

Hello from the 2 Carols and all the team during these very strange times.

We hope you are keeping well and safe, and we can't wait to welcome everyone back when the time is right.

Until then stay connected with us on our Snoop and Tadpoles Nursery Facebook pages where we are uploading new information every week. There are lots of posts from the team on ideas such as entertaining activities like arts and crafts, gardening, food preparation, baking, exercise and general health and well-being tips. There are also links to websites and external articles that you may find helpful in looking after yourself and to keep you going during this uncertain period.



Stay connected, let us know what you've been up to and please feel free to share your pictures and comments on our Facebook page and our Tadpoles Nursery page too.

@Snoopcharity

3 or 30 for 30K Fundraising Campaign

Can you help SNOOP to raise £30,000 in 2020?

Like many charities, it is increasingly more difficult to raise funds but nothing could have prepared us for the Coronavirus.

We want to be here for all the 100+ families we support at SNOOP, when all this is over and we can return to doing what we do best.

We are therefore asking people to help SNOOP, to use their skills and talents in lockdown to help raise vital funds as part of our campaign to be able to continue to deliver after school, holiday schemes, youth club adults day time activities and our parent/carer support. Opportunities to access funding to keep our core services going are fewer and so we need your help to reach our fundraising target of £30,000 so that we can continue to provide the support we provide.

How can you get involved ?



We want you to do 3 or 30 of anything....

For example ,walk, cycle jump, skip, run the equivalent of 3 or 30 miles, or do it for 3 or 30 minutes or hours or perhaps you could make or bake 30 items e.g. cupcakes or biscuits

You will need sponsoring and if you would like a **SPONSOR FORM** then please contact SNOOP and we will send one out to you.

Or you could simply donate using our

'Donate' button on the SNOOP website
www.snoopcharity.org

Please donate whatever you can to help us to raise as much as we can

Thank you for your support.

Together we can make a difference

Right now, we are all longing to return to normal life. But a few months down the line we may want to reflect and remember the experience of this life changing and significant moment in history. Writing a diary can be meditative and mindful, and who doesn't need some of that in their lives right now!



So, you're stuck at home on lockdown from Covid-19. Well let's make the most of it with some isolation appreciation and your own lockdown diary.

Try and keep a record of what you have been doing in terms of any activities and also how you may be feeling. It's your diary so you can add photos ,write or draw its really up to you what you include, just give yourself a daily or weekly prompt to add something new.

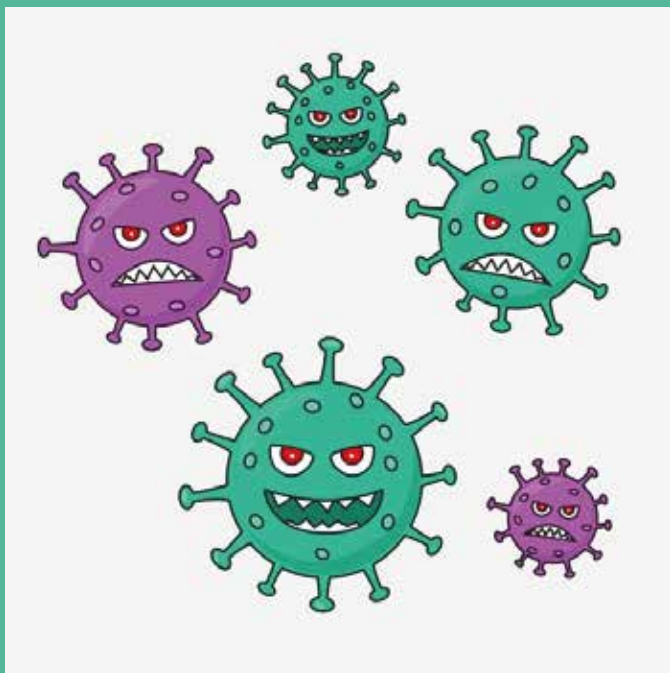
These can be saved as a memento to your future self, and will be able to look back on everything you did or how you were feeling during this significant time.



So, try to make time and remember to complete your

"LOCK DOWN DIARIES"

and bring them back to Snoop when we all get together again



Life is changing due to the pandemic and a "new normal" is evolving.

The key messages from the government at the moment to keep everyone safe from this nasty virus are:

- **Still stay at home as much as you can**
- **Always keep a safe distance from others at least 2 meters apart about**
- **Wash your hands regularly for 20 seconds (this is the time it takes to sing the Happy Birthday song twice)**
- **Don't touch your face or eyes with your hands**
- **Use a tissue for coughs and bin it**
- **Avoid buses and trains if you can**
- **Wear a face covering when people are too close**

STAY SAFE EVERYONE !