

Secretary Report 2024

Little Hiccups was formed in July 2009 and has gone from meeting once a fortnight for a coffee and a play to helping around 500 families with a variety of services.

2019-2020 was our 10th birthday and we managed to achieve a lot in the space of the year. We ran a very successful holiday for 10 families who were all very appreciative and the feedback was incredibly positive. We have decided that this would not be feasible to fund on an annual basis but would like to do maybe every 5 years. Since then however, we have come to an agreement with The Principle Trust who provide holidays for families. We are able to send 4 families on a holiday every year through them. We have also fundraised for the year and smashed our £10k annual target. Many families have managed to get involved and fundraise alongside us with the theme of 10 - so visiting 10 parks, etc.

In February 2020 we were pleased to attend the Child Friendly Leeds Awards 2020 and became a Winner in 'Best Place in Leeds for Children and Young People'.

Unfortunately, in March 2020 the country went into lockdown due to Covid-19. All services with the exception of Counselling and Outreach were required to stop. We managed to continue the offer of Counselling and Outreach via streaming or telephone but these were not very well taken up although by July there was a little more demand for it. The Little Hiccups private facebook group remained strong and well used with parents communicating with each other through there.

In 2020 during lockdown we also launched our new website which is SSL secure and use it for online booking, registration and e-commerce. It is much easier to ensure that the information is kept up to date and easier for people to access. We also started Compassion Packs for families in hospital and this was very well received.

Following lockdown in 2021, reopening was very well received and our numbers have massively increased. We also purchased Travel Beds and added this to our equipment available to hire. Lockdown has also shown us that sometimes parents need a break and we have consequently started Parent/Carer events only. These are every three months and are getting increasingly popular.

In 2022, we have also expanded into providing initial Physio Assessment for those families that are on the waiting list for NHS Support or are just needed for small support. This year we also won The Queens Award for Voluntary Service, Compassionate Leeds Award and Scope Activities for Inclusive Award. We've also registered with the Fundraising Regulator.

In 2023, we continued to expand. We've gained a number of wonderful volunteers who are helping to support Little Hiccups at events and behind the scenes. We've also reopened our Courses for parent/carers and provide in person and online education and informative courses. This year we have been awarded The Charity Excellence Framework Quality Mark.

In August 2023, we continued our training and we were awarded the Communication Access Award.

In November 2023, we were proud to return to our Annual Fundraising Ball which was a massive hit!

2024 has seen us hit over 1000 registered members - a massive achievement. We've expanded our Hire Equipment with the Bagel - a swim aid to help older children float.

Our Founder, Linsay Medica, has been nominated to have her name on a prominent Leeds Artwork



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celebrating inspirational women. We have also reopened Accessible Yoga. We are also expanding to the point where we are now contracting a second individual to help run Little Hiccups and take it to further and future heights.

We've also started a citywide project Mosaic that is progressing nicely. The families pick an accessible place that they like to visit, then send us a drawing of their idea and concept of that place. We will then change this into a mosaic and add to that location. All the mosaics will link back to the website with a map of them all. Families can visit each accessible place. We're in the early days of this but the first mosaic should be completed shortly.

Membership Numbers can be found in Appendix 1

Family Fun Days numbers (including Waiting List) can be found in Appendix 2

Incident Report Updates can be found in Appendix 3

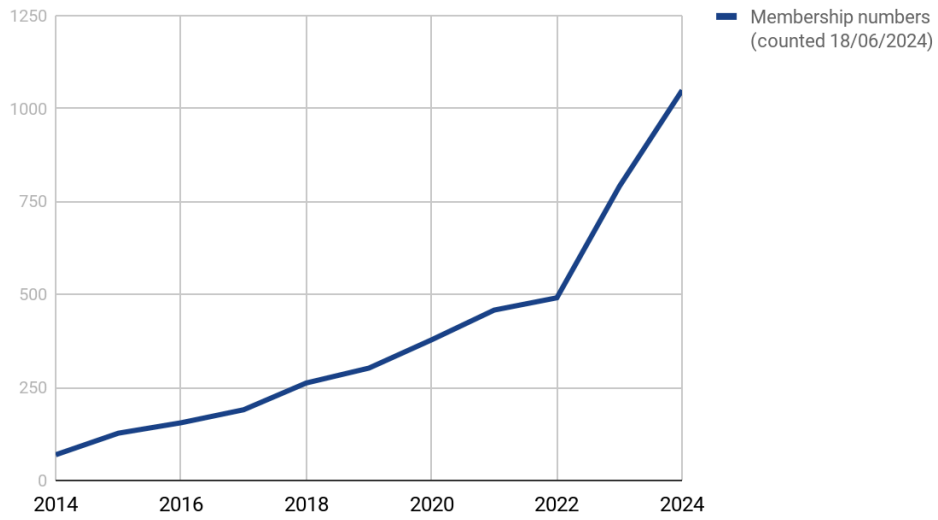
Miriam Watson-Pratt

Secretary

Appendix 1
Membership numbers (Latest figures collected 18th June 2024)

