

LITTLE DISCOVERERS, WEST NORFOLK SCHOOL FOR PARENTS

England & Wales · Charity number 1125400

Details

Other names WEST NORFOLK SCHOOL FOR PARENTS

Status Registered

Legal form Other

Registered 2008-08-06

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: = TO ADVANCE IN LIFE AND RELIEVE THE NEEDS OF YOUNG PEOPLE THROUGH:PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIESAND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE ANDRESPONSIBLE INDIVIDUALS. TO ACT AS A RESOURCE FOR YOUNG PEOPLE UP TO THE AGE OF 12 YEARS LIVING IN WEST NORFOLK AND THE SURROUNDING AREAS BY PROVIDINGADVICE AND ASSISTANCE AND ORGANISING PROGRAMMES OF PHYSICAL,EDUCATIONAL AND OTHER ACTIVITIES BY MEANS OF:ADVANCING IN LIFE AND HELPING YOUNG PEOPLE BY DEVELOPING THEIR SKILLS,CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY ASINDEPENDENT, MATURE AND RESPONSIBLE INDIVIDUALS, AND BY ADVANCINGEDUCATION.

Activities: We provide a holistic form of early education for pre-school children with motor learning difficulties and delayed development. Parents/carers attend sessions with their children. Programmes are based on the principles of Conductive education and the Early Years Foundation Stage, designed by specialist staff to make learning fun.Service provided free of charge. W Norfolk and surrounding area.

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** Education/training, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- **Area of benefit:** WEST NORFOLK
- Cambridgeshire
- Lincolnshire
- Norfolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£83,031	£74,430	-	-
2024-03-31	£84,881	£59,279	-	-
2023-03-31	£49,740	£47,952	-	-
2022-03-31	£41,359	£51,756	-	-
2021-03-31	£57,759	£40,427	-	-

Trustees

Name	Role	Appointed
Emma Jane Fendley		2021-01-20
Hazel Clare Colley		2024-12-01
Penny Sheerin		2018-04-01
Sue Williamson		2014-05-07

LITTLE DISCOVERERS, WEST NORFOLK SCHOOL FOR PARENTS

England & Wales - Charity number 1125400

Accounts

'LITTLE DISCOVERERS' WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Charity Registration Number: 1125400

REPORT AND FINANCIAL STATEMENT YEAR ENDED 31 MARCH 2025





Our Aim

Active learning for children with additional needs and their families.

Little Discoverers, West Norfolk School for Parents (WNSfP) provide support to children under 5, with complex physical and emotional difficulties, and their parents.

Our aim is to enable each child to achieve their maximum potential. We aim to develop children's abilities and confidence in the pre-school years, which will help them at home, school and beyond.

We do this by supporting them to improve their physical skills, their ability to communicate and their personal, social and emotional skills. This is achieved through providing structured play, individually designed programmes for each child based on the ideas of Conductive Education from Peto in Hungary and setting targets that link with the Early Year Foundation Stage of The National Curriculum.

We put parents at the forefront of their child's learning and development and recognise that parents know their child best. Through working and playing together, families learn to celebrate success and recognise the potential of every child.

Little Discoverers (WNSfP) will strive to ensure that all families in need of a session, have access to our service, particularly those from hard to reach groups.



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ADMINISTRATIVE DETAILS

Charity Registration Number: 1125400

The following were Trustees of Little Discoverers West Norfolk School for Parents (WNSfP) during the period 1 April 2024 to 31 March 2025:

- Katharine Fisher (Greatorex) BEM (Resigned 31st December 2024)
- Hazel Colley (Appointed 1st January 2025)
- Sue Williamson
- Penny Sheerin
- Emma Fendley
- Andrew McShane (Resigned 19th March 2025)

Contact details for WNSfP:

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- Website: www.littlediscoverers.co.uk

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Background

Following a survey by Scope in 2002, work started to set up a School for Parents in West Norfolk, and since 2005 we have been running a successful West Norfolk School for Parents for children and families in this region, eliminating the need for a long round trip to the closest other School for Parents in Norwich. In 2008 we registered as a charity independent of Scope, but operating as part of Scope's School for Parents network.

We follow national School for Parents guidelines and have our own set of policies that are regularly reviewed and updated.

As a result of a suggestion made by the ¹parents, West Norfolk School for Parents is known as Little Discoverers West Norfolk School for Parents (WNSfP).

By the end of the year under review Little Discoverers had been operational for 20 years.

We are a well-known local charity successfully running Conductive Education sessions for children with complex motor problems and their families in West Norfolk and surrounding areas that is renowned amongst local health professionals and the community.

Little Discoverers WNSfP

Our purpose is to actively promote and encourage vulnerable children with complex needs aged 0-5 years and their families, to learn skills that help the child to maximise their potential.

We focus on three areas of development; physical, social and emotional and communication so that the child, supported by their family, may have better life opportunities.

We achieve our purpose by running 3 free group sessions a week, for 36 weeks a year. We support up to 24 families at any one time, in 3 separate two-hour sessions, in King's Lynn.

We use a unique, holistic, and multi-sensory form of early education, inspired by methods used at the Peto Institute of Conductive Education (CE) in Hungary (see Appendix 1) and the Early Foundation Stage Curriculum. We are the only people in the West Norfolk area working in this way, with children of this age in a group setting.

Nothing the parents have learnt in their previous life has given them any indication of the complex challenges they will meet and how to overcome them. Parents/carers benefit hugely from the group sessions by meeting other families who may be going through similar circumstances, reducing feelings of isolation, common in a rural county, building a support network of understanding friends and developing a positive bond between the child and parent.

We put parents at the forefront of their child's learning and development and acknowledge that parents know their child best.



¹ 'Parent' refers to any adult with a parenting role

Including the whole family in a child's development is important to Little Discoverers, so we hold free sibling events in the school holidays so families can meet, have fun and learn together. These events mean that siblings can meet other young carers too and develop their own networks of support.

Who can benefit from Little Discoverers (WNSfP)

We work from a venue which is based in one of the 10% most deprived areas in England. Due to a lack of resources in West Norfolk there is an inability to provide sufficient support for these vulnerable families.

We provide a free, weekly service for 36 weeks of the year, which removes financial barriers for all families. We may also offer financial transport support if needed. We are positioned within walking distance from many residential areas, a bus route and the King's Lynn town centre. We also have free onsite parking.

Norfolk is a large rural area and that can increase feelings of isolation. The NHS is often stretched and therefore children may only access support from professionals monthly or less and many feel they cannot access 'typical' group sessions due to feelings of marginalisation and social stigma, which impacts the child's social development.



Little Discoverers (WNSfP) provides early therapy/education for children aged 0-5 who have movement difficulties and delayed development, e.g. Cerebral Palsy, Downs Syndrome, genetic conditions and more. The children may suffer from physical problems, motor learning problems, delayed development and demonstrate a wide range of abilities. They may have learning difficulties, visual, hearing and communication problems. Children may have physical problems such as being unable to hold up their heads, focus their eyes, roll, sit, stand, or walk. Children may be unable to open or close their hands, use them for play or self-help activities. Some children have sensory problems, not wanting to touch different textures or being upset by noises.

Some children are deaf or have partial hearing. Many children are unable to communicate; unable to point with their eyes or hands; unable to make noises, sounds/words; unable to use sign language. Many children find it difficult to interact, smile or laugh, be sociable or have fun. They may not be able to make their needs known.

Some of our children do not yet have a formal diagnosis and therefore their families may struggle to access the necessary support to help the child thrive.

We have also supported children who do not have a diagnosis but may have been in hospital for a large proportion of their lives and may not be meeting their milestones because of this e.g. as a result of heart conditions, prematurity, etc.

Many of our children do not yet access 'typical' group settings due to their disability, and this can impact the child's and their family's mental wellbeing.

We have a simple referral process for both professionals and the parents. A child can be referred to Little Discoverers in a variety of ways, for example by a Health Visitor, Therapists, GP or by parents themselves. After first contact, the parent and child will be² visited at home and invited to visit the group. Parents are then given time to consider

² If our ability to hold face-to-face visits and meetings is impacted by external events then we use other methods of communication to ensure all enquiries and referrals are responded to.

whether this is the right service for their child. If a Conductive Education approach is not the most appropriate for the child, staff will suggest other support. We aim to reply to any referrals within 5 working days and we have been achieving this.

Since April 2024 – March 2025, we have allocated 8 families with a place within the group.

A further 5 families were given a floating place, attending if there is a space on an ad hoc basis. 7 families remained on our waiting list.

We also had referrals from 8 additional families who were either signposted to other support groups or who chose an alternative placement for their child.

These have come from a variety of sources, including self-referrals, NHS and private health professionals and others.

Since April 2024 until March 2025, we have supported 40 vulnerable families in the West Norfolk area and beyond. We have supported 12 females and 28 males, and our youngest new starter of the year was 6 months old.



We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

Three of our attending children graduated from Little Discoverers in September 2024 and started school. We have had the pleasure of seeing all families at our sibling events since then and they are doing really well.

Ten of our current attenders will be leaving to attend school in September 2025.

Our annual parent and professional feedback forms show how much the families and local professionals greatly appreciate the support and learning we provide and, as the charity entered its 20th year in 2024, we have had the privilege of witnessing first-hand the effects that early intervention and Conductive Education can have on a child's life, as the first cohort of attendees are now adults.

How we support the children and their parents



We are committed to delivering a service that strives for positive outcomes in the areas of physical, social, communication and emotional development. These areas are vital for children to thrive and become integrated individuals that can contribute to society. The early years have been shown to be vital in stimulating the brain to enable the child to maximise their potential. Parents of children with complex health needs and impairments can feel physically and socially isolated leading to increasing emotional difficulties for the parent and the child. Attending a Little Discoverers group gives children therapy for 36 weeks a year in all aspects of their development, regular input that is vital for stimulating the development of new pathways in the brain.

At Little Discoverers' sessions parents and children learn the skills needed to provide motivation and enjoyment of early learning through play. They are supported to break through the isolation barriers of disability and learn to communicate their emotional journey through contact with supportive professionals and other families on a weekly basis.

Children can start with us from birth and many children come to Little Discoverers under the age of twelve months and stay with us until school age. The average time that children stay with us is about 3 years.

Our approach is based on a unique form of early education focussing on all aspects of child development inspired by methods developed at the Peto Institute of Conductive Education in Hungary (see Appendix 1). This is a multi-sensory approach, stimulating the child's senses and encouraging self-learning through activities and experiences that are fun for both children and their parents.

Progress is measured in small changes, for instance making eye contact, moving heads towards toys, progressing onto clapping and smiling.

A slow, structured session gives children time to try and practise new skills, challenging themselves and maximising their potential. Parents feedback that large groups of active children can be intimidating, being fast moving and noisy, so our small groups make it easier for the children.



Each session is planned to involve the children in programmes that look at all aspects of their development - physical, social, communication and emotional. Themes are chosen to make these sessions fun. Development is encouraged through play, songs, art and craft. There is continuity in the staff members, encouraging attachment and the ability of the staff to understand what the child's needs are and the child learning what is required of them.

Children develop socially and emotionally whilst attending our group sessions. Children work well in groups as it relieves the pressures of 'performing' on demand with a 1:1 therapist and enables them to learn through observation. They can also learn vital social skills to prepare them for school.

Although Conductive Education is typically adult led, we aim to allow the child to achieve their targets whilst being led by their own personality, likes and interests, e.g. we have worked with a child who struggles to join in with activities, therefore we have supported the child by providing pictures of Paw Patrol to maintain their focus. The child looks through the pictures whilst taking part in the therapy exercises.

We also allow the child to be independent whenever possible and give them frequent choices so that they may feel in control of their own learning. For example, a child is given a choice between two different rods, bells, and plates. The children then use hand/eye gesture and/or speech to communicate their preferences.

Observations of older children include listening skills, playing alongside other children, sharing / turn taking, co-operative play and their response to the team. At the end of each session, we list the achievements of each child and applaud these.

The families learn the skills necessary to transfer the learning taking place in the session into the home and into the wider community of everyday activities, including making the transition and integration into nursery. They receive information in many different



formats - through physical activity, through illustrated information sheets and through exchanging knowledge with other parents about their child's impairment and how to empower their child in many every day and formal learning areas.

The parents support each other, and the children make friends in an environment where they are having fun while they learn new skills. The staff work with referring professionals and monitor the outcomes of the children on a daily basis and twice a year create updated Individual Education Plans for each child.

Some of our children attend nursery school when they get a little older and still continue to come to Little Discoverers for a session each week.

As a result of generous donations, we have been able to purchase specialist sensory and other equipment. This equipment is invaluable and continues to make a big impact on the way we can deliver our sessions.

As well as the regular sessions, we run several sessions to provide family and sibling support when the wider family is invited. These days help our groups of families keep in touch and help provide wider support to the children and their siblings. By putting on six family and sibling sessions a year, we hope to include the entire family in learning and involve the siblings in all aspects of their brother's or sister's development. It also gives the sibling a chance to be involved and feel important. The inclusion of the whole family is fundamental to the core values of the Little Discoverers approach. The family and sibling sessions are held during school holidays.

We always encourage professional and parental feedback, and we operate an annual formal feedback process and analyse professional and parental feedback forms to help us identify areas for improvement – this feedback continues to be highly positive. (see Monitoring Outcomes).

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustee and Management Group are all volunteers.

Our main costs are associated with employing and maintaining the skill levels (training) of the 4 part-time members of the Team, the costs of room hire where the Council provides direct support by charging us reduced room hire costs, and the running costs of the sessions including purchase of resources and equipment.

The voluntary Trustee and Management Group is responsible for the quality of our service provision, fundraising and approving all expenditure. All of the Policies integral to the running of the charity are reviewed annually, by the Trustee and Management Group, to ensure we continue to reflect and demonstrate best practice. All other policies are reviewed when needed.

Our staff are subject to annual appraisals, the outcomes of which contribute to decisions on any pay increases that we decide we can afford to pay. Team Member annual appraisals are undertaken by the Team Leader and the Team Leader's annual appraisal is carried out by a Trustee. All staff appraisals are reviewed by at least 2 of the Trustee group.



Our sessions with the children are planned and run by our Team Leader and the two Team Members who each take it in turn to plan and run sessions on a three-week rota. These are all part time roles aligned to the timings of the individual sessions with the children. In addition, the Charity employs a part time Admin Supervisor, who provides support in office-based tasks and supports the sessions when required.

Trustees attend 6-weekly staff meetings and Trustees and members of the Management Group also observe some sessions and provide feedback.

The Trustees and members of the Management Group monitor feedback from families and professionals and from nurseries and schools when children transfer to them. All the feedback continues to be positive and constructive.

There are monthly Trustee / Management Group meetings that the Team Leader also attends. We do not hold meetings during August and December. The focus of these meetings continues to be on maintaining standards and establishing stable funding to ensure our long-term ongoing viability and as part of this, raising our visibility in the Region as an independent charity.

SAFEGUARDING

Any concerns for a child's safety or welfare (child protection issues) will be reported without delay, recorded in writing, dated, signed and given to the Safeguarding Designated Person (SDP) who will process the concern and inform those who need to know.

Parents/carers will be informed of safeguarding issues and referrals as long as there is not a concern that doing so may make the child vulnerable to significant harm or it is a concern of sexual abuse.

Little Discoverers has a responsibility to pass on concerns in relation to the safety of the child to the local appropriate Children's Service. If the situation is judged to be an emergency, then the police will be called first.

There were no safeguarding issues to report during the year.

CHAIRMAN'S REPORT TO THE AGM

Chairperson Report Little Discoverers WNSfP AGM 22nd May 2025 Another amazing year for Little Discoverers, with lots of smiles, laughter, achievements, and fun events taking place.

Our wonderful sessions have been providing the children with opportunities to develop their skills at their own pace, and we have seen some truly remarkable achievements this year. Our waiting list has grown, but thanks to some generous families who offered to share their space, we have been able to work with more children who desperately need our support.

Our sibling sessions, taking place 6 times a year, have been as popular as ever, with the highlights being the Summer Trip to Church Farm and the Christmas Party.

This year saw our first ever Ball held in June 2024 at the Town Hall, fantastically organised by Kat Hunter; it was a brilliant evening and thoroughly enjoyed by all who attended.

Big thanks to Kat for all her hard work in organising the event.

Keeping her hand in with event organising, she then arranged a birthday party in February 2025 for Little Discoverers' 20th Birthday.

This was attended by both current and past attendees, and everyone had a lovely time.

At the beginning of April 2025, we were immensely proud to be awarded with the High Sheriff of Norfolk Award in recognition of great and valuable services to the community. David Flux (who was the High Sheriff at the time) personally presented the award after visiting a session with his wife Lisa.

Our 4 staff members have been as dedicated as ever this year, with Kat, Pauline and Lauren continuing to provide high quality sessions throughout the year, planning for each child's personal next steps with meticulous thought; whilst Mandy has taken on even more of the administration and is streamlining many of our systems and processes.

The 4 of them make a wonderful team!

Little Discoverers has seen some changes this year, but with the support and dedication of the Management Committee, Trustees and staff, these have been as seamless as they could be.

The biggest change was in January 2025, when Katie Fisher stepped down as Chairperson of the charity (which she founded 20 years ago), to focus on setting up the Adapted Sports Hub.

Christine Ivory took up the role from January, having been introduced to the charity through her Grandchild's attendance at sessions, with myself, Hazel Colley, taking on the Vice-Chair role; we warmly welcome Christine and her wealth of knowledge to Little Discoverers.

Due to Christine's work commitments, these roles are due to switch from May 2025.

We also said a sad farewell to Trustee Andrew McShane at the end of March after he relocated, and longstanding committee member Kevin Parker is due to step down in May 2025.

Both will be greatly missed, and I would like to thank them for all their invaluable support, advice and dedicated service to Little Discoverers over many years.

I was introduced to Little Discoverers in 2018 when my son, Max, who was then 9 months old, started weekly sessions, what I didn't realise then was the impact that attending those sessions would have, not only for Max, but also for the whole family.

Max defied the odds, achieving milestones we were told he wouldn't reach, and I firmly believe this is because of input from Little Discoverers.

I joined the committee as a parent representative so that I could give something back to the charity for everything they had given to us, before covering Kat's (Team Leader) maternity leave.

I resumed my place on the committee after this and became a trustee and vice-chair recently.

I am in a unique position, having seen the charity from all angles, as a parent, staff member and committee member and am excited for the future as Chair of this incredible charity.

The charity couldn't run without the many, many hours volunteered by the Trustees and Management committee, between them volunteering well over 1000 hours of time per year.

The support and dedication of the committee and trustees, as well as the cohesion between themselves and the staff team is immeasurable.

This year has seen times of sickness that has meant committee members and trustees have attended sessions to support the staff team; it's nice for them to see a session running and meet some of the families we work with and is thoroughly enjoyed by those who have helped to cover sickness so that sessions can remain running as normal.

Sessions running 3 times a week, case studies written, staff meetings held every 6 weeks, management meetings held once a month, appraisals undertaken, trustee meetings occurring when necessary, events organised, sessions planned, funding forms and grant applications completed, training completed, the list goes on, but none of it would be possible without the Staff, Committee and Trustees and I would like to thank all of them for everything they do to enable Little Discoverers to be the amazing charity that it is.

Hazel Colley Vice-Chair



OUR TEAM LEADER'S ANNUAL HIGHLIGHTS

Introduction

We've done it! This year Little Discoverers celebrated 20 years of providing therapy and education for pre-school aged children, with complex development delays, and their families.

A huge achievement for all involved and it is a wonderful opportunity for us to reflect on the hundreds of children who have benefited from our service.

Sessions at Little Discoverers

At the very heart of our charity are the children we work with and their families.

We run sessions at Little Discoverers to help children with complex, developmental delays learn physical, communication, personal, social and emotional skills to help them to be as independent as possible at school and in their lives beyond.

The methods of Conductive Education that are used to achieve this are a major element of what makes this service so special. We work with a child with no expectations of limitation based on their medical diagnosis. We use their enjoyment and things they love to motivate them, and we focus on the progress they are making, no matter how small the achievement may seem.



Our multi-sensory approach encapsulates the child's attention and builds focus, determination and expectation. Children love attending our sessions and this in turn makes their attending parent/carer happy.



The safe space we provide our families, so that their children can be themselves, make mistakes and learn, is so hugely valued and this is evident in our exceptional attendance and wonderful feedback.

It's impossible to correctly portray the sessions at Little Discoverers through words, it's truly something that must be seen to be believed.

The three-way relationship between, child, parent/carer and staff member is unmatched. The enthusiasm of the staff, passion and heartfelt praise drives the parent and child to continue attending and to apply their learning at home. We give families the skills to work with the child and in turn build a bond that lasts a lifetime.

We use rhythmical intention to aid a child to make movements that a typically developing child may achieve easily. Our voices, music and the rhythm we use allows the child to contemplate the movement and actively achieve it whilst having fun. When we hear music, we typically want to move, so we use this theory and apply it to everyday tasks that we may take for granted, such as standing, dressing or rolling.



This year we have seen some phenomenal progress from the children we have supported. Here are just a few examples...

(We have been given permission to share the stories of these children by their parents, however, data protection is paramount to us at Little Discoverers, so we have decided to change their names to protect their identities.)

William joined us at just 18 months old after his mother felt that he was delayed in several areas of development. He did not yet have a diagnosis, however he was not yet crawling or taking steps. He also had glue ear and was not making sounds or showing any signs of independent communication. He would smile from the safety of his mother, but William was quite withdrawn and needed constant reassurance.

William is now nearly 3 years old and has a diagnosis of Smith-Magenis Syndrome. This syndrome can include intellectual disability, facial abnormalities, difficulty sleeping, and numerous behavioural problems such as self-harm.

William took some of his first steps at a Little Discoverers session, he can climb the stairs, feed himself finger foods and we are currently working on his balance and coordination. William's family have recently undergone levels 1 and 2 of a Makaton sign language course and they also joined Little Discoverers for the level 3 too. Through repetitive use at home and during sessions, William now knows more than 100 signs. His newfound communication will significantly reduce feelings of frustration which are so common with his syndrome. Mum and Dad are so thankful for Little Discoverers and the whole family has truly benefitted from their attendance.

Robin was referred to us at eight months old following a brain injury from birth and an epilepsy diagnosis. Robin has Cerebral Palsy that causes tightness in all four of his limbs and trunk. When we first met him, he would be held like a baby and cried when he was not with his mother. Mum wanted to help him to develop, but she did not feel she had the skills to do so.

Our methods of Conductive Education have helped Robin to learn physical skills such as holding his head up, to sit, open his hands on command and weight bear. Robin gets so excited when he enters our building with Mum for a session. He loves the songs and takes part in them with increasingly less support from Mum. He can stamp his legs at the sensory tray and loves to clap his hands and be bounced for our Bouncing Babies song. He has a special bond with the staff and often will cuddle them and lean in to kiss their cheeks. He can now bum shuffle around the room and is beginning to get into a four point kneel position for crawling. He is beginning to say words such as "go!" and "more!" and he is so happy and alert for our two-hour session. We have provided support for the whole family, as they have learnt more about Robin's diagnosis and his expected upcoming challenges with his sight. Mum now feels she has the tools to help Robin to develop physically and reach his capacity. They practice the songs at home as a whole family and Robin's sisters love attending our family events too.

We are extremely fortunate to know these children, some of which on our register are quite literally one in a million. Their achievements are the best feedback we could possibly receive, and we are so proud of their resilience and hard work at home and during our sessions.

Our Voluntary Committee

This year, more than ever it seems, we have reflected on the importance of our incredible, voluntary committee.



The six trustees, alongside the 7 committee members and 3 volunteers dedicate countless hours of their personal time, for free, to simply keep Little Discoverers running and support vulnerable children and their families in West Norfolk.

On the 31st of December 2024, Katie Fisher, our founder and Chairperson of 20 years stepped down to focus on her role as Trustee of the Adapted Sports Hub project.

Katie has been the main cog in the Little Discoverers machine for so long, we all hope that the charity would continue to thrive without her ever-present driving force.

In the summer of 2024, we started to advertise for a new Chairperson to take over Katie's role. Christine Ivory has a background of teaching in both mainstream and specialist settings, and over her career has taught children from 2-18 years old and beyond. She has taught in Higher Education for 25 years and her areas of specialism are the early years, autism and Art Education.

We are thrilled to welcome Christine to the charity and our wonderful committee have been a brilliant source of encouragement and help as she settles into her new role this year.

As of May 2025, Hazel Colley will be running for the Chair position and Christine will be stepping into the Vice Chair role to focus on her career.

Hazel has invaluable experience as a parent with a child with complex needs and she is excited to give back to the charity that supported her family during her son's pre-school years.

Hazel also has a unique insight into the day-to-day running of the charity, as she covered the Team Leader's maternity leave in 2021-2022.

It's safe to say that with the outstanding band of volunteers we have at Little Discoverers, we are sure to continue providing our service for many years to come. Without whom, we would simply cease to exist and so many local families would lose out on such a huge support system. Thank you for your continued dedication.

We are currently looking to expand our committee and invite anyone interested in giving back to your local community, supporting young children to reach their potential, and working with a fantastically knowledgeable and supportive team, to get in touch.

We also would like to welcome any current or past attending

parents/carers to our committee to give first hand feedback, to help us improve our service.



Family Events:



We have had the best time exploring our local community this year and experiencing new activities with our past and present families from Little Discoverers!

Every year we hold 6 family events during the school holidays so that our families may meet and mingle, they can access places that they may not feel comfortable or able to attend on their own and young carers can meet and feel like they are part of a community.

In May 2024 and February 2025, we visited Tumble Teds. Tumble Teds is a session that allows the children to explore the gym equipment at local sports centre Alive Lynnsport. The sprung floor, trampoline, foam pit and soft climbing equipment encourages movement, fun, and social interaction.

Our annual summer trip to Church Farm did not disappoint in July 2024 and we had a record of 113 attendees! It was a beautifully sunny day, the children (and adults!) enjoyed meeting the animals, exploring the play equipment inside and out and getting messy in the hay barn and sandpit.

In October 2024 we decided to try something new and hosted a pottery painting session. We set up a fun and exciting play area in our session room with games, colouring and more. 30 children were then called into a separate room a few at a time to have a relaxed experience of painting pottery items. The children were allocated £5's worth of items to paint and the parent/carer could choose to upgrade their item by paying Glazed Designs directly. Many parents commented how they would never take their child with disabilities to a session like this outside of Little Discoverers.

For some, this is because it is often expensive, and their child did not benefit from the rigid and controlled setting of painting at a table.

We allowed the children to be themselves, to take as long as they needed and to paint wherever they felt comfortable. For some parents, this session allowed them to create heartfelt keepsakes such as hand and footprints that would be treasured forever.



As always, our Christmas party is one of our biggest highlights of the year! For the third year running, we visited Little Sharks, a Soft Play Centre in King's Lynn. We hired the space so that it was exclusively for our families. This eliminated any worry of perhaps not feeling 'accepted' in the public and allowed our children to be safe and comfortable.

There was something for everyone with enormous slides and climbing equipment, to quieter zones, interactive spaces and a sensory

room.

The families were invited to bring a small gift along and then they could meet Father Christmas and Mrs Claus! Each family had a private meeting and were able to take all the time they needed for their little ones to feel relaxed and truly experience the magic of Christmas.

Fundraising

Every year fundraising is getting more challenging for us at Little Discoverers. With inflation, our expenditure budget for this year was more than £65,000. This has increased by more than £30,000 in the last 7 years and our upcoming budgets are higher still. This is a tremendous amount of money to raise for a small local charity that relies heavily on a voluntary management team.

We are so thankful to our friends and families for helping us in this momentous task and your generosity and determination is phenomenal. Here are some of the heroic fundraising examples we have witnessed this year...

In August 2024, a sibling of a former attending child took on the mammoth Three Peak Challenge. Ben Eldridge age 13, along with his dad Matt Eldridge, climbed Ben Nevis, in Scotland which stands at 1,345m, Scafell Pike in England, which is 978m and then 1,085m to the top of Snowdon, in Wales, walking a total of 23 miles in 36 hours.

Ben said the charity is really important and they helped his little sister, Emilia, develop her physical skills, begin to walk, and get her ready for school. Thank you so much Ben for your kindness, determination and support!

Seven-year-old Cynthia Waterfield from Hunstanton worked hard over the summer this year to raise money for Little Discoverers.

Cynthia's little sister, Terrienne, has been attending sessions for two years and has worked so hard to improve her physical, communication, personal skills and more during this time. She has come on leaps and bounds, and Cynthia is especially proud of her.

Cynthia decided on her own accord, that she wanted to do something to give back to the charity that had helped her sister and so she got stuck into making loom band bracelets! Cynthia then sold the bracelets in her family's sweet shop, Thompsons Candy and Cream, which is based in Hunstanton and raised an incredible £250!



A real first for Little Discoverers this year was our fundraising ball! 100 guests dressed in their best black-tie attire and went to the Town Hall in King's Lynn on Friday 21st June 2024.

Each guest was welcomed into the stunning stone hall with a glass of bubbles.

All around was information about the charity, a thank you for our sponsors and supporters, and even videos of the sessions to home in on what we were all there for.

Local photographer, Lou's Lens, donated her time and took welcome photos of the guests next to our beautiful table plan, gifted by Steele Media.

Our charity ball sponsors included The Hunstanton Lions Club, Averille Morgan Osteopath, Double G Clothing, PJ Heat Exchangers Ltd, RWE (King's Lynn Power Station), Stephenson Smart Accounting and our main sponsor, Adrian Flux.

The tables were laid out in Little Discoverers' colours of white and blue with an added showbiz gold. Children's handprints were on the table numbers and stunning flower arrangements filled the centre, arranged and donated by Julie Morters. It was truly an elegant evening with a three-course banquet, followed by teas and coffees.

Following speeches and videos from Katie Fisher (Chairperson) and the Team Leader, our own trustee Andrew McShane tried his hand at auctioneering. Our live auction, alongside a silent auction, featured such prizes as spa days, log cabin getaways and a stay in a luxury 10 bed house in Norfolk!



We had hoped to break even as this was our very first event of this magnitude – we were blown away when the final figures showed that, after expenditure, we made a profit of around £6,500.

We partied until midnight with local band, The Walks, and Josh Maddocks Magician sprinkled some extra magic on the occasion too, providing his services for free. It was a night to remember and one we hope to do again in a few years' time.



Our Local Supporters

Following fundraising ball, we continue to develop our relationship with local power station RWE in King's Lynn. This year they have gone above and beyond in their support for Little Discoverers, and at Christmas purchased more than £600 of toys and equipment for our children to use in the sessions.

They have also said that they will decorate our session room at the South Lynn Community Centre, which will help our space to be inviting, fresh and clean for our families.

PIL Membrane kindly spent time with us this year and decided that they too would like to support us, by purchasing equipment to help our sessions. A vibrant and inviting screen was purchased with our logo to shield distracting equipment from our children until we were ready to reveal it. This simple, yet fantastic piece of equipment has so far helped our children to focus and they have loved naming the items on the screen too!

Alongside this kind purchase, PIL Membrane also held a raffle and donated the proceeds to our charity. They also plan to purchase additional equipment in the future.

There are many wonderful local companies in King's Lynn and beyond who have been extremely generous this year. The Team Leader contacted J Peek Flooring Ltd. during the summer, as we were struggling with our carpet tiles coming away from the floor and causing trip hazards. Jason came to measure the space and upon learning more about the charity, decided to donate his time and labour for free so that we could build a safe space for our children to work in.

Following a donation from the Priory Rotary, the charity was able to purchase the materials so that Jason and his team could get to work transforming our space for both soft activities on a carpet and messy activities on our new vinyl floor. Our room looks incredibly smart, and it is so much more practical for our sessions.



Families Supporting Families



One of the elements that makes Little Discoverers a truly special place to be is the support network that is formed between parents and carers.

This year we have received an influx of referrals, and this has created a lengthy waiting list, with no expected date of when we might be able to allocate new spaces. So, we reached out to our families and asked if anyone would be willing to share their space so that another family may access our service fortnightly. We had four wonderful families come forward to help. Little Discoverers is such a vital part of our family's lives and therefore to share their space with another is a real act of kindness.

At Little Discoverers we celebrate every achievement, no matter how small. We give feedback at the end of every session about what each child has achieved and instil a 'can do' attitude into every day. This in turn then becomes the narrative for our families. They learn to look for the positives in their child's progress, and a milestone that takes that little bit longer to achieve becomes even more special.

As a staff member, it's a pleasure to watch parents and carers enjoying their children and building bonds that'll last a lifetime. A perhaps unexpected bonus is that we also get to witness the bonds made between parents and carers and other children in the session. More than ever this year we have noticed our parents working with children who aren't their own, watching avidly as they take their first steps or say/sign their first word. Each session is so filled with positivity and every child feels valued. The children also mimic this attitude and will clap and cheer for their friends' achievements too. It's a truly wonderful sight to behold.

This year we have received some incredible comments from our families in our annual feedback forms. Here are a few of our favourites...

"Without the support of Little Discoverers I feel my daughter wouldn't be where she is today, staff have gone above and beyond."

"Their support has been incredibly helpful and has enabled us to connect with other families alike. I cannot thank you enough."

"We're so grateful to everyone involved in this charity and we feel lucky to have found you!"

"This group is incredible. The amount of support myself and my son have been given is amazing. I would of struggled massively with his diagnosis if it wasn't for our weekly sessions."



Our 20th Birthday!

What a year full of growth, generosity, learning, music, mess, singing, signing and so much more!

On Saturday 15th February 2025, we finally celebrated 20 years of our charity, Little Discoverers, West Norfolk School for Parents... and what a party it was!

We hired the Dersingham Village Centre and set up rainbow-coloured balloons, streamers, disco lights and bunting. One of our very generous attending parents, Rachel Crossley, designed and made our stunning birthday cake, biscuits and cupcakes which were enjoyed by our 100 guests.

Tropics Two donated their time and sold fish and chips in the snow and the rain! They even gave away soft fish toys for our children to help us celebrate.

Dessert was provided by Sweet As Emporium, run by two previously attending parents. They discounted their delicious treats and gave their time for free



There was a bring-and-buy sale table of nearly new toys, books, games and specialist equipment, along with collection buckets available for donations to Little Discoverers.

We also showcased our brand new OmiVista, an interactive floor projector to encourage movement, focus and turn taking. This item was purchased with the money raised at our first ever fundraising ball and donations. It's an incredible piece of equipment and the children have already had the best time exploring it!

Josh Maddocks, a local magician from King's Lynn also donated his skills to Little Discoverers for the second time in just eight months! He astounded children and adults alike with his incredible card tricks and magic whilst looking the part in his trademark red suit jacket and top hat.

We couldn't celebrate 20 years without commending our founder and Chair of 2 decades for her dedication and hard work. Katie Fisher has always been a lover of music and sign language, so the families, committee members and friends of Little Discoverers all took part in a secret mission to learn Makaton signs to Take That's, Rule the World, as a special thank you gift.

What the guests of the party didn't know, was that they weren't just going to sign along to a recording of the song, but to a 55-piece live choir! It was an incredible moment and the highlight of the event to see Your Choir donating their performance whilst the guests came together to sign along to the powerful lyrics. A true delight!



A huge thank you must be said to the whole committee for their input, patience, planning and help on the day – the event wouldn't have been the same without the help of you all!

2024-2025

There is too much to include in just one report to truly reflect on the year of achievements, fun, friendship and support we have had. Each year our charity grows in recognition, and this brings equal challenges and successes. In the coming year we hope to be able to reduce our waiting list by reviewing the place of each family annually. This will ensure that we are giving support to the most vulnerable people in our community, whilst ensuring our current children have the skills and confidence to take their next steps to pre-school, nursery or primary school.

We continue to be astounded by the results of working with methods of Conductive Education and we are so proud of the families and children who have worked so hard this year. Little Discoverers is nothing without the hard work of the people we support, and it is a joy to witness. Let's see what the next year brings!



MONITORING OUTCOMES

Children attending Little Discoverers sessions have varying abilities due to the nature of their disability and age. Progress is very individual to each child, so each child has an individual programme and their achievements are celebrated at the end of each session and then recorded in each child's individual learning journal.

Our feedback indicates that we are continuing to successfully deliver in the key 'Outcome' areas of:

- Physical skills
- Social Skills
- Communications

In addition, we encourage informal feedback through comments in our Visitors Book and formal feedback through our questionnaires (now online) designed to capture Parents' and Professionals' views on the effectiveness of our approach to supporting each child's development.

The results of this year's parent and professional questionnaires feedback are shown below.

