

Join us for a welcomed weekend trip, exclusive to HASSRA Leeds. Executive coach travel from Quarry House, staying at the 3* Best Western Stuart Hotel, Derby, for 2 nights B&B.

Visits to the charming spa town of Buxton, with an optional excursion to Pooles Cavern for those wishing to venture underground and billed as “Natural Wonder of the Peak District”

<http://poolescavern.co.uk/> Time will also be spent in Bakewell, the ancient capital of the Peak District with opportunities to sample the local delights, tarts, beers & wines!

Evenings in Derby, allowing you the choice of where to eat, drink and wander at will.



Full Itinerary:

Friday 23rd June – Depart Quarry at 10am and travel to Buxton. Ample free time for exploration of this spa town with Georgian architecture, thermal baths and shops centred around a shopping arcade built over the River Wye by the Spring Gardens. For those who have pre-booked the optional excursion to Pooles Cavern, you will be accompanied by a guide to explore the vast limestone caverns and wonder at the crystal stalactites & stalagmites that are now lit with expert lighting. Later in the afternoon the coach will continue to Derby and the centrally located Best Western Stuart Hotel which is 5 minutes' walk from the city centre. This hotel has its own restaurant and bar for those not wishing to venture far, free WiFi in public areas, 24 hr room service and all rooms en-suite with hairdryers and TVs.

Saturday 24th June – Today is spent in Bakewell, which received a royal charter as a market town in 1330. Bakewell's Farmers Market is generally held on the last Saturday of each month and attracts around 70 stall holders who showcase local foods of the Peak District and craft foods & drink. In the afternoon we include a tour of the Riverside Brewery and a sample of 3 halves of beer per person. A further visit has been arranged to the nearby Derbyshire Winery where in the ensuing hour you will have the chance to sample between 8 – 12 wines, staving off the effects with cheese & crackers before returning to the coach for the journey back to Derby with a complimentary 375ml bottle of wine!

Sunday 25th June – After breakfast we check out of the hotel and travel to Barton Marina, situated on the Trent & Mersey canal <http://bartonmarina.co.uk/> This visit allows you time to take a walk around the lakes and woodland and indulge in some shopping before partaking of the many eateries that are available. The coach will depart from here in the early afternoon to return to Quarry House.

Price:	HASSRA Leeds members	Non-Members
Per person	£99	£200
Single supplement	£39	£78
Pooles Cavern	£7	£10

DEADLINE for Applications – 31st January 2017 (Balances will be required by 1st May 2017)



BUXTON & BAKEWELL TRIP - 23rd June – 25th June 2017

Send completed form with deposit to:

Julie Chapman, Rm 2W26 Quarry House, Quarry Hill, Leeds, LS2 7UE

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

Name	HASSRA Leeds member Yes/No <small>No. if known (found on back of Forum card eg: LEE00001)</small>	Type of Room <small>Double/Twin/Single/Family</small> D/T/S/F	Poole Cavern Trip Yes/No	Amount of Deposit £30 per person	Balance of cost of Trip

Do you have any special dietary or ability requirements?

Name of lead contact:

Address (Work or Home)

Phone

Mobile

E-mail

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

If travelling alone, would you like to "buddy" in a twin room with another tripper of the same sex, to avoid the single supplement? **YES / NO**

Would you be willing to "buddy" if you have requested a single room but none is available? **YES /NO**

▪ **Balances will be required by 1st May 2017**

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

- 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.
- Insurance should be considered and include cover for medical treatment, an emergency helpline, and repatriation cover – see also para 5 of the terms and conditions.
- 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**



Wine Club



Thursday 10 November – Tasting Select M & S wines

Most of us will spend some time looking through the Supermarket Wine section and wondering if the wines that are “selected” by their wine buyers are any better or, better value, than the wines that we may purchase based on our own preferences. As part of a series of Supermarket wine tasting events, Mick Morby will be presenting “Select wines from M & S” for you to test for yourself. Why not join us for the evening event and undertake to improve your knowledge of some of the Wines on offer at your local M & S.

Friday 18 November – Latitude Christmas Tasting External Event

We are awaiting final details of this event, but we are expecting price to be £12.50 for HASSRA members and £25.00 for non. Contact Roy Jones for further information.

Friday 25 November – Posh verses Hotch

Catherine Hotchkiss and Jo O’Keefe will be going head to head presenting some of their favourite wines to see who comes out on top!!

For further information on any of these events please contact Roy Jones, Telephone number 0113 232 4324, e-mail address

Roy.L.Jones@dwp.gsi.gov.uk

Dates: November – December 2016.

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

Date			Topic	Presenter(s)	Buddy	Cost
Thursday	10	Nov	Tasting “select” M & S wines	Mick Morby		M/H
Friday	18	Nov	Latitude Xmas Tasting	External Event	Roy	M/H
Friday	25	Nov	Posh verses Hotch	Jo & Catherine		L/M
Friday	9	Dec	Xmas Event	Committee		Special

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



Golf Society

SUBSIDISED LESSONS

- HASSRA Leeds Golf Society offers private golf lessons, arranged with a golf professional of your choice.
- **We will subsidise your lessons by 50%, up to a maximum of £100 per member per year.**
- Most golf clubs offer individual lessons, lessons in pairs and group lessons.
- **You must be a Full, Retired or Associate member of HASSRA Leeds and have paid your memberships subscription to the Golf Society to take advantage of this offer.**

WHAT TO DO NEXT

- Once you have paid for your lessons and have a receipt, please send it to:
Brendan French, Room Zone F, 1S25 Quarry House, Leeds LS2 7UA.





Golf Society



May Day
Bank Holiday Trip

25th SEASON SPECIAL TRIP

Royal Lytham & St Annes
& St Annes Old Links

April 30th & May 1st 2017

2 days at £195 (Non-HASSRA members £360)
Non-golfers cost £30 (Non-HASSRA members £60)

*** Our bid for funding has NOT yet been confirmed by HASSRA Leeds and your application should bear this in mind. Although, we do expect to secure the subsidy, you will be able to withdraw your application if the price changes dramatically ***

The price includes the prize fund and:

- 1 night dinner, bed and breakfast at Best Western Glendower Hotel
- Two rounds of golf (St Annes Old Links & Royal Lytham St Annes)

DEPOSIT PAYMENT OF £100 (£30 FOR NON GOLFERS)
IS DUE BY 9TH DECEMBER 2016



ST ANNES OLD LINKS

Is justly proud of its 6941 yard Par 72 Championship links course and welcomes the opportunity to share it with golfers from around the world. Founded in 1901, St Annes Old Links is one of the fine championship links of England's north west coast and hosted the Local Final Qualifying for The Open in July 2012 held at nearby Royal Lytham & St Annes.

