



Issue 2 // Spring 2018

# matters

Sharing news of SNAP's (Special Needs And Parents) great work

## Putting families first

**INSIDE:**  
Find out how SNAP stays strong for Essex families

**INSIDE THIS ISSUE**

### **4 OUR SNAP STORY**

How support from SNAP gave Charlie and his family a voice

### **6 CYBER SAFETY**

The danger to our children of online apps and how to stay safe

### **7 MUD FOR IT!**

Make 2018 the year when you challenge yourself and raise funds

# A packed year ahead

Welcome to the second issue of SNAP Matters. And thank you to everyone - families, volunteers, supporters and anyone working with us or interested in our work - for your positive reaction to issue 1!

On page 6 you can find dates for some of our exciting training courses and events we have planned for 2018. They include sessions on Communication, Mental Capacity and the Care Act, Resilience and Eating.

One other important date to note is May 25th, which is the day when the new General Data Protection Regulation (GDPR) comes into being.

This is a new data protection law which means we will no longer be able to contact you - without your consent - with the latest supporter news, events, inspiring stories and updates on our work. The usual information about services will continue to be circulated.

On the following pages we take a look at some of the various ways in which you can support the charity including our very own SNAP Nuclear Race!

We also talk to one family and hear their story. They are just one of 4,689 families we've helped since we started in 1994 and stories like theirs inspire us to continue with our work. Whether you're new to SNAP or a long term family or volunteer, there's something for everyone!

Best wishes,

**Karen and Christina**

SNAP Managers

If you have any stories you would like to see featured in the magazine, or views on this issue please contact the SNAP Matters editor, Michelle Andrews - [m.andrews@snapcharity.org](mailto:m.andrews@snapcharity.org)



### Special Needs and Parents Ltd

Registered Charity No. 1077787  
A Company Limited by Guarantee in England and Wales No. 3805837  
Registered Office: The SNAP Centre • Pastoral Way • Warley • Brentwood • Essex, CM14 5WF

# SNAP happy to help

Special Needs and Parents - is an Essex charity that helps families with children and young people who have any special need or disability



From its Brentwood base, SNAP offers a helping hand to thousands of families who need support in a variety of ways.

No formal diagnosis or professional referral is necessary to access SNAP services, available to families of children and young people aged 0 to 25. Facilities at the centre include a training room, a multi-purpose activity hall, multi-sensory room and specialist IT suite.

"When parents first come to The SNAP Centre they often feel isolated and don't know where to turn, but with SNAP's support they grow in strength and knowledge and become better equipped to give the best possible help to their children," says Karen Boath, Manager (Families).

"Parents and their children use our facilities and services in a number of ways, and they value the support they receive from SNAP."



## The SNAP Centre offers a wide range of services

### Parent Advice and Support

- Helpline (email and telephone)
- Face to Face Parent Support
- Specialist Talks and Training Courses
- Library of Specialist Books and DVDs
- Website with SNAP Directory of useful contacts
- Online Information Network
- Counselling
- Education Advice Sessions

### Activities

- Parent and Pre-school Children's Sessions
- Music, Yoga, Drama and Activity Groups
- Holiday Sessions
- SNAP+ (for older children and young people)
- Sibling Support
- Multi-Sensory Room
- Specialist IT Suite



**SNAP contact information:**  
Call - 01277 211300 Email - [info@snapcharity.org](mailto:info@snapcharity.org)  
Website - [www.snapcharity.org](http://www.snapcharity.org)

If this is your first introduction to SNAP then please join our mailing list at <http://handsupforsnap.pagedemo.co/>

## highlights



◀ **The Great British Bake-Off** came to The SNAP Centre at the end of last year as we held our annual Coffee, Cake and Catch-up event for families, friends and supporters and even recent GBBO contestant, James Hillery, was in attendance.

Mayor of Brentwood, Will Russell, was particularly impressed with the sensory room when he popped in: "The work they do here is incredible and an important support to families."

Toni Drogman and her family have been attending SNAP sessions for the last few years and enjoyed catching-up with other parents and the SNAP team on the day. "The SNAP Centre always makes you feel welcome, when I visit I feel like my problem shared is a problem halved, someone is always willing to listen."

"The icing on the cake was raising £1,727! Thank you everyone who supported SNAP."



