



matters

Sharing news of SNAP's important work



A safe place with no judgement

SNAP fosters a welcoming environment for families to be heard and supported

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About Us



Partnering with Parents

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 our 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!



SNAP contact information:

Helpline - 01277 211300 Fundraising - 01277 245345

Email - info@snapcharity.org
or familyteam@snapcharity.org

Website - www.snapcharity.org

The SNAP Centre, Pastoral Way, Warley,
Brentwood CM14 5WF

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Welcome

Welcome to our latest edition!

We have had an exciting summer here at SNAP! We celebrated our Awareness Week in June, participated in the third annual Try-a-Tri and our Founder Hilary Needham's son Jack took on a 100-mile challenge for SNAP which you can read all about on [page 7](#).

With the help of two amazing sponsors, Grove and Dean Wealth Management and Close Brothers Rail, we brought SNAP Radio, originally our lockdown Facebook Live sessions with Emily, back! In August 'Live Live with Emily & Friends' brought together some of our SNAP young people and Parent Choir to perform music live for SNAP families and supporters. It was an incredible night, with jaw-dropping talent. It makes me so proud to see our young people and parents singing together.

Huge thanks to everyone who participated in all our events over the summer. We're so grateful to the SNAP community for all your support.

Looking ahead we have lots lined up for the autumn term including some new workshops! *Introduction to Interoception* led by Occupational Therapists Helen and Jenne will be at SNAP in September and Natalie Fernando is back with a special course on assertiveness in October. To find out more and see all our talks and workshops, check out [page 6](#).

We also have so many exciting events on the horizon including Chef Air's Asian Fusion Night at Harry's Bar on 16 October, Coffee Cake and Catch-up on 7 November, Brentwood Rotary's Virtual Quiz on 21 November and our own Christmas Showcase will be back at Brentwood Theatre in December. We hope to see you at a SNAP event soon.

In the meantime, I hope you all have a smooth transition back into the school routine. Please remember we are here if you need us.

Warm regards

Karen

Karen Boath, CEO

SNAP in numbers

(January to August 2025)

4,928

Families supported

298

New families
registered

2,179

Helpline calls

3,041

Helpline emails

4,696

Hours of children
services

617

Participants in
specialist talks &
workshops

Highlights

26.2 mile Champions

At this year's London Marathon, we had three incredible runners raising awareness and funds in aid of SNAP!

SNAP dad Marc, supporter Gabriella and our very own HR & Operations Coordinator, Bev,

took on this challenging bucket list item and raised a phenomenal £4,352 between them!

Read Marc and Bev's stories - www.snapcharity.org/news



Marc with his medal



Bev ahead of the race

Welcome Ellie!

We are so excited to introduce SNAP's newest Ambassador, comedian and presenter, Ellie Taylor!

Ellie shared, "SNAP is such a wonderful charity local to where I grew up. Firstly, I've got friends who have used their services, and they have been absolutely invaluable. And from another personal note, when Johannes and I were training for Strictly, we would train in the hall right next to their offices and they were the loveliest cheerleaders for us. They're an incredible charity which is vitally important to Essex families."



Double the impact

June finished with a BANG as SNAP Awareness Week joined Big Give's Small Charity Week campaign doubling donations for the week.

An astounding £20,127 was raised through the match funding from Global's Make Some Noise! Thank you so much to all our families, supporters, volunteers, and corporate partners for getting involved, supporting and donating during this week.

Read more about SNAP Awareness Week on our website - www.snapcharity.org/news



Power & perseverance



Keen cyclist turned star runner, 15-year-old Tom, hasn't always found sport easy. It's only been in recent years that he has found his stride and fostered a love for both cycling and running.

He took on Try-A-Tri's duathlon in aid of SNAP. A perfect opportunity for Tom to put all his training to the test!

Read more about Tom's Try-A-Tri challenge - www.snapcharity.org/news

Oh, what a night!

There was not a dry eye in the room by the end of 'Live Live with Emily & Friends'!

Thank you to our wonderful music therapist, Emily Grimes, and her phenomenal friends: Nathan, Jess and Tyler, Alli, John, Evan and SNAP's Parent Choir.

A massive thank you to our incredible sponsors - Grove & Dean Wealth Management and Close Brothers Rail Limited. This event could not have happened without you and your love for SNAP.

Thank you as well to Vidushi at Tastefully Yours for cooking such a delicious feast - everyone wanted to keep going back for more.