1. Parent Feedback

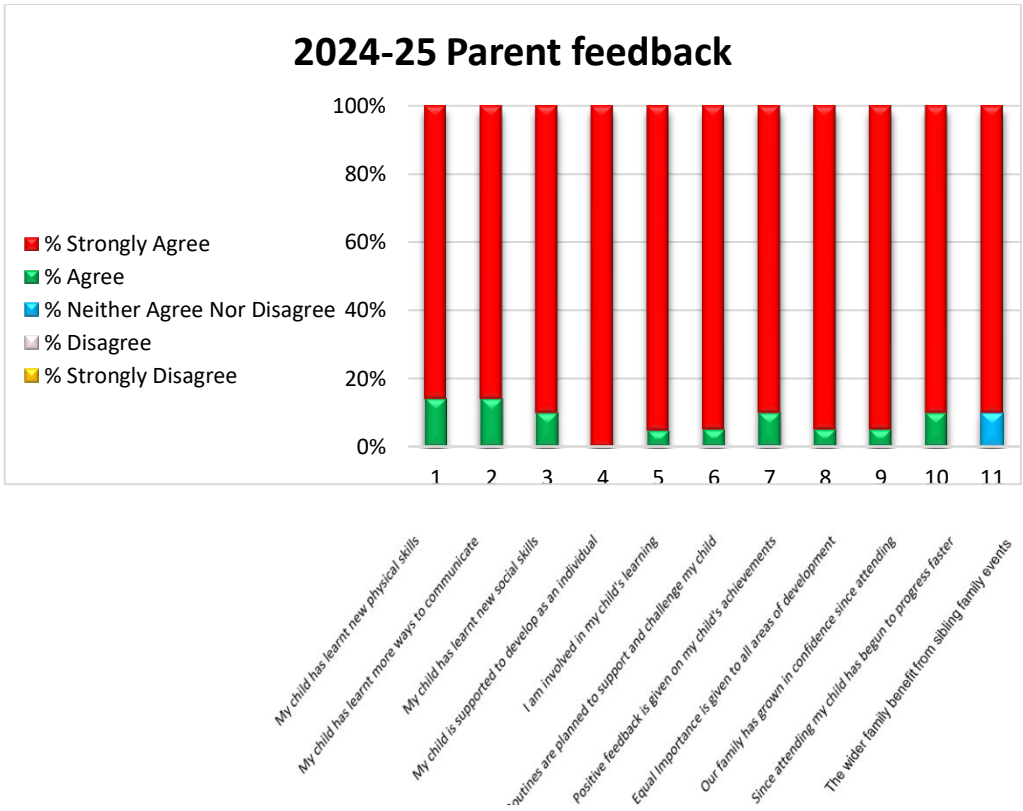
Responses to our questionnaire statements.

The parent feedback questionnaires were completed in paper form and parents were asked to complete the form at the end of the session whilst on the premises. This enabled us to gain feedback from all the families accessing our sessions. If they could not stay to complete the form, they were able to access online. We also invited families that have attended within the year in question to complete a feedback form online

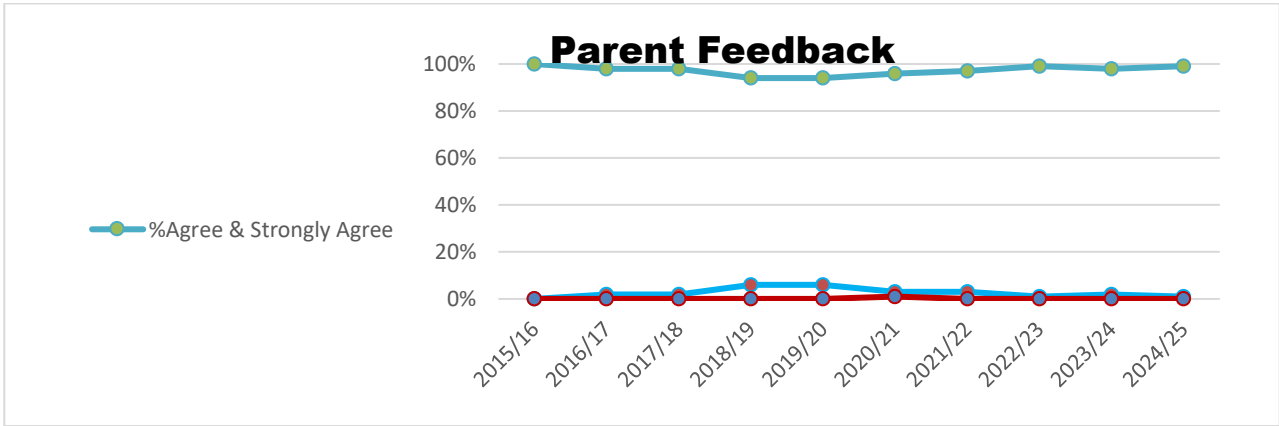
21 questionnaires were completed by parents, exceeding the 20 in 2023-24.

In total, in response to the 11 statements in each of the 21 returned questionnaires:

- 99% (98% in 2023-24) of all parent responses Strongly Agreed or Agreed with the statements
- 1% (2 % in 2023-24) of responses Neither Agreed nor Disagreed
- 0% (Nil in 2023-24) Disagreed with the statements.



Comparison with previous years Parent feedback



Staff members and some Committee members discussed the findings from the feedback forms at a meeting and concluded that the findings were very positive and reflected the hard work and commitment of everyone involved in providing the sessions to the families.

The 1% result of Neither agree nor disagree was due to the fact that there are some families without wider family so could not comment on the benefit of families coming together at sibling events.

2. Professional Feedback

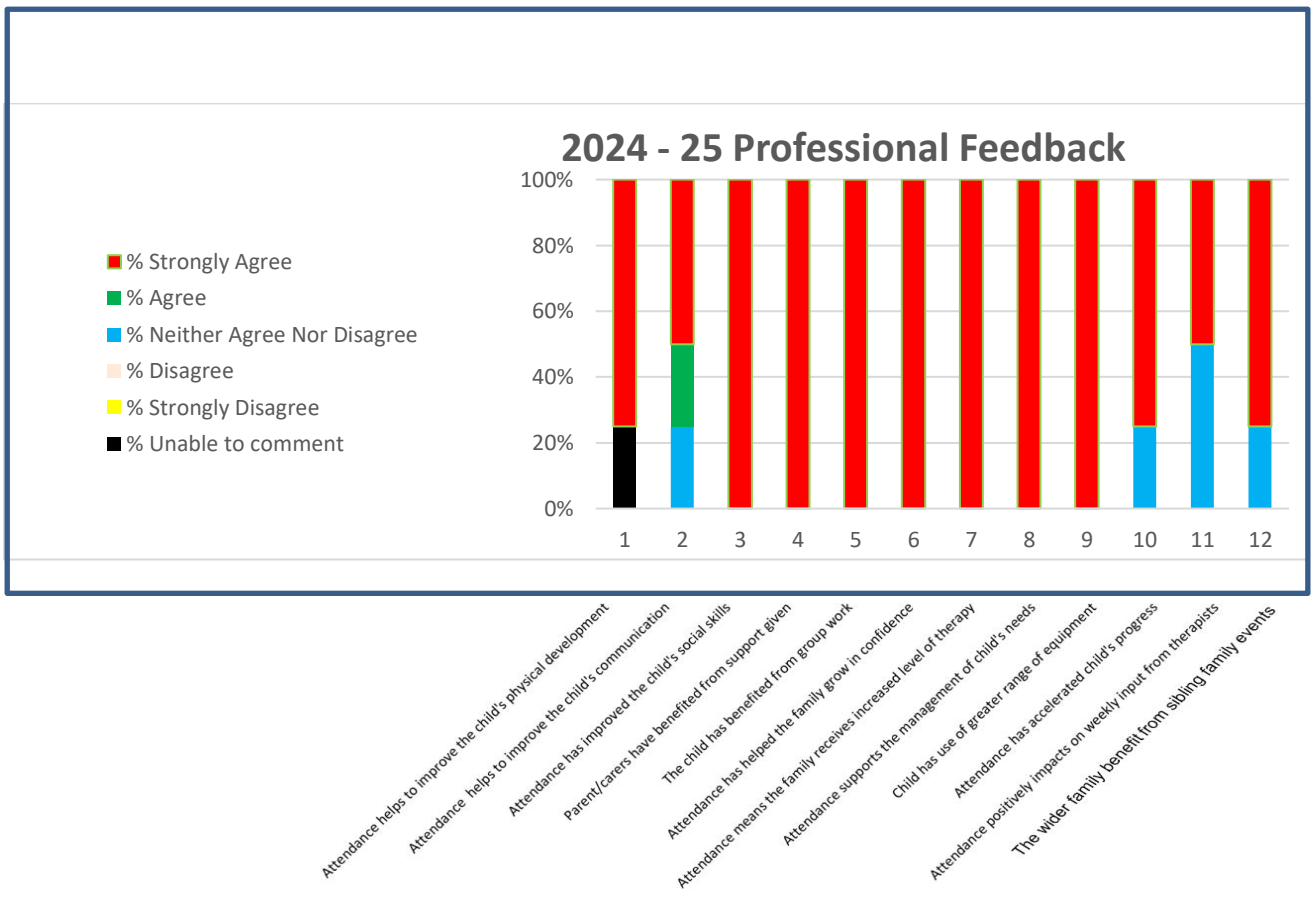
Responses to our questionnaire statements.

The questionnaires were completed online and returned to Little Discoverers by professionals, who had visited the children and their families at Little Discoverers during the year in question.

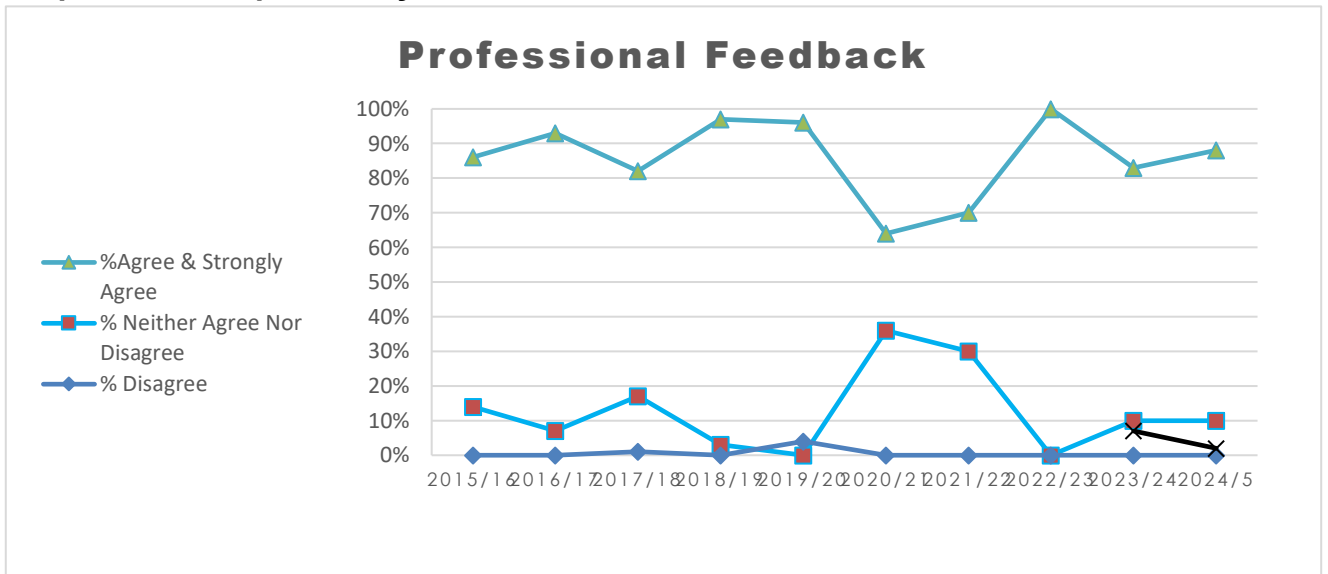
- 4 questionnaires were returned, a reduced response in comparison to the 7 in 2023-24.
The reason for the reduction in responses was due to the fact that there are less professionals at QEH that visit us and the families during sessions.

In total, in response to the 12 statements in each of the 4 returned questionnaires:

- 88 % (83% in 2023-24) of all professional responses 'Strongly Agreed' or 'Agreed' with the statements.
- 10% (10% in 2023-24) responses were Neither Agree Nor Disagree
- 2% (7% in 2023-24) of responses were unable to Comment.



Comparison with previous years Professional feedback



Staff members and some of the Committee discussed the findings from professional feedback forms at a meeting and concluded that there has been an increase in professionals answering Agree/ Strongly Agree (from 82% to 88%), with a stable result in Neither agree nor disagree of 10%, Unable to Comment decreased from 7% to 2%.

They were able to conclude that this is due to the fact that some of the professionals felt that they were unable to comment on two of the questions we asked.

When asked if “attending Little Discoverers has had a positive impact on the level of weekly input required from therapists”, they felt that the children still need the same level of support from the professional. However, they have commented that the sessions certainly support the child’s development.

Some also felt that they were not able to comment of whether the child’s wider family have benefited from attending sibling/ family events, as this was not discussed with the family.

We had a similar response last year, so it has been decided to remove statement 12, regarding the impact of sibling/family events, from the professional feedback forms from next year going forward.

OUR LOCATION

Little Discoverers spent 18 years based at the Dutton Pavilion at Lynnsport in King's Lynn, and we are very grateful to Lynnsport and its staff for their support during this time.

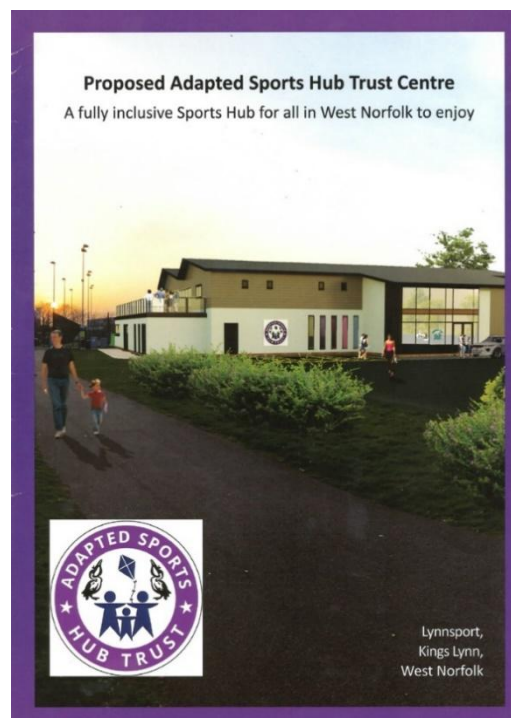
However, faced with space constraints at the Dutton for running sessions and for the storage of our materials and equipment, at Easter 2022 we relocated to the South Lynn Community Centre. This was offered to us by the Council as they could see how we had outgrown the Dutton and the problems of working there.

From a practical point of view the South Lynn Centre is a much better home for Little Discoverers at present, but a major problem is that being remote from the Lynnsport site it does not foster inclusion in the local community or sports world.

Looking further to the future we have identified the possibility of moving into a purpose built 'Hub' that would meet our and others' needs in West Norfolk and surrounding areas. The vision is for a purpose-built Hub at Lynnsport which would be fully accessible, support inclusiveness, reduce barriers, tackle inequalities and provide a route for children to move seamlessly into activities which will assist them to keep active, fit and having fun. This will provide support for the children's lives after Little Discoverers.

If built, then Little Discoverers and others would rent space in it. In the meantime, the Council looked to see if a revamp of the main Lynnsport could be achieved that would support the aims of the CIO. This has now been decided to not be possible.

The proposed plans for the Adapted Sports Hub were passed by the King's Lynn Borough Council in 2024 and work is proceeding to turn the vision into a reality. All support will be welcomed.



HOW WE COMMUNICATE

OUR WEBSITE

www.littlediscoverers.co.uk

The web site was designed and is maintained for us by Simon Adams, son of Linda Adams who was a Member of the Management Group.

Photos of children taking part in sessions are included on the web site where parents have given written permission for this purpose.

The website and video show clearly what takes place in a Little Discoverers' session and how the children and carers benefit. The web site continues to be very helpful to potential families and funders.

OUR YOU TUBE CHANNEL

As an additional online resource, we have our very own Little Discoverers YouTube Channel, primarily to provide something that parents can access at home if they are unable to attend our sessions. It also enables parents to view wonderful memories, advice, tips, and a way of sharing the hard work they are doing in sessions with family, friends, and professionals.

We now have over 87 videos in total, including some that show the parents activities they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and so much more. They are not only informative but continue to be a great success with the children.

Our most viewed video on You Tube was our recording of "Rule The World", along with Makaton signing, to celebrate our 20 year anniversary in February 2025. This had 294 views

SOCIAL MEDIA

We have around 60 likes per month on our posts and 500 followers on our public Facebook page.

On Instagram we have 320 followers and our most viewed video has around 5,500 views.

We have around 2.5 k views on our page in an average month.

We are also 'friends' with our current families and have a group for past attendees. Most of our families are choosing to use Facebook to communicate with us, using the Facebook messenger service as the primary source for contact. Several parents have shared events or donated equipment on both our current and past attenders' pages, which are relevant to all families. It is lovely to see the support that our families give each other via the social media platform, and to see that it continues long after families have moved on from Little Discoverers.

FINANCIAL REVIEW

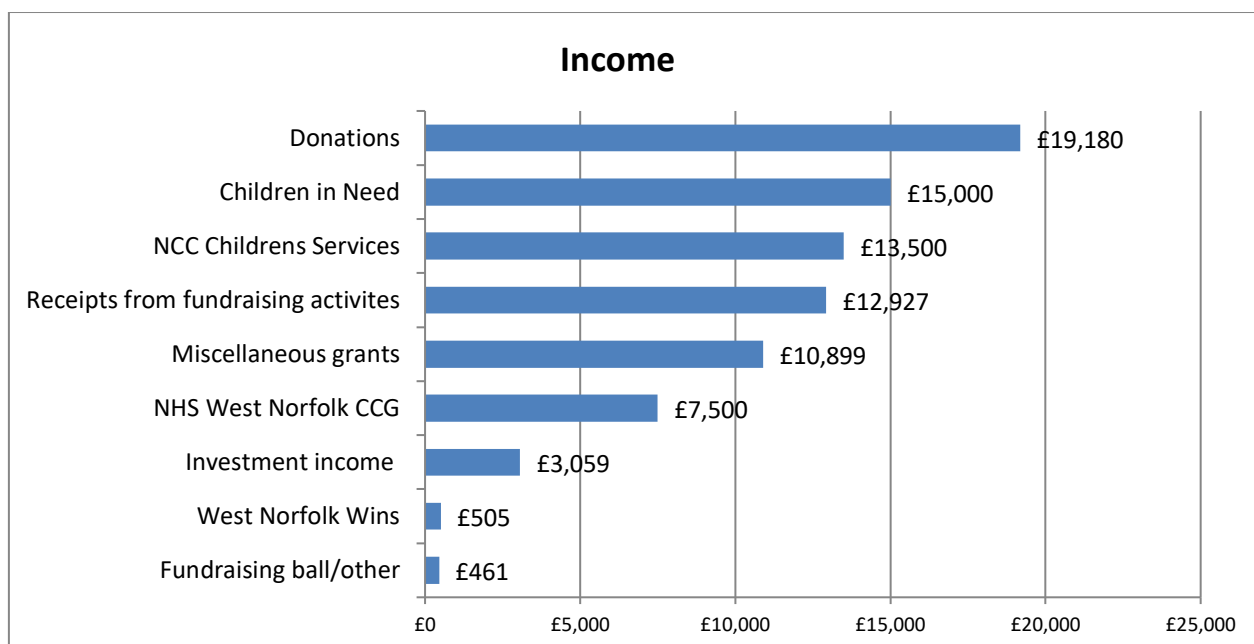
Financial Review 2024 - 2025

During this financial year we have made a profit of £8,600 (2023 – 2024 £25,602), which is lower than last year and is mainly due to an increase in expenditure. In all areas, both income and expenditure, have been within the budget set at the beginning of the financial year, with the exception of donations and fundraising - which have both double budget expectations, training expenditure and assets purchased.

Our total closing bank balances are £128,241 (2023 – 2024 £119,641) an increase of 7%.

Income

During this period income received totalled £83,031 which is slightly down compared to last year, (2023-2024 £84,881)



This year our largest source of income has been donations, at an amazing £19,180 (2023-2024 £16,847). This includes Gift Aid which has been claimed by Little Discoverers and via Just Giving - a total of £3,181. Of the 134 individual donations received, 13 donors gave £500 and over, during the year.

A massive thank you to everyone who has donated.

We received our second instalment of the Children in Need grant at £15,000, NCC children's services grant was £13,500 and from NHS West Norfolk CCG we have received £7,500 - the actual grant is £10,000 for the year but the final quarterly payment was not received until after the year end. Miscellaneous grants totalled £10,899 (2023-2024 £16,935) the two largest grants were from Baily Thomas Trust and Norfolk Community Foundation. Investment income was £3,059 (2023-2024 £2,379). The final fundraising ball ticket sales were £450 making the total ticket sales for the ball £4,750.00. Other income was £11.

Each month we receive donations via West Norfolk Wins, this is a lottery run by The Borough Council of King's Lynn and supports many local charities of which we are one. This year we have received £505 (2023-2024 £450).

Finally, we received £12,927 in fund raising activities (2023-2024 £7,705). What a brilliant achievement by all who have fundraised for Little Discoverers – you are all absolutely amazing.

Expenditure

The total expenditure for the year is £74,431 (2023-2024 £59,279) an increase of 25%.

Our largest expense is salaries (including Social Security payments) at £42,514 (£37,988 2023-2024). We have 4 paid employees who have been superb and in recognition of this we were able to give a pay rise this year, we have also increased hours for our administrator, to help reduce the Trustees duties and this is working brilliantly. Pension contributions have therefore increased to £1,423 (2023-2024 £1,268).

Rent payable is £8,248 (2023-2024 £7,378) the previous year was reduced, due to the move from the Lynnsport site to South Lynn.

Training costs are £1,070 (2023 – 2024 £1,234) this includes the second Makaton training at £900 plus room hire for the training at £94.

With the success of the Ball we purchased a projector, which displays moving pictures onto a flat surface at £7,365, we have also replaced the flooring and purchased 5 laptops, a total spend on assets of £11,752 (£3,720 2023-2024).

Sundry costs (including sundry expenses, fundraising ball expenses and refreshments) are £5,566 (2023- 2024 £3,754) all individual expenditure is below £500 except the cost of the summer sibling session at Church Farm, Stow Bridge at £917 (the best attendance to date). An analysis of sundry expenditure shows sibling sessions cost £1,770, Just Giving fees (monthly and transactional) £542, DBS checks for staff and volunteers £260, promotional items £290, staff uniform £170, replacement equipment £173, our 20th birthday party costs were £403, miscellaneous items £275.

All other costs are within acceptable levels and as expected and budgeted.

Budget analysis

	2024-2025 budget	2024-2025 actual	2024-2025 Variance	2023 – 2024 budget	2023-2024 actual
Income	£67,581	£83,031	£15,450	£47,720	£84,881
Expenditure	£65,855	£74,431	£8,576	£54,214	£59,279
Surplus/(Deficit)	£1,726	£ 8,600	£6,874	(£6,494)	£25,602

Reserves

Our total funds available to spend without restrictions is £121,123, we have £7,118 in restricted balances.

We review our Reserves Policy annually and have increased our contingency figure in April 2024 to £29,500 (2023-2024 £22,500). This is the amount needed to bridge any possible delays in receiving promised grants or managing payment in arrears contracts or to cover essential activities whilst sourcing income.

Summary

This has been a successful year, maybe not as good as last year but still a very good result. Our funding from Children in Need along with the NHS and NCC gives us a good start but these are not guaranteed. Without the massive support received from our donors and fund raisers, we could not run this fantastic charity. Thank you to everyone for your continued support.

Other information

The trustees, management team and our members of staff will continue to carefully and regularly review the financial position and will strive to find ways to continue the good work.

We would like to take this opportunity to thank Stephenson Smart for their continued support. They have endorsed our financial management and accounting practices and are confident that they meet all the requirements as set out by the Charity Commission for England and Wales.

INDEPENDENT EXAMINER'S REPORT AND EXAMINED FINANCIAL STATEMENTS

Charity registration number 1125400

Little Discoverers, West Norfolk School for Parents

Unaudited Financial Statements

Year ended 31 March 2025

Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Little Discoverers, West Norfolk School for Parents

Organisation Information

Year ended 31 March 2025

Registered charity name	Little Discoverers, West Norfolk School for Parents
Charity registration number	1125400
Principal office	c/o Alive Lynnsport Greenpark Avenue King's Lynn Norfolk PE30 2NB
Trustees	Mrs H Colley (appointed 01 January 2025) Mrs K Fisher (resigned 31 December 2024) Mr A McShane (resigned 19 March 2025) Mrs S Williamson Mrs P Sheerin Mrs E Fendley
Accountants	Mr D Jastrzebski Stephenson Smart (East Anglia) Limited Chartered Accountants 22-26 King Street King's Lynn Norfolk PE30 1HJ
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Little Discoverers, West Norfolk School for Parents

Financial Statements

Year ended 31 March 2025

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Receipts and payments account	2
Statement of assets and liabilities	3
Notes to the accounts	4
Detailed receipts and payments account	5

Little Discoverers, West Norfolk School for Parents

Independent Examiner's Report to the Trustees of Little Discoverers, West Norfolk School for Parents

Year ended 31 March 2025

I report to the trustees on my examination of the accounts of Little Discoverers, West Norfolk School for Parents ('the charity') for the year ended 31 March 2025 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

As permitted by Direction 2, issued by the Charity Commission the firm for which I work has provided the charity with bookkeeping services during the year ended 31 March 2025. As a consequence I have followed the requirement of the FRC's Ethical Standard when undertaking this assignment.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Dan Jastrzebski ACA CTA
Stephenson Smart (East Anglia) Limited
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ
8th September 2025

Little Discoverers, West Norfolk School for Parents

Receipts and Payments Account

Year ended 31 March 2025

	2025			2024
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	17,419	1,761	19,180	15,647
Funding	14,005	-	14,005	22,950
Grants	12,699	20,700	33,399	31,900
Receipts from fundraising activities	12,927	-	12,927	7,705
Investment Income	3,059	-	3,059	2,379
Other Income	461	-	461	4,300
	<u>60,570</u>	<u>22,461</u>	<u>83,031</u>	<u>84,881</u>
Payments				
Charitable activities	52,251	20,931	73,182	58,181
Governance costs	1,248	-	1,248	1,098
	<u>53,499</u>	<u>20,931</u>	<u>74,430</u>	<u>59,279</u>
Net receipts/(payments)	<u>7,071</u>	<u>1,530</u>	<u>8,601</u>	<u>25,602</u>
Fund transfers	-	-	-	
Surplus/(deficit) for year	<u>7,071</u>	<u>1,530</u>	<u>8,601</u>	<u>25,602</u>
Cash funds at 31 March 2024	114,052	5,589	119,641	94,039
Cash funds at 31 March 2025	<u>121,123</u>	<u>7,119</u>	<u>128,242</u>	119,641

Little Discoverers, West Norfolk School for Parents

Statement of Assets and Liabilities

Year ended 31 March 2025

	2025		2024	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Monetary assets				
CAF Gold Account	120,126	7,119	127,245	118,067
CAF Cash Account	858	-	858	808
Petty cash	139	-	139	766
	<hr/>	<hr/>	<hr/>	<hr/>
Total cash funds	121,123	7,119	128,242	119,641
	<hr/>	<hr/>	<hr/>	<hr/>
Liabilities				
Pension contributions	302	-	302	223
	<hr/>	<hr/>	<hr/>	<hr/>
Total liabilities	302	-	302	223
	<hr/>	<hr/>	<hr/>	<hr/>

CLIENT APPROVAL

We approve the financial statements for the year ended 31 March 2025 and confirm that we have made available all relevant records for their preparation.

Mrs H Colley on behalf of Little Discoverers, West Norfolk School for Parents
01 August 2025

Little Discoverers, West Norfolk School for Parents

Notes to the accounts

Year ended 31 March 2025

1 Restricted Funds

	Balance at 31 March 2024	Receipts	Payments	Transfers	Balance at 31 March 2025
Musical Sessions	1,492	-	(100)	-	1,392
Marsh Charitable Fund	-	700	(34)	-	666
Hunstanton Lions	13	-	(13)	-	-
Sibling sessions	3	511	-	-	514
Children in Need	1,525	15,000	(13,082)	-	3,443
Crowdfunder	507	-	(507)	-	-
George Watling Charity	1,299	-	(919)	-	380
Rotary Club of King's Lynn	750	500	(1,250)	-	-
Bespak Fund	-	750	(26)	-	724
Bailey Thomas Charitable Trust	-	5,000	(5,000)	-	-
	<u>5,589</u>	<u>22,461</u>	<u>(20,931)</u>	<u>-</u>	<u>7,119</u>

Fund	Purpose and restriction
Musical Sessions	To provide musical sessions
Marsh Charitable Fund	For IT services
Hunstanton Lions	To assist parents with travel costs
Sibling sessions	To provide sibling sessions
Children in Need	For team leaders salary
Crowdfunder	For play equipment, refreshments and consumables
George Watling Charity	To provide sibling sessions
Rotary Club of King's Lynn	To provide sibling session at church farm and replacement flooring in South Lynn Community Centre
Bespak Fund	For new equipment and session resources
Bailey Thomas Charitable Trust	For team members salary

Little Discoverers, West Norfolk School for Parents

Detailed receipts and payments account

Year ended 31 March 2025

	2025		2024	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	17,419	1,761	19,180	15,647
Funding:				
NCC Children's Services	13,500	-	13,500	10,000
NHS West Norfolk CCG	-	-	-	12,500
West Norfolk Wins	505	-	505	450
Grants:				
Norfolk Community Foundation	4,999	-	4,999	-
Marsh Charitable Fund	-	700	700	-
Geoffrey Watling Charity	-	-	-	1,500
Children In Need	-	15,000	15,000	15,000
Marshland Charitable Trust	-	-	-	600
Tesco Grant	-	-	-	800
Rank Foundations Grant	-	-	-	250
National Lottery Grant	-	-	-	8,000
Rotary Club of King's Lynn	-	-	-	750
NHS Additional Grant	200	-	200	5,000
Bailey Thomas Charitable Trust	-	5,000	5,000	-
NHS Nor & Wave ICB Grants	7,500	-	7,500	-
Receipts from fundraising activities	12,927	-	12,927	7,705
Investment Income:				
Bank Interest	3,059	-	3,059	2,379
Other Income	461	-	461	4,300
	<u>60,570</u>	<u>22,461</u>	<u>83,031</u>	<u>84,881</u>
Payments				
Costs of charitable activities:				
Wages and salaries	24,432	18,082	42,514	36,111
Pension Contributions	1,423	-	1,423	1,268
Social security expense	-	-	-	1,877
Rent payable	8,247	-	8,247	7,446
Equipment and musical sessions	12,058	534	12,592	4,185
Insurance	940	-	940	873
Training and expenses	1,070	-	1,070	1,554
Membership fees	35	-	35	30
Travel	221	-	221	202
Printing, postage and stationery	109	32	141	267
Computer and website	-	-	-	154
Telephone	85	-	85	442
General expenses	3,283	2,283	5,566	3,366
Bank charges	60	-	60	61
Management expenses	18	-	18	169
Covid-19 and cleaning expenses	270	-	270	176
Governance costs:				
Payroll and accountancy costs	1,248	-	1,248	1,098
	<u>(53,499)</u>	<u>(20,931)</u>	<u>(74,430)</u>	<u>(59,279)</u>
Net receipts/(payments)	<u>7,071</u>	<u>1,530</u>	<u>8,601</u>	<u>25,602</u>

APPENDIX 1 – CONDUCTIVE EDUCATION

Conductive Education (CE) is a holistic integrated therapy/education system which is primarily useful for children with physical disabilities that have impacted on a wide area of their development. Conditions such as Cerebral Palsy, Downs Syndrome and genetic conditions.

Andras Peto, the founder of CE, viewed children with neurological conditions as a whole, focussing not only on the body but also on the personality. He therefore chose methods of facilitation that not only made actions possible, but also developed the personality, the wish, desire and ability to be active and increased their confidence. CE perceives these children as facing a challenge of learning rather than needing treatment for a medical condition.

CE is based on the premise that despite damage to the nervous system, the brain has a degree of plasticity which gives it the capacity to form new neural connections which may take over from the damaged areas. However, an active learning process stimulated by a multi-sensory approach, using Rhythmical Intention (the staff use a phrase such as “I put my feet flat” to trigger a number of cognitive processes) and working in groups, is needed for this to happen.

Children without disabilities often learn quickly how to make use of their environment, how to connect with it and use it as a tool in their development. They learn to adapt and respond to the environment and its demands; in addition, they learn to influence it, thus having an active interaction with the environment.

This situation however is different for children with neurological conditions. Disturbed mobility is accompanied by a challenge in their ability to perceive and understand. The impeded movement can restrict or prevent interactions with people and objects which would normally assist their development. This can result in negative experiences and frustrations which in turn affect personality. The dysfunction of the personality in turn restricts physical development and so a circle begins. CE aims to break this circle using group working, multi sensory input, facilitation using aids and equipment and programmes specific to the needs of the individual children.

The learning environment is critical to the success of skill development. The programme/sessions are structured, supportive, designed to maintain interest, to motivate, to reinforce learning, to praise and to challenge. It is important to also focus on transferring what is learned to the home environment by giving the parents the necessary skills and confidence.

Conductive Education is fun for both child and parent/carer.

APPENDIX 2 – PARENT AND PROFESSIONAL OBSERVATIONS

1. Parent Observations

Selection of Parents' Comments from the 2024-2025 Questionnaire

E loves coming to the group each week, he has learnt so much and developed lovely relationships with the adults and children.

The staff are so patient and caring towards all the children and its lovely to see just how far all the children have come with support of the staff.

Without the support of Little Discoverers, I don't feel my daughter wouldn't be where she is today, staff have gone above and beyond.

The team work very hard and know each child well to help them improve. The family recognise the hard work and input of the team.

Definitely an improvement in confidence and talking and social skills since attending group, first rate input and hard work by the team.

I would like to thank Little Discoverers for supporting F and his family.

Their support has been incredibly helpful and has enabled us to connect with other families alike. I cannot thank you enough.

This group is incredible. The amount of support myself and my son have been given is amazing. I would (have) struggled massively with his diagnosis if it wasn't for our weekly sessions.

2. Professional observations.

Selection of Professionals' comments from the 2024-2025 Questionnaires

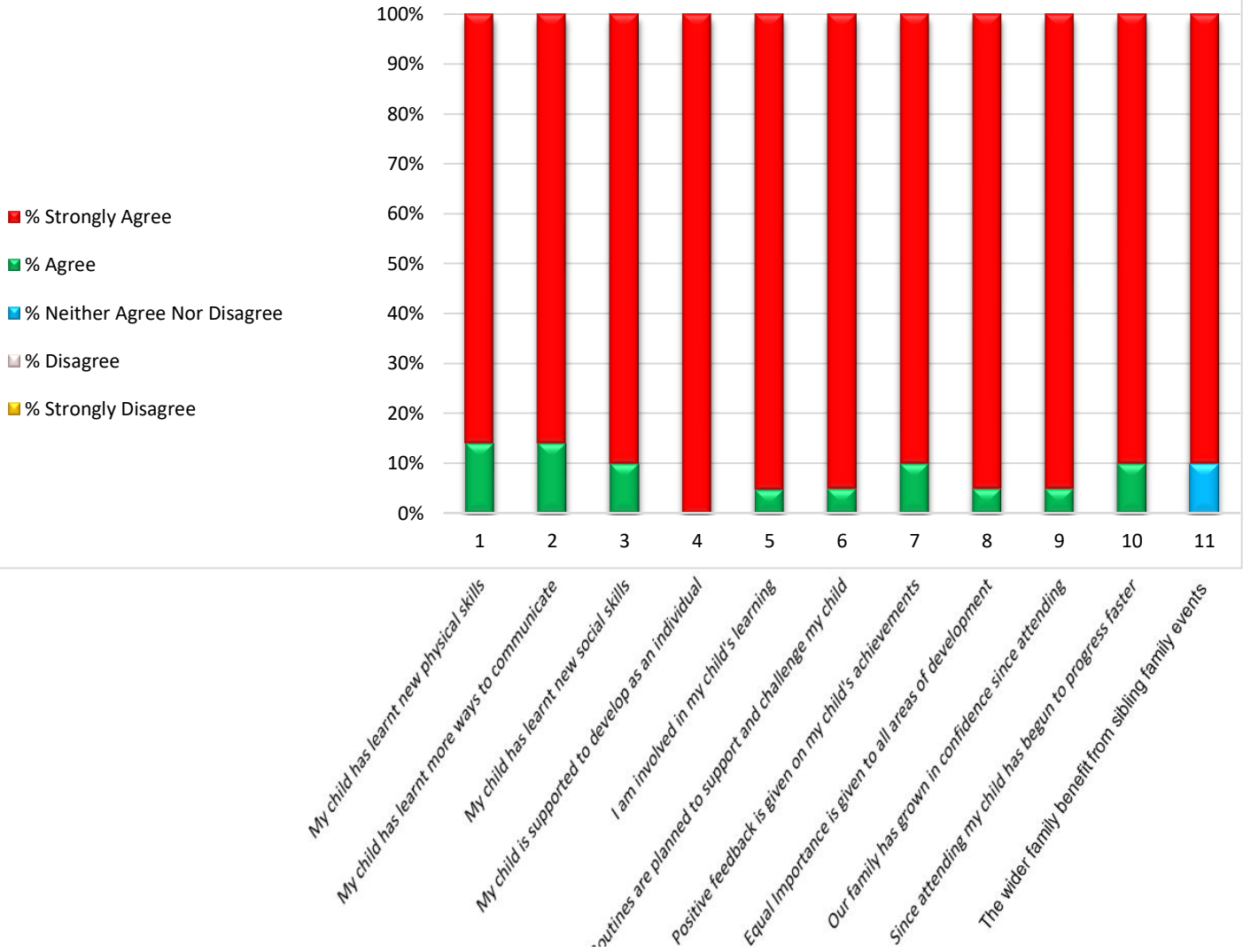
Z has a life limiting condition, and although her progress will be slow, she benefits from the activities in this session to maintain range of movement. The sessions have also provided Mum with a place that she can share her thought and feeling. She has also found a good supportive network.