▼ **Drama Club takes centre stage** SNAP's Drama Group students wowed an audience of parents, volunteers and the SNAP team with their recent production of 'TV Boy', the story of a boy who watched so much television he got sucked into his TV and appeared on a variety of shows. The group had the audience spellbound from start to finish, and even added a few adhoc lines of their own! They were ably supported by volunteers who took on a range of backstage roles! "The show was very well received and we can't wait to do it all again next year," said Kirsten Moore, SNAP drama facilitator.

### ▼ **Coffee Morning for families with daughters on the Autism Spectrum**

"I found this session fantastic as always. It was good to hear so many other parents' daily struggles as it makes you realise you really are not alone."



◀ **Social Stories™ Workshop** SNAP was delighted to welcome back Dr Siobhan Timmins to The SNAP Centre for a full day training with some of our parents on how to engage and write Social Stories™ for their children.

This is an acknowledged way of teaching social understanding to children with autism.

The workshop helped parents to understand how to put together a cohesive set of stories that will help their children understand more complex issues in an understandable way that they can relate to.

Dr Siobhan Timmins has more than 20 years expertise in this area and SNAP looks forward to being able to offer more presentations like this - see page 6 for more of SNAP's calendar of training for 2018.



### ▼ **Music Therapy sessions**

"We have really enjoyed our music therapy sessions. My son has made such an improvement in skills which will be so useful for starting school such as following instructions, taking turns, and interacting with other children and adults."



◀ **The prestigious Thorndon Park Golf Club** played host to SNAP's fourth annual Golf Day towards the end of last year, where 84 golfers playing in teams of three, hoped to be crowned champions whilst raising money for SNAP.

The weather proved to be unkind with a downpour of rain but this didn't dampen the spirits of our golfers with the day and evening dinner, auction and raffle held raising a terrific £6,204 in total. SNAP's Events and Marketing Officer, Michelle Andrews, was delighted: "SNAP's Golf Day has a great sporting spirit and this was reflected in the amount raised."

SNAP's next Golf Day is 28th September - register your interest by emailing [events@snapcharity.org](mailto:events@snapcharity.org)



# “Being welcomed into the SNAP family has changed our lives”

Being a SNAP family changes lives for the better. Just ask Jane Franklyn, whose family is one of 4,689 who have been supported since 1994. Here, in her own words, Jane talks about her personal family journey.

“I honestly don’t know what we would have done without SNAP!” says Jane, who first contacted us four years ago.

“I initially heard about SNAP through several friends of friends and family members. It took me a while to pluck up courage to make contact. I’ll never forget that friendly upbeat phonecall that made me feel immediately at ease.”

“I attended a pre-school session at SNAP on a Monday bringing my son Charlie, who is autistic, along for his first visit to ‘see the ladies’ as it then became known in our house. I was relieved, upset, happy and overwhelmed all in one go. For the first time in Charlie’s life we felt welcomed and at home at a pre-school group. For the first time my little boy, who was almost three-years-old, could be himself.”

Jane remains committed to working with SNAP to help Charlie.

“I want to take away his desperate desire to make himself heard when he isn’t always able to and most of all I want to take away other people’s ignorance,” she says.

Jane and Charlie - now seven - have enjoyed Therapeutic Thursdays and holiday sessions as well as more Pre-school sessions. Jane has also accessed a variety of informative parent training, and been supported by a million (!) phonecalls and conversations.

---

“One of the lovely volunteers, Joan, remembered years after working with Charlie that his favourite snack is cucumber - he always has one close to hand! Very special people work and volunteer for SNAP and it has honestly changed our lives.”

---



Jane says its the smallest things that can make such a big difference to parents and children.

“One of the lovely volunteers, Joan, remembered years after working with Charlie that his favourite snack is cucumber - he always has one close to hand! Very special people work and volunteer for SNAP and it has honestly changed our lives being welcomed into the SNAP family.

“We have laughed, cried and shared so many memories with SNAP over the years. Believe me we are

so lucky to have this resource local to us in Brentwood. There are very few organisations like it across the UK and others living outside our borough really would love to have this resource available.

“I now run an online support group for parents of children with special needs and I am told first hand that without SNAP so many families would be drowning with the pressure, responsibility and day-to-day needs of being a special parent. There are many others across the UK not as lucky as us that would give anything to have this invaluable support on their doorstep.

