

# Newsletter

## Happy 1st Birthday To SNAP

### Anniversary Event



On Tuesday 2nd June, SNAP will be celebrating it's one year anniversary. That's right SNAP has been supporting people across Suffolk for one year and long may it continue. To celebrate and reflect on our first year we will be holding an anniversary event at the SNAP office in Ipswich. Invites are being distributed to agencies and service users to help celebrate

the service and the support it has given over the last year. If you would like to attend the event please discuss this with your support worker or call the SNAP Office.

**Agenda for the event.**

- 10.00 Networking
  - 10.30 Service User Speaker
  - 10.45 Service User Involvement Week
  - 11.15 Martial Arts Display
  - 11.45 Networking
  - 12.30 Cutting Of The Cake With Becky Jago
  - 12.45 Board Speaker
  - 13.10 Prize Draw
  - 13.20 Music From The Sapphires & Networking.
- There is a raffle on the day, prizes include; £200 Virgin holiday voucher, £75 cleaning voucher, digital camera, salon voucher, gym memberships and lots more. All tickets are 20p and all funds raised will be donated to the Pete Cornish Welfare Fund.

### Hello's & Goodbyes

We would like to welcome back Service Manager Claire Kent. Claire has been away on maternity leave for the last three months and will be returning at the end of May. This means we will be saying a fond farewell to Christine Threlfall who has been Service Manager in Claire's absence. SNAP would like to thank her for all her help and wishes her well for the future.

SNAP would also like to welcome some new members to the team. We are please to announce that Stella Morris has now been appointed Team Leader for the Suffolk Coastal area. Support Worker, Robert Wragg has joined us from Anglia Care Trust. Three Assistant Support Workers have also joined the team, Sophie Milner, Rosie Gingell and Terri Adams.

It is with greatest sympathy to inform you that Support Worker Pete Cornish recently passed away. He was a kind caring man who will be deeply missed by all. In memory of Pete, we have renamed our Welfare Fund to The Pete Cornish Welfare Fund.

### Sponsored Events



Kirsty Brown, Claire Marks and Terri Adams will be taking part in the Race For Life run, in aid of Cancer Research in June and July. These are being held in Bury St Edmunds and Ipswich and make a great day out, so why not grab a picnic and join the fun and support a worthy cause.

Not forgetting the SNAP team who are taking part in the Charity Abseil in July who still needs your support. If you would like to sponsor either event please contact the SNAP Office.

### Publicity



SNAP are always keen to highlight the work they do and the support they can offer people all over Suffolk. SNAP continually shout about the service and the difference it could make to an individual or family's lives. We are currently seeking opportunities to hold talks and attend events to build awareness and to offer more people support if they need it. If you know of a community group or event who would benefit from SNAP's support please contact us.

### Service User Involvement Awareness Week 2009.



This is your opportunity to be part of SNAP's first Involvement Awareness Week. We are able to offer the following activities and we'd welcome suggestions on what we should do on Wednesday 10th June. If you would like to

take part please request a form from your support worker or contact the SNAP office. A draw will take place of all returned slips and the one drawn will receive a £20 Asda Food Voucher . So get involved and good luck.

- Monday 8th June**—Staff will be talking to current Service Users. Would you like to be involved, what would you like to change about the service you receive?
- Tuesday 9th June**—Health Walk, Nowton, Bury St Edmunds.
- Wednesday 9th June**—Over to you??? How could we utilise this day? What activity would you like to do? Where would you like to go?
- Thursday 11th June**—Health Walk, Ipswich.
- Friday 12th June**—Workshop day, location to be confirmed. Activities include, arts and crafts, healthy eating, budgeting and therapy taster sessions. Transport and refreshments provided.



## Service User Info

### Get On In School—Get Online At Home

Home Access is a new Government drive to get more families using computers and the internet to learn at home. Home Access is about giving every family the chance to choose from computer packages that are:

- \*Designed to support learning.
- \*Fitted with safety features.
- \*Backed up with service and support.

