



matters

Sharing news of SNAP's important work



"We don't do milestones, we do joy-stones"

Standing alongside the whole family, we offer bespoke support and tailored resources to each family's needs.

INSIDE THIS ISSUE

4 Bighearted and bonkers

Longtime supporter, Skittleman, on his steadfast support of SNAP over the past 30 years.

5 SNAP Autism Conference

Join us to hear from four renowned autistic speakers who will be drawing on their own lived experiences.

8 Slay the dragon

SNAP dad, Andy, took on Wales' Dragon Ride after receiving support from the team for his son.

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
- Reference 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!

In this issue, we're excited to showcase our recent events, including the delightful Teddy Bears' Picnic held in July for our pre-school families and the engaging Trike Day, where specialist company, Tomcat, provided a variety of adapted trikes for families to explore. Our amazing holiday sessions have also contributed to a busy and joyful summer.

In June, we were honoured to be named the Essex Chamber of Commerce Charity of the Year, presenting us with a fantastic opportunity to develop corporate partnerships that will help further our mission and expand our reach across Essex.

We're thrilled to announce the upcoming Autism Conference in November, offering valuable insights and opportunities for everyone involved. For more details, please see page 5. Additionally, we extend our heartfelt gratitude to everyone who has chosen to fundraise for SNAP. In this edition, we shine a spotlight on Phil and Andy, whose remarkable efforts have made a significant impact—more information can be found on pages 6 & 7.

Let's not forget the joy we experienced with Skittleman at our summer disco, bringing smiles and laughter to our community. To learn more about the incredible work Skittleman has done over the years, please check out page 4.

Thank you for being an essential part of the SNAP family. Your support truly makes a difference, and please remember that we are here for you and your family.

Best wishes

Karen

Karen Boath, CEO



Pictured above: Karen with
Chair of Trustees, Stuart

SNAP in numbers

(January to August 2026)

5,207

Families supported

260

New families
registered

1,891

Helpline calls

3,072

Helpline emails

5,635

Hours of children
services

611

Participants in
specialist talks &
workshops

Highlights

United by a common goal

SNAP and Hutton Football Club join forces to support local families and champion inclusion across Essex.

SNAP CEO, Karen, shared:

"This collaboration is a fantastic example of what can happen when local organisations come together with a shared purpose. By combining our expertise with Hutton Football Club's community reach, we can create opportunities that help children, young people and their families feel welcome, connected and included. We're excited about what we can achieve together."



Making a difference for two decades

Our wonderful CEO, Karen, celebrates 20 years at SNAP this year.

Starting as Admin Assistant in 2006, progressing through and becoming Family Manager in 2014 and then CEO in 2021, Karen has made a lasting difference to the charity, the team, and most importantly, the families we support.

She comments, "It's been an incredible journey over the past 20 years, and I feel honoured to have witnessed SNAP grow from just four members of staff and no building to where we are today.

Thinking about all the families we've helped along the way fills me with such pride."

The SNAP Team and trustees are so grateful for Karen's leadership, hard work and dedication. Here's to everything achieved and to the years ahead!



Summertime feeling

We had a very busy summer packed full of activity sessions and SIBS4FUN Week. Little City and Track Play joined us once again as well as Emma of Bloom & Bear Creative who hosted a macramé class with our Marvellous Me group and Railscape Group joined Super Stars with an exclusive hands-on workshop exploring accessible railway travel by AI.



Our SIBS went on safari this year with thanks to Moody Foundation, Haslars and Waitrose Upminster. Bursting with inflatables, animals, steel pan drums, Balloon Crew balloon modelling and our annual Silly Sports, SIBS4FUN gives our siblings a chance to meet other children in similar situations.



Services Manager Rachel shares, "What a brilliant summer we've had, it has flown by! I am so grateful to the team for all their hard work and to our guests that have joined our sessions to make them even more special for our families."

We also could not do what we do without our incredible volunteers. We are very thankful that they are willing to give their time to help our families, whether that's with cups of tea or joining in activities while a parent receives support from a Family Support Adviser."



Not every need or disability is visible

Every day, our families navigate challenges that many people never see. From attending appointments and advocating for support, to managing routines, education and healthcare, they often face additional pressures that can affect every aspect of daily life.

In this year's SNAP Awareness Week, we wanted to highlight the realities of these experiences, celebrate the strengths of the families we support, and encourage greater understanding beyond our community. By sharing stories, we raised awareness of both the challenges they face and the importance of SNAP to these families in need.



The SNAP Team's favourite part was SNAP's Mighty Mud Challenge where a mix of families, corporate partners, supporters, and a bunch of The SNAP Team, took on Wild Forest at Nuclear Essex!

