



Issue 9 // Summer 2020

# matters

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



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## Making a difference

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



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, which is available to families of children and young people aged 0 to 25.

"Our SNAP approach in supporting the whole family unit means we are a reliable constant in their lives and our experienced team of Family Support Advisers offer an engaging, needs-led, comprehensive service for families," says Karen Boath, SNAP Director (Family Services).

### SNAP offers a wide range of services and activities to meet the needs of its families

- Helpline and Face to Face Parent Support
- Specialist Talks and Training Courses
- Online Directory and Information Network
- Counselling, Benefit and Educational Advice
- Library of Specialist Books and DVD's
- Parent and Pre-School Children Sessions
- After-School and Holiday Sessions for Children



#### 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 via our website homepage - [www.snapcharity.org](http://www.snapcharity.org)

If you have any views on this issue or future stories, please contact SNAP Matters editor, Michelle Andrews - [m.andrews@snapcharity.org](mailto:m.andrews@snapcharity.org)

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## welcome

### From SNAP Directors Karen Boath (Family Services) and Christina Stubbs (Finance and Fundraising)

"Welcome to the latest SNAP Matters. We hope you are staying safe in these unprecedented times.

"We understand our families are facing many difficult challenges – more than ever before – and we are committed to continuing to support them.

"We're extremely proud of the SNAP Team and how our prompt planning for remote working ensured we were able to maintain our help for families from day one of the lockdown. New resources such as our Coronavirus Family Guide proved immediately helpful for parents and carers.

"We have strived to adapt our services where possible and pleased we were able to launch our online activity sessions and Specialist Talks; we are aiming to maintain momentum via online support with pre-school music making sessions and more talks added to our training programme. See pages 3-5 for more information on our support.

"Of course we want to be back in our wonderful SNAP Centre as soon as we can but we have to make sure this is safe for our families, volunteers and the team; we will update you all when we can.

"In the meantime, we continue to be amazed by your efforts. We were blown away by the dedication of our families and supporters who got behind our recent fundraising campaign – the 2.6 Challenge – but the months ahead are still likely to be a struggle financially. Any help you can give SNAP now – to ensure we can support future generations of families – will be appreciated.

"We've always cherished the contribution that SNAP is able to make in the local community and are proud to see how people have come together to support each other."



"It's amazing how knowing that people are there for you, and that, even though you're on your own, you are not alone."

"I think it's incredible that you are still able to continue your services and provide the support during these difficult times – I applaud you all."

"Paula has been the most helpful person I've spoken to – everywhere else was like coming up against a brick wall."

"I am 110% positive that every child and parent or guardian are so grateful for your help."

# SNAP stays strong for our families during lockdown

SNAP continues to deliver the best possible help to families across Essex during the current crisis. Here SNAP Matters looks at how the Family Team has adapted its support services.

## Helpline

SNAP's Family Support Advisers are continuing to provide an essential listening ear and offering help and advice to parents and carers. We are booking telephone appointments with families who need more in-depth support and are also continuing to register new families - more than 500 families turned to SNAP for the first time last year.

"Both parents and children are understandably struggling during the current exceptional circumstances and the challenges they face are varied," said Family Support Adviser Liza.

"The calls and emails we are supporting through the Helpline are increasingly intensive as the weeks progress.

"Many of our families are at high risk or vulnerable to the coronavirus due to a range of existing conditions as well as immune deficiencies. These families are dealing with extended self-isolation and are having to deal with the practicalities and worries around this.

"Some families have experienced the effects of coronavirus first hand, with members



**Above and below:** Jared and Adam benefit from the routine of seeing their friends via our Zoom Drama Club.

of their family becoming ill and some even being hospitalised.

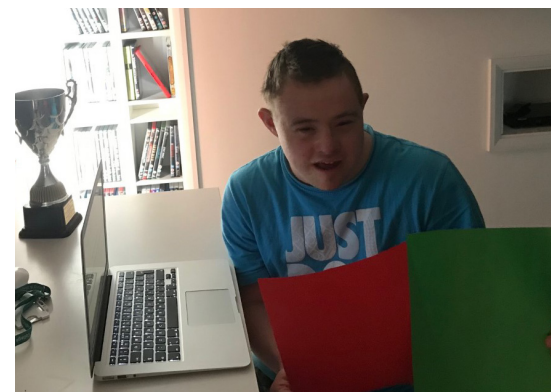
"Most are facing mental health difficulties or feeling isolated. The easing of the lockdown will also see many of their children struggling with the anxiety and fear of being around family members or going out themselves.