Other forthcoming major events include the Boys' Home Internationals in early August 2017, the UK Seniors Golf Association North West Championship at the end of August 2017 and last but not least - we are proud to be selected by the R&A to host Final Open Qualifying July 2018 and for the following 3 years until 2021.

The signature 9th hole was voted by Golf World in the May 2010 issue as the Top 9th Hole in Great Britain and Ireland. The great Bobby Jones is quoted as saying "it's difficult to see how you could improve on this". Enough said!

ROYAL LYTHAM & ST ANNES

Royal Lytham & St Annes Golf Club was founded in 1886 and the present Course constructed in 1897. The Clubhouse celebrated its Centenary in 1998. It is one of the premier links courses in the world, host to eleven Open Championships, two Ryder Cups and numerous other major tournaments including the Women's and Seniors Open Championships and the Walker Cup in 2015. Northern hospitality has always been famous and Royal Lytham leads the way.

The layout of Royal Lytham & St Annes has remained faithful to the original created by the Club's first Professional, George Lowe, over a century ago. The only significant changes were made in 1919 when the club asked Harry Colt, the pre-eminent Course Designer of the time to make recommendations for improvement.

Over the next four years he repositioned some of the Greens and Tees added numerous bunkers and lengthened the course.

It is not a conventionally beautiful golf course, surrounded as it is by suburban housing and flanked by a railway line, but it has a charm all of its own. It is a Links Course that is a long way from the sea yet close enough for the sea breeze to have an effect on one's game and was aptly described by Bernard Darwin, the leading golf writer of the thirties, as 'a beast of a Course, but a just beast'. He went on to say that 'no one could fail to be impressed by its difficulties, which sets a golfer just about as ruthless as an examination as any Course of my acquaintance'.



25TH SEASON SPECIAL GOLF TRIP

**ROYAL LYTHAM & ST ANNES
MAY DAY BANK HOLIDAY: APRIL 30TH & MAY 1ST 2017**

	HASSRA LEEDS MEMBERS	NON-MEMBERS
Basic Price	£195	£375
Non-golfers	£30	£60
Single supplement	£15	£15

***** Members and guests on this trip should have their own travel and golf insurance *****

DEPOSIT PAYMENT OF £100 (£30 FOR NON GOLFERS)
IS DUE BY 9TH DECEMBER 2016

PAYMENT METHODS

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

Please add a reference stating **RLSA AND NO: OF PEOPLE**.

YOU MUST TELL US YOU HAVE PAID...so please...

E-mail PAUL.BENTLEY4@DWP.GSI.GOV.UK to confirm:
who is attending, what you have paid, Name on your bank account, Contact Tel Number.

OR: Pay by cheque made payable to "HASSRA Leeds Golf Society" send tear-off to:
PAUL BENTLEY, ROOM 3S25, QUARRY HOUSE, LEEDS, LS2 7UA.

HASSRA (LEEDS) GS TRIP TO RLSA 2017
PLEASE MARK ENVELOPE "PRIVATE & CONFIDENTIAL: ONLY TO BE OPENED BY"

Cheque attached for £..... as DEPOSIT PAYMENT for the following people.

.....
.....



HASSRA Leeds Angling & Craft Clubs

**Join us for a three day break in
Cambridgeshire Thursday
22nd to Saturday 24th June 2017**



The Hotel

The hotel is located on the main high street of the market town of March, Cambridgeshire. It has ample free parking and provides facilities to the highest standards with comfortable bedrooms and air-conditioning. We will enjoy free membership to the hotels leisure facilities during our stay.

The Fishing

On the Thursday and Friday we will be fishing at Decoy Lakes near Whittlesey. The complex is one of the best commercial fisheries in the country. We will practice on the Beastie Lake which is the oldest and largest on the complex on the Thursday. The following day we will have a 6hr match on Six Islands Lake which boasts an average stamp of fish approaching 10lb!

On the Saturday we will be fishing a 5hr match on Cock Bank one of the many local drains controlled by Whittlesey Angling Association.

The Craft Activity

We will spend a day hand dyeing yarn and fabric at Spin City in the beautiful fen village of Waterbeach. After a gentle foraging walk we will take part in a hand dying yarn or fabric workshop.

A full day workshop at Rachel Dormer Ceramics making a porcelain jug or vase with time to have a go on the potter's wheel. It takes 3-4 weeks for ceramics to be glazed and fired so our pieces will be sent on to us afterwards.



**Join us for a three day break in
Cambridgeshire Thursday 22nd to
Saturday 24th June 2017**

An evening of jewellery making at The Beaderie in Cambridge will give us the chance to see the colleges and bridges over the river Cam by twilight.

Please note that additional charges might be made for the craft activity.

The Price

HASSRA Leeds Members single room 2 nights DB&B £90.00

Non-members single room 2 nights DB&B £175.00

Two HASSRA Leeds Members double/twin room 2 nights DB&B £120.00

Non- members double/twin room 2 nights DB&B £240.00

Not included in the price

Transport
Activities other than fishing

Please send booking forms with a deposit of £30 per room to **George Roe, Room 1S25 Quarry House, Quarry Hill, Leeds, LS2 7UA by 13th January 2017.** Cheques should be made payable to Quarry House Angling Club.



Craft Club



We made it onto a National Blog

As part our contribution to the recent Quarry House Macmillan Coffee morning we sold handmade cards too mainly using products donated by Craftwork cards (a renowned card crafting company). Janet Coy emailed photos of the finished products to Craftwork Cards advising how much we had made (£122) they replied asking if they could use the photos on their blog which we agreed to and it was published on Sunday 16th October.



Crafting and cake

Wednesday 23rd November 2 – 4pm

We can't think of anything nicer than crafting and eating cake and we've found somewhere we can do both! We have arranged a paper crafting session at **"The Paper Haven"** in Farsley where we'll enjoy scones with jam and cream, unlimited hot drinks and all the craft materials needed to make a project using 'Stampin' Up' products. There are a limited number of places available. The cost is £15 (Craft Club members will receive 50% refund on proof of purchase) If you are interested in this please contact [Elizabeth Letaief](#) for more details so we can book numbers.

Poppies for the Royal British Legion

Many of you will know the Craft Club endeavours to decorate the "Tree in the Canteen" updating it regularly with seasonal themes. From Friday 7th November to Monday 14th it will be decorated with poppies made by Craft Club members. The intention is for staff to either buy or sponsor a poppy at lunchtimes during this period and all proceeds will be given to the Royal British Legion. If you do not visit the canteen and would still like to purchase a poppy please contact [Vanora Moore](#) or [Janet Coy](#).





