



VOLUNTEERING TIME IS WELL SPENT

SHASBAH has had the invaluable help of some new volunteers during the Covid-19 restrictions and we want to thank them for their wonderful support.

Thanks to Isobel (above left), our student volunteer from Sheffield Hallam University, who is studying to be an OT. Isobel helped us with our Story Walk, Wheel and Wobble round Endcliffe Park in August and created our monthly 5 Things to Do lists to get us through the lockdown.

Thanks to Gemma (above right, with her family), our dedicated volunteer befriender, who completed Covid-19 interim training and started befriending a new family straightaway during the lockdown. (Cont...)

CONTACT US

Email:
info@shasbah.co.uk
Mobile 1:
07752 665411
Mobile 2:
07542 680404
Office:
0114 3177945

FIND US

SHASBAH
Barbara and Les Base (BL10)
57 Burton Street
Sheffield
S6 2HH



Thanks to Charlotte (above left, with her daughter), our talented volunteer photographer, who took photos of everyone who came to our Story Walk, Wheel and Wobble. These great photos are now on our Facebook page and will soon be on our website.

Our new mascot Shasby, the forgetful little fox, was created by 2 talented volunteers, Kathryn and Helen, the artist and writer behind the Little Urban Fox series of books based in Sheffield. Kathryn and Helen (above right) got all dressed up as foxes for our Story Walk, Wheel and Wobble around Endcliffe park in Sheffield to launch our new mascot.



Thanks to Helen and Kathryn for all their invaluable help to make our fox mascot come to life.

Thanks also to James and Pete who signed in everyone for the walk and thanks to our star volunteer Tony Foulds (below left), who told his story about the Mi Amigo memorial in the park.

What would we do without the skills, time, effort and enthusiasm of our wonderful volunteers?

Thanks again!



DEDICATION TO OUR BELOVED BARBARA

We had planned to have a cream tea in September to officially open the 'Barbara and Les Base', our home at the Burton Street foundation. Lockdown has put those plans on hold again but Barbara is not forgotten by all of us at SHASBAH.

Barbara was one of our beloved founders who passed away late last year and we want to pay tribute to her tireless years of service. Barbara helped form the very first ASBAH (now SHASBAH), right here in Sheffield, in 1964, alongside her husband Les, who passed away many years ago. Barbara was our charity's volunteer secretary, supporter and friend and we wouldn't exist at all without people like Barbara and Les. She also had a huge heart and a memory like an elephant of all the adult members and their families. We miss her.

We will be making distributing small gifts in the run up to Christmas, in celebration of her many years with us, including a little replica fridge magnet of our large wall plaque.

*"Our office will
forever be Barbara
and Les Base"*



BARBARA AND LES BASE



Sheffield Association for Spina Bifida
and Hydrocephalus

EST 1964

REUSE, RECYCLE!

If your child outgrows a piece of equipment and it's hanging around in the garage or shed, let us know. There may be someone out there who can make us of it!

This little red trike has been on a journey. It was rescued from a skip in Ryegate many years ago and gifted by Sheffield Cycling 4 All to a young member. After she outgrew it, it had a new brake and free service at Halfords, then was off to another little member in Wombwell. Happy days.



INTRODUCING SHASBY

SHASBAH has a new mascot! Shasby the Little Forgetful Fox was designed by the creators of The Little Urban Fox series of books, which are based in some well-loved Sheffield parks.

Shasby has already been spotted out and about around Sheffield. He was the star of the show at our Walk, Wheel and Wobble around Endcliffe Park and will be making many appearances, online and in person, in the future. We'd love to see your pictures of Shasby!



THEO'S STORY

Spina Bifida Awareness Week is underway from 23rd-29th October. In the run up, our national charity SHINE has been encouraging members to share their stories. We thought we'd join in and share the story of one of our members, Theo (pictured below).

Theo is 9 years old. He was born with spina bifida and hydrocephalus. He is partially paralysed waist to knees and paralysed knees down, but despite these difficulties is a very outgoing boy who enjoys life to the full. He has been learning to play the violin, enjoys going to cubs and performing in front of people in musical theatre.

Theo's first wheelchair from the NHS kept breaking down, so his family and friends all got stuck in to fundraise for a new one. Theo even did a sponsored walk around Locke Park in Barnsley - covering small distances over 3 days with his walker.

