

Welcome to our last newsletter of 2024. We hope you all have a lovely Christmas and our very best wishes for the New Year. Note our additional digital activities over the Christmas period which will be hosted by Rom.

### 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.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 Christmas Cards** – It's still not too late to order your Christmas cards. Please email [office@sasbah.org.uk](mailto:office@sasbah.org.uk) or phone 873045 for more details or to place an order.

### Fundraising cont

#### **Sun 2<sup>nd</sup> February**

Fundraising event @ The Rodmill pub, Eastbourne  
1pm-3pm with Tom Fitzpatrick. Please call the Rodmill direct on 01323 731784 to reserve a table.

### Social Activities

#### **Bourne Free**

**All at Ratton School, Eastbourne, 6pm – 8pm**

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

#### **December**

**Wed 4<sup>th</sup> Christmas Arts & Crafts with Jen**

**Wed 18<sup>th</sup> Christmas Party with Christmas Jumpers**

#### **January**

**Wed 8<sup>th</sup> Games and Planning chat**

**Wed 22<sup>nd</sup> Quiz and cakes evening**

## 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 on Facebook, Messenger or WhatsApp.

### December

**Mon 2<sup>nd</sup>**, coffee and Christmas shopping at Southdown Nurseries (Tates) Hassocks, 11.30-3.30pm.

**Wed 4<sup>th</sup>**, Bowling and coffee/lunch at Hollywood Bowl, Crawley, 12-2.30pm.

**Wed 11<sup>th</sup>**, Crawley Christmas lunch, Hawth Park Harvester, 12-2pm. **BOOKING REQUIRED.**

**Thurs 12<sup>th</sup>**, 12-2pm, coffee and chat at Corner café, Hassocks.

**Thurs 12<sup>th</sup>**, Worthing Christmas meal and Pub Quiz, North Star, 7.30pm. **BOOKING REQUIRED.**

**Fri 20<sup>th</sup>**, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.15am-1.45pm.

### January

**Fri 3<sup>rd</sup>** Mid Sussex late Christmas lunch. Venue to be confirmed.

**Wed 8<sup>th</sup>** Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

**Thurs 9<sup>th</sup>** 12-2pm, coffee and chat at Corner café, Hassocks.

**Thurs 9<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.

**Fri 17<sup>th</sup>**, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.15am-1.45pm.

**Wed 22<sup>nd</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. You can contact Lisa by phone or text on 07725 433136, email at [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk) or message her on Facebook, messenger or WhatsApp.

## 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

### December

**Fri 6<sup>th</sup>** Rother Support Group, The Pelham 12.30pm to 2.30pm. I will bring crackers and Xmas tablecloth! Will make it festive!

**Sun 15<sup>th</sup>** PANTO! Aladdin at Royal Hippodrome Theatre, Eastbourne, BN21 3PF, 11am **SOLD OUT!!!!**

**Fri 20<sup>th</sup>** Trident Fish Bar, 23 Albert Parade, Eastbourne BN21 1SD. Meet at 5.30pm then onto Millie's Nightclub, The Chaseley Trust, South Cliff, Eastbourne, East Sussex, BN20 7JH for 7pm till 10pm

### January

**Fri 3<sup>rd</sup>** Rother Support Group The Pelham 12.30pm to 2.30pm – in the café area. Let me know if you can make this meeting so early in January.

**Fri 17<sup>th</sup>** Trident Fish Bar, 23 Albert Parade, Eastbourne BN21 1SD. Meet at 5.30pm then onto Millie's Nightclub, The Chaseley Trust, South Cliff, Eastbourne, East Sussex, BN20 7JH for 7pm till 10pm

**Sun 26<sup>th</sup>** Eastbourne Cinema and lunch, 12pm onwards!

### Rom

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

### December

**Sat 7<sup>th</sup>** Perch Café, Princes Park, Eastbourne, Midday

**Fri 13<sup>th</sup>** SASBAH Christmas Party @ The JPK Project 7pm, 39 Church St. Old Town. Eastbourne. Tickets £5 each and need to be paid for in advance. Please contact Rom to book. Bookings to be made and tickets to be paid for by **1<sup>st</sup> December**.

**Sat 21<sup>st</sup>** Lunch at The Harvester, Polegate, Midday

**Sat 28<sup>th</sup>** Lunch at The Rodmill Pub, Eastbourne, Midday

### January

**Sat 4<sup>th</sup>** New Year Sales Shopping trip @ The Beacon shopping centre Eastbourne meet at 11am

**Sat 11<sup>th</sup>** Eastbourne seafront Walk from Pier to Bandstand, meet at 11am at the Pier.

**Sat 18<sup>th</sup>** Lunch at The George Hotel, Hailsham – meet at Midday

**Sat 25<sup>th</sup>** Lunch at The Rodmill Pub, Eastbourne at 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>December</b>		
Mon 2 <sup>nd</sup>	Virtual Advisers	1pm
Tues 3 <sup>rd</sup>	Bingo	5pm
Thurs 5 <sup>th</sup>	Art With Hilary	5pm
Mon 9 <sup>th</sup>	Virtual Advisers	1pm
Tues 10 <sup>th</sup>	Bingo	5pm
Thurs 12 <sup>th</sup>	Art With Hilary	5pm
Mon 16 <sup>th</sup>	Virtual Advisers	1pm
Tues 17 <sup>th</sup>	Bingo	5pm
Thurs 19 <sup>th</sup>	Ladies that Lunch	1pm
Thurs 19 <sup>th</sup>	Art With Hilary	5pm
Mon 23 <sup>rd</sup>	Virtual Advisers	1pm
Tues 24 <sup>th</sup>	Bingo	5pm
Wed 25 <sup>th</sup>	Christmas Day	10-11am
Thurs 26 <sup>th</sup>	Boxing Day	2-3pm
Mon 30 <sup>th</sup>	Virtual Advisers	1pm
Tues 31 <sup>st</sup>	New Years Eve	5-6pm

<b>January</b>		
Wed 1 <sup>st</sup>	New Years Day	2-3pm
Thurs 2 <sup>nd</sup>	Art With Hilary	5pm
Mon 6 <sup>th</sup>	Virtual Advisers	1pm
Tues 7 <sup>th</sup>	Bingo	5pm
Thurs 9 <sup>th</sup>	Art With Hilary	5pm
Mon 13 <sup>th</sup>	Virtual Advisers	1pm
Tues 14 <sup>th</sup>	Bingo	5pm
Thurs 16 <sup>th</sup>	Art With Hilary	5pm
Mon 20 <sup>th</sup>	Virtual Advisers	1pm
Tues 21 <sup>st</sup>	Bingo	5pm
Thurs 23 <sup>rd</sup>	Art With Hilary	5pm
Mon 27 <sup>th</sup>	Virtual Advisers	1pm
Tues 28 <sup>th</sup>	Bingo	5pm
Thurs 30 <sup>th</sup>	Ladies that Lunch	1pm
Thurs 30 <sup>th</sup>	Art With Hilary	5pm