



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

MARCH 2025

Welcome to the March issue of our Enewsletter. We hope everyone is well and looking forward to Spring!!

ADVISERS

Carbon Monoxide Awareness



Carbon monoxide is poisonous and is nicknamed the 'silent killer' as you cannot see, touch, taste or smell it. Carbon monoxide can be released into the air when carbon based fuel does not burn properly.

Carbon monoxide can come from a range of fuels such as gas, coal, wood, oil, liquid petroleum gas (LPG), paraffin, and petrol and diesel engines. Barbeques are less common and should always be used outside.

Mains gas is often used for heating our boilers, ovens, hobs and fires. **The gas flames should be blue unless it is a fire with a flame effect, which is yellow.**

It is advisable to have these appliances serviced once year by a Gas Safe registered engineer – 0800 408 5500 / www.gassaferegister.co.uk

Coal and wood are used in open fires and wood burners. It is advisable to have the chimney and flues cleaned one a year, twice if used more regularly by a HETAS registered specialist – 01684 278170 / www.hetas.co.uk

Oil is used in 1.6 million households. Oil appliances are to be serviced regularly by an OFTEC technician - 01473 626298 / www.oftec.co.uk

Signs and symptoms of carbon monoxide poisoning are

- Headaches, tiredness and nausea
- Dizziness and confusion
- Breathlessness

More severe symptoms are

- Collapsing and unconsciousness

How can you detect Carbon Monoxide?

You need a carbon monoxide detector, which costs around £10 to £20. It works in a similar way to a smoke alarm and an alarm will go off when it detects carbon monoxide. These will need replacing every 10 years as the battery and sensor wear out. You should place the detector if possible in every room where there are carbon monoxide source such as boilers, cookers and wood burners, if not in every room then the room which is most often used. It should be placed 1 to 3 metres away from the source and 15cm from the ceiling.

Legislation

If you live in rented property (private or social) which use carbon based fuels for heating and cooking, the landlord will need to fit and maintain carbon monoxide detectors.

If you live in owner-occupied properties there is currently no legal duty to have your gas appliances and boilers checked or to install a carbon monoxide alarm.

Gas Safety checks for eligible homeowners.

Energy suppliers will provide a free gas safety check for eligible homeowners (eg gas boiler). These are available every 12 months.

You are eligible for this if you:

- Get a means tested benefit and live with a child under 5
- Live alone and are pensionable age, disabled or chronically sick
- Live with others who are of pensionable age, disabled, chronically sick or under 18 and you are also of pensionable age, disabled or chronically sick.

Contact your supplier if you think you are eligible for a free gas safety check.

Carbon monoxide Emergency

If your Carbon monoxide alarms goes or you suspect Carbon Monoxide

- call **UK Emergency Gas Service on 0800 111 999**
- GET OUT. If possible, on your way out turn off appliances and open the doors and windows.
- If you feel unwell see your GP or go to A & E

Working in partnership with SGN Safe and Warm Communities.



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!

Tues 18th March Quiz Night at the Woolpack, Burgess Hill – see attached poster.

Weds 11th June Golf Day at Haywards Heath Golf Club. Contact Tim on events@sasbah.org.uk for more details.

SOCIAL ACTIVITIES

Bourne Free

We are delighted to announce that all Bourne Free sessions will now be held at our new premises and look forward to welcoming you there - 39 Church Street, Eastbourne BN21 1HP

Times remain the same 6 – 8pm

For more details contact Amanda or Becky on 01825873045 or email office@sasbah.org.uk

March

Wed 5th Movie and hot chocolate

Wed 19th Swoove with Jo

April

Wed 16th Easter Crafts with Amanda and Jen

Wed 30th Easter Egg Hunt

Social Activities cont

Lisa

Contact Lisa by phone or text on 07725 433136, email lisa@sasbah.org.uk, or message on Facebook, Messenger or WhatsApp.

March

Fri 7th, Bowling at Hollywood Bowl, Crawley at 1pm.

Thurs 6th, 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.

Wed 12th, Crawley Support Group, 12-2.30pm Starbucks, Queen Square, Crawley.

