

Issue 15 // Autumn 2022



matters

Sharing news of SNAP's important work

Supporting
over 3,400
families across
Essex



Supporting the whole family

Parents and grandparents find support
for themselves and the wider family

THIS ISSUE
INSIDE

3 Evening sounds

Facebook Live
goes live!

6 After school overload

Top tips on how to
survive back to school

7 Ride London

SNAP dad, Christopher,
on his 100 mile cycle
challenge!

About Us



Making a difference

SNAP is an Essex charity that helps families with children and young people who have any additional 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.

SNAP is currently offering a wide range of services - at the centre, remotely or hybrid- 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 DVDs
- Parent and Pre-School Children Sessions
- After-School and Holiday Sessions for Children and Young People
- Sibling Support

Scan me to find out more
information about SNAP!



SNAP contact information:

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Email - info@snapcharity.org

Website - www.snapcharity.org

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Welcome

Welcome to the Autumn 2022 edition of SNAP Matters! This issue is packed full of exciting news, encouraging stories and insightful wisdom to help you at the start of this new school year.

As with each new term, we bring you advice on a different area... this time we share how to help your child with after school overload. We also have a whole host of Specialist Talks heading your way! More details on page 6.

We've had a successful summer full of busy activity sessions for all the family.

We will be holding our first Coffee, Cake and Catch-up since the pandemic on Wednesday 2 November as we celebrate 15 years in the SNAP Centre! We are honoured to have the Lord Lieutenant of Essex officially opening the event for us. It is an opportunity for friends, families and supporters of SNAP to come and see the Centre, meet the staff and hear about the great work we have been doing. More upcoming events on page 8.

Head over to our social media pages (Facebook, Twitter, Instagram & LinkedIn) for all our latest news and updates throughout the term. If you haven't seen already, we have set up a new Facebook Page called '[SNAP Charity Information Network](#)' as a resource to find relevant information from various charities and organisations.

We are getting ready for a busy term ahead so keep your eyes peeled for further updates from us!

Best wishes,

Karen Boath
CEO

Feedback from a
SNAP family

"I can't thank SNAP enough for everything you have done for us. The journey isn't lonely anymore and because of you, we get to see our children smiling more, whether that's from parenting advice, links to other clubs, or the sessions that you run 😊"

SNAP in numbers

(First half of 2022)

3,464

Families
supported

385

New families
registered

2,240

Helpline calls

2,418

Helpline emails

3,611

Hours of children
services

1,176

Participants in
specialist talks &
workshops

Highlights

Volunteer Spotlight

The support provided to SNAP by our wonderful volunteers is an essential component of how we run. Volunteers help us with fundraising, events, our children's services, our administration work and by providing their expertise. We can't thank them enough for what they do for our SNAP families! In this edition, we asked Mena, one of our session volunteers, some questions about her time at SNAP...

How long have you been volunteering at SNAP?

Since they moved into the building 15 years ago.

What made you want to volunteer at SNAP?

SNAP was starting up new after school sessions at the Centre and Karen asked me to step in and help with the teas and coffees for the new drama and SNAPTASTIC groups. It was only meant for a short time but I ended up staying!

How often do you volunteer?

Until the pandemic I was still helping at two of the after school sessions every week during term time. Since the pandemic I help out when needed and come in for the SNAP+ holiday session and the discos.

Favourite SNAP toy?

I've got a few I don't like! The billiard table in the middle of the room upstairs when I'm trying to get through with drinks and nearly get hit. The Wii is probably my favourite because the kids love it.

What's your favourite SNAP biscuit?

The Borders Viennese Whirl... I promise I don't eat them while I'm here though!

What do you enjoy most about volunteering in the sessions?

Talking to the children and the families. That's what it's all about!

What did you do before you volunteered at SNAP?

I volunteered in primary schools and the rest of the time I'd walk in the park with my friends.



FB Live Live



SNAP's Facebook Live weekly music session was LIVE once again on Friday 10 June and it was even BIGGER than last year!

Our fantastic music therapist, Emily, arranged the whole set list and persuaded a group of her very talented musicians to give their time for free. They were joined by one of our SNAP staff, Alli, who is also a very talented drummer. It was such a fabulous evening of music entertainment!

Those in The SNAP centre enjoyed a delicious authentic Indian curry from Tastefully Yours during the interval too. Thank you to all who attended. We really hope you had a great time - we know we did!

Thank you to Emily and her amazing team for making it such a special night for so many.

• Join us for Facebook Live every week on Fridays at 9:30am on our SNAP Charity Facebook Page- @snapcharity

Scan me to
donate to SNAP!



We were bowled over by this fundraiser!



