

# How you can help

## Become a Member

For as little as £5 a month you can ensure that we are able to continue our essential work, whilst keeping you in regular touch with the charity. Monthly donations enable us to plan ahead and manage our income.

## Volunteer

Our fantastic volunteers are the heroes of our team, from cheering on our runners, setting up and manning stands at our events, helping at our Little Ssnaplings groups, to making up fundraising packs and sending out mailings. Get in touch to discuss how we could work together in the future.

## Fundraise with us

Visit our website today to see our annual fundraising challenges, or create your own. We don't receive statutory funding, and are only able to provide this unique service thanks to the support of donors and fundraisers like you.

## Corporate support

We'd love to hear from companies willing to work in partnership with us. Contact us to discuss the variety of ways that we can work together to promote your organisation whilst supporting the Neonatal Unit.



*“SSNAP helped us every day. They were friendly faces in a sea of machines and consultants working their magic. They kept us going on the hardest days and, even now, we are still in contact with them.”*

**However you choose to support us, we'd love to hear from you. So please don't delay... get in touch today and help SSNAP continue our brilliant work.**



Support for the Sick Newborn and their Parents



**SSNAP** supports premature and sick newborn babies, their parents and the staff that care for them. For over 40 years we have supported the neonatal unit at the John Radcliffe Hospital in Oxford.

**www.ssnap.org.uk • contact@ssnap.org.uk • 01865 221359**

SSNAP (Support for Sick Newborn and Their Parents)  
Level 2, Women's Centre, John Radcliffe Hospital,  
Oxford, OX3 9DU



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# How we help

## Family support

We're here for families during one of the most challenging times of their lives. Our team provide supportive listening and practical support. They prioritise the needs of the parents of babies in hospital with compassion and offering advice and guidance.

Many parents find themselves in the Neonatal Unit weeks, even months, before they ever expected to be in the maternity suite. Pulled from everyday life, without the time they thought they had to prepare, can often be quite a shock. SSNAP staff work hard to minimise this stress by providing basic needs.

## Little SSNAPlings

Our Little SSNAPlings groups provides ongoing support after discharge from the unit, helping families stay connected through playgroups, events, and peer support. It's a vital part of building community and confidence once families are home.



## Funding equipment for the Unit

We help fund practical and medical equipment and technology that enhances the care babies receive in the neonatal unit. From specialist monitors to incubators, breast feeding chairs and even sofas, we work closely with NHS teams to fund what's needed most.

## Investing in NHS Staff

We invest in the professional development of neonatal staff by funding additional training, courses, and resources. This helps ensure the team remains at the forefront of neonatal care and continues to deliver outstanding support to babies and families.

## Research and innovation

When requested, we support and get involved in research projects that aim to improve outcomes for premature and sick newborns.

Together, these five areas make up the heart of SSNAP's work – supporting families, empowering staff, and helping to give every baby the best possible start in life.

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