



# SASBAH

SUSSEX ASSOCIATION FOR  
SPINA BIFIDA AND HYDROCEPHALUS

# E-NEWS

JUNE 2024

Welcome to our June newsletter. We'll be sending out our annual printed newsletter in the post towards the end of June. If you don't currently receive it and would like to, please send your contact details to Lynne at [office@sasbah.org.uk](mailto:office@sasbah.org.uk)

## Fundraising

### **Support SASBAH on Local Lotteries – Eastbourne and Horsham**

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!

## Upcoming Events

**Wednesday 19<sup>th</sup> June.** 30<sup>th</sup> Annual Golf Day at Mid Sussex Golf Club. Please contact [events@sasbah.org.uk](mailto:events@sasbah.org.uk) or [office@sasbah.co.uk](mailto:office@sasbah.co.uk) should you need further details.

**Saturday 29<sup>th</sup> June** Swoovefest at Eastbourne Sports Park 11am start. Everyone is welcome to attend – the cost is £10 per person for up to 4 hours of Swoove. (A portion of the entry fee is donated to SASBAH).

This is a sponsored event so you can have fun and raise money for SASBAH at the same time. Please contact [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk) or [office@sasbah.org.uk](mailto:office@sasbah.org.uk) should you need more details.

## Social Activities

### **Bourne Free**

**All at Ratton School, Eastbourne**

Contact Amanda or Becky on 01825873045 or email [office@sasbah.org.uk](mailto:office@sasbah.org.uk)

### **June**

**Weds 5<sup>th</sup>** Swoove with Jo 6 – 8pm

**Weds 19<sup>th</sup>** Movie & Pizza Night 6 – 8pm

### **July**

**Weds 3<sup>rd</sup>** Table Tennis and Court games 6 – 8pm

**Weds 31<sup>st</sup>** Field Sports 6-8pm

## Social Activities cont

### **Lisa**

Contact Lisa by phone or text on 07725 433136, email [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk), or message Lisa on Facebook, messenger or WhatsApp.

### **June**

**Tues 4<sup>th</sup>** Coffee in Caffe Nero, Burgess Hill, 12 30-2pm.

**Thurs 6<sup>th</sup>** Pub Quiz at The North Star, Worthing. Quiz starts at 8.30pm and costs £1. Our table is booked from 7.30pm for anyone who wants to eat first.

**Weds 12<sup>th</sup>** Crawley support group, 12-2pm. We meet in Starbucks in Queen Square, Crawley

**Thurs 13<sup>th</sup>** Coffee and chat, Hassocks, Corner Café 12-2pm

**Fri 14<sup>th</sup>** Worthing seafront walk and chips, 2-4pm

**Weds 19<sup>th</sup>** Bowling and coffee/lunch at Hollywood Bowl, Crawley 12-2 30pm

**Fri 21<sup>st</sup>**, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.15am-1.45pm.

**Mon 24<sup>th</sup>**, Coffee and chat, Squires (Cheals) garden centre, Crawley, 1-3pm.

**Weds 26<sup>th</sup>**, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

**Fri 28<sup>th</sup>**, lunch/coffee Swiss Cottage pub, Shoreham, 12-2pm.

### **July**

**Weds 3<sup>rd</sup>**, coffee/lunch at Esquires café, County Mall, Crawley, 12-2.30pm.

**Thurs 4<sup>th</sup>**, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person and starts at 8.30pm, but we can meet from 7.30pm if you want to eat first.

**Weds 10<sup>th</sup>**, Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

**Thurs 11<sup>th</sup>**, Coffee at Corner Café, Hassocks, 12-2pm

**Fri 12<sup>th</sup>**, fish and chips and walk, Worthing seafront, 12-2pm.

**Tues 16<sup>th</sup>**, coffee at County Mall, venue to be decided, 12.30-2.30pm.

**Weds 17<sup>th</sup>**, Arundel wetland centre, 11.30am onwards.

**Fri 19<sup>th</sup>**, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.15am-1.45pm.

**Weds 24<sup>th</sup>**, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

Wherever possible, please let us know if you're planning to join us on any of these events. This is to make sure we have the right resources in place which should make your visit more comfortable and enjoyable.

