



matters

Sharing news of SNAP's important work

Supporting
over 4,300
families across
Essex



Putting families first for 30 years

Equipping parents to give the best possible help to their children with the everyday demands of supporting a child with an additional need or disability

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Essex-based property group, Beresfords, hosted an incredible wine event to raise funds for SNAP

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, and live under Essex County Council, Thurrock or Southend local authorities.

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 are 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:

Helpline - 01277 211300 Fundraising - 01277 245345

Email - info@snapcharity.org

Website - www.snapcharity.org

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For views/future articles, contact editor,
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Welcome

An exciting year begins for us all at SNAP as it is our 30th Anniversary Year and we have some wonderful events planned for 2024.

At the end of 2023, we were honoured to appoint Lenny Rush, British BAFTA-winning actor, as a Young SNAP Ambassador and it has been great to see what Lenny has been doing over the last few months. He is a fantastic advocate for young people with disabilities and he was very pleased to be able to join us as an Ambassador and is keen to support us in anyway he can. You can see what Lenny is up to on his social media pages so do follow him.



Karen and Lenny

We are constantly looking to adapt the services we offer so we will be introducing a small group session one Monday a month called Mini Mondays. This will be an after-school club for children who started school in September. It came about following feedback from parents who had been regularly accessing pre-school sessions and missed the contact with SNAP when their child went into school. On a Monday night we now have Marvellous Mondays, our social group and the new Mini Mondays. Turn to page 5 for more information on all of these sessions.

Also do check out page 6 for our comprehensive programme of Specialist Talks this term.

During this year we are looking to further develop and grow our Corporate Partnerships so if you know of any business who would be interested in supporting us, please do get in touch.

Best wishes,

Karen

Karen Boath, CEO

“My children love SNAP like a second home. For them it is joy, emotion regulation, and peace. For me, it is understanding, information, and a break. SNAP is our safe place.”

From a
SNAP
parent

SNAP in numbers

(End of 2023)

4,323	661
Families supported	New families registered
2,792	4,162
Helpline calls	Helpline emails
6,659	988
Hours of children services	Participants in specialist talks & workshops

Highlights

Walking the walk

September held The Fun Walk Trust's Virtual Fun Walk where some of our supporters completed a 2k or 5k walk anywhere, anytime during the month to raise funds for SNAP! Thank you to everyone who participated and also to the Trust and local businesses who contributed to the bonus pot making our overall total £2767.



Left to right: SNAP's Fundraising Assistant Fiona, Fun Walk Trust's John Baron MP and SNAP parent Dawn

The SNAP calendar is always packed with services, activities and events. For the latest updates, follow SNAP on social media.

Curry house rock!

There was *A Little Less Conversation* at Nirvana Ingatstone while our sold-out Elvis Curry Night went down a storm! Sumptuous authentic Indian food was served while an Elvis tribute act took to the floor getting everyone up on their feet for a song and dance!



Choir showcase struck a chord

An Icelandic reindeer-herding song echoed through The SNAP Centre as the Parent Choir opened the show. Their voices echoed down the stairs creating an amazing ambience as they made their way into the packed Activity Hall. They then serenaded the audience with three more songs before handing over to the SNAP Junior Choir.

The Junior Choir chose to sing Dua Lipa party classic 'Dance The Night Away', followed by several solos and even a duet from its members. The audience were blown away by the talent, skill, and confidence the young people showed that night, and there wasn't a dry eye in the house.

Both the Parent and Junior Choirs provide a space to sing with others in a safe and welcoming environment as well as connect with others through music - the showcase was a fantastic way of highlighting the amazing work and talent our families have.



If you would like to join SNAP's Junior or Parent Choir, please email services@snapcharity.org. Beginners welcome - no singing experience needed.

It was a full house for Comedy Bingo!

The legendary Skittleman hosted a fun-filled evening with congaing, dancing and wiggling. Even a viking was pulled out of the audience!



Can you guess what was in Skittleman's sandwich?

SNAP would like to say a massive thank you to Skittleman for all he has done over the years for the charity! From discos to Comedy Bingo, he has served SNAP families with so much joy and laughter! As we enter our 30th year so is he! His first gig was a SNAP disco back in 1994.

