



matters

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



Good to be back!

All smiles as The SNAP Centre re-opens

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SNAP is well placed to deliver services to the high standards we are known for

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Rising to the challenges

Welcome to the Autumn edition of SNAP Matters. We continue to meet the unique challenges of 2020 head on and provide the same level of excellence and commitment to our families and supporters we have always achieved.

Thank you for all the wonderful feedback we have received from our families and all the kind words and donations from our supporters over the last few months.

You can read about our summer activities and services on page 3 and our Specialist Talks, both previous and upcoming, on page 8.

The SNAP Team were so delighted to welcome back families to our centre for individual and small 'bubble group' sessions from August and we will continue to do so throughout this term, as well as continuing to offer our virtual activity sessions and add to these as the current crisis continues.

Our counselling sessions continue via Zoom, while our Face-to-Face appointments are moving back into The SNAP Centre.

You can view our 'Safety at SNAP' procedure, watch an explanatory film and read our SNAP welcome back story here <https://www.snapcharity.org/need-support/at-the-snap-centre/safetyatsnap/>

We would like encourage everyone to get involved with our upcoming SNAP Awareness Week between 27th September and 3rd October. Following the success of our inaugural week in 2019 this year we are again asking everyone to come together and help to raise awareness - and funds - for SNAP. See page 12 for more details.

Best Wishes
Karen and Christina
SNAP Directors



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

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Making a difference

Special Needs And Parents - is an Essex charity that 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 and Young People
- Sibling Support



"I have felt so alone and unable to manage but feel about 3 stone lighter after talking to you - I am so grateful."

"Such a safe, anxiety FREE environment. So wonderful to see my children laugh and play at our individual session today. Thank you to the SNAP Team so, so, so, so, so much!"

SNAP contact information:
Call - 01277 211300 Email - info@snapcharity.org
Website - www.snapcharity.org

If this is your first introduction to SNAP then please join our mailing list via our website homepage - www.snapcharity.org

highlights



Counselling

SNAP's experienced counsellors continue to support families either on the phone/Zoom/Skype appointments.

One SNAP parent said: "My daughter is starting to recognise the things that make her anxious and said to me about a particular anxiety 'I'll make a note of that and talk to my counsellor about it.'"

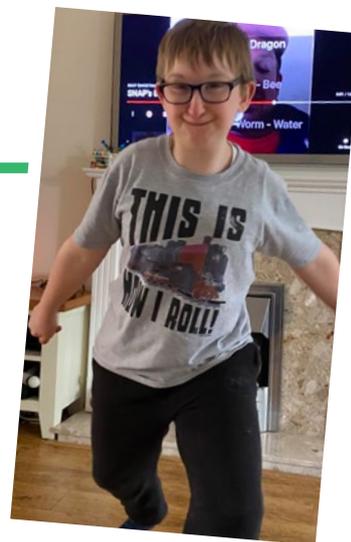
Drama Club and Yoga activity sessions

SNAP provides a number of different activity sessions for our young people with additional needs, and since April some of these have been adapted to run virtually. SNAP's Yoga Hour and Drama Club help to develop social and communication skills and build self-esteem.

SNAP parent Vanessa has been at home, mainly on her own, with her three children as her husband works long hours as a key worker and has greatly welcomed SNAP's support.

"Trying to home-school three children whilst trying to meet their emotional, social and other needs was a very hard balancing act and not one that we have always won.

"SNAP decided to host the drama sessions on Zoom and Joe has looked forward to every Wednesday afternoon, reminding me from at least the Monday and then every hour on the day itself. He comes out of these sessions on cloud nine and SNAP has been able to offer him a piece of normality in all the uncertainty of recent times. A chance to see friends and the SNAP staff and engage in an activity that he enjoys so much."



Microsoft Workshops SNAP's partnership with Microsoft continued as we offered a series of virtual Microsoft workshops exclusively for SNAP families throughout the Summer, based around Minecraft and Coding your own video game. Different sessions are now being planned, look out for more details to come.

Sensorise Sessions

SNAP's online Sensorise Sessions will be continuing after proving popular over the summer. These are for families with children with more profound and complex special needs and their siblings. Music Therapist Emily and members of the SNAP Team offered sessions that had a huge positive impact on attending families. There were even several SNAP families able to join while undergoing treatment at hospital, which was uplifting.

