



# SASBAH

SUSSEX ASSOCIATION FOR  
SPINA BIFIDA AND HYDROCEPHALUS

## E-NEWS

MAY 2025

### ADVISERS

#### **Employment Support Allowance (ESA) migration to Universal Credit (UC)**

As some of you are now receiving your migration letters from ESA to UC, and many more will over the following months, I thought the following would be helpful to know ahead of your migration.

Some benefits and tax credits are ending and are being replaced by Universal Credit.

The following tax credits and benefits are ending and are being replaced by UC

- Child Tax Credit
- Working Tax Credit
- Housing Benefit
- Income Support
- Income-based Jobseeker's Allowance (JSA)
- Income-related Employment and Support Allowance (ESA). You can check on your ESA entitlement letter to see if you receive either Income-related or contribution-based ESA.

You will receive a letter called a Universal Credit Migration Notice from the Department for Work and Pensions (DWP) explaining what you will need to do and when. **It is important that you do not do anything until you receive your letter.**

You will not be moved automatically and you must claim Universal Credit by the deadline date given in your letter. The deadline date for applying is 3 months from when the date of the letter is sent out. The letter will give you instructions to follow. Please bear in mind your current benefits will end as soon as you submit your claim for Universal Credit. You will not be able to go back to your existing benefit once you have made a claim. If your Universal Credit entitlement is less than your previous benefits then you may be eligible for financial protection when you move to Universal Credit. This additional amount is known as 'transitional protection'.

To be eligible for 'transitional protection':

- you must only apply for Universal Credit once you have received your Universal Credit Migration Notice letter
- you must apply before the deadline date in your Universal Credit Migration Notice letter
- there must be no changes in your circumstances

If you are migrating from Employment and Support Allowance (ESA), you will not need another Work Capability Assessment (WCA) unless you have a change in your health or health condition.

### ADVISERS cont

To make your claim for Universal Credit as quick and easy as possible, it is useful to have everything you need before you start.

To apply online you will need:

- your bank, building society or credit union account details
- an email address
- access to a phone

If you do not have these, you can call the Universal Credit helpline or go to a jobcentre. You can also get support from the Citizens Advice Help to Claim service (details are below).

You will also have to prove your identity. You will need some identity documents for this, for example your:

- driving licence
- passport
- debit or credit card
- payslip or P60
- 

To complete your claim you will need to provide information about:

- your housing, for example how much rent you pay
- your earnings, for example payslips
- your National Insurance number, if you have one
- other benefits you get
- any disability or health condition that affects your work
- how much you pay for childcare if you want help with childcare costs
- your savings and any investments, like shares or a property that you rent out

You might need an appointment with the Universal Credit team if:

- they need more information
- you cannot verify your identity online

Universal Credit Helpline – 0800 328 5644

**Please remember Zoe is always happy to advise and support you with your migration. [zoe@sasbah.org.uk](mailto:zoe@sasbah.org.uk) , 01243551976**

Citizens Advice Help to Claim service – 0800 144 8 444

They can help you with the early stages of your Universal Credit claim. You can talk to them on the phone, online over chat or using our British Sign Language (BSL) service.

Their advisers can help you:

- work out if you can get Universal Credit
- fill in the Universal Credit application
- prepare for your first Jobcentre appointment

check your first payment is correct

Source:

<https://ucmove.campaign.gov.uk/#/jump>  
<https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helpclaim/>

## 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!

**Weds 11<sup>th</sup> June** Golf Day at Haywards Heath Golf Club. Contact Tim on [events@sasbah.org.uk](mailto:events@sasbah.org.uk) for more details.

**Sun 29<sup>th</sup> June** Afternoon Tea with Tom Fitzpatrick at the SASBAH Centre, Eastbourne. Tickets only 15 per head. Book through Rom. See attached poster.

## SOCIAL ACTIVITIES

### **Bourne Free**

All Sessions at - 39 Church Street, Eastbourne BN21 1HP  
6 – 8pm

For more details contact Amanda or Becky on 01825873045 or email [office@sasbah.org.uk](mailto:office@sasbah.org.uk)

