

Welcome to our July Enewsletter. We hope you are all making the most of the good weather and remembering to stay safe.

## 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!

Our Annual golf day was a great success and thanks to Tim for organising.

We had a very enjoyable Afternoon Tea on Sunday – thanks to all who helped and especially Amanda for organising the raffle.

## 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)

### **July**

**Weds 9<sup>th</sup>** Pamper Session

**Weds 23<sup>rd</sup>** Picnic in the Park

### **August**

**Weds 6<sup>th</sup>** Swoove with Jo

**Weds 20<sup>th</sup>** Seafront Walk and Chips

## 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.

### **July**

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

**Wed 9<sup>th</sup>**, Crawley Support Group, 12-2.30pm Starbucks, Queen Square, Crawley.

**Thurs 10<sup>th</sup>**, 12-2pm, coffee and chat at Corner café, Hassocks.

**Sat 12<sup>th</sup>**, Brighton Marina, Midday onwards.

**Wed 16<sup>th</sup>**, Bowling at Hollywood Bowl, Crawley, midday.

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

**Fri 18<sup>th</sup>**, ABBA tribute, Bandstand, Carfax, Horsham, 6-8pm.

**Mon 21<sup>st</sup>**, Coffee at Muffin Break, Horsham, 1pm.

**Wed 23<sup>rd</sup>**, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

**Fri 25<sup>th</sup>**, lunch at the Swiss Cottage, Shoreham, midday.

**Mon 28<sup>th</sup>**, coffee and walk, Beech Hurst park and café, Haywards Heath, 1-3pm. Dogs welcome.

### **August**

**Fri 1<sup>st</sup>**, Coffee/lunch/chat at Italian Kitchen, County Mall, Crawley, 1pm.

**Sat 2<sup>nd</sup>**, seaside walk and chips. Lancing, 3-5pm. Dogs welcome.

**Thurs 7<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 8<sup>th</sup>**, Elvis Night, Bandstand, Carfax, Horsham, 6-8pm.

**Wed 13<sup>th</sup>**, Crawley Support Group and crafts, 12-2.30pm Starbucks, Queen Square, Crawley.

**Thurs 14<sup>th</sup>**, 12.30-2.30pm, coffee and chat at Corner café, Hassocks.

**Fri 15<sup>th</sup>**, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-2.15pm.

**Mon 18<sup>th</sup>**, Coffee at Muffin Break, Horsham, 1pm.

**Fri 22<sup>nd</sup>**, afternoon drinks and chillout at North Star, Worthing, 2pm.

**Wed 27<sup>th</sup>**, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

**Fri 29<sup>th</sup>**, lunch, Crawley, details to be confirmed.

## Social Activities cont

### Helen

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

### July

**Fri 4<sup>th</sup>** Rother Support Group, The Pelham, Bexhill. 12.30pm to 2.30pm – café area.

**Sat 5<sup>th</sup>** 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.

**Fri 18<sup>th</sup>** Trident Fish Bar Eastbourne, meet at 5 15pm then on to Millie's Nightclub for 7pm till 10pm

**Sun 27<sup>th</sup>** Beach day. 12pm. Bring a picnic and some sunscreen and meet at Eastbourne pier.

### August

**Fri 1<sup>st</sup>** Rother Support Group, The Pelham, Bexhill. 12.30pm to 2.30pm – café area.

### Rom

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

### July

**Sat 5<sup>th</sup>** Lunch at Harvester, Polegate – meet at Midday

**Sat 12<sup>th</sup>** Seafront walk and lunch – meet at 11am by the Pier

**Sat 19<sup>th</sup>** Pizza making session at SASBAH office, 39 Church Street, Eastbourne – meet at 11am

**Sat 26<sup>th</sup>** Lunch at Rodmill pub – meet at Midday

### August

**Sat 2<sup>nd</sup>** Seafront Walk and Lunch – meet at Eastbourne Pier 11am

**Sat 9<sup>th</sup>** Lunch at The Harvester, Polegate – meet Midday

**Sa 16<sup>th</sup>** Airbourne Airshow – meet at Eastbourne Pier Midday

**Sat 23<sup>rd</sup>** Chill Out and Chat with music and lunch at 39 Church Street – meet Midday

**Sat 30<sup>th</sup>** Lunch at The Rodmill pub Eastbourne – meet Midday.

**Don't forget our Summer Activities start at the end of July – details are attached.**

### 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>July</b>		
Tues 1 <sup>st</sup>	Bingo	5pm
Thurs 3 <sup>rd</sup>	Art With Hilary	4 45pm
Tues 8 <sup>th</sup>	Bingo	5pm
Thurs 10 <sup>th</sup>	Art With Hilary	4 45pm
Tues 15 <sup>th</sup>	Bingo	5pm
Thurs 17 <sup>th</sup>	Art With Hilary	4 45pm
Mon 21 <sup>st</sup>	Virtual Advisers	1pm
Tues 22 <sup>nd</sup>	Bingo	5pm
Thurs 24 <sup>th</sup>	Art With Hilary	4 45pm
Mon 28 <sup>th</sup>	Virtual Advisers	1pm
Tues 29 <sup>th</sup>	Bingo	5pm
Thurs 31 <sup>st</sup>	Ladies That Lunch	1pm
Thurs 31 <sup>st</sup>	Art With Hilary	4.45pm

<b>August</b>		
Mon 4 <sup>th</sup>	Virtual Advisers	1pm
Tues 5 <sup>th</sup>	Bingo	5pm
Thurs 7 <sup>th</sup>	Art With Hilary	4 45pm
Mon 11 <sup>th</sup>	Virtual Advisers	1pm
Tues 12 <sup>th</sup>	Bingo	5pm
Thurs 14 <sup>th</sup>	Art With Hilary	4 45pm
Mon 18 <sup>th</sup>	Virtual Advisers	1pm
Tues 19 <sup>th</sup>	Bingo	5pm
Thurs 21 <sup>st</sup>	Art With Hilary	4 45pm
Tues 26 <sup>th</sup>	Bingo	5pm
Thurs 28 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 28 <sup>th</sup>	Art With Hilary	4 45pm