



matters

Sharing news of SNAP's important work



Supporting
over 4,600
families across
Essex

Standing alongside Essex families

Offering steadfast support and tailored resources for families who have a child between 0 - 25 years with any additional need or disability across Essex, Thurrock and Southend.

INSIDE
THIS ISSUE

4 Summer Sessions Spotlight

Spotlight on SIBS4FUN and Sensorise summer sessions

7 Leaving a legacy of support

Natasha from Birketts Law shares the lasting impact of remembering SNAP in your Will

8 What a superstar!

Young fundraiser, Dexter, completed Tri Sport Essex's Try-a-Tri in aid of 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.

At SNAP, we have a wide range of services - at the Centre, remotely and 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
- 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!



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Website - www.snapcharity.org

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Wales No. 03805837

For views/future articles, contact editor,
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Welcome

I hope you had an enjoyable summer and found some time to enjoy the sunshine. It's been non-stop here at SNAP. We've had 234 families in the building during our holiday sessions as well as some special guests including Mini Wonders Children's Physiotherapy, Little City - Chelmsford and The Great Little OT Practice, who will be hosting two coffee mornings at SNAP. All the details are on [page 6](#). Our Trike Day was back again and SIBS4FUN was a roaring success with 46 brothers and sisters enjoying a break at SNAP.

We were honoured to continue as the charity partner for Tri Sport Essex's Try-a-Tri at The Brentwood Centre again this year. It was such a fantastic day and one participant in particular went the extra mile - you can read all about it on [page 8](#).

It's hard to believe we have come back round to the autumn already, but we have so many exciting talks and events planned for this term. We are working with local radio station, Phoenix FM, and will be appearing live each month on Jo Bailey's Drive Show, so watch out for upcoming dates on supporter emails and social media! Natasha Senior from Birketts shares why a Will is important on [page 7](#). Natasha will also be leading a webinar on 29th January, so look out for that!

We've got a few exciting nights out planned including a special event at Harry's Bar in Billericay and one outstanding night in! Though we said we would never do it again, our 24 Hour Kitchen Disco is back to celebrate our 30th Anniversary! All the dates and details for these events are on the [back cover](#).

I wish you all a smooth transition back into term time and hope to see you at SNAP or one of our events soon!

Best wishes,

Karen

Karen Boath, CEO

SNAP in numbers

(January to July 2024)

4,666

Families supported

413

New families
registered

1,708

Helpline calls

2,695

Helpline emails

4,354

Hours of children
services

284

Participants in
specialist talks &
workshops

Highlights

SNAP's 30th anniversary year has been packed full of celebrations, fundraising events and more...

Radio Ga Ga!

SNAP are teaming up with Phoenix FM and Jo Bailey for a monthly drive show exclusive!

In July, Karen hit the radio waves with Family Services Manager Rachel Franklin, to share news of SNAP holiday sessions and the Summer Survival Guide. More recently, Karen brought Tyler, one of our young people to the studio.



Tyler and Karen at Phoenix FM studios!

Tyler shared the difference SNAP has made to him and his family. Tyler said, "I just wanted people like me to have a chance... to go somewhere and feel like they belong... I don't know anywhere else like SNAP."

Keep an ear out for more SNAP stories on Jo Bailey's Drive show.

You can listen at:
www.phoenixfm.com/author/jo

Every Canvas has a story

One of our SNAP teens, Heidi, is really passionate about art and back in April she said she would love to create a doodle wall board for SNAP! We were very excited to see what she created for us in celebration of our 30th anniversary.



Heidi has designed and created her own characters and theme called 'Disco City'. There may be some familiar characters you recognise in there too! Her fantastic artwork is now up in the Activity Hall and ready for other SNAP families to colour in at our sessions.

Heidi posts her artwork on her Instagram account @hideart.1. She is open to commissions for either doodle boards or her framed artwork design.