SNAP parent Joanna is delighted with the sessions: "You all have made lockdown that bit easier! It worked really well and felt like everyone was connected."



Facebook Live

Since June our Facebook Live music sessions are still going strong. Tune in on Fridays from 9.30am.

"Friday is now officially our favourite day of the week. It really just felt like we were all together again as normal. It was still sprinkled with the usual SNAP magic, that just makes everything ok in the world."

SNAP Summer Disco is a hit and will return this Autumn

SNAP held its first virtual Disco in July, led by regular DJ, Skittleman.

One SNAP parent commented: "My son and daughter both absolutely loved it, dancing, shouting and laughing for two hours straight. It was an absolute joy to hear and my son said he had 'the best night ever. Just seeing his friends and engaging in a normal activity, albeit in a different way, is helping to regulate his social and emotional needs and just have fun!"

The SNAP Team are planning another disco shortly. "It was so wonderful to see everyone together on screen and really getting involved and interacting," said Karen.

Pre-school Music Making

SNAP's pre-school children and their siblings were able to access a much loved part of their term-time and holiday sessions at The SNAP Centre. Each week Music Making with Maggie brought her popular songtime into each family's home. Pam and Dale from the SNAP Team made a weekly video recording with Maggie who creates wonderful backgrounds to accompany her songs to help capture the spirit of being at SNAP. These sessions will continue over the next few months.



Young People's Bingo fun

One of the highlights of our usual SNAP+ Holiday sessions at The SNAP Centre is our Bingo session hosted by Pam, SNAP's Family Support Manager. Pam is delighted to have run her much-loved Bingo via Zoom each Thursday afternoon during the school holidays. There were even weekly certificates for the winners.

'Phenomenal' SNAP is ready for the next steps

Chair of SNAP's Trustees, Mandy Carr, explains how SNAP is looking ahead and determined to help future generations of families and their children, like Phoebe and Jaz. Their mum Fran tells SNAP Matters on the next page why it's so important the charity continues to support the local community.

How proud are you of the way SNAP has adapted to the Covid-19 pandemic and the support it has provided families?

The Trustees are enormously proud of the SNAP Team. At the start of the year we had our plans for 2020 and none of us imagined Covid19 throwing everything up in the air. Despite the uncertainty and fearfulness, under the leadership of SNAP's Directors, Karen Boath and Christina Stubbs, we have found ways to remain a key point of contact for families.

Whilst The SNAP Centre was closed, the switch to remote working enabled us to be there for our families; at the end of the phone and via zoom. The fact that we've offered music therapy, yoga, parent training sessions, counselling, drama and even several virtual fundraising events during this period, whilst dealing with 3,331 Helpline calls and emails from existing and new families proves how vital SNAP's work is.

Are there lessons learned in recent months that will stand SNAP in good stead in the future?

Yes, we had a model for our services that revolved around attendance at the centre mainly. However, Covid19 forced us to think outside the box and in doing so we have widened our reach. Whilst we will continue to offer our core services to families we have seen there may be additional complimentary services well within our capabilities. We had never thought we'd rely on online programmes, but they worked so well; so it would be wrong of us to stop offering these, but we need to take a longer view and see how we use our strengths and expertise to best serve our families.

How equipped is SNAP to face the challenges of the future?

I believe we did exceptionally well during the lockdown and continuing until now



Left to right: Karen Boath, Director (Family Services), Mandy Carr, Head of Trustees and Christina Stubbs, Director (Finance and Fundraising).



when we are starting to reopen the centre so confident. We are very well placed to deliver our services to the high standards we are known for.

Our biggest challenge over the coming year is likely to be around our ability to get our fundraising back on budget. We have received great support during the last 6 months from some of the organisations who support us with grants/trusts/donations. However, understandably there has been limited opportunities for any community fundraising and corporate sponsorship has dwindled as so many organisations have huge financial uncertainty themselves.

Saying this, we have always been

financially prudent and have solid foundations to continue to sustain our services until we all get back on an even keel.

How do you think SNAP will have to adapt or expand and what impact might that have on the SNAP community, if at all?

SNAP always looks for ways to adapt and improve; our striving for better outcomes is inherent in everything we do and this puts us in a prime position to consolidate what we're great at and consider where we go next.

For instance our SIBS4FUN week is hugely important and with some creativity we were able to run this in August as a mixture of outdoor activities around the centre and online. Activity boxes were delivered to each child so that everyone was ready to go.