"We understand that being at home with children and other family members may make it harder to have a lengthy and confidential telephone conversation so there is our email Helpline access for families too.

"We are noticing that for some families, their children and young people are not having to face as many challenges involved in coping with school and the social world which has been an unexpected positive. However these families are concerned about the implications of returning to school and how this can be managed appropriately, once the lockdown situation eases.

"Families are facing heightened levels of anxiety, and are having to explain the situation to their children who are anxious, or have learning difficulties," added Kate, SNAP's Information and Administration Manager.

"We've researched and produced a Coronavirus Family Guide to help families navigate these challenging times. There are eight information sheets with each focusing on a different, relevant topic and offering advice, strategies, ideas, and links to trusted websites for further reading."



The SNAP team keep in contact with each other throughout the day and hold regular virtual update meetings to share information and to support each other too.

"We are doing whatever we can to help by listening, advising, sharing SNAP's resources and signposting to other organisations we know are also providing assistance during this crisis," said Liza.

"We are actively checking in on our more vulnerable families to offer them advice and ensure they are coping ok."

## Activity sessions for children and young people

Just before lockdown started SNAP was able to film a number of one-off sessions with some of their team of specialist tutors. These professional films were produced by a talented SNAP supporter and were eagerly received by those SNAP families who

## family services

usually attended those sessions weekly. This led to the Family Team getting to work on delivering some of these sessions live online weekly.

"The SNAP Team who quickly became adept with using Zoom for group meetings and discussed the format for our virtual sessions, and how to ensure these would remain secure," said Family Support Adviser, Dale.

"We then held a trial drama session with a small group of young people that have attended for a number of years, and some of our regular centre volunteers. This allowed our volunteers to see how they could offer support and the team to gauge how effective the sessions could be."

"Following the smooth running of this trial we launched our virtual sessions for Drama Club, Yoga for Young People and Music Therapy with our specialist teachers. They are all now running on a weekly basis with those children and young people that were attending these activities at The SNAP Centre able to access the session.

"In Drama Club we begin with a group discussion, then split into 'breakout rooms' for smaller group work and then comes back together as a whole towards the end. For our Yoga sessions we have a lead screen so that everyone is able to follow the teacher.

"The format for Music Therapy is also familiar to our young attendees. We sing our welcome and goodbye songs that incorporate their names and encourage them to participate in well-known songs with actions."

For SNAP's Nordoff Robbins trained Music Therapist Emily,

**"After the first session I described it like my own personal radio station tuned straight into our hearts. It's just wonderful."**

**SNAP Parent, Facebook Live Music session**

moving the sessions online has obviously been a different experience compared to making music together in person.

"The groups are still able to use the music to work on the same goals as they were before," said Emily.

"Sharing our music through activities and songs can help to support and develop interaction and communication, focus and listening, as well as taking turns and waiting whilst having fun in the comfort of your own home."

The SNAP Team and families alike are missing The SNAP Centre and so it is great news for us that we are able to bring some of the magic of the centre into people's homes during the current challenging time," adds Karen, SNAP Director for Family Services.

"At the end of all our sessions, the families have an opportunity to discuss any concerns they have with a member of the SNAP Team and draw on each other's experiences too."

As Dale joined the SNAP Family Team just after lockdown was underway it certainly has been a very unconventional first few weeks in a new job!

"It is great to interact with families as I haven't been able to meet any of them in person yet. I have been able to gain an understanding of the services SNAP provides and the resources we have available. I have

also enjoyed being able to use my technology skills to help SNAP launch these virtual sessions."

### Counselling

"Our experienced counsellors are continuing to support the families they were working with either on the phone or via Zoom and Skype appointments," said Family Support Adviser, Paula.

"We are also offering appointments to families that need crisis support."

One SNAP parent said: "Today's session was wonderful and just what we needed."

### Facebook Live sessions

SNAP has also been delighted to invite familiar and new families to their weekly music session that goes out live on Facebook every Friday morning at 9.30am. This hour long session sees Music Therapist, Emily, play song requests from families and its popularity is growing.

"We are reaching out to a lot of isolated families and these sessions certainly have a great community spirit," said Dale.

Emily is excited to be bringing the musical joy to everyone each week.

"Going live on Facebook is great fun – with maybe just a hint of trepidation as I don't know what songs are going to be requested so I can't really prepare that much!