Members of the SNAP team were delighted to visit Brentwood Cricket Club for their annual fixture against the star studded PCA England Legends. One of the auction prizes was to face an over by a selection of England legends including Alex Tudor, Ravi Bopara, Monty Panesar and Stuart Meaker. The successful bid came from our Finance and Fundraising Director, Jeremy Radley, who said "This should serve as a warning that a charity auction and an impulsive nature can lead to you facing a dangerous and unexpected situation." Fortunately, Jeremy survived the fast bowling as the Legends didn't bowl at top speed!

A huge thanks to Brentwood Cricket Club Chairman, Paul Webb, for all of his hard work and continued support of SNAP and to all of the people who gave so generously on the day.

Supporting the whole family is SNAP's core mission

SNAP parent, Jane, explains how SNAP is an extension of her own family.

"I heard of SNAP through going to the Good Beginnings course (an Essex County Council course), but was scared to call them.

"I knew from 12 months that something wasn't right and hounded everyone to seek advice. I first booked into meet SNAP Family Support Adviser, Mary, when Harry was 16 months old and I was pregnant with his sister.



"I remember sitting there with Mary and I didn't feel like I was going crazy. The face-to-face aspect and having someone to listen too was priceless. From the minute I arrived through those doors we were made to feel at home. It's like walking into one huge hug. The music sessions when Harry was tiny was a focus and helped me meet other parents. The coffee meets and the talks were always a way to speak to people about the issues I was having at that time.

"It's not just a place to bring them both during the holidays it's more of the fact that you know that SNAP are there for you. Even though SNAP have so many

families to look after, they still find the time to help. When I needed advice regarding switching schools the amount of information given was so valuable.

"Sophia has benefited so much from all the sessions she attends with Harry. It's so lovely to have a place that they can both go during the holidays. And it is so nice not to be judged. SIBS4Fun week in the summer holidays is such a great idea and it has helped her understand that she isn't alone and that she is special and loved for all the help she gives him throughout the year.

"At first I used to hide SNAP to my husband, Ben, and pretended it was a kids club. I will never forget the day that some post arrived and he quickly realised what SNAP actually stood for. I think in general the men find it harder to process which is common. But once Harry was diagnosed, Ben really wanted to do all he could for SNAP and even ran a half marathon. He also enjoys the sessions and over the last year has been to quite a few.

"SNAP has been instrumental in our journey with Harry. Every step of the way when I have reached out for help and advice someone has always been there. It's very daunting when you are suddenly launched into a world you know nothing about, so having a point of knowledge at your fingertips is simply amazing. I will continue to beat the drum in honour of SNAP

and to do whatever I can to help it continue to support other families. In the world we live in now with help being cut back at such a drastic rate, SNAP should never be taken for granted and I just pray that it can go on forever."



But first, coffee

In June our Grandparent Coffee Morning returned to The SNAP Centre. We were joined by over 20 grandparents of children and young people with additional needs whose families access SNAP support.

This was a grandparent only event which allowed for open discussion within the group about the joys and challenges of family life.

The SNAP Team ran through the support on offer for families both at SNAP and in the wider community and shared resources that can be accessed on our website such as the Directory, Information Network and Resource Guides.

There was lots of time for chatting in small groups and towards the end of the session the room came back together to ask any questions that had come up from their discussions.

Grandparents shared stories about their children and grandchildren, about how they make them proud and asked questions about the best ways to support them.

The session was emotional at times but positive and uplifting throughout. The grandparents went away feeling supported and with newfound connections to others who have similar lived experiences.

One grandparent said, "Thank you for such an interesting session. You gave us information in such a relaxed, welcoming and no pressure atmosphere. I have gained a lot and will spread the word of the good work you do. It was good to meet so many other grandparents and share experiences."

Family services

Days in the sun

There is nothing quite like a day trip out with our SNAP children to drive up your energy levels!

Our annual trips to Legoland Windsor and Colchester Zoo are amazing days and such good fun for all who attend. Early morning departures from The SNAP Centre are essential to make the most of all the attractions on offer. Packed coaches of parents, children, staff and volunteers left The SNAP Centre early on beautiful sunny days in May and June.

In total, 80 children aged between 3 and 16 enjoyed the two days out and whether they met a giraffe, fed an elephant or travelled through the Magical Forest, a great fun day was enjoyed by all.



Thank you to The Rotary Club of Brentwood for sponsoring our trip to Legoland in June!

Thank you to The Rotary Club of Brentwood à Becket for sponsoring our trip to Colchester Zoo in May!

SNAP is so grateful to the two rotary clubs for making these days possible for our SNAP families.



Parent Choir Showcase

If you walked past The SNAP Centre on a Tuesday evening in springtime, there would be a high chance of you hearing some beautiful singing. The magnificent sounds would be coming from the SNAP Parent Choir. The choir was started in the autumn of last year led by music therapist, Emily. Singers of all abilities are welcomed.

