



SSNAP UPDATE

Support for the sick newborn and their parents

AUTUMN 2023

SSNAP SUMMER GARDEN PARTY



A huge thank you to each and every single person that gave up their time to help at our annual summer garden party. It was fantastic to see so many SSNAP families and friends in attendance, and the weather, if anything, was just a little hot!

We cannot wait to see you all again next year – same location on **23 June 2024**.

NEW TRANSITIONAL CARE UNIT



In August OUH launched a brand new transitional care unit based on the postnatal ward.

The unit consists of seven beds and is designed to keep mothers

and babies together, rather than the babies needing to be admitted to the neonatal unit. The babies within the unit will require treatment and additional care for conditions such as jaundice, infection and feeding complications.

SSNAP have provided funding for the decoration of the unit, as well as a wellbeing room for parents and families within transitional care. This funding has enabled the creation of a holistic and welcoming atmosphere – a relaxing space for parents away from a clinical setting. Many of the families who will be cared for on the unit will be staying for prolonged periods, so the wellbeing room will create a home-from-home environment, with the aim of positively impacting the wellbeing and experiences of the families within our care.

WE ARE GROWING!



After the review of our services and the feedback of so many parents and NHS staff, SSNAP's Family Care Team is expanding. We are increasing our support on the unit from 65 to 95 hours per week, 7 days a week, 365 days a year. I hope you'll agree that this level of care for parents and staff is unprecedented, and very welcomed by all that are supported by us. We would love to welcome new Family Support Workers Lauren (left) and Alison (right) to the team; we wish them luck with the challenges ahead with supporting parents and staff.

SUPPORT • CARING • COMPASSION • FAMILY • TOGETHERNESS

LITTLE SSNAPPLINGS UPDATE



Our Little Ssnaplings groups continue to grow and welcome more families to each session. The groups are currently running in four locations throughout Oxfordshire.

We have welcomed some generous donations to enable us to continue expanding the groups – we will soon be running ‘pop up’ groups in

other locations. Since the Spring, Tash is now fully qualified to give baby massage classes herself.

If you haven't attended a class yet, why not come along? We have our own Facebook group where regular updates are posted. Groups are available for both babies and toddlers – they are free or charge to attend, and coffee and snacks are always provided.

LONDON TO BRIGHTON BIKE RIDE 2024

BRAND NEW FOR 2024: Become a ‘SSNAP Superhero’ and challenge yourself to The London to Brighton Cycle Ride.

This is an iconic 55 mile cycle ride, starting from Clapham Common in South London, to the seaside town of Brighton.

Registration is just £55 per person. This includes a fully supported ride, complimentary water stops, snacks, lunch, and not to mention that we'll be waiting with your medal at the finish on the seafront in Brighton!

The SSNAP team will be on hand every step of the way with ideas and a fundraising pack (including a special edition SSNAP race day top) to help you reach (and hopefully surpass) your fundraising target of £150.

Much more information can be found on the SSNAP website or by emailing emily@ssnap.org.uk



BLACK TIE BALL



We are hosting our third SSNAP Charity Dinner on 18 November at the Leonardo Royal Hotel in Oxford (formerly Jurys Inn). A black tie, historic evening that includes pre-dinner drinks, a four course meal, charity auction, entertainment, and live music into the early hours. **Tickets are now available to be purchased on the SSNAP website or by scanning the QR code above.**

FAREWELL TO CAZ



It is with a very heavy heart that the SSNAP Team and NICU Staff said farewell to Family Care Team Lead **Caz Stokes** this Summer. Caz (above centre) has served the unit for 14 years, supporting thousands of parents and staff. She has championed our charity and has had a huge impact on the lives of so many. We wish Caz and her boys all the very best of luck for the future.

NEW EQUIPMENT



We continue with regular purchasing for the unit. So far this year we have bought a variety of equipment such as four new breast pumps – one for delivery suite, one for observation area and two for the postnatal level.