"Hearing everyone's lovely comments and knowing that families are singing and dancing at home has put a real smile on my face too!" beams Emily.

"It's very easy to feel isolated and on our own during this strange time, and music can really give us all an opportunity to feel like we're together again."



Music Therapist Emily's live sessions on Facebook have been a welcome highlight for our families.





## SNAP's Specialist Talks go online

SNAP's Family team are delighted to have introduced a programme of virtual 'Specialist Talks at yours' from mid-May.

"SNAP organises a unique and diverse calendar of Specialist Talks each term and we were determined to maintain our training schedule and help increase resilience and empowerment for our parents and carers," said Karen.

"This new programme has been devised to support families with concerns they may currently have and we are researching other opportunities for the future. Our first webinar on the subject of **Tackling Toileting** was delivered to parents and carers on 13th May by Kathryn Miller, Specialist Teacher and Autism Specialist.



"Kathryn was so helpful and clear. We now feel like we are not alone and have a clearer vision of how to progress."

**Sarah Hendrickx on ASD and the Impact of the Covid-19 Pandemic** Wednesday 20th May at 11.00am and 7.00pm

**Sensory Processing Differences** Wednesday 3rd June at 11.00am and 7.00pm – one hour talk plus Q&A

**Can't Sleep, Won't Sleep** Wednesday 10th June at 11.00am – one hour talk plus time for Q&A

"SNAP are also going to be running two talks with Sarah Hendrickx," added Karen.

"Sarah will join us for a session focussing on the thoughts and experiences of being autistic in the current coronavirus situation. Sarah will share some personal thoughts along with opinions, ideas and strategies from people she has spoken to through her work with autistic adults and children, and their families."

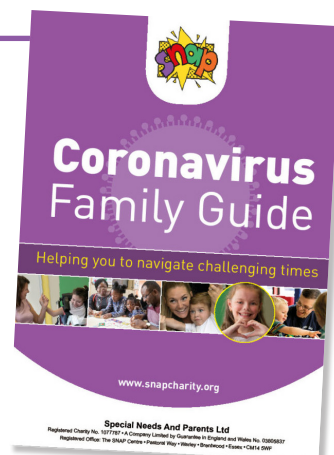
If you are interested in attending any of the above training opportunities please look out for the Eventbrite links soon via email, social media and on our website – <https://www.snapcharity.org/need-support/at-the-snap-centre/training/> All sessions cost £5.

"Your Guide has been so useful to us, thank you all for your amazing work you continue to do!"

SNAP are updating their social media channels regularly so please check for all the latest resources and support available for our families to access. Please follow, like, comment and share our posts on facebook, twitter and Instagram to anyone you think may benefit from SNAP's services.

## Helping you to navigate challenging times

8 Information Sheets packed full of advice, ideas and support



<https://www.snapcharity.org/coronavirus-family-guide/>

- 1 **Explaining the virus and answering children's questions**  
Helpful suggestions on how to explain what is happening in ways that minimise anxiety with further links to examples of social stories examples.
- 2 **Important Information for Parents and Carers**  
Directory of further reading links on subjects such as education, law, benefits, and local authority websites.
- 3 **Makaton and British Sign Language Resources**  
Directory of relevant links for support.
- 4 **The reassuring importance of Timetables & Visual Supports**  
Ideas to help build some form of structure and consistency again after the big changes we have all experienced.
- 5 **Coronavirus Community Support**  
Directory of local groups that have been set up to help those who are vulnerable, at high risk or in need.
- 6 **Helpline Support**  
Directory of active Helplines for organisations that are continuing to support families during this crisis.
- 7 **How to deal with anxiety (for everyone)**  
Feeling anxious at a time like this is a completely normal human response. We offer some ideas to help take positive steps to manage this.
- 8 **Learning at home and activity ideas**  
Jam packed with practical ideas to help support home education and imaginative activity ideas to help children and young people learn useful skills for life.

## Don't forget our other online resources

SNAP's Information Network is updated fortnightly and provides new information relevant to specific age groups of children and young people with special needs and disabilities. This includes further reading resources, online activities and useful information relating to benefits or provision and much more.

<https://www.snapcharity.org/need-support/informing-you-online/information-network/>

Our online directory is a comprehensive directory of more than 1,300 useful contacts for further support.