To make sure every family has an equal chance to get a computer and on the internet, Home Access Grants are available for low-income families who receive certain benefits or child tax credits. The closing date for applications for Home Access Grants is now the 31st July 2009. To find out more and to get an application pack, visit [www.homeaccess.org.uk](http://www.homeaccess.org.uk).

### Free Budget Planner— Free Tool To Manage Your Money!

It's often said...."In debt? Do a budget", "Skint? Draw up a budget", Budget Budget Budget! The problem is most budgets don't work, they only look at a month's spending and miss too much out. This is a unique budgeting guide, including the free budget planner tool, with special techniques to manage and control your cash. Drawing up a budget will answer two important questions

**Do I spend more than I earn?** This can lead to major problems, as continued overspending leads to serious debt. The Budget planner will definitively answer this question and give you a real assessment of your finances.

**What can I afford to spend?** The most important thing is to prioritise your expenditure and stick to your means To download The Budget Planner visit [www.moneysavingexpert.com](http://www.moneysavingexpert.com)

### Free Tennis In Ipswich Park.

Ipswich Borough Council hopes a lot more will pick up a racquet thanks to its decision to scrap charges for playing on courts in Christchurch Park. The move, which comes in to force immediately, is designed to encourage people of all ages to have fun and to get fit.

The "turn up and play" system means there will be no booking but the five courts will be monitored by parks staff to stop people hogging the court. Ipswich Borough Council would like to encourage greater use of the courts, tennis is a great sport and very good for you and a great way to socialise with friends. Free tennis may also persuade beginners to take up the game. The free tennis scheme will run as a trial until the end of the year

**Feedback, comments or questions? CONTACT US AT:** CARA/SNAP Sudbury House Dencora Business Park White House Road Ipswich Suffolk IP1 5LT . Tel: 01473 742690 Fax: 01473 740261 Textphone: 07796578113 [www.carasnap.org](http://www.carasnap.org) [www.snappartnership.org](http://www.snappartnership.org)

## Have Your Say

Dear Sir/Madam,

I am writing this letter to thank you very much for all the help and support that you've shown me and my two children over the last six months, without your support I don't know what I would have done.

What you've done for me is unbelievable, you helped me to get out of a run down hotel which affected my sons health as you pressurised the homeless section to act and to take my case as a priority and subsequently I got emergency housing in Felixstowe, a SNAP representative went with me and my kids to my new house where there wasn't any furniture no electricity and no heating. I had no money to make phone calls and SNAP did all the phone calls for me and helped everything. They got in touch with electricity and water companies and contracts for me. I didn't have any kind of income for weeks and weeks. They telephoned all the benefits agencies to push them along for me.

My move from emergency housing to private rent accommodation in Ipswich, they once again pulled out all the stops to make sure that everything went smoothly for me. They arranged an interview for me with Credit Union so I can have a deposit, they communicated with my new landlord and assured that everything will be fine and he won't have a problem getting his rent. They helped me to get discounts from electricity and water companies that I am entitled to. They were very understanding and caring people. They introduced me to a charity shop which sponsored me as like I mentioned above I didn't have any income for months and months.

Personally I would like to thank my case workers Peter Kelly and Marcia Alleyne for everything they did. Whenever I had a problem all I had do is phone and they would give me the best advice they could.

SNAP has been a life line for me and I am sure many others in similar situations. I would like to thank all SNAP from the bottom of my heart for all they have done.

Yours sincerely Maria McNeice

## Future Support

Do you know someone who could benefit from our support? Don't forget that we can accept self referrals, by telephone or you can visit [www.carasnap.org](http://www.carasnap.org) and simply download an application form. If you would like more information on how to make a self referral, how to refer someone you know, or to find out more about the kind of support



SNAP offers please contact us. It is important that before you refer somebody else that they have given you their full permission for you to do so.