Pictured above: Emily, Karen Boath (CEO), sponsors Ian Cox & Martin Close and Alli

Summer of SNAP

It has been such a fantastic summer at SNAP! It has gone by in a flash with busy activity sessions, SIBS4FUN Week and a few special guests along the way.

It was awesome to have Little City and Track Play back with us so that we could host even more exciting services for our families.

A special thank you to all our wonderful volunteers who help us to make our sessions happen.



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



@snapcharity @snap_charity

A safe place of real connection & friendship

SNAP's Marvellous Me started in January 2024 with 15 attending. Since then, it has come on in leaps and bounds ending the Summer Term with 34 young people in regular attendance.

Services Manager, Rachel, shared the importance of Marvellous Me and why it was originally created.

"We have a lot of young autistic girls coming through that are all very different. Many of them are not coping at school and are struggling with friendships.

"We wanted to create a safe, relaxed space for those in Year 6 and above who identify as female or non-binary.

"Many of them are struggling with anxiety and masking so we wanted to create an environment where there is no judgement, they can nurture friendships, and they are able to be themselves around similar people. For many of them, it's been a lifeline".

The activities at Marvellous Me often swap and change with the girls' input. Arts & crafts are a shared interest for many of them, so there's always some variation of painting, colouring, bracelet making or mood board making.

They have also tried mocktail making, biscuit decorating, karaoke, board games, and gaming.

Julia regularly volunteers with the arts & crafts table. She shared, "We talk openly about things without judgement - big or small. Whether it's about music and our favourite artists or catching up on life or their day at school, we're all able to be ourselves without being shot down".

"It's a place to be yourself with no limit"
~ SNAP young person



Pictured above: Julia with two of our young people creating mood boards with old magazine cuttings.

One SNAP parent shared, "It's so nice to see a mix of interests in the girls and see them spark off each other when they find out they share common interests."

SNAP counsellor, Tina, also joins in the arts & crafts table, an avid artist herself. She often opens conversations between our young people and shares wisdom and advice to shed light on some of the difficult circumstances our teens might be going through.

When asked what they enjoy most about Marvellous Me, most of the girls referenced making new friends.



Many of them have experienced bullying at school because of their additional needs. Here, they are in the same boat and can relate to one another. The word cloud shows what Marvellous Me means to them. The bigger the word or phrase, the more it was said.

safe chatty friendship
welcoming
friendly no judgement
relaxing fun nails crafts
be yourself amazing

While our young people meet downstairs, their parents meet upstairs. They are able to catch-up over a drink and biscuits. Our Family Support Advisers are on-hand to offer advice, information and a listening ear.

Another parent shared, "My daughter enjoys these sessions a lot. She appears to have a lot of fun and always comes out smiling and chatting. It is also really lovely to speak to other mums who understand while she is with her peers."

Rachel added, "Throughout the past year, we have seen many friendships grow and we've also witnessed the talent of our young people soar as they became more comfortable creatively expressing themselves. Many of them have come out of their shells and have the confidence to start conversations or ask questions now. It's been very exciting seeing this session go from strength to strength and I can't wait to see how it continues to flourish."

There are spaces available to attend Marvellous Me in the Autumn Term. Please contact our Services Team to register your interest on 01277 211300 or email familyteam@snapcharity.org.

These sessions are held on Mondays once every half term and in school holidays.

"It doesn't matter who you are, we're all the same!"

Archie has grown up through SNAP. For the past 15 years, he has transitioned through our services, after school clubs and also fundraised for us along the way. Turning 18 years old in January, Archie is looking to the future as he continues to build on the life skills SNAP has helped him develop, especially through SNAP Drama Club.

Growing up, Archie loved films and his knowledge is off the charts! Mention a film title and he can list the actors, what character they play, the storyline and the directors.

With his love of film, Archie loves voice impressions, his favourite being Mickey Mouse. He has an incredible talent and passion for voice impressions and would love to get into voice acting once he leaves school.

Archie joined SNAP's CEO, Karen, and Family Support Adviser, Alli, at our local radio station, Phoenix FM, back in May. Karen is joining Jo Bailey for monthly slots on her Drive Show to raise awareness of SNAP and what we're up to.

Karen shared, "This was such a fantastic opportunity for Archie! He was able to use the



professional mics and see the studio set-up. He loved doing his impressions across the airwaves and chatted about his performance of Baron Bomburst in *Chitty Chitty Bang Bang* in his school production."

