

# Winter 2022 NEWS Update



Spina Bifida  
Hydrocephalus  
Scotland



**After more lockdowns at the start of the year, Spina Bifida Hydrocephalus (SBH) Scotland is finally fully open and busier than ever!**

**Social and support groups for all ages are now taking place across Scotland and the online groups we started during lockdown proved so popular we've kept many of those going too!**

Our Clinical and Support Teams are also providing personalised support, information and guidance to our members on everything from the affects of spina bifida and hydrocephalus on daily living to support with respite, mental health and wellbeing, transitions through healthcare and education, finances, adaptations, self-management and benefits.

**Thank you for your continued support.**

**We don't want any of our members to feel they are alone in coping with issues and because of you they don't have to.**

## *Inside...*

- Christmas Parties are back in person!
- Our new Appeal: We need your help!
- Events - What's happening when!
- Extended Finance/Benefits Support Service launches
- Leaving a lasting legacy
- Spiney the Diney Stomps

Thank you

for

being involved

# Events coming up...

## Falkirk Wheel Abseil

Sunday 12/3/2023

Falkirk Wheel



Feel on top of the world with SBH Scotland! Taking place at the iconic Falkirk Wheel, abseil 100ft off the world's first, and only, rotating boat lift, enjoying spectacular views from the top of the wheel and an adrenaline rush as you abseil down.

## Aberdeen Tower Abseil

Saturday 10/6/2023

Kings Church,  
Aberdeen



Join Team SBH Scotland as we host our second Aberdeen Tower Abseil from the formidable Northern Lights Tower (old AECC Tower). This exclusive abseil is an event not to be missed!!!

## Zipslide the Clyde

Saturday 2/9/2023

Sunday 3/9/2023

Friday 8/9/2023

Riverside Museum, Glasgow



It's time to Zipslide the Clyde with SBH Scotland. This is a 100ft high, 1000ft long adrenaline adventure! Launching aside the Glasgow Riverside Museum you'll step off our crane into the glide of your life whilst enjoying the ultimate viewpoint of Glasgow's famous landmarks.



## Summer Skydive

Saturday 17/6/2023

Sunday 18/6/2023

Paragon Skydiving  
Club, Errol



Come fly with us in 2023! Join Team SBH Scotland for our exhilarating Charity Skydive at Errol Airfield, Perthshire.

## Create your own

Anytime - Anywhere



Choose to fundraise, your way! Maybe it's 10,000 steps a day in March, a virtual walk up kilimanjaro from your gym or a coffee morning! Whatever you do - have fun!

## Kiltwalk

2023 - Scotland



If you're taking part in a Kiltwalk in 2023, please choose to walk for SBH Scotland.

Every step you take means so much to us. We'd love to have you on our team.

For further details on any activity or to volunteer with us please contact Lynsey Hamilton:

Tel: 03455 211 600

Email: [lynsey.hamilton@sbhscotland.org.uk](mailto:lynsey.hamilton@sbhscotland.org.uk)

Be part of the  
SBH Scotland

Building a  
future together

family

# Our fundraisers are awesome!

Each year hundreds of amazing individuals take on fundraising challenges to help SBH Scotland continue their vital services across Scotland. Here's a post-event shots below .

Whilst we can't show photos of everyone please know we are so grateful to each and everyone of you. Thank you.



Margaret (R) and Connor McKinnie took on the Falkirk Wheel Abseil and raised £1700!



David Seele and Mel Curle raised £1757.00 doing the Great Scottish Run Half Marathon



Scott Fleming (Centre) took on the Spartan Race and other challenges to raise £1500!



## 🌀 Panto marks start of Christmas at SBH Scotland 🌀

On 20th November, over 60 members from our East of Scotland Under 12s Group joined us for our first festive outing of the year - a pantomime in South Queensferry!

Lots of festive fun was had when the Hopscotch Theatre Company put on a modern version of *Jack and the Beanstalk* much to the delight of all the children (and adults)!!!

This is just the first of many seasonal activities being put on over the next couple of weeks. Bringing much needed joy and friendship to all.