Are there opportunities for SNAP to broaden its offering and reach without impacting on its current operations?

Our use of Zoom to broaden our reach was really an experiment to start with.

>> Continued on Page 5

family services

“SNAP is an absolute lifeline to parents and during lockdown the charity has helped our family to stay in touch with people outside our walls.”

Would people feel comfortable connecting with us in this way? What services could we offer? Would it provide a safe environment for our families? But the answer to all of these was a resounding yes. Whilst we are slowly offering face to face services at the centre, our experience and confidence of using an online platform has grown enormously.

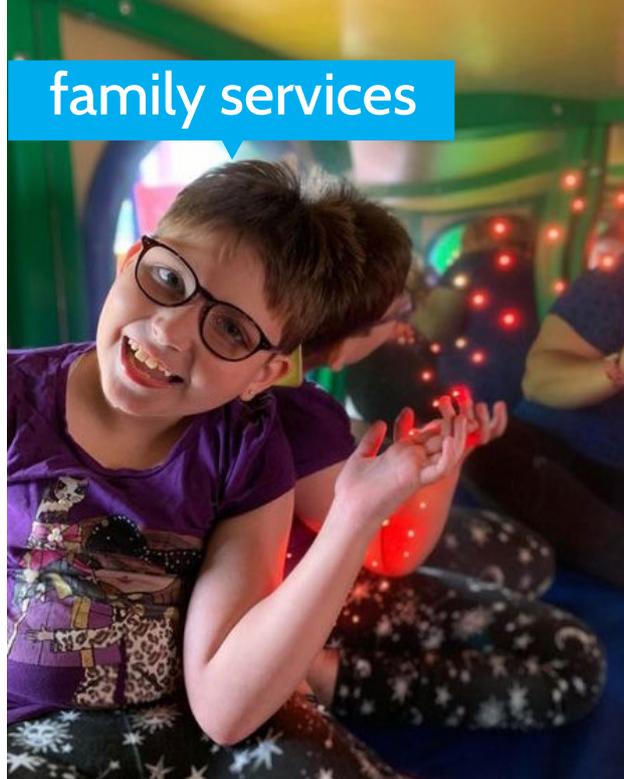
So where we may be limited to a few family bubbles in the centre, we can reach many more families via Zoom. We need to consider this more strategically but I do see this as an opportunity to consider how this might be used for long-term impact.

What excites you most about the future of SNAP?

SNAP is phenomenal. I am honoured to be part of a team who strive to deliver services to allow our families to become resilient in the face of so many obstacles that everyday life throws at them.

However, whilst we know we have an amazing team offering first class services and support to our families, it was recently confirmed by an external evaluator whose report we (the Trustees and the senior team) are reviewing and will use to develop a strategy to move forwards in a strong, focused way.

It was humbling to see in writing how great our impact is and how unique we are and this is exciting as it opens opportunities for us.



LEFT: Jaz enjoyed her first individual family visit to The SNAP Centre in five months. **BELOW:** Jaz and mum have fun with a banana challenge from Skittleman when he joined the SNAP Team for a recent Facebook Live Music Session. **BOTTOM LEFT:** Jaz with one of her sisters, Maddie.



Fran's experience with SNAP

We have two daughters with additional needs – our eldest, Phoebe, has ASD. Jaz has cerebral palsy and is wheelchair bound. SNAP is always the one place we turn to as if they can't help us they know people who can. The charity is a fountain of knowledge and loveliness and has been one of our biggest support networks.

This year Sensorise and Sibs Week – though different – have been amazing and as parents we can't thank them enough for all their hard work and dedication to our kiddies. The individual sessions gave Jaz an amazing opportunity to explore the centre; to be able to just crawl around and have a real go at everything with no limitations was great for her.

SIBS4FUN! was organised to perfection and the girls had an amazing time with children just like them, who understand the needs of

having a SEN sibling. It taught them that it is frustrating to have a sibling that demands so much time but equally it is ok to feel like that because they all do. It does wonders for their mental health just knowing that there are others out there like them.

SNAP is an absolute lifeline to parents and during lockdown the charity has helped our family to stay in touch with people outside our walls.

One of Jaz's favourite memories of lockdown was Facebook live - she loved it whenever they said her name and played a song and for Jaz, SNAP's Karen, Emily and Dale are as famous and as good as The Wiggles – high praise indeed!.

