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SHEFFIELD CHRISTMAS TREE FESTIVAL

Here at SHASBAH, we've already been decorating for Christmas. We're taking part in the Sheffield Cathedral Christmas Tree Festival, so we've got our very own tree to deck out in SHASBAH style and give people a little taste of what we do.

Throughout December, guests can visit the festival (in person or virtually) and check out the trees, which have been customised by Sheffield schools, charities and businesses. Admission is free and visitors can vote for their favourite, with two cash prizes on offer. At the end of the festival, all trees will be disposed of in an environmentally friendly fashion.

So get yourselves down to see the SHASBAH tree, look out for Shasby and give us a vote! See our Facebook page for updates.



LOCKDOWN CAN'T STOP THE FUN!



Not even lockdown can stop our SHASBAH members from getting up to all sorts of festive fun. We teamed up with Emma from Orchis Flower Design to offer free wreath-making kits to some of our members. In fact, it was so popular that we had to create extra places! We can't wait to see photos of all the fancy front doors.

We have also just had our Festive Foxes event. Vicki from Rainbow Fox Academy put on an amazing online session for our younger members. She taught us all sorts of facts about foxes, as well

as guiding us through some fun, foxy crafts. We'd love to see any photos you have of your creations! Send them in to info@shasbah.co.uk.

We were able to offer both of these events completely free of charge. Thanks to Emma and Vicki for lending us your amazing skills. Information about our events goes up on our Facebook page and our website. Keep your eyes peeled for more fun to get involved with in the future. There's always something going on at SHASBAH!



EASY FUNDRAISING

SHASBAH gives small grants to our members when times get tough. We provide grants towards hospital visiting, wheelchairs and equipment, as well as discretionary and bereavement grants. We need to fund-raise to keep this little funding pot going so we need your help to help others.

Please sign up with any of these organisations, nominate Sheffield ASBAH (or our charity may appear as SHASBAH). Then we can continue to raise funds to help our members in their time of need. Links to these websites can be found on our website under 'News'.

- Give as you Live - When you buy online, our charity gets a free donation.
- Just Giving - For fundraising as you shop.
- Everyclick - when you search online, you give a free donation.
- Amazon Smile - You shop, Amazon gives.
- Paypal - When you buy, a donation is made to our charity.
- Easy Fundraising - Shop online using this site and raise money for SHASBAH.
- Recycle 4 Charity - Recycle your printer cartridges and we get a donation.
- Cash for Kids: Mission Christmas - SHASBAH families and members benefit from Mission Christmas, so we like to give something back.

A SHASBY CHRISTMAS

Check out our lovely Christmas cards! The brilliant team at The Little Urban Fox, creators of Shasby, have designed these festive cards for us.

There are 8 different designs, which we are selling for £2.50 each or a pack of 8 for £15. All profits go to our charity, so get shopping! You can purchase them by sending us an email.

We hope they bring you lots of festive cheer. Merry Christmas and a Shasby New Year!



JULIE'S STORY

This month, one of our members, Julie, got in touch for help. Like many of us, she was struggling with the lockdowns and a few other issues on top.

Julie thought that a language course might help her to keep her mind busy and spend time with her daughter. She reached out to us to ask if we could help with funding. The language she chose was Korean - not an easy task but a good challenge!

SHASBAH's admin officer arranged to do a weekly zoom with Julie just to chat and generally help in any way we can, and we did find funding for Julie. £200 was obtained towards the course. We think Julie was brave to ask for help when things were hard and we'd love it if you did the same.

5 THINGS TO DO IN DECEMBER

Visit the Christmas Tree Festival

Decorate a gingerbread house

Create a Christmas window display

Deliver a festive card to a neighbour

Make some salt dough ornaments





IN MEMORY OF KARL HALLIDAY

22.05.69 - 25.09.20

Gratefully shared by his mum, Audrey

Karl was born with Hydrocephalus. He was very ill and not expected to live 6 months. His first 6-7 years were spent having infections and being on permanent penicillin. He went to a special school until he was 19 and then he was the first person like himself to go to a community day base.

He had very little communication, just saying a few words and he'd very little mobility being in a wheelchair all his life. He overcame many issues over his life but he was a fighter through and through. He had fits extensively at first, getting better

as he got older, but all through this he loved life and enjoyed himself, always smiling and being mischievous, laughing at people when they dropped things or banged themselves. He loved making people yawn by yawning himself first.

He loved going on outings to Alton Towers, Stoke Mandeville and of course train days with Barbara and Les. He had Durham Cathedral doors opened and went underneath Edinburgh Castle on some of his many holidays, when he was well.

He loved music, his hearing was acute and he could tell a tune from the first note - wanting you

to tell him who was singing. His favourite tippie was Tetleys Tea. He loved his cuppas.