Festive fun

The SNAP Centre was full of festive fun in December! First of all, lots of our pre-school children joined us for a Christmas celebration and we even had a visit from Santa himself with huge thanks to The Rotary Club of Brentwood! We would love to say a special thank you as well to Chicken and Frog for supplying books as gifts for the children and Mrs Plumstead who came in for face painting!

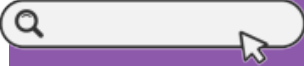
Closing out the term, disco fever filled the Centre as Skittleman returned for our Christmas discos for our 11-17s and 18+ young people. That evening we found out the winners of our Christmas Prize Draw. Congratulations to Mandy and Alison, who won the dual basket air fryer and Samsung tablet. We hope you're enjoying them!





5 ways to find information at SNAP

Join SNAP's Family Manager, Kate, as she takes us through the jigsaw puzzle of our Information Network. We hold so much information that can grow by connecting the pieces.



The SNAP Directory

With over 1000 entries, our Online Directory aims to provide a comprehensive guide to local and national organisations that support families who have a child or young person with additional needs.

You can browse through the directory by category or look for more specific support with a key word search facility. This includes organisations that provide education, legal or financial advice, as well as those that provide family support or leisure activities.

There is also a dedicated section on opportunities for young people moving into adulthood.

www.snapcharity.org/directory

The Information Network

The Information Network can be found on both the SNAP website and our “**SNAP Charity Information Network**” Facebook page. Here we share upcoming activities and events from Essex based organisations for families with children and young people with additional needs, as well as parent learning opportunities and support group meetings.

You can also find articles relating to national news that may be of interest to our families.

www.snapcharity.org/need-support/informing-you-online/information-network/

Library

Our specialist library, based at The SNAP Centre, contains a variety of books, easy reference information sheets and DVDs, that are free for families and professionals to borrow over a four-week loan period.

Resources cover a wide range of topics including books on specific conditions, as well as broader themes such as sleep, sensory differences or emotional regulation. If you are looking to see if we have a particular title on the shelf, or to browse the library, please email familyteam@snapcharity.org



Information Sheets

SNAP has created a bank of information and advice sheets for parents. These are quick read overviews of topics that includes helpful advice and top tips, as well as links to further reading and resources.

We also have contact lists for different types of local therapists, tutors and specialist swimming instructors.

Survival Guides

SNAP Survival Guides are written and produced annually to help families over times of routine change or transition. You can find guides to support your family during the Christmas and Summer holidays along with an in-depth guide on Moving to Secondary School. Each guide is packed full of practical strategies and advice to help navigate some of the trickier aspects of these periods and encourage families to find what works best for them. The guides can be found on the SNAP website or can be downloaded to read offline via www.snapcharity.org/index.php/information/survival-guides.



Family services

Making Monday's magic

SNAP Matters catches up with Services Co-ordinator, Rachel, who explains our Monday sessions and how they impact our families.

SNAP on a Monday 10.30am to 12.30pm in term time

This relaxed pre-school session allows the opportunity for parents to chat with each other or get support from SNAP parent advisers whilst their children play. Children have access to a wide variety of toys as well as the Centre's specialist facilities and multi-sensory equipment. Pre-school aged siblings are also welcome to attend.

Mini Mondays 4.00pm to 5.00pm in term time - set dates per term

This relaxed after-school session is for families with children aged between 4 to 6 with additional needs and their siblings. Due to feedback from parents who had regularly attended pre-school sessions and their children now attending school, these families missed coming to SNAP with weekly support and opportunity to meet others so we hope this bridges the gap.

Marvellous Mondays 4.30pm to 5.30pm in term time - set dates per term

This session was introduced in the Autumn term, aimed at those in Years 6 or above, who identify as female or non-binary. This offers a



safe space for teenagers to nurture friendships and offers activities such as arts and crafts, music, gaming, nail art and much more! Counsellor, Tina, is also on hand for support for parents and our young people.

SNAP Social Club 4.30pm to 5.30pm in term time - set dates per term

This session is for those in Year 7 and above and offers activities such as table tennis, DJ decks, games, bingo and karaoke. We also have a Tuck Shop, which the young people help us to run and aids practise in using money.

How do these sessions support children and young people?

