

The Source

SSBA Newsletter is Back!



SDS - 1 Year on Page 10

New partnership with Bullen Page 12

Recycling Page 18

Scottish Charity No. SC013328. A Company limited by guarantee. Registered in Scotland, number 213050.



Join Bullen Home Delivery and benefit from:

- Combined appliance and medication deliveries
- Your own dedicated customer service advisor
- One call, one order – we call or e-mail you
- Range of complimentary items
- Emergency 24 hour helpline
- Complete peace of mind – no more worrying about running out of stock, no more excess stock

It's easy to join - We take care of everything, including dealing with your GP. We keep you informed throughout.

"Bullen Healthcare changed my life completely, I don't know what I would do without them" - Mr Young

0800 023 8856

info@bullens.com • www.bullens.com

After a short break we, at the Scottish Spina Bifida Association, are delighted to bring back The Source Newsletter for all of our service users and supporters. Inside you'll see what we've been up to and everything we have planned over the coming months. This is a newsletter for you, so please email mail@ssba.org.uk with any feedback or any ideas for articles and information you'd like to read in the next edition or call us on 01236 794500.



SSBA - More Support Than Ever Before!

The Association was founded in 1965 by a small group of enthusiastic parents who each had a child with spina bifida and/or hydrocephalus. Now in 2015, 50 years later, the Association has grown and is at a stage where we offer more support, services and projects than ever before across Scotland.

Support is not only offered to those who have spina bifida and/or hydrocephalus but also to their carers, spouses and family members. Chief Executive, Andrew H D Wynd MBE says, "We remember fondly 'The Two Annes' who ran our Family Support Service up until a couple of years ago but I want to make people aware that when they retired our service delivery did not stop. In fact it's quite the opposite; I'm happy to say we now have more Support Workers than ever before who are based in different locales across Scotland."

Andrew continues, "We are working to increase our communications with individuals and families to let them know about the services we can offer and to let them know we are here for them if they have any issues at all."

Introducing...

The SSBA Direct Services Team

Our Direct Services staff (Support Workers) are available to offer support, advice and information on all of the issues important to you including:

- Pregnancy, diagnosis and antenatal support
- Emotional health and well being
- Physical health & self-management
- Transitions
- Housing issues
- Mobility & equipment
- Accessing sports & activities
- Funding queries & benefits support
- Hydrocephalus & learning
- Shunt awareness
- Social networks
- Accessing health & social care
- Respite

"I love working with the SSBA families and it's a real privilege to be alongside them during the ups and the downs. We have a great team at the Association who are dedicated to helping you get any support and information you need. We really welcome your calls – that's what we're here for." Sophie Tear



Sophie Tear - SSBA Direct Services Manager

Sophie is based in the North of Scotland. While continuing her support of families based in this area, Sophie also manages the entire Direct Services Team across Scotland. Sophie originally trained as an Occupational Therapist & Play Therapist working in Family Psychiatry, Children's Hospices and in the Community before joining the Association 5 ½ years ago. **Email: Sophie.tear@ssba.org.uk**

Mel Cook - Senior Family Resource Worker

Mel is based in the Dan Young Building in Cumbernauld. As well as providing a traditional support service and sourcing all the latest information and resources for families, Mel also runs our Adult Social Groups along with the Apollo, Superhero & Coolio Groups. **Email: melcook@ssba.org.uk**



Becki Lamond - Resource Worker

Becki is based in the Dan Young Building in Cumbernauld. As well as assisting Mel with a wide range of support services, Becki helps to run our Adult Social Groups and the Apollo and Superhero & Coolio Groups. **Email: Rebecca.lamond@ssba.org.uk**



Wendy Hulse - Sessional Worker

Based in Aberdeen, Wendy has first-hand experience of dealing with spina bifida and hydrocephalus and she currently offers one to one support to adults in the Aberdeen area. **Email: familysupport@ssba.org.uk**



Caroline McAlpine - Continence Nurse

Based at the Dan Young Building, Caroline provides a specialist service for adults and families in the management of continence issues. A health check appointment can be made with Caroline where she can provide you with a health assessment which includes weight, height and urinalysis. She can also provide information and advice on diet, skin care, continence management, relaxation techniques and stress management. Appointments can be taken in the Dan Young Building, via Skype or on the phone. **Please call 01236 794516 to make an appointment or email: familysupport@ssba.org.uk**