Follow us on social media:



@snapcharity



@snap_charity

A heart full of magic

In a world that often moves too fast, there are few things more powerful than the simple, transformative joy of a child's laughter. For the past 32 years, our charity has been lucky enough to call Skittleman, real name Craig Gallimore, one of our most dedicated supporters. Whether he's DJing our Christmas or Summer Disco or hosting our Comedy Bingo fundraiser, he has brought endless smiles to our families throughout the years.

But beyond his banter and tricks of the trade, Craig has brought something even more vital to our community: a steadfast heart and an unwavering commitment to our families.

We sat down with him recently to pull back the curtain and talk about the bond he's built with our families, the moments that have touched him most, and why he returns year after year.

Where it all began

"After university I moved down to Essex to find a 'proper' job near London. I worked at Bumpies Soft Play near to Brentwood Ski Slope. While I was working there, someone recognised me from my uni days and wondered if I would be the entertainer at their child's birthday party. From there, more jobs came in. The nickname 'Skittleman' was thrown around at uni so that became what I went by."

"I met Hilary there while she was just starting the charity. She asked if I could come along to their first ever Christmas party at Keys Hall, play some music, games and a little bit of magic. That was my first ever SNAP gig, my first ever regular gig, back then I even had hair!"

Along for the ride

As SNAP evolved, so did the ways Skittleman supported. Growing from Christmas parties to summer and Christmas discos, it became a firm favourite for many families over the years and also a highlight for many of The SNAP Team's annual calendar! With dance offs, conga lines and interval ice lollies, the discos are not to be missed.

During lockdown, Craig joined us on Zoom for regular 'Online Hour with Skittleman' sessions. Filled with crazy games, competitions, magic and music, he'd entertain our families from behind the screen, creating silliness and laughs when life was tough with the pandemic. Families lacked connection, joy and support and Skittleman brightened those days.



Pictured above: Skittleman with Services Manager, Rachel, at our Summer Disco

It's not just children and young people that Craig entertains. He has hosted numerous Comedy Bingo fundraisers for us over the years for the over 18s. Getting everyone up on their feet and picking on a few unlucky guests, he fills the room with uncontrollable laughter, dancing and singing. Bingo calls unlock songs, dances or wild actions for guests to take centre stage.

SNAP CEO Karen shares, "Skittleman's larger-than-life personality, infectious sense of humour and wonderfully mad antics have entertained countless families for many years, but behind it all is someone with a genuinely kind and generous heart."



His support over the years has meant so much to us, and we are incredibly grateful for everything he has done."

Looking back

"I couldn't name a favourite memory... just all of them."

"The fondest memories I have are with the families I've met along the way and whose kids have passed away. They stand out and stick with me because of the greatest joys and greatest laughs they experienced Thinking you've made a bit of difference in their lives. I've got to know many families over the years, and without SNAP, I never would've known them."

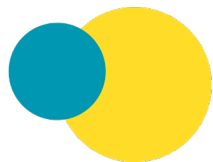
Everyone's a friend

"Everyone gets treated the same way, whatever your needs are, whether you can or can't walk, you all get treated the same. All my career, all my life, you're going to get the same off me. If you're in a wheelchair, if you don't understand what's going on with me, I'll still be abusive to you in a friendly way! It's the Skittleman charm and it's carried me through. I reckon my career started the same year as SNAP."

"People come and go all the time but, once I've met someone once, they become a friend."

"I've met so many people and made so many friends along the way. If someone comes here who is new, whoever they are, whatever they are, as soon as they walk in, I think "It's a friend I've never met before."

Thank you so much Skittleman for all the smiles, laughter and joy you have brought to so many SNAP families over the years.



Family services



Introducing SNAP's First Autism Conference

We will be hosting our very first Autism Conference at the Brentwood Holiday Inn on Tuesday 10th November 2026.

The conference will be a wonderful opportunity to hear insights from four renowned autistic speakers who will be drawing on their own lived experiences in both their personal and professional lives.

Here we share the session and speaker details for the day:

When Autism & ADHD Collide: Theory & Lived Experience of Co-occurring Autism + ADHD

With AuDHD trainer, mentor, assessor, and author, **Jess Hendrickx**

This talk will focus on how autism + ADHD (AuDHD) can really present in people. It will be a mix of theory from a clinical point of view, debunking myths, and Jess' own lived experience of being late diagnosed AuDHD.

Parenting and Fighting for a Multi- intersectional Family

With BAFTA award-winning broadcaster, ambassador for The National Autistic Society and SEND parent, **Dr Carrie Grant MBE**

In this talk, Carrie will be sharing experiences, good and bad, talking about what has worked for her family and what flourishing might look like for neurodivergent families.

