

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.

Contact Snap

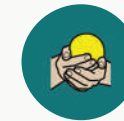
If you have any questions or would like to join Snap, please don't hesitate to get in touch.

Facebook: SnapLincoln
Email: snaplincoln@gmail.com
snap@alivechurch.org.uk
snapadmin@alivechurch.org.uk

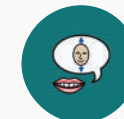
Tel: 07900 635 366 (Mon-Friday 09:30-15:30)
07362 475 174 (Alternative Contact)



Supporting



Nurturing



Accepting



People



Snap is an inclusive support and encouragement group.

Our 'Why'

The team at Snap have first-hand experience of knowing what life can be like for those who are impacted by disability. We are open to those from any faith or non-faith background, driven by the conviction that all people are precious. For that reason, we want everyone to feel seen and cared for.

Supporting Individuals with Disabilities

Having additional needs can make everyday life feel unsupported, lonely and isolated. Snap strives to be inclusive of any disability, so that everyone can participate in our community. We organise joint pop in activities and spaces for anyone to enjoy, treating each person who reaches out to us in a person centred way, with dignity and compassion.

Encouraging Family Members and Carers

For parents, spouses, carers and family members of those with additional needs, we understand that life isn't always easy for you. Providing care for loved ones can easily lead to mental, physical and spiritual weariness. You may find that your life circumstances have brought you to a place where you feel lonely and lost. Snap is a community where you can express your lived experience freely, find support, a listening ear, friendship and rest.

Creating a Community of Support

We understand that lives impacted by disability are often full of waiting lists, long phone calls and forms to be filled in. It can be difficult to keep track of the support available to you. At Snap, we welcome and network with professionals from different backgrounds to advise and support those we support in our community. We also provide a thoroughly researched Resource, Information and Signposting library to signpost you to the help you need, including support with food, finances, work and more.

Professionals, Organisations, Schools and Churches

Snap are welcoming to all who work professionally with those affected with disabilities and additional needs, either at the pop in mornings or to network throughout the month. The Snap team loves to engage, advocate, signpost, support and network, in unity, thankfulness and respect.

What We Do

Snap Support Group- We are a welcoming Community

We build community in the following ways:

A Listening Ear

The Snap Team is available to chat with you by phone, Whatsapp and text, Monday-Friday 9.30am - 3.30pm. Whether you need a listening ear on a difficult day, a word of encouragement to help you carry on, specific signposting, or all of the above, all you have to do is get in touch. If we can't answer your call, we'll get back to you as soon as we can.

Weekly Texts

At Snap, we want you to know you are part of a caring and thoughtful community. For those who choose to receive them, we send weekly supportive and encouraging texts. If requested, we also offer prayer.

Facebook page

We know that sometimes lives impacted by disability can have limited opportunities to get out of the house and connect in person. We would love you to connect with us. Our Facebook page is also where we can provide encouragement, up to date information about Snap and wider organisations you may find useful.

Facebook: @Snaplincoln

Want to know more?



Use your phone camera to scan this QR Code.

Signposting and Information

We want to make sure every person whose life is impacted by disability is connected to the resources and groups they need to live a flourishing life.

We can tell you all about the following, and get in touch with them for you:

Foodbank and the Community Grocery

For those who need help with food.

Acts Trust

For different types of support, including help with job skills and money skills.

Butterflies

A support group for women, offering regular tea and cake, crafts and pampering.

The Shed

A support group for men, offering refreshments and various activities.

Community Projects in Local Churches

Including toddler groups, further support groups and courses.

Bridge Wellbeing Cafe

A place to relax and have a chat.

Further Agencies, Organisations and Professionals

We have a large Resource, Information and Signposting library available in person at our Pop-Ins and online. Just scan the QR code in this leaflet to find helpful information gathered to support those with lives impacted by disability in every generation.