



INSIDE THIS ISSUE:

Special Deliveries

A New Ethel Barge

Meet our Volunteers

Helen's Story

Introducing our Trustees

SHASBAH in Days Gone By

5 Things to do in February

NO MORE ZOOM GLOOM

So lockdowns have followed us into 2021, which means that Zoom has as well. So many services are running online at the moment, including ours, but we know that technology can be a big barrier to accessing support during lockdown. That's why we're encouraging our members to fight loneliness by learning how to get online.

We know that it's not an easy skill to learn, but we'll try our best to help you at every step of the way. We've collected a bunch of resources for you, including:

- A free weekly IT course with FreeTech, which we can help you to sign up for (see ad on next page)
- A set of videos which explain how to use Zoom
- A phone call tutorial with another member of SHASBAH

If you are interested in any of these options, then please get in touch with us by email info@shasbah.co.uk or call/text us at 07752665441. We're here to help!



COME TO OUR
**BUILDING
FRIENDSHIPS**

SATURDAY CLUB

11.30 - 12.30

Starting 6th Feb

With Rainbow Fox Academy

Email us ASAP to book your place!

**WE'D LOVE YOUR
OPINIONS!**

We need some feedback on how we've been doing over the past 6 months, so we've made a little survey for our members. Thank you so much to everyone who has given their feedback. If you haven't already, please would take a few minutes to give us your opinions? It would be a great help to us!

The link to the survey is

<https://www.surveymonkey.co.uk/r/RSRQRML>



Announcing the...

SUPER SIX

South Yorkshire

freetech
project

SESSIONS



FREE fun and friendly online workshops for adults across South Yorkshire, tackling a tech topic each week:
Grappling with Google • Free Software & Hardware • Privacy/Security & Scams
Websites & Social Media • Linux • Raspberry Pi & Retro Gaming



Department for
Digital, Culture,
Media & Sport

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

Choose any (or all!) from the above! Pick a Thursday afternoon or a Friday afternoon session! All you need is a smartphone, tablet, or computer with a microphone and webcam, connected to wifi!
Free registration is easy, just get in touch!

Find FreeTech Project online:    www.freetechproject.com
or email info@libredigital.org

The FreeTech Project is the trading name of Libre Digital Limited, non-profit limited company number 0721014

SPECIAL DELIVERIES



Some of our younger members got a very special surprise over the Christmas holidays. Shasby the Little Forgetful Fox was out and about, delivering presents all over South Yorkshire and beyond.

A very big thank you to Cash for Kids and all of their partners in the Mission Christmas appeal, who supply these gifts every year for our winter party. In the absence of a party this year, we had to get creative with handing them out. That's where Shasby came in!

We weren't able to get to every house before lockdown interfered with our doorstep drops. We plan to resume as soon as non-essential travel is permitted, so to help us with planning a route, please book a delivery by dropping us an email or message on Facebook.



A NEW ETHEL BARGE

Exciting news for those who remember our canal boat trip in February 2020... The Ethel Trust have managed to raise enough money to design and build a second barge!

The Ethel Trust is a fellow South Yorkshire charity, who run day trips and residentials on their purpose-built canal boat, Ethel. Trained volunteer skippers and crew can navigate all around our local canals. They want to provide the opportunity to get out in the barges to local community groups of all abilities, ages and needs.

We had a very memorable day out on Ethel last year, and are looking forward to more trips out on the water when restrictions allow. Watch this space!



MEET OUR VOLUNTEERS

We love our volunteers, so we thought we'd start introducing you to a few of them! Megan and Antigoni are both students in Sheffield and we asked them to tell us a bit about themselves and why they volunteer.