Lessons I Wish I'd Learned Growing Up Autistic

With autistic advocate, award-winning writer and international speaker, **Chris Bonnello**

Chris will be speaking about insights he has gained from his experience of growing up autistic. His variety of life lessons, blended with hilariously awkward stories from his childhood, all have applicable lessons attached that parents can use in their own lives with their own children.

Social and Emotional Needs from an Autistic Perspective

With autistic speaker and trainer, **Dean Beadle**

In this session, Dean will use current research to dispel common myths and misconceptions around autistic communication. He will then look at practical ways to make the social world more accessible to autistic people.

Brought to you by



Holiday Inn
— BY IHG —

Book now - visit snapcharity.org/autism-conference

SNAP Parent ticket: £50

Professional ticket: £100 (for individuals attending in a professional capacity)



Jess Hendrickx



Chris Bonnello



Dean Beadle



**Dr Carrie Grant
MBE**

Tuesday 10 November • 9.00am to 3.00pm
Holiday Inn Brentwood

www.snapcharity.org SNAP matters // 5



Family services

September to December 2026

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 or register your interest for our Autumn Term talks.

Course

EMOTIONAL RESILIENCE

For Parents of Children with SEND

SOLD OUT
for Autumn Term

A five week course
with Natalie Fernando

Starts Wednesday 16th September
The SNAP Centre - 10.00am to 12noon
£50 per SNAP registered parent
Led by therapeutic coach, Natalie Fernando

This course aims to help parents' resilience in navigating life with children with SEND.

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

Course

BRIGHTER FUTURES

ONLINE

A six week course
with Kathryn Miller

SOLD OUT
for Autumn Term

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

Starts Wednesday 16th September
Online via Zoom - 7.30pm to 9.30pm
£60 per SNAP registered parent
Led by Kathryn Miller of Clouds and Rainbows

This term, we are running this course for parents of primary-aged neurodivergent (ADHD/Autistic) children.

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

Creative Mindfulness Workshop with Create Yourself Calm

Wednesday 2nd September
The SNAP Centre - 10.00am to 12noon
Free of charge

Create Yourself Calm is hosting a workshop combining art and creativity with wellbeing, mindfulness and selfcare tips.

Coffee morning with Occupational Therapists

Wednesday 16th September
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.

All Things ADHD

Wednesday 25th November
The SNAP Centre - 9.30am to 12.30pm
£10 per registered SNAP parent

A morning for parents who have a child or young person with ADHD to come together to share experiences, ask questions and discuss new information and strategies. We will be joined by several guests who will be talking about their own personal ADHD journeys and the work they do to support families.

**ONLINE DIRECTORY**

» Browse for local support
» Search over 12 categories

Find out more: snapcharity.org/directory



Scan here with your phone camera to go straight to our website

Fundraising

Young Runners, Big Hearts: our Mini Marathon Stars

Alongside the London Marathon, TCS hosts its Mini Marathon, a unique opportunity for children and young people to cross the iconic TCS London Marathon finish line and receive the coveted Mini Marathon medal.

Schools are invited to enter a ballot to secure up to 40 places for children from Reception to Year 12. They can run, jog, walk, or wheel one mile or 2.6K in the heart of the capital.

Two youngsters, Carter and Freddie, took part in the event along Horse Guards Parade for SNAP. Both have siblings with additional needs who have accessed SNAP alongside their families. Between them, they raised just over £2,000 - what an incredible triumph!



Sara, Phil, and Reggie first came to SNAP in September 2022, when Reggie was three years old. Reggie had been diagnosed with autism the previous year and, as many families do, Sara and Phil found themselves trying to navigate what this meant for their son and how best to support him. At the time, Reggie was preverbal and often became frustrated because he could not communicate his needs and feelings.

One of the most significant changes has been in Reggie's communication. Since being part of SNAP, his speech has developed enormously. Being able to express himself has reduced much of the frustration he experienced when he was younger and has opened up new opportunities for connection with his family, friends, and the wider world.

For Sara and Phil, SNAP has been more than just a support service. It has been a place where their family has felt welcomed, understood, and supported throughout their journey. Watching Reggie grow in

Why did you choose to run for SNAP?

Carter: The team help families like ours and make things feel easier.



Carter



Freddie on Pall Mall with his medal

Freddie: I chose SNAP because of my little brother Alfie who is autistic. We have been to SNAP since I was little, and I know Alfie likes it there.

Did you enjoy the Mini London Marathon?

Carter: It was the best day ever! I loved the atmosphere, the crowds,

and the buzz of the day. I haven't stopped talking about it since.