<https://www.snapcharity.org/directory/>



## Microsoft hang out with SNAP to offer bespoke workshops

SNAP joined forces with Microsoft in February to offer free holiday workshops for groups of SNAP's children and young people, as well as some of their siblings.

The exciting sessions gave attendees the chance to develop their creative and computer science skills. More importantly this encouraging environment helped those attending to build on their social skills as they interacted with each other to help support their creative ideas.



"It was fantastic to see all our young guests supporting one another and excitedly showing everyone what they had each created," said Alison, SNAP Family Support Adviser.

"Interacting with others can be a challenge for some of our young people and the universal appeal of Minecraft in the familiar surroundings of The SNAP Centre provided a winning combination."

"Our exciting new collaboration with Microsoft means we can offer our families another great school holiday session," said Karen Boath, SNAP Director (Family Services).

"Members of the Microsoft Team that have joined us at SNAP have really taken the time to learn about the challenges our families face, and as well as giving their time they have also given specially adapted computer gaming equipment for our families to use at the centre."

- Keep a look out on SNAP's social media as we are working with the Microsoft Team to offer some bespoke online SNAP sessions for our children and young people soon.



The Microsoft Team lead an attentive audience during one of our Microsoft workshops.



The SNAP team gratefully receive specially adapted goodies from Microsoft on their first centre visit.

## Keeping your children and young people safe online

With schools closed, children and young people are spending more and more time online. While the internet is great for keeping in contact with friends and providing lockdown entertainment it is essential to help them navigate their online world where the dangers can be hard to see.

Keeping computers, tablets and mobile phones in shared rooms in your home makes it easier for you to monitor online behaviour. Installing filters and setting up parental controls to block unapproved websites and images is also prudent.

Having a conversation with your child or young person about staying safe online is another essential. This can be difficult to get started so here are a few suggestions:

- Reassure them that you are interested in their life online and offline.
- Listen to why they like using a certain app or website, so you can talk about it together.
- Be positive and open about anything that worries you.
- Ask them if they are worried about anything.
- Ask them about their online friends and how they know they are who they say they are.
- Ask them what they think is ok for children of different ages to be involved with so you come about the decision together.



- Help your child understand what types of information are unsafe to share online. Make sure they don't post their full name, address, phone number, school, or any other images or information that could help someone online identify them.
- Make sure your child knows that you are available for them if they come across something online that makes them uncomfortable. Even if they've done something they shouldn't have, it's important for them to be able to reach out to adults they can rely on.

**More help is at hand from these trusted resources:**

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.connectsafely.org/safety-tips-advice](http://www.connectsafely.org/safety-tips-advice)

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

[www.childnet.com](http://www.childnet.com)

[www.internetmatters.org](http://www.internetmatters.org)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[EST E Safety Training - Facebook@The2johns](https://www.facebook.com/The2johns)

- The charity Cerebra has produced a useful guide - <https://cerebra.org.uk/download/learning-disabilities-autism-and-internet-safety/>

## Specialist Talk helps parent's gain an early understanding of ASD and its diagnosis

Presented by Kathryn Miller, Specialist Teacher and Autism Specialist in early February, this talk helped attending parents and carers to gain awareness of the reasons for an autism diagnosis, understand its implications, and learn an understanding of the social, emotional, communication and sensory needs of a person who has autism.

"Often a diagnosis of autism will lead to immediate discharge from the paediatric service – unless there are ongoing concerns," said Kathryn.

"Parents are sometimes left feeling lonely and confused about what the

future holds for their child and for them as a family, with internet searches often providing unreliable information.

"Autism is a lifelong condition that affects the way that a person experiences and interacts with the world around them.

Some people with autism are able to learn skills and develop socially in order to live independent lives, others may have additional learning difficulties or other needs that mean that they will always require support."

There are four key areas:

Communication and interaction, social

understanding, planning and problem solving and sensory processing.

"Anxiety is an important factor to consider for all children with autism. It affects behaviour, sensory processing, emotional regulation, well-being and ability to learn. It is important to work closely with your child in order to recognise this and then introduce strategies to help reduce anxiety."

- Support SNAP's Awareness Week this September when we are asking everyone to help Tackle Anxiety Together - see page 12 for more information.



Winners!

## Double delight!

SNAP's annual Quiz Night was held in January with more than 130 attendees enjoying a great night. Quizmaster Tony returned to lead the proceedings (see our further story on Tony's support for SNAP on page 11).

Our keen quizzers answered subjects on topics such as Films, Transport and Famous Michelle's(!) and a fantastic £2,871 was raised on the night.