So delighted that the needs of both Mum and baby have been met so well. Mum has always spoken so highly of Little Discoverers, the activities and the sense of belonging. Being amongst other parents who are on a similar journey helps to ease the feelings of isolation.

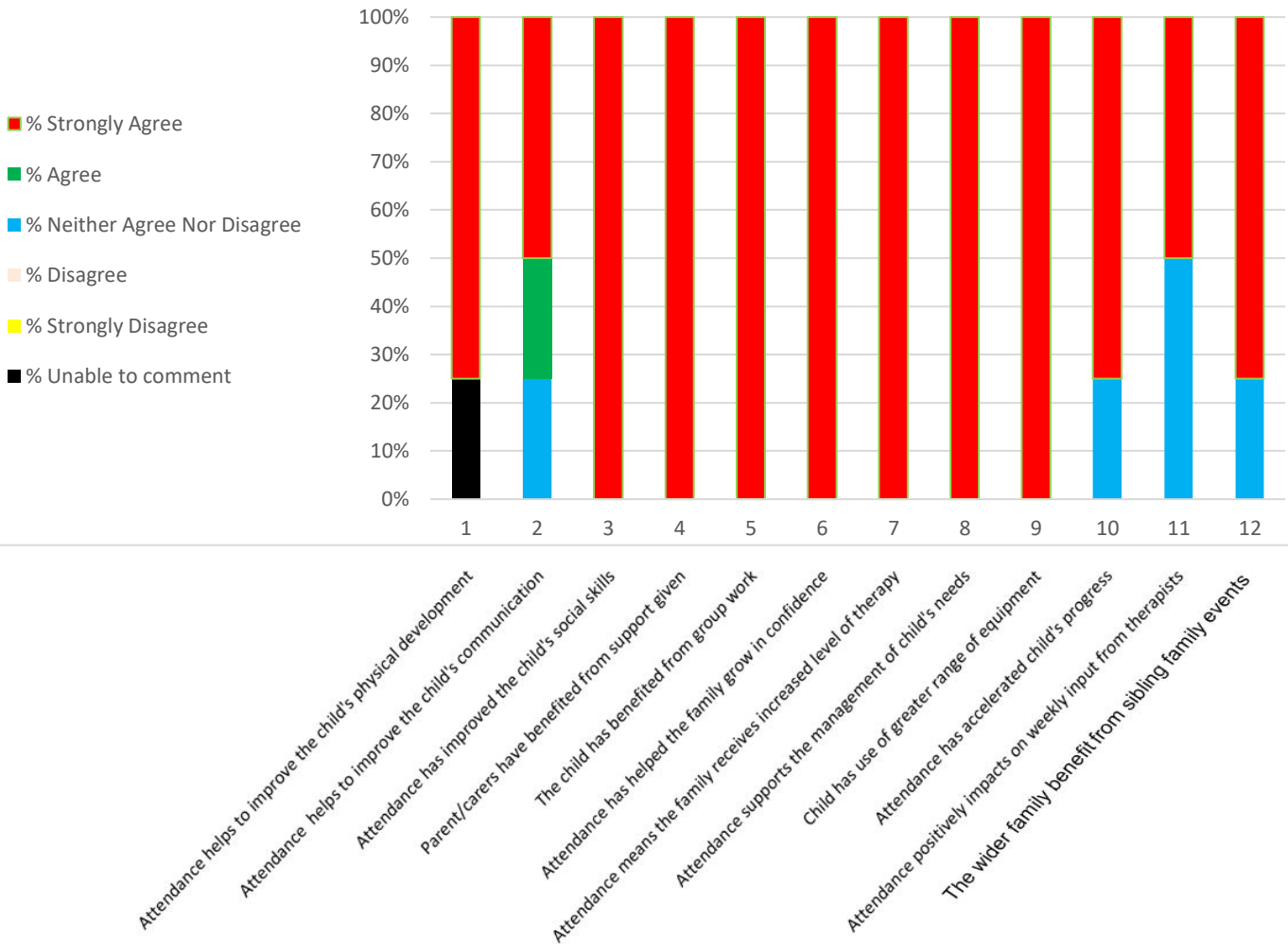
I am currently supporting a family who attend your group, they had spoken very highly of it, and I now understand why. Little Discoverers is an amazing group for families to attend, with brilliant activities and fantastic staff members. The group has a very warm and welcoming atmosphere.

APPENDIX 3 – ENLARGED VERSIONS OF THE PARENT AND PROFESSIONAL FEEDBACK CHARTS

2024-25 Parent feedback



2024 - 25 Professional Feedback



LITTLE DISCOVERERS, WEST NORFOLK SCHOOL FOR PARENTS

England & Wales - Charity number 1125400

Accounts

'LITTLE DISCOVERERS'

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Charity Registration Number: 1125400

REPORT AND FINANCIAL STATEMENT YEAR ENDED 31 MARCH 2024





Little Discoverers

WNSfP

Our Aim

Active learning for disabled children and their families

Little Discoverers (West Norfolk School for Parent) aims, in partnership with parents, to provide quality, holistic early education opportunities for children 0-5 with motor learning difficulties, delayed development and other complex needs.

Through use of structured play, the Early Years Foundation Stage of the National Curriculum and the principles of Conductive Education children are encouraged to achieve stepped goals that enhance skills for independence in everyday life and boost esteem in both child and parent. By working and playing together, families learn to celebrate success and recognise the potential in every child.

Little Discoverers (West Norfolk Schools for Parents) will continue to seek to improve the accessibility to a suitable session, for all families particularly those from hard to reach groups.



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ADMINISTRATIVE DETAILS

Charity Registration Number: 1125400

The following were Trustees of Little Discoverers West Norfolk School for Parents (WNSfP) during the period 1 April 2023 to 31 March 2024:

- Katharine Fisher (Greatorex) BEM
- Sue Williamson
- Penny Sheerin
- Emma Fendley
- Andrew McShane

Contact details for WNSfP:

- Team Leader – Katherine Hunter
- c/o Alive Lynnsport
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB
- 07805 427044
- email: littlediscoverers@littlediscoverers.co.uk
- Website: www.littlediscoverers.co.uk

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Background

Following a survey by Scope in 2002, work started to set up a School for Parents in West Norfolk, and since 2005 we have been running a successful West Norfolk School for Parents for children and families in this region, eliminating the need for a long round trip to the closest other School for Parents in Norwich. In 2008 we registered as a charity independent of Scope, but operating as part of Scope's School for Parents network.

We follow national School for Parents guidelines and have our own set of policies that are regularly reviewed and updated.

As a result of a suggestion made by the ¹parents, West Norfolk School for Parents is known as Little Discoverers West Norfolk School for Parents (WNSfP).

By the end of the year under review Little Discoverers had been operational for 19 years.

We are a well-known local charity successfully running Conductive Education sessions for children with complex motor problems and their families in West Norfolk and surrounding areas that is renowned amongst local health professionals and the community.

Little Discoverers WNSfP

Our purpose is to actively promote and encourage vulnerable children with complex needs aged 0-5 years and their families, to learn skills that help the child to maximise their potential. We focus on three areas of development; physical, social and emotional and communication so that the child, supported by their family, may have better life opportunities.

We achieve our purpose by running 3 free group sessions a week, for 36 weeks a year. We support up to 24 families at any one time, in 3 separate two-hour sessions, in King's Lynn.

We use a unique, holistic, and multi-sensory form of early education, inspired by methods used at the Peto Institute of Conductive Education (CE) in Hungary (see Appendix 1) and the Early Foundation Stage Curriculum. We are the only people in the West Norfolk area working in this way, with children of this age in a group setting.

Nothing the parents have learnt in their previous life has given them any indication of the complex challenges they will meet and how to overcome them and parents/carers benefit hugely from the group sessions by meeting other families who may be going through similar circumstances, reducing feelings of isolation common in a rural county, building a support network of understanding friends and developing a positive bond between the child and parent.



We put parents at the forefront of their child's learning and development and acknowledge that parents know their child best.

Including the whole family in a child's development is important to Little Discoverers, so we hold sibling events in the school holidays so families can meet, have fun and learn together.

¹ 'Parent' refers to any adult with a parenting role

These events mean that siblings can meet other young carers too and develop their own networks of support.

Who can benefit from Little Discoverers (WNSfP)

We work from a venue which is based in one of the 10% most deprived areas in England. Due to a lack of resources in West Norfolk there is an inability to provide sufficient support for these vulnerable families.

We provide a free, weekly service for 36 weeks of the year, which removes financial barriers for all families. We may also offer financial transport support if needed. We are positioned within walking distance from many residential areas, a bus route and the King's Lynn town centre. We also have free onsite parking.

Norfolk is a large rural area and that can increase feelings of isolation. The NHS is often stretched and therefore children may only access support from professionals monthly or less and many feel they cannot access 'typical' group sessions due to feelings of marginalisation and social stigma, which impacts the child's social development.



Little Discoverers (WNSfP) provides early therapy/education for children aged 0-5 who have movement difficulties and delayed development. E.g., Cerebral Palsy, Downs Syndrome, genetic conditions and more. The children may suffer from physical problems, motor learning problems, delayed development and demonstrate a wide range of abilities. They may have learning difficulties, visual, hearing and communication problems. Children may have physical problems such as being unable to hold up their heads, focus their eyes, roll, sit, stand, or walk. Children may be unable to open or close their hands, use them for play or self-help activities. Some children have sensory problems, not wanting to touch different textures or being upset by noises.

Some children are deaf or have partial hearing. Many children are unable to communicate; unable to point with their eyes or hands; unable to make noises, sounds/words; unable to use sign language. Many children find it difficult to interact, smile or laugh, be sociable or have fun. They may not be able to make their needs known.

Some of our children do not yet have a formal diagnosis and therefore their families may struggle to access the necessary support to help the child thrive.

We have also supported children who do not have a diagnosis but may have been in hospital for a large proportion of their lives and may not be meeting their milestones because of this e.g. as a result of heart conditions, prematurity, etc.

Many of our children do not yet access 'typical' group settings due to their disability, and this can impact the child's and their family's mental wellbeing.

We have a simple referral process for both professionals and the parents. A child can be referred to Little Discoverers in a variety of ways, for example by a Health Visitor, Therapists, GP or by parents themselves. After first contact, the parent and child will be ²visited at home and invited to visit the group. Parents are then given time to consider whether this is the right service for their child. If a Conductive Education approach is not the most appropriate for the

² If our ability to hold face-to-face visits and meetings is impacted by external events then we use other methods of communication to ensure all enquiries and referrals are responded to.

child, staff will suggest other support. We aim to reply to any referrals within 5 working days and we have been achieving this.

Since April 2023, we have visited 14 children at home and allocated them places within the group. We also had referrals from 5 additional families who were either signposted to other support groups or who chose an alternative placement for their child. These have come from a variety of sources, including self-referrals, NHS and private health professionals and others. We have seen a decrease in referrals this year from last year's unusual influx of 28 families.

Since April 2023 until April 2024, we have supported 38 vulnerable families in the West Norfolk area and beyond. We have supported 14 females and 24 males, and our youngest new starter of the year was 5 months old.

We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

Two of our attending children graduated from Little Discoverers in September and started school. We have had the pleasure of seeing both families at our sibling events since then and they are doing really well.

Just three of our current attenders will be leaving to attend school in September 2024.

Our annual parent and professional feedback forms show how much the families and local professionals greatly appreciate the support and learning we provide and, as the charity has now entered its 20th year in 2024, we have had the privilege of witnessing first-hand the effects that early intervention and Conductive Education can have on a child's life, as the first cohort of attendees are now adults.

How we support the children and their parents



We are committed to delivering a service that strives for positive outcomes in the areas of physical, social, communication and emotional development. These areas are vital for children to thrive and become integrated individuals that can contribute to society.

The early years have been shown to be vital in stimulating the brain to enable the child to maximise their potential. Parents of children with complex health needs and impairments can feel physically and socially isolated leading to increasing emotional difficulties for the parent and the child. Attending a Little Discoverers group gives children therapy for 36 weeks a year in all aspects of their development, regular input that is vital for stimulating the development of new pathways in the brain.

At Little Discoverers' sessions parents and children learn the skills needed to provide motivation and enjoyment of early learning through play. They are supported to break through the isolation barriers of disability and learn to communicate their emotional journey through contact with supportive professionals and other families on a weekly basis.

Children can start with us from birth and many children come to Little Discoverers under the age of twelve months and stay with us until school age. The average time that children stay with us is about 3 years.

Our approach is based on a unique form of early education focussing on all aspects of child development inspired by methods developed at the Peto Institute of Conductive Education in Hungary (see Appendix 1). This is a multi-sensory approach, stimulating the child's senses and encouraging self-learning through activities and experiences that are fun for both children and their parents.

Progress is measured in small changes, for instance making eye contact, moving heads towards toys, progressing onto clapping and smiling.

A slow, structured session gives children time to try and practise new skills, challenging themselves and maximising their potential. Parents feedback that large groups of active children can be intimidating, being fast moving and noisy, so our small groups make it easier for the children.



Each of our sessions is planned to involve the children in programmes that look at all aspects of their development - physical, social, communication and emotional. Themes are chosen to make these sessions fun. Development is encouraged through play, songs, art and craft. There is continuity in the staff members, encouraging attachment and the ability of the staff to understand what the child's needs are and the child learning what is required of them.

Children develop socially and emotionally whilst attending our group sessions. Children work well in groups as it relieves the pressures of 'performing' on demand with a 1:1 therapist and enables them to learn through observation. They can also learn vital social skills to prepare them for school.

Although Conductive Education is typically adult led, we aim to allow the child to achieve their targets whilst being led by their own personality, likes and interests, e.g. we have worked with a child who struggles to join in with activities, therefore we have supported the child by providing pictures of Paw Patrol to maintain their focus. The child looks through the pictures whilst taking part in the therapy exercises.

We also allow the child to be independent whenever possible and give them frequent choices so that they may feel in control of their own learning. For example, a child is given a choice between two different rods, bells, and plates. The children then use hand/eye gesture and/or speech to communicate their preferences.

Observations of older children include listening skills, playing alongside other children, sharing / turn taking, co-operative play and their response to the team. At the end of each session, we list the achievements of each child and applaud these.



The families learn the skills necessary to transfer the learning taking place in the session into the home and into the wider community of everyday activities, including making the transition and integration into nursery. They receive information in many different formats - through physical activity, through illustrated information sheets and through exchanging knowledge with other parents about their child's impairment and how to empower their child in many every day and formal learning areas.

The parents support each other, and the children make friends in an environment where they are having fun while they learn new skills. The staff work with referring professionals and

monitor the outcomes of the children on a daily basis and twice a year create updated Individual Education Plans for each child.

Some of our children attend nursery school when they get a little older and still continue to come to Little Discoverers for a session each week.

As a result of generous donations, we have been able to purchase specialist sensory and other equipment. This equipment is invaluable and continues to make a big impact on the way we can deliver our sessions.

As well as the regular sessions, we run several sessions to provide family and sibling support when the wider family is invited. These days help our groups of families keep in touch and help provide wider support to the children and their siblings. By putting on six family and sibling sessions a year, we hope to include the entire family in learning and involve the siblings in all aspects of their brother's or sister's development. It also gives the sibling a chance to be involved and feel important. The inclusion of the whole family is fundamental to the core values of the Little Discoverers approach. The family and sibling sessions are held during school holidays.

We always encourage professional and parental feedback, and we operate an annual formal feedback process and analyse professional and parental feedback forms to help us identify areas for improvement – this feedback continues to be highly positive. (see Monitoring Outcomes).



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustee and Management Group are all volunteers and receive no payments.

Our main costs are associated with employing and maintaining the skill levels (training) of the 4 part-time members of the Team, the costs of room hire where the Council provides direct support by charging us reduced room hire costs, and the running costs of the sessions including purchase of resources and equipment.

The voluntary Trustee and Management Group is responsible for the quality of our service provision, fundraising and approving all expenditure. All our Policies are reviewed annually on a rolling basis by the Trustee and Management Group to ensure we continue to reflect and demonstrate best practice.

Our staff are subject to annual appraisals the outcomes of which contribute to decisions on any pay increases that we decide we can afford to pay. Team Member annual appraisals are undertaken by the Team Leader and the Team Leader's annual appraisal is carried out by a Trustee. All staff appraisals are reviewed by the Trustee group.



Our sessions with the children are planned and run by our Team Leader and the two Team Members who each take it in turn to plan and run sessions on a three-week rota. These are all part time roles aligned to the timings of the individual sessions with the children. In addition, the Charity employs a part time Admin Supervisor, who provides support in office based tasks and supports the sessions when required.

Trustees attend 6-weekly staff meetings and Trustees and members of the Management Group also observe some sessions and provide feedback.

The Trustees and members of the Management Group monitor feedback from families and professionals and from nurseries and schools when children transfer to them. All the feedback continues to be positive and constructive.

There are monthly Trustee / Management Group meetings that the Team Leader also attends. The focus of these meetings continues to be on maintaining standards and establishing stable funding to ensure our long-term ongoing viability and as part of this, raising our visibility in the Region as an independent charity.

SAFEGUARDING

Any concerns for a child's safety or welfare (child protection issues) will be reported without delay, recorded in writing, dated, signed and given to the Safeguarding Designated Person (SDP) who will process the concern and inform those who need to know.

Parents/carers will be informed of safeguarding issues and referrals as long as there is not a concern that doing so may make the child vulnerable to significant harm or it is a concern of sexual abuse.

Little Discoverers has a responsibility to pass on concerns in relation to the safety of the child to the local appropriate Children's Service. If the situation is judged to be an emergency, then the police will be called first.

There were no safeguarding issues to report during the year.

CHAIRMAN'S REPORT TO THE AGM

This has been another excellent year for Little Discoverers, with several exciting developments. In a few months' time, January 2025, we will be celebrating 20 Years of running our outstanding free sessions. These continue to give much needed support and learning opportunities to families with a child aged 0-5yrs with complex developmental needs and over the course of 20 years, we have supported over 300 people.

This support has only been possible due to the dedication and hard work of the staff and the voluntary Trustees and Management Committee. Many of the latter have done a considerable number of years' service and we are very grateful for their continued support and expertise. This is particularly true when at the present time many charities are having to close down due to a lack of volunteers. Working as a volunteer can bring a great sense of satisfaction, keeps you mentally stimulated and brings you new friends.

I am standing down as Chair at the end of this year to enable me to concentrate on supporting the development of the Adapted Sports Hub, of which I am a Foundation Trustee. This hub, which we hope will be built at Lynnsport, will provide Little Discoverers and others with a permanent base, from where we can run our sessions and provide an environment that will enable us to signpost our children and others into activities that will keep them fit, active and feeling good about themselves for years to come.

We are looking to find a new Chair and to make this role and those of the committee in general less demanding, we have been working hard to reduce the administrative workload by hiring a 4th member of staff.

We have enjoyed working from South Lynn Community Centre for just over a year now and the staff and families have really appreciated the new environment. We have also enjoyed working alongside the Charity Headway.

The Staff Team

We have a wonderful staff team who are providing an excellent service to our families, producing sessions with a range of exciting activities to keep the children and parents learning physical, social/emotional and communication skills, to keep them interested and having fun. We are now, while finances allow, providing free sessions for siblings to enable all families to attend and just asking for donations if they can.

Kat Hunter has continued to do a great job in leading the team with excellent support from Pauline and Lauren (Team Members) and our new staff administrative support, Mandy Mann. Mandy attended Little Discoverers with her child so straight away had a comprehensive understanding of what we are doing and hope to achieve. She had also in the past run two nurseries, where she achieved outstanding Ofsted reports. Mandy has now passed her 6-month probation and we are delighted to have her working with us.

The quality of the sessions is very impressive with a lot of work going into each child's learning program, increased use of Makaton signing, a large range of sensory experiences and new ideas being incorporated regularly.

All the staff had excellent appraisals and in recognition of this and the current rise in cost of living, all were given a pay rise. Our staff are our greatest asset and it is wonderful that so far, we have been able to reward them with annual increases.

The staff have also found ways of helping a range of children who may not have such complex physical needs but show more emotional and communication needs, by offering them, if

space in the sessions allow, some short term (eg 6 weeks) attendance in the second part of the session. This is when there is particular emphasis on sensory motor learning. The sessions continue to be well attended and at present we only have 2 spare places and there are new children to assess, one of whom is of a Russian speaking family.

With the cost-of-living crisis affecting so many people, we have also been able to help two families who were struggling to attend, with help with their petrol costs. The Lions group in Hunstanton generously funded the money to do this.

The Management Committee

We continue to have a wonderful and dedicated Management Committee with members covering a wide range of skills. We would like to thank Sally Edwards for doing the minutes of the meetings for the last 18mths and we will miss her but are glad to hear that she enjoyed her time with us. We are now looking for another secretary and we may have a possible replacement, Jade, the daughter of our Treasurer. We are also advertising for a new Chair and we hope to find someone who will carry on running the Charity with the same kind of ethos.

Dave Carter(Design) has now stepped back from the committee but has kindly agreed to still organize thank you posters for us. He has done a wonderful job over the years in helping us design appealing, eye catching leaflets.

Our hard working and much appreciated Trustees remain the same and all have agreed to stand again. Andrew McShane (Chairman of a company), Emma Fendley Treasurer (Accountant), Susan Williamson (Teacher), Penny Sheerin (Solicitor) and Katie Fisher (Physiotherapist and Chair). On our Management Committee are Thomas Graves (staff at Lynnsport, wheelchair user), Jean Hale (Grandmother of child who attended Little Discoverers), Kevin Parker (Businessman), Alex Hodson (Teacher), Hazel Coley (parent of child who attended LD and past Team Leader) and Nikki Collins (Physiotherapist). All these people bring a wonderfully diverse range of opinions in a good-natured way, with not a single unpleasant meeting in our nearly 20year history. A great credit to everyone.

Quality Control

The staff have continued to produce excellent anonymized case studies throughout the year and these are used for reflection and sending with grant applications, feedbacks and our Annual Report for the Charities Commission.

Quarterly Reports for NHS and Norfolk County Council, are produced by Kat, and these are very well received.

Annual feedback forms are filled in from parents and involved professionals, with excellent results.

Staff meetings are held every 6 weeks in term times by Sue Williamson and Katie Fisher. We read and update policies, look at the annual timetable, answer queries, audit data and data protection, check the children's learning journals and discuss the running of the groups.

Annual manual handling and back care, fire safety, using a computer, facilitation training is done. The staff are to attend further Makaton Signing training (this was also made available to parents and another Charity) for which we have been given funding. The Team leader lists the other courses the staff have attended.

The present and future

We have now been at South Lynn Community Centre for just over a year and it has been a very successful move. At South Lynn we share the Centre with the Charity Headway and this is working well. The South Lynn Centre is a much better home for Little Discoverers at present. The only major problem is that it does not foster inclusion in the local community or sports world. Being at Lynnsport would help to reduce barriers, tackle inequalities, provide a route for children to move seamlessly into adapted sports and generally look to provide support for the children's lives after Little Discoverers.

The CIO (Charitable Incorporated Organisation) the Adapted Sports Hub Trust was set up so that the Pelicans Hockey Club, Little Discoverers and the charity Little Miracles could work together to build this hub. This has been delayed while the Council looked to see if a revamp of the main Lynnsport could be achieved while still supporting the aims of the CIO. This has now been decided not to be possible, so planning has been submitted to the Council and we hope to have a firm decision by ³May 31st.

Looking forward, on June 21st Kat with the help of 2 of the committee, has organized our first fundraising ball at the King's Lynn Town Hall. It should be a wonderful evening.

In January (2025) we will be celebrating 20 years of providing Little Discoverers sessions and 22 years since I first set up Little Discoverers and it is at this point that I will retire from being Chair of the charity. I am sure Little Discoverers will continue to provide an excellent service for children with complex needs and their families, without my direct leadership and I look forward to seeing the charity continue its important work.

Katie Fisher BEM MCSP.



³ Planning has subsequently been approved

OUR TEAM LEADER'S ANNUAL HIGHLIGHTS

Introduction

Another wonderful year for Little Discoverers. As we inch ever closer to our 20-year milestone, we are so grateful for all the support we have received throughout the year.

Since April 2023, we have visited 14 children at home and allocated them places within the group. We also had referrals from 5 additional families who were either signposted to other support groups or who chose an alternative placement for their child. These have come from a variety of sources, including several self-referrals, NHS and private health professionals and more. We have seen a decrease in referrals this year from last year's unusual influx of 28 families.

Since April 2023 until April 2024, we have supported 38 vulnerable families in the West Norfolk area and beyond.



We have supported 14 females and 24 males, and our youngest new starter of the year was 5 months old.

We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

Two of our attending children graduated from Little Discoverers in September and started school. We have had the pleasure of seeing both families at our sibling events since then and they are doing so well!

Just three of our current attenders will be leaving to attend school in September 2024. We thank them all for the incredible fun, learning and friendship we have had since they started.

We have just so much positivity to reflect on this year! It only seemed right that I reported the year month by month...

April – August 2023

We begin with our very first sessions at the South Lynn Community Centre. We have been working in this fantastic space for over a year now and we are so grateful for all the hardworking staff and the friends we have made. The feedback from the parents has been so positive and our session attendance is better than ever.

This year we have seen our social media accounts be utilised for so much good. Past and present families have gifted all sorts of items to one another, with no funds exchanged, just the promise that the item be used to benefit a child in need. So often the equipment needed for a child to learn skills to be independent such as walkers, or bikes are hundreds to thousands of pounds. Far more money than any family with a typically developing child would have to pay for. Our families are constantly supporting and encouraging one another and sharing tips for the future. Bikes, trikes, formula, ladders, walkers, parallel bars, wheelchairs, and much more has been gifted through our social media accounts just this year alone! We are so grateful to witness such friendship and kindness at Little Discoverers.





A passion of ours at Little Discoverers is not just helping young people, it's bringing those from a similar circumstance together and helping them to build a network of support – and we have had so much fun doing this!

We visited Church Farm with record breaking attendance and made music and fun during a Hartbeeps session. Whilst funds are available, we have made the decision to offer our sibling events FREE of charge and accessible for all. This has been such a worthwhile decision, especially as many of our families face great

expense accessing equipment, therapy, and appointments. We hope to continue to do this into the future; keeping the sessions themselves free of charge is our main priority.



September – December 2023

We had the absolute pleasure of knowing the wonderful Kyah, who sadly passed away on Monday 5th November 2023. We are beyond sad at this devastating news, and we send all our thoughts to Kyah and her family, Emily, and Tori. We will remember Kyah for the determined and inspirational little girl that she was - and so strong and sassy! Especially when she would slip her shoes off to get out of standing or rub her tummy when she was especially happy.



We were also very sad to hear of the passing of past attendee, Adele Carty. Her family very kindly nominated Little Discoverers to receive donations from her funeral. Adele was aged just 15 years old, and we will remember her determination and smile.



These autumn and winter months also saw many positives. Such as the children at Little Discoverers, celebrating our support from Children in Need. We had two superb family and sibling events. In October we had a fantastic time meeting the guinea pigs at Cavies and Cake from Fakenham! In December we had our annual Christmas party at Little Sharks soft play centre! Both events were a huge success with brilliant attendance and lots and lots of smiles!

Christmas came with an abundance of gifts and good will, including presents for all our attending children from Radio West Norfolk.



The generosity of our families never fails to amaze us. Every year we advertise our Amazon Christmas wish list (a list of items we would love to have at Little Discoverers, ranging from £5 - £50) and each time we are blown away by the parcels we receive!

Of course, the best gift of all during this time was our newest staff member Mandy! Mandy joined us in September 2023 and has taken on 6 hours per week to support the Team Leader and Chair with admin-based tasks. Mandy has also covered sickness and absence for the staff and has been welcomed with open arms by our families and children.

January – April

Time whizzes past in the blink of an eye. Before you know it, we are at the end of the current tax year and the excitement, fun, fundraising and learning just doesn't stop!



Being involved with Little Discoverers allows us to see so many acts of kindness and charity. Not only do so many donate funds to our cause, but also time, skills, and even knitted hats! A huge thank you must be said to Emily Clayton who kindly made around 50 knitted hats and garments for the children of Little Discoverers. They loved choosing and trying on the items.



We must also thank the amazing Jon Lawrence, who time and time again has donated his sessions and skills free of charge! Jon, AKA The Music Man, delivered yet another first-class music event in February for our past and current attending families. The children had a delightful time exploring instruments from around the world, singing along and dancing to Jon's songs and guitar.



In March this year, we were lucky enough to be able to offer an online information evening about Educational Health Care Plans, schools, and the application processes. We then opened the conversation and allowed for our families to ask questions. We know this information evening was so valued and we are very grateful that Helen gave her time to provide this for our families.

Every year I thank them and every year it does not seem enough. The Little Discoverers Management Committee and Trustees give their time, knowledge, patience, and advice freely and voluntarily. Without this excellent band of people, the charity would simply cease to exist. They meet once a month to discuss the general running of the charity, to review policies, discuss any problems or improvements and most importantly to make a difference to the families supported by Little Discoverers. Every member brings a valued skill to the team and has a passion for providing early intervention to those in need. Thank you, thank you, thank you! To every one of you.

The Staff

The staff at Little Discoverers wear many hats, there are so many layers to providing a valuable service. Staff must plan, prepare, and present their group sessions. As well as setting weekly targets for each child, linking activities to the Early Years Foundation Stage curriculum, and ensuring all equipment and working areas are clean and safe. Staff also take photos of every child during the sessions and write positive observations that link to their target. These are then placed into each child's individual learning journal for the families to take with them when they leave.

Other tasks include organising and planning sibling and family events, writing press releases, keeping up to date with mandatory training, making and sharing videos and posters, responding to enquiries, attending home visits, completing permission paperwork with new starters and so much more! All of this is squeezed into 3 working days and a few admin hours from home.

Mandy has been learning her new role as an admin-based Team Member. She has been working alongside Committee members to take over tasks. Mandy has a wonderful background in nursery management and these skills have been a huge asset to Little Discoverers already.



Lauren has worked exceptionally hard this year to boost our following and presence on Instagram. We have received more enquiries this year from families and volunteers through this platform than ever before. I also know that the families love sharing and commenting on the photos and videos and this is just another way that we boost self esteem and confidence at Little Discoverers.



Pauline has been exploring methods of Conductive Education and has taken time to learn new activities to benefit a child's physical development during session time. We've seen real progress from our attendees because of this. Pauline provides opportunities for the children to interact and learn in such a fun way!



I (Kat) have been busy fundraising this year and we have been very successful. I have applied for almost £45,000 worth of funds through applications to grant holders and more than £20,000 was granted! That's a 44% success rate! We were so successful in fact, that in September last year, I took a break from applications and turned my skills to event planning. On 21st June 2024 we are to host our first ever Little Discoverers Fundraising Ball.



The staff have taken on paediatric First Aid training this year with Norfolk County Council and have also learnt more about Epilepsy and the administration of Buccal Midazolam through the NHS.

Fundraising

Fundraising is a hugely important part of Little Discoverers. Not only does it provide funds for our good work to continue, but it also brings people together, raises awareness and allows many of our families to give back and say thank you.

Our supporters are forever inspiring us with their marvellous new ways of raising funds. During this time money has been raised through a community bingo, the Great East Anglian Run and a new one for Little Discoverers – a rave!

On the 25th July, The Cattle Yard along with Happy Valley in Grimston held a festival event with live music, sensory fun, food and market stalls, family yoga and yes – a kid's rave party! This incredible event raised just under £350 for Little Discoverers.

There is something truly special about children raising money to help other children. We are so proud of this year's Priory Rotary Swimathon Little Discoverers team! We had swimmers in both the Oasis and St. James Swimming Pools and our incredible kids-only team swam a huge 93 lengths in 55 minutes! Noah Tufts and a group of 5 others all range in age from 7 – 13. They were nervous to start with but their hope to raise funds for the children of Little Discoverers won them over and they performed brilliantly! The team raised over £1000 in sponsorship and Gift Aid, and we received £1500 from the Priory Rotary for their efforts. What inspirations they all are! In this marvellous world of technology that we live in, there are now more ways than ever to raise funds for Little Discoverers.



It costs more than £50,000 every year for Little Discoverers to provide early intervention, therapy, and education to pre-school aged children with physical development delays and their families. With the rise in the cost of living it is more important now that we do not get complacent and that we continue to raise funds to ensure our future. A few easy ways that others can support us are:

- Join our Management Group.
- Set up a donation via a standing order and include Gift Aid if applicable.
- Organise fundraising events.



Leaders Etc. targets -

- * Sensory Goals - Help keep children's
- Using resources, E.John, Tomkins
- Currier
- * Physical aims - Encourage side stepping
- Frayn - Walker
- * Ability not to stand at the water:
- Currier

Independent targets -

- * Personal, Social + Emotional Goals
- Currier, Walker
- Run race as sensory trip, no
- Climb using eye, get into and
- to change in race, stay with
- * Physical Development
- Exercise, 10m Shuffle to hand
- E.John, Steph and Sandra Sharp
- * Communication + Language
- * Communication + language
- Frayn, Storrance, Tomkins / Mac
- Answer questions from an adult about
- items on the table (e.g. 'What colour is...')

Some incredible achievements

"You're never too little to discoverer big things....." - this is a phrase that we have lived by this year at Little Discoverers! The children we support are constantly surprising us and achieving incredible, medical-defying skills. We couldn't be prouder of all the children we support, but each year we like to reflect on a few journeys that help us to gauge the life changing effect that early intervention can have.



Annabelle was referred to Little Discoverers in September 2021 by her mother, after being recommended our group by the Community Nursing Team. Annabelle has a diagnosis of Spina Bifida, a birth disorder that involves the incomplete development of the spine. Annabelle also underwent an operation during utero at 24 weeks gestation. This open foetal surgery involved making a small opening in the uterus (hysterotomy) in mid-pregnancy to access the foetus and close the spina bifida defect. Annabelle has Hydrocephalus (a build-up of fluid on the brain) and is expected to have a shunt fitted in the future.

Annabelle has astounded us all this year. In the space of just 6 months, she has learnt to bear weight, take steps using the parallel bars and just recently she has begun to push her walker and take steps independently. These skills are simply life changing and we feel so grateful that we got to witness her progress.

Charlie has been attending sessions with his Mum since May 2023. Charlie has epilepsy which has resulted in Cerebral Palsy. Charlie came to us with very tight limbs and torso and was unable to interact, sit, communicate, and showed little to no signs of understanding. He struggled to open his hands and got very frustrated and cried lots during sessions.

Charlie is now sitting independently, he is learning to hold a four point kneel position, (even if he does grumble!) he can stand at our sensory trays and use his hands to explore and he has even taken part in our rod song actions independently! It is brilliant to see Charlie benefitting from our repetitive routine and that he is showing signs of understanding and communication. Charlie is beginning to use eye contact to make choices and has the best giggle for his favourite songs!



Ryan joined our sessions in March 2024. Ryan has no diagnosis but is suspected to be on the Autistic Spectrum. Ryan came to us at 2 and a half years old, he could walk independently but was very clumsy and struggled with tasks such as climbing the stairs. Ryan was non-verbal and struggled with group settings and new people.

After just four sessions, Ryan is climbing the stairs independently, exploring the climbing frame confidently and we are so proud to say that he has even said his first word! During our stool-based segment of the session Ryan can often be seen trying to escape by any means necessary and exploring the room. Ryan can now sit for greater lengths of time and has even proved he has been listening and watching all along by signing our Hello song at home! We can't wait to see what you do next!

MONITORING OUTCOMES

The majority of children leave Little Discoverers to attend mainstream nursery and mainstream schools and our feedback indicates that we are continuing to successfully deliver in the key 'Outcome' areas of:

- Physical skills
- Social Skills
- Communications

Children attending Little Discoverers sessions have varying abilities due to the nature of their disability and age. Progress is very individual to each child, so each child has an individual programme and their achievements are celebrated at the end of each session and then recorded in each child's individual learning journal.

In addition, we encourage informal feedback through comments in our Visitors Book and formal feedback through our questionnaires (now online) designed to capture Parents' and Professionals' views on the effectiveness of our approach to supporting each child's development.

During the 2 COVID impacted years it was especially challenging for children, families and professionals involved with the charity and our inability to hold regular face-to-face sessions for most of this time challenged us to find ways to engage remotely with the children and their parents.

During 2022-23 we were able to resume normal face-to-face operations and to welcome the Professionals to once again join us to observe the progress of the children they were supporting, and this continued through 2023-24.

The results of this year's parent and professional questionnaires feedback are shown below.