Thurs 13th, 12-2pm, coffee and chat at Corner café, Hassocks.

Fri 21st, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-1.45pm.

Wed 26th, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

Fri 28th, coffee and walk, Lancing seafront, 12pm onwards.

Mon 31st, Coffee at Squires Café (In the garden centre), Crawley. 1-3pm.

April

Thurs 3rd, 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.

Wed 9th, Crawley Support Group, 12-2.30pm Starbucks, Queen Square, Crawley.

Thurs 10th, 12-2pm, coffee and chat at Corner café, Hassocks.

Wed 23rd, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

Fri 25th, Coffee and snaps in Worthing. Meet at Coast for coffee and then take some pictures nearby. Midday onwards.

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 or message her on Facebook, messenger or WhatsApp.

Social Activities cont

Helen

Contact Helen by email on helen@sasbah.org.uk or phone 07899801845 or Rom on 07779038542

March

Tues 4th Bowling, Hailsham Leisure Centre 5pm-7pm

Fri 7th Rother Support Group The Pelham 12.30pm to 2.30pm – in the café area Rom is hosting this month.

Fri 14th Lunch or coffee and chat at The George Pub, Hailsham 1pm-3pm

Fri 21st 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

April

Fri 4th Rother Support Group – The Pelham, 12.30pm to 2.30pm – in the café area.

Sun 12th 11am onwards. Eastbourne Cinema. Movie TBD nearer the time. Meet outside the cinema at 11am.

Easter Monday 21st – Panto Alice In Wonderland – Royal Hippodrome 11am relaxed viewing. Doors open at 10.30am. Meet outside at 10am.

Sat 26th Queen Tribute Act – Eastbourne Bandstand! Doors (and bar) open at 7pm. Meet there for 6.30pm to get seats together. Show starts at 8pm. I can't reserve seats so need payment in advance if you want me to book your tickets. Or book your own tickets and meet me there. Message me if you want any help booking.

Rom

Contact Rom on 07779038542 or email rom@sasbah.org.uk

March

Sat 1st Walk and lunch from Eastbourne Pier meet at 11am

Sat 8th No Activity

Sat 15th Lunch at The Harvester, Polegate, Midday

Sat 22nd March Charity Dinner at The View Hotel, Eastbourne

Sat 29th Lunch at The Rodmill pub, Eastbourne Midday

April

Sat 5th Lunch at The Harvester, Polegate, meet at Midday

Sat 12th Lunch at Nandos, Beacon Shopping Centre, Eastbourne, meet at Midday

Sat 19th Walk from Eastbourne Pier and lunch, Meet at 11am

Sat 26th Lunch at The Rodmill Pub, Eastbourne, meet at Midday

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.

March		
Mon 3 rd	Virtual Advisers	1pm
Tues 4 th	Bingo	5pm
Thurs 6 th	Art With Hilary	5pm
Mon 10 th	Virtual Advisers	1pm
Tues 11 th	Bingo	5pm
Thurs 13 th	Art With Hilary	5pm
Mon 17 th	Virtual Advisers	1pm
Tues 18 th	Bingo	5pm
Thurs 20 th	Art With Hilary	5pm
Mon 24 th	Virtual Advisers	1pm
Tues 25 th	Bingo	5pm
Thurs 27 th	Ladies that Lunch	1pm
Thurs 27 th	Art With Hilary	5pm
Mon 31 st	Virtual Advisers	1pm

April		
Tues 1 st	Bingo	5pm
Thurs 3 rd	Art With Hilary	5pm
Mon 7 th	Virtual Advisers	1pm
Tues 8 th	Bingo	5pm
Thurs 10 th	Art With Hilary	5pm
Tues 15 th	Bingo	5pm
Thurs 17 th	Art With Hilary	5pm
Tues 22 nd	Bingo	5pm
Thurs 24 th	Ladies that Lunch	1pm
Thurs 24 th	Art With Hilary	5pm
Mon 28 th	Virtual Advisers	1pm
Tues 29 th	Bingo	5pm