

Fundraising news for supporters

Spina Bifida
Hydrocephalus
Scotland



Thank you

everyone

who

supported us

through the

pandemic



Your donations, social shares, volunteering and engagement in events have been essential in helping us reach our annual targets which will allow us, in time, to grow again and be stronger than ever. Read on to find out how your support has made all the difference.

Listening to families at Spina Bifida Hydrocephalus (SBH) Scotland

Despite the pandemic, SBH Scotland have continued their family and clinical support services, albeit in a slightly different manner than before. Through a helpline, regular check-in calls with vulnerable members and virtual support and social groups for all age groups we've kept connected at the most isolating of times. Additionally, we've been working on projects focusing on the health and wellbeing of our members; specifically looking at ways to support an easier transition from children's healthcare services to adult services and supporting better mental health in adults. All with the aim that all those affected by these lifelong, complex disabilities are empowered to self-manage their own condition(s) and live as independently as possible.



Why your **support** is important

Amber's story



When Amber was born, her mum, Leanne, describes it as 'a very scary time'. Amber was born with spina bifida and hydrocephalus and underwent several emergency surgeries within days of birth. Leanne didn't know what to do or who to turn to and then she found SBH Scotland's Helpline number. A Family Support Worker was with them the very next day.

Since then, Amber has had over 10 surgeries and SBH Scotland have been with the family each step of the way.

Leanne Says, "SBH Scotland continue to support us in whatever way we need even talking to Amber's nursery about the conditions before she started there last year. The groups and online catch ups are especially important, through these we've realised we're not alone, if we need advice there are families who have went through the exact same things as you."

Leanne continues, "You just never know when you're going to need this charity. This time 19 months ago I'd never heard of SBH Scotland and now over a year on and I don't know where I'd be without them."

Amber continues to make progress and thanks to a dynamic stander and what she's been told is Scotland's smallest wheelchair, she's also working on being as mobile and strong as she can be.

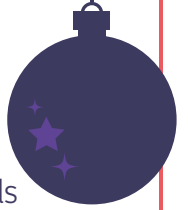
Help us deliver a future for families

Early in 2021 we undertook a Support Review with families to look at Family Support Services; anticipating the needs and demands, specifically considering the impact of Covid-19. The review findings have been crucial in informing future service plans to best meet the families' support needs with the funds available.

The most important services to continue and grow include: Group activities, clinics, a listening ear of a Support Worker, school and home visits, finance advice, school talks, emotional support, family groups and home activity packs.

"Thank you so much for all of your support and hard work!"

Following the review our vision stays the same; That everyone in Scotland affected by spina bifida and/or hydrocephalus has access to tailored support, information, and resources to help them thrive. All children, young people, adults and families will feel more Connected, Nurtured, Informed, Included, Resilient and Empowered – **You can help us do that.**



Last year we lost almost half of our usual income (circa £500,000) and to continue supporting everyone who asks us for help, as well as being able to grow our team to meet the volume of current demand, will cost over £1.5 million annually - We need your help to get there.

We're grateful for all you have already done but if you are able to make an extra donation to us this Christmas, it can help us with the following:

£10 Can help towards a Helpline call from a young person in distress.

£20 Can help towards building friendships and reducing social isolation through a support or social group for children, young people or adults.

£50 Can help towards a month of intensive support for a family with a new baby.



Donate here.

Donations can be made by scanning our QR code, visiting sbhscotland.org.uk/donate, call us on 03455 211 600 to donate by credit/debit card or send a cheque/postal order made payable to SBH Scotland and sent to: SBH Scotland, 6 Craighalbert Way, Dullatur, N. Lanarkshire G68 0LS (please add your address to the back of any cheques).

Upcoming events

Question of Burns

Tuesday 25th January 2022 - Hilton Glasgow

Hosted by rugby legend, Andy Nicol, this traditional celebration of Burns will include exceptional performances from Fred MacAulay, Michelle McManus and the world's leading Robert Burns re-enactor, Chris Tait. Don't miss our 30th anniversary Burns event. Visit sbhscotland.org.uk/burns for details

Falkirk Wheel Abseil

Sunday 20th March 2022

Feel on top of the world! and join SBH Scotland at our first abseil event of 2022, taking place at the iconic Falkirk Wheel.

Summer Skydive 2022

Saturday 11th June, Sunday 12th June, Saturday 18th June & Sunday 19th June 2022 - Errol Airfield

Exhilarating and unforgettable - fly through the clouds from over 10,000 ft at up to 120mph! Thrill-seeking fundraisers wanted for freefall parachute jump!

Kiltwalk 2022

Various dates and locations across Scotland

Make a difference with every step of a Kiltwalk. Discount on registration fees available.

Marathon/Runs

Exclusive access to events which keep you running.

2022 Dates for the diary:

- Kelpies Supanova 5K - 18th, 19th, 20th March
- Edinburgh Marathon Festival - 28th/29th May
- Glasgow Men's 10k - 19th June & 22nd October
- Scottish 1/2 Marathon and Scottish 10k - 18th September
- Glasgow Woman's 10K - 23rd October

To take part in any of these events please contact Lynsey Hamilton on 03455 211 600 or email lynsey.hamilton@sbhscotland.org.uk View them all at: sbhscotland.org.uk/challenge



Thank you

fundraising

heroes

From the start of lockdown your support has meant everything. We may have been in lockdown, but that didn't stop you taking part in an array of exciting activities including: The 2.6 Challenge, The 200 Club, Virtual Kiltwalks, Dress to Donate, Online Challenges and joining us for our online events, the Sunday Night Social and our World's Biggest Burns. Here's a few photos of some of you in action...



Christmas Raffle

It's back and you can now buy online!

Our annual Christmas raffle is back with a staggering cash prize of £500. Who wouldn't want that in their bank account in time for Christmas?

Each year our Raffle raises important funds to support our work and this year we have 4 amazing Prizes.

This year's Raffle will be drawn on Wednesday 22nd December 2021. Paper ticket stubs must be back with us by 14th December and online sales available until 21st December.

We'd be very grateful if you would consider selling the book of tickets enclosed within this newsletter or purchasing your own tickets online via <https://sbhscotland.thecharityraffle.co.uk/> or our QR Code. If you'd like to sell more tickets for us please email fundraising@sbhscotland.org.uk and we'll send them out to you.



Prizes

1st Prize: £500

2nd Prize: 9ct White Gold Diamond Necklace (RRP £495) Kindly donated by Chisholm Hunter

3rd Prize: £100 Slaters Vouchers. Kindly donated by Slaters

4th Prize: £50 Cash



We'd love to hear from you!

Would you like to get involved? We're looking for Volunteers, Business Ambassadors, Fundraising Heroes and Community Ambassadors! Email us to find out more...

Email: fundraising@sbhscotland.org.uk



Find us on:



Spina Bifida Hydrocephalus Scotland is a trading name of the Scottish Spina Bifida Association. Registered Scottish Charity No. SC013328

Be part of the SBH Scotland

family
building a future together