I cannot thank SNAP enough for all they do for our girls - all four of them love going as do myself and their dad. SNAP feels like an extended family and even my mum has accessed some of the grandparent tea afternoons!"



family services

Vitual talks prove their worth for families and professionals

SNAP's Family Team has continued to deliver a programme of virtual Specialist Talks since April, concentrating on current concerns that are topical for families. Parents and carers were also able to ask questions from the experienced presenting panel. SNAP's diverse calendar of training each term is designed to help increase resilience and empowerment for families, with professionals also welcome to join. Here's a reminder of those delivered so far - and details of those arranged for the new Autumn term.

Please email info@snapcharity.org if you would like viewing access to any of last term's sessions - £5 per Specialist Talk.

Coming Sept - Dec 2020



'An Anxious Return to a New Normal?'

Looking at the implications for the 'new normal',

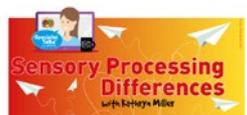
dealing with uncertainty, anxiety and rationalising fears.



Can't Sleep, Won't Sleep

There is a range of reasons why some children may have

difficulty sleeping. Exploring these reasons for these difficulties is key to overcoming them.



Sensory Processing Differences

Develops awareness of how sensory needs may present in your child, gives tools for analysing these and ideas to help your child to cope effectively.

Please note: This is not a substitute for medical advice



Tackling Toileting

This session explores the reasons for a child's toileting issues, as well as giving

practical advice for children with any additional needs.

Virtual Parent Time £5.00

Wednesday 30th September - 11.00am to 12.30pm

SNAP is pleased to be running our first ever virtual Parent Time session. An informal discussion event for parents whose child is in the first few years of primary school (Reception to Year 2).

It is a great opportunity to meet other families in a similar situation and share experiences. It will also be a chance to look at a range of specialist resources. We will be joined by a Specialist Teacher and Autism Consultant.

Developing Emotional and Sensory Regulation Skills £5.00

Wednesday 21st October - 11.00am to 12.30pm and 7.00pm to 8.30pm

This course has been developed to help parents and professionals support children to develop awareness of their sensory and emotional development. Does your child engage in behaviours that challenge? Do they have meltdowns or withdraw from situations that they find challenging? Do they find it hard to cope in school or at home?

Developing Independence and Self Esteem £5.00

Wednesday 11th November - 11.00am to 12.30pm and 7.00pm to 8.30pm

Being able to operate with increasing independence is a very important part of developing confidence and resilience as children grow and develop. This course offers parents an opportunity to reflect on the importance of growing independence and resilience in children, and the benefits of doing this from an early age - although it is never too late! Looking at research and latest thinking to help parents identify areas where children can gain independence and explore ways to help them to do this whilst remaining confident and engaged.

Adult-child Interaction & Making our Homes More Communication Friendly £5.00

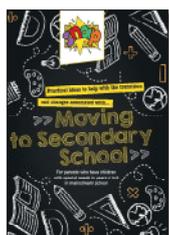
Tuesday 17th November - 11.00am to 12.30pm and 7.00pm to 8.30pm

SNAP is pleased to welcome senior Speech and Language Therapist Natasha Ivey, who will be talking about how families with younger children can make their homes more communication friendly. She will cover a range of ideas and activities to support positive adult-child interaction.

Have you seen our latest resources to download?

SNAP's Family Team recently researched and produced helpful Information Sheets on a variety of currently relevant topics as part of our annual Summer Survival Guide. These guides all offer insight and strategies that continue to be useful as families return to the school routine.

We have also released a 16 page Information Booklet on Moving to Secondary School. This is essential reading for parents who have children with additional needs in years 4 to 6 at mainstream school and for those who have just made the transition.



Secondary School

<https://bit.ly/3b4qFWA>



School Transition

<https://bit.ly/3gAPtqj>



Timetables & visual supports

<https://bit.ly/3hBymG8>



Managing anxiety

<https://bit.ly/3b2iWIE>



Activities

<https://bit.ly/2EFqDsf>

SIBS4FUN! 2020

Just unforgettable



SIBS4FUN! is an annual summer scheme especially for children - aged 6 to 13 years - whose brothers and sisters have special needs. It is a chance for them to connect with other children in similar situations. Despite some huge challenges this year the SNAP Team delivered five days of Hawaiian themed fun and confidence building with a mixture of virtual get-togethers and small groups attending The SNAP Centre.