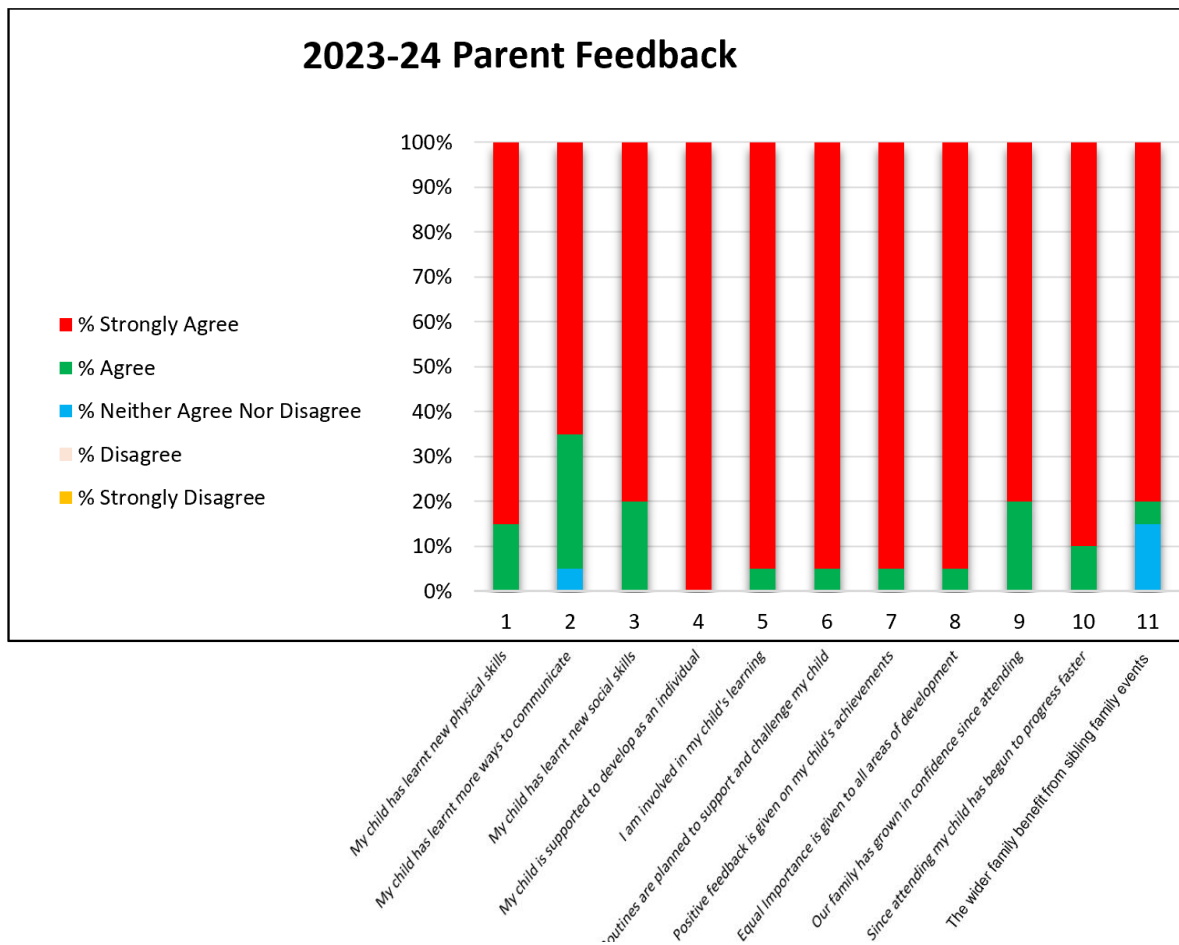
1. Parent Feedback

Responses to our questionnaire statements.

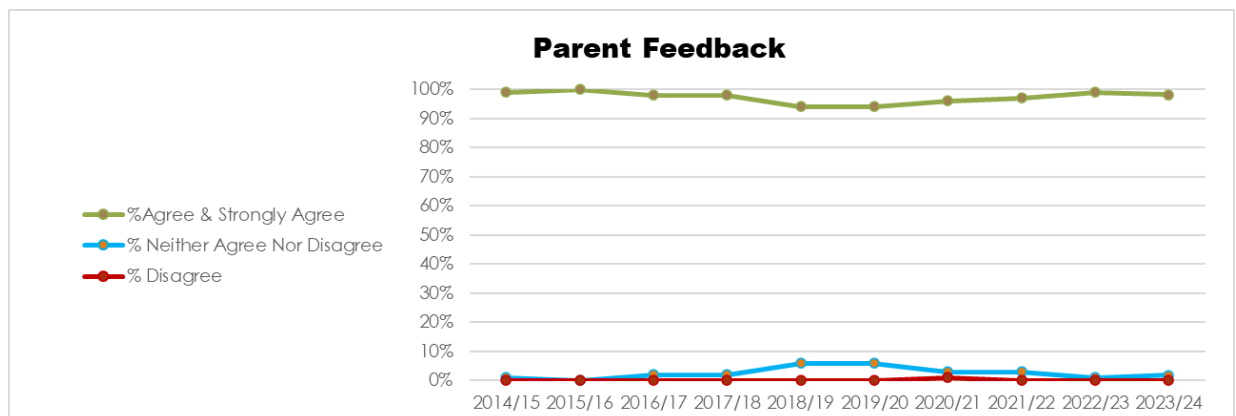
The parent feedback questionnaires were completed in paper form and parents were asked to complete the form at the end of the session whilst on the premises. This enabled us to gain feedback from all the families accessing our sessions.

- 20 (equalling the 20 in 2022-23) questionnaires were completed by parents. In total, in response to the 11 statements in each of the 20 completed questionnaires:
- 98% (99% in 2022-23) of all parent responses Strongly Agreed or Agreed with the statements
- 2% (1% in 2022-23) of responses Neither Agreed Nor Disagreed
- Nil (Nil in 2022-23) Disagreed or Strongly Disagreed with the statements

2023-24 Parent Feedback



Comparison with previous years Parent feedback



The feedback is very positive and reflects the hard work and commitment of those involved in providing the sessions and of the families themselves. The 1% increase in Neither Agree Nor Disagree is due to the fact that families without siblings felt they were unable to comment on the impact of sibling/family events on the wider family. It has been decided to reword some of the statements for next year's feedback forms to make them more appropriate to all session attendees and their families:

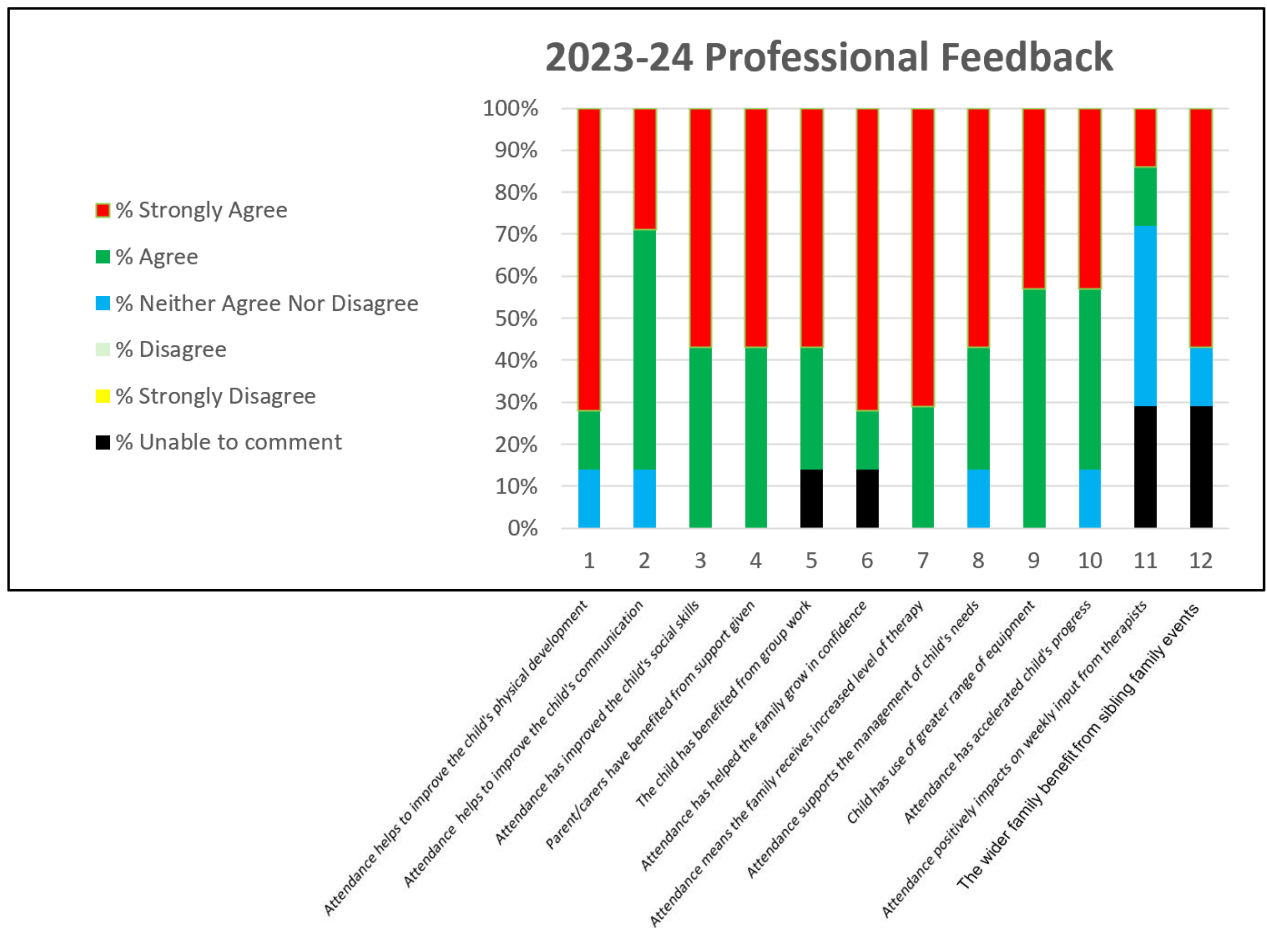
- Statement 2 will be changed from 'My child has learnt more ways to communicate...' to 'My child is learning more ways to communicate...'
- Statement 11 will state 'My family benefits from attending the sibling/family events hosted by Little Discoverers', removing the reference to the wider family

2. Professional Feedback

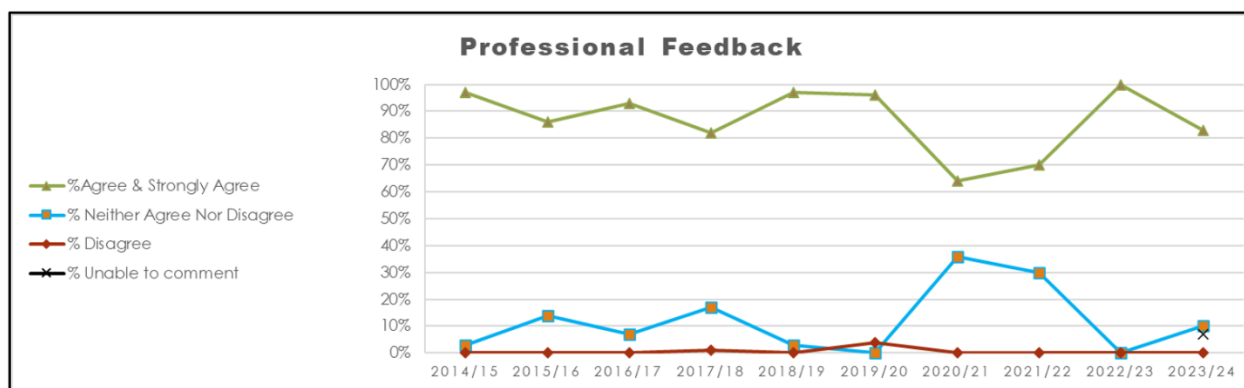
Responses to our questionnaire statements.

In 2023-24 we added an additional response option to the Questionnaire, 'Unable to Comment' and asked Professionals to provide an explanation if they selected this response.

- 7 (equalling the 7 in 2022-23) questionnaires were completed and returned to Little Discoverers by professionals who had visited the children and their families in the Little Discoverers setting. In total, in response to the 12 statements in each of the 7 returned questionnaires:
- 82% (100% in 2022-23) of all professional responses 'Strongly Agree' or 'Agreed with the statements.
- 11% (0% in 2022-23) responses were Neither Agree Nor Disagree
- 7% of responses selected our new response of being Unable to Comment



Comparison with previous years Professional feedback



It is unclear why there has been a reduction in professionals selecting Strongly Agree and Agree. The introduction of the Unable to Comment option will have had an impact overall but there is also an increase in the Neither Agree Nor Disagree responses. Some initial conclusions are:

- Responses to statement 11 have highlighted that although it is recognised that our sessions definitely support the child's development, some professionals felt that this did not impact on the weekly input needs from the professionals.
- Responses to statement 12 highlighted that some professionals were not able to comment on whether the child's wider family have benefited from sibling family events as they had not discussed this with the families. This statement will be removed from the feedback form

We continue to use the feedback to help us identify how best to maximise the benefits to the child from our activities and interactions with the professionals.

OUR LOCATION

Little Discoverers spent 18 years based at the Dutton Pavilion at Lynnsport in King's Lynn, and we are very grateful to Lynnsport and its staff for their support during this time.

However, faced with space constraints at the Dutton for running sessions and for the storage of our materials and equipment, at Easter 2022 we relocated to the South Lynn Community Centre. This was offered to us by the Council as they could see how we had outgrown the Dutton and the problems of working there.

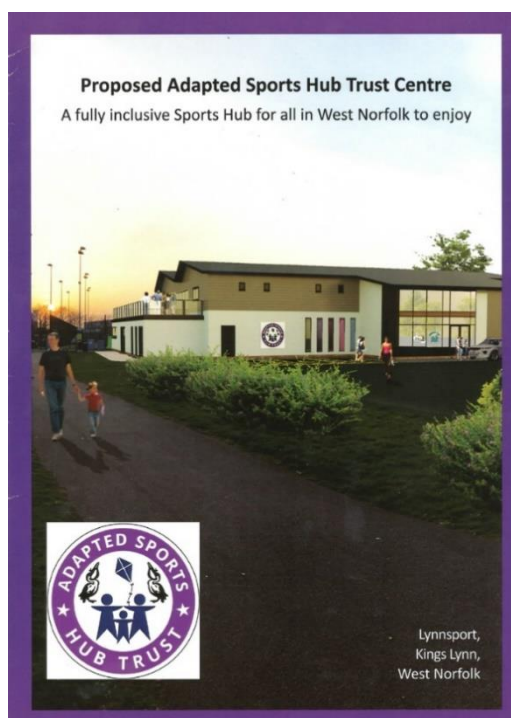
From a practical point of view the South Lynn Centre is a much better home for Little Discoverers at present, but a major problem is that being remote from the Lynnsport site it does not foster inclusion in the local community or sports world.

Looking further to the future we have identified the possibility of moving into a purpose built 'Hub' that would meet our and others' needs in West Norfolk and surrounding areas. The vision is for a purpose-built Hub at Lynnsport which would be fully accessible, support inclusiveness, reduce barriers, tackle inequalities and provide a route for children to move seamlessly into activities which will assist them to keep active, fit and having fun. This will provide support for the children's lives after Little Discoverers.

A CIO (Charitable Incorporated Organisation), Charity Number 1200560, has been set up so that members and supporters of the Pelicans Hockey Club, Little Discoverers and the charity Little Miracles, and others can work together to raise the £3m+ funding needed to build the Hub.

If built, then Little Discoverers and others would rent space in it. In the meantime, the Council looked to see if a revamp of the main Lynnsport could be achieved that would support the aims of the CIO. This has now been decided to not be possible.

During this last year the proposed plans for the Adapted Sports Hub have been passed by the King's Lynn Borough Council and work is proceeding to turn the vision into a reality. All support will be welcomed



HOW WE COMMUNICATE

OUR VIDEO

The College of West Anglia Film Department produced our current video to provide a good understanding of what we do in a session, so useful for potential families and people wishing to refer a family. We continue to receive positive feedback and are very pleased that the video has been so well received.

This video is on YouTube and currently has 758 views. It's also on our website main page. We don't really 'continue to receive positive feedback' but we do get lots of lovely comments about our social media channels in general.

The families taking part have all given their written permission for the video to be used on our website.

OUR WEBSITE

www.littlediscoverers.co.uk

The web site was designed and is maintained for us by Simon Adams, son of Linda Adams who was a Member of the Management Group.

Photos of children taking part in sessions are included on the web site where parents have given written permission for this purpose.

The website and video show clearly what takes place in a Little Discoverers' session and how the children and carers benefit. The web site continues to be very helpful to potential families and funders.

OUR YOU TUBE CHANNEL

As an additional online resource, we have our very own Little Discoverers YouTube Channel, primarily to provide something that parents can access at home if they are unable to attend our sessions. It also enables parents to view wonderful memories, advice, tips, and a way of sharing the hard work they are doing in sessions with family, friends, and professionals.

We now have over 80 videos in total, including some that show the parents activities they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and so much more. They are not only informative but continue to be a great success with the children.

SOCIAL MEDIA

We currently have 402 likes and 475 followers on our public Facebook page. On Instagram we have 278 followers and our most viewed video has around 2,000 views (as of December 2024).

We are also 'friends' with our current families and have a group for past attendees. Most of our families are choosing to use Facebook to communicate with us, using the Facebook messenger service as the primary source for contact. Several parents have shared events or donated equipment on both our current and past attenders' pages, which are relevant to all families. It is lovely to see the support that our families give each other via the social media platform, and to see that it continues long after families have moved on from Little Discoverers.

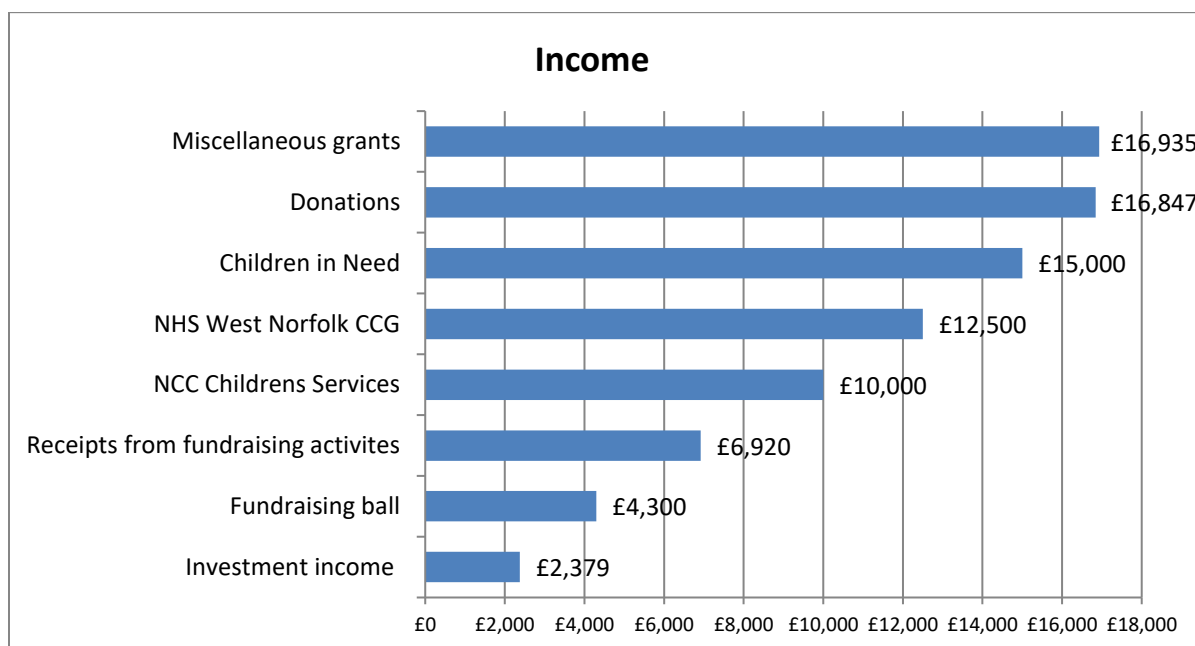
FINANCIAL REVIEW

Financial Review 2023 - 2024

This financial year has seen a significant increase in our income which has resulted in a surplus of £25,602 (2022 – 2023 £1,789). We have worked well within our budget figures. Our total closing bank balances are £119,641 (2022 – 2023 £94,039) an increase of 27%.

Income

During this period income received totalled £84,881 (2022-2023 £49,740) an increase of 70% on last year.



Our largest income for the year is from miscellaneous grants at £16,935 (2022 – 2023 £15,000). Kat has achieved her target for the year again and was also successful in receiving a grant from Children in Need (shown separately at £15,000 for 3 year. Kat secured a grant of £8,000 from The National Lottery and £5,000 from NHS Norfolk & Waveney – these being the larger grants. Once again, well done Kat, an excellent result.

Donations for the year are £16,847 (2022 – 2023 £14,220) an increase on last year of 18% and fundraising totalled £6,920 (2022 – 2023 £2,369). Well done to everyone who has organised an event on behalf of Little Discoverers or have kindly donated funds – we are very grateful to each and every one of you. Thank you.

Investment income is £2,379 (2022 – 2023 £651) a continued increase in the interest rates at the begin of the year.

We have received two grants for £10,000 each from Norfolk County Children’s Service (NCC) and Clinical Commissioning Group (CCG) – these are the same as last year but at the end of last year we had only received £7,500 from the CCG – this was paid in this financial year hence the increased figure of £12,500 for NHS West Norfolk CCG.

We are holding a fundraising ball in June to raise funds and as at the end of the year we have received £4,300 from ticket sales. All tickets have now been sold – well done to everyone who has work hard on the ball, especially Kat, Jean and Andrew.

Expenditure

Our total expenditure for the year is £59,279 (2022-2023 £47,885). Our largest expense is salaries at £37,988 (£28,502 2022-2023). In September we recruited a new member of staff to assist with administration which has increased salaries along with a pay rise to all our brilliant staff. Pension contributions have therefore increase also to £1,268 (2022-2023 £991).

Rent payable is £7,378 (2022-2023 £8,201) down on last year but March 2024 will be paid in April.

Training costs are £1,234 (2021 – 2023 £2,081) this includes Makaton training at £1,100 plus room hire for the training at £96. This was mainly paid from the Norfolk Community Foundation and Rebecca Hubbard who organised a bingo.

We have purchased some new assets (£3,720) this includes paediatric steps, slated stools, ladders and laptop/desk for the new staff member (items over £500 only).

Sundry costs are £3,240 (2021- 2023 £2,530) all individual expenditure is below £500 except the cost of a very well attended sibling session at Church Farm, Stow Bridge at £747, which was funded by individuals raising funds specifically for sibling sessions.

All other costs are within acceptable levels and as expected and budgeted.

Budget analysis

	2023-2024 budget	2023-2024 actual		2023-2024 Variance	2022 – 2023 budget	2022-2023 actual
Income	£47,720	£80,581		£32,861	£50,092	£49,740
Expenditure	£54,214	£58,780		(£4,615)	£50,299	£47,885
Surplus/(Deficit)	£ 6,494	£21,801		£28,246	(£ 207)	£ 1,855

Please note these figures do not include the ball income (£4,300) and expenditure (£499).

Whilst expenditure is within acceptable levels against budget, income is significantly above budget, mainly due to the Children in Need grant, outstanding receipt from last year from the CCG, along with considerable donations and fund raising events, all well above target.

Summary

This has been a successful year again, with our income increasing from the previous year significantly and this again allows us to raise staff salaries. The successful application for Children in Need has secured £15,000 for this year and the next two years and the CCG funding has been approved for next year at £10,000, which is a good start for 2024-2025.

Our total funds available to spend are £114,051, without restrictions. We have £5,590 in restricted balances. During the year we issued a new Reserves Policy and have increased our contingency figure to £22,500 (2022-2023 £21,000) being the higher fund balance between the Dissolutions Fund and the Continuity fund.

The trustees, management team and our members of staff will continue to carefully and regularly review the financial position and will strive to find ways to continue the good work of the charity.

We would like to take this opportunity to thank Stephenson Smart for their continued support. They have endorsed our financial management and accounting practices and are confident that they meet all the requirements as set out by the Charity Commission for England and Wales

Emma Fendley MAAT – Treasurer

INDEPENDENT EXAMINER'S REPORT AND EXAMINED FINANCIAL STATEMENTS

Charity registration number 1125400

Little Discoverers, West Norfolk School for Parents

Unaudited Financial Statements

Year ended 31 March 2024

Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Little Discoverers, West Norfolk School for Parents

Organisation Information

Year ended 31 March 2024

Registered charity name	Little Discoverers, West Norfolk School for Parents
Charity registration number	1125400
Principal office	c/o Alive Lynnsport Greenpark Avenue King's Lynn Norfolk PE30 2NB
Trustees	Mrs K Fisher (Greatorex) Mrs S Williamson Mrs P Sheerin Mrs E Fendley Mr A McShane
Accountants	Mr D Jastrzebski Stephenson Smart (East Anglia) Limited Chartered Accountants 22-26 King Street King's Lynn Norfolk PE30 1HJ
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Little Discoverers, West Norfolk School for Parents

Financial Statements

Year ended 31 March 2024

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Detailed receipts and payments account	5

Little Discoverers, West Norfolk School for Parents

Independent Examiner's Report to the Trustees of Little Discoverers, West Norfolk School for Parents

Year ended 31 March 2024

I report to the trustees on my examination of the accounts of Little Discoverers, West Norfolk School for Parents ('the charity') for the year ended 31 March 2024 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

As permitted by Direction 2, issued by the Charity Commission the firm for which I work has provided the charity with bookkeeping services during the year ended 31 March 2024. As a consequence I have followed the requirement of the FRC's Ethical Standard when undertaking this assignment.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.


Dan Jastrzebski ACA CTA
Stephenson Smart (East Anglia) Limited
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ
4th November 2024

Little Discoverers, West Norfolk School for Parents

Receipts and Payments Account

Year ended 31 March 2024

	2024			2023
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	15,647	-	15,647	13,280
Funding	22,950	-	22,950	18,043
Grants	5,000	26,900	31,900	15,000
Receipts from fundraising activities	5,950	1,755	7,705	2,529
Investment Income	2,379	-	2,379	651
Other Income	4,300	-	4,300	237
	<u>56,226</u>	<u>28,655</u>	<u>84,881</u>	<u>49,740</u>
Payments				
Charitable activities	31,470	26,711	58,181	46,703
Governance costs	1,098	-	1,098	1,248
	<u>32,568</u>	<u>26,711</u>	<u>59,279</u>	<u>47,951</u>
Net receipts/(payments)	<u>23,658</u>	<u>1,944</u>	<u>25,602</u>	<u>1,789</u>
Fund transfers	-	-	-	
Surplus/(deficit) for year	<u>23,658</u>	<u>1,944</u>	<u>25,602</u>	<u>1,789</u>
Cash funds at 31 March 2023	90,394	3,645	94,039	92,250
Cash funds at 31 March 2024	<u>114,052</u>	<u>5,589</u>	<u>119,641</u>	<u>94,039</u>

Little Discoverers, West Norfolk School for Parents

Statement of Assets and Liabilities

Year ended 31 March 2024

	2024			2023
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Monetary assets				
CAF Gold Account	112,478	5,589	118,067	90,492
CAF Cash Account	808	-	808	3,350
Petty cash	766	-	766	197
	<hr/>	<hr/>	<hr/>	<hr/>
Total cash funds	114,052	5,589	119,641	94,039
	<hr/>	<hr/>	<hr/>	<hr/>
Liabilities				
PAYE & NI	-	-	-	-
Pension contributions	223	-	223	198
	<hr/>	<hr/>	<hr/>	<hr/>
Total liabilities	223	-	223	198
	<hr/>	<hr/>	<hr/>	<hr/>

CLIENT APPROVAL

We approve the financial statements for the year ended 31 March 2024 and confirm that we have made available all relevant records for their preparation.

Katharine Fisher

Mrs K Fisher (Greatorex) on behalf of Little Discoverers, West Norfolk School for Parents
4th November 2024

Little Discoverers, West Norfolk School for Parents

Notes to the accounts

Year ended 31 March 2024

1 Restricted Funds

	Balance at 31 March 2023	Receipts	Payments	Transfers	Balance at 31 March 2024
Musical Sessions	1,592	-	(100)	-	1,492
Marsh Charitable Fund	120	600	(720)	-	-
Hunstanton Lions	325	-	(312)	-	13
Norfolk Community Fund	811	-	(811)	-	-
Sibling sessions	409	650	(1,056)	-	3
National Lottery Award for all Children in Need	388	-	(388)	-	-
Rebecca Hubbard Bingo	-	15,000	(13,475)	-	1,525
Tesco Grant (Groundwork)	-	320	(320)	-	-
Rank Foundation	-	800	(800)	-	-
Crowdfunder	-	250	(250)	-	-
National Lottery Grant	-	785	(278)	-	507
George Watling Charity	-	8,000	(8,000)	-	-
Rotary Club of King's Lynn	-	1,500	(201)	-	1,299
	-	750	-	-	750
	<u>3,645</u>	<u>28,655</u>	<u>(26,711)</u>	<u>-</u>	<u>5,589</u>

Fund	Purpose and restriction
Musical Sessions	To provide musical sessions
Marsh Charitable Fund	For IT services
Hunstanton Lions	To assist parents with travel costs
Norfolk Community Fund	For Makaton Training expenses and resources
Sibling sessions	To provide sibling sessions
National Lottery Award for all Children in Need	To provide room hire and Team Leaders salary
Rebecca Hubbard Bingo	For Team Leaders salary
Tesco Grant (Groundwork)	For Makaton training
Rank Foundation	For two large stools
Crowdfunder	For stairs and ladders
National Lottery Grant	For play equipment, refreshments and consumables
George Watling Charity	For Team Members salary
Rotary Club of King's Lynn	To provide sibling sessions
	To provide sibling session at church farm

Little Discoverers, West Norfolk School for Parents

Detailed receipts and payments account

Year ended 31 March 2024

	2024			2023
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	15,647	-	15,647	13,280
Funding:				
NCC Children's Services	10,000	-	10,000	10,000
NHS West Norfolk CCG	12,500	-	12,500	7,500
West Norfolk Wins	450	-	450	543
Grants:				
Albert Hunt Grant	-	-	-	2,000
National Lottery Award	-	-	-	10,000
Norfolk Community Foundation	-	-	-	2,500
Marsh Charitable Fund	-	-	-	500
Geoffrey Watling Charity	-	1,500	1,500	-
Children In Need	-	15,000	15,000	-
Marshland Charitable Trust	-	600	600	-
Tesco Grant	-	800	800	-
Rank Foundations Grant	-	250	250	-
National Lottery Grant	-	8,000	8,000	-
Rotary Club of King's Lynn	-	750	750	-
NHS Additional Grant	5,000	-	5,000	-
Receipts from fundraising activities	5,950	1,755	7,705	2,529
Investment Income:				
Bank Interest	2,379	-	2,379	651
Other Income	4,300	-	4,300	237
	<u>56,226</u>	<u>28,655</u>	<u>84,881</u>	<u>49,740</u>
Payments				
Costs of charitable activities:				
Wages and salaries	14,636	21,475	36,111	26,650
Pension Contributions	1,268	-	1,268	991
Social security expense	1,877	-	1,877	1,852
Rent payable	7,058	388	7,446	8,201
Equipment and musical sessions	1,718	2,467	4,185	2,305
Insurance	873	-	873	863
Training and expenses	618	936	1,554	2,081
Membership fees	30	-	30	30
Travel	202	-	202	214
Printing, postage and stationery	267	-	267	230
Computer and website	154	-	154	354
Telephone	286	156	442	159
General expenses	2,077	1,289	3,366	2,533
Bank charges	61	-	61	79
Management expenses	169	-	169	19
Covid-19 and cleaning expenses	176	-	176	142
Governance costs:				
Payroll and accountancy costs	1,098	-	1,098	1,248
	<u>(32,568)</u>	<u>(26,711)</u>	<u>(59,279)</u>	<u>(47,951)</u>
Net receipts/(payments)	<u>23,658</u>	<u>1,944</u>	<u>25,602</u>	<u>1,789</u>

APPENDIX 1 – CONDUCTIVE EDUCATION

Conductive Education (CE) is a holistic integrated therapy/education system which is primarily useful for children with physical disabilities that have impacted on a wide area of their development. Conditions such as Cerebral Palsy, Downs Syndrome and genetic conditions.

Andras Peto, the founder of CE, viewed children with neurological conditions as a whole, focussing not only on the body but also on the personality. He therefore chose methods of facilitation that not only made actions possible, but also developed the personality, the wish, desire and ability to be active and increased their confidence. CE perceives these children as facing a challenge of learning rather than needing treatment for a medical condition.

CE is based on the premise that despite damage to the nervous system, the brain has a degree of plasticity which gives it the capacity to form new neural connections which may take over from the damaged areas. However **an active** learning process stimulated by a multi-sensory approach, using Rhythmical Intention (the staff use a phrase such as “I put my feet flat” to trigger a number of cognitive processes) and working in groups, is needed for this to happen.

Children without disabilities often learn quickly how to make use of their environment, how to connect with it and use it as a tool in their development. They learn to adapt and respond to the environment and its demands; in addition they learn to influence it, thus having an active interaction with the environment.

This situation however is different for children with neurological conditions. Disturbed mobility is accompanied by a challenge in their ability to perceive and understand. The impeded movement can restrict or prevent interactions with people and objects which would normally assist their development. This can result in negative experiences and frustrations which in turn affect personality. The dysfunction of the personality in turn restricts physical development and so a circle begins. CE aims to break this circle using group working, multi sensory input, facilitation using aids and equipment and programmes specific to the needs of the individual children.

The learning environment is critical to the success of skill development. The programme/sessions are structured, supportive, designed to maintain interest, to motivate, to reinforce learning, to praise and to challenge. It is important to also focus on transferring what is learned to the home environment by giving the parents the necessary skills and confidence.

Conductive Education is fun for both child and parent/carer.

APPENDIX 2 – PARENT AND PROFESSIONAL OBSERVATIONS

1. Parent Observations

Selection of Parents' Comments from the 2023-2024 Questionnaires

My little boy has learnt so much since being at Little Discoverers. Everyone has always been so welcoming, new skills are learnt so often and (the children are) learning to be independent. Socially it's a lovely place to be meeting new people and interacting with others, where everyone is excited for each other's child to meet milestones, they didn't think they could meet. I highly recommend the group and greatly appreciate being welcomed in.

The staff at L.D are incredible, they take the time to know each and every child. They know each child's communication style and understand what they are asking for. They deserve so much recognition, they are worth their weight in gold. The friendship they have with the mums, and support they offer us is so valuable.

Before joining E was a very quiet child and never interacted with people or played. But since starting he has improved in every aspect. He has made friends and is so confident with other people now. He has started to eat, and his development has dramatically improved.

2. Professional Observations

A Selection of Professionals' Comments from the 2023-2024 Questionnaires

A fantastic visit today as 3 of the children who were here today are children we see regularly, so it was wonderful to see them interacting so beautifully with all the activities today.

Little Discoverers offers a wonderful opportunity to develop motor skills, strength, balance and function – so vital for all these children!

Its also great to be able to work with Little Discoverers team to work on goals!

Physio from QEH. Kings Lynn.

Thank you for inviting me to visit. It is so great to see an inclusive provision and to see such happy children. It's wonderful to see the interaction between staff, parents and children. Such great service that deserves to continue and flourish.

NCC Shortbreaks co-ordinator.

Thank you very much for welcoming us to your session. I love how child centred your sessions are and how you support them and their families to reach their goals. Always a fun session. Thank you

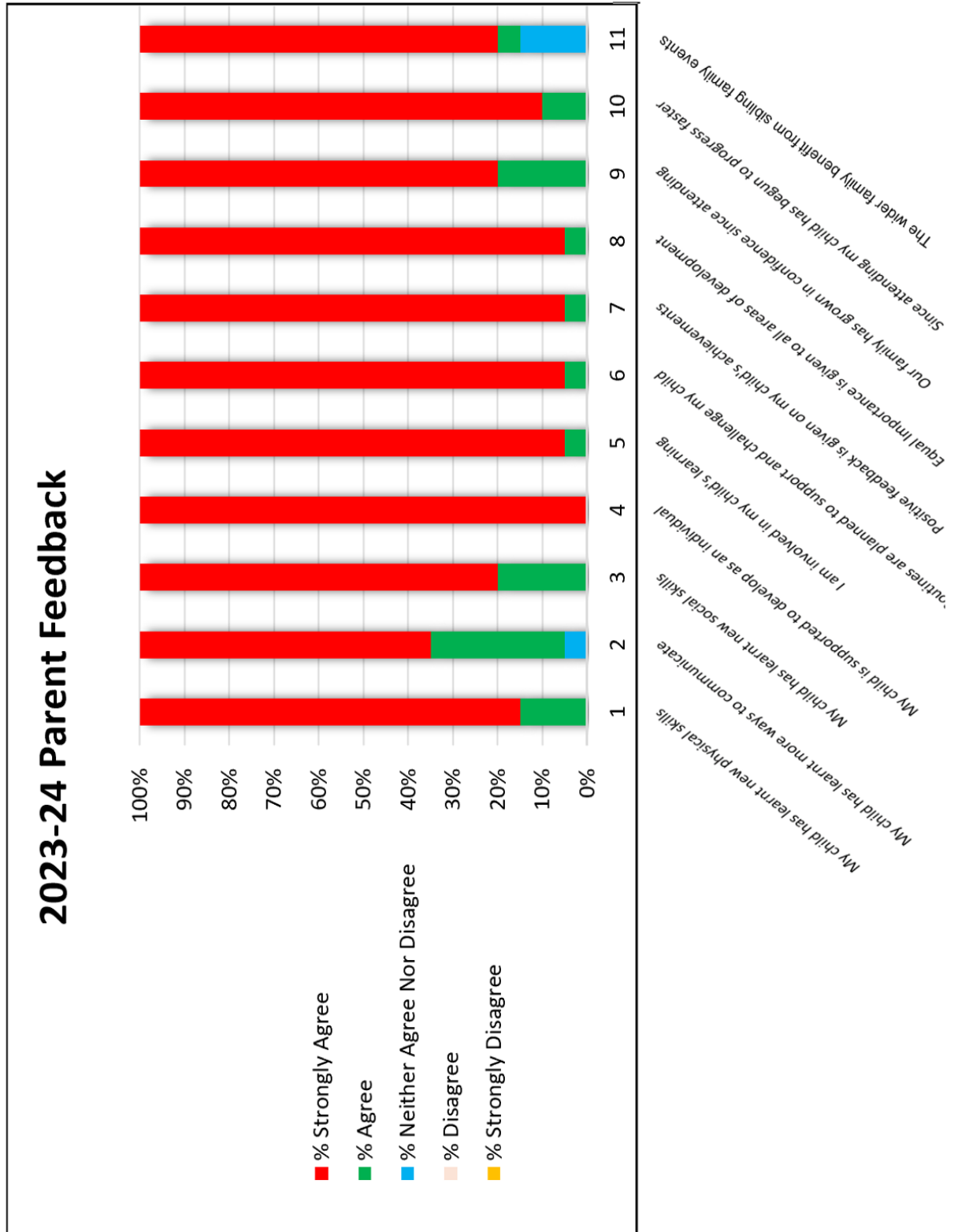
Occupational Therapist.

