



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

DECEMBER 2021

Welcome to this month's SASBAH E-News

We'd like to take this opportunity to wish everyone a very Happy Christmas and best wishes for the New Year.

We are sure you will all have heard the news regarding the new Covid regulations regarding wearing masks on public transport and in shops. Please stay safe.

Our printed newsletter should be with you in the next few days so just a short enewsletter for this month. If you don't already receive the printed newsletter which we send out twice a year, please email office@sasbah.org.uk and we will add you to our mailing list.

SASBAH Christmas Cards

It's still not too late to order some of our Christmas cards – remember all profits go towards providing our Services. 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

EasyFundraising

SASBAH is registered with EasyFundraising, which means you can raise FREE donations for us every time you shop online. Over 6,000 shops from Argos, Currys, Boohoo, Pandora, Asos, Dell and all the major high street shops are there.

How it works?

You will need to register with [easyfundraising](https://www.easyfundraising.com). It's completely FREE and only takes a moment. Once your account has been set up, you simply search for the retailer on the website and once this is clicked, it will take you to their normal website where you would make your purchase as normal.

With Christmas just around the corner and the January sales on the horizon, there really is no better time to start shopping and raise money for SASBAH. Thanks you for your support.

Kerry's Coffee Morning (Saturday 4th December) Details of this event went out in the November Enewsletter and are in the printed Newsletter. Due to the rising numbers of covid cases in the area, Kerry and Susan have decided not to go ahead.

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

December

Wed 8th Crawley Support group, Starbucks, Queen Square, 12-2pm

Thurs 9th Pub Quiz and Christmas meal, North Star, Worthing from 8pm *

Mon 13th Bowling and coffee/lunch Crawley, 11.30am-2.30pm

Tues 14th Mid Sussex Christmas lunch, The Woolpack, 12.30 *

Fri 17th Worthing support group, Wordsworth Lounge, Heene Community Centre, 12-2pm

*Please contact Lisa to book a place for the Worthing Christmas meal, and Claire for the Mid Sussex one

January

Wed 12th Crawley Support group, Starbucks, Queen Square, 12-2pm

Thurs 13th Pub Quiz, North Star, Worthing from 8pm

Fri 21st Worthing support group, Wordsworth Lounge, Heene Community Centre, 12-2pm

Wed 26th Mid Sussex Support group, Starford Hall, Cyprus Hall, 12.15-2.15pm

East Sussex

December

Fri 3rd Hastings & Rother Group, The Pelham, 12.30 – 2.30pm.

Sat 4th Floristry Workshop @ Janets Flowers, Eastbourne 2pm

Sat 11th Lunch at the Treacle Mine, Polegate Midday

Sun 12th Charity Day at Rodmill Pub with Adele tribute, 1-4pm

Wed 15th Bourne Free, Ratton School 6-8pm

Sat 18th Christmas shopping and lunch at the Beacon Shopping Centre 11am

January

Fri 7th Hastings & Rother Group, The Pelham, 12 30 – 2 30pm

Sat 8th Lunch at Rodmill, Eastbourne, Midday

Wed 12th Bourne Free, Ratton School 6-8pm

Sat 15th Walk along Eastbourne seafront – 11am

Sat 22nd Cinema @ Cineworld Eastbourne 1pm

Wed 26th Bourne Free Ratton School 6-8pm

Sat 29th Eastbourne Pier & fish and chips – Midday

