

# 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

We have a variety of volunteering roles... from supporting coffee mornings on the Neonatal Unit to cheering at the finishing line of a run. 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.

[www.ssnap.org.uk](http://www.ssnap.org.uk) • [ssnap@ouh.nhs.uk](mailto:ssnap@ouh.nhs.uk) • 01865 221359

SSNAP (Support for Sick Newborn and Their Parents).  
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Registered Charity No: 1146622 • Limited Company No: 7888187



*“ 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.**



**SSNAP supports premature and sick newborn babies, their parents and the staff that care for them.**

We operate from the John Radcliffe Hospital in Oxfordshire: a hospital with specialist support that cares for babies from all over the country. For nearly 40 years we have supported those born in, or admitted to, the Neonatal Intensive Care Unit, the Dependency Units and the supporting maternity wards.

# How we help

## Family Care Team

A neonatal setting can make the experience of parenting much more challenging. Our Family Care Team has years of experience providing practical and emotional support for parents of babies in hospital. They provide a listening ear, empathising with the needs of parents, and offering advice and guidance. They deal daily with trauma, anxiety, pain, relief and joy – being on hand cot-side, where they are needed most.

## Psychological support

SSNAP sponsors two support roles within the hospital: a Clinical Psychologist and an Assistant Psychologist. Both are available for parents and staff to receive additional psychological support. No two days are the same on the Neonatal Unit, and staff can find situations as challenging as new parents. Both psychologists are available to step in, including help with mental and physical illness, sicknesses and bereavement.

## vCreate

SSNAP introduced and funds the vCreate service – an NHS trusted, secure video messaging service that allows clinical teams and the Family Care Team to send messages, photographs and video updates to parents for those times when they're unable to be with their baby. This service provides parents with reassurance of their child's wellbeing and minimises any separation anxiety. The service has proved to reduce stress and support parents' mental health and wellbeing.



## Staff training

The NHS staff here at the hospital are some of the very best in the world. Years of dedicated education, training and experience ensure the delivery of this high standard service. However, not all of this training is free, or even funded by the NHS. SSNAP funds additional training and study days for nurses, that they might otherwise have missed out on. This enables them to provide the very best care possible for babies and their parents.

## Parental support

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. Every baby receives an admission box, with useful tools and treats for parents, and information about where to turn for help. We provide breakfast and snack packs for staff and parents, emergency toiletry packs for parents arriving unexpectedly, and restaurant meal vouchers and emergency funding for those most in need.

## Essential equipment

SSNAP continues to purchase essential equipment, not funded by the NHS, for the hospital. We frequently receive applications from the unit staff to fund essential items or innovations to make life more comfortable cot-side. These include a fingerprint entry system to reduce the wait and stress of parents entering the unit; reclining chairs and breast pumps to make new mums more comfortable; and furniture and fittings for a purpose-built Bereavement Suite. We do our utmost to make everybody as comfortable as possible during what is a challenging period of their lives.



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