A wonderful visit to see what you do in the sessions and to talk to the parents about the importance of Makaton for effective communication. Lots of great signing seen. Wonderful to see the children using signs, thank you.

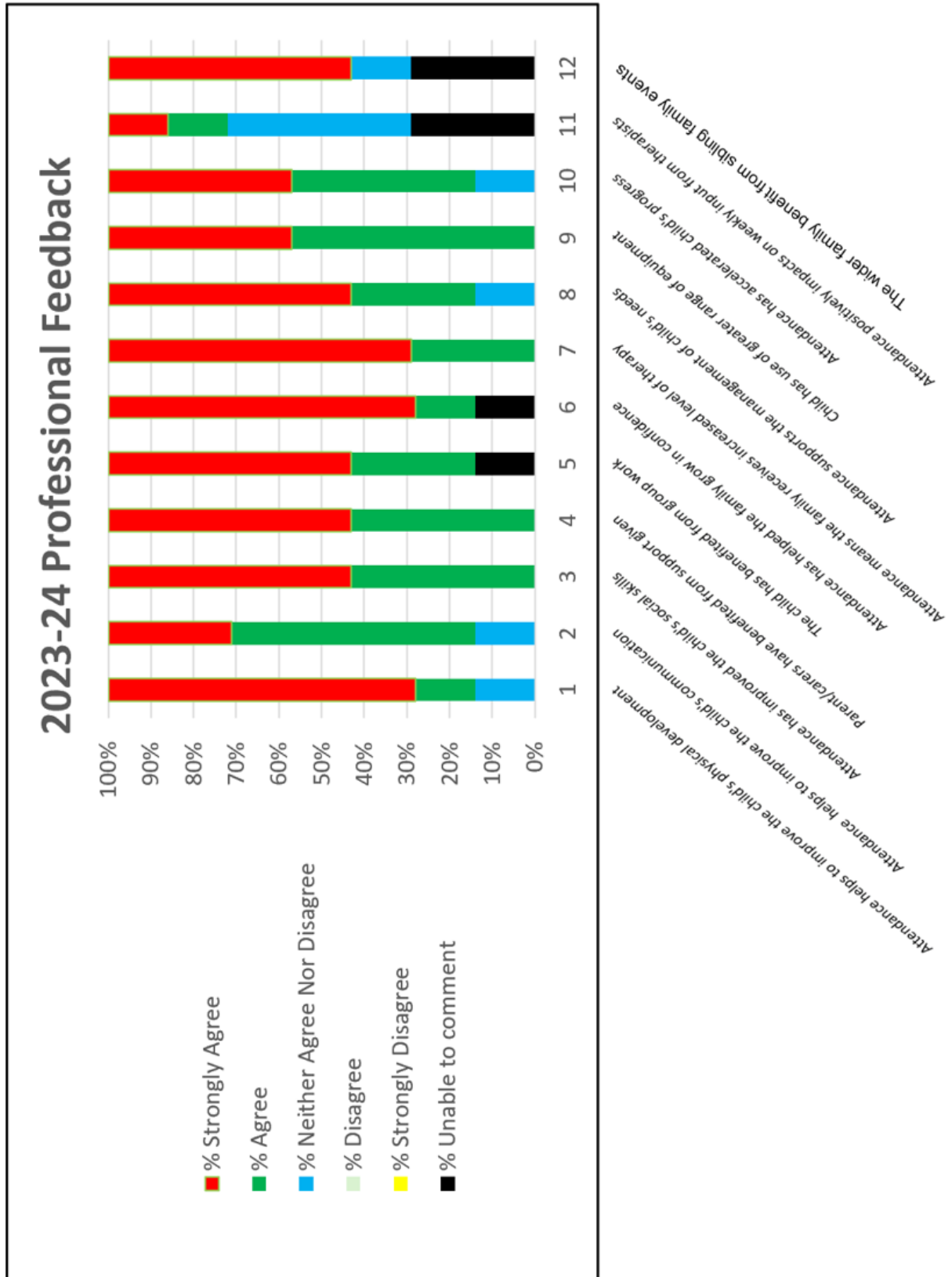
Norfolk Makaton Tuition.

APPENDIX 3 – ENLARGED VERSIONS OF THE PARENT AND PROFESSIONAL FEEDBACK CHARTS

PARENT FEEDBACK - 98% of all Parent responses Strongly Agreed or Agreed with the questionnaire statements and 2% of responses Neither Agreed Nor Disagreed



PROFESSIONAL FEEDBACK – 82% of all Professional responses Strongly Agreed or Agreed with the questionnaire statements, 11% Neither Agreed Nor Disagreed with the statements and 7% were Unable to Comment



LITTLE DISCOVERERS, WEST NORFOLK SCHOOL FOR PARENTS

England & Wales - Charity number 1125400

Accounts

'LITTLE DISCOVERERS' WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Charity Registration Number: 1125400

REPORT AND FINANCIAL STATEMENT YEAR ENDED 31 MARCH 2023





Little Discoverers

WNSfP

Our Aim

Active learning for disabled children and their families

Little Discoverers (West Norfolk School for Parent) aims, in partnership with parents, to provide quality, holistic early education opportunities for children 0-5 with motor learning difficulties, delayed development and other complex needs.

Through use of structured play, the Early Years Foundation Stage of the National Curriculum and the principles of Conductive Education children are encouraged to achieve stepped goals that enhance skills for independence in everyday life and boost esteem in both child and parent. By working and playing together, families learn to celebrate success and recognise the potential in every child.

Little Discoverers (West Norfolk Schools for Parents) will continue to seek to improve the accessibility to a suitable session, for all families particularly those from hard to reach groups.



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ADMINISTRATIVE DETAILS

Charity Registration Number: 1125400

The following were Trustees of Little Discoverers West Norfolk School for Parents (WNSfP) during the period 1 April 2022 to 31 March 2023:

- Katharine Fisher (Greatorex) BEM
- Sue Williamson
- Penny Sheerin
- Emma Fendley
- Andrew McShane

Contact details for WNSfP:

- Team Leader – Katherine Hunter
- c/o Alive Lynnsport
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB
- 07805 427044
- email: littlediscoverers@littlediscoverers.co.uk
- Website: www.littlediscoverers.co.uk

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Background

Following a survey by Scope in 2002, work started to set up a School for Parents in West Norfolk and since 2005 we have been running a successful West Norfolk School for Parents for children and families in this region, eliminating the need for a long round trip to the closest other School for Parents in Norwich. In 2008 we registered as a charity independent of Scope but operating as part of Scope's School for Parents network. By the end of the year under review we had been successfully running Conductive Education sessions for children with complex motor problems and their families in West Norfolk and surrounding areas for 18 Years.

We follow national School for Parents guidelines and have our own set of policies that are regularly reviewed and updated.

As a result of a suggestion made by the ¹parents West Norfolk School for Parents is known as Little Discoverers WNSfP.

Little Discoverers WNSfP

The Little Discoverers programme provides support to children under 5 with complex physical and emotional difficulties and their parents. Our aim is to enable each child to achieve their maximum potential. We do this by providing individually designed programmes for each child based on the ideas of Conductive Education from Peto in Hungary (see Appendix 1) and are the only people in the West Norfolk area working in this way, with this age group in a group setting.



Nothing the parents have learnt in their previous life has given them any indication of the complex challenges they will meet and how to overcome them. Families can feel very isolated when their child is diagnosed. Little Discoverers provides a safe, friendly and fun early learning environment for pre-school children with difficulties in movement and delayed development that puts parents at the forefront of their child's learning and development and recognises that parents know their child best.

Our aim is to develop children's abilities and confidence in the pre-school years, which will help them at home and later at school. We do this by supporting them to improve their physical skills, their ability to communicate and their social skills. To achieve this we create a three way relationship between parent, child and specially trained Little Discoverers staff. Each child has their own individual education plan.

When the parents and children attending our sessions get to know each other they form a support network of understanding friends. Parents of older children can reassure new families and help them through stressful times. Parents feel relaxed in Little Discoverers, working with families who face similar problems and who jointly celebrate even the smallest achievement of each child.

¹ 'Parent' refers to any adult with a parenting role

Who can benefit from Little Discoverers WNSfP

We work within one of the UK's 10% most deprived areas and our free sessions ensure our service is accessible to all. Due to a lack of resources in West Norfolk there is an inability to provide sufficient support for these vulnerable families. Our annual parent and professional feedback forms show how much the families and local professionals greatly appreciate the support and learning we provide. And, as the charity has now entered its 19th year in 2024, we have had the privilege of witnessing first-hand the effects that early intervention and Conductive Education can have on a child's life, as the first cohort of attendees are now adults.

Little Discoverers is for children aged 0-5 within West Norfolk and the surrounding area. The children may suffer from physical problems, motor learning problems, delayed development and demonstrate a wide range of abilities. They may have learning difficulties, visual, hearing and communication problems. Often our children do not yet have a formal diagnosis, but an example of some of the conditions we work with are: Cerebral Palsy, Downs Syndrome, hydrocephalus, global development delay and genetic disorders.

Children may have physical problems such as being unable to hold up their heads, focus their eyes, roll, sit, stand, or walk. Children may be unable to open or close their hands, use them for play or self-help activities. Some children have sensory problems, not wanting to touch different textures or being upset by noises. Many children have feeding problems, such as choking, being unable to finger feed or use a cup (rather than a bottle).

Some children are deaf or have partial hearing. Many children are unable to communicate; unable to point with their eyes or hands; unable to make noises, sounds/words; unable to use sign language. Many children find it difficult to interact, smile or laugh, be sociable or have fun. They may not be able to make their needs known.

A child can be referred to Little Discoverers in a variety of ways, for example by a Health Visitor, Therapists, GP or by parents themselves. After first contact, the parent and child will be² visited at home and invited to visit the group. Parents are then given time to consider whether this is the right service for their child. If a Conductive Education approach is not the most appropriate for the child, staff will suggest other support.

We aim to reply to any referrals within 5 working days and we have been achieving this.

We had 28 new referrals over the course of the year, and we have been able to offer places to 27 of these children (and have recommended alternative services to the remaining 1).

During this year we supported 40 vulnerable families in need in the West Norfolk area and from adjacent areas of Lincolnshire and Cambridgeshire. This year we have supported 19 female and 21 male children with ages ranging from 8 weeks to more than 4years.

We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

How we support the children and their parents

Parents are key to their child's development and the early years have been shown to be vital in stimulating the brain to enable the child to maximise their potential. Parents of children with complex health needs and impairments can feel physically and socially isolated leading to increasing emotional difficulties for the parent and the child. Attending a Little Discoverers

² If our ability to hold face-to-face visits and meetings is impacted by external events then we use other methods of communication to ensure all enquiries and referrals are responded to.

group gives children therapy for 36 weeks a year in all aspects of their development, regular input that is vital for stimulating the development of new pathways in the brain.

Our approach is based on a unique form of early education focussing on all aspects of child development inspired by methods developed at the Peto Institute of Conductive Education in Hungary (see Appendix 1). This is a multi-sensory approach, stimulating the child's senses and encouraging self-learning through activities and experiences that are fun for both children and their parents.



At Little Discoverers' sessions parents and children learn the skills needed to provide motivation, communication and enjoyment of early learning through play. They are supported to break through the isolation barriers of disability and learn to communicate their emotional journey through contact with supportive professionals and other families on a weekly basis.

Children can start with us from birth and many children come to Little Discoverers under the age of twelve months and stay with us until school age. The average time that children stay with us is about 3 years. Progress is measured in small changes, for instance making eye contact, moving heads towards toys, progressing onto clapping and smiling.



As they attend our sessions children show increased independence, ability to communicate, confidence and self-esteem. Observations of older children include listening skills, playing alongside other children, sharing / turn taking, co-operative play and their response to the Team. At the end of each session, we list the achievements of each child and applaud these.

Some of our children attend nursery school and continue to come to Little Discoverers for a session each week.

The families learn the skills necessary to transfer the learning taking place in the session into the home and into the wider community of everyday activities including making the transition and integration into nursery. They receive information in many different formats - through physical activity, through illustrated information sheets and through exchanging knowledge with other parents about their child's impairment and how to

empower their child in many everyday and formal learning areas.

The parents support each other and the children make friends in an environment where they are having fun while they learn new skills. The staff work with referring professionals and monitor the outcomes of the children on a daily basis and twice a year create updated Individual Education Plans for each child.

We support up to a maximum of 24 families at any one time in 3 sessions a week with a maximum of 8 children per session, for 36 weeks a year. Each session lasts approximately two hours including a short break for a drink and a snack.

A slow, structured session gives children time to try and to practise new skills, challenging themselves and maximising their potential. Parents feedback that large groups of active children can be intimidating, being fast moving and noisy.



Each of our sessions is planned to involve the children in programmes that look at all aspects of their development - physical, social, emotional and understanding. Themes are chosen to make these sessions fun. Development is encouraged through play, songs, art and craft. There is continuity in the staff members, encouraging attachment and attunement, the staff understanding what the child's needs are and the child learning what is required of them.



As a result of generous donations, we have been able to purchase specialist sensory and other equipment. This equipment is invaluable and continues to make a big impact on the way we can deliver our sessions.



As well as the regular sessions, we run a number of sessions to provide family and sibling support when the wider family is invited. These days help our groups of families keep in touch and help provide wider support to the children and their siblings. By putting on six sibling sessions a year, we hope to include the entire family in learning and involve the siblings in all aspects of their brother's or sister's development. It also gives the sibling a chance to be involved and feel important. The inclusion of the whole family is fundamental to the core values of the Little Discoverers approach and family sibling sessions are held during school holidays.

We encourage professional and parental feedback at all times, and we operate an annual formal feedback process and analyse professional and parental feedback forms to help us identify areas for improvement – these feedbacks continue to be highly positive (see Monitoring Outcomes).

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustee and Management Group are all volunteers and receive no payments. Our main costs are associated with employing and maintaining the skill levels (training) of the 3 part-time members of the Team, the costs of room hire and the running costs of the sessions including purchase of resources and equipment. The voluntary Trustee and Management Group is responsible for the quality of our service provision, fundraising and approving all expenditure. All our Policies are reviewed annually on a rolling basis by the Trustee and Management Group to ensure we continue to reflect and demonstrate best practice. In addition, our staff are subject to annual appraisals the outcomes of which contribute to decisions on any pay increases that we decide we can afford to pay.

Team Member annual appraisals are undertaken by the Team Leader and the Team Leader's annual appraisal is carried out by a Trustee. All staff appraisals are reviewed by the Trustee group.

Lynnsport provides direct support by charging a reduced room hire cost and indirectly supports us by the provision of help to establish and maintain the room we use and by organising their activities to ensure they do not disrupt our activities.



Our sessions with the children are planned and run by our Team Leader and the two Team Members who each take it in turn to plan and run sessions on a three-week rota. These are all part time roles aligned to the timings of the individual sessions with the children.

The Trustees and members of the Management Group monitor feedback from families and professionals and from nurseries and schools when children transfer to them. All the feedback continues to be very positive and constructive.

Trustees attend 6-weekly staff meetings and Trustees and members of the Management Group also observe some sessions and provide feedback.

There are monthly Trustee / Management Group meetings that the Team Leader also attends. The focus of these meetings continues to be on maintaining standards and establishing stable funding to ensure our long-term ongoing viability and as part of this, raising our visibility in the Region as an independent charity.

We maintain contact with the NANS Centre in Norwich and share information on training and staff development opportunities when appropriate.

SAFEGUARDING

There were no safeguarding issues to report during the year.

CHAIRMAN'S REPORT TO THE AGM

Today we celebrate the fact that for over 18 years Little Discoverers (West Norfolk School for Parents) has been providing a very much needed free service to parents and their children aged 0-5 years old with complex developmental needs. This has only been possible because of the wonderful work of our voluntary Trustees and Management Committee and dedicated staff members. To read the heartfelt comments we get through our anonymous feedback forms sent to the parents and professionals, makes us feel very proud of what we do and highlights the need for our service.

It now takes £50,000 a year to cover our costs. West Norfolk is an area with pockets of considerable social deprivation and our sessions are very important in supporting the aims of the local NHS and Norfolk County Council in reducing this and increasing services. To support us in this work we have again been given grants worth £10,000 each from these two bodies, for which we are very grateful and without which we would have great difficulty in funding our work. We hope that in the coming years this will increase in line with inflation. These grants form our main core funding which is then added to by applications and gifts from funders such as the Lottery, Children in Need, The Privy Purse and many grant making bodies. To assist in this vital fundraising, we are now paying our Team Leader for a dedicated 5 hours a week to work on this and it has proved very successful, shown by our stable bank balance. Keeping a good bank balance is very important to give financial stability to the staff, to keep providing our service so that families don't suddenly lose their support and to cope with the vagaries of the funding systems and economic state of the country. Kat, our Team Leader now writes excellent applications which 2 members of the Trustees, Management Committee review before they are sent. This had added to the work of the volunteers, but they have taken this on without any complaint.

The Staff Team

We have a wonderful staff team who are providing an excellent service to our families, producing sessions with a range of exciting activities to keep the children and parents learning physical, social/emotional and communication skills, to keep them interested and having fun. We are now also providing our sessions for siblings free to enable all families to attend and just asking for donations if they can.

Kat Hunter has continued to do a great job in leading the team with excellent support from Pauline and Lauren the Team Members. The quality of the sessions is very impressive with a lot of work going into each child's learning programme, increased use of Makaton signing, a large range of sensory experiences and new ideas being incorporated regularly.

All the staff had excellent appraisals and in recognition of this and the current rise in cost of living, all were given a 6% pay rise. Our staff are our greatest asset, and it is wonderful that so far, we have been able to reward them with annual increases.

The staff have also found ways of helping a range of children who may not have such complex physical needs but show more emotional and communication needs, by offering them, if space in the sessions allow, some short term (eg 6 weeks) attendance to the second part of the session. This is when there is particular emphasis on sensory motor learning.

The Management Team

We continue to have a wonderful and dedicated Management Team with members covering a wide range of skills. This year Lynn List our secretary left us and we were very fortunate to have Sally Edwards (a nurse) agree to replace her. Sally is the mother of Lilley Edwards who attended our first set of sessions in 2005 and had gone on to represent Britain in the Paralympics. A wonderful achievement. Lilley's parents feel that having the sessions based at Lynnsport helped Lilley access sporting opportunities and helped Lilley feel more included with the local community, which is definitely one of our great aims. Lilley has also taken part in

some YouTube videos which highlight dangers of the internet and these are now linked to our website.

Our hard working and much appreciated Trustees remain the same and all have agreed to stand again: Katie Fisher - Chair (Physiotherapist), Emma Fendley - Treasurer (Accountant), Andrew McShane (CEO), Susan Williamson (Teacher), Penny Sheerin (Solicitor).

On our Management Committee are Thomas Graves (staff at Lynnsport, wheel chair user), Jean Hale (Grandmother of child who attended Little Discoverers), Kevin Parker (Businessman), Alex Hodson (Teacher), Hazel Coley (parent of child who attended Little Discoverers and past Team Leader), Dave Carter (Designer), Megan Able (Parent) and Nikki Collins (Physiotherapist). All these people bring a wonderfully diverse range of opinions in a good-natured way, with not a single unpleasant meeting in our 18year history. A great credit to everyone.

Quality Control

The staff have continued to produce excellent anonymized case studies throughout the year and these are used for reflection and sending with grant applications, feedbacks and our Annual Report for the Charities Commission and Quarterly Reports for NHS and Norfolk County Council, which are very well received.

Our Annual Feedback Forms from parents and involved professionals are very positive (see Monitoring Outcomes). A comment from a professional who gave the service full marks; "Mum has commented on how much peer support she gets from attending. She acknowledges that being with other parents who "get it" has been invaluable". And a comment from a parent: "The staff at Little Discoverers are amazing. Without them and the other families I dread to think what my emotional state would be. Not only are they fantastic with all the children but they show such compassion and support to the families and will go above and beyond whenever they can to help. A fantastic charity and team".

Staff meetings are held every 6 weeks in term times by Sue Williamson and Katie Fisher. We read and update policies, look at the annual timetable, answer queries, auditing data and data protection, check the children's learning journals and discuss the running of the groups.

Regular training is fundamental to our activities and includes annual manual handling and back care, fire safety, using a computer, facilitation. The staff attended Makaton Signing training (This was also made available to parents and another Charity) for which we had applied for funding. The Team leader lists the other courses the staff have been involved with in her report.

The present and future

A big recent event was the move from the Dutton pavilion just before Easter, at the end of the period covered by this Annual Report, to the South Lynn Community Centre (what was previously the old St Michaels School). This was offered to us by the Council as they could see how we had outgrown the Dutton and what the problems there were of working there. The South Lynn Centre is a much better home for Little Discoverers at present. At South Lynn we share the Centre with the Charity Headway and this is working well. The only major problem is that it does not foster inclusion in the local community or sports world.

The staff now have a larger room of their own, which enables them to leave out equipment, so saving a considerable amount of time. They also have a storage room off the main room, which we fitted out with shelves and storage containers. This means for the first time our equipment is all in one place and so easier to find and look after. The staff also have a dedicated office with a desk each, which is secure and so much more pleasurable to work in than the kitchen at the Dutton. A great step up but we would still ideally like to be able to hire space in a purpose-built Hub at Lynnsport which would help inclusiveness, reduce barriers, tackle inequalities,

provide a route for children to move seamlessly into adapted sports and generally look to provide support for the children's lives after Little Discoverers.

A CIO (Charitable Incorporated Organisation) was set up so that the Pelicans Hockey Club, Little Discoverers and the charity Little Miracles could work together towards building this Hub. This has been delayed while the Council looked to see if a revamp of the main Lynnsport could be achieved while still supporting the aims of the CIO. This has now been decided to not be possible, so the CIO is hoping to be moving forward with the Hub in the near future.

In May we were delighted that The Lady Dannatt, MBE, HM Lord-Lieutenant of Norfolk, was able to visit one of our sessions and are especially appreciative of the kind email that she sent following her visit.

In January 2025 we will be celebrating 20 years of providing Little Discoverers sessions and 22 years since I first set up Little Discoverers and it is at this point that I will retire from being Chair of the charity. I am sure it will survive and do well in the future without my direct leadership.

Katie Fisher BEM M.C.S.P.

24th May 2023



OUR TEAM LEADER'S ANNUAL HIGHLIGHTS

Introduction

This year has presented many new and exciting times for Little Discoverers... We've had new faces join us on the Committee, at the end of the year a new venue to work from, a new fundraising job role and lots and lots of new referrals!

Last year we received a total of 8 new referrals, and since April 2022 we have received a whopping 28 referrals for vulnerable children in need in our area. These have come from a variety of sources, including several self-referrals, NHS and private health professionals and several have even been recommended to us from Children's Services. We have offered places to 27 and recommended alternative services to the remaining 1. Five of these new referrals were accepted on a short-term basis. This was due to the children presenting a good level of physical ability; however, the families needed support with how to encourage their child's communication, personal and social skills. This is something we are very proud of this year.

From April 2022 until April 2023, we have supported 40 vulnerable families in need in the West Norfolk area and from slightly further afield in Lincolnshire and Cambridgeshire too. This is in comparison to last year's 27 families. We have supported 19 females and 21 males, and our youngest new starter of the year was just 8 weeks old!

We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

Many of our children graduated from Little Discoverers in September and started school. We have kept in touch with all these families, and we are so thrilled at the progress they are continuing to make. This year, many of our current attenders are younger, so only one child will be leaving us to attend school. We are so thankful for the hard work that his family has applied to give their child the best opportunities possible. We have loved building a relationship with them all and we so hope that they stay in touch as he embarks on his next adventure.

Sessions

Thankfully, our socially distanced sessions seem to be a thing of the past and we have had the pleasure of watching our families and children interact with one another for a whole year. This is so very important for our children to develop vital social, emotional; personal and communication skills and we are so pleased that we can provide this safe space for the children to achieve this. A positive impact from the Coronavirus pandemic has been our renewed respect for keeping one another safe. Our families have been very conscientious in keeping any bugs and illnesses at home and continuing to sanitise and wash their hands regularly.

Many of our children are extremely vulnerable and several have respiratory issues. Our new approach and thoughtfulness have ensured that the families of these children feel at ease and confident to bring their child to mix with others when they may not feel as safe in other settings. A cold to one child may just be a runny nose, to some of our children it may mean a stay in hospital.

We have so much fun at Little Discoverers! That is the beauty of what we do; the children hardly ever realise they are working hard. We use a holistic approach that considers the whole individual and their personality to support the development of each child's social, personal, emotional, physical and communication skills. For example, we set up sensory trays to encourage them to work alongside one another. We practise skills needed at school such as turn taking and concentration during circle times. We practise speech skills and help families to access multisensory means of communication, such as the picture exchange as communication system (PECS) and sign language.

One of the things that makes Little Discoverers a unique setting in West Norfolk is our use of Conductive Education methods. This year the staff have worked hard to explore these methods further, to give the children the best chance of developing new neural pathways for physical independence. We use our voices, our words and actions to encourage core strength, head control, rolling, sitting, taking steps and so much more!

Social Media

We believe that our increased local awareness and influx of referrals is in part thanks to our online presence and social media. We now have 84 heartfelt and informative videos available on our YouTube channel and they have accumulated more than 10,500 views!

Little Discoverers are “on the ‘gram”! A big thank you to Lauren this year for setting up and maintaining our Instagram account. Lauren has shared more than 25 posts and accumulated 150 followers in the last few months alone! This platform is really helping us to spread the word about our wonderful charity and its family and some of our videos have around 1,500 views. Thank you so much Lauren for working so hard on this and giving up your free time to ensure that our charity and its families are getting the recognition it deserves!

Fundraising

This year Kat has been lucky enough to take on a new role at Little Discoverers! Kat has been working for 5 hours a week to raise funds by applying to grant makers and funding bodies. This has been very much a team effort and a learning curve for the whole Committee. For every application and report that is written, at least two members of the management team proofread and feedback on how to make changes and give us the best chance of success. With the current cost-of-living crisis and the ongoing effect of the Coronavirus pandemic, fundraising is a challenge for every charity in 2023. This is the first time Little Discoverers have had a dedicated member of staff take on fundraising, as previously funds have been raised by the voluntary committee only. This year Kat has applied for over £200,000 worth of funds and achieved an 11% success rate of over £23,000. As our annual costs are currently around £50,000 per year, this boost in fundraising makes all the difference to our charity.



As always, we must thank all the wonderful families and friends of Little Discoverers who have taken on some mighty challenges this year! We’ve had members take part in the Great East Anglian Run, a triathlon and even the London Marathon, all in the effort to raise funds so that we may continue to support local vulnerable children and their families. Thank you all for your dedication and hard work!

Our New Home

A huge thank you must be said to all the Management Committee members who gave up their time voluntarily to help us move from the Dutton Pavilion to our new venue at the South Lynn Community Centre. The move itself went incredibly smoothly and we were so grateful for how well our team of movers worked together! We cleared the Dutton in just two days and within five days, our new venue was set up and ready to go!





We were very sad to say goodbye to Alive Lynnsport as we have been so well looked after during our time at the Dutton Pavilion. However, the staff at the South Lynn Community Centre, along with our new neighbours at Headway, have gone above and beyond to ensure we have settled in and that the children are safe and happy!

Families

We have met so many new families this year! Our families are our inspiration and keep us working hard and striving to be better. Every parent/carer who attends sessions with their child demonstrates bravery. Many families are told that their child may never stand, walk, or talk and each one of them does the best they can to ensure their child has as much opportunity for independence as possible. We are a school for parents, but so often we are taught new methods and developments from the Mums and Dads we meet. We love hearing about other therapy techniques they have been trying or how they are using the Little Discoverers activities at home.

Families can borrow equipment from Little Discoverers over the school holidays. This is something that we are happy to say is well utilised and the benefits can really be seen when a child returns to us after a break. Often, equipment for special needs has a large price tag, so to be able to access this equipment for free is just another fantastic element of the service we provide.

We have had some fantastic sibling and family events this year! Each event has been so well attended and we have loved seeing our families mingle, bond and support one another during the school holidays. We have enjoyed our annual trip to Church Farm and a huge family play date at Little Sharks soft play centre. Families got to meet Santa on a 1:1 basis at Christmas in a relaxed and inclusive setting. We explored instruments from around the world with The Music Man and we even dived in at St. James swimming pool and had a group swimming lesson with Tracy Axall. A fabulous new development we have made this year, is that sibling and family events are now free for all!



Our families may make a small donation to the event if they wish, but we are so pleased that these events are now completely accessible - especially during the very difficult economic state.

Another way we have supported our families this year is by contributing towards petrol costs. The Hunstanton Lions kindly contributed £500 towards a fund that our families could access to support them with travel costs. This was started after a family struggled to attend due to finances and we wanted to make sure that financial circumstance could not impact a child's opportunity to develop.

Learning

As our Chairwoman, Katie, often tells me – we never stop learning! As medicine and technology improves, we are meeting children with much more complex conditions than ever before. We are very fortunate to work with such unique children, several of whom who are literally one in a million! This requires that the staff continue to learn, adapt, and grow to ensure we are meeting their needs and keeping them safe.



This year, if we have had spaces on our register, we have been supporting children who may have more developed physical skills, but whose parents are seeking support regarding fine motor skills, social and personal skills, and/or communication. We have learned from our families that there is a great need for speech and language therapists (SALT) and we are doing all we can to support the NHS through this. Many children who are demonstrating Autistic traits are being referred to SALT but are placed on a waiting list of around two years. We know that early intervention is key to helping these children to achieve their potential, so we have invited a total of 5 children this year on a short-term basis. Pauline has worked exceptionally hard this year to develop greater knowledge and a better understanding of Autistic Spectrum Disorder (ASD). Many of our children are being diagnosed with a dual diagnosis that includes ASD and therefore her knowledge has been so vital for many families. Pauline

took part in a 6-week course titled Understanding Autism NCFE CACHE level 2. This included 6 modules and written assessments around topics such as, learning about how individuals with autism process sensory information, understanding the characteristics that may be present in individuals with autism, commonly occurring conditions and methods of speech, language, and communication. Well done, Pauline! We are very proud of you!

At Little Discoverers we listen to our families every week and try our very best to help in whatever way we can. A common theme was occurring of families asking for help learning Makaton sign language, so we sought funding from the Norfolk Community Foundation's 'Love Norfolk' and supplied free training for 15 individuals. This training was offered to our past and present families and covered 150 valuable, everyday signs. This training cost £1,600 and has already achieved some fantastic results for our children and their families.

Since the training, we have heard from several families regarding their experiences of using Makaton at home and beyond. One family explained how the child finally has a voice. The whole family have been using signs learnt on the course to communicate and they have experienced less frustration and challenging behaviour from the child. We even witnessed the child using the sign for "more" during a recent session. This simple request allows the child to have independence and feel in control in a world that may otherwise be very overwhelming for them.

Summary

We feel as though we have had one of our best years yet at Little Discoverers! We have supported more families than ever, continued to expand our online presence, broadened our learning and expertise, and moved into our new home in South Lynn. However, with extra local awareness and an increasing number of new referrals, comes more administration tasks and a greater workload for the staff. We are very hopeful that we will be able to expand our team in some way in the future, but of course with this comes a greater annual cost to the charity. We currently must raise around £50,000 per year to remain operational. This includes salaries for the three paid members of staff, room hire, training, resources and so much more. We hope

that with continued hard work, that we will soon be able to raise the funds required to hire an additional member, but in the meantime, we welcome any volunteers who feel they may be able to contribute to the running of Little Discoverers either within the admin department or the management team.

There are many thanks to be said for the fantastic year we have had... Thank you to the Management Committee and Trustees, who work voluntarily behind the scenes to ensure local families have a safe place to learn new skills and to give their children the best chance of a bright future. Thank you to the families who place their trust and faith in our charity weekly and work so hard at home every day. It is a pleasure to share your journey with you! Finally, thank you to every supporter of Little Discoverers. Whether that be someone who has just mentioned us to a family in need, a professional who has come to visit a session, or a fundraiser that has contributed to our cause. Without the support of all of you, this vital service would simply cease to exist.



SOME INCREDIBLE ACHIEVEMENTS

We celebrate every milestone we possibly can at Little Discoverers. We cherish every moment that a child succeeds, no matter how small, because many of them have been told that they would never have the skills they have now acquired. We meet many defeated parents who have been given the worst-case scenario of their child's condition and therefore to help build their self-esteem and relationship with their child, we dedicate the end of each session to the achievements of every child. Here are some of their incredible stories.

Child A came to Little Discoverers after their mother was concerned that their child was not achieving their milestones at 16 months old. Child A has a diagnosis of Benign Enlargement of Subarachnoid Space (BEES) which may result in delayed motor and language delays. Upon our first meeting with the family, Child A would not make eye contact or demonstrate any acknowledgement that we were there. She stayed fixated on the television and would continually seek comfort and reassurance from Mum. Child A made occasional sounds, but struggled to communicate and their physical skills were placed at around a 10-month old's. After just 8 months and lots of hard work from Child A's dedicated family, we have seen a phenomenal difference in her development. Child A has several close friends in the session that she seeks out independently, she is able to bum-shuffle confidently around our space and can take independent steps whilst using the parallel bars. Child A's speech has truly blown us away, as she will now speak in up to 4-word sentences, join in with our actions and even sing our songs! It has been such a pleasure to watch this journey and we can't wait to see what she has in store for us next!

Child B joined Little Discoverers in 2022 on a short-term basis due to starting school in September this year. The child has good gross motor skills and can walk, run, and jump. Child B has a diagnosis of Microcephaly, which can occur because a baby's brain has not developed properly during pregnancy or has stopped growing after birth, which results in a smaller head size. Child B can communicate verbally, but struggles with his confidence, socialising, and fine motor skills. During the 7 months that we have been working with Child B, we have seen a distinct increase in his participation and enjoyment of the sessions. Child B is now beginning to communicate verbally with staff, he uses new Makaton signs that he has learned during session time, he confidently sits on a school-like chair and joins in with our whole routine. He has also blown us away with his artistic skills and natural musical flair. We so hope that Child B continues to shine at school and beyond and we are thankful to have been a part of his journey.

Child C joined Little Discoverers in September 2022 and has a diagnosis of Spinal Muscular Atrophy (SMA) Type 2. SMA is a rare, genetic, neuromuscular condition, that causes progressive muscle weakness and loss of movement due to muscle wasting. We feel, this child's biggest achievement is their absolute determination to try. Her mother is her biggest cheer leader and works tirelessly to ensure their child has the best opportunity to achieve greatness. This shines through Child C who despite her daily struggles, strives to take part in every activity alongside her peers. For example, Child C was feeling tired after working hard during a recent session. She then spotted her friends taking steps along the parallel bars and proceeded to call out "I do it!". A member of staff helped Child C to stand at the bars by supporting her hips and rocked them to transfer weight from foot to foot. Another adult helped the child move her feet so that she could take steps with her friends. The three children at the bars all took steps together and cheered each other on. It was a very special moment to be a part of!

MONITORING OUTCOMES

The majority of children leave Little Discoverers to attend mainstream nursery and mainstream schools and our feedback indicates that we are continuing to successfully deliver in the key 'Outcome' areas of:

- Physical skills
- Communications
- Social Skills

Children attending Little Discoverers sessions have varying abilities due to the nature of their disability and age. Progress is very individual to each child so each child has an individual programme and their achievements are celebrated at the end of each session and then recorded in each child's individual learning journal.

