



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

JANUARY 2021

Welcome to this month's SASBAH E-News

A very Happy New Year to you all and we hope you had a lovely Christmas despite the restrictions.

Remember that we are now in 'lockdown' and will remain with these strict rules for quite some time yet.

With the start of the Covid vaccination programme, perhaps we can see some light at the end of the tunnel and hopefully by the summer things will be nearer to 'normal' for us all.

For full details of what you can and can't do go to <https://www.gov.uk/guidance/national-lockdown-stay-at-home>
The main advice is please stay safe!!

Our digital activities will of course continue so those of you who haven't yet joined in, perhaps now is the time to do so – they are very varied and really are lots of fun. We are always open to suggestions for new activities, so if you have any ideas, please get in touch.

Adviser Service

We are continuing to offer advice and support through telephone, email and social media.

In December we introduced Virtual Adviser weekly sessions on Zoom on Fridays at 11am, where Rom and Zoe are available for advice and support. Please do pop along with any queries or concerns you may have, if you are unsure about something or want some information.

Zoe: 01243 551976

07789616458 (text or leave a voicemail message)

Or you can private message me through Facebook

Rom: 07779038542

Harry's Hydrocephalus Awareness Trust (Harry's HAT)

Harry's HAT is the only UK charity to focus solely on hydrocephalus and whose mission is to improve life and outcomes for children with hydrocephalus.

They are embarking on research into antenatal care and the impact of third trimester screening on the outcome for babies born with hydrocephalus and are asking families of children with hydrocephalus to complete their survey.

Please visit www.harrys-hat.org/survey if you would like to take part.

Community Development Activities



Don't forget, SASBAH is now on AmazonSmile. In order to browse or shop through AmazonSmile, you have to first select the charity you wish to support. To support SASBAH you can simply follow the link <https://smile.amazon.co.uk/ch/1175032-0> and start shopping. You will be given an option to choose a different charity and you can change your charity at any time. Amazon donates 0.5% of the price of eligible purchases. There is no cost to customers or charities. Amazon will make quarterly donations and we will keep you updated on how much has been raised.

What are you Giving Up for New Year?

Despite the tough times we are all facing, this is traditionally the time of year when we make resolutions, often involving giving up something! So, if you would like some extra support and could raise awareness and funds for SASBAH at the same time, just get in touch. Or you might be planning to do more of something – exercise, healthy eating, keeping in touch with friends – whatever it is we'd love to hear about it. Let's make it a Win Win situation with support for you and SASBAH! Contact Claire on 07920576313 or email claire@sasbah.org.uk

Support SASBAH on Local Lotteries

SASBAH is now one of the local good causes you can support through the Eastbourne BC or Horsham DC lotteries. Flyers for both of these are attached giving you the opportunity to click on the link and go straight to our page. You don't have to live in the local area and can sign up for as little as £1 per week. You stand to win prizes of up to £25,000 and SASBAH gets 50% of all ticket sales from our page. Just in case you have difficulty opening the flyers, here are the links for both Eastbourne

<https://www.eastbournelocalottery.co.uk/support/sussex-association-for-spina-bifida> and Horsham

<https://www.horshamdistrictcommunitylottery.co.uk/support/sasbah>

Thanks to those who have already signed up to support us, and Good Luck!

Online Family Group

Whilst we can't meet up in person, our monthly Family Group is a chance for those with young children to get together in a Zoom session for some fun activities and a chat. See our dates for January and February on the following Digital Activities calendar. If you would like to talk to someone about what is involved please contact Claire on 07920576313 or email Claire@sasbah.org.uk

Sasbah Digital Inclusion Activities - January

Below is a list of the activities and who is the main lead member of staff. All activities are on Zoom. If you want any help or one to one training on how to use Zoom just contact the relevant member of staff and they will support you.

Contact details:

General enquiries office@sasbah.org.uk – 01825 873045 Rom Sanglaji rom@sasbah.org.uk – 07779038542
 Claire Bryant claire@sasbah.org.uk – 07920576313 Lisa Keys lisa@sasbah.org.uk – 07725433136
 Zoe Kane zoe@sasbah.org.uk - 01243 551976 or 07789 616458

JANUARY

DATE	TIME	ACTIVITY	LEAD STAFF
WEDS 6 TH	6PM	SWOOVE	ROM
THURS 7 TH	5PM	FAMILY GROUP	CLAIRE
THURS 7 TH	6PM	BINGO	LISA
FRI 8 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
SAT 9 TH	5PM	BINGO	ROM

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 10 TH	2PM	CHILL OUT AND CHAT	ROM
MON 11 TH	1PM	HOBBY GROUP – FUN WITH FOOD	LISA
TUES 12 TH	2PM	COFFEE AND CHAT	ZOE
TUES 12 TH	5PM	ART WITH HILARY	ROM
WEDS 13 TH	MIDDAY	SASBAH SPEAKERS	LISA AND CLAIRE
WEDS 13 TH	6PM	PHOTO MEMORIES	ROM
THURS 14 TH	6PM	QUIZ	LISA
FRI 15 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
SAT 16 TH	5PM	QUIZ	ROM

Sasbah Digital Inclusion Activities – January cont

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 17 TH	2PM	CHILL OUT AND CHAT	ROM
MON 18 TH	1PM	WELLBEING GROUP	LISA
TUES 19 TH	2PM	COFFEE & CHAT	ZOE
TUES 19 TH	5PM	ART WITH HILARY	ROM
WEDS 20 TH	6PM	SWOOVE	ROM
THURS 21 ST	6PM	BINGO	LISA
FRI 22 ND	11AM	VIRTUAL ADVISERS	ZOE AND ROM
SAT 23 RD	5PM	BINGO	ROM

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 24 TH	2PM	CHILL OUT AND CHAT	ROM
MON 25 TH	1PM	CRAFT GROUP	LISA
TUES 26 TH	2PM	COFFEE & CHAT	ZOE
TUES 26 TH	5PM	ART WITH HILARY	ROM
WEDS 27 TH	6PM	GAMES NIGHT	ROM
THURS 28 TH	6PM	QUIZ	LISA
FRI 29 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
SAT 30 TH	5PM	QUIZ	ROM