### **May**

**Wed 14<sup>th</sup>** Pizza Making

**Wed 28<sup>th</sup>** Pamper Night with Amanda

### **June**

**Weds 11<sup>th</sup>** Games Night

**Weds 25<sup>th</sup>** Talent Show

## 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.

### **May**

**Thurs 1<sup>st</sup>**, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

**Wed 7<sup>th</sup>**, Pallant House Gallery, Chichester, from midday. Free admission if you come as part of our group.

**Thurs 8<sup>th</sup>**, 12-2pm, coffee and chat at Corner café, Hassocks.

**Wed 14<sup>th</sup>**, Crawley Support Group and card making with Zoe, 12-2.30pm Starbucks, Queen Square, Crawley.

**Fri 16<sup>th</sup>**, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-1.45pm.

**Mon 19<sup>th</sup>**, Bowling at Hollywood Bowl, Worthing, 12.30pm onwards.

**Wed 21<sup>st</sup>**, Arundel Wetlands, from 11.30am. **BOOKING IN ADVANCE ESSENTIAL**

**Fri 23<sup>rd</sup>**, Lunch at Harvester, Crawley, 1pm.

**Wed 28<sup>th</sup>**, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

### **June**

**Mon 2<sup>nd</sup>** Coffee at Muffin Break, Horsham, 1pm.

**Thurs 5<sup>th</sup>** Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

**Fri 6<sup>th</sup>** Crawley museum and coffee, 1.30pm.

**Wed 11<sup>th</sup>** Crawley Support Group and crafts, 12-2.30pm Starbucks, Queen Square, Crawley.

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

**Wed 18<sup>th</sup>**, Bowling at Hollywood Bowl, Crawley, midday.

**Fri 20<sup>th</sup>** Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-1.45pm.

**Tues 24<sup>th</sup>** lunch at Frank's Diner, Burgess Hill, midday.

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

### May

**Fri 2<sup>nd</sup>** Rother Support Group – The Pelham, Bexhill at 12.30pm to 2.30pm – in the café area.

**Thurs 8<sup>th</sup>** Bowling at Hailsham Leisure Centre, £3 10 per game. We will have 2 games. Meet outside at 4 30pm

**Tues 27<sup>th</sup>** Beacon Cinema Eastbourne. After work so meet around 4 30pm - Movie to be advised.

### June

**Tues 3<sup>rd</sup>** Cinema. 4.30pm onwards. Movie to be arranged nearer the time.

**Fri 6<sup>th</sup>** Rother Support Group – The Pelham, Bexhill at 12.30pm to 2.30pm – in the café area.

**Sun 22<sup>nd</sup>** Pub lunch at The George, Weatherspoons, Hailsham. 12pm onwards.

Please like our Facebook page. This is also where you can see/get involved/ask questions for any of these events! <https://www.facebook.com/groups/2314458051>

### Rom

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

### May

**Sat 3<sup>rd</sup>** Hastings Seafront Walk – meet at the White Rock Theatre at midday.

**Sat 10<sup>th</sup>** Towner Art Gallery visit and lunch, meet at the gallery at 11am

**Sat 17<sup>th</sup>** Lunch at The Harvester, Polegate – meet at Midday

**Sat 24<sup>th</sup>** Eastbourne Seafront Walk – meet at the pier at 11am

**Sat 31<sup>st</sup>** Lunch at The Rodmill Pub, Eastbourne – meet at Midday

### June

**Sat 7<sup>th</sup>** Lunch and walk around Princes Park – meet 11am

**Sat 14<sup>th</sup>** Pizza making session at the Sasbah Office, 39 Church Street, Eastbourne – meet 11am

**Sat 21<sup>st</sup>** Shopping and Lunch at The Beacon Centre – meet at 11am

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

**Our Summer Activity is now planned for July and August – see attached flyer for details.**

### 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.

May		
Thurs 1 <sup>st</sup>	Art With Hilary	5pm
Tues 6 <sup>th</sup>	Bingo	5pm
Thurs 8 <sup>th</sup>	Art With Hilary	5pm
Mon 12 <sup>th</sup>	Virtual Advisers	1pm
Tues 13 <sup>th</sup>	Bingo	5pm
Thurs 15 <sup>th</sup>	Art With Hilary	5pm
Mon 19 <sup>th</sup>	Virtual Advisers	1pm
Tues 20 <sup>th</sup>	Bingo	5pm
Thurs 22 <sup>nd</sup>	Art With Hilary	5pm
Tues 27 <sup>th</sup>	Bingo	5pm
Thurs 29 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 29 <sup>th</sup>	Art With Hilary	5pm

June		
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>	Art With Hilary	5pm
Mon 23 <sup>rd</sup>	Virtual Advisers	1pm
Tues 24 <sup>th</sup>	Bingo	5pm
Thurs 26 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 26 <sup>th</sup>	Art With Hilary	5pm
Mon 30 <sup>th</sup>	Virtual Advisers	1pm