

ADVISERS

Help with water bills with Southern Water and South East Water

If you're on a low income then you could be eligible for either a 45% (Southern Water) or 30 – 50% (South East Water) discount.

Southern Water

You may be eligible for a discount if any of the following applies to you:

- Your household income is low
- Everyone in your home gets a means-tested benefit
- You've got three or more children under 19 living at home
- Someone living with you needs more water because of a medical condition
- You haven't made a payment to us for a while.

Southern Water have four different payment schemes and tariffs

- Water sure – caps your water bills if you have a water meter
- Water direct – DWP may pay Southern Water directly from your benefits
- New Start – help to pay your water bill debt
- Essentials – help for customers who are struggling to pay their water services charges

For further information and to apply: Telephone - 0330 303 0277, or online - <https://www.southernwater.co.uk/help-and-support/what-if-i-cant-pay-my-bill/>

South East Water

South East Water have four different payment schemes and tariffs

- Water sure – caps your water bills if you have a water meter
- Water direct – DWP may pay Southern Water directly from your benefits
- Helping Hand – help to pay your water bill debt
- Social Tariff - On 1 April 2025, South East Water Social Tariff structure changed so they can support even more customers who need help paying their bill.

The Social Tariff now applies a tiered discount based on your household income (excluding any disability and housing payment you receive).

If your total household income is between £17,000 and £21,000 you will receive a 30 % reduction on your water bill. If your household income is less than £17,000, you will receive a 50 % reduction.

If you currently receive a discount under our Social Tariff, we will be re-validating your account within the next 6 months. If your water bill will be lower on our new Social Tariff, we will automatically switch your account over. **You do not need to do anything else.**

ADVISERS cont

If you are on assessed charges, there may also be a cheaper tariff for you:

- **Single Occupier Tariff** - for customers on unmetered charges who are the sole occupier of the property. The Single Occupier Tariff brings the assessed charge down to the equivalent of a one-bedroom assessed property.
- **Single Room Tariff** - to help who occupy a single room with communal hot water and laundry facilities, such as sheltered accommodation and bedsits.
- For further information - <https://www.southeastwater.co.uk/help/priority-services/help-paying-your-bill/>
- To apply
- Telephone – 0333 000 0001
- Or online - <https://www.southeastwater.co.uk/help/contact/>

Sources: Energise South Coast -

<https://www.energisesussexcoast.co.uk/should-you-be-getting-a-big-discount-on-your-water-bill/>

- Southern Water - <https://www.southernwater.co.uk/help-and-support/what-if-i-cant-pay-my-bill/>
- South East Water - <https://www.southeastwater.co.uk/help/priority-services/help-paying-your-bill/>

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

Sun 29th 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

June

Weds 11th Games Night

Weds 25th Talent Show

July

Weds 9th Pamper Session

Weds 23rd Picnic in the Park

Summer Activity Programme

Weds 23rd July, Dotto Train trip to Holywell with lunch at the Holywell Chalet Café, meet at Sovereign swimming pool at 11am and pick up from Sovereign swimming pool at 4pm

Thurs 31st July, Joseph and his Amazing Technicolour Dream Coat, meet at the Hippodrome Theatre at 2pm and pick up from there at 5pm

Weds 6th August, Indoor games, quiz and team challenges at the SASBAH Office, 39 Church Street, Eastbourne BN21 1HP. Meet there at 11am and pick up at 3pm. Lunch will be provided.

Thurs 14th August, Outdoor sports at Gildredge Park, Eastbourne. Meet at SASBAH Office 11am and pick up from there at 4pm. Packed lunch needed

Tues 19th August, Treasure Trail on Eastbourne Seafront, meet at the Pier at 11am and pick up from there at 4pm. Packed lunch needed.

Fri 29th August, Open top bus ride and lunch at East Dean. Meet at Eastbourne Pier at 11am and pick up from there at 4pm. Lunch will be provided.

There are limited spaces on each activity and spaces will be reserved on a first come basis.

To book please contact Rom on 07779038542 or email rom@sasbah.org.uk

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.

June

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

Fri 6th Crawley museum and coffee, 1.30pm.

Wed 11th Crawley Support Group and crafts, 12-2.30pm Starbucks, Queen Square, Crawley.

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

Wed 18th , Bowling at Hollywood Bowl, Crawley, midday.

Fri 20th Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-2 15pm

Tues 24th lunch at Frank's Diner, Burgess Hill, midday

July

Thurs 3rd, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

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

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

Fri 18th, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-2.15pm.

Wed 23rd, 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 or message her on Facebook, messenger or WhatsApp.



Social Activities cont

Helen

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

June

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

Sat 14th - Bowling at Hailsham Leisure Centre, 2 games. £3.10 a game. 12pm onwards

Sun 22nd Pub lunch at The George, Weatherspoons, Hailsham. 12pm onwards.

July

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

Sat 5th Ed Sheeran Experience (tribute show) at Eastbourne Bandstand. Meet outside the box office at 6.30pm if you want to queue to get seats together.

Sun 27th Beach day. 12pm. Bring a picnic and some sunscreen and meet at Eastbourne pier.

Rom

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

June

Sat 7th Lunch and walk around Princes Park – meet 11am

Sat 21st Shopping and Lunch at The Beacon Centre – meet at 11am

Sat 28th Lunch at The Rodmill Pub, Eastbourne – meet at Midday

July

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

Sat 12th Seafront walk and lunch – meet at 11am by the Pier

Sat 19th Pizza making session at SASBAH office, 39 Church Street, Eastbourne – meet at 11am

Sat 26th Lunch at Rodmill pub – 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.

June		
Tues 3 rd	Bingo	5pm
Thurs 5 th	Art With Hilary	5pm
Mon 9 th	Virtual Advisers	1pm
Tues 10 th	Bingo	5pm
Thurs 12 th	Art With Hilary	5pm
Mon 16 th	Virtual Advisers	1pm
Tues 17 th	Bingo	5pm
Thurs 19 th	Art With Hilary	5pm
Mon 23 rd	Virtual Advisers	1pm
Tues 24 th	Bingo	5pm
Thurs 26 th	Ladies That Lunch	1pm
Thurs 26 th	Art With Hilary	5pm
Mon 30 th	Virtual Advisers	1pm

July		
Tues 1 st	Bingo	5pm
Thurs 3 rd	Art With Hilary	5pm
Tues 8 th	Bingo	5pm
Thurs 10 th	Art With Hilary	5pm
Mon 14 th	Virtual Advisers	1pm
Tues 15 th	Bingo	5pm
Thurs 17 th	Art With Hilary	5pm
Mon 21 st	Virtual Advisers	1pm
Tues 22 nd	Bingo	5pm
Thurs 24 th	Art With Hilary	5pm
Mon 28 th	Virtual Advisers	1pm
Tues 29 th	Bingo	5pm
Thurs 31 st	Ladies That Lunch	1pm
Thurs 31 st	Art With Hilary	5pm