A long fourteen months later, they'd raised enough money to buy the new chair.

Theo has now outgrown that chair, and at one of our outdoor events in August, SHASBAH's admin officer was chatting to him and discussing the difficulty his family were having raising fund for the new one - it's been a tough year for fundraising.

Our admin officer had the bright idea to nominate Theo to 500together. 500together is a fundraising group which SHASBAH donates to. The idea is that 500 groups or individuals each donate £1 a week, which is then given to a family, individual or organisation in need.

Wonderfully, this September 500together chose to give £500 towards Theo's new wheelchair fund, bringing him almost to his target!



5 things to do in November

Light a sparkler on Bonfire Night (5th)

Write a gratitude list



Help someone out on World Kindness Day (13th)

Toast marshmallows

Shop local on Small Business Saturday (28th)





SHASBAH VOLUNTEER HUNT

**Sheffield Association for
Spina Bifida and
Hydrocephalus
is looking for volunteers
to help our charity grow.**

**07752 665411
07542 680404**

Opportunities include:

- befrienders and peer supporters
- help with newsletters and information packs
- assistance with organising events

If you would like to help SHASBAH deliver our services, as well as gaining experience, please do get in touch.

**info@shasbah.co.uk
www.shasbah.co.uk**

Join SHASBAH trustees to help everyone get the most out of life



We are looking for volunteer trustees from our community with lived experience of these conditions, expertise in events organising, training or marketing to help our small charity grow and thrive again.

Trustee board meetings are held once a month on a weekday evening from 7-9pm at our base at Burton Street Foundation in Sheffield.

With your help, we hope to:

- Provide early years outreach for young children
- organise workshops and advice sessions
- create newsletters to keep everyone up-to-date with information
- offer more 1:1 support
- train volunteer befrienders and peer supporters to reduce social isolation

**To find out more, contact our volunteer coordinator at
info@shasbah.co.uk or 07752665411**

NEWS FROM SHINE

Sheffield ASBAH (SHASBAH) is affiliated to Shine, which is a national campaigning charity covering England, Wales and Northern Ireland. You can become a member of both charities and enjoy the benefits of both.

Shine is organising Spina Bifida Awareness week at the end of October 2020 and Hydrocephalus Awareness week in February 2021.

On top of that, Shine Voices has been launched to share stories about our experiences of spina bifida

and hydrocephalus. Shine Voices is an exciting new project, bringing together the spina bifida and hydrocephalus communities by sharing stories of true life experiences told by you.

Learn more about life with the conditions from those who know them best, or tell your own story by creating and adding a video to Shine Voices library. Have a look on the Shine website:

<https://www.shinecharity.org.uk/shine-voices/shine-voices>



Claire's story



YOUR CHILD AND HYDROCEPHALUS

Shine has just published a new book called 'Your Child and Hydrocephalus', which will be formally launched in February 2021 but you can apply for a copy now. It contains over 80 pages of information, covering every aspect of your child's development up to 11 years old.

The book was written by Shine's health team and their former education advisor, who now works with SHASBAH. We are all connected and we all work together for the benefit of everyone affected by spina bifida and/or hydrocephalus.

Keep up to date during COVID



Shasbah - Sheffield Association for Spina Bifida and Hydrocephalus



@sheffield_asbah



www.shasbah.co.uk

NEW WHEELCHAIR BASKETBALL COLLEGE COURSE

Queen Alexander College alongside the University of Worcester and The Albion Foundation are starting the delivery of their new Wheelchair Basketball Academy Course this academic year.

The programme is designed for ambitious young sports people aged 16-24, who use a manual wheelchair and are eligible under the International Wheelchair Basketball Association (IWBF) classification criteria.

The course offers opportunities to:

- be a member of an elite sport programme
- join a coaching pathway from volunteer through to potential paid work as a coach
- achieve nationally accredited qualifications at Level 1-3
- have access to specialist support such as sports therapy and mentoring

Interested? Send us an email info@shasbah.co.uk and we can pass on more information.



OUR COMMITTEE

Michelle Goddard – Chair

07971 283285

John O’Connell

Laura Rose

Tina Stones – Hon. Treasurer

07801 445328

Nina Rose – Welfare

07752 665411

Bruce Allen - Secretary

07901 105658

WITH THANKS TO