# Our fundraisers are awesome!

## Part 2...



Lynda Weir Memorial Triples Trophy at Bogleha' Bowling Club raised £2,531



Eilidh and Tabitha raised over £600 by taking part in the Kiltwalk Wee Wander



Carol Fullerton (centre back) presented a cheque for £400 on behalf of the Laurencekirk Gala Committee



Glasgow Slow Riderz raised £600 with their first ever charity ride!



## Gordon Ramsay's Bread Street Kitchen & Street Burger launch festive fundraiser for SBH Scotland

Gordon Ramsay's Edinburgh venues have launched the GReat Donate, a festive fundraiser, to raise money for SBH Scotland. A £1 voluntary donation will be added to diners bills at the St Andrew Square restaurant and St James restaurant throughout the months of November and December 2022.

Gordon Ramsay became SBH Scotland's first ever Honorary Patron back in 2003 when he met the organisation's Chairperson, Dr Margo Whiteford CBE, at the Great North Run. For nearly 20 years, Gordon and his wife Tana, have continued to support SBH Scotland through charitable donations and appearances.

A spokesperson from Gordon Ramsay's restaurants said: *"SBH Scotland are a fantastic charity which makes a real difference to the lives of so many families across Scotland."*

*We understand how hard charity fundraising has been hit over the last two years and we felt it important to do what we can to ensure they can continue to provide their life-changing services.*

*The option to add a voluntary £1 donation onto your bill is a small gesture diners at Gordon Ramsay's Bread Street Kitchen and Street Burger restaurants can make, that'll have a big impact."*

Catch up with our latest news on:



# Dino Stomps

## Coming to a school near you...

Since April, SBH Scotland have been inviting schools to participate in a Dino Stomp with our own mascot, Spiney the Diney!

Spiney has been going out to schools and leading a sponsored 1 mile walk or dance-a-thon with pupils who have all been delighted to stomp with Spiney!

So far Eastfield Primary, Glencryan Primary, Step by Step Nursery, Richard Stewart Nursery and Redburn Primary Schools have all taken part and have raised over £7,500 - WOW and THANK YOU!

**Spiney will visit schools anywhere in Scotland! If you'd like Spiney the Diney to visit your school in 2023 give us a call!**

**Contact Adeeba Ahmad via [adeeba.ahmad@sbhscotland.org.uk](mailto:adeeba.ahmad@sbhscotland.org.uk) or call her on: 03455 211 600.**



## Spiney the Diney Club

**Spiney the Diney, is an important member of the charity team. Through the Spiney the Diney Club we are able to engage with new babies and young people affected by spina bifida and/or hydrocephalus and begin our lifetime commitment of support for them.**

Using Spiney we prove that having differences isn't a bad thing, in fact it can have many positive results.

All our children from birth to 15 years old receive a free Spiney the Diney Pack which includes an Official Club Certificate, Folder, T-shirt, Book and Cuddly Toy.

Money raised through the Dino Stomps can go back into supporting the club for our charity's children.



# Free Will Service

## *Leave a lasting legacy*

Life is unpredictable and no one knows what the future holds. That is why it is so important to write a will to ensure that your family, friends and favourite charities are looked after when you're gone.

**SBH Scotland can now offer a free will service for you to help you with the process.**

Leaving a charity legacy (a gift in your will) to SBH Scotland can help build a future for all those in Scotland affected by the complex, rare disabilities of spina bifida and/or hydrocephalus.

We believe that everyone deserves a chance in life. If you do too, then leaving a charity legacy to us is an excellent way to ensure that your beliefs live on.

SBH Scotland have teamed up with charities across the UK to offer you a free will service through *Bequeathed*.

**There's no obligation to include a gift to us in your free will, but anything you leave will help ensure SBH Scotland can empower those with disabilities to live as independent a life as possible now and into the future.**




SCAN ME

Go to [www.sbhscotland.org.uk/legacy](http://www.sbhscotland.org.uk/legacy) to get your FREE will started today or scan our QR code.

Alternatively contact your own solicitor to discuss your will or email us for details on local solicitors via [fundraising@sbhscotland.org.uk](mailto:fundraising@sbhscotland.org.uk).





