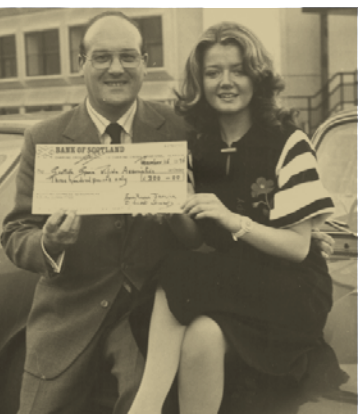


With A Little Help From Our Friends

A 50th Anniversary Appeal

Spina Bifida
Hydrocephalus
Scotland



With A Little Help From Our Friends



Celebrating 50 years of
Spina Bifida Hydrocephalus Scotland.
Thank you. With your help we have
come a long way.

The Scottish Spina Bifida Association was founded in 1965 by a small group of enthusiastic parents who each had a child with spina bifida and/or hydrocephalus.

50 years on, we are a registered Scottish charity, now known as Spina Bifida Hydrocephalus Scotland (SBH Scotland). We employ specialist support and nursing staff who work right across Scotland. Our staff offer a life-time commitment of information and support to all those affected by the lifelong, complex disabilities of spina bifida, hydrocephalus and their allied conditions.

Since 1965, we have been almost entirely self-funded but thanks to donations from supporters our services have been able to flourish. We are now in a position where we successfully provide more support than ever before to over 3500 children, young people, adults, their carer's and families across Scotland.

Our achievements are a direct result of the generous support from friends past and present. Friends who share our vision of enabling all those with spina bifida and/or hydrocephalus to live the best life possible.

Thank you to all those who have helped us this far and with a little help from our friends we'll be there for our members for another 50 years.

SBH Scotland. There for the journey. Please help us make a difference.



Thank



you.

With
your
help

we have come
a long way.

With A Little Help From Our Friends we could go much further...



Now, more than ever, we need your help to raise funds and awareness for our cause.

Support SBH Scotland

Our 50th Birthday Appeal

Without your support we could not raise the £1 million which is required to run our vital support services and projects such as health check clinics, play schemes, support groups and intensive support for newborn babies. We receive less than 1% in statutory funding therefore your support is the crucial difference to all those who ask for our help.

With A Little Help From Our Friends is a special fundraising and awareness campaign for our anniversary year. We want you to join the Appeal and help us continue our services including our intensive Infant Support.

The campaign will run for 12 months after being officially launched on World Spina Bifida and Hydrocephalus Day in October. So there's plenty of time to get involved!

Everyone who donates or fundraises as part of the Appeal will receive a copy of a Commemorative Archive Book which will celebrate 50 years of our charity.

Infant Support by SBH Scotland

A diagnosis of spina bifida/hydrocephalus can be a shattering experience. It is an immense stress for the parent(s) who, almost certainly, has no knowledge of spina bifida/hydrocephalus. They have to deal with the psychological stress of having a very sick baby; learning about the condition(s); dealing with medical staff; learning how to be a carer, (including the particular skills needed for children with spina bifida/hydrocephalus) and the realisation that their life has changed forever.

Medical professionals can provide the family with knowledge and expertise about the specific aspects of spina bifida/hydrocephalus but parents need more. They need support to try and understand all of the medical intervention surrounding them, whilst trying to come to terms with the emotional and practical impact of their child's lifelong condition.



There are few carers who have the strength and resilience to handle these situations alone.

The Infant Support work of SBH Scotland provides parents with the information that they need to come to terms with a diagnosis and helps them to prepare for the future.

“We didn’t know Ella had spina bifida and hydrocephalus until the day she was born. At that point we felt like our world had collapsed. We were scared, worried and couldn’t stop crying. Within a day of Ella’s birth my husband and I visited the SBH Scotland Support Workers for information, reassurance and advice. I cried the whole time and thought there was no hope for Ella but Anne, the SBH Scotland Support Worker, told us in no uncertain terms not to write Ella

off! She was clear that, with the right support and care, Ella could reach her potential in life. Ella is now 11 and has undergone many operations and procedures, the most recent being her spinal fusion in May, which lasted over 9 hours followed by an emergency shunt procedure, but she’s a real force of nature! Those words from Anne in the first days have got us through many a difficult day, their support has been invaluable and because of the SBH Scotland groups we’ve also built up a great base of friends for Ella, and for us as parents. Ella is quite simply Ella - a wonderful inspiration to everyone she meets, you couldn’t ask for more than that as a parent.”

Mel Chambers, SBH Scotland Parent

How can our friends

We are asking our supporters to get involved in Fundraising for SBH Scotland. Could you organise a fundraising event at work, school or in the community or could you put SBH Scotland forward to be your work or committee's nominated charity of the year?

If you want to help but aren't sure what to do perhaps our Fifty Fundraising Ideas may help...