“I am now a proud Ambassador for the charity, and Dan has run several 10K races in aid of SNAP; he has now won a place in the VirginMoney London Marathon for 2018 raising further funds to support other families.”

# There for you every step of the way

No formal diagnosis or professional referral is necessary to access SNAP services, available to families of children and young people aged 0-25. Once you have contacted SNAP there are a variety of services and information that you will be able to access.

## First contact

Call

Email

In person

Facebook message

Step 1

## Follow-up call or email

Signposting to other sources of help via SNAP Directory

Step 2

Information given from the SNAP library

Step 3

Access to a wide variety of support and resources

Given follow-up library information advice/books

Children's activities

Parent support events

Benefit advice

Counselling

Online updates  
Social media  
Information Network

Education advice

Parent training and talks

Survival Guides

Ongoing signposting and support

Possible face-to-face if needed

## Our first training opportunities of 2018

### Boys on the autism spectrum Coffee Morning: £5.00

24th January 11.15am to 1.15pm

Following the success of our Girls on the autism spectrum coffee mornings, SNAP is offering the opportunity for parents who have a son on the spectrum to come together to share experiences and advice with each other.

### Enhancing Communication Workshops (with crèche): £10.00

31st January and 7th February (2 sessions) 9.30am to 12.30pm

This two session course will focus on methods to help support your child's communication. It will include training on Makaton signing, as well as information around PECS (Picture Exchange Communication System) and Objects of Reference.

### Mental Capacity and Care Act: £10.00

28th February - 7pm to 9pm

SNAP will be joined by Hft's Family Carer Support Service to speak to parent carers about what changes to the Mental Capacity and Care Act may mean for families with a young person (aged 15+) with learning difficulties.

### Dyslexia Support: £10.00

7th March - 11.15am to 1.15pm

SNAP is pleased to welcome Emmie Trower from Dyslexia and Dyscalculia Support - Brentwood. Emmie will be discussing the impact of dyslexia on a child's learning and providing strategies to help support them.

### Parent Time (with crèche): £5.00

14th March - 11.15am to 1.15pm

Parent Time sessions are an opportunity for parents whose children are in the first few years of primary school to meet other families in a similar situation and share experiences. Joining us will be a speech and language therapist and a sensory occupational therapist.

### Talk on Eating with autism specialist teacher: £5.00

18th April - 11.15am to 1.15pm

Tanya Cotier, an autism and social communication specialist teacher, will be joining SNAP to help families understand how to support children on the spectrum with difficulties they may experience with food and eating.

## Get app aware and keep safe online!

The SNAP Centre was the venue for a recent informative talk about child online safety delivered by The 2 Johns.

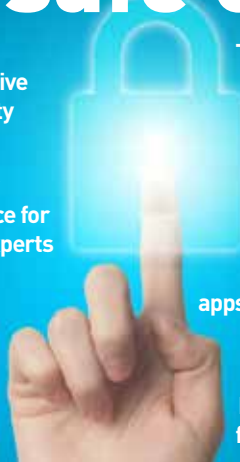
The 2 Johns - who together worked for the police service for more than 50 years - are experts in this crucial safety issue.

The event focussed on the growing number of apps being targeted at children, including those with special needs.

Their talk took parents on an uncomfortable - but important - journey which questioned the current perspective they had about their children's safety.

The 2 Johns said they were aware that for many parents the world of live streaming apps is a bewildering one and one they find difficult to keep up with (and discuss as a family).

Help for parents can be found from our online resources below.



### Concerned about online safety and the risk to your children? Help is at hand via these websites and resources for parents

• **EST E Safety Training** - The 2 Johns facebook page is regularly updated with the latest app advice and further reading suggestions.

- [www.saferinternet.org.uk](http://www.saferinternet.org.uk)
- [www.childnet.com](http://www.childnet.com)
- [www.connectsafely.org/safety-tips-advice](http://www.connectsafely.org/safety-tips-advice)
- [www.internetmatters.org](http://www.internetmatters.org)
- [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



• The charity Cerebra has produced a useful guide - <http://w3.cerebra.org.uk/help-and-information/guides-for-parents/learning-disabilities-autism-and-internet-safety-a-parents-guide/>

• And The Foundation for People with Learning Disabilities has produced easy-read guides - <http://www.learningdisabilities.org.uk/publications/safeonline/>

SNAP holds a number of resources in our electronic library which can be emailed on request and a variety of relevant books can be borrowed from the specialist library at The SNAP Centre.

