



Newsletter

January 2009

Happy new year from all at SNAP

Bury St Edmunds Office Coming Soon

After many months our Bury St Edmunds office is finally set to open its doors in the next few weeks once telephone and internet connections have been installed.

The address is: Enterprise House, Lamdin Road, Bury St Edmunds, IP32 6NU

SNAP Christmas Open Day



On the 23rd December 2008, SNAP opened its doors and held its first Christmas open day. Service Users, Agencies and staff were welcomed by Ipswich Caribbean Youth steel band and children received a gift from Father Christmas.

Visitors were also entered into our free raffle draw and a fantastic buffet and drinks were available. We would like to say thank you to everyone who helped to make the day a success.



Welfare Fund Boost



Support worker David has raised a fantastic £172.50 to be donated to our welfare fund. On the 25th September David asked for sponsorship to lose a whopping 3 stone before 25th December. David managed not only to lose his 3 stone target, but also a further 2 stone—bringing his total weight loss to date to 5 stone!!

Service Users

CARA has received 883 referrals since 2nd June 2008. SNAP is currently supporting 361 service users across 6 districts, with a further 48 booked in for face to face assessment.

Staff Changes

SNAP would like to offer a warm welcome to the new members of our team.....

Kirsty and Emma have joined us as Assistant Support Workers, while Terri and Lisa have joined to temporarily support us with administration work.

On 27th February, our Service Manager Claire will be leaving on maternity leave. We would like to offer a warm welcome to Christine who will be covering Claire's position whilst she is off.

We have also recruited 4 new Support Workers to cover the west of the county with the good news being that Billie-Jean, former ASW, was successful in being recruited to one of the posts.

We will shortly be advertising for 4 Assistant Support Workers and 1 Team Leader to replace people who have moved on. Sadly, one of our Team Leaders, Jane left us on the 30th December. We would all like to wish her well in the future.

We would like to thank our volunteer David who worked with us for several months, helping out in the office. He has now left to pursue permanent employment. We wish him every success.

FIND Christmas Hampers

We would like to say a massive thank you to the charity FIND for donating over 40 Christmas hampers which were distributed to our Service Users. Included were gifts for adults and children alike which were very much appreciated by all.



Top Tips For Staying Warm This Winter

January 2009

Keep your home warm and reduce your bills!

Central heating - turn it on, check that it works properly, no leaks or blockages, or get it serviced. If it's a gas appliance, make sure you contact a CORGI registered installer. This means they have been approved by the National Watchdog for Gas Safety. Appliances should also be checked for safety annually.

Electric blankets - anything 10 years old or more should be replaced if possible and certainly serviced in line with manufacturers' guidelines.

Sticking aluminium foil down the back of a radiator close to the wall increases the radiator's efficiency, reflecting the heat back into the room.

Insulation: pipes might need lagging, and heat is lost through draughty doors and windows. Cheap and easy-to-use draught excluders are available in DIY stores.

The letterbox can let in loads of cold air, especially when newspapers are left in them. Banish the breeze with a brush-type cover for the letterbox and shut outside doors and close curtains at night .

Open keyholes also let in loads of cold air. Room temperature can drop ten degrees in one hour— cover the hole.

Stopcocks. Turn them regularly to make sure they work and haven't seized up. An insurance company won't pay out if your home is flooded because you're not able to turn off the stopcock in the event of a burst main. Use a luggage label to identify stopcocks, so you can quickly isolate water pipes if you do suffer a burst.

If you have outdoor taps for the garden, make sure you turn off the supply to the outside tap in the winter to prevent the water freezing up all the way into the house.

Boil only the water you need rather than filling the kettle completely .

Let food cool to room temperature before you put it in the fridge or freezer.

Don't leave appliances like televisions in stand-by mode as they still use electricity; instead, switch them off properly at the 'off' switch.

Look after yourself

Eat for warmth - regular hot meals and hot drinks provide warmth and energy.

Keep moving, don't sit still - any activity, even hoovering gets circulation going and makes you feel warmer.

Think about what you wear - dress appropriately and wrap up warmly, indoors and out. Ideally several layers of thin clothing.

Keep warm at night - wearing the right clothing to bed is as important as wrapping up outdoors.

Get a flu jab - every year the flu virus changes, so reduce the risk and get your jab.

Keep your home at the right temperature - it should be around 21 degrees Celsius (70 degrees Fahrenheit).

Feedback, comments or questions? CONTACT US AT:

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Written by Mr John Clarke-Warren
-Service User