



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

NEWSLETTER SPRING / SUMMER 2021

CEO'S UPDATE

Dear everyone

I recognise that these are unprecedented and exceptionally challenging times for all of us working in charities. I know that some organisations, like Sasbah, are on the front line of the fight, we have continued to offer support throughout the pandemic, all be it in a different way. We had many events cancelled and fundraising income has been impacted. On this matter if anyone is aware of any fundraising ideas or opportunities that we may take part in then please do speak to any of the staff.

There is a light at the end of the tunnel and we are currently planning to re-open some face to face services in the near future. For those that have relied on the digital groups we will be carrying this forward with a new programme of activities as well. There may be new rules or ways of operating but we will make you fully aware of these and I just want to reassure you that we would never put any of you at risk.

We are currently in discussions about starting as many services face to face as we safely can this year. I am pleased to say that we have provisionally booked Breakaway for the 24th-26th September at Lodge Hill and we have booked the family break at Sefton Place for the 22nd to the 25th October. If you want to discuss either of these feel free to call Lisa or me.



Sasbah is closely monitoring the coronavirus (COVID-19) outbreak to ensure we take the necessary steps to maintain our service and to protect our colleagues and friends. Ensuring continuity of service is our priority: we have plans in place and will continue to do everything we can to continue operations and support you all.

I am aware that many of our group will feel concerned about how the situation might develop and the possible impact it may have. Please contact us if you feel that we may be of help to you. We are only a phone call or Zoom away from talking to you. Stay safe everyone.

Warm regards
Rom

Office address:

5-6 Swanwood Park, Gun Hill, Horam TN21 0LL

Telephone: 01825 873045

Email: office@sasbah.org.uk

We regularly send out e-newsletters, If you don't currently receive them please email Lynne at office@sasbah.org.uk and you will be added to the contact list.

IN LOVING MEMORY OF **KEITH GILBERT RODAWAY** **(MR SASBAH)**

3rd January 1936 – 16th January 2021

To many of those who knew Keith since the early days of the charity he was “Mr SASBAH”. Together with his wife Trixie (to whom he was married for 62 years) he dedicated a huge amount of his life to different voluntary roles – without which SASBAH may not have survived. Their daughter Zem was born in 1964 with spina bifida and hydrocephalus and in 1965, together with other Sussex parents of young children with the conditions, Trixie became involved in the formation of a group with the intention of sharing experiences and learning how best to care for their offspring.

By 1966 the group had become a registered charity under the name of SASBAH and was focused on gaining knowledge, on research, on how to live with the conditions day-to-day, and on how to help the development of the child. Keith became a member of the Trustee Board in 1972. He served three spells in the demanding role of Treasurer (1976 – 79, 1982 – 85 and 2001 – 11) and was Chairman from 1988 – 92. Keith remained a supportive member of the Board until his sad passing earlier this year, aged 85.

Other parents of children born with the conditions recall the compassion and understanding Keith showed when visiting to offer SASBAH’s support. They talk of how incredibly hard he worked to keep the charity going when times were tough and of his vision for the future. Keith firmly believed SASBAH should be a properly staffed organisation providing professional support and was instrumental in the setting up of the SASBAH Adviser Service in 1971, the special adult Clinic, run jointly with the NHS, and first appointments of Education Adviser and a special needs youth worker.



The many years both Keith and Trixie devoted to ensuring SASBAH survived and prospered won national recognition in 2015 when they received three “Unsung Heroes” awards. Lloyds Bank Foundation Charity Achievement Award, Kent & Sussex Courier Volunteer of the Year Award and Bright fm Lifetime Achievement Award. But above all Keith was happy that SASBAH had survived – almost the only local organisation devoted to supporting the conditions to do so out of some 40 that started out in the 1960s.

Keith will be remembered within SASBAH for so many reasons and this will be marked with an annual Volunteer’s Award in his memory, to be made each February to coincide with the charity’s anniversary.