"We did it" beams Karen Boath, SNAP Director (Family Services).

"Our SIBS4FUN Week has been running for the past 14 years and so the SNAP Team were determined not to miss this one! The planning for this year's week certainly stretched the team as everyone was so keen to deliver the best week of fun possible while maintaining all the necessary guidelines.

"Our 39 children and young people were previous attendees so they understood what was required of them. SNAP Team members delivered a special box of delights to all the excited children before the week started, containing everything they would need to complete their week between home and The SNAP Centre."

SNAP parent Lisa: "It has been a pretty difficult time for everyone during these very strange times ... added to which, having a sibling with additional needs and their struggles ... so it was a Godsend that SNAP were able to put on a week of activities for children, like Leila, despite

the massive challenges SNAP must have faced in accomplishing this.

It gave Leila something to look forward to (as she had been struggling with the intensity of the school work during lockdown and not being able to see her friends, which made her quite anxious).

"The mix of activities has been amazing. Leila has never really been a craft person but has really enjoyed it this year so that is something else she can turn to at home!

She loved the tattoos and nail painting and also the silly sports - challenging herself to activities she's not done before. Seeing her happy and with a spring in her step made us happy too."

SNAP parent Richard: We have benefited as a family from Ben's sister Isobel attending SIBS4Fun 2020 as we have, as parents, been busy working from home in these uncertain times. The access to the activities via Zoom have allowed us to keep the sudden changes in the UK over lockdown constant for our son, who is Autistic.



He can be thrown into anxiety with regular changes to day-to-day expectations. The familiarity with Zoom and working from home has helped him cope with watching and observing his sister interacting with children in their bubbles that SNAP created for their online Zoom sessions. Ben is well versed in Zoom (he attends SNAP's virtual drama club) so seeing faces and hearing familiar voices were not upsetting for him.

Our daughter loved the sessions and was always supported by the SNAP Team. She got to see lots of faces that she knew before lockdown and always had a smile on her face."

SNAP parent Jane: "This week has been brilliant. The people who work for SNAP are so positive, personal and friendly - I don't know where you all get your energy from!"

Turn to the next page where Lucy tells SNAP Matters about how she has been supporting her younger brother William and her family.



SNAP would like to thank the The Moody Charitable Trust and The D'Oyly Carte Charitable Trust for their support in funding 2020's project. SNAP would also like to thank the following organisations for their support to deliver the activities. **Baker Labels, Chicken and Frog Bookshop, ProStrike Events, Caroline Fryd Fitness and Skittleman.**

“My very special bond with wonderful William”

Over the last few months with routines disrupted and regular carers unable to help, Lucy has taken on a bigger role supporting her brother William, bringing them closer than ever before.

“My brother William has cerebral palsy. He doesn’t walk or talk, and he’s not really like us. But that doesn’t mean he doesn’t have a personality though. He’s cheeky, lively and very bossy. He likes to control things as most things aren’t in his control. And that can be quite hard when you’re trying to have a family dinner and he’s shouting at us all to get lost because he wants to eat in peace and quiet. He knows what he likes, and he knows how to get it.

He’s a very smart boy. He is also very emotional. He feels things very deeply especially when it’s around someone he loves. That doesn’t just mean sadness, but happiness, excitement, anything really.”

When lockdown began back in March, Lucy stepped up to support her parents caring for William.

“Before lockdown, I wouldn’t say that I was doing that much actually. Don’t get me wrong, I’d be helping round the house, helping when he had a meltdown, dealing with the funny looks in public but that just felt normal because it’s what I’ve been doing my whole life. I thought I understood William and that there wasn’t really much else to learn about him. However, lockdown really changed that.

“In lockdown I spent so much more one to one time with William that I have learned heaps more about him. We weren’t able to have his carers come to the house as he’s in the high risk category and so when



my mum works I was doing all of his care (except the really personal stuff).

“I love watching him progress as a person and gain that independence. I also love learning about all types of special needs and disabilities and when I grow up, I want to do something along those lines.”

I haven’t really learned more about his condition or his label, but more who he is as a person. I’m now having deep and meaningful conversations with him, rather than just talking at him, I know so much more about what he likes to do and what his passions are and the bond we now have is unbreakable.

