



# SASBAH

SUSSEX ASSOCIATION FOR  
SPINA BIFIDA AND HYDROCEPHALUS

# E-NEWS

JULY 2021

## Welcome to this month's SASBAH E-News

We hope you all made the most of the lovely weather we had earlier in the month and that the sunshine returns soon!

You will all be aware that the June 21<sup>st</sup> date for easing of Covid restrictions has now been moved to July 19<sup>th</sup> so fingers crossed that all restrictions will be lifted on this new date.

We are very excited to say we have decided to introduce some face to face activities from the beginning of July. All of these will be outdoors (in line with Government guidelines) and will be weather dependant. We are continuing to offer some digital activities as these have proved so popular. You will find details of both face to face and digital activities later in this newsletter.

We have also re-opened Saspire and are as happy to see our Service Users back at Gun Hill as they are to be back! We have worked hard to make the workroom Covid secure and have revised our Risk Assessment so that we keep all as safe as possible. Currently we have a maximum of 3 attending each day but will keep this under constant review to decide when we can increase these numbers.

### FUNDRAISING

#### Support SASBAH on Local Lotteries – All for one and One for All

This month the local lotteries are promoting the idea of forming a syndicate, so you have more chances to win. See the attached flyers for how to set up a syndicate.

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.eastbournelocallottery.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!

## FUNDRAISING continued

### CaptainTom100 Challenges

We have had such a variety of fantastic challenges. Swoove Star Jo's 100 minutes of Doorstep Swoove, her niece Sophie's 100 hula hoops, Dan writing his name 100 times, Claire's 100 saxophone tunes and Laura's photos and sketches of nature for 100 days have all completed. But still going are Ang's 100 puzzles, Lisa planting 100 seeds, Kerry going without her favourite Bailey's tippie for 100 days, SASBAH's Art Group creating 100 pictures and Susan pedalling for 100 days. We are still posting regular updates on Facebook and you can still support these super challenges by sharing the link <https://www.justgiving.com/fundraising/sasbahs-captain-tom-100-challenge>. Thanks to everyone who has donated – we have raised an amazing £550 so far!

 **smile.amazon.co.uk**

Thank you to everyone who is shopping through AmazonSmile and choosing to support us. Let's see if we can reach our target of £100 in the first year. We have raised £37.08 so far! Shop AmazonSmile at <https://smile.amazon.co.uk/ch/1175032-0> and Amazon donates to SASBAH at no cost to you. Happy Shopping!

### SASBAH Summer Draw

Thank you to everyone who has entered the Draw so far. There's still time to send in your tickets. They cost just £1 each and are your chance to win one of these top prizes:

**1<sup>st</sup> Prize – Fire HD 10 Tablet 32GB Black**

**2<sup>nd</sup> Prize – Lenovo Tab M10 HD Tablet**

**3<sup>rd</sup> Prize – Luxury Hamper**

There will be lots more exciting prizes too! The Draw will take place on Friday 6<sup>th</sup> August at 2pm at SASBAH's Gun Hill Offices and will be live on Zoom. You can request more tickets from the Office by emailing [office@sasbah.org.uk](mailto:office@sasbah.org.uk) or call 01825 873045. 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 we begin to resume our face to face activities. A full list of the winners will be available from the Office from Monday 9<sup>th</sup> August.

**YOU HAVE TO BE IN IT TO WIN IT!**

## SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS

**Contact Details:** General Enquiries: [office@sasbah.org.uk](mailto:office@sasbah.org.uk)/01825876045, Zoe: [zoe@sasbah.org.uk](mailto:zoe@sasbah.org.uk)/01243551976/07789616458  
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### West Sussex

#### Monday 14th

Crawley Support Group, West Green Park, 12noon-2pm. Free parking is within easy distance. There is level access, accessible toilets and a kiosk. Contact Lisa for further details.

August group will meet on 11<sup>th</sup> August.

(Metrobus operates services to the park via route 1, 2 and 21)

#### Friday 16th

Worthing Support Group, Steyne Gardens, 12 noon-2pm. There is parking within easy distance (on street/car parks, free and/or metered). This area has level access, accessible toilets and a café. Contact Lisa for further details.

August group will meet on 20<sup>th</sup> August.

This is on 4 bus routes (106,23,69,7)

#### Saturday 17th

Tilgate Park walk, Crawley 2pm-4pm

Contact Lisa for further details.

(Metrobus service 2 runs to the park on weekends)

#### Wednesday 21st

Lancing seafront walk, 11.30am-1.30pm

Contact Lisa for further details.

(buses include 106, 16 and 740 but others are available)

#### Wednesday 28th

Mid Sussex Support Group, St John's Park (by the cafe), 12 noon - 2pm for a BYO picnic. There is limited outdoor seating, so you may wish to bring your own. The park has level access, accessible toilets and a café for drinks, ice creams etc. and there is free off-road parking.