ADVISER SERVICE

Road Map of Ease of restrictions:

Step 3, no earlier than 17 May:

- Outdoors, most social contact rules will be lifted - although gatherings of over 30 people will remain illegal.
- Outdoor performances such as outdoor cinemas, outdoor theatres and outdoor cinemas can reopen.
- Indoors, the rule of 6 or 2 households will apply - although we will keep under review whether it is safe to increase this.
- Indoor hospitality, entertainment venues such as cinemas and soft play areas, the rest of the accommodation sector, and indoor adult group sports and exercise classes will also reopen.
- Larger performances and sporting events in indoor venues with a capacity of 1,000 people or half-full (whichever is lower) will also be allowed, as will those in outdoor venues with a capacity of 4000 people or half-full (whichever is lower).
- In the largest outdoor seated venues where crowds can spread out, up to 10,000 people will be able to attend (or a quarter-full, whichever is lower).
- Up to 30 people will be able to attend weddings, receptions and wakes, as well as funerals. Other life events that will be permitted include bar mitzvahs and christenings.

Step 4, no earlier than 21 June:

- It is hoped all legal limits on social contact can be removed.
- Nightclubs to reopen and restrictions lifted on large events and performances that apply in Step 3.
- This will also guide decisions on whether all limits can be removed on weddings and other life events.

Free transport now available to help people get to their COVID-19 vaccination appointment as from 17th March:

East Sussex

To book free travel please book your vaccination appointment first and then call 07871 603235 to speak to a travel coordinator. The booking service is available between 10:00-13:00 and 14:00-17:00 Monday to Friday.

West Sussex

To book free travel please ensure the vaccination appointment is first booked and then call 01444 275 008 to speak to a travel coordinator. The booking service is available between 10:00-13:00 and 14:00-17:00 Monday to Friday.

Brighton and Hove

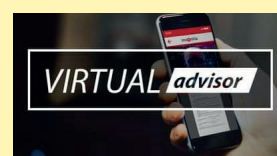
The booking service is available by phone on 0300 303 8060 from 10am to 1pm and 2pm to 5pm, Monday to Friday.

Digital activities:

We continue to provide our digital activities. Zoe hosts the popular coffee and chat session every Tuesday at 2pm. Rom and Zoe host a Virtual Advisor session every Friday at 11am. All are welcome to attend. Please email either Zoe or Rom if you would and they will send you the link to each session. Both events are also advertised on Facebook.



Zoe Kane
01243 551976
07789 616458
 (text and voicemail only)
zoe@sasbah.org.uk



FUNDRAISING

In Memory of Mason Betts

Family members have been making donations to SASBAH for 16 years in memory of their baby boy, Mason. £125 has been donated this year and we thank them all for this amazing support.



Golf Day

We are holding our 27th annual charity golf day at Crowborough Beacon Golf Club on Friday 9th July. As usual we start with coffee and a bacon roll and first tee for the 18 holes of golf is at 1.00pm, with a two tee start. This will be followed by dinner, the prize giving and raffle. Invitations will initially go out to all those who had booked for last year's planned event, which sadly couldn't go ahead. If you would like to be sent an invitation please contact Claire.

SASBAH Summer Draw

Enclosed with this Newsletter you will have found four books of five Draw tickets. The tickets cost just £1 each and are your chance to win one of these top prizes:

1st Prize: Fire HD 10 Tablet 32GB Black

2nd Prize: Lenovo Tab M10 HD Tablet

3rd Prize: Luxury Hamper

There will be lots more exciting prizes! The Draw will take place on Friday 6th August at 2pm at SASBAH's Gun Hill Offices and will be live on Zoom. You can request more tickets from the Office and there will be a prize for the person who sells the most tickets! Payment can be sent by bank transfer (details on request) or cheque. We hope that in the meantime it may also be possible to directly pay staff, in cash if you wish, as and when face to face activities are able to resume. A full list of the winners will be available from the Office from Monday 9th August.

