



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

APRIL 2021

Welcome to this month's SASBAH E-News

We will be sending the printed newsletter out at the beginning of May. If you don't currently receive this and would like a copy please email Lynne at office@sasbah.org.uk and she will add you to the mailing list. Have a happy and safe Easter!!

Adviser Service

Below details on easing of restrictions for the next few weeks.

From 29 March

- Outdoor gatherings of either 6 people or 2 households will be allowed. This includes in private gardens.
- Outdoor sports facilities, such as tennis and basketball courts, will be allowed to reopen, and people can take part in formally organised outdoor sports.
- Stay at Home order will end, although many lockdown restrictions will remain. For example, you should continue to work from home where possible, and overseas travel remains banned, aside for a small number of reasons.

Step 2 no earlier than 12 April

- Non-essential retail, personal care premises, such as hairdressers and nail salons, and public buildings, such as libraries and community centres, will reopen. Most outdoor attractions and settings, including zoos, and theme parks will also reopen although wider social contact rules will apply in these settings to prevent indoor mixing between different households. Drive-in cinemas and drive-in performances will also be permitted.

- Indoor leisure facilities, such as gyms and swimming pools, will also reopen - but only for use by people on their own or with their household.
- Hospitality venues can serve people outdoors only. There will be no need for customers to order a substantial meal with alcohol, and no curfew - although customers must order, eat and drink while seated.
- Self-contained accommodation, such as holiday lets, where indoor facilities are not shared with other households, can also reopen.
- Funerals can continue with up to 30 people, and the numbers able to attend weddings, receptions and commemorative events such as wakes will rise to 15 (from 6).

We are continuing to offer advice and support through telephone, email and social media. Zoe also holds weekly coffee and chat sessions on Zoom every Tuesday at 2pm (advertised on Facebook), which you are all very welcome to come along to – be good to see you there!

Our Virtual Adviser weekly sessions are on Fridays at 11am on Zoom, where Rom and Zoe will be 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@sasbah.org.uk

01243 551976

07789 616458 (text or leave a voicemail message)

Or you can private message me through Facebook.

Rom: 07779038542

rom@sasbah.org.uk

Community Development Activities



Thank you to everyone who is shopping through Amazon Smile and choosing to support us. Do share our link with family and friends and let's see if we can reach our target of £100 in the first year. Shop AmazonSmile at <https://smile.amazon.co.uk/ch/1175032-0> and Amazon donates to SASBAH at no cost to you. Happy shopping!

Support SASBAH on Local Lotteries with the chance to win A Grand Prize For Your Home!

What would you buy from Currys PC World with a grand?

There are chances at weekly cash prizes PLUS, be in the draw on the 24th of April for your entry into the national draw to WIN a **£1000 voucher** for Currys PC World. You don't have to live in Horsham or Eastbourne to play the lottery - sign up for as little as £1 a week. If you would like to give it a go, just click on one of the links and go straight to our page:

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

SASBAH gets 50% of all ticket sales from our page. Flyers for both lotteries are attached, so please do share.

Good Luck!

SASBAH Speakers - Our topic for April is Benefits with a focus on Universal Credit

Teresa Andrews from HARC will be our speaker on Wednesday 7th April, at 12 noon, to talk about benefits and explain how Universal Credit works. Universal Credit is slowly replacing all income related benefits (not DLA or PIP) and will affect all those in receipt of income related benefits in the future as everyone will be transitioned onto this. Universal Credit is applied for online, which is something not everyone will be able to do. Have any questions ready and join us on the link below:

Topic: SASBAH Speakers

Time: Apr 7, 2021 12:00 London

Join Zoom Meeting

<https://zoom.us/j/98864659309?pwd=L0xoNmllRCtyV0MwSHRvSVJuSVN1UT09>

Meeting ID: 988 6465 9309

Passcode: SASBAH

An invitation will also go out on our Facebook page a few days beforehand.

Our topic for May is "Keeping You Safe from Fraud and Scams"

Claire Lands, NatWest Community Banker, will be our speaker on Wednesday 5th May at 12 noon. More details will follow in our next Newsletter and an invitation will also go out on our Facebook page.

Family Group

For April's group session, on Thursday 1st at 5pm, we will be talking about the easing of restrictions. So if you have any concerns or queries, do come along for a chat. Full details and an invitation will go out on our Facebook page. Go to <https://www.facebook.com/SASBAHOffice>. Or you can join using the link here.