In addition, we encourage informal feedback through comments in our Visitors Book and formal feedback through our questionnaires (now online) designed to capture Parents' and Professionals' views on the effectiveness of our approach to supporting each child's development. This is the first year that we have used online instead of paper-based questionnaires and the approach has worked well.

The previous two COVID impacted years were especially challenging for our children and their parents and carers, the Little Discoverers staff and the Professionals from various Services with whom we have contact. Our inability to hold regular face-to-face sessions for most of the 2 COVID years challenged us to find ways to engage remotely with the children and their parents and as demonstrated by the Parent feedback we received during those difficult times our staff responded magnificently. Professionals' feedback during that period was dominated by their inability to comment on our contribution to the progress of the children they were monitoring. During 2022-23 we were able to resume normal face-to-face operations and to welcome the Professionals' to once again join us to observe the progress of the children they were supporting, and their feedback below is extremely encouraging.

The results of this year's parent and professional questionnaires feedback are shown below.

1. Parent Feedback

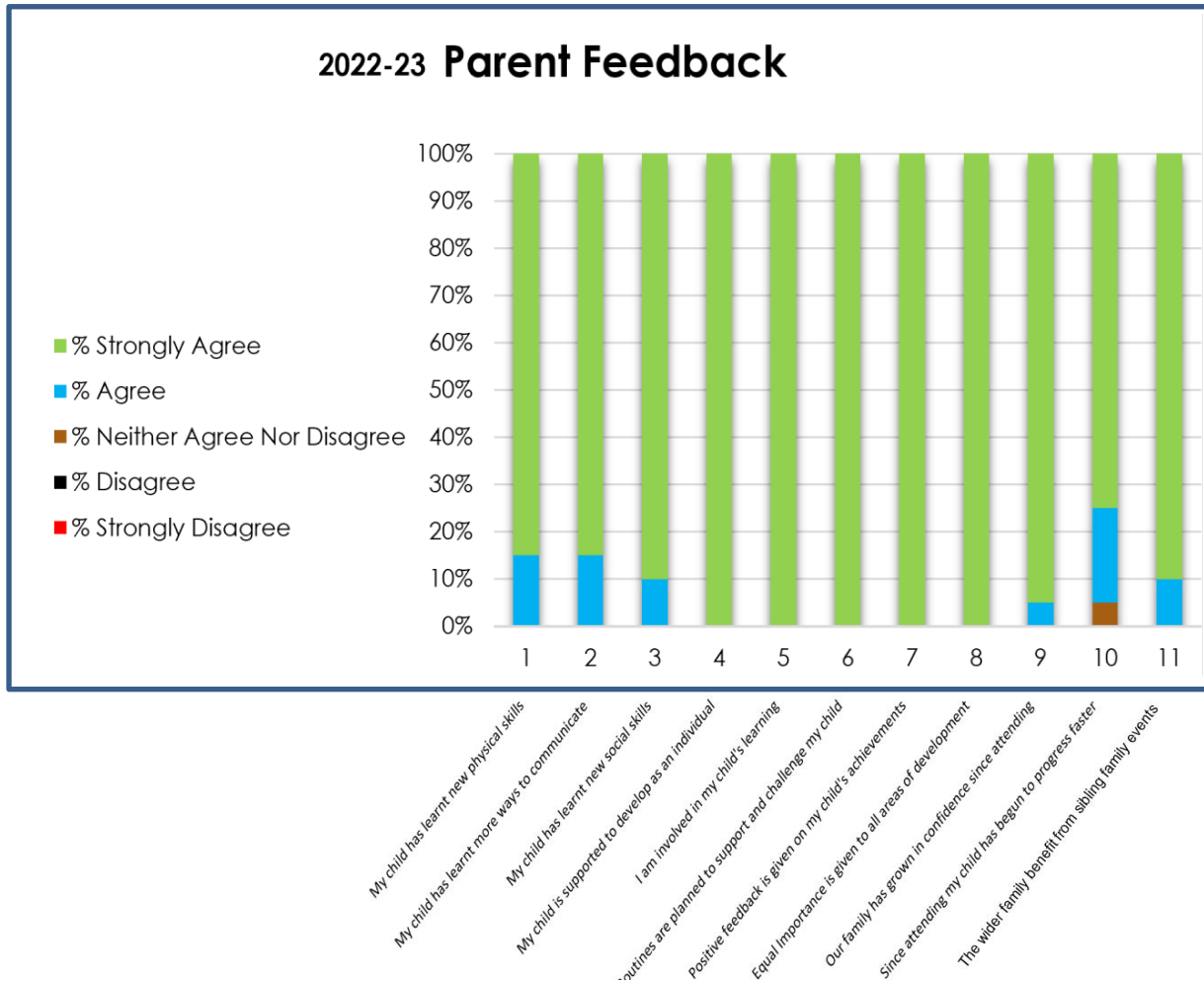
Responses to our questionnaire statements. During 2022-23 it was no longer necessary to include our previous Covid related questionnaire statements but we did add an additional 11th statement to our 'standard' Parent Questionnaire: 'Statement 11. Holiday Events. My wider family has benefitted from attending sibling/family events' and responses to that are included in this year's feedback.

For the first time all the Parent feedback questionnaires were completed online and this contributed to the increase in the number of responses received – 20 compared with last year's total of 10.

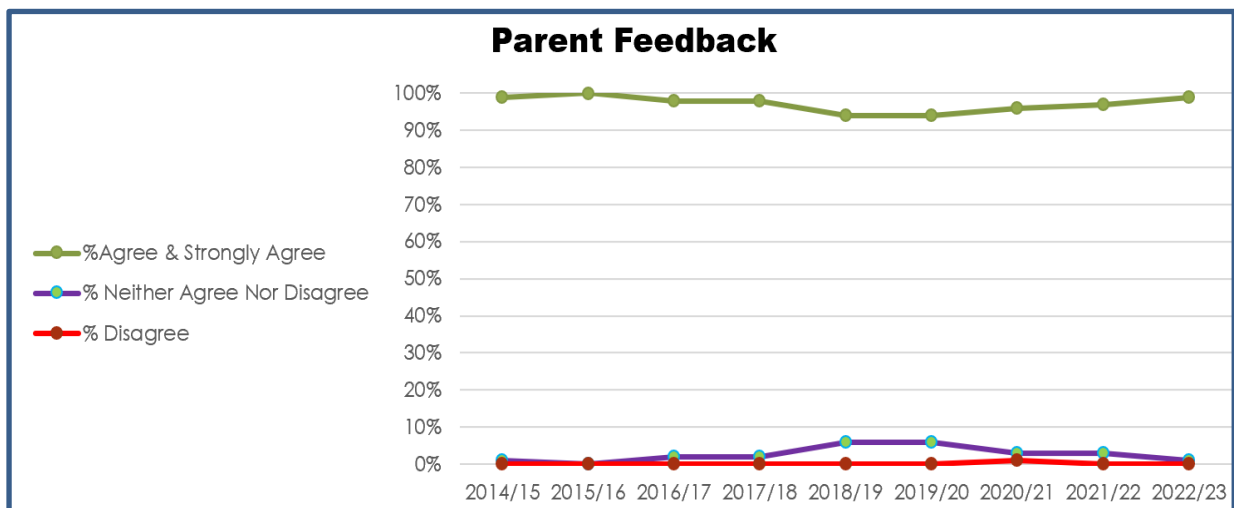
20 (10 in 2021-22) questionnaires were completed online by parents. In total, in response to the 11 statements in each of the 20 completed questionnaires:

- 99% (97% in 2020-21) of all parent responses Strongly Agreed or Agreed with the statements
- 1% (3% in 2021-22) of responses Neither Agreed Nor Disagreed
- Nil (Nil in 2021-22) Disagreed with the statements

2022-23 Parent Feedback



Comparison with previous years Parent feedback



We identified and were able to address the reasons for the increase in Parents' 'Neither Agree Nor Disagree' responses in 2018/19 and 2019/20 and the subsequent actions of our staff and the engagement of our parents and their children during the following 2 pandemic affected years meant that, as shown, we were able to continue providing an effective service even when we had to operate remotely.

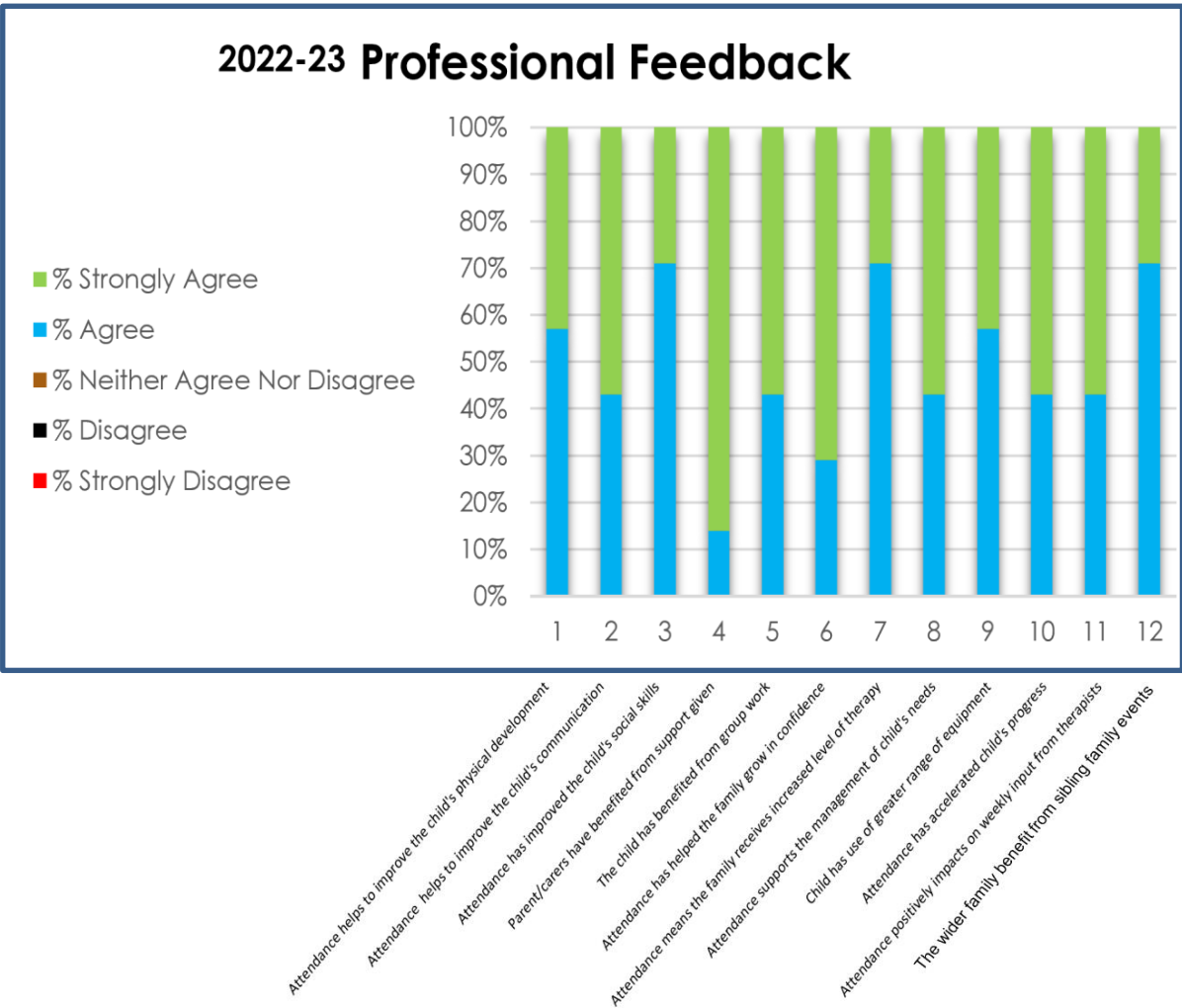
2. Professional Feedback

Responses to our questionnaire statements. During 2022-23 we added an additional 12th statement to our 'standard' Professional Questionnaire: 'Statement 12. Wider Family. The wider family have benefitted from attending sibling/family events' and responses to that are included in this year's feedback.

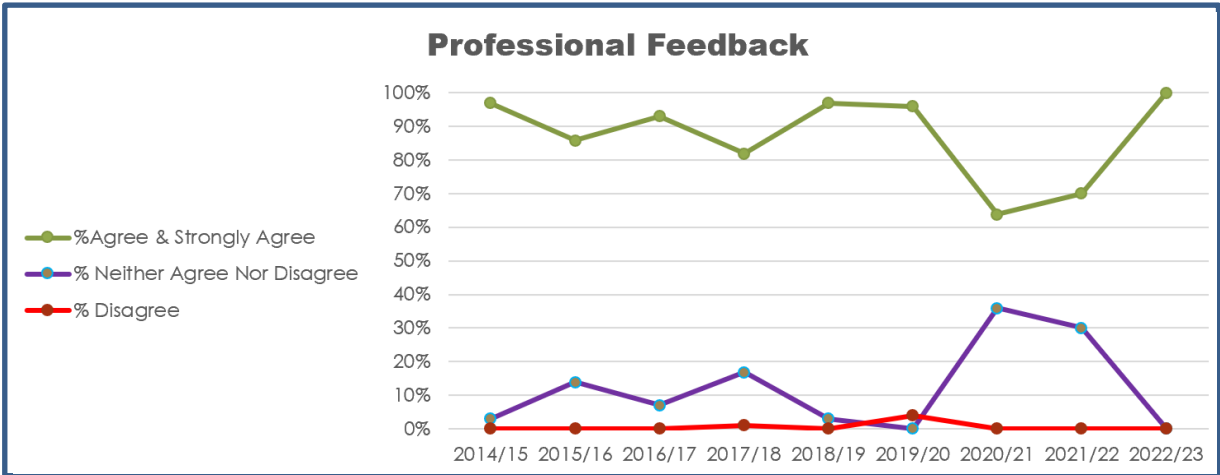
7 (3 in 2021-22) questionnaires were completed and returned to Little Discoverers by professionals who had been able to return to visiting children and their families in the Little Discoverers setting.

In total, in response to the 12 statements in each of the 7 returned questionnaires:

- 100% (70% in 2021-22) of all professional responses 'Strongly Agreed' or 'Agreed' with the statements
- Nil (30% in 2021-22) responses were Neither Agree Nor Disagreed
- Nil (Nil in 2021-22) Disagreed with the statements



Comparison with previous years Professional feedback



The Professionals' feedback in the previous 2 pandemic impacted years highlighted the difficulty they faced in judging the benefits we deliver when they were unable to view the children in the Little Discoverers setting. Our online sessions were very well received by the parents and children but did highlight the challenge faced by the professionals when they were unable to join us. The feedback from the year under review when the professionals were able to once again engage in face-to-face sessions with families they and we were supporting is very positive.



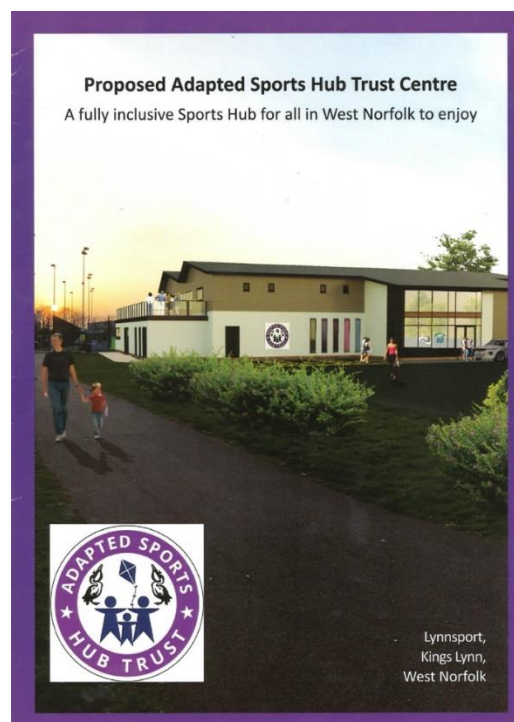
OUR LOCATION

This has been Little Discoverers 12th year at the Dutton Pavilion at Lynnsport in King's Lynn, and we continue to be very grateful to Lynnsport and its staff for their support. However, we have been facing space constraints at the Dutton for running sessions and for the storage of our materials and equipment and a big event, at the end of the period covered by this Annual Report was our move from the Dutton Pavilion to the South Lynn Community Centre. This was offered to us by the Council as they could see how we had outgrown the Dutton and the problems of working there. From a practical point of view the South Lynn Centre is a much better home for Little Discoverers at present but a major problem is that being remote from the Lynnsport site it does not foster inclusion in the local community or sports world.

Looking further to the future we have identified the possibility of having a purpose built 'Hub' that would meet our and others' needs in West Norfolk and surrounding areas. The vision is of a purpose-built Hub at Lynnsport which would support inclusiveness, reduce barriers, tackle inequalities, provide a route for children to move seamlessly into adapted sports and generally look to provide support for the children's lives after Little Discoverers.

A CIO (Charitable Incorporated Organisation), Charity Number 1200560, has been set up so that members and supporters of the Pelicans Hockey Club, Little Discoverers and the charity Little Miracles and others can work together to raise the £3m+ funding needed to build the Hub. If built then Little Discoverers and others would rent space in it. In the meantime, the Council has looked to see if a revamp of the main Lynnsport could be achieved that would support the aims of the CIO. This has now been decided to not be possible.

During this last year the proposed Lynnsport based Adapted Sports Hub vision has been developed into a layout incorporating the requirements of groups who may want to use it. Activities are proceeding to turn the vision into reality and all support will be welcomed.



HOW WE COMMUNICATE

OUR VIDEO

The College of West Anglia Film Department produced our current video to provide a good understanding of what we do in a session, so useful for potential families and people wishing to refer a family. We continue to receive positive feedback and are very pleased that the video has been so well received.

The families taking part have all given their written permission for the video to be used on our website.

OUR WEBSITE

www.littlediscoverers.co.uk

The web site was designed and is maintained for us by Simon Adams, son of Linda Adams who was a Member of the Management Group.

Photos of children taking part in sessions are included on the web site where parents have given written permission for this purpose.

The web site and video show clearly what takes place in a Little Discoverers' session and how the children and carers benefit. The web site continues to be very helpful to potential families and funders.

OUR YOU TUBE CHANNEL

As an additional online resource, we have our very own Little Discoverers YouTube Channel, primarily to provide something that parents can access at home if they are unable to attend our sessions. It also enables parents to view wonderful memories, advice, tips, and a way of sharing the hard work they are doing in sessions with family, friends, and professionals.

We now have over 80 videos in total, including some that show the parents activities they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and so much more. They are not only informative but continue to be a great success with the children.

SOCIAL MEDIA

A big challenge this year has been increasing our social media presence on Facebook and Instagram. We now have a public business page, with over 350 likes and 400 followers, and posts on there are often reaching over 1000 people.

We are also 'friends' with our current families and have a group for past attendees. Most of our families are choosing to use Facebook to communicate with us, using the Facebook messenger service as the primary source for contact. Several parents have shared events or donated equipment on both our current and past attendees' pages, which are relevant to all families. It is lovely to see the support that our families give each other via the social media platform, and to see that it continues long after families have moved on from Little Discoverers.

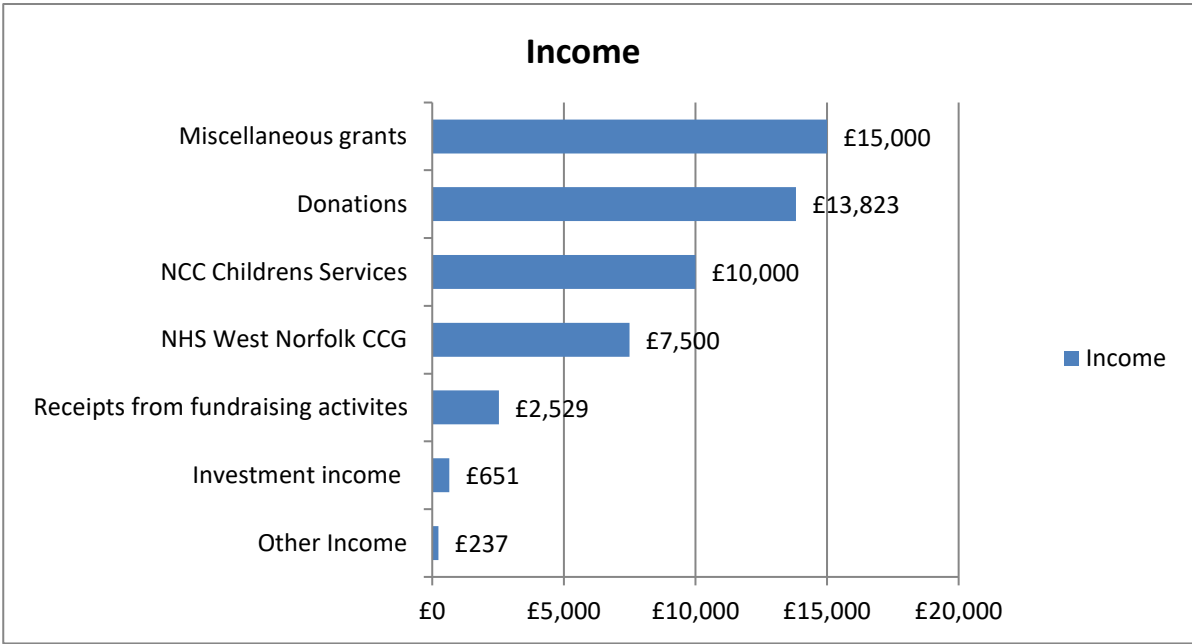
Instagram has been a wonderful new addition to our social media platform. We have around 50 posts and 200 followers. Our highest viewed videos have between 1000 – 2000 views each and these numbers are growing every day.

FINANCIAL REVIEW

I am delighted to say this financial year has been much improved on last year, with a total surplus of £1,788 (2021 – 2022 £10,397 deficit) and we have worked well within our budget. Our closing bank balances are £94,038 (2021 – 2022 £92,250).

Income

During this period income received totalled £49,740 (2021-2022 £41,359) an increase of 20% on last year.



From the above graph you can see the largest income is from Miscellaneous grants (£15,000), this is a new budget heading and has come about because more financial work has been transferred to the Treasurer from the Team Leader and the Team Leader is now working 5 hours per week solely on grant applications and fund raising for Little Discoverers. This has worked really well and has been a brilliant first year for Kat. Well done Kat.

Donations for the year are £13,823 (2021 – 2022 £17,092) down by £3,269, fundraising activities are £2,529 (2021 – 2022 £4,173) which is down by 39%. Investment income is £651 - up by £635 (2021 – 2022 £16) a very welcome increase in interest rates for Little Discoverers.

We have received two grants for £10,000 each from Norfolk County Children’s Service (NCC) and Clinical Commissioning Group (CCG) – these are the same as last year but as at the end of this financial year we had not received £2,500 from the CCG. Our Just Giving donations are 18.5% of our total donations and receipts from fund raising activities.

A massive **THANK YOU** to everyone who has donated or fundraised for Little Discoverers this year.

Expenditure

Our total expenditure for the year is £47,952 (2021-2022 £51,756). Our largest expense is wages and salaries and social security expenses together totalling £28,502 (£37,642 2021-2022) significantly down on last year. This is due to statutory maternity pay for our Team

Leader, being refunded in this financial year reference maternity leave last year. Pension contributions are £991 (2021-2022 £499), an increase on last year as all three members of staff are now paying into the pension scheme, which we continue to pay as per the Government legislation.

Rent payable is £8,201 (2021-2022 £5,370) which includes £895 from the previous year and there has been rent increase this year of 5%.

Training costs are £2,081 (2021 – 2022 £404) this includes Makaton training at £1,600 which was funded by a Norfolk Community Foundation grant.

We have purchased some new assets (£1,878) this includes a new specialist chair for the children, a printer, shelving and set up equipment for the new venue.

Sundry costs are £4,616 (2021- 2022 £2,071) all individual expenditure is below £500 and all other costs are within acceptable levels and as expected and budgeted.

Budget analysis

	2022-2023 budget	2022-2023 actual	2022-2023 Variance	2021-2022 budget	2021-2022 actual
Income	£50,092	£49,740	(£352)	£37,193	£41,359
Expenditure	£50,299	£47,952	£2,347	£44,870	£51,756
Surplus/(Deficit)	(£ 207)	<u>£ 1,788</u>	£1,995	(£ 7,677)	(£10,397)

Summary

This has been a successful year, with our income increasing from the previous year and this allows us to raise staff salaries to above the minimum wage. We have again not applied for the Children in Need grant within 2022-2023 but have submitted our application for 2023-2024. We are working well within our budget.

We have now moved from The Dutton Pavilion to South Lynn Community Centre. The move has and will increase our expenditure to set up the new establishment, although our room hire fees will remain the same.

Our total funds available to spend are £69,393, without restrictions. We have £3,645 in restricted balances. During the year we issued a new Reserves Policy and have increased our contingency figure to £21,000 (2021-2022 £10,000) being the higher fund balance between the Dissolutions Fund and the Continuity fund.

The trustees, management team and our members of staff will continue to carefully and regularly review the financial position and will strive to find ways to continue the good work.

We would like to take this opportunity to thank Stephenson Smart for their continued support. They have endorsed our financial management and accounting practices and are confident that they meet all the requirements as set out by the Charity Commission for England and Wales.

Emma Fendley MAAT
Treasurer

INDEPENDENT EXAMINER'S REPORT AND EXAMINED FINANCIAL STATEMENTS

Charity registration number 1125400

Little Discoverers, West Norfolk School for Parents

Unaudited Financial Statements

Year ended 31 March 2023

Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Little Discoverers, West Norfolk School for Parents

Organisation Information

Year ended 31 March 2023

Registered charity name Little Discoverers, West Norfolk School for Parents

Charity registration number 1125400

Principal office c/o Alive Lynnsport
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB

Trustees Mrs K Fisher (Greatorex)
Mrs S Williamson
Mrs P Sheerin
Mrs E Fendley
Mr A McShane

Accountants Mr D Jastrzebski
Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Bankers CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Little Discoverers, West Norfolk School for Parents

Financial Statements

Year ended 31 March 2023

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Notes to the accounts	4
Detailed receipts and payments account	5

Little Discoverers, West Norfolk School for Parents

Independent Examiner's Report to the Trustees of Little Discoverers, West Norfolk School for Parents

Year ended 31 March 2023

I report to the trustees on my examination of the accounts of Little Discoverers, West Norfolk School for Parents ('the charity') for the year ended 31 March 2023 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

As permitted by Direction 2, issued by the Charity Commission the firm for which I work has provided the charity with bookkeeping services during the year ended 31 March 2023. As a consequence I have followed the requirement of the FRC's Ethical Standard when undertaking this assignment.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Dan Jastrzebski ACA CTA
Stephenson Smart (East Anglia) Limited
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ
20th July 2023

Little Discoverers, West Norfolk School for Parents

Receipts and Payments Account

Year ended 31 March 2023

	2023		2022	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds #	Total Funds
Receipts				
Donations	12,120	1,160	13,280	17,092
Funding	18,043	-	18,043	20,000
Grants	-	15,000	15,000	-
Receipts from fundraising activities	1,588	941	2,529	4,173
Investment Income	651	-	651	16
Other Income	237	-	237	78
	<u>32,639</u>	<u>17,101</u>	<u>49,740</u>	<u>41,359</u>
Payments				
Charitable activities	31,605	15,098	46,703	50,220
Governance costs	1,248	-	1,248	1,536
	<u>32,853</u>	<u>15,098</u>	<u>47,951</u>	<u>51,756</u>
Net receipts/(payments)	(214)	2,003	1,789	(10,397)
Fund transfers	-	-	-	-
Surplus/(deficit) for year	(214)	2,003	1,789	(10,397)
Cash funds at 31 March 2022	90,608	1,642	92,250	102,647
Cash funds at 31 March 2023	<u>90,394</u>	<u>3,645</u>	<u>94,039</u>	<u>92,250</u>

Little Discoverers, West Norfolk School for Parents

Statement of Assets and Liabilities

Year ended 31 March 2023

	2023		2022	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Monetary assets				
CAF Gold Account	86,847	3,645	90,492	91,747
CAF Cash Account	3,350	-	3,350	503
Petty cash	197	-	197	-
	<hr/>	<hr/>	<hr/>	<hr/>
Total cash funds	90,394	3,645	94,039	92,250
	<hr/>	<hr/>	<hr/>	<hr/>
Liabilities				
PAYE & NI	-	-	-	171
Pension contributions	198	-	198	84
	<hr/>	<hr/>	<hr/>	<hr/>
Total liabilities	198	-	198	255
	<hr/>	<hr/>	<hr/>	<hr/>

CLIENT APPROVAL

We approve the financial statements for the year ended 31 March 2023 and confirm that we have made available all relevant records for their preparation.

Katharine Fisher

20th July 2023

Mrs K Fisher (Greatorex) on behalf of Little Discoverers, West Norfolk School for Parents

Little Discoverers, West Norfolk School for Parents

Notes to the accounts

Year ended 31 March 2023

1 Restricted Funds

	Balance at 31 March 2022	Receipts	Payments	Transfers	Balance at 31 March 2023
Musical Sessions	1,642	-	(50)	-	1,592
Albert Hunt	-	2,000	(2,000)	-	-
Marsh Charitable Fund	-	500	(380)	-	120
Hunstanton Lions	-	500	(175)	-	325
Norfolk Community Fund	-	2,500	(1,689)	-	811
Sibling sessions	-	1,601	(1,192)	-	409
National Lottery Award for all	-	10,000	(9,612)	-	388
	<u>1,642</u>	<u>17,101</u>	<u>(15,098)</u>	<u>-</u>	<u>3,645</u>

Fund	Purpose and restriction
Musical Sessions	To provide musical sessions
Albert Hunt	For Team member salary
Marsh Charitable Fund	For IT services
Hunstanton Lions	To assist parents with travel costs
Norfolk Community Fund	For Makaton Training expenses and resources
Sibling sessions	To provide sibling sessions
National Lottery Award for all	To provide room hire and Team Leaders salary

Little Discoverers, West Norfolk School for Parents

Detailed receipts and payments account

Year ended 31 March 2023

	2023		2022	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	12,120	1,160	13,280	17,092
Funding:				
NCC Children's Services	10,000	-	10,000	10,000
NHS West Norfolk CCG	7,500	-	7,500	10,000
West Norfolk Wins	543	-	543	-
Grants:				
Albert Hunt Grant	-	2,000	2,000	-
National Lottery Award	-	10,000	10,000	-
Norfolk Community Foundation	-	2,500	2,500	-
Marsh Charitable Fund	-	500	500	-
Receipts from fundraising activities	1,588	941	2,529	4,173
Investment Income:				
Bank Interest	651	-	651	16
Other Income	237	-	237	78
	<u>32,639</u>	<u>17,101</u>	<u>49,740</u>	<u>41,359</u>
Payments				
Costs of charitable activities:				
Wages and salaries	18,563	8,087	26,650	37,282
Pension Contributions	991	-	991	499
Social security expense	1,852	-	1,852	360
Rent payable	4,676	3,525	8,201	5,370
Equipment and musical sessions	1,925	380	2,305	1,347
Insurance	863	-	863	750
Training and expenses	392	1,689	2,081	404
Membership fees	30	-	30	254
Travel	214	-	214	75
Printing, postage and stationery	230	-	230	458
Computer and website	354	-	354	725
Telephone	159	-	159	213
General expenses	1,116	1,417	2,533	2,071
Bank charges	79	-	79	-
Management expenses	19	-	19	97
Aaptive sports hub expenses	-	-	-	125
Covid-19 and cleaning expenses	142	-	142	190
Governance costs:				
Payroll and accountancy costs	1,248	-	1,248	1,536
	<u>(32,853)</u>	<u>(15,098)</u>	<u>(47,951)</u>	<u>(51,756)</u>
Net receipts/(payments)	<u>(214)</u>	<u>2,003</u>	<u>1,789</u>	<u>(10,397)</u>

APPENDIX 1 –CONDUCTIVE EDUCATION

Conductive Education (CE) is a holistic integrated therapy/education system which is primarily useful for children with physical disabilities that have impacted on a wide area of their development. Conditions such as Cerebral Palsy, Downs Syndrome and genetic conditions.

Andras Peto, the founder of CE, viewed children with neurological conditions as a whole, focussing not only on the body but also on the personality. He therefore chose methods of facilitation that not only made actions possible, but also developed the personality, the wish, desire and ability to be active and increased their confidence. CE perceives these children as facing a challenge of learning rather than needing treatment for a medical condition.

CE is based on the premise that despite damage to the nervous system, the brain has a degree of plasticity which gives it the capacity to form new neural connections which may take over from the damaged areas. However **an active** learning process stimulated by a multi sensory approach, using Rhythmical Intention (the staff use a phrase such as “I put my feet flat” to trigger a number of cognitive processes) and working in groups, is needed for this to happen.

Children without disabilities often learn quickly how to make use of their environment, how to connect with it and use it as a tool in their development. They learn to adapt and respond to the environment and its demands; in addition they learn to influence it, thus having an active interaction with the environment.

This situation however is different for children with neurological conditions. Disturbed mobility is accompanied by a challenge in their ability to perceive and understand. The impeded movement can restrict or prevent interactions with people and objects which would normally assist their development. This can result in negative experiences and frustrations which in turn affect personality. The dysfunction of the personality in turn restricts physical development and so a circle begins. CE aims to break this circle using group working, multi sensory input, facilitation using aids and equipment and programmes specific to the needs of the individual children.

The learning environment is critical to the success of skill development. The programme/sessions are structured, supportive, designed to maintain interest, to motivate, to reinforce learning, to praise and to challenge. It is important to also focus on transferring what is learned to the home environment by giving the parents the necessary skills and confidence.

Conductive Education is fun for both child and parent/carer.

APPENDIX 2 – PARENT AND PROFESSIONAL OBSERVATIONS

1. Parent Observations

A selection of Parents' comments:

Thank you for everything you do ❤️

Every member of staff have offered [redacted] a change to develop not only at the sessions but outside, the skills [redacted] & I have learnt means that we get to continue these skills at home. The sessions are really helping [redacted] with confidence which is exactly what he needs as he lacks in this quite a lot.

Give advice and ideas on fundraising

The staff and committee members that we have had involvement with have always been supportive and caring.

The staff at Little discoverers are amazing, without them and the other families I dread to think what my emotional state would be. Not only are they fantastic with all the children but they show such compassion and support to the families, and will go above and beyond wherever they can to help. A truly fantastic charity and team.

Thank you for all your help and support in celebrating [redacted] and all her achievements!

The team are amazing, profesional kind and friendly.

Little discoverers is a vital part of mine and my sons life. They have helped him so much. They have also helped me by making life normal and showing me the positives of having a child with additional needs. The ladies that work there are fantastic and are truly dedicated to what they are there to achieve.

Whilst we are very new on our Little Discoverers journey , my little one and I have both really benefited from their unwavering support both physically and mentally. The staff work tirelessly to find new ways to stimulate and encourage the children by various method of play and activities. This is a service we feel so lucky to have found , a huge support to me and just a fantastic facility for all children with both physical and mental development delays. We are so grateful for being lucky enough to have this invaluable service available and have no suggestions as to how you could possibly improve !

Fantastic group couldn't be with out them

....and some specific feedback on the Makaton training

"The Makaton training was fantastic. It will benefit me and my son to communicate and for him to build relationships with other people. I can't thank you enough for giving me this opportunity."

"I have found this course helpful. It will help to be able to communicate with my young brother and my autistic son when he is frustrated or distressed during a meltdown."

"I as a parent have been desperate to learn Makaton however, I've not been in a financial position to do so. This course has given me the chance to be able to support and help my son in such a positive way in the future. Thank you."

2. Professional Observations

A selection of Professionals' comments

The Professionals' feed-back in the previous 2 pandemic impacted years highlighted the difficulty they faced in judging the benefits we deliver when they were unable to view the children in the Little Discoverers setting.

The feedback from the year under review when the professionals were able to once again engage in face-to-face sessions with families they and we were supporting is very positive and examples of comments from professionals who visited us during this last year are:

"Thank you for having me visit today, its great to see the children interacting together and developing new skills. I think sessions like this are invaluable for the children and families to provide opportunities to have fun whilst engaging in peer support and using important movements from a therapy point of view.

It's so helpful for me to see what great work you do so I know if I can recommend my patients, or ask them to work on things when they are here.

So thanks again for having me and for the amazing work you do – I hope I can come back again!"

Paediatric physio - QEH.

"Another great visit today. Wonderful to meet all the children and loved today's sports theme, the water play was inspiring, and the children clearly loved it.

Fantastic team, supportive for the children and parents alike throughout the session. It is clear each session is planned using creative ideas to motivate and encourage learning.

Will not hesitate to recommend to the families I work with."

Paediatric Physiotherapist, Movement Therapy for Kids

"I have really enjoyed visiting the session with Little Discoverers this morning. The activities have been so varied, stimulating and great fun. I enjoyed chatting with parents about why they value this session and it was amazing to watch the children moving around, joining in and having lots of fun whilst learning."