Our Projects and their teams

Be All You Can Be - Lanarkshire

Funded by Third sector Early Intervention Fund

Be All You Can Be is a project to provide Play and Learning Support Workers to all families who have a child under 8 years old to help and encourage early learning and give specialised early years support. This includes working with them pre nursery and during nursery to give additional support for their journey into

Update your details - Please keep us updated of your contact details. Over time we hope to improve the frequency of communications with our service users, offering you more information about the support we



lifelong learning. On a weekly basis families will have the opportunity to attend a dedicated play scheme, attend outings and also have a personal play session in their home, hospital or nursery. The play sessions involve sensory and developmental play to help children achieve their full potential.

offer and services which may be relevant to you. If you have a preferred email address that is not on our system or if you move home or change phone numbers do let us know. Please email mail@ssba.org.uk or call us on **01236 794500**.

Positive Connections Funded by Short Breaks

Positive Connections are family support groups in 3 localities across Scotland which cater for children and young people with spina bifida and/or hydrocephalus and their whole family. We offer fun events such as outings, sports days, family BBQ, garden activities and much, much more. Our groups meet monthly in Cumbernauld, Edinburgh and Aberdeen. The group is a great opportunity to come along and meet new friends & families and most importantly have lots of fun.

Pictured: *The superhero group enjoy a dance session with Kerry*



Kim McKay - Play and Learning Support Worker

Based in the Dan Young Building, Kim works on the Be All You Can Be Project. Every week she provides dedicated support to her families as well as running weekly play groups in the Centre. Kim also heads up the Positive Connections Project which is a monthly support group for families across Glasgow. Kim recently also project managed the creation of the Association's first ever recycled bottle greenhouse!

Email: kim.mckay@ssba.org.uk

Kerry Docherty - Sessional Playworker

Kerry is involved with the Be All You Can Be and Positive Connections projects, specialising in dance and sensory play.



Vikki Rothero - Play and Learning Support Worker

Based in the Dan Young Building, Vikki works alongside Kim on the Be All You Can Be and Positive Connections Projects. As well as supporting families in the Lanarkshire area and providing one to one play sessions she also runs fortnightly baby and toddler groups in the Centre.

Email: Vikki.rothero@ssba.org.uk



Stronger Links - Borders, Lothian & Fife Funded by the Big Lottery Fund

Stronger Links: Stronger Families (SLSF) works to provide holistic, intensive family led support to families in Lothian, Borders and Fife who have children aged 0-9 with spina bifida and/or hydrocephalus. Existing services in Borders, Lothian and Fife are currently being greatly enhanced by the addition of this Project which

provides proactive support at all stages in the child's life, right from initial diagnosis. Significant improvements are also being made to the information services we can offer including new age specific publications for children, family group events and digital links including social media forums.

Rachel Lawson Project Co-ordinator

Rachel has a remit to promote and build upon services currently available in the East Coast, Borders and Fife. As such she co-ordinates the staff for the SLSF Project as well as running the SSBA monthly combined clinic at The Royal Hospital for Sick Children in Edinburgh where she provides emotional and information support to families attending their regular hospital appointments. In Edinburgh there is also a Family Support Group which she co-ordinates and we are grateful to the SSBA parents for their support of the group. Currently Rachel is working on the launch of a new Fife Support Group for families with children aged 0-9. Rachel also provides family support Scotland wide in a number of specialist areas.
Email: rachel.lawson@ssba.org.uk



Fiona Sword

Fiona is a Key Worker on SLSF. Based in Fife, Fiona provides direct family support as well as assisting with the Family Support Groups and combined clinics. With her local knowledge of Fife, Fiona has played a key role in setting up the new Fife Family Group. **Email:** fiona.sword@ssba.org.uk



Karen Wawrzyniak

Karen is a Key Worker on the SLSF Project. Based in Mid-Lothian, Karen is very new to the Association and will be an integral part of delivering the SLSF services across Borders, Lothians and Fife.
Email: karen.wawrzyniak@ssba.org.uk

The Association has to raise nearly £1 million every year in order to run such an extensive range of services. With less than 1% in government funding we rely heavily on grant making bodies and our amazing fundraisers and volunteers who continue to support us and make these services possible.

A big thank you to you all.