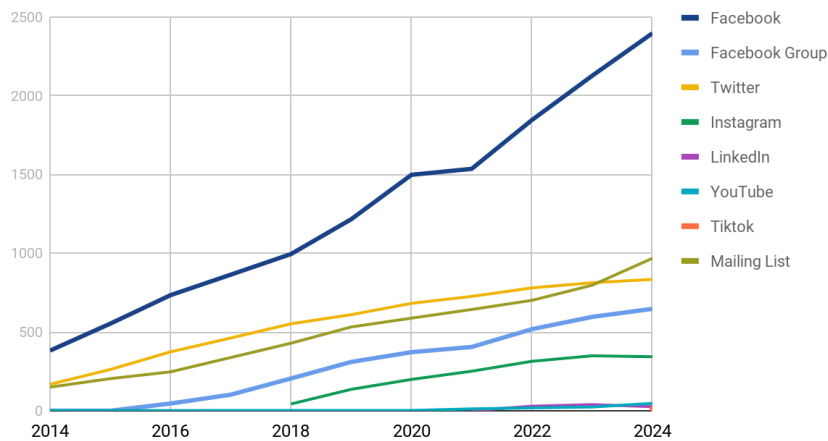
Attending Members	2022	%inc	2023	%inc	2024	%inc
Online Registration	491	+514%	791	+61%	1049	+33%

Points scored



Social Media	2022	%inc	2023	%inc	2024	%inc
Facebook	1846	+20%	2127	+15%	2397	+13%
Facebook Group	518	+25%	596	+15%	647	+9%
Twitter	780	+7%	813	+4%	834	+3%
Instagram	314	+25%	349	+11%	343	+38%
LinkedIn	29	+2800%	39	+34%	47	+21%
YouTube	18	+50%	24	+33%	26	+8%
TikTok	-	-	-	-	13	-
Mailing List	701	+89%	797	+13%	968	+21%

Points scored



Appendix 2 – Breakdown of Family Fun Day events for last 3 years (full figures are stored if needed)

These figures represent the amount booked not attended.

	2022	2023	2024
Jan	Pottery Painting Adult: 32 Children: 39 <i>Total: 71</i> <i>Waiting List: 2 families</i>	Sensory Party at Lush Adult: 25 Children: 30 <i>Total: 55</i> <i>Waiting List: 3 families</i> Parent/Carer: Escape Room Total: 16	Creative Day Adults: 26 Children: 30 Total: 56 Moving and Handling Training for Parent Carers Adults: 4 Circus Starr – Dewsbury

			Total: 60
Stay n Play	Adult: 17 Children:15 <i>Total: 32</i>	Adult: 34 Children: 38 <i>Total: 72</i>	Adults: 32 Children: 34 Total: 66
Feb	Skateboarding/Scooters at LS10 Adult: n/a Children: 30 <i>Total: 30</i> <i>Waiting List: 0 families</i> Parent/Carer - Pottery and prosecco <i>Total: 19</i>	Trip to Eureka Adult: 23 Children: 28 <i>Total: 51</i> <i>Waiting List: 0 families</i>	Paediatric First Aid Course Adults: 10 Marbling: Paper & Fabric Tote Bag **Parent/Carer Event** Adults: 8 Wall climbing at Rokt Adults: 1 Children: 34 Total: 35 Lush Pamper Fundraiser – **Parent/Carer Event** Adults: 10 In Person: Distress Behaviour, Boundaries & Rethinking Consequences Adults: 10 Online: Distress Behaviour, Boundaries & Rethinking Consequences Adults: 13
Stay n Play	Adult: 30 Children:33 <i>Total: 63</i>	Adult: 39 Children: 51 <i>Total: 90</i>	Adults: 60 Children: 57 Total: 117
March	Bowling at Barnsley Bowl <i>Total 67</i> <i>Waiting List: 1 family</i>	Circus Skills Adult: 37 Children: 20 <i>Total: 57</i> <i>Waiting List: 0 families</i> Course: Intro to Autistic Children, Distress Behaviours and Providing Support In person: 5 Online:4	In Person: Low Demand Strategies Adults: 8 Spring Sensory Party at Lush Adults: 24 Children: 26 Total: 50 Online: Low Demand Strategies Adults: 8
Stay n	Adult: 46 Children:49	Adult: 26 Children: 27	Adults: 48 Children: 46