A month later at the end of February SNAP held their annual Curry Night at new venue Jehan Curry Hut in Brentwood. 62 spice-lovin' supporters enjoyed a wide range of authentic and freshly-cooked menu choices and our happy diners raised a delicious £1,881.



## A memorable day for our community champions

Among those that pounded the streets of Brentwood raising cash for local charities in the Brentwood Half Marathon and Fun Run earlier this year was Lee Green, who took part in the Fun Run to support SNAP.

"When our son was diagnosed with ADHD the doctor recommended we contact SNAP and it has been a lifeline for our family," said Lee.

"SNAP has been a supportive ear on the end of the phone while dealing with the many issues you encounter as a parent of a child with ADHD... we have attended training sessions organised by SNAP which has allowed us to better understand ADHD and how to support our son," he adds.

"SNAP has helped an incredible amount over the last year and has asked for nothing in return. It was an absolute pleasure to support them, and I'm already thinking about running the Half Marathon next year!" he said.

Lee is the latest in a long line of runners whose participation in the Brentwood Half Marathon has helped raise many thousands of pounds for SNAP.

"We are hugely grateful to all our runners who took part in this year's event to support SNAP - Gemma, Michelle, Lynn, Richard and Lee, and for the fantastic fundraising effort by you all too. Also to the organisers for their tireless work to ensure local charities like ourselves benefit as a result," said Robert Dennis, SNAP's Community Fundraising Manager.





**Above:** The Truss family give up their tech. **Below left and right:** Albert walks for 26 minutes on the treadmill in one day.

# SNAP's Home Heroes take on a challenge with a difference!

SNAP's Home Heroes recently assembled to support the charity by taking on a series of ingenious lockdown challenges to raise essential funds. SNAP is taking part in a nationwide campaign devised to help recoup some of the funds lost from the London Marathon being postponed.

We asked our community of supporters to come together and dream up a 2.6 Challenge around the numbers 2.6 or 26 and take on that Challenge from 26th April – the day originally scheduled for the London Marathon.

Many families and supporters answered that call and leapt into action, getting involved by taking on a wide variety of creative tasks to raise money and awareness - here are just some of their stories...



The Truss family made the brave decision to give up all technology for 26 hours for their challenge. With a teenage daughter who loves a selfie, a dad that's glued to his phone and two boys and mum missing out on their favourite TV programmes they feared it wouldn't be an easy task.

"Our son is autistic and finding somewhere to visit that he feels comfortable can be difficult. The SNAP Centre is one of his favourite places to go and the charity have been a big part of our lives," said mum Laura.

"But with such sad times in the world right now we are unable to go there and as they have given us so much support we wanted to help them back by raising money with the 2.6 Challenge. We

**"It was a hard challenge, but certainly nowhere near as tough as the challenges our son faces daily."**



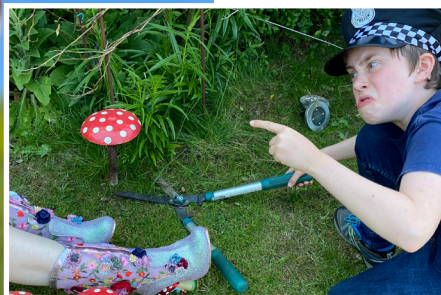
managed to fit a lot into our day, we baked, went for a walk, played games and made puzzles, tackled a spot of DIY and talked as a family a lot more. You don't realise just how much time you soak up on technology, and we've realised it's not always needed.

"It was a hard challenge, but certainly nowhere near as tough as the challenges our son faces daily.

"It did feel strange, but when we turned our phones back on the next morning we were over the moon to see how much

our fundraising page had collected. We actually enjoyed it so much we have decided to go screen free at least one day a month from now on – I would recommend giving it a go to anyone."

SNAP Parent Carly also got all her family involved in the challenge with everyone pledging to walk 2.6 miles - even nanny! Carly's son Albert who attends SNAP completed his fantastic effort walking on the treadmill for



**Left and above:** Michael embarks on 2.6 hours of housework. **Right:** Michael's family check out how he is doing. **Below:** Amy maps out her challenge.



## the 2.6 challenge

26 minutes over the course of a day.

"SNAP has been a lifeline for us and had such a positive impact on our family and supporting our son. We wanted to be part of making sure they will still be there when we come out the other side of this. Our family would really be in a different place if we had never found SNAP."