Other projects such as SEA CHANGE Aberdeen and Bring IT On (Scotland) – both for 12-18 year olds - are also currently running. For further details on those please contact our Direct Services Team by emailing familysupport@ssba.org.uk

Spina Bifida Hydrocephalus



Helpline

08459 11 11 12

LO-CALL RATE

OR email: familysupport@ssba.org.uk

WE CAN HELP...



We offer support to all those who have spina bifida and/or hydrocephalus, including family members, carers and associated professionals.

We offer tailored support and information to help you through any challenges you may face and we'll be there to celebrate your successes with you too. If you need help with anything, would like some support or just need to talk to someone please call us.



www.ssba.org.uk

www.hydrocephalusscotland.org.uk

Self-directed Support One Year on

It is a year since the launch of the Social Care (Self-directed Support) (Scotland) Act 2013. We wanted to review this care option and see how it has made a difference to thousands of people with disabilities in Scotland.

Self-directed Support (SDS) is all about you and your family having more choice and control over your care. It also means that councils should work with you to create a flexible and individual care package that meets your needs.

Living independently should be about freedom, dignity, choice & control and any person who fits the criteria to use the Self Directed Support option should be able to choose what they want to do, where they want to live and have the control over who provides them with the support to make that happen.

"Self-directed Support is an important priority for Ministers as part of the Scottish Government's health and social care reforms. The change that we are starting to see in Scotland is greater choice, control and flexibility for individuals and carers who need support. It is an ambitious change, and it will take time to deliver in full, but engagement in the first year of implementation is showing that we are heading in the right direction and we must continue to drive Self-directed Support forward." - Mr Jamie Hepburn MSP, Minister for Sport, Health Improvement and Mental Health



Kevin McGoldrick, pictured with his family, uses SDS and is keen to promote the benefits.

The Secretary for South Lanarkshire Self Directed Support Network and a parent in the Association, Kevin McGoldrick, helps us put SDS into context. Kevin was diagnosed with Juvenile Idiopathic Rheumatoid Arthritis at the age of 7 years old. He also has twin girls, one of whom, Jade, has spina bifida and her sister Chloe adopted a roll as being a young carer.

"I have used my Self-directed support to hire a PA. My PA has flexible start times and they attend to my personal care including haircut, shaving, nail cutting and medicine being administered. I have assistance with cooked

breakfasts and lunches and this allows my wife to get ready at her own pace instead of helping me all the time."

As someone who uses SDS Kevin's story shows a clear link between the ability to makes one's own choices and the feeling of empowerment, achievement and engagement.

Kevin continues, *"If you are considering Self-Directed Support, before contacting your local social work, please carry out a diary of your additional daily needs and empower yourself with all 4 options. Remember nobody is housebound if the right services are in place."*



What are your Self Directed Support Options?

There are many ways in which you can direct your support. You can have as much or as little control over this as you choose.

- 1 Option 1** – Your Council provides you with a direct payment. This money will be used by you to buy support.
- 2 Option 2** – You choose the support you require and request that the Council makes arrangements to provide and pay for this support on your behalf.
- 3 Option 3** – You ask your Council to choose the support you require, and to make arrangements to provide and pay for this on your behalf.
- 4 Option 4** – You choose a combination of Options 1, 2 or 3 for each type of support identified within your Support Plan.

How Can I Find Out More?

If you would like more information on Self-directed Support options and if you are eligible please call our Direct Services Team on **08459 11 11 12** or email familysupport@ssba.org.uk We can advise on care services, support and assessments with the relevant Social Work departments.

Useful Resources:

Scottish Government's Self Directed Support Website -

www.selfdirectedsupportscotland.org.uk

Self-directed Support Scotland -

www.sdsscotland.org.uk

Families give big thumbs up to new SSBA-Bullen Partnership

The SSBA-Bullen partnership is a dedicated Home Delivery Service that provides urology and stoma appliances and prescription medication efficiently and discreetly to your door.

We have seen a great response to the new partnership and many service users have already signed up. The feedback has all been very positive on our SSBA Facebook page

"Had my first delivery last week from them and everything was perfect! Saved a lot of hassle chasing up the pharmacy etc for prescriptions so handy having them delivered to our front door on a day that suited us all xx"

– Laura Jamieson

"I have had my first delivery and awaiting the second great service hassle free and no phoning different places for things x"

– Deanne Dickson

Bullen Healthcare have been established for over 150 years, with a heritage that can be relied on and a track record of delivering consistently high quality and innovation for their customers.