Relieve your stress with Colour

Did you know colouring is well known for relieving stress. Join us at lunchtimes from w/c 21st November painting stones using Mandala techniques or colouring printed pattern sheets. All materials provided a small contribution to be made to support the charity "MIND" will be required. Contact [Janet Coy](#) or [Elizabeth Letaief](#) for more details.

60 Million Trebles Challenge

Can you knit or crochet? Quarry House is contributing to the [60 Million Trebles](#) challenge making 13,050 3 foot blankets from knitted or crocheted squares by next summer. There's a lot more information on the Facebook group about the challenge. Craft club member [Anne Brown](#) is the drop off point for completed blankets in the Leeds area and would be happy to collect and join squares from anyone in Quarry House wanting to get involved. There is plenty of wool available in the Craft Club if you don't want to buy or use your own.

Forthcoming Lunchtime Events.

Following last year's successful "Christmas Crafting on Wednesdays" we are organising 3, 1 hour long Christmas themed lunchtime crafting sessions commencing Wednesday 30th November. The first one will be to make a "Christmas Wreath", to book your place please contact [Janet Coy](#). The cost will be £5 for craft club members and £8 for non members. The other 2 sessions will be announced shortly.

The Knitting and Stitching Show – Harrogate International Centre 24th to 27th November

"The definitive event for anyone with a love of stitching crafts, supplies, workshops and textile art."

If you attend this show and are a Craft Club member you can reclaim 50% of your entrance fee with proof of purchase.

We are always looking for new members. If you are interested in joining the Craft Club it's only £1 and the only thing we ask is that you are a member of HASSRA. As a member you get discounted rates for workshops organised by the craft club, discounts into craft fairs (where you buy items to make craft items), discounts on workshops you organise yourself subject to HASSRA rules regarding activities. For more details contact [Janet Coy](#) or [Elizabeth Letaief](#)



Walking Club

Sunday, 6th November
Appletreewick and Trollers Gill
7 miles

The walk:

This circular walk begins alongside the river Wharfe and proceeds as far as the hamlet of Howgill. There is then a climb up Howgill Lane, eventually passing Parcevall Hall before the walk reaches Trollers Gill. The final section is along clear tracks on open moorland, eventually arriving back at our starting point.

Clothing

The weather in the Dales can be variable and some of the walk is in open countryside. Please ensure you bring additional warm layers and waterproofs; good boots are essential as paths can be muddy and slippery if the weather is wet.

Meeting point and time: Meet at 10:45 for a prompt 11:00 start outside the Craven Arms in Appletreewick, BD23 6DA, Grid ref. SE050601.

Parking is available along the main street in the village, but the car park opposite the Craven Arms is for customers only.

Transport

By car: There is no bus service on Sundays so car sharing is recommended. If you need, or can offer, a lift on a petrol-sharing basis; please let the leader know when booking. The leader can offer lifts from Leeds for up to 4 people.



Lunch

Please bring a packed lunch, or if you want to eat after the walk, food is available at the Craven Arms or the New Inn all day.

To book your place on this walk - Please contact the leader, Jerry Bird, by close on **Saturday 5th November.**

Email: jfbird@btinternet.com
Tel. 0794 054 0806



Walking Club

Weekend in the Peak District

13th – 15th October 2017

Join us for an Autumn weekend in the beautiful Peak District National Park - Biggin Hall is an historic house of 17th century origin, centrally situated in peaceful open countryside, 1,000 feet above sea level and the ideal base from which to explore and enjoy stunning landscapes, glimpses of past grandeur and bold enterprises now preserved as industrial archaeology.

The diverse nature of the Derbyshire landscape with its dry-stone walling, deep wooded valleys, heather clad moorlands and timeless market towns and villages, provides the perfect setting for a relaxing break. The area is one of England's finest for walking and cycling; this tranquillity belies the vast wealth generated by Derbyshire's lead, copper and coal mines, and the dark satanic mills of the Derwent Valley, wealth which financed the building of iconic stately homes. Chatsworth House, Haddon Hall and Kedleston Hall are within half an hour's drive of our hotel.

HASSRA Leeds Walking Club will lead a short walk on Friday afternoon, a choice of walks will be available on Saturday and a short walk on Sunday morning.

The price includes 2 nights, dinner, bed & breakfast, a complimentary Pimms or mulled wine before dinner, house wine with the meal and a packed lunch.

Prices: Double / Twin HASSRA Leeds members	£180 - £195
Double / Twin – non-members	£360 - £390
Single HASSRA Leeds Member	£110
Single Non-member	£210

Please note:

- single rooms are limited, using doubles as singles will cost more and we will look to share out the additional cost;
- rooms in the main house command a higher price than those in the Courtyard or Lodge – please state if you would like one;
- the price may come down if there is sufficient interest to book the whole hotel.

Transport: No transport is provided for 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.

Closing date: 24th February 2017

Please return booking forms by email to: Luisa.panetta@dwp.gsi.gov.uk, or by post to: **Luisa Panetta, Room 3SJ, Quarry House, Leeds, LS2 7UA**. Please see booking form for payment details.



Walking Club

NAME OF TRIP: Peak District Oct 2017

Friday 13th Oct - Sunday 15th Oct 2017

Closing date: Friday 19th February 2016

Name	HASSRA Member (Yes/No)	Room Required (S / D / Twin)	Amount Sent (£50 deposit pp required)

To: Luisa Panetta, Rm3SJ, Quarry House, Leeds, LS2 7UA

Email: Luisa.panetta@dwp.gsi.gov.uk

If booking for a single person, are you prepared to share a room? Yes/No (delete as appropriate)

Would you like a room in the main house?
Do you have any special dietary requirements?

Name and address of Lead Contact:

Tel No:

Mobile:

Bank transfers direct to HASSRA Leeds Rambling Club are the preferred method of payment. to 08-92-50 / 65070800. If using this method, please send completed application form (electronically or hard copy) to the address at the top.

If sending a cheque, this should be made payable to HASSRA Leeds Rambling Club unless otherwise specified in the advertisement and sent to the address at the top.

In the event of over-subscription, a ballot will be held and refunds made to unsuccessful applicants. Cheques will not be banked until after the closing date, but bookings will not be accepted without a completed application together with cheque or preferably Bank Transfer Remember to enclose your cheque with the application. Please ensure that you provide **full** contact details. Failure to do so may prejudice your booking. Applicants requiring confirmation that booking form & cheque/payment 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).