A cracking success

Thank you to The Chiropractic Centre - Billericay for their continuous support over the years and for raising £610 with the raffle at their 10th Anniversary Party.



Left to right: Katie, Julie, Lorraine, Dan, Grayson and Ying

For the latest from SNAP,
follow us on social media:



@snapcharity @snap_charity



Fundraising Manager Sara mid-skydive

The Matthews family gracefully descended to the ground one by one as spectators cheered them on. Mandy's sons Ted and Billy were particularly beaming afterwards. Billy said, "It was amazing! I think everyone should have a go!" Billy had such a great time that he has said that he now wants to be a skydive instructor and has included his experience at Drama Club acting out his freefall.

Thrill-seekers in flight

Seven incredible SNAP supporters, all of whom were first-time skydivers, took on a 13,000-foot plunge through the clouds on 9th June!

Long-standing SNAP supporter Mark Southgate, the Matthews family and two SNAP staff members, Fiona and Sara, all completed the much-anticipated tandem skydive!



Left to right: Mark Southgate, Sara Clifton, Russell, Mandy, Billy & Teddy Matthews and Fiona Townsend

Read more at www.snapcharity.org/news

Step right up! The greatest week on earth!

There was a lot of clowning around at SIBS4FUN 2024 as they headed to the circus! SIB4FUN is a special week dedicated to sibling carers. Throughout this week all of SNAP's usual sessions stop and everything is focused on making these brothers and sisters the centre of our attention.

This year, 46 siblings enjoyed a variety of circus-themed activities. Every day there was something new: arts & crafts, face painting, Total Wipeout inflatable assault course, circus and acrobatic shows, inflatable slip and slides and wacky games during Silly Sports like the baked beans crocs relay.

SIBS4FUN is one of the most important weeks on the SNAP calendar and this year was no exception. These brothers and sisters lead particularly challenging lives, especially during the summer holidays when they have to care for their sibling with additional needs and have very little opportunity to go out and have fun themselves. This special week and all the activities help siblings to meet each other and forget their responsibilities at home.

If your child is struggling with their sibling's need, check out www.sibs.org.uk resources.



Sibs during Silly Sports

One parent said, "My eldest son is becoming more aware of his sister's health issues and seems to be struggling to deal with it now. During SIBS, SNAP shows him that there are other families like us, and I had my first break of the summer and a chance for a cup of coffee with friends. Something everyone else takes for granted but a lovely thing for me. The excitement begins when I tell them I've booked the place – the whole holiday is planned around SIBS now. My

children have their lives and days determined by what their sister wants or how well she is; but what a treat to have 4 days of amazing fun. Thank you SNAP for spoiling them like I wish I could!"

Special thanks to Skipton Building Society Charitable Foundation, The Hedley Foundation, The Haslers Foundation, Baker Labels and Tesco Express Shenfield for helping to make this week possible.

Additional thanks to Rok Kitchen, Domino's Brentwood, Sheridan Maine and Warley Deli for the amazing lunches!

Session Spotlight: Sensorise

This holiday session is for families with children with more profound and complex additional needs and their siblings. It provides a stimulating, interactive and sensory experience using music, messy play, art and our multi-sensory equipment.

Music therapist, Emily, kicks off the session through song, inviting families to participate with musical instruments and The SNAP Team assisting where mobility is more difficult.

Messy, sensory play is also available as it's a great way for children to develop their motor skills as well as learn more about textures, tastes and sensations. It can involve getting hands stuck into wet materials like foam, or dry materials like sand.

For the second half of Sensorise, Emily leads through interactive sensory stories which aid communication through touch and music. As Emily tells the story,

family or staff create sensory experiences that mirror what's happening in the story. This gives children the opportunity to not only listen to the story but feel it, incorporating all the senses where appropriate including touch, smell, sight, sounds and taste.

Our families love these sessions! There were so many smiling faces and pure joy in the room!