They currently work with a range of charities including Shine, Spinal Injuries Association, and Debra. We decided this was a great opportunity for our own service users because of the following features:

- The personal service that Bullen Healthcare can provide and what makes it innovative

- The unique and efficient approach to your combined appliance and medication needs
- Their monthly stock check – you only order what you need
- The extensive range of complimentary items available to you FREE of charge
- Local branch in Glasgow

If you are one of the people who has joined Bullen Home Delivery we want to hear from you and find out how the experience has been for you. Alternatively if you would like someone to contact you and give you more details regarding Bullen Healthcare's Home Delivery Service please call us on **01236 794500** or email: mail@ssba.org.uk



Children at the Edinburgh Family Group enjoyed their Easter activities.

Spotlight on the Family Fund

Family Fund is the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. They help ease the additional pressures families face. They can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together.

If you are a low-income family who need help with any of the above you can contact the Family Fund for a grant.

For further details, contact our Direct Services Team on **08459 11 11 12** or email us on familysupport@ssba.org.uk Alternatively visit the Family Fund website www.familyfund.org.uk to download the grant application forms.



The Bruce Wake Charitable Trust has generously provided the funds to allow us to run our wheelchair courses once again in 2015. The one day courses will take place in Cumbernauld, Edinburgh, Dundee and Aberdeen, subject to demand. Dates have yet to be confirmed but we will let you know dates as soon as possible. The Bruce Wake Charitable Trust has been supporting the SSBA since 2007 and we are extremely grateful for its continuing support.

If you'd like further information about the courses then please contact Sophie Tear on **01236 794500** or email familysupport@ssba.org.uk



The Dick Family in their new accommodation



"There needs to be more creative thinking around issues of housing in order to make the best use of all available resources. Putting families lives at risk is unacceptable."

Sophie Teear - SSBA Direct Services Manager

Wanted: Suitable Accommodation

Recently, many of you will have seen stories in the national press or on our own social media channels about one of our families in the North of Scotland who were having huge problems trying to move into suitable accommodation. The Dick family live in Aberdeen and have three children, one of whom has spina bifida and hydrocephalus along with several other long term medical issues. For the past three years the five of them had been living in a two bedroom, un-adapted, ninth floor council flat in a damp high rise with lifts that have been out of action at least nine times in the past 12 months. The Council were aware that they needed more

suitable accommodation and due to their huge accessibility issues the Scottish Fire Brigade also said that the flat simply wasn't safe for them to live in.

Taking all these factors into consideration and despite our Direct Services Manager, Sophie Teear, working intensively with the family and talking with all the agencies involved, the Dick Family were still not placed in suitable accommodation. It was only after a huge crowdfunding campaign by their friends and an incredible amount of press attention that the council finally made the decision to rehouse our family!

There has been a huge response to this story in the news and on our own Facebook site, most of whom are sympathetic and have relayed their own stories of their struggles to find, or be housed in, suitable accommodation.

It is troubling that many people in Scotland are stuck in accommodation that is unsuitable for their needs.

In a 2014 Guardian article by Ed Todino entitled 'I use a wheelchair, why can't I find a disabled-friendly flat?' Ed highlights the inequalities faced by adult wheelchair users trying to find accommodation and quotes the worrying statistic that "only 5% of UK homes are accessible enough for disabled people to visit."

This is an issue many will be familiar with and for a lot of SSBA service users it is not merely the need for wheelchair access but the extra space required for associated medical equipment, storage for medical supplies and location, as being near to a support network can be critical for health and wellbeing.



The SSBA have worked hard to make their holiday cottage in Carnoustie fully accessible



If you are affected by this issue and would like some help please contact our Support Team on **01236 794516** or email **familysupport@ssba.org.uk**. We offer advice, support with funding applications and our Support Team can attend inter-agency meetings to advocate on your behalf where council housing and rehusing is concerned. Our Team can also advise which agencies to contact regarding accessibility and safety needs for people and families requiring housing adaptations.

