

Little SSNAPlings

Baby and Toddler groups for families that have spent time in a neonatal unit

Continuing support beyond the neonatal unit

Leaving the neonatal unit is only the beginning. At SSNAP, we're here to support you and your family every step of the way. Our charity funded community groups give parents the chance to connect, share experiences, and enjoy time with their babies and toddlers.

Our Groups

🧘 Baby Massage

From 6 weeks to around 1 year. Gentle, calming classes to help you bond and relax with your baby.

🧘 Baby Yoga

Stretch, breathe, and enjoy some self-care while your baby rests nearby on their mat.

🍰 Stay & Play

Casual sessions with refreshments, where babies through to toddlers can play while parents relax together.

🚶 Buggy Walk & Talks

Informal outdoor meet ups at locations across Oxfordshire, when the weather allows. Fresh air, gentle exercise, and supportive conversations.

Why Join?

- Meet families who understand neonatal journeys.
- Focus on your wellbeing while bonding with your baby.
- Safe, fun, and welcoming activities for babies and toddlers.
- A supportive community that continues beyond hospital walls.

Turn over for our class schedule this term ➡



Book a class here!



SSNAP

Estd. 1982

Support for the sick newborn and their parents

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Class dates for Winter/Spring Term

Classes also
announced via
SSNAP Facebook
and Instagram.

Jan 6th
Botley 1:30-3pm
Baby Massage

Jan 6th
Thame 10-12
Baby Massage

Jan 13th
Thame 10-12
Baby Massage

April 14th
Thame 10-12
Baby Massage

April 14th
Botley 1:30-3pm
Baby Massage

April 21st
Botley 9:45-11:30
Baby Massage

April 22nd
Headington 10-12
Baby Yoga

Jan 13th
Botley 1:30-3pm
Baby Massage

Jan 20th
Botley 9:45-11:30
Baby Massage

Jan 21st
Headington 10-12
Baby Yoga

Jan 27th
Botley 9:45-11:30
Baby Massage

Feb 3rd
Thame 10-12
Baby Massage

Feb 3rd
Botley 1:30-3pm
Baby Massage

Feb 10th
Thame 10-12
Baby Massage

Feb 10th
Botley 1:30-3pm
Baby Massage

Feb 17th
Botley 9:45-11:30
Baby Massage

Feb 24th
Botley 9:45-11:30
Baby Massage

Feb 25th
Headington 10-12
Baby Yoga

March 3rd
Thame 10-12
Baby Massage

March 3rd
Botley 1:30-3pm
Baby Massage

March 10th
Thame 10-12
Baby Massage

March 10th
Botley 1:30-3pm
Baby Massage

March 17th
Botley 9:45-11:30
Baby Massage

March 18th
Headington 10-12
Baby Yoga

March 24th
Botley 9:45-11:30
Baby Massage

Scan QR code
with your camera
to book a class.
Or via our
SSNAP Website.



Please note we also plan to facilitate some
Buggy Walk and Talks, Stay and Plays and
other special events. Keep a look out on our
SSNAP social media or your inbox for
information on these throughout the term.



Vicky runs our
Little SSNAPling groups.
You can contact her to find out
more information
via email: vicky@ssnap.org.uk
Or call: 07352983202

Join our
SSNAP Families WhatsApp group
to connect with other families and
keep up to date with our
classes/events and news.

Scan below to join:

