

NORTH AND WEST YORKSHIRE ASBAH



PROJECT PEN PALS!



Under the umbrella of our Befriending scheme, NWY ASBAH are now offering you the opportunity to connect with with fellow ASBAH members by mail!

If you are interested in writing and receiving letters or emails from a new pen pal, please get in touch! This is a wonderful way to stay connected and supported by the ASBAH family. Face to face meetings are not always possible, but this project is here to bridge that gap and offer peer friendship and support.

Check out the back of this leaflet for details of how it all works!

CONTACT US:

Katyravenasba@gmail.com 07966161299 NWY ASBAH, 12 Victory Rd, Ilkley, LS29 8HL

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HERE IS HOW IT WORKS...



Are you a member of NWY ASBAH? Sign up for free to be a member on our website www.nwyasbah.org

- **Write a letter (or an email!)** This could be typed or hand written. Write something that tells the recipient a bit about you, what your likes and dislikes are, hobbies, work or if you are in education. Tell the recipient what it is like to be you, how you live with and manage either having Spina Bifida and/or Hydrocephalus, or perhaps what its like being a family member of someone living with these conditions. Maybe you could pass on something that you have found positive and helpful to you in your life. You could draw a picture or write a poem too! – Remember your letter may get sent out to someone of a different generation to you!!
- **Send to NWY ASBAH.** If you have a letter to send by post, then send this to me at NWY ASBAH, 12 Victory Rd, Ilkley, LS29 8HL Clearly marking your name on the back of the envelope. If you wish to send via email, please send to katyravenasbah@gmail.com with the heading 'Project Pen Pals'
- **Listen out for the post! (or check your inbox!)** Once I have receive your letter, in whichever format!, it will be checked over and re-posted to the members who have signed up for this project.

Contact us on:

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