William loves having his online lessons with his carers (that would be at our house) and his schoolteachers. He loves it even more when he doesn’t have to have someone (mum or me) supporting him. He loves the independence. He also loves swimming and playing with his train set and his figures. As for what makes me happy, I just love to support him and learn about him each day. I love watching him progress as a person and gain that independence. As much as I enjoy learning about William, I also love learning about all types of special needs and disabilities and when I grow up, I want to do something along those lines.

“It’s so special to be able to help my mum

by letting her go to work. It’s made us so much closer too and I didn’t know that was possible as we were already so close. It’s so nice to be recognised not only by my mum, but by the people at her work, the team at SNAP and family and friends of mums I’ve never even heard of! Most of all though the difference it’s making to William. As we’re a similar age, he’s 12 and I’m 14, it’s nice for him to have a break from the constant adult care. It’s so important to recognise carers as it really does give you new and fresh hope.”

Lucy continued her own studies during this time, even in her least favourite subject.

“I don’t really mind doing schoolwork at home. It’s much more flexible so it’s easier to balance learning and caring for William. I’ve just taken my options, so I don’t have to carry on with the subjects that I don’t like. Except maths. I really don’t like maths! It makes it easier when you’re doing subjects you actually like. I probably like health and social care best.”

Ways to help SNAP

Payroll giving - this flexible scheme enables employees to give regularly to a charity of their choice straight from their gross salary and thus tax-free.

Making the difference!

SNAP Matters catches up with some of our supporters who have recently taken on challenges to raise funds and awareness for SNAP

Tony steps out for SNAP

Supporter Tony set himself the challenge of walking 150 miles in a month.

“My family has been incredibly supported by SNAP since my seven-year-old daughter, Millie was diagnosed with Autism last year.

From initial meetings to discuss how SNAP could assist our family and seeing the fantastic work done to help others in the community, to being there at the end of the phone or email during the lockdown times, SNAP has been on hand to guide us through.”

Tony knew that if the opportunity arose he would like to fundraise to say thank you.

“From being available post diagnosis, and understanding our concerns, and providing us with an avenue we didn’t know existed, SNAP has been amazing for our family. Even during lockdown when times for everyone were tough, the ability to go through things on emails just made us feel better about situations.”

“I’m actually an ambassador for Weight Watchers (WW) as since January I’ve lost



more than 2.5 stone and have been featured on their awareness building as a success story. They were setting up a campaign ‘Move More with WW’ which was about reversing the lockdown clock and getting people to move more when the restrictions were lifted.

“I wanted to make that more personal to me, and give my instagram account - @tonetrimsdwn - and followers another avenue on inspiration: ‘This is how I’m taking on this challenge and I’m using it to the best possible use not only for me but for a good cause too’.

I’ve got a fair following on there and that’s been great at letting people know how I was getting on and getting motivation from there.

Now that Tony has achieved his target distance he is certainly feeling it!

“Why I said 150 miles I’ll never know! It was painful towards the end, with work and being a bit under the weather, there were days

I just couldn’t get out so I’d left myself only a few days to go the remaining 60 miles needed. I was out at the crack of



Tony and Millie are all smiles.

dawn working to get those final miles off before my final walk on Sunday 13th September.”

Although Tony is feeling the pain now, seeing the donations mount up to more than £1,000 has been rewarding, as is knowing that he has achieved longer walks that he’d ever really dreamed of doing previously.

And how did Tony mark reaching his ‘finish line?’

“I managed to rope a few of my friends in to do the last walk with me followed by a well deserved beer and no doubt there may now be a visit to a chiropractor!”

Ann’s lasting legacy

An impressive 26 crossword puzzles completed in 26 days – that was the challenge that caring SNAP supporter Ann set herself as part of the recent 2.6 fundraising campaign.

Fundraisers across the UK were invited to complete a task of their choice around the numbers 2 and 6 and Ann set herself the brain teaser of completing 26 crossword puzzles in 26 days. With the help of the team at the Brentwood Care Centre where Ann was a resident, her daughters, Maggie and Kate, were able to read out the clues through phone calls and FaceTime chats, with Ann providing the answers.

Maggie was delighted she had been able to talk to mum and support the charity close to both their hearts: “SNAP have been a great help to our family with our son who has autism, offering advice, counselling and music therapy. Our mum is a Crossword Queen!”



Ann on FaceTime with her daughter Maggie.