YOU HAVE TO BE IN IT TO WIN IT!

Donations

Your donations are always very much appreciated and are a valued contribution towards the costs of our services. There are various ways you can donate, below are just a few ideas: Become a 'Friend of SASBAH'. You can make either a one-off donation each year or a regular payment – you'll find the forms you need at the back of this newsletter. Or a simple one-off donation can be made via the Donate button on our website at www.sasbah.org.uk.



Claire Bryant
07920 576313
claire@sasbah.org.uk

Donate in Memory. You can make a donation to SASBAH in memory of a loved one. Your donation will mean your loved one's memory will live on in helping to change the life of someone with a disability.

Leave a gift in your will. With a gift to SASBAH in your Will you have the power to change the world for people with a disability living in Sussex.

Challenges

We are really grateful to everyone taking part in the Captain Tom 100 Challenge for SASBAH. We haven't been able to hold our usual events and activities for over a year now, so this has been a wonderful opportunity to raise funds and awareness. Captain Tom would have been 101 on Friday 30th April and his family wanted his legacy to give charities like us a chance to gain support.

We have a Just Giving page set up for all our Team SASBAH challenges and you may well have seen progress being shared on our Facebook page too. You can still support our challengers by sharing the link <https://www.justgiving.com/fundraising/sasbahs-captain-tom-100-challenge>. If you choose to donate do say who you are supporting.

We started with Ang completing 100 puzzles, Swoove Star Jo leading 100 minutes of Doorstep Swoove for her neighbours, Jo's niece Sophie doing 100 hula hoops, Claire playing 100 tunes on saxophone and our Art Group producing 100 works of art! Do take a look to see who else took on the challenge. If you feel inspired it's not too late! We offer support from start to finish for individual challenges and participation in organised events. What will you do?

TRUSTS FUNDRAISER

Hello, I'm Laura and this is Teddy – he likes to be in every photo if he can, and at the front, of course! I have met some of you but not everyone, as we have all spent so much time staying at home and keeping safe!

My official title is Trusts Fundraiser and I do the boring bit of raising funds for SASBAH – not the quizzes, tombola, carnival walks or dinners. No, I sit at my desk (at home, of course!) and write to trusts and foundations, telling them why we're a good organisation to support and what you, our service users, need from us – which is why your feedback is so important. When we're lucky, they send us money to run our services – all the groups, the advice, the residential breaks, etc. It's a never-ending task but it feels really great when we succeed!

Some trusts are well known, such as BBC Children in Need, but others are quite small and every year I write to about 150, of which about 30 or 40 will send some funds. It's always a bit of a lottery. Over a year, this is a lot of writing, but you keep doing amazing things that I can tell them about, so it's not so hard (although Teddy says it's not as interesting as food, or chasing squirrels).

In the last 6 months, we've had support for many of our online groups and activities, such as SWOOVE, the art group, chill and chat, special speakers, family support, bingo, quizzes and our talented advisers. This has come from lots of trusts including, the Ernest Kleinwort Charitable Trust (try saying that with your mouth full of food, Teddy), Tesco Bags of Help, Henry Smith, The Chalk Cliff Trust and the Sussex Community Foundation, to name but a few!



Please keep telling us what you like, what you need more of and what we can do to support you, and I can ask the Trusts to send us the funding to make at least some of it happen! (No, Teddy, dog food doesn't count.) And once it is safe to meet in person, I will look forward to seeing you on something other than a screen.

Meanwhile, keep safe and keep connected!

Laura

TRUSTEES

We currently have a small team of Trustees and are looking for dynamic people to join them to expand our Board of Trustees. We have ambitious goals and our Trustees are key to helping us make these happen.

If you have an interest in becoming a Trustee please get in touch or pass the details on to anyone you know who may be interested.

You don't have to have experience of being a Trustee/ or with people with disabilities.

