

The life in a week at The SNAP Centre

Every weekday the SNAP calendar is packed with services and activities to support and empower families. SNAP matters takes a look at a typical term time week.



family services

“That ‘special feeling’ upon walking through The SNAP Centre doors! A safe, welcoming, warm, understanding sanctuary. We feel truly blessed!”

Monday

Counselling

“This is so empowering for us both. As a parent I am understanding more about my daughter’s anxiety than ever before.”



Volunteer induction

Family Support Manager Pam, with a potential young volunteer at her induction interview.



SNAP on a Monday

Pre-school children play together with specialist equipment while parents relax and access support.

SNAP on a Monday

“My son had his first session today and it was absolutely brilliant, totally exceeded my expectations.”



Yoga Groovettes

Young people activity that uses games and music to help them ease anxiety and boost confidence.

Yoga Groovettes

“My daughter has made a lovely group of supportive friends and really benefits from the group activity.”

Tuesday



Face-to-Face Advice

Supportive conversation in our specialist library sharing information and planning next steps.

763
Face-to-Face Advice sessions throughout 2019

Face to Face

“I appreciate your kindness and honesty at a time when it’s all a bit confusing. You provided clarity and lots of support.”



Individual Advice

Individual advice sessions including Education and Benefits Advice and Parent Counselling.



Information Meeting

Family team’s weekly meeting to share the latest information gathered to support families.

770
Specialist Library resources borrowed throughout 2019

Wednesday

Counselling

“We are definitely in a happier place for everyone. Seeing my son happier is such a relief and has made a huge difference at home.”



Parent Group Support

A chance to meet other families in similar situations to share experiences and ideas.

992
parents attended Specialist Talks throughout 2019



Specialist Talks

A wide range of training opportunities for parents and professionals.

Drama Club

“My child can relax at this club and not feel like the odd one out.”



Drama Club

Developing young people’s self-esteem and confidence through games, role play and exercise.

Thursday



Counselling

Specialist individual sessions for children and young people to explore their thoughts and feelings.

Therapeutic Thursday

“The children get to explore all their sensory needs and we can relax as they are in a safe environment.”



Therapeutic Thursday

Pre-school session including use of SNAP’s multi-sensory room while parents relax and access support.

3,503
hours of Pre-school children sessions throughout 2019

SNAPtastic

“It was fantastic to see my child having such a good time and feel so calm yesterday at SNAPtastic!”



SNAPtastic

After-school club that includes siblings and allows parents to relax and seek advice.

Friday

Parent Yoga

“Yoga is my one hour of relaxation and helps with the aches of lifting my disabled child.”



Music Therapy

Uses music to encourage the development of interaction and social skills for pre-school children.

Music Therapy

“My daughter is learning to take turns and as she has no language yet, she is able to communicate through music.”



Specialist Resources

The SNAP Library is open during session times or by appointment and contains hundreds of resources.

6,077
Helpline calls & emails answered during 2019

SNAP Helpline

“I am really grateful for your time, kindness and thorough response. I really appreciate your help and useful information.”