One parent said: "My daughter loves coming to Sensorise sessions for the wonderful music by Emily and seeing her friends she has known for years. As a parent I absolutely love coming to SNAP to see the joy she gets, and also to see and chat with all the wonderful people we have met over the years. It is like a breath of fresh air to be somewhere where we feel normal."

The Team from Mini Wonders, a specialist paediatric neurological physiotherapy centre in Chelmsford, joined us for a couple



Music therapist Emily with Ava, her carer and Adam, a student from Mini Wonders

of sessions over the summer along with Aaron Preston from The Great Little OT Practice, Maldon. Lots of SNAP families struggle to access these kinds of services due to waiting lists and the volume of need for them. SNAP asked them to come in and offer their expert advice as well as share tips and ideas with SNAP parents.

The Great Little OT Practice's Aaron will be returning to The SNAP Centre for two coffee mornings to answer any questions, give some informal advice and help wherever he can with anything OT related. More information can be found on **page 6**.

Services corner



As we enter a new school year, Services Manager Rachel, shares a quick update...

Rachel: "Over the summer, we have been reflecting and evaluating as a team on our services and making sure we have the best sessions available for our families.

"Ahead of the new school year, we have changed some of the session names and activities that we offer to suit the needs of our current families.

Mini Mondays → Mini Snaptastic
(to transition into Snaptastic)

Marvellous Mondays → Marvellous Me

"We have changed the names of our holiday sessions to show progression from one to the next. We hope it shows a smoother transition between ages."

Diddlies → Little Stars
Stay N Play → Big Stars
SNAP+ → Super Stars



AND INTRODUCING...

Little Legends and Big Legends for children who need a calmer and quieter environment.

For more information, please scan the QR code with your mobile phone or view on our website:

www.snapcharity.org/need-support/at-the-snap-centre
and search by age.

Interested in volunteering at a SNAP session?

Volunteers are always needed during our sessions to help them run! Whether it's making teas and coffees for parents or having fun with the children while their parents chat to our Family Support Advisers.

Email volunteers@snapcharity.org to register your interest and one of team will get back to you!

Keeping safe online

With the new school year starting, many children will be making new friends and, in turn, new influences.

This may bring new worries to parents as their child may want access to a mobile phone, new apps, online games or social media.

SNAP has gathered some information sources that offer some tips and guidance to help navigate this tricky topic:

UK Safer Internet Centre - saferinternet.org.uk

This website has a section for parents and carers giving e-safety tips, advice and resources to help children and young people stay safe on the Internet.

Childnet - www.childnet.com

This website is split into different categories for parents & carers, 4-11-year-olds and 11-18-year-olds. They share helpful information and guidance on a range of key online safety topics.

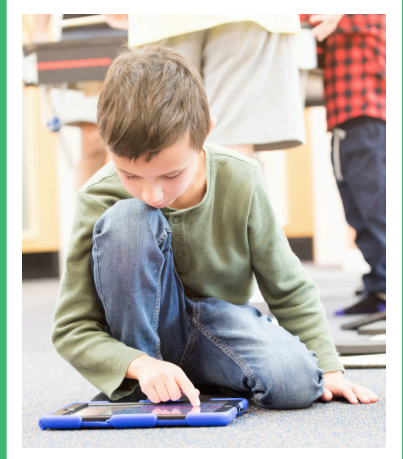
The 2 Johns - esafetytraining.org/resources

John Woodley and John Staines offer guides, podcasts and videos for parents/carers and children. They also offer training events online and in person.

Here are a couple of books too for those who would like to stay away from the digital world...

How We Got Cyber Smart by Lisa Rothfield-Kirschner

A storybook which addresses cyber safety, cyber bullying and online safety for primary school-aged children.



Staying Safe Online by Louie Stowell

This guide gives you tips and tools to take control and stay safe online.