## Social Activities cont

### Helen

Contact Helen by email on [helen@sasbah.org.uk](mailto:helen@sasbah.org.uk) or phone 07899801845 or Rom on 07779038542

### June

**Fri 7<sup>th</sup>** 12.30pm to 2.30pm – Rother Support Group, Rose and Crown, Turkey Road, Bexhill

**Sat 8<sup>th</sup>** 7.30pm for 8pm – Bruno Mars Lookalike Tribute Act with Jeff Dingle & His Band! Eastbourne Bandstand. Tickets £10.35 and carers go free. **Tickets will sell out fast. Let me know! <https://www.eastbournebandstand.co.uk/tribute/trib-18>**

**Fri 21<sup>st</sup>** Trident Fish Bar, Eastbourne at 5.30pm then onto Millies Nightclub, Eastbourne for 7pm till 10pm

### July

**Fri 5<sup>th</sup>** July Rother Support – Mantel Farm, Henley's Down, Catsfield, Battle TN33 9BN 12 30-2 30pm

**Weds 10<sup>th</sup>** The George Hotel Pub, Hailsham – after work get together for food and/or drinks in the garden! 4.45pm onwards.

**Fri 19<sup>th</sup>** Trident Fish Bar, Eastbourne at 5.30pm then onto Millies Nightclub, Eastbourne for 7pm till 10pm

### Rom

Contact Rom on 07779038542 or email [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk)

### June

**Sat 1<sup>st</sup>** Seafront Walk and lunch @ Flavolosso meet 11am by the Bandstand

**Sat 8<sup>th</sup>** Eastbourne Pier – amusements, walk and afternoon tea meet at Midday

**Fri 14<sup>th</sup>** Screaming Blue Murder Comedy Club @ The Hippodrome theatre Eastbourne 7pm

**Sat 15<sup>th</sup>** Lunch at The Plough Inn, Upper Dicker Midday

**Sat 22<sup>nd</sup>** Lunch at The Rodmill Pub, Eastbourne Midday

**Sat 29<sup>th</sup>** Swoovefest at Hampden Park Sports Park 11am start – sponsored event

### July

**Sat 6<sup>th</sup>** Walk and lunch at The Perch café, Princes Park , Meet at Midday

**Sat 13<sup>th</sup>** Sovereign Harbour lunch and walk, meet at Midday by Four Seasons Café

**Sat 27<sup>th</sup>** Lunch at the Rodmill Pub, Eastbourne Midday

### DIGITAL ACTIVITIES

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

<b>June</b>		
Mon 3 <sup>rd</sup>	Virtual Advisers	1pm
Tues 4 <sup>th</sup>	Bingo	5pm
Thurs 6 <sup>th</sup>	Art With Hilary	5pm
Mon 10 <sup>th</sup>	Virtual Advisers	1pm
Tues 11 <sup>th</sup>	Bingo	5pm
Weds 12 <sup>th</sup>	Swoove	6pm
Thurs 13 <sup>th</sup>	Art With Hilary	5pm
Mon 17 <sup>th</sup>	Virtual Advisers	1pm
Tues 18 <sup>th</sup>	Bingo	5pm
Thurs 21 <sup>st</sup>	Ladies that Lunch	1pm
Thurs 20 <sup>th</sup>	Art With Hilary	5pm
Mon 24 <sup>th</sup>	Virtual Advisers	1pm
Tues 25 <sup>th</sup>	Bingo	5pm
Weds 26 <sup>th</sup>	Swoove	6pm
Thurs 27 <sup>th</sup>	Ladies that Lunch	1pm
Thurs 27 <sup>th</sup>	Art With Hilary	5pm

<b>July</b>		
Mon 1 <sup>st</sup>	Virtual Advisers	1pm
Tues 2 <sup>nd</sup>	Bingo	5pm
Thurs 4 <sup>th</sup>	Art With Hilary	5pm
Mon 8 <sup>th</sup>	Virtual Advisers	1pm
Tues 9 <sup>th</sup>	Bingo	5pm
Weds 10 <sup>th</sup>	Swoove	6pm
Thurs 11 <sup>th</sup>	Art With Hilary	5pm
Mon 15 <sup>th</sup>	Virtual Advisers	1pm
Tues 16 <sup>th</sup>	Bingo	5pm
Thurs 18 <sup>th</sup>	Art With Hilary	5pm
Mon 22 <sup>nd</sup>	Virtual Advisers	1pm
Tues 23 <sup>rd</sup>	Bingo	5pm
Weds 24 <sup>th</sup>	Swoove	6pm
Thurs 25 <sup>th</sup>	Ladies that Lunch	1pm
Thurs 25 <sup>th</sup>	Art With Hilary	5pm
Mon 29 <sup>th</sup>	Virtual Advisers	1pm
Tues 30 <sup>th</sup>	Bingo	5pm