Heather and her daughter, Amy, are also taking on a walking challenge in SNAP's name to say thank you for the support they, and other families they know receive from the charity. The duo are well on their way to completing a staged 26 miles and their local countryside is providing a great backdrop for their endeavour.

"Our lovely walks are spent chatting, making up silly poems and taking in the local surroundings," said Heather.

"The other day we had to take a diversion to avoid some curious and lively cows! I have benefited from SNAP's one-to-one advice, specialist talks, and we've attended family activity sessions, so our mother and daughter walks are a special way to say thank you."

Brave youngster Ava, who has complex medical needs, took on a series of physiotherapy challenges for the day.

"Ava was a superstar," said proud mum Liz.

**"SNAP has been a lifeline for us and had such a positive impact on our family and supporting our son."**

"Amongst her day she did 26 ball kicks, 26 assisted sit-ups, 26 steps in her assisted sling, 26 bounces on her physio ball and even blew a continuous raspberry for 26 seconds!"

"My anxiety melted away the minute I walked through the door at The

SNAP Centre. When Ava goes to SNAP she loves the sensory sessions and having somewhere to go where she can be effortlessly Ava is such a gift. SNAP are continuing to support us through this crisis so we are pleased to be able to help them too!"

The Burrell family tasked son Michael with completing 26 housework tasks in 2.6 hours.

"Michael completed 23 out of 26 jobs in the

time limit," beamed mum Suzannah. "He worked super hard and was amazing, just like the support we receive from SNAP."

Meanwhile the Richmond family drew on their talents for their challenges. Star Baker Vicky literally raise-d money by making 26 rainbow cupcakes which mum, Lyn, then delivered to a local care home, while Vicky's brother Glen took on 26 minutes of non-stop football keepy-uppies.

"Glen and Vicky had great fun completing their challenges, and we are so pleased to be part of such a fantastic fundraising total," said Lyn.

The Morgan family held a bake off using random ingredients and getting everyone to create a dessert in 26 minutes. They encouraged those donating to their fundraising page to vote for the best dessert with the losers having to complete a forfeit!



## the 2.6 challenge

"The SNAP team have been overwhelmed and humbled by all the love and support the charity has been receiving," said Christina Stubbs, SNAP's Director (Finance and Fundraising).

"We have adapted our services to offer the best support we can at present, and we thank everyone for all their fabulous efforts in aid of SNAP and to all those that were inspired to donate from these challenges."

SNAP's Community Fundraiser, Sam Tandy, has been sharing everyone's challenge news with the rest of the SNAP team.

"We are loving hearing everyone's ideas from yoga salutations, to naming Pokemon characters, and from star jumps to singing head, shoulders knees and toes 26 times. Everyone has been so positive and inspiring."

"It's also been a real bonus seeing so many supporters using their daily hour of exercise to walk, run or cycle for us and all the donations SNAP has been receiving have put a real spring into everyone's step."

"We are over the moon that so far everyone's amazing efforts have raised more than £15,000 with more donations still coming in. This is a fitting challenge as it's SNAP 26th Anniversary in 2020 and this fundraising campaign has exceeded our expectations. We are so delighted with the outpouring of support we have received."

The SNAP team also got involved in a series of personal challenges too; walking, knitting, baking, planting, cycling, learning languages and even hula hooping!

**There is still time to get involved with SNAP's 2.6 Challenge - visit their dedicated website page - [https://www.snapcharity.org/get-involved/support\\_snap/](https://www.snapcharity.org/get-involved/support_snap/) for more information. Or you can donate via SNAP's website - [www.snapcharity.org](http://www.snapcharity.org)**

• We will bring you more SNAP 2.6 Challenge stories in our next issue of SNAP Matters.



**Left: Ava completed a number of different physiotherapy challenges.**  
**Below left: Star baker Vicky with her yummy cakes.**