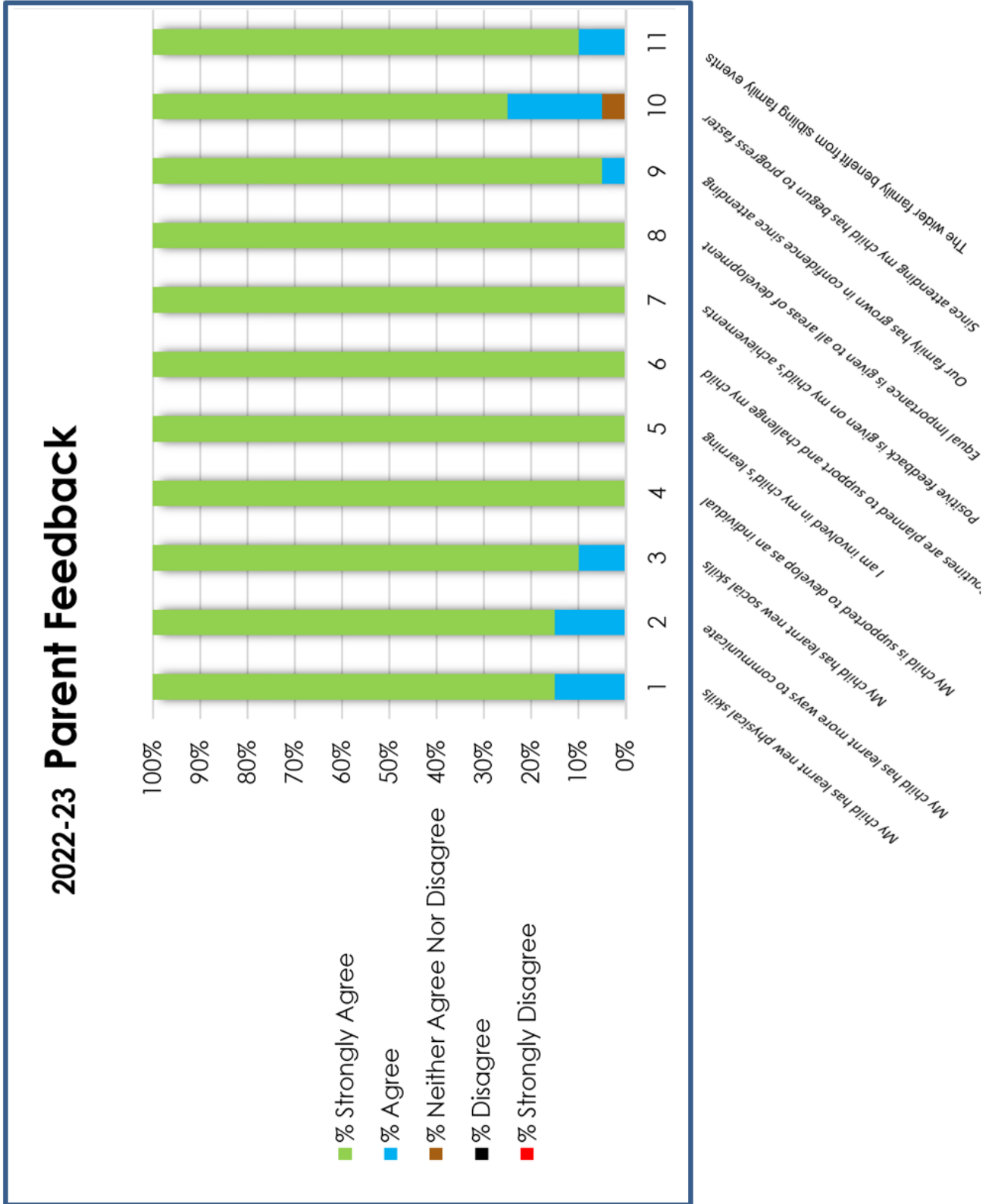
Project Manager for Children and Young People - Norfolk and Waveney CCG

"Thank you for letting me observe your session. It was fantastic. I love how you adapt each and every part of the session to suit ALL of the children, and how you don't force them to sit still! Love Love loved It!"

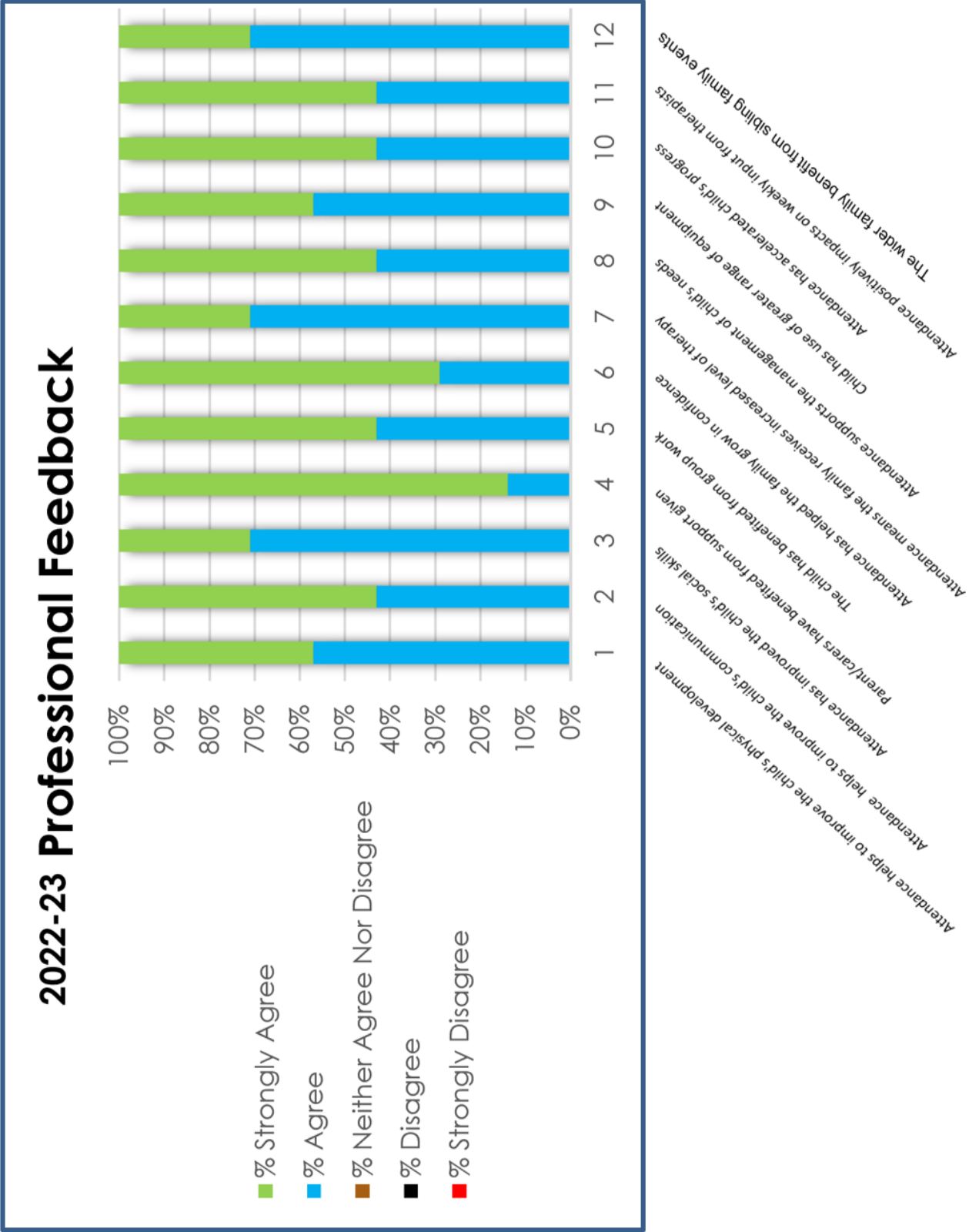
Assistant practitioner for the Children with Disabilities Team, West Norfolk.

APPENDIX 3 – ENLARGED VERSIONS OF THE PARENT AND PROFESSIONAL FEEDBACK CHARTS

PARENT FEEDBACK - 99% of all parent responses Strongly Agreed or Agreed with the questionnaire statements and 1% of responses Neither Agreed Nor Disagreed



PROFESSIONAL FEEDBACK – 100% of all professional responses Strongly Agreed or Agreed with the questionnaire statements



LITTLE DISCOVERERS, WEST NORFOLK SCHOOL FOR PARENTS

England & Wales - Charity number 1125400

Accounts

'LITTLE DISCOVERERS'

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Charity Registration Number: 1125400

REPORT AND FINANCIAL STATEMENT YEAR ENDED 31 MARCH 2022





Little Discoverers

WNSfP

Our Aim

Active learning for disabled children and their families

Little Discoverers (West Norfolk School for Parent) aims, in partnership with parents, to provide quality, holistic early education opportunities for children 0-5 with motor learning difficulties, delayed development and other complex needs.

Through use of structured play, the Early Years Foundation Stage of the National Curriculum and the principles of Conductive Education children are encouraged to achieve stepped goals that enhance skills for independence in everyday life and boost esteem in both child and parent. By working and playing together, families learn to celebrate success and recognise the potential in every child.

Little Discoverers (West Norfolk Schools for Parents) will continue to seek to improve the accessibility to a suitable session, for all families particularly those from hard to reach groups.



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ADMINISTRATIVE DETAILS

Charity Registration Number: 1125400

The following were Trustees of Little Discoverers West Norfolk School for Parents (WNSfP) during the period 1 April 2021 to 31 March 2022:

- Katharine Fisher (Greatorex) BEM
- Sue Williamson
- Penny Sheerin
- Emma Fendley
- Andrew McShane

Contact details for WNSfP:

- Team Leader – Katherine Hunter
- c/o Alive Lynnsport
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB
- 07805 427044
- email: littlediscoverers@littlediscoverers.co.uk
- Website: www.littlediscoverers.co.uk

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Background

Following a survey by Scope in 2002, work started to set up a School for Parents in West Norfolk and since 2005 we have been running a successful West Norfolk School for Parents for children and families in this region, eliminating the need for a long round trip to the closest other School for Parents in Norwich. In 2008 we registered as a charity independent of Scope but operating as part of Scope's School for Parents network. By the end of the year under review we had been successfully running Conductive Education sessions for children with complex motor problems and their families in West Norfolk and surrounding areas for 17 Years.

We follow national School for Parents guidelines and have our own set of policies that are regularly reviewed and updated.

As a result of a suggestion made by the ¹parents West Norfolk School for Parents is known as Little Discoverers WNSfP.

Little Discoverers WNSfP

The Little Discoverers programme provides support to children under 5 with complex physical and emotional difficulties and their parents. Our aim is to enable each child to achieve their maximum potential. We do this by providing individually designed programmes for each child based on the ideas of Conductive Education from Peto in Hungary (see Appendix 1) and are the only people in the West Norfolk area working in this way, with this age group in a group setting.

Nothing the parents have learnt in their previous life has given them any indication of the complex challenges they will meet and how to overcome them. Families can feel very isolated when their child is diagnosed. Little Discoverers provides a safe, friendly and fun early learning environment for pre-school children with difficulties in movement and delayed development that puts parents at the forefront of their child's learning and development and recognises that parents know their child best.



Our aim is to develop children's abilities and confidence in the pre-school years, which will help them at home and later at school. We do this by supporting them to improve their physical skills, their ability to communicate and their social skills. To achieve this we create a three way relationship between parent, child and specially trained Little Discoverers staff. Each child has their own individual education plan.

When the parents and children attending our sessions get to know each other they form a support network of understanding friends. Parents of older children can reassure new families and help them through stressful times. Parents feel relaxed in Little Discoverers, working with families who face similar problems and who jointly celebrate even the smallest achievement of each child.

¹ 'Parent' refers to any adult with a parenting role

Who can benefit from Little Discoverers WNSfP

Little Discoverers is for children aged 0-5 within West Norfolk and the surrounding area. The children may suffer from physical problems, motor learning problems, delayed development and demonstrate a wide range of abilities. They may have learning difficulties, visual, hearing and communication problems. Often our children do not yet have a formal diagnosis, but an example of some of the conditions we work with are: Cerebral Palsy, Downs Syndrome, hydrocephalus, global development delay and genetic disorders.

Children may have physical problems such as being unable to hold up their heads, focus their eyes, roll, sit, stand or walk. Children may be unable to open or close their hands, use them for play or self-help activities. Some children have sensory problems, not wanting to touch different textures or being upset by noises. Many children have feeding problems, such as choking, being unable to finger feed or use a cup (rather than a bottle).

Some children are deaf or have partial hearing. Many children are unable to communicate; unable to point with their eyes or hands; unable to make noises, sounds/words; unable to use sign language. Many children find it difficult to interact, smile or laugh, be sociable or have fun. They may not be able to make their needs known.

A child can be referred to Little Discoverers in a variety of ways, for example by a Health Visitor, Therapists, GP or by parents themselves. After first contact, the parent and child will be² visited at home and invited to visit the group. Parents are then given time to consider whether this is the right service for their child. If a Conductive Education approach is not the most appropriate for the child, staff will suggest other support.

We aim to reply to any referrals within 5 working days and we have been achieving this.

We had 8 new referrals over the course of the year, and we have been able to offer places to all of these children.

During this year, despite the challenges of the pandemic, we supported 27 vulnerable families in need in the West Norfolk area and from adjacent areas of Lincolnshire and Cambridgeshire. This year we have supported 14 female and 13 male children with ages ranging from 8 months to more than 4 years.

We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

How we support the children and their parents – under ‘normal’ circumstances

Parents are key to their child’s development and the early years have been shown to be vital in stimulating the brain to enable the child to maximise their potential. Parents of children with complex health needs and impairments can feel physically and socially isolated leading to increasing emotional difficulties for the parent and the child. Attending a Little Discoverers group gives children therapy for 36 weeks a year in all aspects of their development, regular input that is vital for stimulating the development of new pathways in the brain.

Our approach is based on a unique form of early education focussing on all aspects of child development inspired by methods developed at the Peto Institute of Conductive Education in Hungary (see Appendix 1). This is a multi-sensory approach, stimulating the child’s senses and encouraging self-learning through activities and experiences that are fun for both children and their parents.

² If our ability to hold face-to-face visits and meetings is impacted by external events then we use other methods of communication to ensure all enquiries and referrals are responded to

At Little Discoverers' sessions parents and children learn the skills needed to provide motivation, communication and enjoyment of early learning through play. They are supported to break through the isolation barriers of disability and learn to communicate their emotional journey through contact with supportive professionals and other families on a weekly basis.



Children can start with us from birth and many children come to Little Discoverers under the age of twelve months and stay with us until school age. The average time that children stay with us is about 3 years. Progress is measured in small changes, for instance making eye contact, moving heads towards toys, progressing onto clapping and smiling.

As they attend our sessions children show increased independence, ability to communicate, confidence and self-esteem. Observations of older children include listening skills, playing alongside other

children, sharing / turn taking, co-operative play and their response to the Team. At the end of each session we list the achievements of each child and clap these.



Some of our children attend nursery school and continue to come to Little Discoverers for a session each week.



The families learn the skills necessary to transfer the learning taking place in the session into the home and into the wider community of everyday activities including making the transition and integration into nursery. They receive information in many different formats - through physical activity, through illustrated information sheets and through exchanging knowledge with other parents about their child's impairment and how to empower their child in many everyday and formal learning areas.

The parents support each other and the children make friends in an environment where they are having fun while they learn new skills. The staff work with referring professionals and monitor the outcomes of the children on a daily basis and twice a year create updated Individual Education Plans for each child.

We support up to a maximum of 24 families at any one time in 3 sessions a week with a maximum of 8 children per session, for 36 weeks a year. Each session lasts approximately two hours including a short break for a drink and a snack.

A slow, structured session gives children time to try and to practise new skills, challenging themselves and maximising their potential. Parents feedback that large groups of active children can be intimidating, being fast moving and noisy.

Each of our sessions is planned to involve the children in programmes that look at all aspects of their development - physical, social, emotional and understanding. Themes are chosen to make these sessions fun. Development is encouraged through play, songs, art and craft. There is continuity in the staff members, encouraging attachment and attunement, the staff understanding what the child's needs are and the child learning what is required of them.



As a result of generous donations we have been able to purchase specialist sensory and other equipment. This equipment is invaluable and continues to make a big impact on the way we are able to deliver our sessions.

As well as the regular sessions, we run a number of sessions to provide family and sibling support when the wider family is invited. These days help our groups of families keep in touch and help provide wider support to the children and their siblings. By putting on six sibling sessions a year, we hope to include the entire family in learning and involve the siblings in all aspects of their brother's or sister's development. It also gives the sibling a chance to be involved and feel important. The inclusion of the whole family is fundamental to the core values of the Little Discoverers approach and family sibling sessions are held during school holidays.

We encourage professional and parental feedback at all times and we operate an annual formal feedback process and analyse professional and parental feedback forms to help us identify areas for improvement – these feedbacks continue to be highly positive (see Monitoring Outcomes).

How we supported the children and their parents – impact of COVID related restrictions

COVID continued to impact our ability to operate 'normally' and during the year we faced challenges to how we could operate including holding face-to-face sessions but with restrictions in place.

Instead of our 'normal' schedule of 8 families per session we started the year continuing with the previous restricted two-week rota so that families could attend face-to-face sessions in groups of 4 every other week and we ran online sessions alongside these for the families at home that week. Technology continued to play a massive part in allowing us to offer our services and support remotely to the families. In September 2021, a year after our restricted re-opening to families face-to-face, we made the decision to return to 8 families per session. Covid restrictions in place and new risk assessments completed, we welcomed the families back to weekly sessions, with an outpouring of positive feedback. As time went on, we were able to relax some of our restrictions and adapt them as necessary, according to government guidelines and local case numbers



CHAIRMAN'S REPORT TO THE AGM HELD ON 12th May 2022

West Norfolk School for Parents / Little Discoverers has now been providing a very much needed free service to parents and their children aged 0-5 years old with complex developmental needs for 17 years. This is a huge achievement and has only been possible because of the wonderful work our staff and our voluntary Management Committee do. To read the wonderful comments we get through our anonymous feedback forms sent to the parents and professionals makes us feel proud of what we do and makes all our efforts so worthwhile.

We would also not have been able to provide this service without the financial support that we receive from the NHS and NCC in the form of grants worth £10,000 each but this does leave nearly £18,000 to find. Happily we have had some magnificent support again this year from the Queen, Rotary, local companies such as Ryan Hawkins and many more groups and individuals.

Very sadly Covid is still with us but since September we started running full (up to 8 children), face to face sessions, at the Dutton. We kept up strict Covid preventative measures, buying an air quality device, doing deep cleans, wearing masks, taking temperatures and using hand sanitiser. These have been successful measures and the parents felt safe in sessions and we have not had an outbreak of Covid in the groups. As the situation has changed so have our measures and the Health and Safety document is being regularly updated. Parents found that many children really disliked them wearing masks, so this was stopped. Interestingly research has shown that country wide young children are finding it more difficult to recognise facial expressions as a result of mask wearing. The families really appreciated having a safe space to which they could come and help their children and meet others. This was especially important as so much other support that families would have normally expected to receive, stopped or was just at a distance. We feel we provided a very important service in this difficult period of the pandemic.

The Staff Team

The staff have shown great resilience and dedication and continued to provide excellent sessions during this difficult year, with Covid still causing many varied problems.

Kat Hunter went on maternity leave in May and had an overlap with Hazel Colley who took over as Team Leader. We thank Hazel for all her hard work and she has been very instrumental in helping us update our technology. To enable us to fulfil our DSP (Data security protection) requirements, Hazel has enabled us to get our laptops encrypted and start the process of keeping sensitive data on the "cloud". Pauline Bennett and Lauren Tuffs have given excellent support to Hazel and they run excellent sessions in their own right. The Team have continued to do an excellent job in looking after our Facebook pages and web site, keeping information up-to-date, allowing easy access to our Just Giving account and advertising events. We welcome Kat back to the Team in April and being a mum will give her a very valuable extra dimension to her work with our parents. Now that we have a new Treasurer, Emma Fendley, Kat's extra role helping Gordon Penny with the finances has now come to an end. She has taken on instead 5hrs of fund raising a week for the next 6 months. This will then be reviewed in consultation with Kat.

Pauline and Lauren both had excellent appraisals and in recognition of this they have both been given a salary increase. Kat was also awarded an increase. We realise that our staff are our greatest asset and when the finances of the Charity allow, we reward the staff with increases and so far this has been annually.

The excellent work that the staff do in helping the parents to learn skills to maximise their children's physical, communication and social skills is shown by the fantastic comments the

parents write on their feedback forms and for example, to the questions “My child has learnt new physical, social and communication skills” 80% strongly agreed and 100% agreed with the statement “positive feedback is given on my child’s achievements”. Summaries of the responses to the feedback forms are included in the section Monitoring Outcomes of this report and Appendix 2 includes an extract of parent and professional observations.

The Management Team.

We continue to have a wonderful Management Team who work for Little Discoverers on a voluntary basis, giving hours of their time with a smile. We have not had an unpleasant meeting in 20 years, a real accolade to their desire to help others. We continued to have meetings online³.

We have had some changes to the Trustees. We sadly said goodbye to Gordon Penny but intend to keep in contact. The other Trustees have remained and at present we consist of Andrew McShane (CEO of a company), Emma Fendley Treasurer (business woman), Sue Williamson (retired teacher), Penny Sheerin (solicitor) and Katie Fisher (retired paediatric physiotherapist and Chair).

The Committee has had a few changes. We said goodbye to Mandy Marston but welcomed Hazel Colley back as a parent representative, now with all her extra knowledge from acting as Team Leader. We also welcomed Thomas Graves a wheelchair user, who can give us insights into accessibility in the new Hub and much more. He works at Lynnsport. We were also very fortunate to recruit Lynn List (business woman) to the role of Secretary and we are enjoying working together. The other members of the committee have agreed to stand again and are Dave Carter (PR designer), Jean Hale (business woman and grandmother of a child who attended Little Discoverers), Kevin Parker (businessman) and Alex Hudson (teacher). All members bring their own unique skills, which makes for a wonderfully diverse and successful team.

Quality control

The staff have continued to do excellent case studies throughout the year and these give a good picture of the staff’s working and the progress the children are making. These are included in our quarterly feedback to the NHS and Norfolk County Council and all of them have expressed that they really value these. Our feedback to these bodies has been very well received and we have been complimented on our work, especially during the difficult times of the Covid pandemic. At present we do not have a Children in Need award as we did not apply for this last year as we felt we had sufficient funds in the bank. We will however be putting in an application in the near future as we are now running at a deficit.

Annual feedback forms were filled in by the parents and professionals. Sadly with Covid very few professionals were able to visit but those that did were complimentary about the work we do.

Sue Williamson and I continue to hold staff meetings on the basis of once every 6 weeks of sessions. We go through the annual timetable, looking at and updating policies, auditing data and data protection, checking the children’s learning journals and discussing the running of the groups.

The staff have been given their annual Back Care and Facilitation training and worked through DVDs on Manual Handling, Using a Computer and Fire Safety. We are hoping that Pauline and Lauren will be able to attend a course on Conductive Education at the Pace Centre and Kat is doing a course on Fundraising in July.

³ We really enjoyed meeting up again in person in April this year and hope to continue to carry on like this

The future.

A lot of work this year has been going on with respect to the possibility of having a purpose-built new home for Little Discoverers. Andrew McShane and myself have been having regular meetings with a group of people involved with the Pelican Hockey Club. The project gradually evolved into something with a much wider vision than the original one of a space/ home for Little Discoverers and The Pelican Hockey Club. This vision was of a Hub that would also support adapted sports and people in the wider community that needed help to get active and fit while having fun. We would provide first rate changing facilities, sadly lacking in the majority of Norfolk. We would enable groups, especially charitable ones, to hire space for work with people from the community. To this end it was decided to set up a CIO (Charitable Incorporated Organisation) called the Adapted Sports Hub Trust with its own logo. This is a mixture of that of Little Discoverers and the Pelican Hockey Club. The CIO would have 3 Foundation Trustees, who would be responsible for the building of the Hub and consequently for hiring out space to Little Discoverers, the Pelican Hockey Club and other interested parties. The CIO would develop a business plan for the building's ongoing costs. The CIO has now been set up with Paul Searle, Michelle King from Little Miracles in Peterborough and Katie Fisher as Foundation Trustees. The CIO constitution has been sent to the Charities Commission and is awaiting confirmation of charitable status⁴. There have also been very positive meetings with the Borough Council. Lady Dannatt, Lord Lieutenant of Norfolk, this week visited a Little Discoverers session and the site and was full of enthusiasm and support for the project. With this project we hope to help reduce barriers, tackle inequalities, level up opportunities and provide early experiences to build lifelong activity habits, as well as providing a wonderful new home for Little Discoverers and the Pelicans.

Thank you to everyone who has supported us over this last year and we look forward to another exciting year.

Katie Fisher BEM – Chair



⁴ Charity status subsequently confirmed with Charity Number 1200560

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustee and Management Group are all volunteers and receive no payments. Our main costs are associated with employing and maintaining the skill levels (training) of the 3 part-time members of the Team, the costs of room hire at Lynnsport and the running costs of the sessions including purchase of resources and equipment. The voluntary Trustee and Management Group is responsible for the quality of our service provision, fundraising and approving all expenditure. All our Policies are reviewed annually on a rolling basis by the Trustee and Management Group to ensure we continue to reflect and demonstrate best practice. In addition, our staff are subject to annual appraisals the outcomes of which contribute to decisions on any pay increases that we decide we can afford to pay.



Lynnsport provides direct support by charging a reduced room hire cost and indirectly supports us by the provision of help to establish and maintain the room we use and by organising their activities to ensure they do not disrupt our activities.

Our sessions with the children are planned and run by our Team Leader and the two Team Members who each take it in turn to plan and run sessions on a three-week rota. These are all part time roles aligned to the timings of the individual sessions with the children.

The Trustees and members of the Management Group monitor feedback from families and professionals and from nurseries and schools when children transfer to them. All the feedback continues to be very positive and constructive.

Trustees and members of the Management Group also observe some sessions and provide feedback. Trustees attend 6-weekly staff meetings and carry out staff appraisals.

There are monthly Trustee / Management Group meetings that the Team Leader also attends. The focus of these meetings continues to be on maintaining standards and establishing stable funding to ensure our long-term ongoing viability and as part of this, raising our visibility in the Region as an independent charity.

We work closely with the NANSa Centre in Norwich on staff development and we sometimes attend their centre meetings.

SAFEGUARDING

There were no safeguarding issues to report during the year.

MONITORING OUTCOMES

The majority of children leave Little Discoverers to attend mainstream nursery and mainstream schools and our feedback indicates that we are continuing to successfully deliver in the key 'Outcome' areas of:

- Physical skills
- Communications
- Social Skills

Children attending Little Discoverers sessions have varying abilities due to the nature of their disability and age. Progress is very individual to each child so each child has an individual programme and their achievements are celebrated at the end of each session and then recorded in each child's individual learning journal.

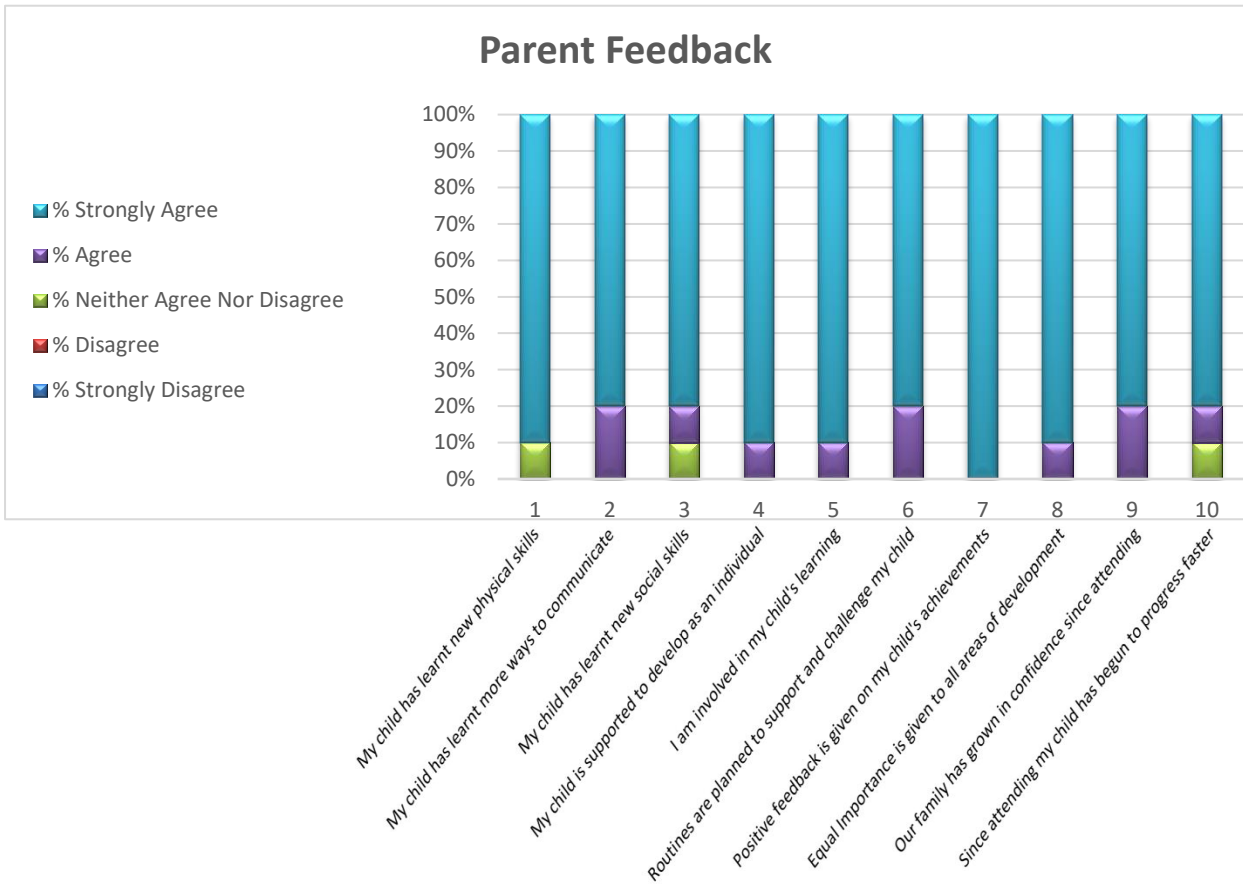
In addition, we encourage informal feedback through comments in our Visitors Book and formal feedback through questionnaires designed to capture Parents' and Professionals' views on the effectiveness of our approach to supporting each child's development.

The continuing impact of COVID meant that 2021-22 continued to be especially challenging for our children and their parents and carers, the Little Discoverers staff and the Professionals from various Services with whom we have contact. Our inability to hold regular face-to-face sessions for a large part of the year continued to challenge us to find ways to engage remotely. To enable us to assess the impact of our video sessions and the precautions taken at the Dutton for the COVID secure sessions that we were able to hold, we again included 3 additional questions in the Parent questionnaires. As can be seen from the Parent responses to our questionnaires, our staff responded magnificently. Unfortunately, Professionals' contact continued to be very restricted, in fact we were able to obtain only 3 completed Professionals' feedback forms and again this year their feedback was dominated by their inability to comment on our contribution to the progress of the children they were monitoring.

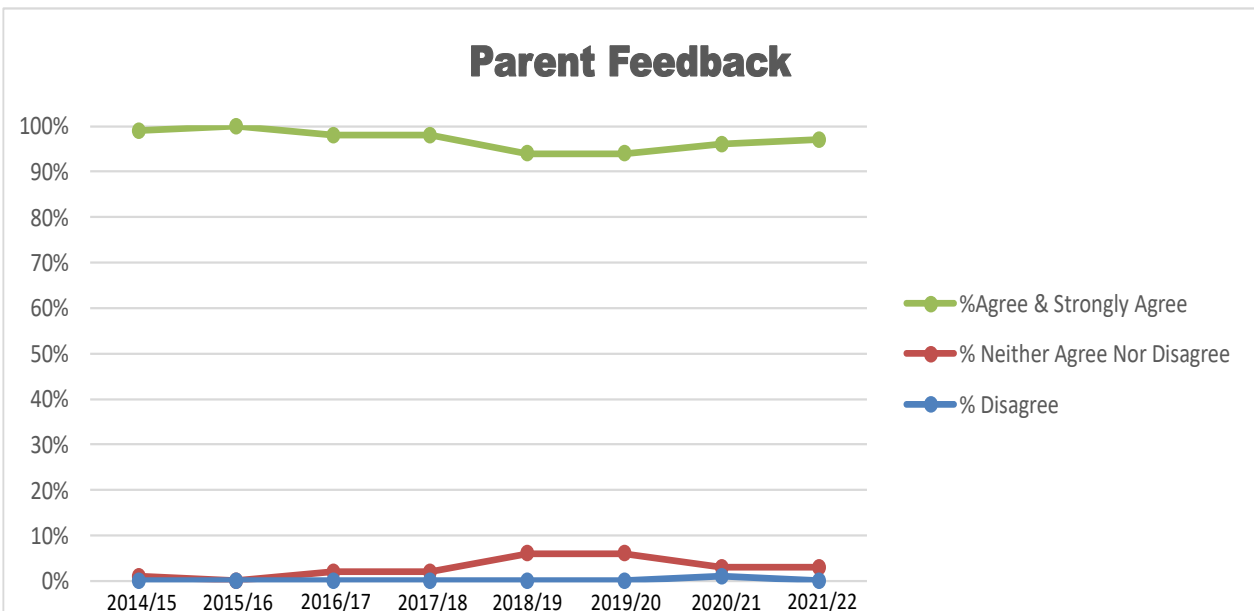
The results of this year's parent and professional questionnaires feedback are shown below.

Parent Feedback - Responses to our usual 10 questionnaire statements. 10 (12 in 2020-21) questionnaires were completed and returned to Little Discoverers by parents. In total, in response to the 10 statements in each of the 10 complete questionnaires:

- 97% (96% in 2020-21) of all parent responses 'Strongly Agree' or 'Agree' with the statements
- 3% of responses 'Neither Agree Nor Disagree' (3% in 2020-21)
- Nil (1% in 2020-21) 'Disagree' with the statements



Comparison with previous years Parents' responses



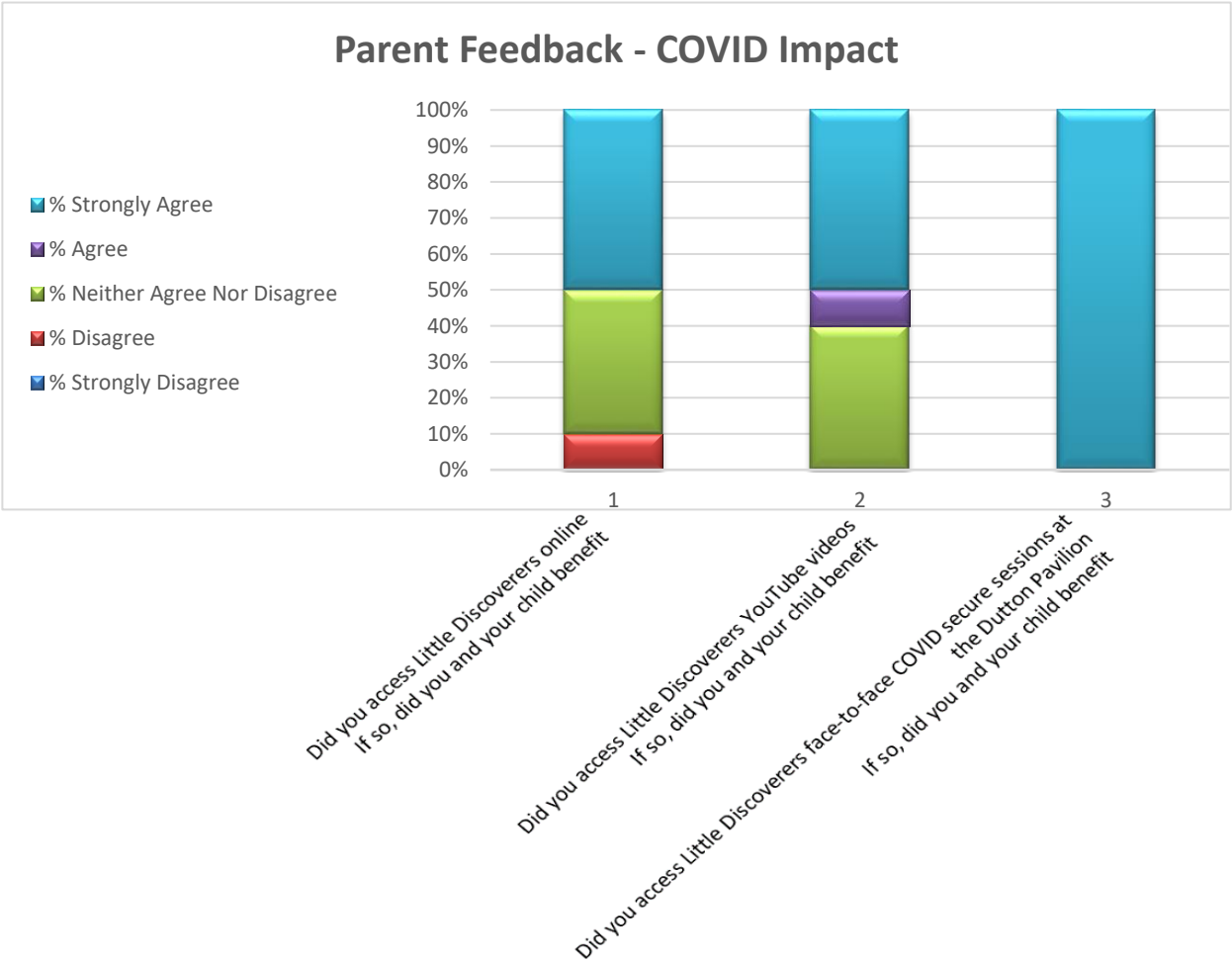
We identified and were able to address the reasons for the increase in Parents' 'Neither Agree Nor Disagree' responses in 2018/19 and 2019/20 and the subsequent actions of our staff and the engagement of our parents and their children during the following 2 pandemic affected years meant that, as shown, we were able to continue providing an effective service even when we had to operate remotely.