For further information please email us at office@sasbah.org.uk

Or for an informal chat and further information telephone 01825 873045 or check our website www.sasbah.org.uk

SASBAH SPEAKERS

Last December we launched a new addition to our regular activities on Zoom. Our monthly SASBAH Speakers slot began with a hugely entertaining talk from **Stephen Israel**, “Life as an Actor and The Company”. Stephen and Suzi from The Company are



well known to many of you from our popular Drama Workshops and it was fun to hear some of Stephen’s hilarious stories as well as recognise the benefits of getting involved in drama in whatever form.



Sussex based mouth-painting artist Bazza West has made it his mission to help inspire people to get creative at home during lockdown. So, we were delighted to welcome Bazza as our February speaker.

At the age of 19 Bazza was involved in a serious car accident which left him paralysed with no use of his arms and legs, just the movement of his head. Following a long period of rehabilitation, in 2007 his life was transformed when he came into contact with the Back-Up Trust, a charity that works with the spinally injured to help them regain confidence and independence. He took on some extraordinary physical activities including conquering the 3 peaks in his wheelchair. His life then took on a new and transformative direction when he began to mouth paint and he soon realised that this was something that, as a person with no mobility from the neck down, could become a great outlet for his self-expression.

His life story is a real inspiration and Bazza was full of encouragement for everyone to work towards their goals. He showed us a wide range of art works and gave tips to our budding artists.



In January **Chris Purcell**, a qualified counsellor and therapist, gave us “Top Tips for Better Mental Health This Winter”. Chris’s presentation was full of practical suggestions, some of which we are able to share here.

Mental wellbeing

Describes your mental state – how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing can change from moment to moment, day to day, month to month or year to year

Common life events that can affect your mental wellbeing

- loss or bereavement
- poor physical health
- loneliness
- relationship problems
- issues at home, college, work
- worry about money
- uncertainty
- many others

Top tips for better mental wellbeing this winter

- Talk it out
- Get moving
- Break negative thought cycles
- Use tech wisely
- Seek out small pleasures, have some fun
- Support others
- Focus on the present

Top tips for better mental wellbeing this winter

- Prioritise those ZZZs
- Set a new target
- Stay connected with people who matter to you
- Structure your day
- Care about what you put into your body (nutrition, drugs)
- Head outside (only when it is safe for you to do so)
- Try and avoid howling at the moon!

SASBAH SPEAKERS CONTINUED

Matt West, a SASBAH Trustee, has been Hate Crime & Anti-Social Behaviour Co-ordinator for Sussex Police since 2014. As our March speaker, Matt explained that it is his role to ensure the Police take action following instances of Hate Crime.



Hate crimes are any crimes that are targeted at a person because of hostility or prejudice towards that person's:

- disability - Motivated by the offender's hostility to disabled people (or their perceived disability). Disability hate crime is the most under recorded, largely due to fear of retaliation
- race or ethnicity – 'Race' is a broad term used to include skin (or hair) colour, nationality, immigration status, language, accent, etc
- religion or belief – including followers of all faiths, inter-faith sectarian abuse and those with no faith
- sexual orientation - Motivated by a hostility to another person's sexual orientation (or perceived sexual orientation)
- transgender identity - Transgender covers a broad spectrum of people and could include crimes that target friends or family of transgender people.

Hate crime can be committed against a person or property. A victim does not have to be a member of the group at which the hostility is targeted. In fact, anyone could be a victim of a hate crime.

The police will record any crime as a hate crime where the victim, or any other person, perceives it was motivated by hostility or prejudice towards their identity. The important thing is to report it! This can be done by any of the following means:

- Online through the Sussex Police website at www.sussex.police.uk/advice/advice-and-information/hco/hate-crime/
- Online through the True Vision website at

www.report-it.org.uk/your_police_force. True Vision is a police-funded charity and the website gives clear definitions of hate crime as well as information on how to report a hate crime or online hate material.

