



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

OCTOBER 2021

Welcome to this month's SASBAH E-News

RESIDENTIAL BREAKS

Breakaway was at Lodge Hill last weekend and was enjoyed by all who attended. It was so good to see everyone again after such a long time. The family break is to be held at the end of this month at Sefton Place in Arundel and we are really looking forward to meeting all of you who are coming.

ADVISOR SERVICE

Shaping future support: the health and disability green paper.

The health and disability green paper explores how the welfare system can better meet the needs of disabled people and people with health conditions now and in the future, enabling people to live independently and move into work where possible.

The consultation on the green paper closes on 11th October, which is

- Ways to provide more support to help meet the needs of disabled people and people with health conditions and allow them to more easily access and use benefits and services.

- Improve employment support for disabled people and people with health conditions, and how to encourage people to take up that support, where possible.
- Short-term improvements to our current services such as improvements to assessments and decision making, to improve the experience of disabled people.
- Changes to future assessments and alternative approaches.
- Changes that could be made to the structure of the main benefits claimed by working-age disabled people and people with health conditions.

For further information on the green paper, with easy read guides available, please see -

<https://www.gov.uk/government/consultations/shaping-future-support-the-health-and-disability-green-paper>

To give your view on the green paper and complete the online survey, please visit - <https://getinvolved.dwp.gov.uk/05-policy-group/health-and-disability-green-paper/>

You will need to do this before the 11th October.

FUNDRAISING

Quiz Night at The Woolpack, Burgess Hill – Tues 5th October

Teams of up to 6 are invited to join us, from 7.30pm for an 8pm start. £5 per person to include a chilli or cheese nacho supper. A bottle of Bubbly for the winning team! For more details or to book a table contact Claire. A poster is attached with this E News, so please do share with family and friends.

Support SASBAH on Local Lotteries

All those signed up for these local lotteries will also be part of the next exciting national prize draw where **1 lucky supporter will WIN £1000 in John Lewis vouchers on the 30th of October.**

To be in it, players need to sign up to play by 30th October. You don't have to live in Horsham or Eastbourne to play the lottery and you can 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. Good Luck!

SASBAH SPEAKERS

Find out about Essential Tremor with Jackie Farrell

On Wednesday 6th October at 12 noon we invite you to join us on Zoom to learn all about a condition called Essential Tremor. It is considered the most common neurologic movement disorder, and is 8–10 times more prevalent than Parkinson's disease. Jackie Farrell will tell us all about it and answer your questions. Just follow the link below:

Topic: SASBAH Speakers

Time: Oct 6, 2021 12:00 London

Join Zoom Meeting

<https://us06web.zoom.us/j/81764495421?pwd=QkVVUDIKL2VEUWIPcStMdm52ZnVWUT09>

Meeting ID: 817 6449 5421

Passcode: SASBAH

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

SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS

Contact Details: General Enquiries: [office@sasbah.org.uk/01825876045](mailto:office@sasbah.org.uk) Claire: [claire@sasbah.org.uk/077920576313](mailto:claire@sasbah.org.uk),
Lisa: [lisa@sasbah.org.uk/07725433136](mailto:lisa@sasbah.org.uk), Rom: [rom@sasbah.org.uk/07779038542](mailto:rom@sasbah.org.uk)

West Sussex

Tues 5th Pub Quiz, Woolpack Burgess Hill, 7 30pm

Wed 13th Crawley support group, Starbucks, Queen Square
12 – 2pm

Thurs 14th Pub Quiz, North Star, Worthing, 8pm onwards

Fri 15th Worthing Support Group, Wordsworth Lounge, Heene
Community Centre, 12pm-2pm

Mon 18th Bowling and Lunch, Hollywood Bowl, Crawley,
11 30am – 2 30pm

Fri 22nd – Mon 25th Family Break, Sefton Lodge, Arundel.

Wed 27th - Mid Sussex Group, Starford Hall at Cyprus Hall,
Cyprus Rd, Burgess Hill RH15 8DX. We will have plenty of space
and use of the kitchen to make hot drinks. Do bring your own
packed lunch if you wish.. 12:15 – 2:15pm. Any queries to
Claire.

East Sussex

Fri 1st Hastings & Rother Group will meet at The Pelham, from
12.30 – 2.30pm. We will be in the ground floor Function Room,
which is accessed through the Coffee Lounge (where we held our
Quizzes). You can either bring a packed lunch or get something
from the Coffee Lounge. Their choice of lunches, snacks, cake,
etc is usually very good and not too expensive. SASBAH will
provide tea/coffee, but you also have the option to bring your own
cold drinks or get something from the bar. For further details
contact Claire. In November we meet on Friday 5th, so do put the
date in your diary now!

Sat 2nd Lunch at Rodmill Pub, Midday

Wed 6th Bourne Free, Ratton School 6-8pm

Sat 9th Ten Pin Bowling at Ten Pin Eastbourne followed by lunch
11am

Sat 16th Lunch at Buffet Time, Eastbourne Midday

Wed 20th Bourne Free, Ratton School 6-8pm

Fri 22nd – Mon 25th Family Break at Sefton Lodge, Arundel

Tues 26th – Fri 29th Drama Workshop & Show, Ratton School

Sun 31st Halloween Lunch at Rodmill Pub, Eastbourne