Running Club



- Do you enjoy running?**
- Are you new to running?**
- Are you an experienced runner?**

The HASSRA Leeds Running Club is looking for any type of runner to join our club! Membership is **only £5 per year** and with that you get a whole range of benefits, including:

- **Cash Back for events you complete or kit** - £5 Membership for the year entitles you to claim £15* back against entry fee for two organised run events completed in 2017. Cash-back is also available on Running Magazine subscriptions, Trainers, Kit, etc.
- **Informal group sessions** mainly led by trained [Run England Group leaders](#) – offering a wealth of experience
- **Lunchtime competitions** for those that like a bit of a competitive challenge!
- Motivation to **escape your desk at lunchtime** in a relaxed environment
- **Useful running resources** and signposts to events, including running abroad.

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

Joining is easy! To join, simply transfer £5 to: "HASSRA Leeds Running Club" Sort Code: 089299, Account No: 65630208 and email alastair.connell@dh.gsi.gov.uk so that we can track your membership payment and you can be added to the circulation list for communications.

Upcoming local events to try:

Leeds Abbey Dash – 6th November
Kirkstall Abbey – 19th November
Leeds Canal Christmas Cracker – 4th December
Chevin Chase – 26th December

What we've been up to:

Some of the club at the Women's Running Leeds 10k



Run in Riga!

3 night stay – from £160

Taking part in the Lattlecom Riga Running Event, staying at a 4* spa hotel in Central Riga – 13th – 16th May 2017

How does a 3 night stay in the beautiful capital of Riga sound coupled with a running event that will see you explore the capital in a different way? The Lattlecom Riga Marathon 2017 event has 4 distances you can try – a 6km, 10km, half marathon and the marathon so is suitable for runners of all abilities! <http://www.lattlecomrigasmaratons.lv/en/>

What's Included?

- 3 nights bed & breakfast in a 4* spa hotel
- Flights (see below for details. Transfers to and from the airport at either end are not included)
- Subsidised entry into one of the runs

Saturday: Fly to Riga! Make your way from the airport to the hotel (we will supply information nearer the time).

Sunday – Race day: Pick up your race number! Setting off from the very centre of Riga (all at varying times), then you'll have chance to explore Riga for the rest of the day and night.

Monday: A day to explore the city. The main highlights are: St Peter's Church, House of the Blackheads and the Central Market.

Tuesday: Further time for exploration before you head back for your flight.

Flights: HASSRA Leeds are inviting you to book your own flights. We will need confirmation of flight booking before securing your accommodation. We recommend the following 2 flight options from the UK on the 13th – 16th May 2017*:

	Outbound	Inbound
Manchester – Riga (Ryanair)	17.05 – 21.55	11.35 – 12.25
Doncaster – Riga (Wizz Air)	18.35 – 23.10	17.20 – 18.05

Prices: Current prices are looking at a maximum £210 per person for 3 nights in a 4* hotel in central Riga (based on a single room – other options will be available once we have confirmation of numbers and room types). The HASSRA subsidy will be £120 towards both the flights and the hotel.

	HASSRA Leeds Members	Non-members
Price** (based on single occupancy)	~£90 + flights + approx. 50% run entry discount	~£210 + flights + approx. 50% run entry discount

The run: Whilst we encourage everyone attending to take part in one of the runs, entry is not mandatory. Runners will pay no more than £10 (this works out to be 50% discount for the full and half marathon!) to enter any of the races. You must be a member of HASSRA Leeds Running Club but this race is separate to the other race money you can claim back!

CLOSING DATE – send a completed booking form by the 30th November. We will then look to book hotels and would need flight confirmation email by 10th December.

Contact rosina.citrone@dwp.gsi.gov.uk or Elaine.craiggs1@dwp.gsi.gov.uk for more details.

*These flights are just our suggested options. Other flight times can be chosen however hotel subsidy will be between the dates of 13th – 16th May 2017 inclusive. **All prices are estimated based on current rates.



Quarry House Choir



A work-based community choir

Development opportunities for singers, vocal leaders and conductors.

The Quarry House choir is advertising *Sing for Pleasure* courses and expressions of interest are sought for attendance on these courses.

Quarry House choir is able to contribute towards attendees' course costs

Weekend for Singers, Conductors & Vocal Leaders
5-6 November 2016: Bolton.

Quarry House Choir's financial contribution is £50pp

Expressions of interest are sought. Please contact Elaine and Geoff **before you book the course** and we will confirm the subsidy and advise you how to book the courses and claim the subsidy from Quarry House Choir, after attendance

Elainearnott29@gmail.com

And

Geoff.nash@csep.gov.uk

For course prices and booking information please visit
www.singforpleasure.org.uk/events/current-listings



Quarry House Choir



A work-based community choir



The choir meets on Thursdays at 1pm in Café Vita at East reception we are working on our Christmas performances

Forthcoming events to note:

Christmas performance in Quarry House on Thursday 8 December.

We are also singing in the local community, Trinity and to other government teams in Leeds

If you fancy joining us in January or want to find out a bit more- there's no audition process!

drop us both an email

Elainearnott29@gmail.com

And

geoff.nash@csep.gov.uk

A decorative border of holly leaves and red berries surrounds the text. In the background, a faint image of a building with a clock tower is visible.

CIVIL SERVICE CHRISTMAS CAROL SERVICE 2016 - Rehearsals -

If you are interested in participating in the choir the rehearsals will take place each **Friday lunchtime at Oxford Place between 12:30 and 1.:30 commencing on Friday 4th November.**

You do not need to be an accomplished chorister to join the choir, nor do you need to be able to read music. We are looking for those people with enthusiasm who are willing to come along and have a go!

For further information please contact Alastair Sayles on

0303 444 8131 or by e-mail at
alastair.sayles@communities.gsi.gov.uk

Or

Roger Morgan-Williams by e-mail
roger.morganwilliams@hmrc.gsi.gov.uk

A decorative border of holly leaves and red berries surrounds the entire page. In the background, there is a faint, grayscale image of a city street scene with a street lamp and buildings.

CIVIL SERVICE CHRISTMAS CAROL SERVICE 2016

You are all warmly invited to this year's Carol Service, which will be held at:

**Oxford Place Methodist Centre
Oxford Place, Leeds**

on

Thursday 15 December at 12.45 pm

The service will last approximately 45 minutes. Everyone who works in the Civil Service in Leeds, plus friends and families, is welcome to come and join in the festive spirit and celebrate the real meaning of Christmas.

There will be a mixture of traditional congregational carols for everyone to sing and some more unusual carols from the choir (who are made up of volunteers from Civil Service Departments throughout Leeds).