## The SNAP Team took on their 2.6 Challenges

- ★ Alex baked 26 yummy biscuits
- ★ Paula and her family ran 2.6 miles in 26 minutes
- ★ Pam ran for 26 minutes non-stop
- ★ Ali hula hooped constantly for 26 minutes
- ★ Michelle learned to sign 26 words
- ★ Meesh let her teenagers soak her with 26 water balloons
- ★ Kate pledged no take-away food for 26 days
- ★ Christina completed 26,000 steps in under 2.6 days
- ★ Sara also completed 26,000 steps in the same time
- ★ Liza planted 26 summer bulbs in her garden
- ★ Andrea knitted a 26 inch teddy bear scarf in 2.6 hours
- ★ Karen walked 26 miles in a week
- ★ Berni learnt 26 words in Spanish
- ★ Sam took on 26 a-meow-sing cat-based challenges with his new pet!
- ★ Jill jogged 80 garden laps (2.6K) and baked 26 biscuits with her family
- ★ Dale baked 26 yummy cupcakes
- ★ Mary is walking 2.6 miles a day for 26 days
- ★ Sally and her new little family are also walking 2.6 miles for 26 days
- ★ Callum cycled 26k and took a distance selfie with team mates Jill, Meesh, Berni, Alex, Sara and Karen!



## Water wonder Rob raises funds for SNAP

Supporter took the plunge recently as he set himself a swimming challenge to raise funds

Having run several half marathons before for the charity, Rob was no stranger to the determination that would be required to complete a sporting challenge, and had taken up swimming to keep fit after being diagnosed with arthritis in his knee.

"I knew I could swim about a mile, so I thought to double this would make a good challenge," said Rob.

"I trained for three months. It's quite lonely swimming for an hour but it does give you the chance to clear your head."

"My daughter, Isabella, has cerebral palsy and autism, and SNAP has helped my family in so many ways over the years. We first heard about them from a healthcare professional at our local hospital and the SNAP team has been there for our family ever since; attending meetings, offering advice, training, trips out and much more."

Rob completed his challenge earlier than planned due to the imminent lockdown which meant his family unfortunately couldn't be there to cheer to him on.

"I took the morning off work. I just got my head

**Rob with his daughter Isabella and below his poolside 'selfie' post his completed two mile swim.**



down and the training paid off as I really enjoyed it. I swam two miles in 1 hour and 38 minutes. I went straight into work afterwards, but I did enjoy a celebratory glass of red wine with my family when I got home."

Rob raised awareness of his challenge with his family and friends, through social media and through his business. All of which paid off as he raised a splashing £3,000 for SNAP.

"It's a great feeling being able to give a little bit back to SNAP for all they have done for us and other families in the community. If you're thinking of raising money for SNAP please do it."



## Top marks for Quizmaster Tony

SNAP has received some fantastic support from local Rotary Clubs over its 26 year history. Here SNAP Matters catches up with Tony from Brentwood A Beckett Rotary Club who recently donated £4,000 to SNAP following the organisation's latest very popular Charity Quiz Night earlier this year.

"Our quiz was first introduced to raise money for the Rotary Foundation – which is the Rotary's own charity, one of the biggest in the world and gives away £100 million per year," said Tony.

"Over the last 27 years we have moved more towards supporting local charities and SNAP are a great team to work with."

"I begin planning the quiz event a couple of months in advance and the first job is to make sure the date is in everyone's

diaries! I make up all the questions myself, with the round's topics varying from year to year. My maxim is – on the basis that I am of average intelligence – if I can't answer the question it definitely doesn't go in. What gets in is the sort of question that I feel I should know, is on the tip of my tongue or I think that I can have a good stab at. Some questions come from the internet but mainly I get them from quiz books, which I pore over laboriously.

And naturally Tony takes some inspiration from the TV too.

"I love television quizzes; The Chase, Pointless, Eggheads, University Challenge, Mastermind, Tenable. I can't answer all the questions but I

certainly enjoy watching them all."

"I'm always looking out for information that I think would make a good question or a great subject round. It would be easy to settle back and have the 'same old' every year but that would be boring.

The record attendance so far for this long-standing Quiz Night is 381, and Tony's aim is to hit the 400 mark!

"I enjoy being the quizmaster but I am motivated by raising as much as I can for the charity. If people appreciate what I'm doing then that just gives me inspiration to do it again and better."

Tony has recently developed an online Quiz to keep keen quizzers busy during lockdown. There are 10 in total on the following subjects – Films, TV, Books, Proverbs, Dates, Numbers, Songs, Singers, Film Actors and Songs and who recorded them.

The link below will take you to the entry form where Tony is asking for a minimum donation of £1 plus the processing fee (Gift Aid option too) with all profits going to local charities.

<https://www.cognitoforms.com/RotaryClubOfBrentwoodABeckett/BeckettRotaryLockdownCharityQuiz>



## Events

### Updates to our fundraising calendar

Charities across the UK are facing a tough time and SNAP is no exception. It is estimated that at least £4.3bn of income through events, community challenges, corporate and foundation income will be lost over the first three months of the pandemic nationwide.

