

EVENTS FOR YOU IN 2022



The SSNAP Blenheim Family Fun Run will take place on 15 May. Distances include 1 mile for young families, a 4 mile Buggy Race, an owner and dog run, and a 7km race open to all. We hope this will be a fabulously fun day and would love as many SSNAP families to join us as possible. We hope that since it's our 40th Year, each family may try to raise £40 for SSNAP whilst enjoying a brilliant day. Limited edition 40th Year T-shirts and medals will be available for everyone participating.



The Summer Garden Party will take place on 26 June. It is an event for members, fundraisers, friends and family. This year was a huge success and I truly hope you can save the date now and invite your extended families to join us for this party in our 40th Year.



The SSNAP Charity Dinner Night is specifically designed to thank our members this year and will take place on 19 November 2022. Please save the date now and start inviting your friends to this black tie spectacular.

Finally, I'd just like to say a massive **thank you**. On behalf of our trustees, staff, volunteers and the babies, parents and NHS staff that we support. Your continued contribution to our work is what makes all this possible. We still don't receive any government funding. We are a charity that exists solely on the memberships, donations and fundraising of amazing people like you.

So thank you. We wish you all the luck and love in the world for 2022 and beyond. We hope we hear from you soon, joining us for a SSNAP event or introducing us to your friends and family.

Very best wishes

Martin and the SSNAP Team

Martin Realey
SSNAP Charity Lead



www.ssnap.org.uk

ssnap@ouh.nhs.uk • 01865 221359

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

Registered Charity No: 1146622 • Limited Company No: 7888187



1982 - 2022

SSNAP UPDATE

Supporting sick newborn and their parents

Celebrating 40 years

JANUARY 2022

Well I think it's been said many times before but we've just had one of our busiest years ever. I will break it down and hopefully demonstrate to you just how much your regular support means to us. We really wouldn't be in the amazing position we are without the support of our regular givers, donors and fundraisers. So thank you.

THE NEONATAL UNIT

NICU has been as busy as ever and whilst the JR continues to be one of the most advanced in the South, neighbouring counties continue to send their most poorly babies to us.

The Covid visiting restrictions are still in place, meaning unfortunately parents are not permitted to be accompanied, so miss out on the support that could be given by grandparents, siblings, children and alike. Fortunately the SSNAP Family Care Team staff are working seven days a week, 365 days a year, meaning we are able to support parents at their most vulnerable and needed time.

Nursing a critically ill baby can be an awfully daunting task on your own, so our trained team are there every day to offer emotional and practical support. The unit psychologists, who were also introduced and funded by SSNAP, are also on hand to give more specific help when needed. Recognising one in four people in the UK experience mental illness, that doesn't go away when you have a baby. The increased anxiety and troublesome conditions can significantly impact the mental health of parents - the professional psychology team continues to be a fantastic asset to the unit.

Throughout 2021, the Family Care Team worked more hours than ever before, and we anticipate that this service will continue to grow as the unit sees more than a thousand premature and sick babies each year.

We also continue to play a very active role in supporting bereavement. An increased



Fortunately the SSNAP Family Care Team staff are working seven days a week, 365 days a year, meaning we are able to support parents at their most vulnerable and needed time.

number of very poorly babies tragically means we still experience babies growing their wings and leaving us every week. Their parents need specific support and help during these unprecedented moments. We continue to support as much as we possibly can.

NHS STAFF



SSNAP continues to do everything we possibly can to enhance the life and working conditions of the unit staff.

Last year we funded over 50 staff to attend external training and qualifications. This ranges from one day online semesters to 12 month UNICEF *Baby Friendly Initiative Leaders' Courses*. All are to ensure that the unit staff are trained to the highest standards they possibly can be, and gain experience through training before being exposed to it on the unit.

We also wish to ensure the staff are happy – routinely supplying small gifts to recognise their worth, including surprise pizza nights for staff working through the night.

SUPPORTING PARENTS

We have spent over £11,000 this year directly supporting parents on the unit.

This ranges from a substantial mobile trolley for snacks cot-side, purchasing hot meals to ensure parents are eating properly, paying transport costs for parents struggling to get home and see siblings, and providing additional equipment for parents to use the new accommodation services at the hospital.

Where appropriate, emergency funds are granted for severely struggling parents as we ensure that every parent has access to hot food, shelter, transportation and access to both their babies and their support networks.



SSNAP STAFF

Kerry and Nic have now settled in their part-time roles. All six of us (although only less than three full-time equivalent) feel we work so strongly and well together that the result is so much greater than the sum of all parts.

We're a very happy team that work exceedingly flexibly to accommodate both the needs of the unit and of each other. Subsequently we feel we are definitely value for money when looking at charity costs versus what we actually achieve.

SPECIAL DAYS

We continue to do our utmost to ensure we still celebrate special days: Mothers' and Fathers' Day, World Prematurity Day and Christmas Day to name just a few.

This involves some secret work by the night staff to hand and footprint babies, which we then present to parents in a beautiful frame, with additional gifts for Mum and Dad. We aim to ensure that whilst often celebrating this day for the first time as parents, it is still treasured and is one that can be remembered for happy reasons.

EQUIPMENT

This year, SSNAP has provided a significant amount of equipment for the unit.

Of recent note is the purchase of two VapoTherm Transfer Units. These enable babies to be put directly onto oxygen immediately from the womb, even before the umbilical cord is clamped. This ensures the appropriate blood oxygen levels are maintained and the baby is assisted immediately. It enables immediate skin-to-skin with Mum and Dad, whilst the baby is supported with breathing. The baby can then be moved to Intensive Care whilst still attached to this mobile oxygen unit, before being transferred to the incubator. This is cutting edge technology and Oxford is the leading NICU in the country to develop this method – funded by SSNAP.

We have made a number of other equipment purchases including:

- A 24 hour hot drinks machine which we constantly refill, ensuring access to hot drinks and soups for staff and parents awake around the clock
- Practice feeding dolls and feeding gowns to assist new parents with breastfeeding tiny pre-term babies
- iPads for NHS staff to conduct distance learning and online training
- Cameras for baby photographs, notably to support bereavement



- Baby sheepskin rugs and sensitive skin mattresses to prevent skin sores for babies that can't be moved
- White goods including fridges, microwaves and toasters across all three units for both staff and parents
- Bereavement suite refurbishment
- Over 1,000 Julia Donaldson books for parents to read to babies cot-side.

FUNDRAISING

This has been a monumental year for fundraising. We have been inundated with people kindly volunteering to participate in enjoyable and fun events to support SSNAP.

We had a record 267 runners in the Oxford Half Marathon that alone raised over £115,500 for our work. There have been nearly 50 people that have raised over £1,000 in their individual events this year, from parachuting, running and carrying washing machines! The support has been astounding. We were delighted that our Charity Dinner Night raised over £14,000 and we have received over £5,000 from donations for our knitters' contributions. This together means that for the second year in a row we will have covered all of our outgoings and can increase the support we provide to the unit.