- Through your local Citizens Advice, who will take down the details and send the report on your behalf (third party reporting)
- Some local authorities, including Eastbourne Borough Council, also offer third party reporting
- Call 101 for the Police contact centre – or 999 in an emergency.

You can report a hate crime as a witness. In whichever way it is reported, the Police will carry out a risk assessment to ensure the safeguarding of the victim. Their focus will be on the effect on the victim, the victim's perception of what has happened and what they want the outcome to be. Victims do not have to go to court. They can give a statement. For disability hate crime, there is currently a 98% conviction rate on cases taken by the Crown Prosecution Service.

There are 7 Hate Crime & Anti-Social Behaviour Co-ordinators in Sussex, including Matt, who are promoting a programme called Hate Crime Ambassadors run by Sussex Police. The aim of this programme is to provide communities with the confidence to report Hate Crime Incidents to the Police via different means, even if they do not want to speak to the Police direct. Hate Crime Ambassadors are community members whose role is to raise awareness about hate crime and promote the reporting of hate incidents or crime. They do this through:

- Work in the community to increase awareness around hate
- Engaging in community activities
- Providing support, advice and signposting
- Enabling reporting.

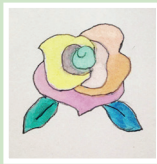
Coming up...

June - Mark and Jerry from Our Amazing Animal World in Scaynes Hill will be our Speakers on Wednesday 2nd June at 12 noon for a 'Zoom Animal Encounter'.

If you would like to hear speakers on particular topics do get in touch with Claire or Lisa. Information about future speakers will go out in our monthly E-Newsletter and on our Facebook page. Go to <https://www.facebook.com/SASBAHOffice>. If you don't currently receive the E-News and would like to get it in future, just contact the Office on 01825 873045 or email office@sasbah.org.uk.

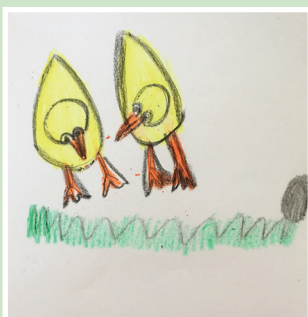
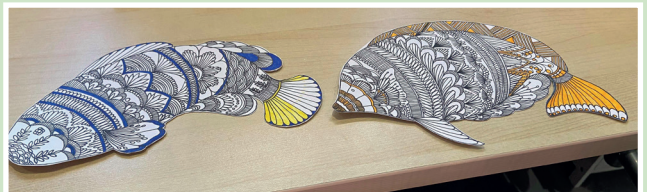


ART WITH HILARY



Hilary is one of our Trustees and has very kindly volunteered her time since the beginning of lockdown to run a weekly digital art class for us. Here are her thoughts on the group:

'It was during the first lockdown that Rom asked me if I'd like to do an art group on Zoom. Although I had taught art before I was a bit nervous about doing a zoom group – but I started and it wasn't long before I found how enjoyable this would be for me. I met many SASBAH members that in normal times I would not have met and together we have made some lovely art and had some fun. Many began by saying they had never painted and could not draw– how wrong they were! We started with pencil drawings then used coloured pencils and felt tips. It wasn't long before we began using watercolours, and I am so proud of them all as it is a very difficult medium but with skill they are producing great art. We spend an hour every week together and for me it is a highlight of lockdown.'



DIGITAL INCLUSION ACTIVITIES

SEE NEXT PAGE FOR LIST OF THE ACTIVITIES

Our Digital Activities programme has gone from strength to strength since we first implemented it in July last year. We have very varied activities and have added more on a regular basis based on demand from our Service Users. Thank you to all who attend and give us feedback and a very big thanks to our 'experts' who volunteer their time.