### Who's talking about SNAP on social media?

**Lisa** I really don't know what we would have done without SNAP. This is not only a special place of comfort and sanctuary, but a workshop providing the crucial tools to empower parents for the benefit of their more vulnerable children. They make the difference between sinking fast or swimming strongly. I can only do the latter because of them!!! Humongous thanks SNAP team.

**Co-op Membership** @CoopMembersSE £4,857 from the Local Community Fund in #Brentwood #Essex will help fund after school clubs

**Race4Business** Birketts' #Race4Business raises £18,000 for @snapcharity - Thank you! #Chelmsford #Essex #CSR #Charity #SNAPHeroes

**Daniel** Had a great day today visiting @snapcharity in Brentwood. A great charity doing amazing things. Pleased to hand over £3k #domore #gdr

**Alison** Love coming here with my daughter who has ASD and her siblings. Staff and volunteers are so friendly and welcoming.

# Charity Champions!

## Take on a challenge

A new year beckons and so does the opportunity to take on new challenges and, at the same time, raise money for your favourite charity. Whether it's a sponsored walk, cycle ride, getting muddy or any other activity now's the time to act!

### #lovemud

Mud, mud, glorious mud, there's nothing quite like it...

That was certainly the verdict from a team of SNAP supporters who tackled the Brentwood-based Nuclear Races 'Nuclear Fallout' race, the toughest and muddiest event in their calendar.

We talked to one member of the team about the challenge.

"For years I have to admit I have always steered clear of these races for some reason," jokes Paul Hurworth. "But once you have visited The SNAP Centre and start talking to friends and family you realise how much they are doing in the community to support families, a fair few of which I know personally. When a friend suggested doing the race, I was straight in!"

"We got a team together full of our mates from our business networking group - EBN Hornchurch - and training got underway. Well a variety of different levels of training, some were avid visitors to the gym, and for myself, I never quite made it there!"

And the challenge proved to be mud-nificent.

"I was a little apprehensive on the morning of



the event because of how cold it was, it was the first week of November. It wasn't too bad apart from the freezing cold water at the bottom of the deathslide. And you get more muddy than you can believe, but then you are never too far from some water to wash it off.

"Being in it as a team was such a high point, we all encouraged each other to the max, and we stayed together from the start until the end helping each other over every obstacle.

And Paul would definitely encourage others.

"This was definitely a challenge, but was a satisfying day raising money for such an amazing organisation doing lots of work to ease the lives of families, even ones very close to you that you may not have expected."

### #lovecycling

SNAP is £3,000 better off thanks to the unusual cycling antics of a team from the Round Table.

Members of the Great Dunmow Round Table cycled 120 miles on a six man tandem to Loughborough to raise money for SNAP.

The bike, first built in 1976, has been used by various Round Table groups to raise more than £500,000 in the course of its lifetime.

It has also been used in TV advertisements and appeared on Blue Peter and in an episode of the hit comedy Birds Of A Feather.

The latest charity jaunt ended with the Great Dunmow team - supported by other local Round Tables - taking part in the organisation's national sporting weekend.

The cyclists left Essex at 6am and arrived



in Loughborough at 5pm - receiving great support from the public along the way - in time for the sporting weekend opening ceremony. They then topped their memorable day by winning the tournament.

Steve Eccles, chairman of Great Dunmow Round Table, said: "The ride was extremely challenging but we all had an absolute blast, hopefully the money raised will go some way to helping SNAP to continue their fantastic work in supporting Essex families."

## SNAP's very own 5K with



Only £35 (early bird price) plus sponsorship raised for SNAP  
**23rd June 2018, 1pm to 4pm**

**Nuclear Obstacle Races loves supporting local charities and have allowed us to put on our own SNAP event outside of one of their race-days on part of their course.**

**The event will include some of their well known obstacles including the Deathslide and Ziplines over water. You can walk, run or even crawl around the course at your own pace, whether you want to be ultra-competitive or just fancy getting muddy with friends, this event promises to be a fun afternoon. Suitable for 13 years+.**

**Please register your interest by 28th February by emailing [fundraising@snapcharity.org](mailto:fundraising@snapcharity.org)**

### #loverunning

The annual Brentwood Half Marathon and Fun Run takes place on Sunday March 18 and represents a great chance for supporters of SNAP to raise funds.