Play	<i>Total: 95</i>	<i>Total: 53</i>	Total: 94
April	Soft Play at Kid Zone <i>Adults: 55</i> <i>Children: 57</i> <i>Total: 112</i> <i>Waiting List: 1 family</i> Parent/Carer: Axe Throwing <i>Total: 14</i>	Stockeld <i>Adult: 69</i> <i>Children: 79</i> <i>Total: 148</i> <i>Waiting List: 21 families</i> Parent/Carer Event: Pottery Making 14 booked Course: Boundary Setting and Challenging Behaviour <i>In person: 17</i> <i>Online: 10</i>	In Person: Sleep in Neurodivergent Young People <i>Adults: 5</i> Wild in the Woods Forest School <i>Children: 32</i> <i>Total: 32</i> Makaton Taster Session <i>Adults: 7</i> Online: Sleep in Neurodivergent Young People <i>Adults: 15</i>
Stay n Play	<i>Adult: 56</i> <i>Children: 54</i> <i>Total: 110</i>	<i>Adult: 32</i> <i>Children: 36</i> <i>Total: 68</i>	<i>Adults: 36</i> <i>Children: 35</i> <i>Total: 71</i>
May	Ice Skating at Planet Ice <i>Adult: 53</i> <i>Children: 58</i> <i>Total: 111</i> <i>Waiting List: 0 families</i>	Canal Boats <i>Adult: 23</i> <i>Children: 20</i> <i>Total: 43</i> <i>Waiting List: 13 families</i> Eid Party <i>Adult: 38</i> <i>Children: 39</i> <i>Total: 77</i> <i>Waiting List: 3 families</i> 2023 05 03 In-Person: Autistics and Food Course: Part 1: It's so Much More than Picky Eating <i>In Person: 7</i> <i>Online: 7</i>	Roxy Lanes **Parent/Carer Event** <i>Adults: 15</i> In Person: Parent & Carer Mental Health <i>Adults: 9</i> Online: Parent & Carer Mental Health <i>Adults: 8</i> Refresh Carers Wellbeing Workshop <i>Adults: 7</i> Little Hiccups Eid Party <i>Adults: 36</i> <i>Children: 37</i> <i>Total: 73</i>
Stay n Play	<i>Adult: 56</i> <i>Children: 54</i> <i>Total: 110</i>	<i>Adult: 37</i> <i>Children: 39</i> <i>Total: 76</i>	<i>Adults: 27</i> <i>Children: 28</i> <i>Total: 55</i>

<p>June</p>	<p>Mini Music Gig <i>Total: 70</i> <i>Waiting List: 0 families</i></p>	<p>Watersports 50 booked Adults: 19 Children: 31 Total: 50 <i>Waiting List: 5 families</i></p> <p>Parent/Carer Event: Lush 15 Booked 13 attendees 10 on waiting list</p> <p>Course: Part 2: It's so Much More than Picky Eating In Person:8 Online: 4</p> <p>Juniper Tree - Sensory Training In Person: 15</p>	<p>In Person: PDA Autistics & Demand Avoidance Adults: 6</p> <p>Online: SIBS: Supporting siblings of disabled children Adults: 13</p> <p>Online: PDA Autistics & Demand Avoidance Adults: 15</p> <p>Tropical Butterfly House Adults: 40 Children:43 Total: 83</p>
<p>Stay n Play</p>	<p>Adult: 58 Children: 53 <i>Total: 111</i></p>	<p>Adult: 78 Children: 70 <i>Total: 148</i></p>	<p>Adults: 31 Children: 26 Total: 57</p>
<p>July</p>	<p>Party - Space themed Adults: 99 Children: 96 <i>Total - 195</i> <i>Waiting List: 5 families</i></p>	<p>Birthday Party: Bugs Adult: 93 Children:89 <i>Total: 182</i> <i>Waiting List: 0 families (but waiting list temporary broke)</i></p> <p>Course: Toilet Talk! Supporting Your Child with Toileting and a Look at Constipation In Person: 8 Online:</p>	
<p>Stay n Play</p>	<p>Adult: 37 Children: 38 <i>Total: 75</i></p>	<p>Adult: 54 Children: 61 <i>Total: 116</i></p>	
<p>Aug</p>	<p>Superhero Day Adults: 60 Children: 58 <i>Total - 118</i> <i>Waiting List: 0 families</i></p>	<p>2nd Parent/Carer Event: Lush 14 Booked 14 attendees 0 on waiting list</p> <p>Superhero Event</p>	

