











Why we need your help to fundraise

Every year we need to raise £1 million and with less than 1% in statutory funding we rely solely on donations, sponsored challenges, events and the goodwill of volunteers.

Money raised will directly support families in your local communities, which includes 438 directly in Glasgow!

Always remember

-  **£10** could send an information pack on spina bifida and hydrocephalus to a new family.
-  **£25** could allow a Family Support Worker to keep in contact by phone with a young person with spina bifida and/or hydrocephalus that may be experiencing emotional difficulties at school.
-  **£100** could help towards 10 young people with spina bifida and/or hydrocephalus to enjoy an evening bowling or similar social activity, and help reduce social isolation.
-  **£250** could help towards the charity subsidising a holiday for a family affected by spina bifida and/or hydrocephalus in a wheelchair accessible cottage, often allowing a child with the disability to experience life in the wider community for the first time.
-  **£500** could help towards a family accessing advocacy services to ensure they are receiving the appropriate benefits and grants to improve their quality of life.
-  **£1,000** could help towards a SBH Scotland Support Worker providing one-to-one play sessions to a child with spina bifida and/or hydrocephalus.
-  **£5,000** could help towards a Family Support Worker providing 6 months intensive support to a family with a new baby with spina bifida and/or hydrocephalus, including home and hospital visits as required.
-  **£10,000** could help towards running the Healthy Living Project Clinics. These allow SBH Scotland's young adults affected by spina bifida and/or hydrocephalus to access free health checks and receive specialist support in self managing their conditions to maintain and improve their quality of life.

Both conditions cause life long complex disabilities of which there is no cure