Antigoni: I'm a final year music student at the University of Sheffield. The career I want to pursue in the future is the one of Music Therapy. The reason I have chosen this profession is because I am very excited with the idea of using music, something that I deep-

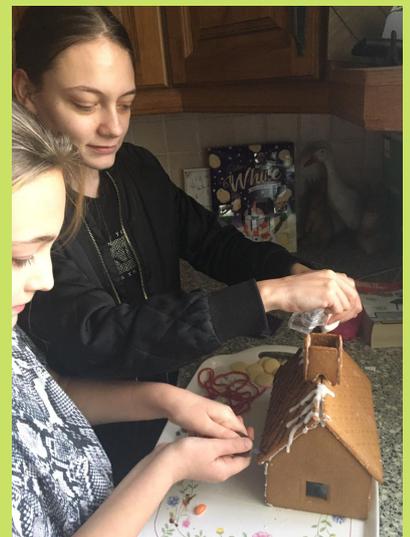


-ly love, to help people in need. I have joined Sheffield Asbah because I really want to help people in any way I can and also gain some relevant experience that will later on help me with the career path I want to follow. I am very happy that I am now a part of this team and I can't wait to see and talk to everyone.

Megan: I study dentistry and I hope to be either a general dentist, paediatric dentist or a special care dentist. I enjoy volunteering because it gives me a sense of purpose and I enjoy using my spare time to help others in the community. It also helps me to develop my confidence and makes me appreciate everything more.



GINGERBREAD CREATIONS



HELEN'S STORY

Helen is the mum of one of our teen members, Aidan. Like a number of our members, Aidan has had to be shielding since the start of the pandemic, meaning that Helen and Aidan could not attend any of our socially-distanced events in the autumn. However, Helen jumped at the opportunity to reserve one of our wreath-making kits, provided in partnership with Orchis Floral Design.

Helen said, "We received our wreath making kit yesterday and made it today, Aidan wanted to design his own and put lights on. It's been a wonderful experience and made it feel extra special for us both as we've never done anything like this before. As Aidan has not been to school since March due to his complex medical needs it also gave us something to really look forward to doing. It's opened an experience that we would not even have looked at doing. Thank you so much for allowing us to do this."



"It's been a wonderful experience for us both and made it feel extra special for us both as we've never done anything like this before."

We hope that Helen's story inspires you to keep trying new things and making the most of the opportunities that come your way, even during tough times.

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

Brian Rawson

Philip Hughes

Timothy Smith



info@shasbah.co.uk



www.shasbah.co.uk



[Shasbah](https://www.facebook.com/Shasbah)



[@sheffield_asbah](https://www.instagram.com/sheffield_asbah)



INTRODUCING OUR TRUSTEES

-Our trustees are a very important part of our charity. They keep on top of all that is going on through regular committee meetings, and have a vote on important matters. Here's a little introduction to some of our trustees.

Brian: Hi, I'm Brian. I'm 56 years old, I've got Spina Bifida and hydrocephalus and I'm a full time wheelchair user. I have been married to Yvonne for 17 years and I enjoy travelling & meeting people.

John: I was born and raised in Sheffield and work in Internet Advertising. My hobbies include keeping fit, boxing, making music and computer games. I also like to cook and enjoy food – I eat nothing else! I have volunteered as a cub leader for the last 6 years and as a trustee for SHASBAH for 1 year.

Laura: I work as a Speech and Language Therapist at the Ryegate Children's Centre, assessing children and young people for an Autism Spectrum Disorder. I also work for the council into their Community Youth Teams across the city, assessing vulnerable young people aged 10-18. More importantly, I am also an auntie to one of the SHASBAH members.



SHASBAH IN DAYS GONE BY

One of our staff members was recently reminiscing with a friend of SHASBAH, Audrey, about SHASBAH in days gone by.

Audrey has been involved with SHASBAH since the very early days, joining in 1969. She was very close with our dear, late secretary, Barbara. Apparently, Barbara and Les were a great pairing because Les was the mouthpiece and Barbara got on with the work!

Among the memorable events were trips to Stoke Mandeville and to see the model trains at the bottom of Abbeydale Road. There were also plenty of jumble sales to fundraise for SHASBAH's work.

Have you got any similar memories of SHASBAH, or any special photos from past events? We'd love to hear from you! Why not send us a letter or an email?

5 THINGS TO DO IN FEBRUARY

Plant some seeds

Watch a musical from home

Go to a Sheffield Library event

Create and complete your own jigsaw

Learn about a famous artist



SHASBAH

Barbara and Les Base (BL10)

57 Burton Street

Sheffield

S6 2HH

07752 665411

07542 680404



Thank you to all who entered our #lockdownlife photo competition! We loved seeing what you've been up to while staying safe at home.



#lockdownlife