1. Coffee morning
2. Bingo Night
3. Golf Day
4. Bake Sale
5. Car Wash
6. Best In Show – a competition for your pets
7. Tea Party
8. Music Night
9. Pub Quiz
10. Sweepstake
11. Bring and Buy Sale
12. Sponsored Hill Walk
13. Disco
14. Bag Packs
15. Can Collection
16. Dress Down Day
17. Car Boot Sale
18. Football Tournament
19. Sponsored Run
20. Workplace Raffle
21. Darts Evening
22. Battle Of The Bands
23. Comedy Night
24. Ceilidh
25. Ladies Evening
26. Poker Night
27. Cycling Event
28. Swishing Event
29. Organise a Duck Race
30. Sponsored Leg Wax
31. Talent Show
32. Sponsored Clean Up (Dirty Deeds)
33. Book Sale
34. Speakers Night
35. Bad Tie Day
36. Toy Sale
37. Zumbathon
38. Guess How Many Sweeties In The Jar
39. Race Night
40. Sponsored Swim
41. Write and Sell a Recipe Book
42. Children's Fun Day
43. Abseiling
44. Copper Collection
45. Duck Race
46. Sponsored Slim
47. Jumble Sale
48. Golf Day
49. Come Dine With Me Night
50. Have a Special '50th' Birthday Fundraising Evening





help?

If you have an idea of an activity you would like to organise, or take part in, or if you have already signed up to an event and want to raise money, please contact the Fundraising Team on **03455 211 600** or email **fundraising@sbhscotland.org.uk** and one of our Fundraisers will be happy to offer you advice and provide you with official sponsor forms and marketing materials such as event posters, leaflets, balloons, t-shirts, vests and stickers. We can also send you our Fundraising Tool Kit with top tips on organising an event. Alternatively this can be downloaded from our website

www.sbhscotland.org.uk

If you don't want to organise an event, why not make a donation featuring '50' in honour of our 50th Anniversary – for example £5.00, £50, £500 or any other amount you prefer. Every penny counts!

**See back page for
donation form**

Other Ways to get involved

We understand that not everyone can afford to donate money to charities or perhaps doesn't want to organise an event but there are many other ways you can get involved in fundraising for us without committing to more than you are able to. Our Give a Little Appeal is there for people to give their time and thought.

Give a Little Time... Become a Community Ambassador

We are looking for volunteers across Scotland to manage counter cans in their local postcode area. It's simple! We will place the counter boxes in local shops and as a Community Ambassador all you need to do is empty them every few months and then bank the income directly into a local branch near you.

Give a Little Thought... Nominated Charity Status

Does your place of work or community groups (e.g. scouts, guides, guild, fête) make donations to charities on an annual basis? Would they consider choosing SBHS as one of the beneficiaries or even make us a nominated charity? If the answer is YES then please nominate Spina Bifida Hydrocephalus Scotland. Every year thousands of pounds are raised by companies and groups and donated to charities, via raffles, party nights, dress down days, sponsored activities. The SBH Scotland Fundraising Team are available to offer any support that the company or group may require.

Give a Little Time... Volunteer with the Association

We are looking for volunteers to help us at our events, bag packs at local shops, can collections or local sporting events. Alternatively, do you know of the perfect location or venue to hold a can collection in your local community? Please let us know and we can contact them on your behalf.

Give a Little Thought... New Supporters

Do you have family, friends or colleagues that would like to fundraise for us? Perhaps you know businesses that would like to get involved? Please mention our fundraising efforts to them and encourage them to contact the SBH Scotland Fundraising Team.

Call **03455 211 600** or
Email **fundraising@sbhscotland.org.uk**



Donating to the Appeal made simple...

Any donation, large or small will make a big difference. Use our simple donation form to fill in your details and let us know how you'd like to donate.

Name:

Address:

Postcode: Tel:

Email:

I/We would like to make a one off donation of £_____ and enclose a cheque made payable to Spina Bifida Hydrocephalus Scotland. Alternatively you can call 03455 211 600 to make a donation by credit/debit card.

I raised £_____ by holding a fundraising event and I enclose a cheque/postal order made payable to 'Spina Bifida Hydrocephalus Scotland'.

Please Gift Aid my donation. If you pay tax you can increase the value of your donation to SBH Scotland at no extra cost by ticking the Gift Aid box. *giftaid it*

Signed:

Date:

I confirm I have paid or will pay an amount in Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the Charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give on or after 6 April 2008. Please notify us if you want to: Cancel this declaration, change your contact details or no longer pay sufficient tax on your income and/or capital gains.

It's as easy as one text!

To donate to the appeal via your mobile phone simply text SBHS00 £5 to 70070 and donate £5.00 to Spina Bifida Hydrocephalus Scotland.

Finally, please remember this...

I'd like a name registered in the Commemorative Book.
Name:.....
(Please let us know if this is in memory of someone)

Spina Bifida
Hydrocephalus
Scotland



SBH Scotland.
There for the journey.

We need to raise 1 Million each year

to continue our work. If you would prefer to support us in other ways – perhaps setting up a regular gift or leaving a gift in your Will – please contact the SBH Scotland Fundraising Team.

**Spina Bifida
Hydrocephalus Scotland**

Tel: 03455 211600

Email: fundraising@sbhscotland.org.uk

Web: sbhscotland.org.uk



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