

Snap Pop-Ins

Our Snap Pop-Ins are a warm and welcoming place for all those whose lives are affected by disability, whether you or a loved one has additional needs. This is an opportunity for "you time". Your wellbeing matters too, for creativity, rest and a chat. These take place at Bridge Central, where you can find free parking and refreshments alongside the following resources and spaces:

Quiet Mindfulness and Wellbeing Zones: For those who may need a moment of quiet, you can spend time in our quiet zones. These are drawing and reading areas where you can choose to engage in the material provided or just relax.

A Friendly Ear: There is always someone available to listen if you need to talk confidentially. Our team members are experienced and have undergone DBS checks. You can always count on encouragement and support from us.

Creative Spaces: Join in around a table, learn new skills and do a craft. This is a great opportunity to have fun and get arty. You can work quietly if you want to, or share life stories and experiences with others, building friendships with others in similar circumstances.

Games Table: Games are available to play with others in the community, providing a fantastic opportunity for fun and relationship-building.

Resource, Information and Signposting Library: Have a browse around the Library: a one-stop place to find information on various topics. If you need advice, we have an experienced team who will listen to your concerns and then guide, advise, and signpost you to what you need.

Sensory Play Area: We have toys and activities to suit children with varying sensory needs. Parents and guardians are responsible for their children at all times

Sensory integration: One of the snap team members is an Occupational Therapist trained in sensory integration and is available to chat and play at the pop in sessions and support an increased understanding of sensory processing challenges for those who are interested (availability depending).

Prayer Support: If you would like us to pray for you and your circumstances, you can request prayer support from our Snap Team. This is a completely optional extension of our support to you.

When You Get There

We know that coming to a new group or activity can make many of us feel nervous and unsure. Be assured that our Snap Pop-Ins are led by teams who value inclusivity highly, and want you to feel a part of the community. Our Pop-Ins are held at Bridge Central, a church and community space which is open to the public during the weekdays. We think you'll feel at home right away.

If you have travelled by car, you can park for free! Just make sure you sign in at Reception to avoid parking fees. We also provide free refreshments.

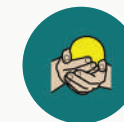
Important Notice:
Because we work with vulnerable families, each member of our team takes a lateral flow test before attending Snap Pop-Ins. Please do not attend if you or a family member has Covid or symptoms of a virus. This is just to keep others safe. Everyone's safety and well-being are important to us.

For times and locations, please contact us or find up to date information on Facebook or feel free to email, call or text us.

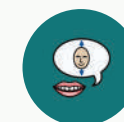
For those who cannot attend Pop-in Mornings
If for any reason you cannot attend the pop in mornings because you are housebound, caring for ill relatives, working or without transport, it's really important for you to know that you are not alone. If you would like a listening ear, encouragement, support, advice or signposting/practical support, please reach out to us.



Supporting



Nurturing



Accepting



People



Snap is an inclusive support and encouragement group.

Contact Snap

If you have any questions or would like to join Snap, please don't hesitate to get in touch. We'd love to hear from you!

Facebook: SnapLincoln
Email: snaplincoln@gmail.com
Tel: 07900 635 366



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