Topic: SASBAH Family Group

Time: Apr 1, 2021 17:00 London

Join Zoom Meeting

<https://zoom.us/j/94212662874?pwd=SGJOK3h4VjNoNVFhWFFLTnFOSU9ndz09>

Meeting ID: 942 1266 2874

Passcode: SASBAH

Sasbah Digital Inclusion Activities - April

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

APRIL

DATE	TIME	ACTIVITY	LEAD STAFF
THURS 1 ST	5PM	FAMILY GROUP	CLAIRE
THURS 1 ST	6PM	QUIZ	LISA
FRI 2 ND	11AM	VIRTUAL ADVISORS	ROM
SAT 3 RD	5PM	BINGO	ROM

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 4 TH	2PM	CHILL OUT AND CHAT	ROM
MON 5 TH	1PM	CRAFT GROUP	ROM
MON 5 TH	5PM	SWOOVE	ROM
TUES 6 TH	2PM	COFFEE AND CHAT	ZOE
TUES 6 TH	5PM	ART WITH HILARY	ROM
WEDS 7 TH	MIDDAY	SASBAH SPEAKERS	CLAIRE
WEDS 7 TH	6PM	BOURNE FREE	ROM
THURS 8 TH	6PM	BINGO	LISA
FRI 9 TH	11AM	VIRTUAL ADVISORS	ZOE AND ROM
FRI 9 TH	4PM	EXERCISE GROUP	LISA
SAT 10 TH	5PM	QUIZ	ROM

Sasbah Digital Inclusion Activities –APRIL cont

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 11 TH	2PM	CHILL OUT AND CHAT	ROM
MON 12 TH	1PM	GAMES GROUP	LISA
MON 12 TH	5PM	SWOOVE	ROM
TUES 13 TH	2PM	COFFEE & CHAT	ZOE
TUES 13 TH	5PM	ART WITH HILARY	ROM
WEDS 14 TH	6PM	BOURNE FREE	ROM
THURS 15 TH	6PM	QUIZ	LISA
FRI 16 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
FRI 16 TH	4PM	EXERCISE GROUP	LISA
SAT 17 TH	5PM	BINGO	ROM

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 18 TH	2PM	CHILL OUT AND CHAT	ROM
MON 19 TH	1PM	HOBBY GROUP	LISA
MON 19 TH	5PM	SWOOVE	ROM
TUES 20 TH	2PM	COFFEE & CHAT	ZOE
TUES 20 TH	5PM	ART WITH HILARY	ROM
WEDS 21 ST	6PM	BOURNE FREE	ROM
THURS 22 ND	6PM	BINGO	LISA
FRI 23 RD	11AM	VIRTUAL ADVISERS	ZOE AND ROM
FRI 23 RD	4PM	EXERCISE GROUP	LISA
SAT 24 TH	5PM	QUIZ	ROM

Sasbah Digital Inclusion Activities - APRIL cont

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 25 th	2PM	CHILL OUT AND CHAT	ROM
MON 26 TH	1PM	WELLBEING GROUP	LISA
MON 26 TH	5PM	SWOOVE	ROM
TUES 27 TH	2PM	COFFEE & CHAT	ZOE
TUES 27 TH	5PM	ART WITH HILARY	ROM
WEDS 28 TH	6PM	BOURNE FREE	ROM
THURS 29 TH	6PM	QUIZ	LISA
FRI 30 TH	11AM	VIRTUAL ADVISERS	ZOE & ROM
FRI 30 TH	4PM	EXERCISE GROUP	LISA
MAY			
SAT 1 ST	5PM	BINGO	ROM

DATE	TIME	ACTIVITY	LEAD STAFF
SUN 2 ND	2PM	CHILL OUT AND CHAT	ROM
MON 3 RD	1PM	HOBBY GROUP	ROM
MON 3 RD	5PM	SWOOVE	ROM
TUES 4 TH	11AM	COFFEE AND CHAT	ZOE
TUES 4 TH	5PM	ART WITH HILARY	ROM
WEDS 5 TH	MIDDAY	SASBAH SPEAKERS	CLAIRE
WEDS 5 TH	6PM	BOURNE FREE	ROM
THURS 6 TH	5PM	FAMILY GROUP	CLAIRE
THURS 6 TH	6PM	BINGO	LISA
FRI 7 TH	11AM	VIRTUAL ADVISERS	ZOE AND ROM
FRI 7 TH	4PM	EXERCISE GROUP	LISA
SAT 8 TH	5PM	QUIZ	ROM