Centre Stage

SNAP's Drama Club is the perfect stage for Archie to express himself and be free to do his impressions and act.

Archie shares, "SNAP helps with my Autism and making new friends. It's a place you can come and be free and just enjoy yourself."

"Everyone at SNAP is always so welcoming and kind. There's no judgement. It doesn't matter who you are, we're all the same."

"Drama has helped boost my confidence and I've gained perseverance. I have lots of fun, see all my friends and do my impressions!"

"SNAP in one word... AMAZING!"

These sessions are filled with lots of drama games and activities to help build friendships amongst the group as well as social and communication skills. It's also helped our young people build self-esteem, boldness and courage.

Family Support Adviser, Alli, leads our younger and older drama clubs. He shares, "Archie is such a fantastic role model as



he is now one of the older members at Drama. The younger ones are able to see him giving it his all, which inspires them to have a go themselves."

"Drama allows everyone to have a platform to express themselves unapologetically. A space for respect and be the young adults that they are in a safe environment."

"A lot of our members don't have a place where they can practice social skills, and Drama allows a space for that."

They don't have to join in with all activities, but we do ask that everyone stays engaged in the room with what's going on. Drama has given many members the confidence to find their voice, however that presents, and good friendships have been formed, which has been beautiful to witness."

Read more in our online exclusive about SNAP's Christmas Showcase -

www.snapcharity.org/news

Interested in finding out more about SNAP Drama Club?

Call our Services Team on 01277 211300 or email familyteam@snapcharity.org.

These sessions are held on Wednesday after-school during term time:

Younger session - ages 8 to 11 years old

Older session - ages 11 to 19 years old





September to December 2025

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

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

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

We are extremely grateful to the Essex County Council Carers Community Fund for funding our Brighter Futures and Emotional Resilience courses.



BRIGHTER FUTURES

A six week course with Kathryn Miller

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

Course

Starts Wednesday 10th September
For 6 weeks - skipping 24th September
The SNAP Centre - 10am to 12noon
£60 per SNAP registered parent

Led by Kathryn Miller of Clouds and Rainbows, this course is for parents of primary-aged neurodivergent (ADHD/Autistic) children.

She will cover topics such as understanding neurodiversity, sensory processing, emotional regulation and behaviour as communication.

Coffee morning with Occupational Therapist and Speech & Language Therapist

Wednesday 10th September
The SNAP Centre - 10.30am to 12noon
£5 per SNAP registered parent

We will be joined by Charli from A&C Little Voices Speech and Language Therapy and Jenne from The Great Little OT Practice. They will discuss how communication and sensory regulation can be supported alongside one another.

Introduction to Interoception

Wednesday 17th September
The SNAP Centre - 10am to 12noon
£5 per SNAP registered parent

This workshop presentation, facilitated by Occupational Therapists Helen and Jenne, will be in two parts: a presentation on interoception, followed by a Q&A.

Coffee mornings with Occupational Therapists

Wednesday 8th October & Wednesday 19th November
The SNAP Centre - 10.30am to 12noon
£5 per SNAP registered parent

Join Occupational Therapists Aaron and Jenne of The Great Little OT Practice, Maldon, who will be on hand to answer any questions, give some informal advice and help wherever they can with anything OT-related.

Speaking Up with Confidence - The Art of Assertive Communication

Wednesday 15th October
The SNAP Centre - 7.00pm to 9.00pm
£10 per SNAP registered parent

Hosted by Natalie Fernando, this interactive two-hour workshop is designed to empower parents and carers of children with SEND to communicate more confidently and effectively with professionals. This session will offer real-life strategies to support assertive, respectful dialogue, practical activities and relatable discussion.

EHC Needs Assessment Q&A with Families InFocus

Wednesday 5th November
The SNAP Centre - 10.00am to 12noon
£5 per SNAP registered parent

Michelle Turner from Families InFocus will be coming into The SNAP Centre to explain how and when to make a parental request for an Education, Health and Care Needs Assessment (EHCNA), and will talk you through the application process.

Emotional based school avoidance with Kathryn Miller

Wednesday 12th November
Online Webinar - 7.00pm to 9.00pm
£10 per SNAP registered parent

Kathryn will be exploring the causes of anxiety related to school and ways in which families and schools can work together to support a child or young person.