We hope our planned and rescheduled events will be able to go ahead safely from September, and that our fantastic supporters will join us for a fun, social time whilst raising essential funds.

#### **SNAP's Golf Day - Friday 25th September 2020**

**Thorndon Park Golf Club, Ingrave, Brentwood, Essex, CM13 3RH. £50.00 per person for Thorndon Park members and £90.00 per person for non-members. Teams of three players.**

#### **Afternoon Tea - October date to be confirmed**

**De Rougemont Manor, Great Warley, Brentwood, Essex, CM13 3JP. £25.00 per person. Tables from noon.**

#### **The Fat Turk Charity Dinner - October date to be confirmed**

**Warley Road, Warley, Brentwood, Essex, CM13 3AE. £32.50 per person for a three course set meal. Table sittings at 6.45pm and 7.15pm. Tickets are 32.50**

### SNAP charity awareness week

From  
27th Sept  
to 3rd Oct

### Let's tackle anxiety together!

With the right support, children and young people with additional needs can learn to manage high levels of anxiety and reach their full potential. SNAP's Specialist Talks, counselling sessions and bespoke activity sessions work on strategies to reduce stress and are just one of the many ways we're supporting families across Essex.

With the outbreak of the coronavirus meaning that life has changed for us all for a while, feeling anxious at a time like this is a completely understandable response.

The majority of people will have felt increasingly worried about coronavirus and the potential impact on their lives and the lives of those they love. It is important to be aware of these levels of anxiety and SNAP can help support all members of the family to take steps to try and manage this.

### Get involved with our awareness week

- Share our social media messages with your friends, families and local community.
- Encourage your school to take part in our activity ideas to raise funds to support children with additional needs to manage stress and further their learning.
- Business and community groups are invited to learn about the benefits of a charitable partnership.
- Organise a fundraising event to support SNAP.
- Simply make a donation to SNAP and help us to continue to empower our families.

## Invite family and friends to your online SNAP event fundraiser

While we can't all be together at the moment, the SNAP Team has some great ideas for some virtual fun. Visit our dedicated website page coming next week for all the information and resources you need to get started.

#### **Pam's Bingo Fun**

A 'house' party with a difference! It's eyes down for your attendees as they mark their cards and hope they will emerge the lucky winner. Follow Pam's easy steps to set-up a winning night.

#### **Paula's Quiz Night**

Virtual pub quizzes have become a go-to activity in lockdown. Paula has some top tips to help you design your quiz from devising questions, getting creative with round topics and fun extra activities.

#### **Berni's Afternoon Tea**

Take this great British tradition online and catch-up with your loved ones over tea and cake. Berni has some helpful advice to make your tea party tip-top and leave you the host with the most!

#### **Callum's Board Games Night**

Take the traditional board game online and embrace your competitive streak. Game-loving Callum selects some of our recognisable favourites that are available to play online with friends and family.

#### **Michelle's 80's Party**

Go nostalgic and take your virtual partygoers back to a time of shoulder pads, legwarmers and big hair! Michelle offers some inspiration to help get your online party guests voguing!

#### **Emily's Gig Night**

Whether you want to showcase your musical talents live or pre-recorded, Emily has some suggestions for how to make your online performance shine and put SNAP in the spotlight too.

For more information on our events, or other ways to get involved contact  
SNAP's Fundraising Team 01277 245345 [fundraising@snapcharity.org](mailto:fundraising@snapcharity.org)



Virtual fundraising event

Event in partnership with

shenfield  
**wine**  
company

# Let the evening BE-GIN!

Friday 29th May 7.30pm - 8.30pm

Become a gin guru whilst raising money for SNAP. Learn about the origins of gin, current flavour trends and making the classic gin based cocktail that will leave you shaken not stirred! Delivered via Zoom. Your support during these challenging times is greatly appreciated.

£10  
suggested  
donation

*Have your gin, tonic and toppers  
at the ready as our session begins  
with how to make the perfect G&T!*

Plus  
Quiz

This could be a great start to your online Friday night with friends and family!

To book your place(s): <https://snap-gin-event.eventbrite.co.uk>

To contact the fundraising team: [events@snapcharity.org](mailto:events@snapcharity.org) / 01277 245345

**Special Needs And Parents Ltd** [www.snapcharity.org](http://www.snapcharity.org)

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