This wasn’t the first time Ann had given to SNAP as she donated money collected from her 90th birthday four years ago. This time Ann completed the 2.6 challenge and raised an incredible £226. Brentwood Care Centre were blown away by Ann’s efforts, so much so in fact that they generously matched the amount raised bringing Ann’s total raised to £452.

Sadly, Ann passed away last month and the SNAP Team sends their condolences to Maggie, Kate and the rest of the family.

Karen Boath, SNAP Director (Family Services): “We were very sad to hear of Ann’s passing and will always be grateful for the support she gave us, raising money for future generations of SNAP families.”

In-Spire-ing spirit of hospital teams



Hartswood Hospital team supported SNAP with a 10km fundraising challenge.

The team at Brentwood's Spire Hartswood Hospital went the whole nine yards – and a lot further! – to raise funds for our charity.

In fact, members of the hospital team – staff, consultants and their friends and family – each completed a 10km challenge in June to support SNAP and raised £1,100 for the charity, surpassing their target.

"This included running, walking, cycling,

rowing, canoeing and even skateboarding!" said Angelli Miranda, Senior Business Development Executive at Spire.

"A lot of members did the challenge – which involved a donation – as part of their daily dose of fitness, some even took part at home (to socially distance). Family members, friends and even dogs got involved too!

"Our outpatient nurses went above and beyond and did a 'Keep Fit-athon' – which was lots of socially distanced fitness sessions where they turned on motivational music and danced their socks off," said Angelli.

She added: "SNAP is our local charity and we've built such a close partnership with them over the past two years. All our members of staff, consultants and patients know about SNAP and talk about the amazing work they do in our community.

"It's been a challenging time for small charities so we wanted to play our part again this year, keep fit and lift everyone's spirits – so it only felt natural to fundraise for them. Helping charities like SNAP can make a big difference to so many people's lives and we're very proud to have surpassed our target!"

Hospital Director, Jo Dean added: "We regularly see the fantastic work SNAP does and how they change people's lives. There are very few charities in the community that provide these services and we know how incredibly important it is for children and parents/guardians to have the support of SNAP. Many families feel isolated and have no support, but SNAP gives them the guidance, support and strength to become better equipped to give the best possible help to their children."



TOP: Outpatient Nurses doing their 'Keep Fit-athon.' **ABOVE LEFT:** Sean Le Strange, staff member who ran and rowed! **ABOVE RIGHT:** Jo Dean, Hospital Director took on the challenge with her dog! **RIGHT:** Mr Plaha, Consultant Orthopaedic Surgeon took part whilst at home.



Ways to help SNAP

Shop at Amazon Smile and support SNAP at no cost to you. Same products, same prices, same service. Amazon will donate 9.5 per cent of the price of your eligible purchases. Visit <https://amzn/2CZtxHk>

James wins funding from workplace charity scheme

James Guthrie has been an admirer of SNAP for the last 20 years and was delighted when a scheme at his place of work - Covéa Insurance - meant he could apply for funds for SNAP.

The caring company encouraged its employees to nominate a charity they are passionate about and James was successful.

"Despite SNAP having to temporarily close their centre due to the COVID-19 crisis the charity continued to provide essential support including innovative use of online media," enthused James.

The £650 James was able to raise could fund remote counselling sessions. Through SNAP counselling families have access to tailored support that will help to improve their communication, self-esteem, and develop healthy coping mechanisms and strategies to support their wellbeing.

One parent recently said, "Counselling really helped me understand my daughter and was a big help in getting through the last few months. I feel we all started to understand and appreciate each other so much more."

fundraising

How you can help

You can create a fundraiser for SNAP on Facebook. To create a fundraiser follow these steps: Click Fundraisers in the left menu of your News Feed. You may need to click See More. Click + Raise Money. Select Nonprofit or Charity. Select SNAP, fill in the fundraiser details and choose a cover photo and finally click create.

Kamal's zoom is a boon!

Kamal Magecha from Guided Learning donated her 'fees paid for services' during April to June to local charities including SNAP.

Kamal's 20-minute Zoom sessions during lockdown helped not only the children who were not able to attend school, but also struggling parents trying to home school and motivate their children.

"It is with great pleasure that I am able to donate income from those three months of lockdown to two Brentwood charities," said Kamal.

Rugby Club hits the high notes in latest challenge

Former school mates are first class fundraisers with their creative ways to support SNAP

Old Brentwoods Rugby Club channelled their inner Beach Boys and hit the high notes to raise money for SNAP.

