

Little Hiccups

Trustee's Report

The Charity was set up on 06 July 2009 and became a company limited by guarantee on 17 July 2015. It was entered onto the Register of Charities on 14 November 2016 with the Registered charity number 1170147.

The Directors of the company are the trustees and as listed in the Reference and Administrative details above

The nature of the charity is to offer support to any child with a disability/additional need and their family, irrespective of nationality or religion.

We provide this in a variety of ways: Stay and Play - held on Monday mornings and Thursday afternoons at Leeds Mencap. Accessing softplay and a sensory room in a relaxed environment where families can meet others in similar situations, access information and support from therapists, counsellors and other professionals. We have also added Physiotherapy access to Monday mornings, giving families the opportunity to see a paediatric neurodisability physiotherapist at highly subsidised costs. Avoiding waiting lists or when they do not quite meet enough criteria for the NHS therapists.

Family Fun Days are organised every month and offer a wide range of activities including the hire of cinemas, private theatre companies, indoor skydiving, skiing, wall climbing, parties and local visitor attractions. Every event caters for the range of abilities/disabilities and is heavily subsidised by Little Hiccups ensuring they are all accessible to every family. We encourage the whole family to attend, including siblings and our events enable families to experience a wide range of activities and to make memories together. Our events tend to sell out within the first couple of hours of being released, showing how popular and how great the demand is. We have continued to run Superhero events which is a wonderful way to learn more and celebrate how amazing our children and siblings really are. Local organisations have also played part in sponsoring these events.

Hydrotherapy is a great benefit to many of our children but can be expensive and difficult to access. We offer hydrotherapy sessions on a seven-week basis at a local Sports Centre, in partnership with Endorphins. Physiotherapists assist in the pool so the children can safely participate in the activities and the parents have all the support they require. We have been able to secure grants to cover the costs of this in the past, so we can offer the sessions at a token cost to the families which secure their booking. We have been able to secure further funds to be able to continue to provide the service and continue to apply for more.

Little Hiccups has some all-terrain wheelchairs, to enable families to hire for either day trips to the coast or take on holiday with them, enabling children to be able to access the parks, and the beaches as every child should be able to experience the seaside. They have also been used in emergency situations when children have a sudden need due to illness, proving we could respond considerably faster than statutory services and make life easier for the family. We also have two Safe Space travel beds for families to hire too. This makes a great difference to families, making going away from home much less stressful, whether it's for a holiday or to visit relatives. This year we have also added floatation devices which have enabled more children to access the pool. The equipment continues to be in good demand.

We offer professional Counselling to Hiccups families should they require it, due to work pressures, bereavement, relationship issues etc, due to having a child with additional needs. Counselling remains in great demand, and we are grateful to be proactive in providing this, avoiding the waiting times of the statutory services. We currently work with 4 different counsellors, to ensure we have the right fit for the family and their requirements.

Many families struggle to take the first step to meet others, therefore we offer an Outreach service and will meet families on a one-to-one basis until they are confident enough to attend Stay and Play or a Family Fun Day. This service is greatly supported by Health Visitors and other professionals and our relationship with them is growing, helping us to reach more families who need our support. We continue to get referrals for refugee families and non-English speaking communities.

We currently support over 1000 families across the region

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We take pride in listening to our families and wherever possible remain flexible enough to meet their growing needs. We are working closely with other organisations to ensure we continue to support in new ways, share information and enhance our families experiences. Forging partnerships with other charities and sectors of the local authorities and health.

Our board of Directors/Trustees consists of parents of children with disabilities/additional needs or people who work closely with them. Therefore, we all have a great amount of experience and passion for the work we do.

Small company provisions

This report has been prepared in accordance with the small companies regime under the Companies Act 2006.

Approved by the Board on 17 April 2025 and signed on its behalf by:

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Linsay M Medica
Trustee