We want to hear your thoughts on housing for those with disabilities

Have you had problems with this issue? Did you find a way to overcome the issues or do you have any advice for those in the same situation? Please email us at familysupport@ssba.org.uk, tweet or Facebook us.

www.gov.scot/Topics/Built-Environment/Housing/access/adaptations

Useful resource: This is the Scottish Government's website on housing adaptations where you can get information on legislation, funding and guidance on facilitating accessibility for disabled persons living in the house.

With a Little Help From Our Friends is here to stay



A Little Help From Our Friends

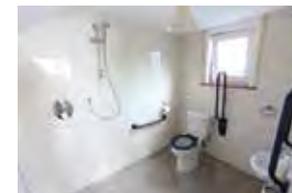
To celebrate International Spina Bifida and Hydrocephalus Day on the 25th October 2015, we will be relaunching our charity campaign 'With a Little Help From Our Friends'. The campaign aims to raise awareness of spina bifida and hydrocephalus, promote the services provided by the Association and engage our supporters and volunteers in fundraising activities.

From raising awareness to organising a fundraising event for us – anything you do will have a positive effect on our campaign so please get in touch.

You could join us at awareness days or organise a dress down day at your work. Perhaps, you'd like to put your 'British Bake Off' skills to the test and hold a bake sale or hold a spookily amazing Halloween party. Whatever your idea we can help you with fundraising packs, promotional items or our own expert advice.

We need your help and we want to hear from you!

October seems a long time away but do let us know now if you'd like to get involved and we can send further information. Please contact: dave.kennedy@ssba.org.uk or 01236 794508



Discounted rates for SSBA Service Users at Rebecca Cottage in Carnoustie.

Oh, I do like to be beside the Sea!

Rebecca Cottage (pictured above) is a fully adapted, wheelchair accessible, holiday cottage set in the small coastal town of Carnoustie. The property is owned by the Association and is available to rent on a weekly basis throughout the year. Best of all, if you are a service user of the Association you have access to this fantastic Cottage at special discounted rates.

The Cottage underwent a huge refurbishment five years ago and in the past month has had further alterations with the upgrading of the access and door entry system and the installation of a specialist tracking hoist system from the bedroom to the accessible bathroom on the ground floor.

Andrew Wynd MBE, Chief Executive of the SSBA says, "For many of our families it's the first time they've been able to holiday together in accommodation with such high levels of accessibility. This means that from the start of the holiday everyone can relax and enjoy the spectacular, uninterrupted views of the sea."

The accommodation sleeps eight and accessible features include the new hoist, wet floor shower rooms, a profiling bed, adapted kitchen and stairlift.

There are still weeks available in 2015. To find out about the special rates available or check availability please contact Caroline Kenny on 01236 794500 or email caroline.kenny@ssba.org.uk

A big thank you to the volunteers who clean and maintain Rebecca Cottage for us. They are a dedicated team whose support is much appreciated.

Going Green: Recycling across the Association



Thanks to the generous donations of 2 Litre juice bottles from local Cumbernauld residents, St Andrews Nursery and our supporters we have been able to build our own, environmentally friendly, greenhouse at our Family Support Centre.

This greenhouse will allow service users of the centre to come up and plant and grow their own veg, plant or favourite flower. Best of all, it will promote confidence & independence and give the opportunity to learn new skills. Special thanks to Stuart Leckie (pictured above) and Ryan Griffin for volunteering their time to complete the build.

Fundraising in the North East

As our services continue to increase in the North of Scotland so has our supporter's fundraising activities. Assisted by our North East Fundraising Officer, Lynsey Hamilton, individuals and families from the North East continue to amaze us with their support.

A big thank you to the Peterhead Shimmer and Sparkle committee who have raised **£25,000** in the past 12 months and Carol Fullerton who has just held her annual Spring Bling Ball in Aberdeen raising **£11,500**

Thanks also to The Rotary Club of Aberdeen Deeside who chose the association to be one of the beneficiaries from their Race Night in March 2015 and raised **£750**.



Our love for recycling and saving the planet doesn't stop there! Thanks to a new initiative we would like to give all of our supporters the chance to recycle and fundraise for the Association at the same time.

In each newsletter there is a recycling envelope. You can recycle UK and foreign bank notes, gold, silver, costume jewellery, watches and many other items (see www.recyclingforgoodcauses.org for more information). The items are posted in the freepost envelope and recycled. The proceeds from the items are then sent to the SSBA.



The Positive Connections Group enjoyed a Teddy Bears Picnic at the official opening of our greenhouse in April.