SNAP offers a safe environment where they can be themselves and feel like they are part of something.

Activities can help improve communication and social skills as well as increase self-esteem and confidence. They can also improve emotional wellbeing from interaction with peers and increased independence. Siblings are welcome to use the facilities upstairs while sessions are running too.

What are the benefits for parents?

At each of these sessions, parents have the opportunity to meet other families in a similar situation which helps them to realise they are not the only ones who may be finding things hard. Meanwhile, our library is open for parents to peruse, and Family Support Advisers are on hand to recommend strategies, resources, information and emotional support.

For more information about session dates or to register your interest, please email familyteam@snapcharity.org.

Thank you to the Brentwood and Basildon NHS Health Inequalities Fund, and to the Community Organisations Cost of living fund delivered by the National Lottery Community Fund for helping to make these sessions possible.

Do you need help tackling your child's toileting?

Sam, Nikki and their colleague, Jan, are part of the Essex Partnership University NHS Foundation Trust's (EPUT) Children and Young People's Bladder and Bowel Service (CYBBS) under the South East Essex Integrated Children's Community Nursing Team.

They offer toilet training advice, support and early intervention from the age of 18 months up to 18 years old where it is known or anticipated there may be difficulties with toilet training. They also undertake clinic-based one-to-one sessions in toilet training for children aged 4 and above



who have been referred into the service for delayed toileting.

The team have been doing monthly advice sessions at SNAP since October and have dates set in 2024 to continue support for our families. At these sessions parents can discuss any toileting difficulties your child may be having or get some advice on how to approach or adapt toilet training.

If you are interested in booking a slot, please email admin@snapcharity.org. This service is free of charge, however places are very limited and must be booked in advance.

This specific EPUT service only covers families living in Mid and South Essex. For information on service providers in other areas of Essex, or post 18 adult services please email familyteam@snapcharity.org.



January to March 2024

SNAP organises a unique and diverse calendar of Specialist Talks, Workshops and Coffee Mornings for parents and professionals.

We appreciate that the rise in the cost of living has impacted families with children with additional needs more than most, and do not want a family's financial situation to be a barrier to accessing services. Please contact SNAP to discuss payment if this is impacting on you accessing our talks by emailing admin@snapcharity.org.

For the latest information, visit the SNAP website - www.snapcharity.org/training or SNAP's social media channels.

Coffee Morning for Neurodivergent Parents

Wednesday 31st January
The SNAP Centre - 10am to 12noon
£5 per SNAP parent

This coffee morning at The SNAP Centre is specifically for parents who are (or think they may be) neurodivergent themselves. No formal diagnosis is required to attend. Neurodivergence encompasses a range of cognitive variation, including autistic individuals, or those with ADHD, Dyslexia, Dyspraxia etc. It will be an opportunity to share experiences and meet other neurodivergent parents.

Sensory Friendly Support for Children with Specialist Paediatric Occupational Therapist Anna Hamlet

(For parents of primary school aged children)
Wednesday 14th February
The SNAP Centre - 10am to 12noon
£10 per SNAP Parent

This session will give you some ideas on how to support your child's sensory needs. It will also include a quick recap on sensory processing differences and will provide lots of sensory strategies that you can start to use with your child straight away. Anna has over 20 years of experience in this field.

Coffee Morning for Parents with Autistic Girls

Wednesday 6th March
The SNAP Centre - 10am to 12noon
£5 per SNAP Parent

This coffee morning at The SNAP Centre is for parents who have an autistic daughter (no formal diagnosis is required). It is an opportunity to share experiences and meet other parents going through similar situations. The SNAP team will also be sharing some helpful resources and strategies around supporting autistic masking.

Moving To Secondary School

(Two session workshop)
Wednesday 20th March and Wednesday 27th March
The SNAP Centre - 10am to 12noon
£10 per SNAP Parent

This two session in-person workshop will give parents lots of practical ideas to help with the transition and changes associated with the move into secondary school for children with additional needs. It is suitable for parents who have children with additional needs in years 4 to 6 in a mainstream school.

SNAP's Preparing for Adulthood Guide

There are significant changes that happen as a teenager with additional needs or disabilities prepares to leave school and move from children's to adult services.

