



Harry was born with a hole in his back. He faces a lifetime of operations, complex daily procedures and uncertainty.

But thanks to you, he won't face them alone. SBH Scotland will be there for him and his family whenever they need us.
SBH Scotland – There for the journey.



Harry

We need your help to help us make a difference

At Spina Bifida Hydrocephalus Scotland (SBH Scotland) we're adding quality to life, everyday. We are the only registered charity with a Scotland wide remit to support children, young people and adults with spina bifida and/or hydrocephalus and allied conditions. Right now there are over 3,500 children, young people and adults in Scotland affected by these disabilities and without our Family Support Services, our Support Centre and Lo-Call Helpline many people would not have access to the help they need. Every year our Support Workers handle over 2500 enquiries and make over 250 home and hospital visits.

It costs nearly £1 million every year to maintain our high level of services and we rely almost entirely on fundraising challenges, events, donations and the goodwill of volunteers to raise these much needed funds. SBH SCOTLAND has to raise over £100 an hour to continue giving essential support which includes home and hospital visits, information and training

days, social and leisure groups, respite care, intensive support to all families with a newborn baby, conferences, subsidised holidays and our Lo-Call Helpline.

Remember you can make a difference

-  **£10** could provide an introductory information pack for a new family to SBH Scotland
-  **£100** could help towards SBH Scotland organising a Wheelchair Training Course
-  **£1000** could help towards the intensive support of a family by a SBH Scotland Support Worker or Nurse during the first weeks of a new born baby with spina bifida or hydrocephalus's life
-  **£10,000** could help provide Health Check Clinics for young adults affected by spina bifida and/or hydrocephalus. The clinics provide support in the self-management of the conditions and aim to improve their quality of life.

www.sbhscotland.org.uk