



Healthy Living Challenge

for the **Scottish Spina Bifida Association**

Thinking of losing weight or becoming healthier in 2009? If so, why not take part in the Healthy Living Challenge for us, the Scottish Spina Bifida Association? Get active, feel good and feel even better as you help raise much needed funds.

Help us fund our new innovative **Healthy Living Project** and make a big difference to the lives of those affected by spina bifida and hydrocephalus in Scotland. Start today and undertake your own Sponsored Healthy Living Challenge for 2009.

Interior designer and presenter, John Amabile (pictured), from ITV1's *60 Minute Makeover*, and a host of popular interior lifestyle programmes, is a new Ambassador for our Charity and is supporting this Healthy Living Campaign, asking everyone to take part in a challenge.

He says, *"Having recently lost 4 stone, I know how good it feels to be fit and healthy. Committing to a sponsored fitness activity will help you reach your target, and raise money for this very special Scottish Charity! We all need to be fit for life to face daily challenges, so go on; get active for the Scottish Spina Bifida Association – it'll make you feel really good!"*.



Photo by kind permission of www.allaboutw8.co.uk

Contact the **Scottish Spina Bifida Healthy Living Challenge Hotline TODAY** on **Tel: 01236 794508** or **Email: fundraising@ssba.org.uk**

Sponsor forms, t-shirts and other marketing materials are available to help you make your challenge a success.

Sponsored Slim **Pram Pushing** **Dog Walking** **Golf**
Marathon **Swim** **Dance-a-thon** **Walking to Work**
Diving with Sharks **Stop Smoking** **Skydiving** **Fun Run**
Overseas Trek **Whitewater Rafting** **Tennis** **Cycle Challenge**
Yoga Sit-In **Skipping** **Abseiling** **De-tox** **Football**

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How are we helping?

The Scottish Spina Bifida Association (SSBA) support over 3000 people in Scotland affected by spina bifida and hydrocephalus. Both conditions cause complex disabilities, of which there is no cure. Every year in Scotland, one in every 500 pregnancies are affected by the disabilities

The SSBA seeks to increase awareness and understanding of Spina Bifida and/or Hydrocephalus, to support children, young people and adults, plus their families, identify their specialised needs and empower them to live as independently as their condition will allow. SSBA is currently the only Scottish charity dedicated to providing advice, advocacy and support to people born with Spina Bifida and/or Hydrocephalus and their families.

The SSBA Family Support Staff identified a need for Health Check Clinics to support individuals aged 16 years and over who have left Paediatric Care and are new to Adult Services. This is a particularly difficult period of transition, and following the success of trial Health Check Clinics, this project has now been launched under the title of the "Healthy Living Project". This project will develop clinics for all adult service-users across Scotland, offering Health Check Clinics on an annual basis with an assessment and review of the service-user's physical and emotional wellbeing as well as including proactive advice on management of the condition and daily lifestyle. Now many more teenagers across Scotland will be empowered to live independently with the highest quality of life possible.

Why do we need your help?

The Scottish Spina Bifida Association receives less than 4% in government funding and needs to raise over £800,000 annually to maintain our Family Support Services, Support Centre, training and specialist projects.

By taking part in a sponsored fitness challenge for the Association you will be helping us to fund many innovative projects such as the Healthy Living Project, run wheelchair training and medical management courses, hold family conferences and maintain our promise to support all those who ask for our help.

Contact us

We organise many events and already have information on our website at www.ssba.org.uk on activities which currently run throughout the year but, why not create a challenge which you can do as an individual, team or company.

The Fundraising Team will be delighted to help you with advice, sponsor forms, marketing materials, t-shirts and collection buckets, so please call us on 01236 794508 to discuss. Alternatively email us at fundraising@ssba.org.uk or visit www.ssba.org.uk

Please note:

Advice should be taken from your GP before undertaking any different or unusual activities from your normal routine.