Is your workplace looking for a Scottish charity to support?

Do you hold an annual event where proceeds are donated to a charity? Most importantly, do you want to make a REAL difference and give HOPE to all those affected by spina bifida and/or hydrocephalus in Scotland?

The SSBA wants to work with you! Whether you have a team of volunteers to help, would like to join our recycling scheme, want to make a donation through your payroll giving or simply want to find out more about how you can help – we want to hear from you.

For more information call the Fundraising Team on 01236 794508 or email fundraising@ssba.org.uk

Charity Partners

Working Together To Give Hope

The Weir, Alloa Employees Group volunteered for the SSBA to get the Eco-Friendly Greenhouse Project underway. They also generously donated £7,011.88

The Diamond Studio

Many thanks to Summera Shaheen and her team at The Diamond Studio for holding a 'Share the Love' Day for the Scottish Spina Bifida Association in March. This beautiful afternoon tea and pamper afternoon helped us raise awareness and funds. www.thediamondstudio.co.uk



October will see the Launch of our 'Grazie Italia' campaign, where we look forward to building on our partnerships with Fratelli Sartis and other Italian Restaurants to help us raise funds. If you or anyone you know is involved with an Italian restaurant then please contact Dave on **01236 794508** to find out more about this exciting campaign.

Carr Berman Crichton Solicitors

In 2014 the Association partnered with Carr Berman Crichton Solicitors (CBC) and already have been successful in driving awareness of the Association as well as raising much needed funds. Not only are CBC Solicitors now the reigning champions of the SSBA annual Golf Day but they also sponsor the SSBA web home page and most recently held a wonderful fundraising evening at Sarti's Restaurant which raised over £2,400. (Pictured Above)

Colin Carr, Partner at CBC Solicitors says, "We're delighted to be involved with such a worthwhile charity who are doing so much for those with spina bifida and hydrocephalus across Scotland. We're aware that every penny counts so are happy to play a small part in making a big difference to the lives of those supported."



Our families volunteered for a garden tidy up day



Weir Alloa and service user, Kevin McDade, gave a day of their time to help at our Support Centre.

Volunteering

Volunteering is a great way to meet new people, help others and gain experience in a variety of areas. We are looking for volunteers for our groups, fundraising activities and events which happen all year round, but which couldn't happen without your help!

If you are interested in volunteering with us, at our groups or fundraising events we would be thrilled to hear from you.

Please call **01236 794508** or email dave.kennedy@ssba.org.uk

Be a part of something Big !

Win £25,000 and many other prizes every week just by showing us your support.....

Please visit www.unitylottery.co.uk
Or Call **0870 050 9240**

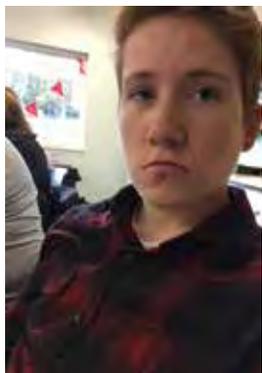
Rules and Rewards.

4. All sets of 6 balls are available on www.unitylottery.co.uk from 10.00am on Monday. Drawings will be held on the 1st and 15th of every month. The 1st drawing is the only one where you can win the £25,000 prize.

© 2015 Unity Lottery Ltd

Celebration of Firsts

To celebrate the International Spina Bifida and Hydrocephalus Day 2014 we decided to celebrate some of our 'Firsts'. Here are a few photos from our families of firsts they celebrated.



Jay got his first piercing



Jacob is enjoying life out of hospital



Riley and Kenzie's First trip to the Zoo



Where would we be without the First Selfie?



Baxter's first time in a dynamic stander



Rebecca enjoyed riding a bike



Gillian Currie (pictured with her family) will be taking part in the Hairy Haggis Edinburgh Marathon Relay in May

Good Luck - Edinburgh Marathon Festival

Joseph Goldie, Jennifer Crozier, Gary Simpson, Gail McNeil, and Stuart Gillespie have all taken on the challenge of running the Edinburgh Marathon on the 31st of May. Training is now shaping up and as the Marathon edges ever closer, we would like to wish them all the best in their training and fundraising. We're looking forward to hearing how they get on – let's hope some new PB's are set!

