



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

JUNE 2022

Welcome to this month's SASBAH E-News

ADVISERS

Listening Books

Listening Books provide an audiobook lending service for anyone with an illness, disability, learning difficulty, or mental health condition, who finds that it affects their ability to read, or hold books in the usual way. They currently have some free memberships available for people living in the Sussex area, who might benefit from this, but would find the membership fees a potential barrier.

Listening Books has over 10,000 wonderful fiction and non-fiction titles, including popular authors such as J. K. Rowling, David Walliams, Bernardine Evaristo, Khaled Hosseini, Agatha Christie, Sally Rooney and many more.

You can listen to the audiobooks in three easily accessible ways:

- Streamed online over WiFi on laptops, tablets, or smartphones.
- Downloaded through an app to listen to offline
- Sent directly through the post on MP3 CD (no postage costs or late fees)

Members also have free access to over 7,000 newspapers and magazines from partner service PressReader.

They do not require any financial proof for the free memberships; just your confirmation that the usual annual cost of between £20 and £45 would be a barrier to joining.

Please visit Listening Books website for further information -

<https://www.listening-books.org.uk/what-we-do/free-memberships>

New members can easily sign up online by clicking the 'Join Now' button in the top left corner of the homepage.

FUNDRAISING

Sun 19th June Burgess Hill Town Day, St John's Park. Come and help out on our stall of just come along to enjoy the event.

Weds 22nd June, SASBAH 28th Annual Golf Day, Mid Sussex Golf Club, Ditchling – entry form attached. There are still some places remaining so If you would like to take part, please complete and return to Tim McDermott- Roe as soon as possible.

SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS

**Contact Details: General Enquiries: [office@sasbah.org.uk/01825876045](mailto:office@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

June

Weds 8th Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley. We meet in the meeting room at the rear of the café.

Thurs 9th Pub Quiz at The North Star, Worthing. Quiz starts at 8.30pm and costs £1, but join us from 7pm if you want to eat first.

Fri 17th Worthing Support Group, Heene Community Centre, Heene Road, 12-2pm. We meet in the Wordsworth Lounge.

Sun 19th Burgess Hill Town Day, St John's Park. Come and help out on our stall or just come along to enjoy the event.

Mon 20th Ice cream at Kaspas's, Worthing. 12.30 – 2pm.

Weds 22nd Mid Sussex Support Group, Cyprus Hall, Burgess Hill, 12.15-2.15pm. We meet in the Starford Hall at the front of the building. Tea and coffee are provided. Please feel free to bring your own packed lunch.

Fri 24th Lunch at Italian Kitchen, County Mall, Crawley. 12-2 30pm

Mon 27th Coffee at Caffe Nero, Burgess Hill. 12-2pm

Weds 29th Hollywood Bowl, Crawley. Bowling, pool, arcades, coffee and lunch. 12-2 30pm

July

Mon 4th Lunch at Munch, Worthing, 12-2pm

8th-10th Residential Wellbeing Break at Sefton Place, Arundel. Daytime visitors also very welcome. Most activities will be on Saturday 9th. Please contact us for further details

Weds 13th Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley. We meet in the meeting room at the rear of the café

Mon 18th Bowling at Out of Bounds, Angmering, 12-2pm. Booking essential.

Tues 19th Lunch at harvester, Crawley, 12-2.30pm

Thurs 21st Pub Quiz at The North Star, Worthing. Quiz starts at 8.30pm and costs £1, but join us from 7pm if you want to eat first.

Mon 25th lunch at Toby Carvery, Crawley, 12.30-2.30pm

Weds 27th Mid Sussex Support Group, Cyprus Hall, Burgess Hill, 12.15-2.15pm. We meet in the Starford Hall at the front of the building. Tea and coffee are provided. Please feel free to bring your own packed lunch

SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS

**Contact Details: General Enquiries: [office@sasbah.org.uk/01825876045](mailto:office@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)**

East Sussex

June

- Sat 4th** Buffet Time, Eastbourne. Midday
- Fri 10th** Hastings & Rother LSG, The Pelham 12 30 – 2 30pm
- Sat 11th** Lunch at the George Hotel, Hailsham. Midday
- Weds 15th** Bourne Free, Ratton School 6-8pm
- Sat 18th** Quiz and BYO Picnic, Sasbah Office, Gun Hill 12-3pm
- Weds 29th** Bourne Free, Ratton School 6-8pm
- Sat 25th** Shopping and Nandos, Beacon Shopping Centre 11am

July

- Fri 1st** Hastings & Rother LSG, The Pelham 12 30 – 2 30pm
- Sat 2nd** Midday at Beacon Centre, Lunch at Nandos
- Sat 9th** Wellbeing Day Sefton Place, Arundel
- Sat 16th** Eastbourne Pier and Lunch, meet Midday
- Sat 23rd** Crazy Golf, Sovereign Harbour, Meet 11am
- Sat 30th** Lunch at Rodmill, Midday

Wherever possible, please let us know if you're planning to join us on any of these events. (Lisa for West Sussex events or Rom for East Sussex). This is to make sure we have the right resources in place which should make your visit more comfortable and enjoyable. Although we try our best to avoid this, if we think an event is not going to be attended, we may cancel it and we would hate for anyone to turn up and find they are alone. You can contact us by phone or text on the above numbers, email Lisa or Rom, or message us on Facebook, messenger or WhatsApp.