He was closer to people than usual relationships like his uncle, cousins, brother in law. He forged a team with all of them individually and they were his carers along with his sisters, a cousin and a friend. They all cared for him to make his life better.

All of us who knew Karl wouldn't be who we are today without him being in our lives. We wouldn't be such a close knit family. He touched the hearts of all who knew him. To know him was to love him.

HELP FOR A HEALTHIER LIFESTYLE

At SHASBAH, we know that it isn't easy to keep up a healthy lifestyle, especially during a pandemic! However, we also know how important it is to take care of our minds and bodies. We've put together a list of resources to help our members stay healthy when many of our normal clubs and activities can't happen. See the 'News' section of our website for handy links.

Physical activities:

Yoga 4 All

Our friends at Cycling 4 All have been running online yoga sessions on Zoom. The sessions are inclusive and free of charge. Tuesdays from 7-8pm.

Wheelpower

Wheelpower have filmed lots of exercise videos aimed at wheelchair users. We like the look of the cardio series!

Sense

Sense Sport are sending out weekly emails with accessible activities and resources for keeping active. Visit their website to subscribe.

Mental Wellbeing:

Back Up Trust

Back Up are offering mentoring, Q&A sessions and the Back Up Lounge, for opportunities to meet and chat with those who understand.

MIND

MIND have an online forum, a space to talk about your mental health and connect with others.

IAPT

IAPT is part of Sheffield NHS Trust and offers a range of online psychological therapies for free. They have a 9 week Mindfulness Course for those living with a physical health condition.

OUR COMMITTEE

Michelle Goddard (Chair)

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John O'Connell

Laura Rose

Tina Stones (Hon. Treasurer)

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Nina Rose (Welfare)

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Brian Rawson

Philip Hughes

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Shasbah



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NOW OPEN TO SHASBAH MEMBERS

PROJECT PEN PALS!



Under the umbrella of our Befriending scheme, NWY ASBAH are now offering you the opportunity to connect with with fellow ASBAH members by mail!

If you are interested in writing and receiving letters or emails from a new pen pal, please get in touch! This is a wonderful way to stay connected and supported by the ASBAH family. Face to face meetings are not always possible, but this project is here to bridge that gap and offer peer friendship and support.

Check out the back of this leaflet for details of how it all works!

CONTACT US:

Katyravenasba@gmail.com 07966161299 NWY ASBAH, 12 Victory Rd, Ilkley, LS29 8HL

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NOW OPEN TO SHASBAH MEMBERS

HERE IS HOW IT WORKS...

Are you a member of NWY ASBAH? Sign up for free to be a member on our website www.nwyasbah.org

- **Write a letter (or an email!)** This could be typed or hand written. Write something that tells the recipient a bit about you, what your likes and dislikes are, hobbies, work or if you are in education. Tell the recipient what it is like to be you, how you live with and manage either having Spina Bifida and/or Hydrocephalus, or perhaps what its like being a family member of someone living with these conditions. Maybe you could pass on something that you have found positive and helpful to you in your life. You could draw a picture or write a poem too! – Remember your letter may get sent out to someone of a different generation to you!!
- **Send to NWY ASBAH.** If you have a letter to send by post, then send this to me at NWY ASBAH, 12 Victory Rd, Ilkley, LS29 8HL Clearly marking your name on the back of the envelope. If you wish to send via email, please send to katyravenasbah@gmail.com with the heading 'Project Pen Pals'
- **Listen out for the post! (or check your inbox!)** Once I have receive your letter, in whichever format!, it will be checked over and re-posted to the members who have signed up for this project.

Contact us on:

katyravenasbah@gmail.com or 07966161299

NWY ASBAH, 12 Victory Rd, Ilkley, LS29 8HL

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AFFORDABLE ACCESS TO FOOD

Have you heard of Food Access? They are using surplus, locally-grown ingredients to deliver delicious meals all around Sheffield.

You can order a weeks-worth of meals online, for a minimum contribution of £1 per meal. Food Access chefs prepare nutritious dishes - a great alternative to ready meals - and freeze them to retain flavour. You can then collect your meals from your nearest hub. New collection hubs are being opened in partnership with community centres, places of worship and businesses around the city.

Current locations include Wybourn, Sharrow, Upperthorpe, Parson Cross and Manor.

At SHASBAH, we think this is a great initiative. Reduce food waste, save time on food shopping and prep without compromising on a healthy diet! All of the contributions from the sale of meals help Food Access make food available to more people in Sheffield, and continue to build a sustainable food system. Check out their website to find out more and try a week subscription.

thefoodworks.org



COME TO THE SHASBAH AGM!

The next SHASBAH AGM (Annual General Meeting) is on **Tuesday 15th December at 6.30pm**. The meeting will take place over Zoom with our committee and staff team. We'd love it if you joined us because we really value your input! Email us for the link.

SHASBAH

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