

# Sasbah E-News December 2018

Welcome to this month's Sasbah E-News. We made the decision not to send out our quarterly Newsletter last month so apologies to all who were looking forward to receiving it!!

We have cancelled the Christmas draw due to time constraints.....we will probably hold one at Easter instead and will keep you informed.

I have attached an order form for our Christmas cards which each year bring in a welcome income towards running costs. Please get in touch with Lynne on 01825 873045 or email [office@sasbah.org.uk](mailto:office@sasbah.org.uk) if you would like to place an order.

I also attach a leaflet from Sussex Police which some of you may find of interest.

**\*\*STOP PRESS\*\***

**Our annual Christmas Party will be on Wednesday 12<sup>th</sup> December at 7pm at Bedes Prep School on Eastbourne seafront. Please come along – we would like to see as many of you there as possible!**

**A very Happy Christmas and Best Wishes for 2019 to you all**

If you want to submit any articles then they must be sent to [office@sasbah.org.uk](mailto:office@sasbah.org.uk) before the last day of every month and it will be included.

## **Sasbah Offices -**

Units 5&6 Swan Wood Park, Gun Hill, Horam, East Sussex TN21 0LL 01825 873045

75 Richmond Rd, Worthing, West Sussex. BN11 4AQ 01903 230782

## **Community Development Activities Update**

**When you need to get in touch about any of these activities please call Claire on 07920576313 or email [claire@sasbah.org.uk](mailto:claire@sasbah.org.uk). Look forward to hearing from you!**

### **Forthcoming Events:**

- ✚ Friday 7<sup>th</sup> December – Coffee Morning in Hassocks.** Ann Conti is kindly hosting a coffee morning from 10am – 12 noon, at Shands, Windmill Avenue, Hassocks – almost opposite the health centre. Join Ann for mince pies, cake and a raffle.
- ✚ Saturday 8<sup>th</sup> December – Burgess Hill Horticultural Society Christmas Market.** Susan Chalkley is once again running a stall for Sasbah at this annual event. There will be Christmas cards, craft items and books.
- ✚ Thursday 13<sup>th</sup> December – Mid Sussex Christmas Lunch at The Woolpack in Burgess Hill.** The Woolpack's Christmas meal is £18.00 for two courses or £24.00 for three courses. Pre-booking is essential and a deposit of

£10 is required. Or you can still join us but order from the usual menu. Contact Claire for more information or to book.

- ✚ **Friday 14<sup>th</sup> December** – Collection at M&S in Bexhill, at Ravenside Retail Park, with saxophone quartet playing Christmas carols in the morning! Do get in touch if you are able to help out on the day.

### Local Community Groups:

**If you want to get out more, get involved with activities or meet up with friends, our local groups are ideal. Check out the details below of where and when groups meet. If you have any queries or would like more information contact Claire on 07920576313 or email [Claire@sasbah.org.uk](mailto:Claire@sasbah.org.uk).**

- ✚ **Crawley & Horsham Group** meets in the community room at **Starbucks**, 12/13 Queens Square, Crawley, RH10 1DY on the second **Wednesday** of the month from **12.30 – 2.30pm**. So that will be **12<sup>th</sup> December** and **9<sup>th</sup> January**. If you have any queries you can contact Lisa on 07725433136 or email [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk).
- ✚ **Hastings & Rother Group** usually meets on the first **Friday** of the month from **12noon – 2pm** at **Sidley Children's Centre**. At our **December** meeting on **Friday 7<sup>th</sup>** you are invited to bring along something festive to share at lunch. In **January** the hall is not available on the first Friday, so we will meet on **Friday 11<sup>th</sup>**.
- ✚ **Mid Sussex Group** meets in Burgess Hill, from **12 noon – 2pm**, at **Waitrose café**. We have our Christmas meal on **Thursday 13<sup>th</sup> December** at **The Woolpack**, at 1pm. £18.00 for two courses or £24.00 for three courses. Pre-booking is essential and a deposit of £10 is required. Or you can still join us but order from the usual menu. Contact Claire for more information or to book. From **January** we will meet on the fourth **Wednesday**, so that will be the **23<sup>rd</sup>** at Waitrose.
- ✚ **Worthing Group** meets at **Starbucks**, 22-26 South Street, Worthing, BN11 3AA, from **12noon – 2pm** on the third **Friday** of the month, so future dates will be **21<sup>st</sup> December** and **18<sup>th</sup> January**. **All welcome!** Lisa co-ordinates this group and you can contact her on 07725433136 or email [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk).