Please note that Lisa works part time, and much of that time is spent out and about at activities, so if you can't get hold of her, make sure you leave a message and she'll get back to you as soon as she can, but it may not be the same day. If your message is urgent, you can contact our office during the daytime on 01825 873045. We welcome anyone connected with SASBAH, including service users, family members, carers, volunteers and friends. All the venues we use are accessible to the best of our knowledge at the time of printing.

SASBAH RESIDENTIAL BREAKS 2022

**Contact Details: General Enquiries: office@sasbah.org.uk/01825876045 Lisa: lisa@sasbah.org.uk/07725433136,
Rom: rom@sasbah.org.uk/07779038542**

Mindfulness and Wellbeing Residential Break

Friday 8th July to Sunday 10th July 2022, Sefton Place, Arundel*
This will include a series of workshops, treatments and classes to help you with your mindfulness, relaxation and wellbeing. This break will cost £50 per head and this is for full board accommodation and all activity costs included. This does not cover the cost of transport.

Breakaway

Friday 23rd September to Sunday 25th September 2022, Lodge Hill Outdoor Activity Centre, Pulborough
Outdoor Activity residential break for which there will be no fee charged thanks to the generosity of the funders. Transport will be provided to leave Gun Hill Office on the Friday and to return there on the Sunday.

Family Break

Friday 21st October to Monday 24th October 2022
This weekend will take place at Sefton Place Arundel*.
The aim of this break is to support families and a few individuals.. Activities will take place over the weekend mainly to entertain any children that are there.
Cost of this break is £50 per room that will cover accommodation, food and entertainment but not travel costs.

To book on any of these residential breaks please contact either Rom on 07779038542 or rom@sasbah.org.uk OR Lisa on 07725433136 or lisa@sasbah.org.uk. Priority will be given to those that have not been before but hopefully we can accommodate everybody that shows an interest. If you want to visit any of the residential breaks as a day visitor you would be made to feel very welcome and you can book in the same way as above and the charge for day visitors is just £10 to cover the costs of food and refreshments.

*Sefton Place is an accessible building but it has limited accessible rooms so if the demand is high than we can book accessible rooms at the Premier Inn which is about a mile away from Sefton Place but you would have to have transport to get there and back or use taxis. Alternatively if you do not want to stay residentially you can just visit as a day visitor on any of the dates above.

DIGITAL ACTIVITIES

Virtual Adviser sessions are hosted by Zoe who can be contacted at zoe@sasbah.org.uk For queries about any other activities please email office @sasbah.org.uk. Please also check our Facebook page for any additional activities

JUNE		
DATE	ACTIVITY	TIME
Mon 6 th	Virtual Advisors	1pm
Tues 7 th	Time to Talk	1pm
Tues 7 th	Swoove	6pm
Weds 8 th	Bingo	5pm
Thurs 9 th	Art With Hilary	5pm
Mon 13 th	Virtual Advisors	1pm
Tues 14 th	Swoove	6pm
Thurs 16 th	Art With Hilary	5pm
Mon 20 th	Virtual Advisors	1pm
Tues 21 st	Swoove	6pm
Weds 22 nd	Bingo	5pm
Thurs 23 rd	Art with Hilary	5pm
Sat 25 th	Quiz	5pm
Mon 27 th	Virtual Advisors	1pm
Tues 28 th	Swoove	6pm
Thurs 30 th	Ladies that Lunch	1pm
Thurs 30 th	Art with Hilary	5pm

JULY		
DATE	ACTIVITY	TIME
Mon 4 th	Virtual Advisors	1pm
Tues 5 th	Time to Talk	1pm
Tues 5 th	Swoove	6pm
Weds 6 th	Bingo	5pm
Thurs 7 th	Art With Hilary	5pm
Mon 11 th	Virtual Advisors	1pm
Tues 12 th	Swoove	6pm
Thurs 14 th	Art With Hilary	5pm
Mon 18 th	Virtual Advisors	1pm
Tues 19 th	Swoove	6pm
Weds 20 th	Bingo	5pm
Thurs 21 st	Art with Hilary	5pm
Mon 25 th	Virtual Advisors	1pm
Tues 26 th	Swoove	6pm
Thurs 28 th	Ladies that Lunch	1pm
Thurs 28 th	Art With Hilary	5pm
Sat 30 th	Quiz	5pm

We have added a couple of new activities which have been suggested by some of our Service Users and look forward to seeing some of you there. The 'Time to talk' session will focus on a different subject each month.