

COULD YOU VOLUNTEER FOR SSNAP?

Are you looking for a rewarding role where you can meet new people, develop new skills and make a real difference in your community, all while supporting the vital work of a local charity? Why not join our team of volunteers?



The volunteer roles we have are flexible and varied, and you can help out in the following areas:


- Supporting SSNAP sports and fundraising events.
- The annual Summer Garden Party in June – setting up, running a stand, selling raffle tickets, serving drinks and packing away are just a few of the tasks that need to be covered.
- Assisting at our Little Ssnaplings baby and toddler groups.
- Helping with mail - we often have large mailouts to pack, including fundraising packs and sending out newsletters.
- Become a SSNAP Ambassador – could you represent us at community events?
- Knitting – the unit always requires knitted items.

Maybe you have a skillset we didn't even realise we needed? Suggestions are always welcome. Please do get in touch.

MY BABY'S BRAIN



SSNAP is proud to have supported Associate Professor Caroline Hartley and Dr Marianne van der Vaart with the **My Baby's Brain** project. The project has developed a series of animations and leaflets for parents of premature infants to give them more information about how their baby's brain is developing and how this relates to breathing changes during development.

 The animations are now available by scanning the QR code above. They are also available to view on YouTube: tinyurl.com/neuroimagingchannel



SSNAP UPDATE

Estd. 1982
Support for the Sick Newborn and their Parents

SPRING 2024

On behalf of our trustees, staff, volunteers and the babies, families, and NHS staff that we support, we thank you for your unwavering dedication, and commitment to SSNAP. Without this, we simply wouldn't be able to offer the level of support to families that we do. SSNAP is more than just a charity; it's a lifeline for families navigating the challenges of having a sick newborn. Our mission is simple yet profound – to provide support, comfort, and resources to these families during their most trying times.

We have some fantastic events throughout 2024, we hope many of you will sign up and get involved. We also have our Annual General Meeting – a great opportunity to meet the team and ask questions. As always, this newsletter provides a snapshot of what the charity has been up to. You can stay up to date by following us on social media, or visiting our website www.ssnap.org.uk

Very best wishes

Martin and the SSNAP Team

Martin Realey SSNAP Charity Lead



TEAM GEORGE 10 YEAR ANNIVERSARY



We would like to send a huge heartfelt thank you to Kirsty and Jonathan Stansfield for their tremendous fundraising achievements over the past 10 years. Their total now far exceeds £100,000!

Team George is a fundraising organisation set up in memory of George Christopher Stansfield.

George was born on 30 November 2013 at Milton Keynes hospital, however unfortunately due to unforeseen complications, George's brain was deprived of oxygen during labour and was fighting for his life immediately. He was transferred to the John Radcliffe Hospital in Oxford to the intensive care neonatal unit, where the amazing staff battled to save his life. George went to sleep peacefully in the arms of his mummy and daddy on 2 December.

Throughout 2023 a series of fundraising events were held to mark the 10th anniversary of Team George. These included a golf day, family day and a charity dinner.





LITTLE SSNAPPLINGS UPDATE



Our Little Ssnaplings groups continue to go from strength to strength. We are so excited to be able to bring even more groups throughout the county this spring!

Everyone is welcome to our groups, regardless of how short or long your neonatal stay. These groups are to help support you after you've left hospital and give you the

chance to meet others who have had a difficult start with their newborn. We have groups for both babies and toddlers. Don't forget to join the Facebook group or visit the SSNAP website to stay up to date with all the latest group details. You can also contact Tash: tash@ssnap.org.uk

LONDON TO BRIGHTON BIKE RIDE

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 sea front in Brighton! The SSNAP team will be on hand every step of the way with ideas and a fundraising pack to help you reach (and hopefully surpass) your fundraising target of £150.

www.ssnap.org.uk/events/london-to-brighton-cycle-ride



OXFORD HALF MARATHON



Registration is now open for the Oxford Half Marathon 2024

Registration is FREE and all we that we ask is that you raise £150 (or more!) for our incredible cause. You'll receive a training t-shirt, race day vest, welcome pack, training advice and immense support on the day.

Starting and finishing in the heart of the city centre, you'll speed by some of Oxford's most iconic landmarks, including world-famous museums, universities, parks and much more. It's a fantastic way to see our historic city and all it's beautiful sights in this one-of-a-kind run, whilst helping our little heroes and their parents at the same time. This is the perfect event for both beginners as well as more experienced runners looking to beat their personal best.

www.ssnap.org.uk/pages/oxford-half-marathon-2024

BATH TIME



Prematurely born babies may appear distant from their first bath, however nurses on the NCU are dedicated to ensuring your little one is bathed at the earliest opportunity. Thanks to SSNAP's funding, we've acquired a hundred bath ducks to mark this special milestone.

EXCITING EVENTS FOR 2024

■ Blenheim Family Fun Run

19 May 2024

One mile children's run, buggy run, canine run and the main 7k - something for everyone. Why not bring a picnic and enjoy the grounds of Blenheim Palace?

■ Sky Dive for SSNAP

8 June and 3 August 2024

Experience the thrill of a life time and sky dive for SSNAP! Other dates are also available.

■ SSNAP Annual General Meeting

12 June 2024, 7pm

An opportunity to hear from our Charity Lead and guest speaker Dr Kevin Ives, and to ask questions. Everyone is encouraged to attend.

■ SSNAP Summer Garden Party

23 June 2024

Everyone is most welcome to attend our annual garden party.

■ London to Brighton Bike Ride

15 September 2024

A first for this event in the SSNAP calendar, why not join us?

■ Oxford Half Marathon

13 October 2024

Our biggest event of the year, we would love you to join Team SSNAP!

■ Christmas Service

8 December 2024

A family-focussed service with festive treats. Save the date!

More details for all of these events are available on the SSNAP website.

SSNAP FUNDED TRAINING DOLLS

Resuscitation training empowers parents to better care for their premature or sick baby post-neonatal unit discharge. Before leaving the neonatal unit to go home, a trained healthcare professional guides parents on baby resuscitation. SSNAP's funding of over £1,000 per manikin doll supports this vital cause.

JOLLY GOOD BROWNIES

You can now support SSNAP by purchasing **Jolly Good Brownies!** These secret recipe brownies, produced by Angela Anstey in East Hendred, have been so popular that people across the country have become regular customers.

Jolly Good Brownies are always made fresh to order, using free-range eggs and good quality chocolate and above all they are, well, Jolly Good! They make an ideal gift, whether it is for a sleep-deprived new parent, to say Happy Birthday, or perhaps just to cheer somebody up.

You can select your brownies using the QR code below, or at www.jollygoodbrownies.co.uk and SSNAP will receive 10% of the purchase price. Many thanks to Angela for all of her support, which has been inspired by her own experiences of the Special Care Baby Unit.



Use code **SSNAPGIFT** to donate **10%** of your purchase price to SSNAP

BECOME A MEMBER

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



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.