In 2017, Claire Marshall initially couldn't run for more than a minute, but took on the challenge as a way to give back for all the support her family had received.

"We faced a world of uncertainties, but SNAP made us feel supported; without the charity we would not have the information and help we needed to ensure a positive future for our son."

The run is designed for all the family, with children as young as eight able to take part in the fun run; in previous years whole families have run round together and raised funds for SNAP in the process. Is this the year you do that too?

If this has inspired you to take on a challenge for SNAP then please contact the Fundraising Team on 01277 245345 or email [fundraising@snapcharity.org](mailto:fundraising@snapcharity.org). Alternatively for more ideas please visit: [www.snapcharity.org/index.php/fundraising](http://www.snapcharity.org/index.php/fundraising)

# Charity of the Year champs

Regional law firm Pinney Talfourd Solicitors chose SNAP as their Charity Of The Year (COTY) for 2017/2018 and have raised thousands of pounds as well as building on their profile in the local community; corporate support really is a win-win for all involved!



Corporate support for charities like SNAP has a positive impact for all involved.

Not only does it raise much needed funds, it also gives employees at companies an added sense of togetherness and commitment to their local community.

Just ask the team at Pinney Talfourd who chose SNAP as their Charity of the Year and have found the experience nothing but positive.

Even before their year of fundraising got underway, staff found themselves volunteering at a local village fayre at the SNAP games stall and taking part in a chariot bath race!

Their fundraising story launched fully when the Upminster branch opened its doors for a day of story-telling and arts and crafts for an audience of eager children.

More recently members of the team have entered a team into Birketts Race4Business and the Great Newham Run, organised a Christmas concert in conjunction with Queens' Theatre Hornchurch and have taken on an epic challenge as they embarked on a 24-hour Danceathon. Family Solicitors Catherine Loadman, Sue Nash and Lucy Birch were joined by a host of colleagues, clients, family and friends to take on the challenge!

Twenty-two hours into their challenge the ladies powered through an hour-long Zumba

lesson. And finally at noon they celebrated a full 24 hours of non-stop dancing, raising an incredible £5,000.

Partner at Pinney Talfourd, Catherine Loadman, is delighted with their achievements to date: "Pinney Talfourd have thoroughly enjoyed fundraising for SNAP. We have raised more than £6,000 and still have a few more months to go. It is a pleasure to work with such a well deserving charity."

**If your business would like to partner with SNAP and reach new audiences, motivate employees and demonstrate social responsibility please call the fundraising team on 01277 245345 or email [fundraising@snapcharity.org](mailto:fundraising@snapcharity.org)**

*Events not to be missed*

**SNAP Quiz Night, £10 per person  
Friday 26th January 2018  
Nightingale Centre, Brentwood**

The question is have you got what it takes to win our annual Quiz? Bring your family, friends and work colleagues along to answer questions on a variety of topics, with fun games and top team prizes.

**SNAP Curry Night, £20 per person  
Thursday 1st March 2018  
Indian Night, Chelmsford**

Bring your family, friends and work colleagues along for an indian feast raising funds for SNAP. Tables of two, up to 10 people welcome - as an evening out there is naan better!



**Brentwood Half-Marathon & Fun Run  
Sunday 18th March 2018  
Brentwood and surrounding area**

Brentwood is taken over by runners in this popular annual event. We already have a fantastic team of supporters taking part, but we still have some places left if you would like to run for SNAP.



**SNAP Wine Tasting, £15 per person  
Friday 20th April 2018  
Shenfield Parish Hall, Shenfield**

Can you tell your Pinot Noir from your Pinot Gris? SNAP has teamed up with The Shenfield Wine Company for a fun evening of alcoholic frolic! Sample a variety of wines and try to beat the bluffers.

**For more information  
on these events, or other  
ways to get involved contact  
SNAP's Fundraising Team**

**01277 245345  
[fundraising@snapcharity.org](mailto:fundraising@snapcharity.org)**



This is a new weekly online lottery created to support local causes throughout Essex. Tickets cost £1 per week with 60 per cent going to local good causes and prizes of up to £25,000! You can choose SNAP as your good cause at: [www.essexlottery.co.uk/support/special-needs-and-parents-ltd](http://www.essexlottery.co.uk/support/special-needs-and-parents-ltd)