

### A Word from the 2 Carols

Firstly, we'd like to say a HUGE thank you to everyone who has supported us with our fund raising activities leading up to Christmas.

The children, young adults and our parent/carers are the reason SNOOP exists and we couldn't do the things we do without your help, so thank you.

We would also like to invite you to get involved in the fund raising activities and if you would like to organise an event, or would like to take part in a sponsored event to raise funds for SNOOP, please do get in touch with the 2 Carols.

Secondly, we wanted to tell you to keep a look out for the 2 Carols coming into your special school to talk with parents and carers.



We have visited Chellow Heights, and a group of parents/carers are to visit SNOOP in March for coffee.

We have visited High Park and met with parent/carers who are preparing for the transition from school into adulthood and held a workshop with them to offer our support.

Our plan is to visit the special schools and local mainstream schools to talk to them about all the services, support and information SNOOP can offer to their families.

Also to build a friendship whilst offering help with everything from EHCP's to behaviour to transition preparation for adulthood.

**If you would like us to come into your school, please come and talk to us about it. Our door is always open to parent/carers.**

**Kettles On ... 😊**

### Christmas 2018

In December we celebrated with Christmas parties ,Christmas jumper days and a naughty elf day ( can you spot the misbehaving elf ? )

The festivities continued with craft workshops creating our own decorations and a surprise visit from Santa. We held a Christmas raffle ,a box of booze and a tombola with gifts kindly donated by our friends and families.

Along with the previous smartie challenge we managed to raise **£583.97** which is amazing !

**THANK YOU** to everyone that donated prizes and all who bought a ticket



A huge THANK YOU to **Vanquis Bank Careers** for their very kind donation of 60 Christmas Advent Calender's. The children and young adults certainly enjoyed them. We are extremely grateful to Vanquis once again for thinking of Snoop and making a difference at this special time.



### Young Adult Service

In January the young people visited the Rockwell Community Centre in Thorpe Edge to make plans for having a stall for our **"In Stitches"** on the 19th February. Everyone has been busy and getting involved in cutting, using the sewing machine and quality checking the products for our stall.



This year we have also introduced **"Chill and Chat"** sessions. When the young people arrive we simply gather around for a drink and a chat.

This encourages socialising with others and also (as part of our health and well being objective) to ensure we are all drinking plenty of water and avoiding unhealthy snacks and habits.

The new "Hydration Station" supports this idea too and hopefully will become a natural part of the daily routine.

We are also starting to make plans for a **Sponsored Walk** when the weather is much better in June. ( Date TBC )

We hope that our young adults, friends and families will take part in this health and well being initiative and help us to raise funds for a new interactive white board.





### Childcare

In November a group of children had great fun exploring the Big Swing Adventure playground. From playing in the snow to making their own pancakes on the fire. All activities were done under the direction of the children's needs and wishes. Staff were on site to provide support and guidance to ensure that everyone had a positive play experience. We plan to use these facilities again during the year and look forward to the next Friday inclusion session soon.



@thebigswingadventureplayground

Look out for new **SENSORY SESSIONS** as we are planning to introduce some more bespoke sessions that will be specifically tailored to meet individual needs



Some of the key benefits of Sensory activity and play are :

To stimulate the senses

Enhance learning and play

Improve balance

Improve movement and spatial orientation

Promote emotional wellbeing

We would also like to say a very big THANK YOU to Sovereign Health Care who have recently donated a very generous



£5,586



(This is the staffing costs to run 2 weeks of Play scheme)  
We are extremely grateful to Sovereign for considering Snoop Charity and making a difference to the children's playscheme.



### Youth Club

Over the recent months we have taken part in lots of winter activities such as winter arts and crafts– we made our own winter wreaths which were kindly donated to us by a parent. Thankyou !

As part of our health and well being we have also taken part in lots of fitness activities to promote the "New Year New Me" !

Over the next few months we will be continuing to keep fit and healthy and exploring lots of healthy options for baking

Our growing pool tournament also continues to be a massive hit with the youth clubbers too every Tuesday evening



A huge **CONGRATULATIONS** to Jordan who left us on the 29th January to start her maternity leave . We wish Jordan all the very best and can't wait to meet the new little addition to her family



### Carers

The 30th November was Carers Rights Day and SNOOP joined forces with Carers Resource to present a day at Margaret McMillan Towers ,where carers had the opportunity to tell professionals what it is really like to be a carer ,and present for discussion some of the practicalities and every day challenges faced by carers.



### Workshops Included

'Buying in the help we need'

"How hard can it be?"

"We do it for love don't we?"

'Assumptions made about carers'

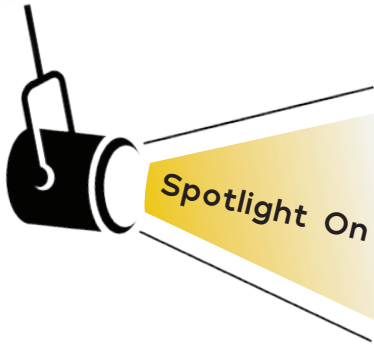
'Keeping the Carer well'


'Young Carers' – "How is it for you?"