The macho men decided to turn their regular Saturday afternoon singalong into a worthy cause by recording their own unique version of California Dreaming, filming it and asking for donations for their efforts, raising £1,000 in the process.

Johnny Janes from the club explained: "After we play a game of rugby on a Saturday we sing California dreaming if we win. We've got old and don't get to sing it that often so decided to have a another sing along for SNAP."

The song was recorded during lockdown so individual members of the team sang their own lines remotely before it was edited.

"The hard part was editing it all together and trying to keep the guys in tune and on time. We definitely weren't in tune," said Johnny.



"Lots of the guys sang the same parts or popped in new words now and again. We had lots of retakes but we got there in the end."

Johnny explained that SNAP has helped some of the club's families over the years and they remain grateful to the charity.

"We like the fact its local and you can really see the impact the money makes," added Johnny, whose team mates have also taken part in numerous charity events organised by the Old Red Wall Club, made up of former Brentwood School pupils.

The Old Red Wall Club have a long standing supportive relationship with SNAP and their previous other challenges have included multiple marathons, fundraising dinners/evenings and some incredible Thames Tideway 30 Miler challenges.

How you can help

Autumn sees the welcome return of The Great British Bake Off and Strictly. If you fancy adding more fun into your viewing experience how about organising a SNAP Sweepstake with your family, friends or work colleagues?

Our packs make it really easy and it's a great way to raise some funds for our charity.

<https://bit.ly/3iRKSCa>



Goodwill gesture warmly welcomed

Local Freemasons have made a generous donation to SNAP as part of an Essex-wide initiative to support community projects.

The Goodwill Lodge, which meets in Chingford, donated £500 after members identified SNAP as a charity making a real difference in Essex.

Their donation was match funded by the Essex Freemasons Community Fund, which supports local charities and community based projects across the county.

“Goodwill Lodge is very much part of the Essex community and this is



the kind of charity that makes a real difference,” said Chris Hicks. “It is something our members have wanted to support and I am delighted we have been able to help.”

The Essex Freemasons Community Fund is expecting to make donations of nearly £90,000 in 2020, in addition to nearly £1 million given separately by Lodges countywide.

Peter Hollingsworth, Assistant Provincial Grand Master for Essex Freemasons, explained: “There are hundreds of small charities like this in every part of the County. They are vital to the needs of the local community and this is where we are trying to aim our support.

“The work of SNAP cannot be underestimated, particularly in these difficult times and I am pleased it has the support of our members.”

“The money is very welcome,” said Christina Stubbs, SNAP’s Director for Finance and Fundraising. “It will enable us to continue our wide variety of services and activities that help build resilience and empowerment within all members of the family. Like many charities we have been severely hit by Covid-19 and every donation matters.”

Ways to help SNAP

The Essex Lottery is a weekly lottery that raises money for good causes. From every £1 ticket sold 60p goes to good causes. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000!

<https://www.essexlottery.co.uk/support/special-needs-and-parents-ltd>

There’s still time to join SNAP this STEPtember

The annual Barleylands Fun Walk has gone virtual for 2020, and the SNAP Team are hoping everyone will join forces to celebrate this great community fundraising event.

We hope to encourage our fabulous supporters to pledge to walk/trike/wheelchair/pushchair any distance of their choosing during the month of September. The steps/miles that everyone ‘clocks up’ will then be added together and we will see how

many miles we have collectively achieved. How far can we travel together from our SNAP Centre base in Brentwood?

The Fun Walk Trust organisers have once again pledged to add to any sponsorship raised by individuals. Last year for every £1 raised the Fun Walk Trust added 50p.

For more information and to register visit <https://www.snapcharity.org/get-involved/steptembertogether/>



SNAP
charity
awareness
week

From
27th Sept
to 3rd Oct

Let’s tackle anxiety together!

Feeling anxious during the current uncertainties is completely understandable. 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.

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.

Get involved with our awareness week

- Share our social media messages
- Encourage your school to take part in our activity ideas to raise funds
- Business and community groups are invited to learn about the benefits of a charitable partnership
- Organise a fundraiser to support SNAP
- Simply donate to SNAP and help us continue to empower families

For more information on our events, or other ways to get involved contact SNAP’s Fundraising Team 01277 245345 fundraising@snapcharity.org