

Welcome to our February Enewsletter.

## FUNDRAISING

### Quiz Night at The Fishermens Club, Eastbourne

A Massive thank you to Emma Grace for her hard work organising this event and to her mum Lorraine for getting raffle prizes. It was very well attended and a good fun evening!! The total raised from attendance and sale of Raffle tickets was £695 – thanks to all who attended and bought tickets. Looking forward to the next one!!!

### Quiz Night at The Woolpack, Burgess Hill

Tuesday 24<sup>th</sup> March 2026 – poster with full details 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

## Benefact Group Movement for Good

We have entered SASBAH for the Benefact Group's Movement for Good Draw that takes place 3 times per year. Nominated charities that are successfully drawn win £1,000 each.

The more a charity is nominated, the greater the chance of being picked. **So we thought we might ask if you could take a few minutes to nominate SASBAH, please?**

Every nomination increases our chances of receiving funding this year.

It's fairly simple – copy the link below into your browser to take you to their website. Click on 'Movement for Good' then '£1000 Draws' then 'Nominate a Charity'. Type our charity number, 1175032 into the Charity search and SASBAH should appear. Then answer about 3 short questions – you can choose the heading 'health' for the type of charity.

<https://click.benefactgroup.com/click/ggno-6tb2-napzm-1y4uh9/>

Thank you for your support – it is much appreciated.

## 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.

### **February**

**Mon 2<sup>nd</sup>** Coffee/Lunch at Italian Kitchen, County Mall, Crawley. 1-3pm

**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.

**Mon 9<sup>th</sup>** Coffee at Coast, Worthing. 12-2pm

**Wed 11<sup>th</sup>** Crawley Support Group, Starbucks, Queen Square, Crawley. 12-2pm

**Fri 12<sup>th</sup>** Coffee and shopping, Hassocks, Southdown Nurseries (Tates), Hassocks. 12-2pm.

**Mon 16<sup>th</sup>** Coffee and Chat at Muffin Break, Swan Wall, Horsham. 1.30-3pm

**Fri 20<sup>th</sup>** Worthing Support Group, North Star. Worthing, 12-2.30pm.

**Wed 25<sup>th</sup>** Lunch at Toby Carvery, Crawley. Midday

**Fri 27<sup>th</sup>** Mid Sussex support group, Caffe Nero, Burgess Hill. 12-2pm

### **March**

**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.

**Wed 11<sup>th</sup>**, Crawley Support Group, Starbucks, Queen Square, Crawley. 12-2pm

**Fri 12<sup>th</sup>**, Coffee and shopping, Hassocks, Southdown Nurseries (Tates), Hassocks, 12-2pm.

**Fri 20<sup>th</sup>**, Worthing Support Group, North Star. Worthing. 12-2.30pm.

**Tues 24<sup>th</sup>**, Pub Quiz, Woolpack, Burgess Hill. £5 per person, please book in advance with:

Tim McDermott-Roe on 01444 250070 / 07368 352844 or Tony Balsdon on 01444 246170 or email [events@sasbah.org.uk](mailto:events@sasbah.org.uk).

**Fri 27<sup>th</sup>**, Mid Sussex support group, 1at Caffe Nero, Burgess Hill. 12-2pm

**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/rom@sasbah.org.uk

### February

**Fri 6<sup>th</sup>** Hastings and Rother Support Group, The Pelham, Bexhill  
12 30 – 2 30pm

**Sat 7<sup>th</sup>** Lunch at The Harvester, Polegate – meet at Midday

**Sat 14<sup>th</sup>** Lunch at The Perch, Princes Park, Eastbourne – meet at Midday

**Sat 21<sup>st</sup>** Walk along Eastbourne seafront with Afternoon Tea on The Pier – weather permitting – meet at 11am

**Fri 27<sup>th</sup>** Comedy Club at The Hippodrome Theatre, Eastbourne 8pm – tickets £12

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

### March

**Fri 6<sup>th</sup>** Hastings and Rother Support Group, The Pelham, Bexhill  
12 30 – 2 30pm

**Sat 7<sup>th</sup>** Lunch at The George Hotel, Hailsham – meet at Midday

**Sat 14<sup>th</sup>** Lunch at Nandos Eastbourne Shopping Centre – meet at Midday

**Sat 21<sup>st</sup>** Lunch at The Harvester, Polegate – meet at Midday

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

## Bourne Free

**Please note new activity on Monday evenings, revised Club times and new contact details for Amanda.**

Contact Amanda on amanda@sasbah.org.uk or 07713082294

**Tenpin Club** meets every Monday at Tenpin Broadwater Way Eastbourne BN22 9PZ.

Time 4.45pm-6.15pm cost £5.00 per week.

### **Bournefree**

**Every Wednesday – new time 5 – 7pm**

All sessions at 39 Church Street, Eastbourne BN21 1HP unless otherwise stated.

### February

**4<sup>th</sup>** Games Night

**11<sup>th</sup>** Swoove

**18<sup>th</sup>** Pancake Race evening

**25<sup>th</sup>** Exercise class

### March

**4<sup>th</sup>** Movie Evening

**11<sup>th</sup>** Quiz

**18<sup>th</sup>** Spring flower pot making

**25<sup>th</sup>** Yoga 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:office@sasbah.org.uk). Please also check our Facebook page for any additional activities.

February		
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
Thurs 12 <sup>th</sup>	Art With Hilary	5pm
Mon 16 <sup>th</sup>	Virtual Advisers	1pm
Thurs 19 <sup>th</sup>	Art With Hilary	5pm
Mon 23 <sup>rd</sup>	Virtual Advisers	1pm
Thurs 26 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 26 <sup>th</sup>	Art With Hilary	5pm

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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