Gillian Currie and the staff of Turtle Tots are also taking part in the Edinburgh Marathon Festival's Hairy Haggis Relay to raise funds for the SSBA. Turtle Tots are no stranger to fundraising for the SSBA, having won the Dragon's Dare Competition last year. Gillian's daughter Niamh has spina bifida and we know that she'll make sure her mum and the rest of the team are training hard to keep up their winning streak!

On your marks...

Do you want to get more active, try something new or push yourself further? Are you sick of the 5:2 or Paleo diets? Why not challenge yourself to meet your fitness goals and raise some funds for the SSBA at the same time?

Sponsored activities are a great way of helping us raise funds and awareness and there are so many events out there just waiting for you.

Marathons, sky dives, swimming challenges and **obstacle events** are really popular events and there are plenty of training programmes and apps available to help you monitor your progress.

To join Team SSBA and get your fundraising pack and sponsor forms please contact Dave on **01236 794508** or on **dave.kennedy@ssba.org.uk**



The Scottish Spina Bifida Association are here to celebrate in your achievements so please let us know the next time you do something for the first time. Email us at familysupport@ssba.org.uk

A Question of Burns

The SSBA's annual corporate Burns Supper was relaunched as 'A Question of Burns' in January 2015 at the Radisson BLU Hotel in Glasgow. With rugby legend John Beattie as host, this spectacular evening, sponsored by **Chisholm Hunter**, was a great success raising £20,000 for the Association. This stylish Burns event added a twist to tradition and included a special Burns quiz which gave all the guests a wonderful opportunity to network with their guests.

Plans are underway for the 2016 event and we'll be celebrating 25 years so it's going to be very special. Tickets will be on sale soon.

Special thanks also go to supporting sponsors Slaters, Make Believe Events and The Herald. **#QuestionofBurns**



Date for your diary:

Thursday 28th January 2016
Radisson BLU Hotel, Glasgow



Teeing off for charity

SSBA Golf Day
Thursday 10th September 2015
Dalmahoy Marriott, Edinburgh

The fantastic East Course at Dalmahoy, designed by James Braid, is a true Championship venue. And following its £1 million redevelopment in 2004, holes 13 and 14 are now arguably the best back to back par 4s in the country.

We are seeking 20 teams to take part in our shotgun start tournament which includes:

18 Holes of golf on a spectacular course, brunch roll on arrival, complimentary goody bags for each participant, complimentary use of Dalmahoy's extensive practice facilities prior to the competition, on course competitions such as nearest the pin and hole in one, 2 course dinner, prize presentation, raffle and auction.

One Team (4ball): £500. Two or more teams: £450 each.

To reserve your team's place: Telephone 01236 794508, Email clare.ct@ssba.org.uk or book online at ssba.org.uk/events



Hosted by ITV1's
John Amabile

 scottish
spina bifida
association

Ladies who
give an



L
Lunch

Sunday 7th June 2015
Radisson BLU Hotel • Glasgow

 GORDON
RAMSAY
APPEAL



scottish
spina bifida
association

Tickets available NOW!
Call 01236 794508 or Book Online at
www.ssba.org.uk/store.

The Gordon Ramsay Foundation



The Scottish Spina Bifida Association is honoured to be a beneficiary of Honorary Patron, Gordon Ramsay's new charitable foundation. Set up in 2014 by Gordon and Tana Ramsay to make a meaningful difference to charitable causes close to them. The Gordon Ramsay Foundation hopes to raise £2million over 2 years and supports not one, but five, worthy charities and their causes; the Scottish Spina Bifida Association, Cancer Research UK, Louis Dundas Centre for Children's Palliative

Care, Action Against Hunger and Meningitis Now.

The first fundraising challenge for the Foundation is the GR100 where Gordon has asked 100 people to take part in the **IRONMAN 70.3@ Staffordshire 2015** as part of his team. We wish every participant the best of luck but an extra special thank you goes to our two participants, Dougie Holmes and Iain Horrocks who'll be taking part alongside Gordon in June.

SUPERHERO



Princess

SUNDAY 2ND AUGUST 2015

Kings Manor Hotel, Edinburgh

Tea Party: Join us for a magical afternoon of party games and cakes

A Tea Party celebrating Princesses and Superheroes from our favourite TV shows, movies, games and books. Dress up as your favourite character.

Tickets are on sale now:
£12 for 1 adult and 1 child
£20 for 2 adults and 2 children
Each child receives a Super Goody Bag.

