



SASBAH

SUSSEX ASSOCIATION FOR
SPINA BIFIDA AND HYDROCEPHALUS

E-NEWS

OCTOBER 2026

Welcome to our October Enewsletter.

FUNDRAISING

Live Music with Tom Fitzpatrick

Sun 13th September 4pm The Rodmill Pub in Eastbourne.
Charity Raffle raised £218.

Mayor's Charity Quiz Night

Fri 16th October 6 30pm for 7pm. We are delighted to say that The Mayor of Eastbourne has chosen us as one of her Charities for this year. This is now fully booked.

Charity Firewalk

Sat 21st November 4pm onwards

Lottbridge Golf Club, Lottbridge Road, Eastbourne BN23 6QJ

Local Lotteries

Support SASBAH on Local Lotteries – Eastbourne and Horsham

- You can sign up for as little as £1 a week
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

ADVISERS

Wheelchair Concessionary Discounts (No Railcard Needed)

If you remain in your wheelchair during the train ride, you qualify for specific National Rail concessions. Also includes an adult companion.

- Anytime Singles, Returns, and Day Singles: 34% off for both adult and child fares (Standard and First Class).
- Anytime Day Returns: 50% off for both adult and child fares (Standard and First Class).
- How to buy: Tickets must be purchased in person from a staffed train station ticket office or on-board where permitted. You may need to refer them to check on google if they dispute this and say you need a railcard.

SOCIAL ACTIVITIES

Lisa - Contact by phone or text on 07725 433136, email lisa@sasbah.org.uk, or message on Facebook, Messenger or WhatsApp.

October

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

Wed 7th Bowling, arcade and lunch/coffee at Hollywood Bowl, Crawley, 12-2.30pm.

Mon 12th Bowling and Arcade at Hollywood Bowl, Worthing, Midday onwards

Wed 14th Crawley Support Group, Starbucks, Queen Square, Crawley. 12-2pm

Wed 14th Pub Quiz at the Fox & Hounds, Haywards Heath, 7.30pm.

Fri 16th Worthing Support Group and crafts, North Star. Worthing, 12-2.30pm.

Fri 23rd Mid Sussex support group, venue to be decided 12-2pm.

Mon 26th Coffee and chat at Muffin Break, Swan Walk, Horsham, 1-2.30pm.

Wed 28th Lunch/coffee at Muffin Break, County Mall, Crawley - Midday.

November

Thurs 5th Pub Quiz at the North Star, Worthing. Quiz costs £1 per person. Table booked from 7.30pm, quiz starts at 8.30pm.

Wed 11th Crawley Support Group, Starbucks, Queen Square, Crawley. 12-2pm

Mon 16th Coffee at Muffin Break, Swan Walk, Horsham, 12.30-2.30pm.

Fri 20th Worthing Support Group, North Star. Worthing, 12-2.30pm.

Fri 27th Mid Sussex Support Group, venue to be decided, 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.

We welcome anyone connected with SASBAH, including service users, family members, carers, volunteers and friends. All the venues we use are accessible to the best of our knowledge at the time of printing.



Social Activities cont

Rom

Contact Rom on 07779038542/rom@sasbah.org.uk

October

Fri 2nd Hastings and Rother Support Group at The Pelham, Bexhill 12 30pm

Sat 3rd Lunch at The George Hotel, Hailsham - meet at Midday

Sat 10th Lunch at the Conqueror Inn, Hastings – meet at Midday

Sat 31st Lunch at the Rodmill Pub, Eastbourne – meet at Midday

November

Fri 6th Hastings and Rother Support Group at the Pelham, Bexhill 12 30pm

Sat 7th Lunch at Nandos in the Beacon Shopping Centre – meet at Midday

Sat 14th Lunch at The Harvester, Polegate – meet at Midday

Sat 21st Walk around Princes Park and Lunch at The Perch – meet at 11am at Splash Point

Sat 28th Lunch at The Rodmill Pub, Eastbourne – meet at Midday

Amanda

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

Tenpin Club

Every Monday except during School holidays

October 5th, 12th, 19th

November 2nd, 9th, 16th, 23rd, 30th

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.

October

7th Talent Show – discuss what to do and practice for next month

14th Games Evening

21st Table Tennis

28th Halloween Games and Crafts

November

4th Mocktail Making

11th Talent Show

18th Swoove

25th Christmas Wreath Making

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.

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

November		
Mon 2 nd	Virtual Advisers	1pm
Tues 3 rd	Bingo	5pm
Thurs 5 th	Art With Hilary	5pm
Mon 9 th	Virtual Advisers	1pm
Thurs 12 th	Art With Hilary	5pm
Mon 16 th	Virtual Advisers	1pm
Thurs 19 th	Art With Hilary	5pm
Mon 23 rd	Virtual Advisers	1pm
Thurs 26 th	Ladies That Lunch	1pm
Thurs 26 th	Art With Hilary	5pm
Mon 30 th	Virtual Advisers	1pm