**For further information please contact Alastair Sayles on
0303 444 8131 or by e-mail at
alastair.sayles@communities.gsi.gov.uk**

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2016 BOOK EVENTS

NOVEMBER 2ND & 3RD

DECEMBER 7TH & 8TH



HASSRA Leeds/CSSC

Christmas Party

Thursday 15th December 2016 – 8:00pm – 1:00am
Tickets are Free to HASSRA Leeds Members/CSSC Members, £4.00 for non HASSRA Leeds members/CSSC members – Tickets Available from Simon Jarrold
(Simon.jarrold@dwp.gsi.gov.uk)

For CSSC members not based in Quarry House please contact Adele Hirst
(Adelecomps@talktalk.net)

Party to be held at The Tyke Tavern (newly refurbished)
– Gateway North, Crown Point Road, Leeds, LS9, 8BZ
Includes free buffet (served at 8:30) and disco (and all new dance floor!)





**THANK YOU TO EVERYONE WHO BAKED
FOR/ATTENDED OUR MACMILLAN COFFEE MORNING
on FRIDAY 30th SEPTEMBER**

**WITH YOUR SUPPORT (AND WITH OTHER EVENTS
FOR MACMILLAN) WE REACHED OUR BEST EVER
TOTAL – A FANTASTIC £2,029.06!**

**THANKS FOR SUPPORTING OUR FUNDRAISING AND
THE MACMILLAN CANCER SUPPORT CHARITY
SEE YOU NEXT SEPTEMBER AND BEST WISHES**

HASSRA LEEDS

Get your 'stache' on



The Wellbeing team and HASSRA are supporting the Movember Foundation this November, by having a competition for the best three moustaches of Quarry House.

Don't worry ladies we are also running a competition alongside for the best three cress heads so you can still join in the fun!

The Foundation is a global charity committed to men living happier, healthier, longer lives. Since 2003, millions have joined the men's health movement, raising £402 million and funding over 1,000 projects focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity. If you would like to know more please visit: www.movember.com

We are asking for a minimum donation of £1.00 to join in and the rules are:
Best three moustaches:

- Start clean shaven on 1st November
- Grow and groom your moustache for 30 days
- It must remain moustache and not join up with any other facial hair

Best three cress heads:

- Email the Wellbeing team (WELLBEING.QUARRYHOUSE@DWP.GSI.GOV.UK) for your cress head kit (only takes 4-6 days to grow.) It can be grown in an egg shell or a yoghurt pot
- Decorate your cress head as you wish

Moustaches and cress heads will be judged in the canteen on Thursday 1st December at 12:00.

Don't worry if you are unable to attend in person you can email us a photo.

Please feel free to snap some action shots of your 'stache' and cress egg heads so that we can share them on the canteen TV screens throughout December.





Help those less fortunate this Christmas

Carers Resource Christmas Charity Appeal

It is now nine years since we started to support young carers by providing gifts at Christmas to Carers Resource, a Yorkshire based charity.

<http://www.youngcarersresource.org/>



Through your contributions we have been able to increase the support year on year and last Christmas we provided just short of 200 gifts and 100 Christmas hampers. What an incredible difference that made to the children and their families.

It would be wonderful if you were able to help again. The arrangements are essentially the same as last year. If you know of anyone that has now left but would still like to be involved please share this note with them and indeed you are welcome to share this with your friends and family.

Gifts for children

If you are able to provide a gift to the value of around £10 for a child please contact Jemma Roe by email jemma.roe@dpw.gsi.gov.uk You will be provided with the name, sex and age of a child that you can buy a present for. We are continuing the approach we started last year and which was a great success with the children by telling you the interest/hobby of each child. Presents need to be Christmas wrapped and handed to Jemma Roe in Quarry House 3rd Floor, Central Zone C by Wednesday 30 November with details of the type of present being provided for Carers Resource purposes. If you want to buy presents for more than one child that is of course fine too.

Christmas Hampers

If you are able to provide contributions towards a Christmas Hamper, or even as a team provide a full hamper (which many of you did last year), then please see the attached list of hamper contents. If you want to discuss further please contact Joanne Womack by email Joanne.Womack@dpw.gsi.gov.uk. Please provide them to Joanne in 3rd Floor, S, Zone H (blue), Quarry House by Wednesday 30 November, ideally in strong bags for life to make it easier to carry them.

We expect the hand over event with Carers Resource to take place on **Wednesday 7th December in the Woodpecker, Quarry House at around 1.30pm** so please put that date in your diary and come and join us. It really is like Santa's Grotto at the handover event due to all your kind support.

There are many things that would be suitable for the Christmas hampers, such as:

Juice/squash	Christmas pudding or mince pies
Hot Chocolate	Custard
Cereal variety pack	Tins of chocolate pudding or treacle sponge
Tins of tuna or salmon	Selection boxes
Tins of ham	Sweets
Family size tin of potatoes	Tins of fruit cocktail
Family size tin of carrots	Biscuits
Family size tin of peas	Savoury crackers for cheese
Gravy granules (chicken or turkey)	Crisps
Paxo Stuffing mix	Balloons
Angel Delight	Crackers



Member Reviews



The Buzzcocks

Fibbers

York 6th October

After some interesting pre-gig chat we were running a bit late, so I'm afraid I have no information on whoever was supporting the band. In fact, it was only after about five minutes that they ambled onto stage and cracked on with *Boredom* (I have a recording of one of their early gigs where Pete Shelley sneers to some unfortunate spectator "If you'd shut up, you'd hear that this next song is about you ...").

Apparently a previous gig by Chelsea was very poorly attended, but there were no issues with that – it may not have been completely sold out but if it hadn't reached legal capacity it was pretty full.

The band ran through almost all of their best-known songs (except, unfortunately, *What Do I Get?* which is one of my favourites). They always had a bit of pop sensibility to go with the usual punk ethos of play fast, play loud but I'm not sure that the sound system did them any favours. It wasn't terrible, but Steve Diggle (who did most of the lead vocals) seemed to be mixed down a bit low, as was the bass.

I have written before about the need to have a sensible mix between too much banter and none at all – it must be said that the Buzzcocks erred very much on the side of hardly anything at all by way of chat. So they finished at half ten with a show that was probably a six out of ten – I've seen them better but still good value.

Sex P***ed Dolls, Brudenell Social Club Hyde Park 8th October

I have had to asterisk some of the name of this all-girl band, but if you can't work it out, it is a bad pun

of the Sex Pistols name. They essential play cover versions of some of punk's anthemic songs, although they do also play some of their own, which sounded fine but everyone had come to listen to their covers.