For more details or to book, please contact Dave on 01236 794508 or email dave.kennedy@ssba.org.uk

A BIG Thank you to

all our fundraisers!



Step By Step Nursery in Cumbernauld held a Christmas raffle and pyjama day to raise funds for the Scottish Spina Bifida Association. Through their efforts, they raised **£245.87** which was presented to a very grateful Spiney the Diney at the Nursery! Step by Step have chosen us as their nominated charity for the year and we are looking forward to working with them throughout the coming year.

1st Condorrat Boys Brigade have raised funds for the SSBA after being inspired by their Leader Scott Howie. Scott has Spina Bifida and has been involved with the Boy's Brigade, and the SSBA, since childhood and the boys managed to **raise £133.60** through collecting spare change. Thank you to all the boys and leaders who took part in this, we are really grateful for this donation and your hard work, you will be helping more people like Scott throughout Scotland.



Lanzani Dance and Fitness held Scotland's first Fitstepathon in Milngavie Town Hall. 50 ladies took part and **raised over £1500**. Thanks also go to Jennifer Sutherland who joined us to teach alongside Eilidh Lanzani.



Representatives from NL Leisure and North Lanarkshire Council presented the SSBA with **£1,000** as the nominated charity of the Cumbernauld 10K Event.



Janice Blackwood, Nicole Lightbody and Nicole's Mum and Dad Marion and Robert held a party night in Cambuslang to benefit the SSBA after being inspired by their friend Anne. **They raised over £524**.

Lauren Murray, with help from her family, **raised £450** by holding a bingo night in Airdrie. We are really grateful to the whole Murray Clan for all their help and support.



Jeannette Smith, Eve Lunn, Sam Riding and Louise McDiarmid (not pictured) held a Ladies Night at Ravelston House in Edinburgh **raising over £1,400**.



Mark Adams (R) **raised £800** by holding a Halloween Fun Night at The Buckie Farm Toby Carvery in Aberdeen.





Be part of Team SSBA. Why not take part in aid of the Scottish Spina Bifida Association. Call us on **01236 794508** or email **dave.kennedy@ssba.org.uk** for sponsor forms and your special SSBA Fundraising Pack.

To sign up for the event please call us for an application form or sign up directly online at **q-buster.co.uk/cumbernauld10k**



Join us for one Victorious Mile

Be part of Team SSBA - Sunday 20th September 2015

Victory Mile | Cumbernauld 10K | Children's 1k & 3k

The Scottish Spina Bifida Association is delighted to be the nominated charity for this year's Cumbernauld 10K Event.

Whether you're a seasoned runner, starting your sports career in school or whether you're more comfortable walking, rolling or strolling for a mile the Cumbernauld 10K Event has a race for you...

The Victory Mile was launched as a way for everyone, no matter what your ability, to participate in the Cumbernauld 10K event. So whether you want to walk, roll or stroll you can join us for this special mile.

Bring your family and friends to cheer you on. As well as the races and walk there will be fun activities for the whole family in Broadwood Stadium itself.

It's as easy as one text

For just £3 a month YOU can help give support to families with newborn babies

Could you spare just £3 per month to help us provide a Lo-call Helpline for individuals and families to access?

By donating a small gift of £3 per month the Scottish Spina Bifida Association can provide a Lo-call Helpline, give intensive support to families with newborn babies and provide important services across Scotland, safe in the knowledge that funds will be available.

Currently, the Association receive less than 1% in government funding and need to raise £1million annually. Every penny is crucial to the longevity of the Association which aims to empower every person affected by spina bifida and/or hydrocephalus to be empowered and live as independent a life as possible. **You can be the difference.**

Please **text SSBA to 70660** to donate £3 per month or please fill in the form below to make a difference to the lives of those in your community.

We would like to donate £3 per month to the Association, please send me the regular donations form.

We would like to make a one-off donation of £_____ and enclose a cheque made payable to the Scottish Spina Bifida Association . Alternatively call **01236 794508** to make a donation by credit/debit card.

We would like more information on Regular Giving to SSBA.

Name: _____

Address: _____

Postcode: _____

Tel No: _____

Email: _____



Thank you

Visit ssba.org.uk for more information

SSBA, The Dan Young Building, 6 Craighalbert Way, Cumbernauld, G68 0LS