



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

MAY 2026

Welcome to our May e-newsletter

FUNDRAISING

32nd Annual Charity Golf Day

Wednesday 10th June, Haywards Heath Golf Club – contact events@sasbah.org.uk or office@sasbah.org.uk for further details.

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

CHARITY DINNER

SATURDAY 16th May 2026, 7pm

View Hotel, Grand Parade, Eastbourne, East Sussex BN21 4DN
3 course dinner, entertainment, disco and charity raffle

Smart/Casual dress code

£40 per head or a table of 10 for £360

There are still a few spaces available so for more information:

Telephone 01825 873045 or 07779038542 or email

rom@sasbah.org.uk.

CHARITY FIREWALK

Saturday 21st November 2026 4pm onwards

at Lottbridge Golf Club, Lottbridge Road, Eastbourne BN23 6QJ

See attached poster for full details

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.

May

Thurs 7th Bowling/coffee at Hollywood Bowl, Crawley - midday

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

Mon 11th bowling at Hollywood Bowl, Worthing, with Sussex Friendship Group, meet at 11.40am for a midday start.

Wed 13th Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

Thurs 14th coffee at Corner Cafe, Hassocks, 12-2pm.

Fri 15th Worthing Support Group, North Star. Worthing, 12-2.30pm.

Mon 18th Coffee and chat at Muffin Break, Swan Walk, Horsham, 1-2.30pm.

Tues 19th Coffee at Squires (Cheals) Crawley, 1 – 2 30pm

Fri 22nd Mid Sussex support group, 12-2, venue to be confirmed, Burgess Hill.

June

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, 12-2pm Starbucks, Queen Square, Crawley.

Thurs 11th, coffee at Corner Cafe, Hassocks, 1-2.30pm.

Fri 19th, Worthing Support Group, North Star. Worthing, 12-2.30pm.

Fri 26th, Mid Sussex support group, 12-2, venue to be confirmed, 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/rom@sasbah.org.uk

May

Fri 1st Hastings and Rother Support Group, The Pelham, Bexhill
12 30 – 2 30pm

Sat 9th Lunch at The Perch in Princes Park – meet at Midday

Sat 16th Charity Dinner, the View Hotel, Eastbourne 7pm

Sat 23rd Lunch at the George Hotel, Hailsham – meet at Midday

Sat 30th Lunch at the Rodmill Pub, Eastbourne – meet at Midday

June

Fri 5th Hastings and Rother Support Group, The Pelham, Bexhill
12 30 – 2 30pm

Sat 6th Eastbourne Soup- production by The Company – Winter
Gardens Eastbourne 2 30pm. £10 per ticket

Sat 20th Walk along Eastbourne seafront and lunch – meet 11am
at the Pier

Sat 27th Lunch at The Rodmill Pub, Eastbourne - Midday

Adult Residential to Blackpool Monday 13th July – Friday

17th July

Summer Activities programme from 29th July to 3rd September –
booking form is attached. Please return completed forms to

office@sasbah.org.uk or rom@sasbah.org.uk

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

Tenpin Club - no meetings during school holidays so see below
for sessions.

May: Mon 11th, Mon 18th

June: Mon 1st, 8th, 15th, 22nd, 29th

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.

May

6th Pamper Session

13th Arts and Crafts

20th Swoove

27th Quiz

June

3rd Diamond Art Evening

10th Walk along Seafront (meet at Pier at 5 and pick up at Pier
7pm – bring money if you want to buy chips)

17th Yoga

24th Movie Evening

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.

May		
Tues 5 th	Bingo	5pm
Thurs 7 th	Art With Hilary	5pm
Mon 11 th	Virtual Advisers	1pm
Thurs 14 th	Art With Hilary	5pm
Mon 18 th	Virtual Advisers	1pm
Thurs 21 st	Art With Hilary	5pm
Thurs 28 th	Ladies That Lunch	1pm
Thurs 28 th	Art With Hilary	5pm

June		
Mon 1 st	Virtual Advisers	1pm
Tues 2 nd	Bingo	5pm
Thurs 4 th	Art With Hilary	5pm
Mon 8 th	Virtual Advisers	1pm
Thurs 11 th	Art With Hilary	5pm
Mon 15 th	Virtual Advisers	1pm
Thurs 18 th	Art With Hilary	5pm
Mon 22 nd	Virtual Advisers	1pm
Thurs 25 th	Ladies That Lunch	1pm
Thurs 25 th	Art With Hilary	5pm
Mon 29 th	Virtual Advisers	1pm