It can be a difficult period to navigate with new benefits to claim, different education provision choices, fresh Health and Social Care teams to work with, and all sorts of legal considerations to think about.

SNAP has produced a guide as a starting point for our families to assist in their research as their young person prepares for adulthood. There are some excellent resources from other organisations that we have brought together to explore.

The guide covers the 10 areas of Benefits, Post-16 Options, Further Education & Employment, Transport & Travel, Legal Matters, Social Care, Health, Housing, Person-Centred Planning, and Finding Social Opportunities & Activities.

You can request the guide via our helpline or by emailing familyteam@snapcharity.org.





A night of generosity

The Brentwood School Auditorium was transformed into a haven of sophistication on Thursday 30th November for an unforgettable 'Beat the Bluffers' Wine and Cheese Event. The event was hosted in association with Essex based Property Group Beresfords, Shenfield Wines, Brentwood School and Lady Penelope Wines and was in support of SNAP.

The prestigious Brentwood School set the stage for an evening of fine wines where guests were put to the test to see if their pallet could 'beat the wine bluffers on stage'. One of the bluffers included SNAP's very own Family Support Advisers Alli Fudge-Smith (pictured below on the left with the other three bluffers - Jamie Fudge-Smith, Martin and Lisa Harris.



Beresfords Director of Marketing and Business Development, Nicki Treffers, commented: "The evening raised an incredible amount of money which is a testament to the kindness and generosity of our community. We extend our heartfelt gratitude to all who attended and contributed, as well as our sincere thanks to Shenfield Wines, Lady Penelope Wines and of course Brentwood School whose support made this event possible."

SNAP CEO, Karen Boath, expressed her appreciation for the community's support saying: "The Corporate Wine Night was an amazing success, and we are completely blown away by the amount raised. We are extremely grateful to the team at Beresfords for making this night possible and for the ongoing support they are giving to SNAP. We have registered 635 new families this year so far and are currently supporting over 4,000 families across Essex. We want to make sure we can continue to offer the gold star service to our families, this is only possible with the support we get from organisations like Beresfords."

Funds raised from the night will directly contribute to our mission of providing support, information, and



SNAP CEO, Karen, with Paul Beresford and Nicki Treffers

advice for families with children who have additional needs or disabilities in Essex.

SNAP would like to say a huge thank you to Beresfords for their ongoing support which is continuing into 2024.

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

Credit: Beresfords



The Business PARTNERSHIP

that can really make a difference

For **30 years** SNAP has supported Essex families who have a child with any additional need or disability. Help ensure we can continue to be here for **over 4,000 families** accessing our services.

Speak to us about long-term partnerships to make sure SNAP is here for the next 30 years.

Make a
difference today!

fundraising@snapcharity.org



Upcoming events

 **ROTARY CLUB OF BRENTWOOD À BECKET** 

QUIZ NIGHT

SAURDAY 2 MARCH 2024
AT ANGLO EUROPEAN SCHOOL, INGATESTONE, CM4 0DJ

YOU CAN ENTER BY PHONING THE ROTARY ON 07739 277 998

 **SAVE THE DATE**  **THE Mesken**



Charity Dinner

Join the waiting list by emailing events@snapcharity.org


Thursday 25 April 2024
The Mesken Restaurant, 570 Rayleigh Road,
Hutton, Brentwood, CM13 1SG

THE ROTARY CLUB OF BRENTWOOD

VIRTUAL QUIZ

Book your spot by calling the Rotary on **01277424027**

IN AID OF SNAP
FRIDAY 17 MAY 2024 

Thir-tea party

Celebrating 30 years of SNAP

Venue & June date to be announced

For more information or to book tickets for any of these events, please visit www.snapcharity.org/events.

More events will be coming in 2024 so keep your eyes peeled on SNAP social media platforms and the SNAP website.

Skydive for SNAP!

Experience the thrill of jumping from 10,000 feet and free-falling at over 120mph in a sponsored tandem skydive for SNAP.

Find out more on our website: www.snapcharity.org/get-involved/skydive

Organise a skydive with

SKYLINE
EVENTS

Remember us in your will

Help local families



Are you thinking about writing or updating your will?

Your donation will help SNAP support families that need our services in the future

Please contact:
seniormanagement@snapcharity.org
Thank you for thinking of SNAP

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