I know, I know, it sounds awful and I generally avoid cover bands but I had been told by people that have seen them before that they are fantastically entertaining and well worth seeing. Also, it was in what is generally reckoned to be Leeds's best small music venue. Attached to, er, a social club in the middle of student land, it is perfectly set up for smaller gigs (with maybe about 400 capacity), and seemed to be nearly full. The support act was a local band, Apollo Junction, who were actually fantastic. They were wandering around the audience at the start of the evening handing out flyers and were saying that they've recently been given some airtime on Radio 2 and I can see why. Energetic but melodic songs, very capable playing, and a charismatic lead singer. Leeds has always punched below its weight in terms of bands but perhaps these lads might buck the trend.

The main attraction was indeed great fun. A few snarled words to the crowd and it was one three minute classic after another – "Pretty Vacant" "Should I Stay Or Should I Go?" "Teenage Kicks" "Alternative Ulster," you name it. But they refused to play "White Riot" because somebody requested it. "We're not DJs," Dolly Rotten retorted. True punk girls. And great fun.

Café Vita



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East Entrance

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0113 2324456 or e-mail theforum@parkwood-leisure.co.uk

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The Forum Leisure Centre Swimming Pool Time Table



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



THE FORUM LEISURE CENTRE

Opening Times

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

Contact

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

Facebook

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



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

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What's on in The Forum

Day	Class	Time	Location	Instructor
Monday	Indoor Cycling	12.30 – 13.00	Studio	Craig
	HIIT Circuit	17.15 – 18.00	Main Hall	Craig
	Kettlercise Express	18.20 – 18.55	Court 1	Craig
	Indoor Cycling	18.30 – 19.15	Studio	Jamal
Tuesday	Circuits	12.15 – 12.45	Main Hall	Craig
	Yoga Fitness	12.15 – 13.00	Studio	Sylvia
	Metafit	17.15 – 17.45	Main Hall	Craig
	Indoor Cycling	18.00 – 18.45	Studio	Craig
	Pilates	18.20 – 19.00	Court 1	Jamal
Wednesday	Indoor Cycling	12.30 – 13.15	Studio	Craig
	Kettlercise Express	17.10 – 17.40	Court 1	Luke
	Ashtanga Yoga	17.45 – 19.00	Court 1	Sarah
	HIIT Circuit	18.15 – 19.00	Main Hall	Craig
Thursday	Kettlercise Express	12.15 – 12.45	Main Hall	Craig
	Yoga	12.30 – 13.15	Studio	Angela
	Indoor Cycling	17.15 – 18.00	Studio	Craig
	Pilates	17.40 – 18.20	Court 1	Jamal
	Metafit	18.15 – 18.45	Main Hall	Craig
Friday	Meta Fit	12.30 – 13.00	Main Hall	Craig

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



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**METABOLISM
ON FIRE**



Tuesday **5.15** - **5.45 pm**

Thursday **6.15** - **6.45 pm**

Friday **12.30** - **1.00 pm**



National HASSRA Offers & Events

HASSRA Lottery



Wellbeing Discounts

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

Member Benefits



A wide variety of benefits including:

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

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

- London Eye Discount
- Merlin Entertainments



HASSRA LEEDS 2016 ticket Offer

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

Autumn/Winter TICKET OFFER 2016 Subsidy application	
Name (s) –	HASSRA Leeds membership numbers
Cost of tickets	£
If you agree that HASSRA Leeds can reimburse via Bank transfer – please provide relevant details	Bank Sort Code: Bank Account no:
Work or home address (if you prefer a cheque to be sent)	
Telephone & Email details in case of queries	Tel: Email:
<p>To claim costs back you will need to send payment proof, dates of your ticket purchase and individual HASSRA Leeds membership number for each person. Include your contact details where the cheque may be sent, to Phil, C/O the Forum at Quarry House, Quarry Hill, Leeds, LS2 7UE. Only events advertised by HASSRA Leeds are eligible for this offer. This offer will be reviewed periodically.</p> <p>HASSRA Leeds staff members will have proof on their payslips, HASSRA Leeds Associate members may check their membership details with the Forum – tel; 0113 2324456 - Queries to be directed to 01132546089</p>	

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

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

All Yorkshire theatre tickets accepted.

Examples of what's on:

PANTOS

Ballet

Burlesque

Musicals

COMEDY

OPERA

BANDS

Variety Shows

Children's production



HASSRA Leeds ACTIVITIES Claim Form 2016

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

Terms & Conditions;

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

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

ACTIVITIES Claim Form 2016 Subsidy application	
Name of applicant	
Email Address	
HASSRA Leeds Membership no.	
Activity – provide dates & venue(s)	1. 2. 3.
ELECTRONIC PAYMENT DETAILS	
Account Name:	
Sort Code:	
Account Number:	
A refund will only be provided when an activity has been undertaken - refunds will not be granted for being a spectator to a sport or when supporting members of family/friends. If in doubt please contact Julie.Chapman@dh.gsi.gov BEFORE submitting a subsidy claim;	

Please complete this section for all HASSRA members who attended:

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

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

(Claims cannot be processed without this information)

DECLARATION

I declare that:

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

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

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

Payment enquiries – please email hassratreasurer@outlook.com



Member Benefits

Restaurants & Days Out

Aagrah Indian Restaurant



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

Fairuz Lebanese Restaurant



For a friendly and relaxed atmosphere and wonderful food visit FAIRUZ at Fairfax House, Merrion Street, Leeds. Tel: 0113 243 4923. All HASSRA LEEDS members can claim 10% discount on their bill at Fairuz, Leeds' only Lebanese restaurant.

Always a popular venue, Fairuz is especially renowned for imaginative use of vegetables and pulses, which makes it particularly attractive to vegetarians and vegans. But fish and meat eaters are also catered for, with delicious fresh ingredients, and an inspired use of herbs and spices. Never tried Lebanese food before?

You're missing a treat.

Historic Houses Association Cards



You can collect one of four HASSRA Leeds Historic Houses Association Cards from Peter Blinston in Quarry House. Not The Forum.

For More Information See:

<http://www.hha.org.uk/>

<http://www.hha.org.uk/Private/5019/Live/HHA%20Benefits%20to%20Members.pdf>

Harewood House Card - OPEN FROM - 25th March 2016



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

Member Benefits

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



Member Benefits

Health & Fitness

5 star fitness

At 5 star fitness we specialise in building health and fitness through personal training and nutritional advice. All our staff are **professional athletes**, coaches and practitioners who can help you achieve your goals and bring about amazing results. Contact us on Castleford 01977 553330 or Leeds 01132 203647 for further information or visit our website on www.5starfitness.co.uk **Free consultation** and half hour session for HASSRA members at one of our private studios.



Acupuncture For Health, Balance and Wellbeing.

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

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.