For the full SNAP Information Sheet, please scan the QR code or visit our website:

www.snapcharity.org/resources

and click the SNAP Information Sheets tab.



Family services



September to December 2024

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

For more information, visit the SNAP website - www.snapcharity.org/training.

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.

Please email info@snapcharity.org to register your interest for the the Autumn Term talks.

BRIGHTER FUTURES

A six week course with Kathryn Miller

For Parents of Primary Aged Neurodivergent (autistic/ADHD) Children

SOLD OUT for Autumn Term

Look out for upcoming dates in 2025

 &  **CLOUDS and RAINBOWS**

We are extremely grateful to the Essex County Council Carers Community Fund for funding this course.

 Essex County Council

EMOTIONAL RESILIENCE

For Parents of Children with SEND

A four week course with Natalie Fernando

SOLD OUT for Autumn Term

Look out for upcoming dates in 2025

 Essex County Council

We are extremely grateful to the Essex County Council Carers Community Fund for funding this course.

Also coming up this term

EHCNAs with Families InFocus

Tuesday 22nd October
Online Webinar – 7pm to 9pm
£5 per SNAP registered parent

Families InFocus are hosting a webinar to help SNAP parents understand more about the Education, Health and Care Needs Assessment (EHCNA) process. There will be a Q&A session at the end.

Coffee Mornings with an Occupational Therapist

Wednesday 2nd October & Wednesday 11th December
The SNAP Centre – 10.30am to 12pm
Free of charge

The Great Little OT Practice is a local, independent Occupational Therapy service where Aaron Preston and his team have been supporting children and families in Essex for nearly 20 years, across both the NHS and independent sector. He will be on hand to answer any questions, give some informal advice and help wherever he can with anything OT related.

Fundraising

Leaving a gift of love and hope

Senior Associate at Birketts, Natasha Senior, shares how leaving a charitable legacy in your Will can have an astounding lasting impact

When we think about Wills and estate planning, we often consider the tangible assets we'll leave behind when we are no longer here. But what if our legacy could be more than just material possessions? What if it could change lives and bring hope to those who need it most? By leaving a charitable legacy in your Will to SNAP, you can do just that.

What is a charitable legacy?

A charitable legacy is a provision in your Will that designates a gift to a charitable organisation registered with the Charity Commission. SNAP's registered charity number is 1077787.

A charitable legacy can be a specific amount, a percentage of your estate, or even a particular asset.

How to leave a charitable legacy?

Leaving a charitable legacy is straightforward. When drafting your Will, you simply specify the charity you wish to support and the nature of your gift. It is also important to ensure the necessary charity receipt clause is included in your Will.

The inheritance tax benefits

One of the significant benefits of leaving a charitable legacy is that they are not subject to inheritance tax. Furthermore, if you leave at least 10% of your 'net estate' to a charity, the rate of inheritance tax is reduced from 40% to 36%. This can result in substantial tax savings, making it a financially savvy move.

Impact of your legacy

By leaving a legacy to SNAP in your Will, you will help to ensure that SNAP can continue supporting families across Essex for many years to come. Your gift could help to provide a variety of vital services such as the SNAP Helpline, which has received 4,403 contacts so far this year or SNAP's range of activity sessions for children and young people which has already delivered over 4,000 hours of support this year. One parent shared,

"When we moved here, my child was in the process of getting a diagnosis. Never in a million years did I plan or know that the village I would need would be right on my doorstep. You have wiped my tears,

educated me, empowered me, challenged me. You've given me new friends in the other mums who just 'get it'. And although we have our up and down days, we are thriving because of your support... Everything you do changes the world for us."

Leaving a charitable legacy is therefore not only a powerful way to support SNAP, but it also offers tangible financial benefits too.

Birketts LLP will be running a webinar for SNAP families about how to write a Will or set up a Trust on Wednesday 29th January 2025 between 7pm-9pm.

To register your interest, please email admin@snapcharity.org.