**Dates and venues for all our Local Groups can be found on the Sasbah website at**

**<http://www.sasbah.org.uk/what-we-do/the-sasbah-local-support-group-network>**

### Recycle4charity

Mobile phone recycling via Recycle4charity will no longer be available in the new year, so send your phones before it's too late! All mobile donations will need to be collected by Wednesday 19th December.

## **Clothes Bank**

As the seasons change and you may be considering having a clear out of summer wear, don't forget we have the clothes bank at Gun Hill where anything in reasonable condition can go for recycling. Items for the clothes bank can be taken to the Worthing office if that is more convenient or to one of the local groups. The clothes bank can take anything from bags and shoes to coats and pillow cases. However cushions, duvets, pillows and sleeping bags are not accepted.

## **Social Programme**

**Please remember to book in with either Lisa (07725433136) or Rom (07779038542) for any of the events below**

### **West Sussex**

#### **December**

Wed 5<sup>th</sup> Crawley Christmas lunch, time and venue to be advised

Wed 12<sup>th</sup> Crawley Local Community Group, Starbucks 12.30-2.30

Thur 13<sup>th</sup> Pub Quiz and Christmas Dinner, North Star, Worthing 7pm

Mon 17<sup>th</sup> Craft Group, Worthing office 12.15-2.15pm

Fri 21<sup>st</sup> Worthing Local Community Group 12-2pm, Starbucks

#### **January**

Mon 9<sup>th</sup> Crawley Local Community Group, Starbucks 12.30-2.30

Fri 18<sup>th</sup> Worthing Local Community Group 12-2pm, Starbucks

Thur 24<sup>th</sup> Bowling and lunch, Crawley 11.45am-2.45pm

### **East Sussex**

#### **December**

**Sat 8<sup>th</sup> Christmas Shopping Brighton - meet 11am at the Pier**

**Sat 15<sup>th</sup> Christmas Lunch Rodmill, Eastbourne – midday**

**Sat 22<sup>nd</sup> Vintage Christmas Party, East Dean Village Hall 7pm – 10 30pm Bring your own drinks**

#### **January**

**Sat 5<sup>th</sup> New Year Get Together, Harvester Polegate – midday**

**Sat 12<sup>th</sup> New Year Sales Shopping Eastbourne. Meet at 11am at Shades café in the Arndale Centre**

**Sat 19<sup>th</sup> Lunch at the Rodmill – midday**

**Sat 26<sup>th</sup> Sealife Centre, Hastings – 11am**



## SUSSEX ASSOCIATION FOR SPINA BIFIDA AND HYDROCEPHALUS

### **Gold for Georgia...**

Congratulations to **Georgia Hill** who recently completed the final section to achieve her **Gold** level **Duke of Edinburgh's Award**.

Georgia has previously completed the Expedition, Residential, Volunteering and Skills sections. She has now completed the Physical section too by attending the Activate Gym at Chaseley Trust regularly for 12 months, raising her performance on the various pieces of equipment; and improving her health and fitness.

Activate Gym is specifically for wheelchair users and has a wide range of disabled accessible equipment.

Her instructor at Chaseley said that Georgia has progressed well and steadily increased the resistance in some exercises. She pedals on the thera trainer and then does multi gym exercises.