If the weather is too awful and we have to cancel, I will email/text everyone who has let me know that they intend to come along, by 10:30am. Contact Claire for any more information.

August group will meet on 25<sup>th</sup> August.

The park is on 2 bus routes (33A, 35C)

#### Friday 30th

 Worthing seafront walk, 1.30pm-3.30pm

Contact Lisa for further details.

## **SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS** continued

### **East Sussex**

**Friday 2<sup>nd</sup>** Hastings & Rother Support Group, Egerton Park (by the boating pond, near the kiosk, where there are a couple of shelters in case the weather is not great.). 12 noon – 2pm for a BYO picnic. If the weather is too awful and we have to cancel, I will email/text everyone who has let me know that they intend to come along, by 10:30am. There is parking within easy distance as well as a (very small) car park. Access varies - some slopes, some steps - but otherwise level. There are accessible toilets and a kiosk for drinks, ice creams etc. Contact Claire for any more information.

August group will meet on 6<sup>th</sup> August  
The park is on 3 bus routes (13, 95, 99)

### **Saturday 3<sup>rd</sup>**

Mini Golf & Lunch, Treasure Island, Eastbourne 11am.

### **Saturday 10<sup>th</sup>**

Lunch at the Rodmill Pub, MIDDAY.

### **Saturday 17<sup>th</sup>**

Picnic and Games at Swanwood Park, MIDDAY – 2pm.

**Saturday 24<sup>th</sup>** Walk and Afternoon Drinks, Hampden Park 1pm.

**Saturday 31<sup>st</sup>** Lunch at Sovereign Harbour, MIDDAY.

**Saturday 7<sup>th</sup> August** Lunch at the Rodmill Pub, MIDDAY.  
For all the above contact Rom for any more information

## **SASBAH SPEAKERS**

### **Our Speaker for July is Helen Ward-Jackson**

Helen is well known to many of you from her amazing Adele tributes at our Sunday Lunches at The Boship. Join us to hear all about her experiences as a singer on Wednesday 7<sup>th</sup> July at 12 noon, by following the link below:

Topic: SASBAH Speakers

Time: Jul 7, 2021 12:00 London

Join Zoom Meeting

<https://zoom.us/j/91821427233?pwd=MHdHT3lCUEthNjFZZEQybTQ4aVh5Zz09>

Meeting ID: 918 2142 7233

Passcode: SASBAH

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

## DIGITAL ACTIVITIES

<b>JULY</b>		
<b>DATE</b>	<b>ACTIVITY</b>	<b>TIME</b>
Thurs 1 <sup>st</sup>	Bingo	6pm
Fri 2 <sup>nd</sup>	Virtual Advisors	11am
Sun 4 <sup>th</sup>	Celebration Party	Midday – 2pm
Mon 5 <sup>th</sup>	Swoove	5pm
Tues 6 <sup>th</sup>	Art With Hilary	5pm
Weds 7 <sup>th</sup>	Speakers Group	Midday
Weds 7 <sup>th</sup>	Bourne Free	6pm
Thurs 8 <sup>th</sup>	Bingo	6pm
Fri 9 <sup>th</sup>	Virtual Advisors	11am
Mon 12 <sup>th</sup>	Swoove	5pm
Tues 13 <sup>th</sup>	Art With Hilary	5pm
Weds 14 <sup>th</sup>	Bourne Free	6pm
Thurs 15 <sup>th</sup>	Bingo	6pm
Fri 16 <sup>th</sup>	Virtual Advisors	11am
Mon 19 <sup>th</sup>	Swoove	5pm
Tues 20 <sup>th</sup>	Art With Hilary	5pm
Weds 21 <sup>st</sup>	Bourne Free	6pm
Thurs 22 <sup>nd</sup>	Bingo	6pm

<b>DATE</b>	<b>ACTIVITY</b>	<b>TIME</b>
Fri 23 <sup>rd</sup>	Virtual Advisors	11am
Mon 26 <sup>th</sup>	Swoove	5pm
Tues 27 <sup>th</sup>	Art With Hilary	5pm
Weds 28 <sup>th</sup>	Bourne Free	6pm
Thurs 29 <sup>th</sup>	Bingo	6pm
Fri 30 <sup>th</sup>	Virtual Advisors	11am
<b>AUGUST</b>		
Mon 2 <sup>nd</sup>	Swoove	5pm
Tues 3 <sup>rd</sup>	Art With Hilary	5pm
Weds 4 <sup>th</sup>	Speakers Group	Midday
Weds 4 <sup>th</sup>	Bourne Free	6pm
Thurs 5 <sup>th</sup>	Bingo	6pm
Fri 6 <sup>th</sup>	Virtual Advisors	11am