One of the key ambitions of SNAP is to provide support to every member of our families and the Parent Choir certainly has been one way that parents can take time out from their busy schedules. Some of the members told us what attending meant to them.

"I have often thought about joining a choir before but have not been confident enough until now. The SNAP sessions have been fun, relaxing, and enlightening! I knew I'd be amongst people in the same boat and knew I didn't have to explain about having a child with additional needs to anyone."

"I wanted to let you know how grateful I am to the parent choir. I really look forward to the sessions and they give me some 'me' time and singing really does lift me up and makes me feel happy. Emily is wonderful and has a great way about her and a great sense of humour and makes it fun. Thank you."



The choir achieved a collective milestone when they sang to an audience of over 40 families and supporters earlier this summer.

"The Showcase tonight was amazing. Incredible talent and more than that, seeing the bond between the parents and their courage to share something they have created was just beautiful."

The Parent Choir will be restarting in Autumn 2022 and any SNAP parents are invited to join. Please contact info@snapcharity.org if you would like to participate.

Family services

September to December 2022

SNAP is pleased to offer the opportunity to access some of our Specialist Talks via online webinars and also in-person. We are thrilled to be able to announce we have secured funding from the Mid & South Essex Hospitals Charity, Mid and South Essex Health Care Partnership and NHS Charities Together which will enable us to offer them FREE for families for a limited time. A nominal charge for Professionals to attend still applies.

Adolescent Issues for Autistic Teenagers with Professor Tony Attwood

Monday 12th September
Online webinar – 9.00am to 11.30am

Professor Attwood joins us live from Australia via Zoom to discuss common challenges faced by autistic teenagers.

SNAP Parent Time

Wednesday 28th September
The SNAP Centre – 10am to 12noon
(crèche available)

A relaxed discussion group for parents whose child with additional needs is in the first few years of primary school (Reception to Year 2).

Makaton Taster Workshop with Debby Auvache

Wednesday 5th October
The SNAP Centre – 11am to 1pm
(crèche available)

A small group practical workshop for parents to introduce Makaton signing.

Anxiety & Barriers to Education with Kathryn Miller

Wednesday 19th October
The SNAP Centre – 10am to 12noon
Online webinar – 7.30pm to 9.30pm

Kathryn will look at stress and anxiety triggers (especially in relation to school) and explore tools to help children (and parents) to regulate their emotions.

Can't Eat, Won't Eat with Kathryn Miller

Wednesday 9th November
The SNAP Centre – 10am to 12noon
Online webinar – 7.30pm to 9.30pm

Kathryn will explore a range of reasons children might refuse certain foods and strategies to help children to become more flexible with foods.



EHC Needs Assessment Request Workshop with Hannah from Essex SENDIASS

Wednesday 23rd November
The SNAP Centre – 10am to 12noon

Hannah will be guiding parents on how to fill in the Essex County Council paperwork to request an Education, Health and Care Needs Assessments.

Autistic Masking with Kate, SNAP Family & Information Manager

Wednesday 30th November
The SNAP Centre – 10am to 12noon
Online webinar – 7.30pm to 9.30pm

Kate will be looking at the ways in which autistic individuals may mask areas of difference and how we can support the impact masking can have on a person's wellbeing.

How to help your child with after school overload

It is really common for children and young people with additional needs to feel overwhelmed following a day at school and this can sometimes result in externalised or internalised emotional overload. They have often held things together all day whilst being constantly bombarded with demands, information, and sensory stimuli. When they leave school they can be teetering on the edge of overload and home is the safe space where it can all come out. Here are some tips that families can try:



► Routine

- Have a clear and consistent after school routine.
- Consider the order in which things are done, so that they work well for the whole family.
- Ensure that they have time to relax straight away.

► Down time

- As your child gets older they may benefit from having more control over the order things are done, such as doing their homework after dinner.
- The routine could be displayed visually or in writing to act as a reminder for your child.
- It may be helpful to consider sensory input, depending on their sensory needs.

- Some children may require reduced sensory stimuli whilst others may need increased.

► Communication

- When they first arrive home, minimise verbal communication - refrain from asking them questions or giving instructions.
- You could try some non-verbal communication to check how their day has been - for example simple hand signals -



Ok /Good Day?



Yes



No

For more information, contact familyteam@snapcharity.org

Fundraising

Time to get on your bike!

Ride London, the world's greatest festival of cycling, swept through London and Essex on Sunday 29 May as over 20,000 riders took on the 100, 60 or 30-mile challenge rides. We hear from Christopher who signed up earlier in the year and knew he was going to raise money for SNAP. SNAP has helped him, his wife, Ann, and their daughter Sophie over the past 8 years after Sophie was diagnosed with a Chromosome deletion, Global Developmental Delays, Autism and ADHD.

"I've ridden 100 miles a couple times before but not for a few years and when I was a bit fitter!"