Georgia said there's nothing she doesn't really enjoy, just some of it comes more naturally to her; but once she has finished a routine she feels good in herself.

She added "At the end of my Bronze award, I said that it helped me push around Hastings hills in my wheelchair, and that's still true. Now I'm focusing on maintaining the improvements I've made and making gradual progression."

**Well done, Georgia!**

## **ADVISER SERVICE**

In September SASBAH welcomed Jacque Carter as a Carers Adviser to our team of Advisers.

Jacque will be office based at our Worthing office on Wednesday's from 10 am to 4pm , Thursday's from 1 – 4pm and Friday's from 10 am to 12pm.

### ***Introduction from Jacque -***

I am Jacque Carter and I am Sasbah's new Carers Adviser. Many of you may remember me as I used to work at Knowle's Tooth.

I have spent my first month dropping in on your monthly support groups. Introducing myself and talking generally about care related issues.

I am based at the Worthing office and available to be contacted via email at [jacque@sasbah.org.uk](mailto:jacque@sasbah.org.uk) or you can ring the office on 01903 230782.

I would like to introduce a carers newsletter and organise regular drop ins. If you have any ideas of what this service should provide please let me know, your feedback is extremely important to me. I would also like to talk to any young carers to see if there is anything I can support or assist with.

If you or your carer/PA need any advice please do not hesitate to contact me. I look forward to meeting and hearing from you in the future.

### ***Other news / information***

#### ***Folic Acid***

Folic acid is to be added to UK flour in effort to reduce birth defects. The policy will be introduced within weeks. Folic acid helps to reduce the risk of babies developing spina bifida and other neural tube defects (NTD) conditions that involve severe disability or death.

“Mandatory fortification will be a game-changer for the UK,” said Kate Steele, the chief executive of the charity Shine, which helps families affected by neural tube (birth) defects. “A government decision to introduce mandatory fortification will mean a major positive impact for the health and wellbeing of babies born in the future. In many cases, it will be the difference between life and death.”

Taking enough folic acid in pregnancy is estimated to reduce by as much as 70% the risk of a NTD such as anencephaly, a fatal condition in which the foetus develops without a major portion of the brain, skull and scalp and dies in utero or shortly after birth.

It is estimated that two women a day in the UK have an abortion because doctors have identified an NTD and two children a week are born with an NTD, often spina bifida. Britain is believed to have the highest rate of NTDs in Europe. Until now women in the UK who are pregnant or are hoping to have a child are advised to take folic acid supplements to increase their intake of folate. Official advice is a daily supplement of 400 micrograms of folic acid when trying to become pregnant and up until the 12th week of pregnancy.

#### ***New app for disabled rail passengers***

UK rail industry are introducing a new app for disabled passengers which will be rolled out nationwide. The app is currently being tested and the full one will be available across Britain next autumn. The app will update station staff on where a passenger is at any point, useful in the event of a delay, change of platform or missed train. The app will also allow users to create a profile, amend and cancel bookings and give staff live information to accommodate short-notice changes.

Sources –

<https://www.railway-technology.com/news/uk-rail-industry-introduce-new-app-disabled-passengers/>

<https://www.bbc.co.uk/news/uk-england-45656560>

[https://www.theguardian.com/society/2018/oct/14/folic-acid-to-be-added-to-flour-in-effort-to-reduce-serious-birth-defects?utm\\_term=R3VhcmRpYW4gVG9kYXkgVUstMTgxMDE1&utm\\_source=esp&utm\\_medium=Email&utm\\_campaign=GuardianTodayUK&CMP=GTUK\\_email](https://www.theguardian.com/society/2018/oct/14/folic-acid-to-be-added-to-flour-in-effort-to-reduce-serious-birth-defects?utm_term=R3VhcmRpYW4gVG9kYXkgVUstMTgxMDE1&utm_source=esp&utm_medium=Email&utm_campaign=GuardianTodayUK&CMP=GTUK_email)