Freddie: Yes, I really enjoyed it, especially running past Buckingham Palace. The medal is cool too. I got to take it into school to show my class.

Would you like to enter the full marathon when you're older?

Carter: Yes, I'd love to and add the medal to my collection.

Freddie: Yes! My dad has run it twice and I want to beat his times!

Chat to your child's school to participate in the 2027 Mini London Marathon and run on behalf of SNAP.

2027 London Marathon charity places are closed for The Double on Saturday 24th & Sunday 25th April 2027.

Keep your eyes peeled on our social media for updates on the London Marathon and Mini Marathon.

A Hole Lot of Support for SNAP

confidence, communication, and independence has been a wonderful achievement, and the team at SNAP are so proud of how far he has come.

As a way of giving back to SNAP, Phil has organised two golf days for the charity. One back in 2022 at Basildon Golf Club which raised an incredible £8,710. This year, Phil hosted his second at Bentley Golf Club, Brentwood, with 96 golfers. He had secured a fantastic range of auction prizes to increase his fundraising total to a phenomenal £10,750.



Partnerships Manager, Callum Boath, shares, "Having the support of Phil and his family means the world to everyone at SNAP. We are so grateful to them for raising an incredible amount of money whilst also raising awareness of SNAP. Everything we do at SNAP really would not be possible without amazing people like Phil."

If you are interested in organising or taking part in a fundraiser for SNAP, please contact our Fundraising Team on fundraising@snapcharity.org or 01277 245345.

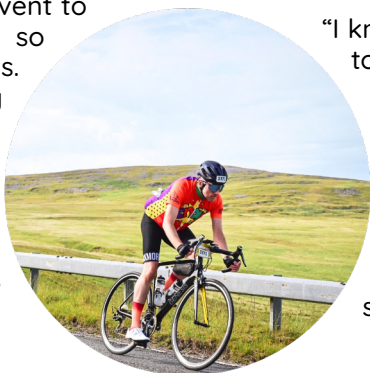
Fundraising

Andy the Dragon Slayer

Avid cyclist and SNAP dad, Andy, set himself the challenge in January to take on the renowned 'Dragon Ride', one of the toughest and most legendary sportives in the British Isles.

With challenging climbs and rugged views, Andy was one of more than 4,800 cyclists who descended on the Brecon Beacons for the demanding 138-mile route with over 10,400ft of climbing through the spectacular Welsh mountains.

"I have wanted to do the Dragon Ride for a couple of years but for a variety of reasons I was unable to commit. Being a keen cyclist, I try to have a target or event to work toward so committed to this. Cycling is a way for me to try to regulate myself, so is an important activity for me and it helps my motivation to have a goal."



"I chose to ride for SNAP as we have been receiving support since September 2025. My son, Tommy, found the transition into secondary school difficult. Services Manager, Rachel, supported us in conversations with Tommy's school. Then ultimately provided us with advice and guidance we needed to help Tommy progress to education at home. Without SNAP, we're not sure where we'd be."

The ride

"I knew the event wasn't going to be easy, but that was also part of the challenge. Ultimately, on the day, I knew my 'why' would get me through. Tommy has a variety of medical conditions which result in daily life being a struggle sometimes, whether

physically, mentally or emotionally. He gets through, that was my 'why'!"

Race day

"I paced the ride well and ensured I fuelled as much and as regularly as I could. It was lonely at times, doing long stretches of the ride without companionship, and it was tough being in pain with only my inner voice keeping me going. My legs went through various stages of hurt but managed to avoid completely cramping."



"The whole experience was such a high - getting up 20%+ gradients, chatting to people along the way, the views across the Brecon Beacons were incredible to take in."

If you are interested in taking on a challenge to fundraise for SNAP, please contact our Fundraising Team on fundraising@snapcharity.org or 01277 24345.

A space for
Wine and Cheese
Featuring expertly selected wines from Lady Penelope Wines with perfectly paired cheeses

Friday 9th October
7pm for a 7.30pm start
@ Holiday Inn Brentwood

£40
per person

Plus Christmas shopping stalls

£5 entry
on the door
includes coffee and cake

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 6th November
11:00am-2:00pm
at The SNAP Centre

A space for
Musical Bingo

Thursday 19th November
7pm for a 7.30pm start
@ Holiday Inn Brentwood

£30
per person

QUIZ NIGHT

Friday 30th January 2027
7pm for a 7.30pm start
The Nightingale Centre
Pastoral Way, Warley
CM14 5GB

£10
PER TEAM
MEMBER

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

Or scan this QR code with your phone camera.



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

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