Member Benefits

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 collect HASSRA Leeds Historic Houses
 season in Temple Newsam Leeds fit Rad
 Fitness Commando Fit COMMANDO mi
 Ingredients inspired herbs spices treat
 Taylor Forum Leisure Centre Quarry
 flexibility benefit success clients in
 support one hour



Member Benefits

Jilly's Crystals

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

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

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

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

www.facebook.com/holistictherapiesyorkshire
holistictherapiesyorkshire@gmail.com

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

CALL:
0113 234 0818



TO BOOK A TREATMENT

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

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

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

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



Member Benefits

Wedding photography packages available from £350.00

Capturing the magic of your special day in a relaxed and friendly way.

We offer a range of affordable and completely flexible packages which all include your edited images on disc or USB stick to use again and again.

Special offer for HASSRA members 25% off packages, (limited availability.)

Feel free to contact Paul for a no obligation consultation or with any questions.

proco@live.co.uk
www.procophotography.co.uk
07947 758991



Northern Heights Tree Specialists



Professional tree and hedge services. HASSRA members benefit from a 10% discount on production of a membership card.

Contact us for free expert advice, friendly service and reliable workmanship.

Fully qualified & insured.

Tel:- 0113 293 1463

Email:- info@northernheightstrees.com

Greig Courtney FScArb

07886 850484

Member Benefits

Need some help with your garden?

North Leeds Garden Design offers bespoke garden design and professional gardening. We will not only get your garden looking its best but ensure that you know how to look after it too. Whether you need a new border planted, the whole garden re-designed or just some advice on a problem area – we can help.

You can find out more about us at:

www.northleedsgardendesign.co.uk

or on:

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

Or phone us on 07967 181950.

HASSRA members receive 10% off all plant orders.



Member Benefits

Member Benefits

Ripley Layne Hair Loss Solutions

Thinning Hair/Hair loss of any description can affect your self esteem and confidence. If you have tried every product on the market with out success and would like to talk to a professional in confidence .

RipleyLayne hair loss solutions can provide a free consultation and one to one non surgical treatments to suit your individual requirements . contact Tracey Garry on 01132601550 / 07517577632 Email tragarry@hotmail.co.uk 20% off any product or treatment.



Break the Pain Feel the Gain - www.pain-barrier.co.uk

David Foster HPC, MCSP

Leeds-based physiotherapist and fitness instructor specialising in back pain and sports injuries providing professional one-to-one treatment from HPC registered and fully qualified therapist.

My clinic is open Monday to Friday with flexibility at weekends: patients seen by appointments only. I would be pleased to discuss your requirements and give advice ahead of your first consultation and treatment.

Please contact me by phone on: 07817 412822 or by email: dfosterphysiotherapy@gmail.com

I am offering 20% reduction to all HASSRA members



TBBS Electrical & Mechanical

Call our Showroom today on 07825 882 343 or 0113 240 5827 - Open 9am - 5pm Mon to Fri
Email tbbselectrical@thebigbathroomshop.com



TBBS Electrical & Mechanical Ltd are an NIC EIC Domestic Installer Registered electrical company based locally in Leeds on the main A64 York Road, Director, Mark Slater, lives locally in the Crossgates area of Leeds and heads a team of dedicated City & Guilds (17th Edition Qualified) electricians, who professionally undertake all aspects of domestic works along with periodic inspection and testing. TBBS Electrical & Mechanical Ltd would like to offer all HASSRA members 10% discount along with a free safety check with agreed works.

Please contact Mark Slater via telephone on 07825 882343 or 01132 405827, via email at tbbselectrical@thebigbathroomshop.com or visit our website at www.tbbselectricalandmechanical.co.uk



Member Benefits

Member Benefits

Philip Simpson - Decorator Paint Effects

I have over forty years experience offering a clean and reliable decorating service in domestic and commercial work.

As well as painting a decorating I also paint kitchen units and furniture through to specialist decorative work.

10% discount to HASSRA members

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

Free Quotes

References available

York (01904) 426557 or 07456 486522
Phillipsimpson8@gmail.com



10% discount for HASSRA members

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

www.rapidoprint.co.uk

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

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

www.rapidoprint.co.uk



Member Benefits

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motivate support one hour exercise session fitter me

BJE LEGAL SOLICITORS

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

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



Up and Running

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

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



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

Two new special offers for all HASSRA Leeds members.
Available Sunday to Friday lunch and dinner (excludes Saturday).
20% off total food & drinks bill (£30 maximum discount per table) booking essential.
2 unique dining experiences – family friendly and for that special occasion.
Just show your HASSRA membership card and mention "HASSRA" when booking.
(Cannot be used in conjunction with any other offer or for special events)



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Ingredients inspired herbs spices treat
Taylor Forum Leisure Centre Quarry

Bags by Butterfly Tree

Made locally with high quality Yorkshire fabrics, and inspired by the natural beauty of the Yorkshire countryside, we are proud to announce that Bags by Butterfly Tree are now available in the newly opened Leeds John Lewis. Buy in store or online, or visit the www.bagsbybutterflytree.com website to personalise your bag.

For a 10% discount on any purchase, email contact@bagsbybutterflytree using the subject header HASSRA DISCOUNT, to receive a discount code.



Leeds Clubs and Activities

Club	Contact	Extension	Room No.
Angling	George Roe	24244 QH	1S25
Badminton	tbc		
Bridge	Andy Mattacks Dave Barnes	24631 QH 24188 QH	GN35
Christian Network	Gillian Priestley Ros Hynes	29949 QH 0113 254 5038	
Craft Club	Janet Coy	QH	Ground, north QH
Cricket	Phil Sharples	7920864377	3S25
Darts	Ian Gibson	IAN.GIBSON@DWP.GSI.GOV.UK	
Football (men's 5-a-side)	Scott Gee	36768 QH	4W57
Football - Wednesday	Phil Thomas	46549 QH	
Forum Leisure Centre	Reception	24456 QH	Ground Floor
Game-fishers	David Roper-Newman	27355 QH	GS36
Golf	Phil Corbett	27363 QH	3S25
Guitar Lessons	Phil Hepworth	07725 005893	The Forum
HASSRA Dance Club	Neil Parkinson Sarah Stevens	Neil.parkinson@nhs.net Sarah.stevens1@dwp.gsi.gov.uk	5E09 & GN35
Hockey - Men's	Sean Massey	24632 QH	GS36
Walking Club	Irene Schwehla	(0113) 8251053	irene.schwehla@nhs.net
Wine	Jo O'Keefe	0113 232 4331	
Table Top Wargame, Boardgame and Roleplaying	Stuart Wiltshire Stuart Barraclough	27234 QH 24435 QH	GS25 1S25
Community Choir	Elaine Arnott	Elainearnott29@gmail.com	
Social Cycling Club	Trina Elkington	trina.elkington@nhs.net	