Will drafting and inheritance tax planning can be complex and there are a number of other things to consider alongside the above. Specialist legal advice should be taken. Birketts' Private Client Advisory Team can assist with any queries in relation to such matters.

Visit www.birketts.co.uk for more information on Wills & Legacies.

In Partnership
with

birketts
Next Level Law



Partner your school with SNAP

We can help your students gain a greater understanding of the variety of additional needs as well as provide tools and information for families and staff.

Let's work together to make sure SNAP is here for another 30 years!
fundraising@snapcharity.org
01277 245 345

Fundraising

Swimming superstar earns more than a medal!

On Sunday 7th July, nine-year-old Dexter joined 170 participants competing in the second annual Try-a-Tri at The Brentwood Centre.

Dexter and his junior triathlon participants faced a 50-metre swim, 5K cycle, and 1K run while adult competitors completed a 200-metre swim, followed by a 10K cycle ride and a 3K run.

Dexter's dad, Scott, participated in the first Try-a-Tri in Brentwood last year, raising over £500 for SNAP. His dad's experience set the wheels in motion for Dexter wanting to do the same, but there was only one problem; Dexter couldn't swim! Over the past year, he took swimming lessons so that he could compete in the 2024 Try-a-Tri.

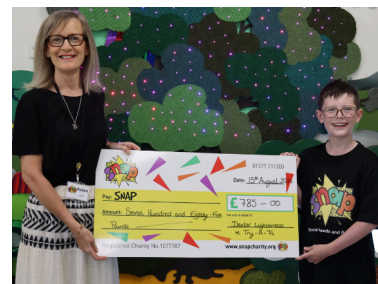


Go, Dexter, go!
Photo: Josh White
Photography

"It was hard, of course the teachers had to be strict at swimming, so it was a bit stressful. But the swim was the best part of the event, along with going to the SNAP stall and getting my medal. I was a bit nervous on the day because I didn't know what to expect but I was excited too. I'm proud of myself for doing it!"

Learning to swim was a huge personal challenge for Dexter, and completing the triathlon was the culmination of his hard work, but it wasn't the only goal he set himself.

"My motivation for doing Try-a-Tri was to beat my dad's total from last year and also raise the funds for SNAP as my cousins and one of my friends come to SNAP."



SNAP CEO, Karen, receiving the cheque from Dexter

Dexter far exceeded his fundraising target of £50 by raising an incredible £785, bypassing his dad's total, which he was very chuffed to do! Dexter said he was going to keep up the swimming and potentially compete in the duathlon at next year's Try-a-Tri. But first, he has earned a well-deserved break, relaxing over the summer holidays before heading into Year 5.

Karen Boath, SNAP CEO said, "I can't believe what a superstar Dexter has been! We're all so proud of Dexter for doing Try-a-Tri and learning how to swim! He is very brave to take this on. We're very grateful for all his hard work and for choosing to support SNAP alongside his efforts."

Try-a-Tri will be back on 6th July 2025!

Upcoming events

24 Hour Kitchen Disco
19-20 October
For one weekend only - streaming 24 hours of musical entertainment from SNAP!

COCKTAILS & TAPAS at **HARRY'S BAR** BILLERICAY
28th NOVEMBER - £30 PP
TABLES OF 4, 6, 8 AVAILABLE



Get all the latest updates by subscribing to supporter emails
snapcharity.org/subscribe

or scan the QR code with your phone camera.

More information and booking can be found at snapcharity.org/events.

£5 entry on the door includes coffee and cake
Wednesday 6th November
11:00am-2:00pm
at The SNAP Centre
Registration opening soon!

7pm for a 7:30pm start
Friday 31st January 2025
Quiz Night
The Nightingale Centre
Pastoral Way,
Warley,
CM14 5GB

Beat The Bluffers
Friday 28th February 2025
Shenfield Parish Hall
60 Hutton Rd, CM15 8LB