



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

NOVEMBER 2021

Welcome to this month's SASBAH E-News

Breakaway and Family Residential Breaks

These two events went ahead as planned. They were both very successful and enjoyable. Thanks to those who attended and made both residential so much fun for us all – it was lovely to spend some time with you again!! We have loads of photos, some of which will be included in our next printed newsletter.

SASBAH Christmas Cards

We have made the difficult decision not to sell our cards through Cards for Good Causes this year – due to increasing commission charges.

The cards are still available for you to buy direct so please do have a look at the attached order form and support us by having some of our lovely cards. Stocks are limited so to avoid disappointment, please get your orders in soon.

Either phone the office on 01825 873045 or email Lynne at office@sasbah.org.uk to place your orders.

FUNDRAISING

Support SASBAH on Local Lotteries

We've raised over £250 so far from the local lotteries. And some of our supporters have been amongst the winners! 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.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. Good Luck!

FUNDRAISING cont.



As Christmas shopping looms large don't forget that you can support SASBAH when you shop online at Amazon. Just follow the link, shop AmazonSmile at <https://smile.amazon.co.uk/ch/1175032-0> and Amazon donates to SASBAH at no cost to you. Do share our link with family and friends and let's see if we can reach our target of £100 in the first year. Happy shopping!

Quiz Night at The Pelham – Saturday 30th October

Teams of up to 6 are invited to join us, from 7pm for a 7.30 start, at The Pelham in Holliers Hill, Bexhill, TN40 2DD. Adults £5 a head, including a tea/coffee or soft drink and snacks. Children are welcome to join you and are free. BYO drinks and food if you wish. There will be a prize for the winning team and a raffle.

For more information, or to book a table, contact Claire on 07920576313 or email claire@sasbah.org.uk.

Kerry's Christmas Coffee Morning – Sat 4th December

Join Kerry and Susan for a coffee and mince pie, or cake, from 10am – 12noon. Stock up on Christmas cards, gifts and tags and try your luck in the Raffle. Further details from Claire

SASBAH SPEAKERS

Our Speaker for November is Dawn Bamforth from One You East Sussex. She will be talking about the support available to help people live healthier lifestyles. They provide tools, motivational support and encouragement every step of the way, to help improve your health right away. Do join us at 12 noon on Wednesday 3rd November by using the link below:

Topic: SASBAH Speakers

Time: Nov 3, 2021 12:00 London

Join Zoom Meeting

<https://us06web.zoom.us/j/88609483589?pwd=ZmhOYmZmdnhxUHJvNXc1dm1kRFJlZz09>

Meeting ID: 886 0948 3589

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

Fri 5th Fish and chips and fireworks, Worthing seafront 6.30pm onwards

Weds 10th Crawley Group, Starbucks, Queens Square 12-2pm

Thurs 11th Pub Quiz, North Star, Worthing from 8pm

Mon 15th Christmas shopping and coffee, Crawley 10am-2pm

Fri 19th Worthing Group, Wordsworth Lounge, Heene Community Centre, 12-2pm

Wed 24th - Mid Sussex Group will meet in the Starford Hall, at Cyprus Hall, Cyprus Rd, Burgess Hill RH15 8DX, from 12:15 – 2:15pm. We will have plenty of space and use of the kitchen to make hot drinks. Do bring your own packed lunch if you wish or grab a sandwich from one of the nearby town centre shops. Any queries to Claire.

Fri 26th Lunch at Italian Kitchen, Crawley 12-2pm

Tues 30th coffee at South Down nurseries (Tates) Hassocks 12-2pm

East Sussex

Weds 3rd Bourne Free 6pm

Fri 5th 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 hold 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 December we meet on Friday 3rd, so do put the date in your diary now!

Sat 6th Lunch Treacle Mine, Midday

Sat 13th Lunch Nandos Eastbourne, Midday

Weds 17th Bourne Free 6pm

Sat 20th Lunch Rodmill Pub, Midday

Sat 27th Christmas Shopping and Lunch, Beacon Shopping Centre 11am

Weds 1st December Bourne Free 6pm

DIGITAL ACTIVITIES

These will now be delivered by our new Digital Inclusion Officer Benjamin Heroys and our Advisor Zoe Kane. They can be contacted on benjamin@sasbah.org.uk or zoe@sasbah.org.uk or by calling them at the office on 01825 873045

NOVEMBER		
DATE	ACTIVITY	TIME
Mon 1 st	Virtual Advisors	1pm
Mon 1 st	Bingo	5pm
Tues 2 nd	Swoove	6pm
Weds 3 rd	Speakers Group	Midday
Thurs 4 th	Art with Hilary	5pm
Mon 8 th	Virtual Advisors	1pm
Mon 8 th	Bingo	5pm
Tues 9 th	Swoove	6pm
Weds 10 th	Bourne Free	6pm
Thurs 11 th	Art with Hilary	5pm
Mon 15 th	Virtual Advisors	1pm
Mon 15 th	Bingo	5pm
Tues 16 th	Swoove	6pm
Thurs 18 th	Art with Hilary	5pm
Mon 22 nd	Virtual Advisors	1pm
Mon 22 nd	Bingo	5pm

DATE	ACTIVITY	TIME
Tues 23 rd	Swoove	6pm
Weds 24 th	Bourne Free	6pm
Thurs 25 th	Art with Hilary	5pm
Mon 29 th	Virtual Advisors	1pm
Mon 29 th	Bingo	5pm
Tues 30 th	Swoove	6pm
DECEMBER		
Thurs 2 nd	Art With Hilary	5pm
Mon 6 th	Virtual Advisors	1pm
Mon 6 th	Bingo	5pm
Tues 7 th	Swoove	6pm
Weds 8 th	Bourne Free	6pm
Thurs 9 th	Art With Hilary	5pm