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
Vice Chair HASSRA Leeds	Nick Streets	Email Only	Contact Editor
Secretary	Isobel Todd	Email Only	isitodd@hotmail.co.uk
Treasurer	Peter Blinston	0113 2545972	peter.blinston@dh.gsi.gov.uk
Events Committee Chair	Susan McPadden	Email Only	beautifulsea1@hotmail.co.uk
Finance/Clubs Development Chair	Nick Streets	Email Only	Contact Editor
Communications Chair	Ruth Streets	Email Only	Contact Editor
BOM Member	Rosemary Matheson	0113 2547130	rosemary.matheson@hscic.gov.uk
BOM Member	Elaine Arnott	Email Only	Contact Editor
BOM Member	Dawn Lennie	0113 2324348	Dawn.lennie@dwp.gsi.gov.uk
BOM Member	Julie Chapman	0113 2546089	julie.chapman@dh.gsi.gov.uk
BOM Member	Irene Schwehla	0113 8251053	irene.schwehla@nhs.net
BOM Member	Roy Jones	24324 QH	Roy.I.jones@dwp.gsi.gov.uk
BOM Member	Jonathan Kirkland	0113 214 8026	JONATHAN.KIRKLAND@DWP.GSI.GOV.UK
BOM Member	Luisa Panetta	24562 QH	Luisa.panetta@dwp.gsi.gov.uk
BOM Member	Simon Jarrold	0113 2327120	simon.jarrold@dwp.gsi.gov.uk



HASSRA Leeds Events and Clubs Activity Programme

November 2016	5 th - 6 th	Quarry House Choir	Weekend for Singers, Conductors & Vocal Leaders	Elaine Arnott
	6 th	Walking Club	Appletreewick and Trollers Gill	Jerry Bird
	26 th	Trip	Isle of Wight	Julie Chapman
December 2016	15 th	Civil Service Carol Service	Oxford Place Methodist Centre	Alastair Sayles
	15 th	HASSRA Leeds Christmas Party	Tyke Tavern	Simon Jarrold
January 2017	30 th -3 rd February	Trip	Cricket St Thomas Warner Hotel Somerset	Susan McPadden
February 2017	1	p	N	S

BOOKING TERMS AND CONDITIONS HASSRA TRIPS AND EVENTS

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

1. Wherever possible events will be advertised with a closing date for applications that is at least 4 weeks from the date first advertised, including proposed events where expressions of interest are being requested.
2. Persons wishing to travel together should complete one application form per room, submit their applications together, and determine a lead person who will be responsible for forwarding payments due and act as the contact on behalf of the group via a signed disclaimer agreeing to these terms and conditions.
3. A booking will not be accepted or entered in a draw without the correct deposit and signed disclaimer.
4. Once the closing date is reached, the number of applicants wishing to travel will be determined. Where there are sufficient places for all applicants, then deposit cheques will be banked and places confirmed.
5. Members should be aware that once deposit cheques have been banked they are not returnable and travellers will be liable to pay full price of the trip (unless the place is subsequently filled). Full price means the un-discounted "non-member" price. Where necessary, HASSRA (Leeds) will provide an invoice for the full price for insurance purposes but travellers need to be aware that the cost of insurance, (if purchased), is non-refundable.
6. Travel operators will be asked to date insurance cover from the date on which they receive notification of the persons travelling. It is therefore essential to obtain adequate travel insurance before booking if you do not purchase the insurance offered.
7. Single supplements. There will be no member discount on supplements for travellers wishing to secure a single room. Where members indicate on the application form that they are willing to share a room with someone of the same sex, the organiser will arrange for pairing. If an individual has indicated that they are willing to share, they will not have to pay a single supplement even if no pair is available.
8. Where the number of applicants exceeds the places available, a random draw of application forms will determine those successful in receiving a place, subject to Clause 8. Cheques accompanying these applications will then be processed. Remaining applications will continue to be drawn at random to determine the order of the reserve list.
9. The trip organiser will be granted up to two places on that trip without entry into the ballot. An organiser is the person who arranges the trip on behalf of the HASSRA Events Committee, whether or not s/he is a member of the Committee.
10. Where expressions of interest have been sought for a proposed trip, if that trip is subsequently confirmed, applications received from those expressing interest prior to the closing date will be given priority to book before any unfilled places on the trip are advertised. On these occasions, once the closing date is reached, remaining places will be filled on a first come first served basis.
11. Members who have been unsuccessful in a ballot for a trip may record this on their application for the next trip, to the same destination, and will be given priority for available spaces.
12. Applications from solely non-member groups, i.e. not accompanying a full HASSRA member, wishing to participate in an event will be considered only in the event of places remaining after the closing date has passed.
13. The priority order will be: a) Organiser +1, b) Previously unsuccessful on similar trip (ballot if necessary), c) Prior registered interest (ballot if necessary), d) Other Members, e) Non Member groups.
14. Non-members may apply to travel at the discounted rate on an event provided that they satisfy the criterion for associate membership and send a completed application for membership together with the appropriate payment, on or before the closing date for the trip. Associate Membership will last for 12 months from the date of processing the application. The Committee reserves the right to determine specific criteria for prior membership on certain trips. Any such requirements will be notified in the advertisement. Participants are reminded to conduct themselves in an appropriate manner while attending HASSRA sponsored trips and events. Formal complaints may prejudice an individual's eligibility for future trips.

NAME OF TRIP: _____ Closing date: _____

To: _____ Location: _____

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

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

Name of lead contact:

Address (Work if staff member)

Phone (Work if staff member) Mobile

E-mail (Work if staff member)

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

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

Name	Insurer	Policy No.	Expiry Date	Dietary of other requirements

DISCLAIMER . This must be completed to enable acceptance of the application

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

Travelling Alone?

If travelling alone, would you like to "buddy" in a twin room with another tripper of the same sex, to avoid the single supplement? YES / NO

Would you be willing to "buddy" if you have requested a single room but none is available? YES /NO

Please refer to the trip advertisement for:

- The names and address of the trip organiser, to whom this form should be sent
- The closing date for applications
- The deposit required*

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

Booking Form Notes: Cheques to be made payable to HASSRA Leeds unless otherwise specified in the advertisement. In the event of over-subscription, a ballot will be held and un-cashed cheques will be returned to unsuccessful applicants.

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

Travel insurance is recommended for all trips but is mandatory for trips abroad. Insurance cover should include cover for medical treatment, an emergency help line, and repatriation cover – see also para 5 of the terms and conditions. For activities such as mountain sports additional specialist insurance will also be essential.

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

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