



# SASBAH

SUSSEX ASSOCIATION FOR  
SPINA BIFIDA AND HYDROCEPHALUS

## E-NEWS

DECEMBER 2025

Welcome to our December enewsletter. We hope you all have a lovely Christmas and best wishes for the New Year.

### FUNDRAISING

#### Quiz Night

Emma Grace is organising a quiz night on Friday 16<sup>th</sup> January 2026 at the Fishermens Club, Eastbourne BN22 7AA

Start time is 7pm

Teams are maximum of 6 people and cost is £5 per person. There will also be a raffle. All proceeds go to SASBAH so please come along and support this event. Poster with full details is attached.

#### Local Lotteries

##### Support SASBAH on Local Lotteries – Eastbourne and Horsham

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

### Donations

There are several ways to make a donation to SASBAH. All funds are used towards providing our Services so if you can afford it please think about helping us in this way. The relevant forms are attached for you to complete and return either by email to [office@sasbah.org.uk](mailto:office@sasbah.org.uk) if you are paying your donation by bank transfer or by post to SASBAH, 39 Church Street, Eastbourne BN21 1HP if you prefer to pay by cheque.

**Become a Friend of SASBAH** – make a yearly donation – complete 'Friends Form'

**Regular Giving** – make a donation on a regular basis e.g. monthly – complete 'Standing Order Form'

#### One off donation

If you are a UK Taxpayer, and you complete the attached Gift Aid Form, we can claim 25p in every £1 of your donation for all of the above.

### Wills and Legacies

Consider leaving a gift to us in your will or as a legacy. Leaving a legacy can be a powerful way to support organizations that have impacted your life or to continue your support for a particular cause after you're gone.

## **SOCIAL ACTIVITIES**

### **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.

### **December**

**Thurs 4<sup>th</sup>**, Pub Quiz and Christmas dinner at the North Star, Worthing. Table booked from 7pm, quiz starts at 8.30pm.

#### **BOOKING ESSENTIAL.**

**Wed 10<sup>th</sup>**, coffee and shopping at Squires (Cheals) garden Centre, Crawley, 12 30 – 2 30pm

**Thurs 11<sup>th</sup>**, Mid Sussex Christmas lunch, Southdown Nurseries (Tates) Hassocks.

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

**Mon 22<sup>nd</sup>**, Coffee and chat at Muffin Break, Swan Wall, Horsham, 1-2.30pm.

### **January**

**Mon 5<sup>th</sup>**, Coffee and chat at Muffin Break, Swan Wall, Horsham, 1-2.30pm.

**Thurs 8<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.

**Thurs 8<sup>th</sup>**, coffee and shopping, Hassocks, Southdown Nurseries (Tates), Hassocks, 12-3pm.

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

**Fri 16<sup>th</sup>**, Worthing Support Group, North Star. Worthing, 12-2.30pm.

**Fri 23<sup>rd</sup>**, Mid Sussex support group, 12-2 at Frank's Diner, Burgess Hill.

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**

### **Rom**

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

### **December**

**Fri 5<sup>th</sup>** Hastings and Rother Support Group, The Pelham, Bexhill.  
12.30pm to 2.30pm

**Sat 6<sup>th</sup>** Lunch at The Harvester, Polegate. Meet at Midday

**Sat 13<sup>th</sup>** Lunch at The Perch in Princess Park, Eastbourne. Meet  
at Midday

**Tues 16<sup>th</sup>** Sleeping Beauty Panto at The Hippodrome Theatre,  
Eastbourne. Meet at 6pm

**Sat 20<sup>th</sup>** Chill out and Chat at SASBAH/JPK Hub, 39 Church  
Street, Eastbourne. Meet at 11am £10 for Lunch

**Sat 27<sup>th</sup>** Lunch at The Rodmill Pub, Eastbourne. Meet at Midday

### **January**

**Sat 3<sup>rd</sup>** Seafront walk and lunch Eastbourne – meet at the Pier –  
11am

**Sat 10<sup>th</sup>** Lunch at The George Hotel, Hailsham – meet at Midday

**Fri 16<sup>th</sup>** Quiz Night at Fisherman's Club Eastbourne 7pm

**Sat 24<sup>th</sup>** Chill out and Chat at SASBAH/JPK Hub, 39 Church  
Street, Eastbourne. Meet at 11am £10 for Lunch

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

### **Bourne Free**

From the beginning of January, sessions will be held weekly  
instead of every fortnight.

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](mailto:office@sasbah.org.uk)

### **December**

**Weds 10<sup>th</sup>** Christmas Party

### **January**

**Weds 7<sup>th</sup>** Chill and Chat and discuss ideas for Club sessions

**Weds 14<sup>th</sup>** Arts and Craft

**Weds 21<sup>st</sup>** Quiz

**Weds 28<sup>th</sup>** Exercise Class

### 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.

December		
Tues 2 <sup>nd</sup>	Bingo	5pm
Thurs 4 <sup>th</sup>	Art With Hilary	5pm
Thurs 11 <sup>th</sup>	Art With Hilary	5pm
Mon 15 <sup>th</sup>	Virtual Advisers	1pm
Thurs 18 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 18 <sup>th</sup>	Art With Hilary	5pm
Mon 22 <sup>nd</sup>	Virtual Advisers	1pm
Weds 24 <sup>th</sup>	Christmas Eve Chat	5-6pm
Thurs 25 <sup>th</sup>	Christmas Day	11am - Midday
Fri 26 <sup>th</sup>	Boxing Day Chat	1-2pm
Weds 31 <sup>st</sup>	New Years Eve Quiz	5-6pm

January		
Mon 5 <sup>th</sup>	Virtual Advisers	1pm
Tues 6 <sup>th</sup>	Bingo	5pm
Thurs 8 <sup>th</sup>	Art With Hilary	5pm
Mon 12 <sup>th</sup>	Virtual Advisers	1pm
Thurs 15 <sup>th</sup>	Art With Hilary	5pm
Mon 19 <sup>th</sup>	Virtual Advisers	1pm
Thurs 22 <sup>nd</sup>	Art With Hilary	5pm
Mon 26 <sup>th</sup>	Virtual Advisers	1pm
Thurs 29 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 29 <sup>th</sup>	Art With Hilary	5pm