"Training for the ride was going fairly well in the limited time I had to get out on my bike until 5 weeks before the ride when a pesky wasp flew under my helmet and caused me to crash. I was originally told I had broken my wrist but, 2 weeks later and having my wrist in a cast

I was told it wasn't broken but badly sprained and damaged my fingers. This stopped me training but wasn't going to stop me riding on the big day!

"On race day, I was as ready as I could be. With my bright orange cycle top (to match my bike) and the SNAP logo, I looked the part!

"I got to the start line at Embankment and there were thousands of cyclists everywhere. I started quickly cycling through the City and was soon 10 miles in at Stratford where I saw the early starters racing each other to the finish line! My ride continued through Epping Forest but at a slightly slower pace, being cheered by the spectators. 32 miles done and I got to the first stop, I saw Sam from SNAP with his banner outside so I stopped for a brief chat before I set off again.

"I came out of Limehouse Link tunnel and a Garmin said I had done 100 miles but I knew I had a bit further to go as the finish line wasn't in sight yet. My legs started going into cramp now but a few jelly babies sorted me out until the finish line on Tower Bridge. I had completed the ride, all 102 miles of it. I collected my eco-



friendly wooden medal, and I hobbled back along Tower Bridge to find my family for a well-earned hug and celebratory photos!

"It was great raising money for SNAP and I enjoyed the ride. I raised a total of £3,396 plus another £658.75 in gift aid which was way more than I thought I would raise!"

If you would like to fundraise for SNAP, contact the Fundraising Team on 01277 245345 or email fundraising@snapcharity.org.

Alternatively, visit SNAP's website [snapcharity.org/get-involved](https://www.snapcharity.org/get-involved)

Scan me to donate to SNAP!



Fundraising

Thank yous!

The fundraising initiatives of our supporters are hugely inspiring and really make a difference to our families. Every £1 raised helps to ensure they have support when they need it most. Some of the highlights in recent months are shown below (apologies we weren't able to mention all of them).

March - **SNAP Ball**: We held our biannual SNAP Ball at Greenwoods in Stock with 180 guests. The auction, raffle and other fundraising on the night managed to raise an incredible sum which a generous individual donor then matched.

April - **Easter Egg collection**: Sometimes support comes in the form of gifts rather than money. HS Estates co-ordinated an Easter Egg collection across Brentwood and managed to deliver over 500 of them to the SNAP Centre at the start of the Easter Holidays. There were lots of happy SNAP children!



May - **Reggie's Golf Day**: SNAP parent Phil (Reggie's dad) held a golf day with his friends and family at Basildon Golf Club and raised an incredible £8,700 for SNAP. A truly phenomenal over par result!

May - **Ride London**: Our 14 riders managed to raise £11,770 from the London/Essex cycle route. A massive thank you to all of our participants.

July - **Yeliz 10th Birthday Ice Rink Dance**: Yeliz held her birthday party at Chelmsford Ice Rink and decided that rather than receive presents, she would prefer people to donate to SNAP. Yeliz is well on her way to achieving her amazing £550 target.



Upcoming events

Events are a great way of raising awareness, meeting our fantastic supporters and taking part in some fundraising to support our families. The dates below are already in the diary but we will be adding others as the months pass. Keep updated by signing up for our regular supporter emails at www.snapcharity.org/subscribe

7
SEPT

Wine Tasting Evening

Hosted by SNAP Ambassador, Penny Hollington, at the Brentwood Theatre.

30
SEPT

SNAP Golf Day

Sold-out for 2022 due to high demand! Register your interest for 2023 - email events@snapcharity.org

2
OCT

TCS London Marathon

SNAP supporters Sonia and Sarah will be racing for us at the iconic event. Contact events@snapcharity.org for more information.

5
OCT

Brentwood Business Showcase

SNAP will have a stand at the Brentwood Centre along with many other businesses and charities. Come along and see us.

21
OCT

The Rotary Club of Brentwood Quiz Night

The Rotary Club of Brentwood's monthly quiz in October is dedicated to fundraising for SNAP.

2
NOV

Coffee, Cake and Catch-up

Hosted throughout the day at The SNAP Centre and opened by the Lord Lieutenant of Essex, a great opportunity to hear the latest from SNAP.

NOV

Cycling and Running events

Our magnificent sporty athletes are cycling across Essex (6th) or running around Queen Elizabeth Park (27th).

XMAS

Christmas Lighting-Up

Join us in Brentwood and Shenfield as the Christmas Lights are switched on. Follow us on social media to find out the dates closer to the time.



SNAP's 200+ Club means that you can make a difference to the families we support; your good deed can also reward you too...

200+
Club

Scan me!



Sign up now!
snapcharity.org/200-club



For more information on events, visit snapcharity.org/events