EMOTIONAL RESILIENCE

For Parents of Children with SEND

Course

Starts Wednesday 19th November
Every Wednesday for 4 weeks
The SNAP Centre - 10am to 12noon
£40 per SNAP registered parent

Led by Natalie Fernando, this course is for parents of children with SEND.

She will cover topics such as understanding your emotions, building resilience, effective communication and self-care.

Fundraising

Walking the extra mile - Actually, 100 of them!

Charity founder's son, Jack, took on a 100-mile walking challenge in support of SNAP Awareness Week back in June.

SNAP's Honorary Life President, Hilary Needham, founded the charity after being inspired by her son, Jack. Born prematurely weighing just 2lb 9ozs, Hilary described him as an "extremely difficult and demanding baby but it was a miracle he was with us."



"As he grew and I took him to pre-school groups it became apparent that he was different to other children. Despite our concerns, Jack started at the local school, but he only lasted a few hours before I got a phone call, they had never met anyone quite like Jack. Shortly after this, we finally got a diagnosis from Guy's Hospital that Jack had an

extremely challenging form of autism. This came with a mixture of fear and relief. Thirty years ago, very few people had heard of autism and the only understanding that most people had was from the film 'Rain Man'."

"I learnt a lot from having my son and soon became aware of the lack of provision for families such as mine. In 1994, when Jack was 7 years old, I got together with seven women around my kitchen table in Priests Lane, Shenfield, and we decided to do something about it. I wanted to share the knowledge I'd gained from supporting Jack. SNAP was born."

The challenge

"Jack loves to walk and be outside, and physical activity is a vital part of his routine. With SNAP Awareness Week, we wanted to get involved so embarked on this journey with encouragement and support from his wonderful care team at Meadow

View. The challenge of walking 100 miles to raise awareness and funds for SNAP was set".

"Every step Jack took symbolised the strength and resilience of SNAP families as they navigate their unique challenges."

Celebrate

His older sister Amy shared, "Well done Jack, we are so proud of you raising money to help little Jacks like you! We think you definitely need a box of Maltesers to celebrate after all that walking!"

Jack did indeed celebrate with Maltesers, a gift from his parents upon completion!

Hilary shared, "Congratulations Jack on completing your 100-mile walking challenge and raising over £2,500 for SNAP. You are amazing and did so well. We are all so proud of you. Huge thanks to your care team who supported you to do this and to all your family and friends who donated so generously to support SNAP, the charity that is so dear to our family."



Jack with his certificate and Maltesers

If you feel inspired by Jack and want to take on your own challenge for SNAP, reach out to our Fundraising Team on 01277 245345 or email fundraising@snapcharity.org.



The Fun Walk is back!
Walk 2k or 5k this September

Get your steps in
for SNAP!

Scan the QR code
to find out more



Fundraising

Dates for your diary

BURSTING WITH FLAVOURS FROM LAOS, THAILAND
AND VIETNAM

CHEF AIR'S ASIAN FUSION NIGHT

• Harry's Bar, Billericay • Thursday 16 October •
• £30 per person •



£5
entry

Drop-in for a catch-up over coffee & cake

It's also an opportunity to look around and
see The SNAP Centre's fantastic facilities

Friday 7 November
11:00am-2:00pm
at The SNAP Centre

Quiz Night

Friday 30 January 2026
7pm for a 7:30pm start - £10 per person

The Nightingale Centre
Pastoral Way, Warley,
Brentwood, CM14 5GB

From SNAP
with love

£80
per
person

2026 SNAP Charity Ball

Saturday 7 March 2026
Stock Brook Manor, Billericay



Beat The Wine Bluffers



Friday 24 April 2026

Shenfield Parish Hall
60 Hutton Road, CM15 8LB



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

Scan the QR code to the left to go
straight to the Events webpage.

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

or scan this QR code with your
phone camera.



Remember us in your will

Help local families

Are you thinking about
writing or updating your will?



Leaving a gift to
SNAP will
support families
that need our
services in the
future



**Thank you for
thinking of SNAP**

For more information, please email
seniormanagement@snapcharity.org

We are looking for VOLUNTEERS

✳ Enthusiastic ✳

✳ Reliable ✳

✳ Committed ✳



Scan the
QR code
for more
information

Support
regularly
or on an
ad-hoc
basis



SUPPORT WITH:

- SERVICES
- COMMUNITY EVENTS
- COMMUNITY FUNDRAISING

For more information and to register your
interest, please visit:

www.snapcharity.org/volunteer