



SNAP (Special Needs And Parents)

SNAP is an Essex Charity whose aim is to inform, encourage and support families with children and young people who have any special need or disability, allowing parents and carers to grow in strength and knowledge so they are better equipped to give the best possible help to their children.

From its Brentwood base, SNAP offers a helping hand to thousands of families who need support. No formal diagnosis or professional referral is necessary to access SNAP services, available to families of children and young people aged 0 to 25.

The charity's vision is to provide a safe environment offering a wide range of support and specialist services with the aim to increase resilience and empowerment within our families. SNAP's ethos is about strengthening all members of the family.

Registered Charity No.1077787

Please quote SNAP's charity number in all promotion

“Having you with us through this journey has been the thing that has held my little family together.”

Contact details

Special Needs And Parents

The SNAP Centre,
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Essex, CM14 5WF
01277 211300
info@snapcharity.org

Fundraising Office:

01277 245345
fundraising@snapcharity.org

SNAP Values

Supporting, Welcoming,
Encouraging and Empathetic.

Non-judgemental, Understanding,
Caring and Compassionate.

Always Consistent,
Reliable and Dependable.

Professional, Knowledgeable,
Trustworthy and Respectful.

6,077
Helpline calls
and emails
answered
during 2019

2,783
families are currently
being supported by SNAP.
In 2019, we registered
500
new families

SNAP Services for families

Parent Advice and Support

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

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

Making the difference

“Without SNAP's support I doubt I would understand my child at all. I could list so many things SNAP has given us as a family but most importantly you have given me the confidence to fight for my child. SNAP has given my child a chance for a brighter future. We are indebted to you all for understanding, supporting and encouraging.”

Join the SNAP community

Facebook: [@SnapCharity](#)

Twitter: [@snapcharity](#)

Instagram: [Snap-charity](#)

Join SNAP to receive updates on our latest activities and SNAP Matters magazine: www.snapcharity.org

SNAP stays strong for families

SNAP continues to deliver the best possible help to families across Essex during the current situation

Helpline

SNAP's Family Support Advisers are continuing to provide an essential listening ear and offering advice to parents and carers for registered and new families. SNAP is also booking telephone appointments with families who need more in-depth support.

Activity Sessions

SNAP has adapted some of their regular weekly activity sessions for children and young people to participate in via Zoom. Drama Club, Yoga, Music Therapy and Pre-School Music are all running virtually. SNAP is now planning a series of Summer virtual activities.

Counselling

SNAP's experienced counsellors continue to support the families they were working with either on the phone or via virtual sessions. Appointments are available for families that need crisis support. SNAP also produced a Coronavirus Family Guide to help manage anxiety.

Specialist Talks

SNAP devised a new programme of virtual Specialist Talks to support families with concerns they may have during the current circumstances. SNAP's training aims to increase resilience and empowerment for parents and carers. More talks are planned for the Autumn.

Weekly Live Music

SNAP welcomes families to join their weekly music session that goes out live on Facebook every Friday morning at 9.30am. This hour long session sees SNAP's resident Music Therapist join members of the SNAP Team to play song requests and help families to feel connected.