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lisa@sasbah.org.uk

General enquiries

01825 873045 office@sasbah.org.uk



DIGITAL INCLUSION ACTIVITIES

MAY/JUNE 2021

MAY

Mon 10th	1pm	Games group	Lisa
Mon 10th	5pm	Swoove	Rom
Tues 11th	2pm	Coffee and chat	Zoe
Tues 11th	5pm	Art with hiliary	Rom
Weds 12th	6pm	Bourne free	Rom
Thurs 13th	6pm	Quiz	Lisa
Fri 14th	11am	Virtual advisors	Zoe & Rom
Fri 14th	4pm	Exercise group	Lisa
Sat 15th	5pm	Bingo	Rom
Sun 16th	2pm	Chill out & chat	Rom
Mon 17th	1pm	Hobby group	Lisa
Mon 17th	5pm	Swoove	Rom
Tues 18th	2pm	Coffee and chat	Zoe
Tues 18th	5pm	Art with hiliary	Rom
Weds 19th	6pm	Bourne free	Rom
Thurs 20th	6pm	Bingo	Lisa
Fri 21st	11am	Virtual advisors	Zoe & Rom
Fri 21st	4pm	Exercise group	Lisa
Sat 22nd	5pm	Quiz	Rom
Sun 23rd	2pm	Chill out and chat	Rom
Mon 24th	1pm	Wellbeing group	Lisa
Mon 24th	5pm	Swoove	Rom
Tues 25th	2pm	Coffee and chat	Zoe
Tues 25th	5pm	Art with hiliary	Rom
Weds 26th	6pm	Bourne free	Rom
Thurs 27th	6pm	Quiz	Lisa
Fri 28th	11am	Virtual advisors	Zoe & Rom
Fri 28th	4pm	Exercise group	Lisa
Sat 29th	5pm	Bingo	Rom
Sun 30th	2pm	Chill out and chat	Rom
Mon 31st	1pm	Craft group	Rom

JUNE

Tues 1st	2pm	Coffee and chat	Zoe
Tues 1st	5pm	Art with hiliary	Rom
Weds 2nd	Midday	Sasbah speakers	Claire
Weds 2nd	6pm	Bourne free	Rom
Thurs 3rd	5pm	Family group	Claire

Thurs 3rd	6pm	Bingo	Lisa
Fri 4th	11am	Virtual advisors	Zoe & Rom
Fri 4th	4pm	Exercise group	Lisa
Sat 5th	5pm	Quiz	Rom
Sun 6th	2pm	Chill out & chat	Rom
Mon 7th	1pm	Craft group	Lisa
Mon 7th	5pm	Swoove	Rom
Tues 8th	2pm	Coffee and chat	Zoe
Tues 8th	5pm	Art with hiliary	Rom
Weds 9th	6pm	Bourne free	Rom
Thurs 10th	6pm	Quiz	Lisa
Fri 11th	11am	Virtual advisors	Zoe & Rom
Fri 11th	4pm	Exercise group	Lisa
Sat 12th	5pm	Bingo	Rom
Sun 13th	2pm	Chill out and chat	Rom
Mon 14th	1pm	Games group	Lisa
Mon 14th	5pm	Swoove	Rom
Tues 15th	2pm	Coffee and chat	Zoe
Tues 15th	5pm	Art with hiliary	Rom
Weds 16th	6pm	Bourne free	Rom
Thurs 17th	6pm	Bingo	Lisa
Fri 18th	11am	Virtual advisors	Zoe & Rom
Fri 18th	4pm	Exercise group	Lisa
Sat 19th	5pm	Quiz	Rom
Sun 20th	2pm	Chill out and chat	Rom
Mon 21st	1pm	Hobby group	Lisa
Mon 21st	5pm	Swoove	Rom
Tues 22nd	2pm	Coffee and chat	Zoe
Tues 22nd	5pm	Art with hiliary	Rom
Weds 23rd	6pm	Bourne free	Rom
Thurs 24th	6pm	Quiz	Lisa
Fri 25th	11am	Virtual advisors	Zoe & Rom
Fri 25th	4pm	Exercise group	Lisa
Sat 26th	5pm	Bingo	Rom
Sun 27th	2pm	Chill out and chat	Rom
Mon 28th	1pm	Wellbeing group	Lisa
Mon 28th	5pm	Swoove	Rom
Tues 29th	2pm	Coffee and chat	Zoe
Tues 29th	5pm	Art with hiliary	Rom
Weds 30th	6pm	Bourne free	Rom