		<p>Adult: 53 Children: 37 Total: 90 Waiting List: 0</p> <p>Marathon Challenge Adult: 20 Children: 21 Total: 41 Waiting List: 0</p>	
Stay n Play	<p>Adult: 32 Children: 29 <i>Total: 61</i></p>	<p>Adults: 26 Children: 40 <i>Total: 66</i></p>	
Sept	<p>Lazerzone Adults: 17 Children: 23 <i>Total: 40</i> <i>Waiting List: 1 family</i></p>	<p>Skiing at Chill Factor Snow Park: 66 Skiing: 47 Sitski:12: Watching:42 Total: 167</p> <p>In-Person: Intro to PDAers and Communication Supports Adults: 13</p> <p>Online: Intro to PDAers and Communication Supports Adults: 7</p>	
Stay n Play	<p>Adult: 21 Children: 25 <i>Total: 46</i></p>	<p>Adults: 31 Children: 33 Total: 64</p>	
Oct	<p>Yorkshire Wildlife Park Adults: 99 Children: 96 <i>Total: 197</i> <i>Waiting List: 6 families</i> Parent/Carer: Cocktail Making Class <i>Total: 20</i></p>	<p>In-Person: Drop In Q & A Session with Laura, the ND Nurse Adults: 6</p> <p>Private Ninja Warrior Session Participant: 149 Spectators and Under 1's: 24 Total: 173</p> <p>Online: Drop in Q & A session with Laura, the ND Nurse Courses Adults: 5</p>	

		Boom Battle Bar **Parent/Carer Event** Adults: 18 Sensory Halloween Party at Lush Adults: 23 Children:27 Total: 50	
Stay n Play	Adult: 24 Children: 35 <i>Total: 59</i>	Adults: 50 Children: 55 Total: 103	
Nov	Cinema - Lyle Lyle Crocodile Adults: 59 Children: 61 <i>Total: 121</i> <i>Waiting List: 1 family</i>	Thought Bubble Festival 2023 Adults: 36 Children: 20 Total: 56 Trip to The Showcase Cinema: Trolls 3 – Band Together Adults: 61 Children: 68 Total: 129 Winter Ball Adults: 167	
Stay n Play	Adult: 29 Children: 29 <i>Total: 58</i>	Adults: 36 Children: 44 Total: 80	
Dec	Sundown Adventureland Adult: 94 Children:102 <i>Total: 196</i> <i>Waiting List: 19 families</i> Garforth Musical Panto - Sleeping Beauty <i>Total: 24</i> <i>Waiting List: 0 families</i> Growing Zone Christmas Party Adult: 21 Children: 21 <i>Total: 42</i>	Sundown Adventureland Adults: 94 Children: 100 Total: 194 Fundraising Bag Pack Total: 23 Little Hiccups Christmas Party – Magical Hogwarts Yule Ball Adults: 97 Children: 91 Total: 188	

	<p><i>Waiting List: 0 families</i></p> <p>Christmas Party Adult: 84 Children: 91 <i>Total: 175</i></p> <p><i>Waiting List: 18 families</i></p>		
Stay n Play	<p>Adult: 11 Children: 12 <i>Total: 23</i></p>	<p>Adults: 31 Children: 30 Total: 61</p>	

**Appendix 3
Incident Report Updates**

	Exclusions	Hate Incidents	Health & Safety	Complaints/ Grievances	Data incidents/ breaches
2023-2024	0	0	3	1	0
	<p>Health and Safety - 04/09/2023 Small injury on little toe - mum administered basic first aid</p> <p>Health and Safety - 21/09/2023 Child had tonic clonic seizure for less than 1 minute. Suspected cause was overheating.</p> <p>Health and Safety - 13/11/2023 Child had tonic clonic seizure for less than 1 minute. Suspected cause was overheating.</p> <p>Grievance/Adverse Incident - 13/02/2024 Issue with aggressive behaviour by family. Family raised grievances. Full investigation carried out</p> <p>Health and Safety - 26/02/2024 Child hit adult and left a mark. No first aid administered. All resolved peacefully.</p>				