Carol Beardmore was the guest speaker opening the event. Carol was able to give an honest account of her responsibilities as a carer of an adult with learning disabilities who works , and the reality of dealing with changes in health of the cared for person and the carer. Also how carers are expected to be able to cope, or to make huge changes to their lives and do the work of professionals, because too many assumptions are made.

Look out for an event in 2019

With each newsletter we would like to introduce you to a member of our team and in this issue the spotlight is on Sanny.



Name	Sanny	
Job Title	Administration Officer	
Time at Snoop	4 Years 6 months	
My job is	General admin duties, helping with the running of SNOOP monitoring and raising invoices. In charge of the website	
Likes	Football, going out socialising	
Greatest Achievement	Buying my own house	
My latest challenge	Keeping our new website and social media sites updated with the latest Snoop news and events	



### Valentines



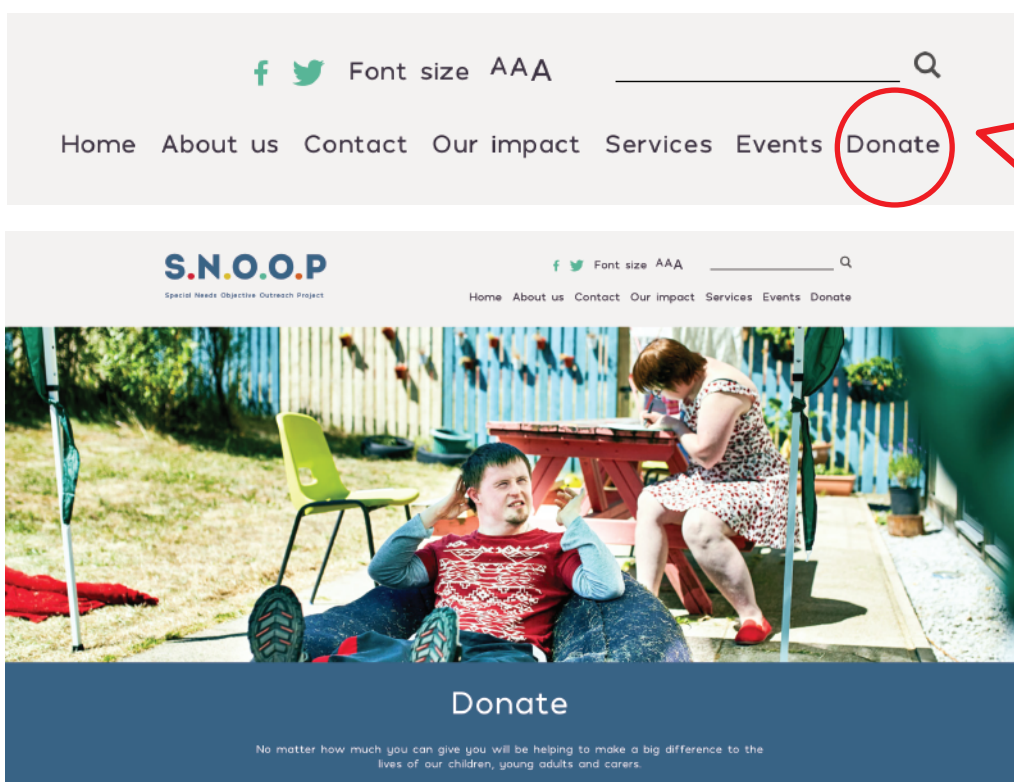
Love was in the air on the 14th February. Both the children and young adults took part in activities to celebrate Valentine's Day. Everyone was busy hand crafting cards to give to their loved ones and baking buns and treats to share.





### Website

We launched our brand new website at the staff away day in November and the response was fantastic. We are all delighted with the new branding and web design. A brand new function on the website is the ability to donate online, with one easy donate button that takes you through the simple process. There is also a link directly to the easy fund raising site too



You can also find details of past and upcoming events and download the latest copy of our newsletter. Details of Snoop services, meet the team and the Snoop story are all added with a variety of new photographs.

We think a picture paints a thousand words and the new site really represents who we are and what we do.

We hope you will use and visit the website to keep updated, and help us share and spread the word to others about our services

[www.snoopcharity.org](http://www.snoopcharity.org)



## Making A Difference

SNOOP's children, young adults and staff took part in the Self Care Week :

### 'Make One Change Challenge'

We kept a 'Living Well' Planner for one week from 12-18 November and we had to make one change each day e.g. swap sweets for fresh fruit, have a screen free evening or a caffeine free day , walk for 10 minutes and then follow our weekly planner for a healthier, happier life !

Self Care is for everyone.

We can all be in control of our own health and well being and it is really important to look after yourself in a healthy way.

We asked those involved 'How did you feel when you finished your challenge?' And they said:

"I felt happy and good inside"

"I felt fitter".

"I felt proud of myself"

"I slept better after the last thought of the day being positive"

Why not try it for yourself ?