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

STANDING ORDER REQUEST FORM

Complete this form and return it to **SASBAH** and we will do the rest:

Account Name: _____

Account Number: _____ Sort code: _____

Bank Name/Address: _____

_____ Postcode: _____

I would like to pay with a monthly standing order of:

☐ £5.00

☐ £10.00

☐ £25.00

Other, please state:

I would like to set up a monthly standing order to:

SASBAH, 5/6 Swanwood Park, Gun Hill, Horam TN21 0LL

NatWest Account no: 24096652 Sort Code: 60-11-17

To be paid each month on: ☐ 1st ☐ 15th ☐ 28th

Signed:

Date:

Print:

You can make your donation achieve even more - 25% more at no extra cost to you!

giftaid it

If you are a UK taxpayer then you can help us take advantage of the Government's Gift Aid scheme. At no additional cost to you and simple by completing the form below, we can claim an extra 25p back from the inland revenue for every pound you donate. In order to be eligible you must pay an amount of income tax and/or capital gains tax at least equal to the amount that we reclaim on your donations within the tax year.

☐ I want **SASBAH** to treat all donations I have made for the last seven years, but not before 6 April 2000, and all donations I make from the date of this declaration until I notify them otherwise as Gift Aid donations.

☐ Alternatively, Please treat this and all future donations as Gift Aid donations until I notify you otherwise.

Signature: _____ Date : _____

Please complete and send this form to:

SASBAH, 5/6 Swanwood Park, Gun Hill, Horam TN21 0LL

Registered Charity No: 1175032



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

FRIENDS OF SASBAH CONFIDENTIAL FORM

Personal details:

Title	Address:
Forename:	
Surname:	Post code:
Date of birth:	Phone No:
Gender:	Mobile No:
Ethnicity:	Email:

I give my consent for the above information, and a record of future contact, to be held by SASBAH

Signed: _____ Date: _____

If the person whose name appears at the top of this form is under 13, please give parent/guardian's name to consent to the child's details being held on the SASBAH database:

Parent/Guardian's name: _____

PHOTO CONSENT. We often use photos for publicity e.g. in our Newsletter/Annual Review/Website. We need your consent to use any photos of you in this way so please indicate here whether or not you give your consent.

I give my consent for SASBAH to use photographs of myself/my child. ☐ Yes ☐ No *Please tick appropriate box*

All personal information is processed in line with the Data Protection Act 2018.

As a Friend of SASBAH we will keep you up to date with news and information – but please tick the relevant box if you do NOT wish to receive:

Annual Review: ☐ by post ☐ by email **Newsletter:** ☐ by post ☐ by email **Monthly E-news:** ☐ by email

We will Invite you to take part in particular events and projects – but please tick the box if:

☐ you do not wish to be invited to events ☐ you do not wish to receive Draw tickets

Should you wish to make a donation to help cover the ever-rising costs of running our Services that would be much appreciated. You can pay by cash to a member of the staff team, by cheque made payable to SASBAH or by Standing Order. Should you wish to pay by BACS, please contact the office for bank details. If you are a UK Tax payer, you can use Gift Aid to make your donation worth more. This also applies to any donations you make in the future or have made in the last 4 years. Please complete and return the Gift Aid Declaration Form to enable us to make the claim to HMRC.

You will find the Standing Order and Gift Aid forms overleaf.

Please return all forms and donations to: SASBAH, Units 5-6 Swan wood Park, Gun Hill, Horam, TN21 0LL

For official use only

Status:

Received by:

Date: