



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

AUGUST 2025

Welcome to the August issue of our Enewsletter.

ADVISERS

Tips on how to keep cool in the warm weather

The Centre for Sustainable Energy (CSE) have come up with some top tips to keep cool in the hot weather

1.If you can, use a fan. The average fan uses less than 100 watts of energy so costs around 3p per hour.

If you're using fans at night or during the day, put them by a window facing inwards so that they suck in cooler air (provided outside is cooler) and distribute it into the room. If you have a fan on in a room without the windows open, and it's really stifling in there, the fan just throws hot air around.

2.On south-facing walls, keep windows shut and curtains closed. Generally, windows should be shut if it is cooler inside than out and open if it's cooler outside than in.

3.Create DIY air con. Freeze a water bottle and place it in the room, over a plate to catch any drips. If you have a fan, place it in front of it and you will notice a much fresher air circulation.

4.Turn your hot water bottle into an ice pack. Fill your hot water bottle halfway with water and put it in the freezer a few hours before bed. Once frozen, it'll emit cold in the same way that it warms you up if you use hot water.

5.Placing some bowls of water around the house

It might sound a bit odd, but bowls of water help cool hot air. You can also **hang a wet sheet**. Basically, hanging a wet sheet in front of the window will help to bring the room temperature down.

6.Be mindful with your appliance use.

If you can, avoid using anything that heats up like irons, cooker, hobs, hair dryer etc these things will make rooms feel hotter.

7.Keep to cooler rooms

Try and stay in cooler rooms which will be downstairs and north facing. Hot air rises, so working or sleeping in a room on the ground floor means you'll feel cooler.

8.Ditch the duvet

Sleep under a sheet instead

9.Wet a towel

Use it on your shoulders to cool down

10.Freeze your sheets

Try placing your sheets in the freezer before you're about to go to bed. Make sure you place your sheets in a plastic bag before you pop them in the freezer to keep them dry. They won't stay cold for long, but can be lovely getting into a cold bed!

11.Take a cold shower before bed

Trick your body into thinking it's cooler by having a quick cold shower before bed. Don't do this right after you've come in from intense heat because a sudden change in body temperature isn't good for you.

Advisers cont

12. Putting your feet in a bowl of ice water

It can be a great way to cool down!

13. Wall insulation

It's such an important part of saving energy and keeping warm. But a well-insulated and ventilated home will actually help with keeping the heat out too. Just make sure ventilation is considered at the same time.



SOCIAL ACTIVITIES

Bourne Free

All Sessions at - 39 Church Street, Eastbourne BN21 1HP
(unless otherwise stated) 6 – 8pm

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

August

Weds 6th Swoove with Jo

Weds 20th Seafront Walk and Chips

September

Weds 3rd BBQ and Karaoke

Weds 17th Quiz Night

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.

August

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

Sat 2nd, seaside walk and chips. Lancing, 3-5pm. Dogs welcome.

Thurs 7th, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

Fri 8th, Elvis Night, Bandstand, Carfax, Horsham, 6-8pm.

Wed 13th, Crawley Support Group and crafts, 12-2.30pm Starbucks, Queen Square, Crawley.

Thurs 14th, 12.30-2.30pm, coffee and chat at Southdown Nurseries (Tates), Hassocks.

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

Mon 18th, Coffee at Muffin Break, Horsham, 1pm.

Fri 22nd, afternoon drinks and chillout at North Star, Worthing, 2pm.

Wed 27th, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

Fri 29th, lunch, Crawley, details to be confirmed.

September

Wed 3rd, coffee at Squires garden centre (Cheals) 1-3pm.

Thurs 4th, 12-2pm, coffee and chat at Corner café, Hassocks.

Thurs 4th, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

Wed 10th, Crawley Support Group, 12-2.30pm Starbucks, Queen Square, Crawley.

Fri 12th-Sunday 14th, Breakaway at Lodge Hill (young people's outdoor activity break).

Fri 19th, Worthing Support Group and crafts, Wordsworth Lounge, Heene Community Centre, Heene Road, Worthing, 11.45am-2.15pm.

Wed 24th, Mid Sussex support group, 12-2pm, Waitrose café, Burgess Hill.

Mon 29th, Coffee at Muffin Break, Horsham, 1pm.

If possible, please let us know if you're planning to join us on any of these events, as we may cancel it if we think it will not be attended. Although unusual, events may also be cancelled due to bad weather or illness, so we advise everyone to check with us before attending.



Social Activities cont

Helen

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

August

Fri 1st Rother Support Group, The Pelham, Bexhill. 12.30pm to 2.30pm – café area.

Tues 5th Eastbourne Cinema – Movie tbc 4 30pm onwards

Fri 22nd Weatherspoons Pub Hailsham. Drinks, nibbles, lunch 12pm-3pm

September

Fri 5th Rother Support Group, The Pelham, Bexhill. 12.30pm to 2.30pm – café area.

Fri 19th Millies Nightclub, The Chaseley Trust, Eastbourne BN20 7JH. 7 – 10pm

Sun 21st Bowling, Hailsham Leisure Centre. 11am – 2pm

Rom

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

August

Sat 2nd Pier Walk and Lunch – meet at Eastbourne Pier 11am

Sat 9th Lunch at The Harvester, Polegate – meet Midday

Sat 23rd Chill Out and Chat with music and lunch at 39 Church Street – meet Midday

Sat 30th Lunch at The Rodmill pub Eastbourne – meet Midday.

September

Sat 6th Crazy Golf at Treasure Island followed by lunch at The Beach Deck- meet 11am at Treasure Island

Fri 12th – Sun 14th Breakaway at Lodge Hill

Sat 27th Lunch at The Rodmill pub Eastbourne – meet Midday

Summer Activities Programme for August

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

Thurs 14th - Outdoor sports day @ Gildredge Park, Eastbourne. Meet at SASBAH Office 11am and pick up from there at 4pm—packed lunch needed

Tues 19th - Treasure Trail on Eastbourne Seafront, meet at The Pier at 11am and pick up from there at 4pm—packed lunch needed.

Fri 29th - Open top bus trip and lunch at East Dean - meet at Eastbourne Pier at 11am and pick up from there at 4pm. Lunch will be provided.

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.

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

September		
Mon 1 st	Virtual Advisers	1pm
Tues 2 nd	Bingo	5pm
Thurs 4 th	Art With Hilary	4 45pm
Mon 8 th	Virtual Advisers	1pm
Tues 9 th	Bingo	5pm
Thurs 12 th	Art With Hilary	4 45pm
Mon 15 th	Virtual Advisers	1pm
Tues 16 th	Bingo	5pm
Thurs 18 th	Art With Hilary	4 45pm
Mon 22 nd	Virtual Advisers	1pm
Tues 23 rd	Bingo	5pm
Thurs 25 th	Ladies That Lunch	1pm
Thurs 25 th	Art With Hilary	4 45pm
Mon 29 th	Virtual Advisers	1pm
Tues 30 th	Bingo	5pm