



# SASBAH

SUSSEX ASSOCIATION FOR  
SPINA BIFIDA AND HYDROCEPHALUS

# E-NEWS

MARCH 2026

Welcome to our March Enewsletter – Spring is on it's way!!

## FUNDRAISING

### **Quiz Night at The Woolpack, Burgess Hill**

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

### **32<sup>nd</sup> Annual Charity Golf Day**

Wednesday 10<sup>th</sup> June, Haywards Heath Golf Club – see attached poster for full details.

## ADVISERS

### **Hospital passport**

Hospitals can be overwhelming especially when you are unwell. It can be hard to explain everything you need to along with keeping track of your current and past medical history.

With a hospital passport, you should not have to repeat so much of the same information and it can help avoid any misunderstandings. By having all your information in one place means you do not have to worry about forgetting something important, can help you feel more in control and help to minimise stress as your needs are written down for all staff to see.

A hospital passport is a document that contains essential information about a patient with a complex medical condition. They are designed to help healthcare workers understand your unique needs during a hospital visit. The passport covers areas such as medical history, medications, continence management, mobility, personal care and support needs, communication preferences and many other details to help guide staff in the best way to approach your care and support you.

For more information on hospital passports, please see Shine's website - <https://www.shinecharity.org.uk/information-1/hospital-passport> where you can download a template to complete yourself. If you need some assistance with this, please do get in touch with me.

If you have already have a hospital passport, please remember to check this is up to date with any recent medical history / medication / change of care and support needs.

## **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.

### **March**

**Tues 3<sup>rd</sup>** Coffee at Esquires, County Mall, Crawley 12 30-2 30pm

**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 and Chat at Muffin Break, Swan Walk, Horsham 1-3pm

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

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

**Mon 16<sup>th</sup>** Bowling, Hollywood Bowl, Crawley 12-230pm

**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, poster with details attached.

**Weds 25<sup>th</sup>** Lunch at Harvester, Lancing. 12-2pm

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

**Mon 30<sup>th</sup>** Coffee at Squires Garden Centre, Crawley 12 30-2pm

### **April**

**Thurs 2<sup>nd</sup>**, Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

**Wed 8<sup>th</sup>**, Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

**Thurs 9<sup>th</sup>**, coffee at Corner Cafe, Hassocks, 12-2pm.

**Mon 13<sup>th</sup>**, coffee/lunch at The Dog and Bacon, Horsham, 1-3pm.

**Fri 17<sup>th</sup>**, Worthing Support Group, North Star. Worthing, 12-2.30pm.

**Mon 20<sup>th</sup>**, coffee/lunch Worthing, venue to be confirmed.

**Fri 24<sup>th</sup>**, Mid Sussex support group, 12-2 at Frank's Diner, Burgess Hill.

**Mon 27<sup>th</sup>**, coffee and chat at Muffin Break, Swan Walk, Horsham, 1-2.30pm.

**Wed 29<sup>th</sup>**, Crawley lunch, venue to be confirmed.

**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

### 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

### April

**Fri 3<sup>rd</sup>** Hastings and Rother Support Group, The Pelham, Bexhill  
12 30 – 2 30pm

**Sat 11<sup>th</sup>** Lunch at The Harvester, Polegate – meet at Midday

**Sat 25<sup>th</sup>** Lunch at the Rodmill Pub, Eastbourne – meet at Midday

### Bourne Free

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 – 5 – 7pm**

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

### March

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

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

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

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

### April

**1<sup>st</sup>** Easter Arts and Crafts

**8<sup>th</sup>** Easter Egg Hunt

**15<sup>th</sup>** Music and Karaoke Evening

**22<sup>nd</sup>** Exercise

**29<sup>th</sup>** Chill and Chat Social Evening

### 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>March</b>		
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
Mon 30 <sup>th</sup>	Virtual Advisers	1pm

<b>April</b>		
Tues 7 <sup>th</sup>	Bingo	5pm
Thurs 9 <sup>th</sup>	Art With Hilary	5pm
Mon 13 <sup>th</sup>	Virtual Advisers	1pm
Thurs 16 <sup>th</sup>	Art With Hilary	5pm
Mon 20 <sup>th</sup>	Virtual Advisers	1pm
Thurs 23 <sup>rd</sup>	Art With Hilary	5pm
Mon 27 <sup>th</sup>	Virtual Advisers	1pm
Thurs 30 <sup>th</sup>	Ladies That Lunch	1pm
Thurs 30 <sup>th</sup>	Art With Hilary	5pm