**Book Now**

Spina Bifida  
Hydrocephalus  
Scotland

Supported by:  
**CHISHOLM HUNTER**  
1842-1871

# A Question of Burns

Wednesday 25th January 2023  
Glasgow Hilton (William Street)

Visit: [sbhscotland.org.uk/burns](http://sbhscotland.org.uk/burns)

# Help us fund our extended financial/benefits support service

**SBH Scotland are committed to supporting our members through good times and bad so we're stepping into action as the cost of living crisis hits many of our families hard!**

With the harsh reality that over a quarter of disabled households are in 'serious financial difficulty', compared with 13% of non-disabled households; 48% of disabled households are struggling to keep their home warm and 43% have lower quality food\* we have serious concerns about the wellbeing of our service users, especially over the winter.

Over the past year we have seen a notable increase in the number of enquires we are receiving relating to finances including: applications to trusts, benefits forms and budgeting/money management support.

With specialist knowledge of welfare, funding streams, money management and financial services, our family support team is well placed to help families with a wide range of financial queries. Our support workers are able to help individuals' complete forms and offer advice re budgeting and finance, in addition to providing advice and support on a number of issues including carers benefits, independent living, specialist equipment, housing/adaptions advice and we are able to help them access food parcels, fuel cards and emergency payments. This continues to be a lifeline for many families.

\*Statistics from a study conducted by the *abrdn Financial Fairness Trust*, September 2022.

**To combat the increase in financial enquiries and to keep our promise of supporting all those who ask for our help we are extending our financial**



**support service as of December. This means we will have additional resources available to us to handle enquiries from members of all ages anywhere in Scotland.**

**No one should feel like they have nowhere to turn this Christmas. When faced with financial challenges SBH Scotland members can continue to rely on us for dedicated financial and benefits advice.**

**The extended financial support service, plus existing benefits service will cost approximately £35,000 over the next year.**

**Your donations today can help us fund this vital project, supporting families through Christmas, new year and over the next 12 months.**



## If you'd like to post a DONATION

There are many ways to donate to our Christmas appeal which will support our new enhanced finance support service as well as providing dedicated support and information to children, young people and adults including parents, guardians and carers.

Please see the back page for details on all the ways you can donate.

If you'd like to post a donation please send a cheque made payable to 'SBH Scotland' and send via freepost to:

Freepost Plus RRAE-SCGY-CSJA  
Spina Bifida Hydrocephalus Scotland  
6 Craighalbert Way  
Dullatur  
North Lanarkshire  
G68 0LS



# Christmas Appeal



This Christmas, if you can, please donate so we can help families like Jack's.

Nicola and Chris Heaton were going to a routine 20 week scan when they received the news that their unborn baby had spina bifida.

Nicola said, "It was such a shock. We didn't really know anything about it, you never expect or want to hear that news."

We were given the worst case scenario by doctors about what lay ahead and then were left on our own to get on with it ourselves and make our own decisions. We wouldn't have known where to turn if we hadn't found SBH Scotland.

From that first phone call to SBH Scotland we never looked back. They were so reassuring and positive. They also said it was a beginning, not the end and that they would be there for us every step of the way.

They were absolutely right about everything - Jack is a dream come true. He's just the happiest, bubbliest boy. We couldn't imagine our world without him."



Jack at birth

Jack is now 3 and thriving! Scooting about in one of the Scotland's smallest wheelchairs, he's getting more independent each day.

Since diagnosis SBH Scotland have been able to provide support and information for the Heaton family via phone, in our support centre or in hospital.

**Chris says, "The doctors are amazing but they give information in black and white. When we spoke to SBHS they added the colour and life. It was everything we needed at that time."**



Jack happy playing games!



Jack making friends at SBH Scotland

**This Christmas PLEASE DONATE so SBH Scotland can add colour and life into other families lives.**

Through unexpected news or difficult times SBH Scotland will be there so no one is left to cope alone.

**Each year we have to raise over £1 million to provide dedicated support.**

Anything you can donate will be gratefully received.

SCAN ME to DONATE



CALL US to DONATE

**03455 211 600**

TEXT to DONATE

Text CHARITY to 70490 to donate £5.

Texts will cost the donation amount plus one standard network rate message, and you'll be opting into hearing more from us. If you would like to donate but don't wish to hear more from us, please text CHARITYNOINFO instead.



Donate and watch the Heaton Family share their full story over on our Christmas Appeal webpage

**[sbhscotland.org.uk/Christmas](http://sbhscotland.org.uk/Christmas)**



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