WHY WE ARE HERE

Charlie's mum shares her story....

"From our 20 week scan, we knew our baby would need an operation at birth. While scary at the time, we are in awe of the medical expertise that helped us stay informed and prepare for what was to come.

The first time we met SSNAP was in December 2022. Kerry stepped away from Christmas party celebrations to meet us and help us understand what to expect from intensive care. Given we knew we would be separated shortly after the birth, seeing the ward helped us visualise where our baby would be. Kerry was so kind and reassuring which made it all feel less daunting.

Charlie was born in January 2023 – he was incredibly brave and has now fully recovered from his operation. We hardly have the words to express our gratitude for the incredible care of all the staff on the Neonatal Intensive Care Unit and High Dependency Unit at the John Radcliffe Hospital. From our first engagement, we were struck by how supportive SSNAP were on our journey.

SSNAP funds some of the 'big things' – psychological support roles, purchasing life saving equipment, life changing research and training. At the same time, we found some of the smaller, thoughtful things to be incredibly impactful.

We received a welcome box with coffee cups with lids on – something you would not think to pack in your hospital bag. Our spirits were lifted when the snack trolley came around with a smiley face and someone to chat to. **We were so moved by the handmade blankets and hats Charlie received – all knitted by volunteers.** We were even given a little octopus, designed to feel like an umbilical cord and a homemade bag to carry the breast pump equipment.

I work in digital technology, so I was interested to learn about some of the techy stuff too. SSNAP introduced a facial recognition system so parents can enter the ward whenever they want to. It's hard to



express how meaningful that is when you are coming to see your baby and don't feel inhibited at any time – day or night. We loved the App that enables the nurses to send photos of the babies when parents can't be there, helping with separation anxiety and remote milk expressing.

Being in intensive care for the first days of Charlie's life was the worst of times but also the best of times. SSNAP were a huge part of our journey helping Charlie and us as parents feel supported and cared for. There's no doubt that support helped expediate his recovery – it boosted oxytocin and meant we were looking after ourselves so we could look after him.

It's why we've decided to fundraise as part of a celebration for Charlie this May. The companies we both work for have already kick started the donations and we're hoping to raise a lot more for this incredible cause.

From the knitters to the fundraisers – we want to say a huge thank you to all involved in SSNAP – you make a massive difference."

THREE PEAKS CHALLENGE

Our incredible team of Trustees, NHS staff and SSNAP friends, raised in excess of £31,500 by completing the Three Peaks Challenge back in May – **a huge well done... thank you to you all.** And special thanks to Steven England for his amazing leadership and support to others.



BECOME A MEMBER

Join our SSNAP Society by giving regularly and becoming a valued SSNAP Member

SSNAP
MEMBER

For a minimum of £5 per month you can ensure that we can continue to champion the right of all sick and premature babies treated in Oxford.

FUNDRAISING
MEMBER

If you are taking part in one of our fundraising events or are organising your own then please become a Fundraising Member.

LIFETIME
MEMBER

SSNAP lifetime membership is a long term commitment to our work and costs a minimum of £1,500.



Regular giving offers SSNAP stability and enables us to plan for the future with your support. See our website or scan this QR code for more details.



FAMILY CHRISTMAS CAROLS

We would love to end the year with as many of our SSNAP friends and families as we can. Our Christmas Carol Service will take place on **Sunday 10 December** at Holy Trinity Church on Woodgreen in Witney. A family friendly service followed by festive refreshments. Please do confirm your attendance on the website (to aid with mince pie purchasing!)



SSNAP's biggest support team ever! As we grow our services we remain so very grateful to you, our supporters, for ensuring we can provide more help to parents and staff than ever in our history. **Thank you.** We can't wait to see you at our remaining events of 2023, notably our Christmas Carol Service in December.

Very best wishes

Martin and the SSNAP Team

Martin Realey
SSNAP Charity Lead



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