We again included 3 additional questions in the Parent questionnaires to help us understand better the impact of our approach to organising and running remote sessions and the response to our COVID secure sessions.

Responses to our 2021-22 additional three special COVID related questions. The questions were responded to in all the 10 completed questionnaires. In response to the 3 questions:

- 70% (89% in 2020-21) of all parent responses ‘Strongly Agree’ or ‘Agree’ with our statements
- 27% (11% in 2020-21) for a variety of reasons did not access either the live or the YouTube videos with their children – for the purpose of this analysis they have been scored ‘Neither Agree Nor Disagree’
- 3% (Nil in 2020-21) ‘Disagree’ with our statement in question 1. This was the response from one parent whose child was not comfortable with the video experience

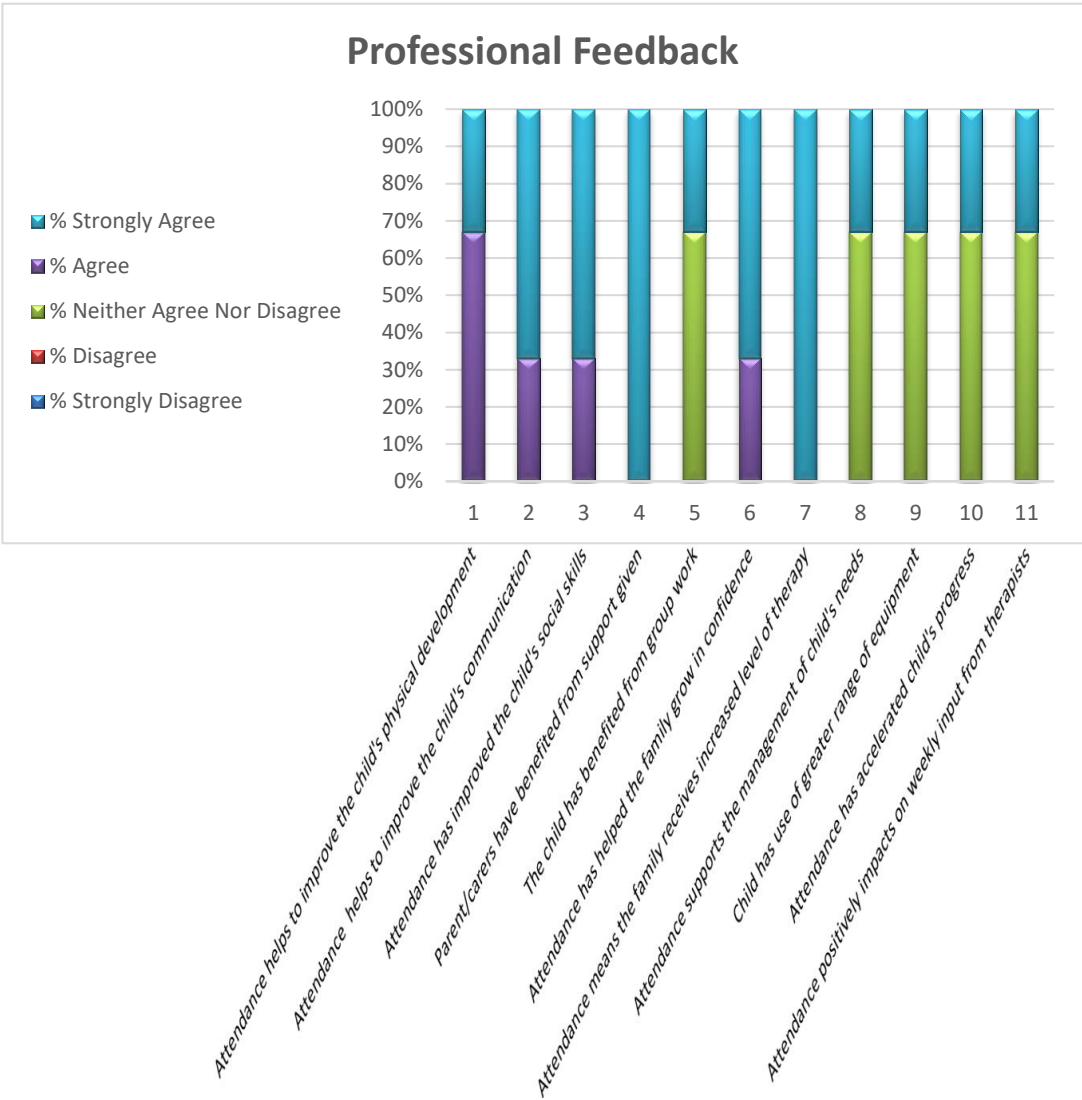
Those parents and children who were able to access and engage with our remote sessions have been enthusiastic and complimentary in each of the last 2 years. The increase in those who did not / were not able to engage remotely in this last year has generated learning that we will incorporate into a future approach to remote operations if that ever has to happen again.



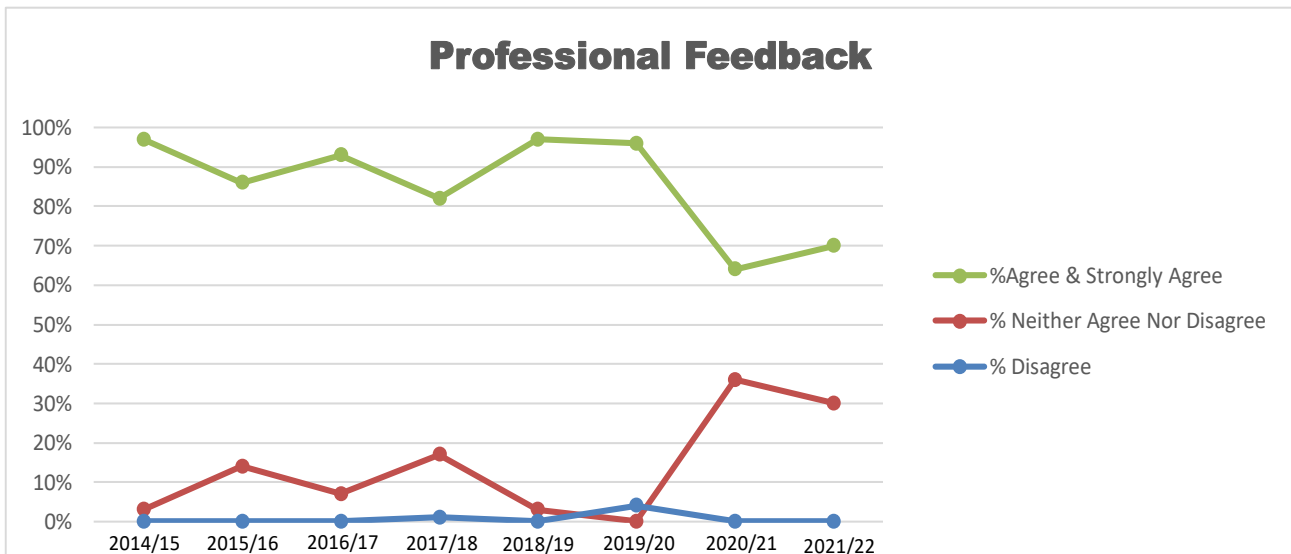
As previously, it is clear from a Parent/Carer perspective that COVID secure face-to-face sessions continue to be the preferred method of service delivery. However, we continued to have a high level of success delivering our sessions live online and via YouTube.

Professional Feedback - Responses to our 11 questionnaire statements. Only 3 (7 in 2020-21) questionnaires were completed and returned to Little Discoverers by professionals who, in most cases, had not been able to visit Little Discoverers to view the children and their parents in sessions. In total, in response to the 11 statements in each of the 3 questionnaires:

- 70% (64% in 2020-21) of all professional responses ‘Strongly Agree’ or ‘Agree’ with the statements.
- 30% (36% in 2021-22) of the responses were ‘Neither Agree Nor Disagree’ or unable to comment due to not being able to observe the children in our setting. In the analysis below all these responses are included in the ‘Neither Agree Nor Disagree’ category



Comparison with previous years Professionals' responses



The Professionals' feedback in this last year and in the previous also pandemic impacted year, highlights the difficulty they face in judging the benefits we deliver when they are unable to view the children in the Little Discoverers setting. The very low number of questionnaires returned to us and the reported lack of ability to respond to the questions highlights the challenge of ensuring they are as engaged with our on-line approach as they are in face-to-face sessions with families they and we are supporting.

(NOTE: See Appendix 3 for an enlarged version of the 'standard' Parent and Professional charts above).



OUR TEAM LEADER'S ANNUAL HIGHLIGHTS

Introduction

Another strange year for the World, Little Discoverers and all our families. During this year, we have had 8 new referrals. These have come from a variety of sources, including several self-referrals and from the community paediatric nursing team. Some of our families have found us through Facebook; more about that later. From April 2021 until March 2022, we have supported 27 vulnerable families in need in the West Norfolk area and from slightly further afield in Lincolnshire and Cambridgeshire too. We have supported 13 males and 14 females. This has all happened whilst the unprecedented pandemic continued. The current ages of the children, range from 8 months to above 4 years. We have already said goodbye to some families, for various reasons - some have started school full time, others have moved onto nurseries and playgroups. In September 2022 a further 7 of our current children will be moving onto school, both specialist and mainstream. It is so wonderful to see the children make the move on from Little Discoverers but it is tinged with sadness as we will miss the smiles and witnessing the progress of the children. We wish them all the very best of luck for their next adventure.

Sessions

We started the year in April, with the rota of families still in place, so that they could attend sessions in groups of 4, every other week. We also ran online sessions alongside these for the families at home that week; once again technology has played a massive part in allowing us to continue to offer our services and support to the families. We made a move from GoToMeeting to Zoom as this seemed to be what families were most familiar with and as we move forwards now (with hopefully less online contact needed), we are using Microsoft Teams. In September 2021, a year after our limited re-opening to families face to face, we made the decision to return to 8 families per session. Covid restrictions in place and new risk assessment completed, we welcomed the families back to weekly sessions, with an outpouring of positive feedback. As time went on, we were able to relax some of our restrictions and adapt them as necessary, according to government guidelines and local case numbers. I would like to say a massive "thank you" to our families for their support and understanding whilst we have had to have restrictions and adaptations in place. We have made some changes due to Covid, that we have decided to keep in place long term, as they have proved to be beneficial. This includes the use of individual trays for each child, with their own hoop and sensory objects for stamping their feet in. We are also routinely cleaning all shared toys and equipment, and this will also continue, regardless of Covid.

YouTube

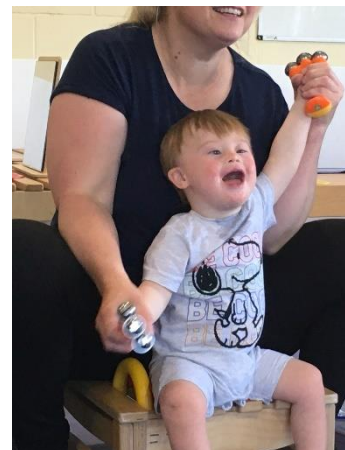
Although we haven't made many new videos for our YouTube channel this year, we have directed lots of families towards it; we now have 42 subscribers and over 9000 views. We have made videos showing the Covid restrictions and changes that we have put in place, and these have been shared on YouTube as well as through our Facebook Page.

Facebook

A big challenge this year has been increasing our social media presence on Facebook. We now have a public business page, with 170 likes, and posts on there are often reaching over 1000 people. We are also 'friends' with our current families and have a group for past attendees too. Most of our families are choosing to use Facebook to communicate with us, using the Facebook messenger service as the primary source for contact. Several parents have shared events or posts on both our current and past attendees' pages, which are relevant to all families. It is lovely to see the support that our families give each other via the social media platform, and to see that it continues long after families have moved on from Little Discoverers.

Fundraising

Fundraising has remained difficult this year, not just for Little Discoverers but all charities. Our increased Facebook presence has ensured that more businesses are aware of us and what we do. We have been Charity of the Month for Radio West Norfolk and Poco Lounge, who hosted some events over Christmas, with the proceeds being donated to Little Discoverers. We have also received donations from local businesses, including Recipharm, in the form of money or raffle prizes. Once again, both the Priory Rotary and King's Lynn Rotary Clubs have supported us with donations in order to keep our vital service running. The Arts Society also funded some craft-based sibling sessions for us. A massive thank you to all the individuals and businesses who have supported us this year with donations, it genuinely makes so much difference to what we do and what we can offer for our families.



Families

Once again, the families have been at the very centre of everything we do. We are so fortunate that our families have supported all the changes we have had to make during this challenging



year. The children have embraced our sessions this year, exploring rice, cereal and mud to name a few, as well as water and crafts activities. They have worked hard and persevered with their physical skills, with some taking their first steps this year. One of the joys of Little Discoverers is the fact that siblings and past attenders are not forgotten about. This year we have played under the sea at Little Sharks soft play, explored the farm and made lots of mess during our Sibling Sessions. We also had a Christmas Party, again at Little Sharks, as requested by our parents.

Learning

We haven't had as much time for learning this year, with the focus being on returning safely to face to face sessions (it's a good job, we had all that free time during lockdown to do some of the previous year!). The staff have completed all their mandatory training for the year and have some exciting plans for training they would like to complete during the next year. During the usual two-hour session, we use a holistic approach of singing, signing, sensory involvement and a healthy mix of adult and child led activities. This way of learning allows the children to succeed and progress without ever realising that they are 'working'. What is fun for the children is always fun for the adults too and so many laughs and good times are shared in our Little Discoverers sessions.

Here are a few of the children's achievements we have witnessed this year: Child 1 is 2 years old with a diagnosis of Down's Syndrome. Having attended Little Discoverers virtually during lockdown, it was lovely to see his confidence grow when sessions resumed, and the relationships he developed with his peers as restrictions were lifted. At the start of the year, he was non mobile and during sessions we have helped him develop these skills; just a few weeks ago he took his own independent first steps – WOW! Child 2 is 2 years old with a diagnosis of William's Syndrome and a tracheostomy in place. When she started with us, 9 months ago, she was unable to sit without support; within a matter of weeks, she was sitting independently. Now she is able to take steps when supported by an adult and pull herself to stand independently at the ladders. She has started to wave 'hello' to her friends and adults in the sessions and happily claps her hands when praised, but also when her friends are praised too.

She has lots of smiles for everyone during sessions and we can't wait to see what the next 9 months bring. Every one of our children, and their families, have a success story; we would be here all night if I shared them all. The parents (and any other carers we see!) also deserve a mention. They have adapted to all the changes, not only during sessions, but in an ever-changing world, and have continued to use everything they have learnt at Little Discoverers to help their children reach their potential. We have seen some lovely friendships blossom between parents and have noticed the support network that they give each other; sometimes it's these little things which make a big impact.

Conclusion

As we finish our year 2021-2022, we are delighted to welcome Kat back as Team Leader, having completed her maternity leave. The families are all excited to see her back and can't wait to see what adventures she has in store for them during sessions. As I leave my Team Leader role and resume my place on the management committee, I would like to say a huge "thank you" to Pauline and Lauren for their support over the past year; I couldn't have done it without them. I'd also like to say thank you to our families who welcomed me into sessions and made everything so much easier with their many smiles. Finally, to the committee and trustees, thank you for your support over the past year, not just with my role, but for everything you do to enable Little Discoverers to continue to offer the amazing service that we do. It has been lovely this year to welcome families back to the Dutton and see all the progress that they have made over the past year. 2022 is already shaping up to be an extraordinary year and with the support of everyone, Little Discoverers will continue to flourish and evolve, providing support for the families of West Norfolk and beyond.



HOW WE COMMUNICATE

OUR VIDEO

The College of West Anglia Film Department produced our current video to provide a good understanding of what we do in a session, so useful for potential families and people wishing to refer a family. We continue to receive positive feedback and are very pleased that the video has been so well received.

The families taking part have all given their written permission for the video to be used on our website.

OUR WEBSITE

www.littlediscoverers.co.uk

The web site was designed and is maintained for us by Simon Adams, son of Linda Adams who was a Member of the Management Group.

Photos of children taking part in sessions are included on the web site where parents have given written permission for this purpose.

The web site and video show clearly what takes place in a Little Discoverers' session and how the children and carers benefit. The web site continues to be very helpful to potential families and funders.

OUR YOU TUBE CHANNEL

We launched our very own Little Discoverers YouTube Channel primarily to provide something that parents can access at home if they are unable to attend our sessions and to provide parents with wonderful memories, advice, and tips for activities they can do at home and a way of sharing the hard work they are doing in sessions with family and friends. This has been invaluable in helping us mitigate the impact of the pandemic on the families and the service we provide to them. We created around 50 YouTube videos that show parents activities they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and so much more. They are not only informative but continue to be a great success with the children.

FACEBOOK

A big challenge this year has been increasing our social media presence on Facebook. We now have a public business page, with 170 likes, and posts on there are often reaching over 1000 people. We are also 'friends' with our current families and have a group for past attendees too. Most of our families are choosing to use Facebook to communicate with us, using the Facebook messenger service as the primary source for contact. Several parents have shared events or posts on both our current and past attendees' pages, which are relevant to all families. It is lovely to see the support that our families give each other via the social media platform, and to see that it continues long after families have moved on from Little Discoverers.

OUR LOCATION

This has been Little Discoverers 11th year at the Dutton Pavilion at Lynnsport in King's Lynn and we continue to be very grateful to Lynnsport and its staff for their support. However, we are facing space constraints at the Dutton for running sessions and for the storage of our materials and equipment and we continue to have discussions with Lynnsport and others to identify accommodation that will enable us to accommodate additional numbers to meet the increasing demand for our services. As a result of these discussions we have identified the possibility of having a purpose built 'Hub' that would meet our and others needs in West Norfolk and

surrounding areas. The vision is of a Hub that would support adapted sports and people in the wider community that needed help to get active and fit while having fun. Work is proceeding to determine if the Hub can be constructed on the Lynnsport site and how the £3m+ funding can be obtained. If built then Little Discoverers and others would rent space in it.



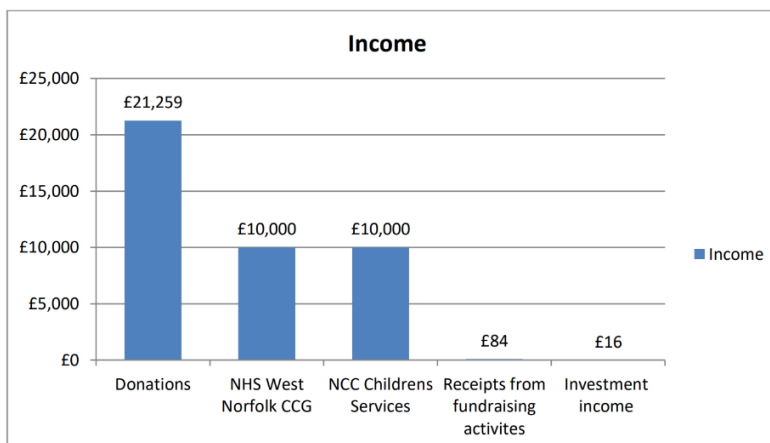
FINANCIAL REVIEW

This has been a challenging year for Little Discoverers, which is shown by the deficit of £10,397 (2020-2021 £17,332 surplus), we have closing bank balances of £92,250 (2020-2021 £102,647).

Income

During this period income received totalled £41,359 (2020-2021 £57,759).

From the graph you can see that a substantial part of our income has been in Donations (2020-2021 £27,618). This is down on last year but last year included a one-off donation of £12,725 from a local charity which no longer runs. We hugely appreciate all donations, whether by local businesses, clubs and those who have fundraised on our behalf - 30% of our donations is via Just Giving pages.



We did not apply for any funding from Children in Need during this period, which previously has been £10,000.

Norfolk County Children's Services have funded us £10,000 and NHS West Norfolk CCG (Clinical Commissioning Group) have also funded another £10,000, which is the same as the previous year.

Investment income is down to £16 with the reduction in interest rates (2020-2021 £38).

Expenditure

Our total expenditure for the year is £51,756 (2020-2021 £40,427). Our largest expense, as always, is salaries at £37,282 (2020-2021 £29,649) significantly up on last year. This is due to maternity pay for our team leader, which will be refunded in the next financial year and maternity cover costs, this has also decreased the NEST pension contributions to £499 (2020-2021 £599), which we continue to pay as per the Government legislation.

Rent payable is £5,370 (2020-2021 £1,895) with £895 still outstanding for this financial year.

Computer and website costs are £725 (2020 – 2021 £753), this includes encryption of all the laptops.

All other costs are within acceptable levels and as expected at this time.

Budget analysis

We produced our first budget for this financial year. Income was budgeted at £37,193 and we achieved £41,359 an increase on budget of £4,166. Expenditure was over budget by £6,885 - our budget was £44,871 with actual expenditure of £51,756. Overall, we were £2,719 over budget for the year.

For next year, our expenditure costs are budgeted at £50,299, income is £50,092.

Summary

Financially, we have made a loss this year but this was not unexpected, as we made the decision not to apply for the Children in Need grant and we have had the added salary costs due to maternity.

Our total funds available to spend, without restrictions, are £90,608. This includes a contingency of £10,000, less our restricted funds balance (the musical session fund) of £1,642.

It has been another unusual year, not so much due to Covid restrictions, although this has caused issues but maternity leave has added extra costs and pressure. Everyone has worked brilliantly together and many thanks goes to the staff for all their support.

The trustees and management team will continue to carefully and regularly review the position and will strive to find ways to continue the good work.

We would like to take this opportunity to thank Stephenson Smart who provide our monthly financial statements, manage our payroll, administer our pension scheme and audit our annual accounts. They have endorsed our financial management and accounting practices and are confident that they meet all the requirements as set out by the Charity Commission for England and Wales.

Financial Reserves Policy

We face a number of areas of financial uncertainty, including:

- We rely heavily on income from fund raising activities and donations. There is a large element of uncertainty in the phasing and levels of income that these will produce and we believe that it is prudent to ensure we have sufficient reserved funds to accommodate this uncertainty and ensure our continued operations
- We must ensure that we have sufficient reserved funds to manage an orderly close down if that ever became the only responsible action for us to take.
- It will not be possible to expand our service within the physical confines of Lynnsport's Dutton Pavilion and our location may have to change and we believe that it is prudent to ensure we have sufficient reserved funds to allow us to fund a move

and at the same time

- Major developments are taking place at Lynnsport that will include changes to the Dutton Pavilion (our current base) that may make it impossible for us to continue operating there.

As a response to the challenges facing us the Trustees have confirmed a decision to formally allocate a Reserve amount from our unrestricted funds. The amount of Reserve will be reviewed annually to enable us to manage short term shortfalls in funding, ensure we have the funds to manage an orderly close down if that ever became the only responsible action for us to take and to ensure we can fund a move from the Dutton Pavilion if we have to with minimum impact on our operational activities. During the reporting period it was set at £10,000 and our Reserves Policy and amount is under review for the current period.

Emma Fendley MAAT
Treasurer

INDEPENDENT EXAMINER'S REPORT AND EXAMINED FINANCIAL STATEMENTS

Charity registration number 1125400

Little Discoverers, West Norfolk School for Parents

Unaudited Financial Statements

Year ended 31 March 2022

Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Little Discoverers, West Norfolk School for Parents

Organisation Information

Year ended 31 March 2022

Registered charity name	Little Discoverers, West Norfolk School for Parents
Charity registration number	1125400
Principal office	c/o Alive Lynnsport Greenpark Avenue King's Lynn Norfolk PE30 2NB
Trustees	Mrs K Fisher (Greatorex) Mrs S Williamson Mrs P Sheerin Mrs E Fendley Mr A McShane
Accountants	Mr D Jastrzebski Stephenson Smart (East Anglia) Limited Chartered Accountants 22-26 King Street King's Lynn Norfolk PE30 1HJ
Bankers	CAF Bank Limited 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ

Little Discoverers, West Norfolk School for Parents

Financial Statements

Year ended 31 March 2022

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Little Discoverers, West Norfolk School for Parents

Independent Examiner's Report to the Trustees of Little Discoverers, West Norfolk School for Parents

Year ended 31 March 2022

I report to the trustees on my examination of the accounts of Little Discoverers, West Norfolk School for Parents ('the charity') for the year ended 31 March 2022 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

As permitted by Direction 2, issued by the Charity Commission the firm for which I work has provided the charity with bookkeeping services during the year ended 31 March 2022. As a consequence I have followed the requirement of the FRC's Ethical Standard when undertaking this assignment.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Dan Jastrzebski ACA CTA
Stephenson Smart (East Anglia) Limited
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ
20 January 2023

Little Discoverers, West Norfolk School for Parents

Receipts and Payments Account

Year ended 31 March 2022

	2022			2021
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	17,092	-	17,092	27,618
Funding	20,000	-	20,000	20,000
Grants	-	-	-	10,000
Receipts from fundraising activities	4,173	-	4,173	103
Investment Income	16	-	16	38
Other Income	78	-	78	
	<u>41,359</u>	<u>-</u>	<u>41,359</u>	<u>57,759</u>
Payments				
Charitable activities	50,081	139	50,220	39,227
Governance costs	1,536	-	1,536	1,200
	<u>51,617</u>	<u>139</u>	<u>51,756</u>	<u>40,427</u>
Net receipts/(payments)	<u>(10,258)</u>	<u>(139)</u>	<u>(10,397)</u>	<u>17,332</u>
Fund transfers	-	-	-	
Surplus/(deficit) for year	<u>(10,258)</u>	<u>(139)</u>	<u>(10,397)</u>	<u>17,332</u>
Cash funds at 31 March 2021	100,866	1,781	102,647	
Cash funds at 31 March 2022	<u>90,608</u>	<u>1,642</u>	<u>92,250</u>	

Little Discoverers, West Norfolk School for Parents

Statement of Assets and Liabilities

Year ended 31 March 2022

	2022		2021	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Monetary assets				
CAF Gold Account	90,105	1,642	91,747	98,536
CAF Cash Account	503	-	503	4,111
	<hr/>	<hr/>	<hr/>	<hr/>
Total cash funds	90,608	1,642	92,250	102,647
	<hr/>	<hr/>	<hr/>	<hr/>
Other monetary assets				
PAYE & NI	171	-	171	-
	<hr/>	<hr/>	<hr/>	<hr/>
Liabilities				
Pension contributions	84	-	84	132
	<hr/>	<hr/>	<hr/>	<hr/>

CLIENT APPROVAL

We approve the financial statements for the year ended 31 March 2022 and confirm that we have made available all relevant records for their preparation.

Katharine Fisher Chair

20 January 2023

Mrs K Fisher (Greatorex) on behalf of Little Discoverers, West Norfolk School for Parents

Little Discoverers, West Norfolk School for Parents

Notes to the accounts

Year ended 31 March 2022

1 Restricted Funds

	Balance at 31 March 2021	Receipts	Payments	Transfers	Balance at 31 March 2022
Snettisham CP	-	-	-	-	-
Musical Sessions	1,768	-	(126)	-	1,642
Children in Need	-	-	-	-	-
Children in Need Covid-19	13	-	(13)	-	-
	<u>1,781</u>	<u>-</u>	<u>(139)</u>	<u>-</u>	<u>1,642</u>

Fund

Snettisham CP

Musical Sessions

Children in Need

Children in Need Covid-19

Purpose and restriction

To provide equipment

To provide musical sessions

To provide part funding for team leaders salary

To cover Covid-19 expenses

Little Discoverers, West Norfolk School for Parents

Detailed receipts and payments account

Year ended 31 March 2022

	2022			2021
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	17,092	-	17,092	27,618
Funding:				
NHS West Norfolk CCG	10,000	-	10,000	10,000
Vancouver Children Centre	-	-	-	-
Hunstanton Children Centre	-	-	-	-
N Lynn, Gaywood NB & Wootton Children Centre	-	-	-	-
Downham Market Children Centre	-	-	-	-
Emneth Children's Centre	-	-	-	-
NCC Children's Services	10,000	-	10,000	10,000
Grants:				
Children in Need	-	-	-	7,500
Children in Need Covid-19	-	-	-	2,500
Receipts from fundraising activities	4,173	-	4,173	103
Investment Income:				
Bank Interest	16	-	16	38
Other Income	78	-	78	-
	41,359	-	41,359	57,759
Payments				
Costs of charitable activities:				
Wages and salaries	37,282	-	37,282	29,649
Pension Contributions	499	-	499	599
Social security expense	360	-	360	-
Recruitment fees	-	-	-	195
Rent payable	5,370	-	5,370	1,895
Equipment and musical sessions	1,221	126	1,347	528
Insurance	750	-	750	672
Training and expenses	404	-	404	91
Membership fees	254	-	254	30
Travel	75	-	75	-
Printing, postage and stationery	458	-	458	600
Computer and website	725	-	725	753
Telephone	213	-	213	119
General expenses	2,071	-	2,071	1,565
Management expenses	97	-	97	44
Aptlive sports hub expenses	125	-	125	-
Covid-19 Expenses	177	13	190	2,487
Governance costs:				
Payroll and accountancy costs	1,536	-	1,536	1,200
	(51,617)	(139)	(51,756)	(40,427)
Net receipts/(payments)	(10,258)	(139)	(10,397)	17,332

APPENDIX 1 – WHAT IS CONDUCTIVE EDUCATION

Conductive Education (CE) is a holistic integrated therapy/education system which is primarily useful for children with physical disabilities that have impacted on a wide area of their development. Conditions such as Cerebral Palsy, Downs Syndrome and genetic conditions.

Andras Peto, the founder of CE, viewed children with neurological conditions as a whole, focussing not only on the body but also on the personality. He therefore chose methods of facilitation that not only made actions possible, but also developed the personality, the wish, desire and ability to be active and increased their confidence. CE perceives these children as facing a challenge of learning rather than needing treatment for a medical condition.

CE is based on the premise that despite damage to the nervous system, the brain has a degree of plasticity which gives it the capacity to form new neural connections which may take over from the damaged areas. However **an active** learning process stimulated by a multi sensory approach, using Rhythmical Intention (the staff use a phrase such as “I put my feet flat” to trigger a number of cognitive processes) and working in groups, is needed for this to happen.

Children without disabilities often learn quickly how to make use of their environment, how to connect with it and use it as a tool in their development. They learn to adapt and respond to the environment and its demands; in addition they learn to influence it, thus having an active interaction with the environment.

This situation however is different for children with neurological conditions. Disturbed mobility is accompanied by a challenge in their ability to perceive and understand. The impeded movement can restrict or prevent interactions with people and objects which would normally assist their development. This can result in negative experiences and frustrations which in turn affect personality. The dysfunction of the personality in turn restricts physical development and so a circle begins. CE aims to break this circle using group working, multi sensory input, facilitation using aids and equipment and programmes specific to the needs of the individual children.

The learning environment is critical to the success of skill development. The programme/sessions are structured, supportive, designed to maintain interest, to motivate, to reinforce learning, to praise and to challenge. It is important to also focus on transferring what is learned to the home environment by giving the parents the necessary skills and confidence.

Conductive Education is fun for both child and parent/carer.

APPENDIX 2 - PARENT AND PROFESSIONAL OBSERVATIONS

1. Extract of Parents' Observations

Little Discoverers has been such a positive in [redacted] development. We learned to sit in our [redacted] first few sessions, they understand how [redacted] learns and really gets the best out of her. Their approach is fantastic. We had a bad experience with our local physio around developing so [redacted] with reservations but after being here 2 minutes we felt at home and knew just how missing it would be.

You guys are doing great! 🥰
Thank you for the support to [redacted] and myself!
We love to attend every Thursday and [redacted] learns alot! 🥰

Little Discoverers has been a huge part of helping with all aspects of development, the support we get ~~is~~ is amazing.

We love LD! [redacted] loves coming every week, he's so supported and welcomed, as am I. Everyone is understanding there's no better group we attend!

Little Discoverers has been a lifeline for our family. Being able to meet other families going through similar situations to us & talking about issues and what's out there for SEN families. It has also been incredible for [redacted] watching him progress further than what doctors said he would do, thanks to the help and support of Little Discoverers! Thankyou! 🥰

Brilliant sessions as [redacted] gets bigger. She will be open to lots of activities. We both look forward to attending every week.

We couldn't speak higher of Little Discoverers or the staff. It is an exceptional service and one we are very proud to be a part of. [redacted] loves attending and has grown significantly in confidence - from a shy lock down baby to a social butterfly. Her physical skills are amazing - undoubtedly supported by the development of her gross & fine motor skills out sessions. She loves the routine of the sessions & the new opportunities to explore new activities weekly. Thank you so much - you are all amazing!

A selection of comments from the Parent Feedback Forms

To enable us to assess the impact of our video sessions and the precautions taken at the Dutton for the COVID secure sessions that we were able to hold, we included 3 additional questions in the Parent questionnaires – they are the first 3 questions in the extracts below.

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
	5	4	3	2	1
1. Access Did you access the Little Discoverers online, live video sessions? If so, do you agree that the sessions benefitted you and your child?	✓				
Comments: The live sessions were so helpful during lockdown + really helped with continued progression + social interaction					

2. Access Did you access the Little Discoverers online YouTube videos? If so, do you agree that these videos benefitted you and your child?	✓				
Comments: It was nice to be able to access these at home, to keep the routines & staff fresh in her mind.					

3. Access Did you access the Little Discoverers face-to-face Covid-19 secure sessions at the Dutton Pavilion? If so, do you agree that the sessions benefitted you and your child?	✓				
Comments: absolutely and all ran well to make everyone feel safe and secure.					

The following are comments from our 'standard' Parent assessment questionnaires.

4. Physical independence My child has learnt new physical skills which have encouraged greater independence.	✓				
Comments: new physical skills such as self feeding, crawling, standing independantly, cruising.					

5. Communication My child has learnt more ways to communicate (such as eye contact, eye pointing, gesture, signing and vocalising) allowing my child greater interaction.	✓				
Comments: eye contact, eye pointing, gestures, signing and says 'more'.					

6. Social skills My child has learnt new social skills (such as smiling, turn taking, interacting) which have increased their confidence and sense of wellbeing.	✓				
Comments: at the start of LD we wouldn't leave my side. Now he explores on his own and plays with other children					

7. The Unique Child At Little Discoverers, my child is supported and encouraged to develop as an individual and a positive sense of self.	✓				
Comments: [redacted] is celebrated just for being herself - what more could any parent ask for?!					

8. Positive relationships As parents we are spoken to, engaged, and involved for the benefit of our child's learning and development.	✓				
Comments: Coming to L.D. is amazing for me as a parent to discuss SEN with those who understand + can give guidance, and the team are always ready to offer their input to help [redacted]					

9. Learning environment Little Discoverers provides planned routines, experiences and activities that support and challenge my child.	✓				
Comments: [redacted] knows how each session runs with the routine. It helps him to know what's coming next. He is always met with a doable challenge!					

10. Feedback At Little Discoverers, my child is given helpful feedback about his / her efforts and achievements.	✓				
Comments: This has helped with giving vital information to other services.					

11. Support for the Child At Little Discoverers, all aspects of my child's learning and development are considered equally important. His / her strengths and areas for development are recognised and supported.	✓				
Comments: The staff know the children well and adapt to their needs.					

12. Confidence of Family Unit Attendance at Little Discoverers has helped our family grow in confidence to help manage the challenges we meet.	✓				
Comments: lovely that everyone so supportive and understands situation.					

13. Increase in Development Rate Since attending Little Discoverers our child has begun to progress at a faster rate.	✓				
Comments: <i>Attending the weekly session, along with attending preschool, has opened up lots of new experiences for our daughter to grow & develop.</i>					

2. Professionals' Observations

The Professionals' feed-back in this last year and in the previous also pandemic impacted year, highlights the difficulty they face in judging the benefits we deliver when they are unable to view the children in the Little Discoverers setting. The very low number of questionnaires returned to us and the reported lack of ability to respond to the questions highlights the challenge of ensuring they are as engaged with our on-line approach as they are in face-to-face sessions with families they and we are supporting. However, included below is a response from an experienced professional based at the King's Lynn Queen Elizabeth Hospital who is familiar with our approach and some of the children we are supporting.

	Strongly Agree 5	Agree 4	Neither Agree or Disagree 3	Disagree 2	Strongly Disagree 1	Unable to Comment Due to Pandemic
1. Physical Independence Attendance helps to improve the child's physical independence/skills	* ✓					
Comments:						

2. Communication Attendance had helped the child to communicate more (eg eye contact, eye pointing, gesture, signing and vocalising)	* ✓					
Comments:						

3. Social Attendance has improved the child's social skills,(eg smiling, interacting)therefore increasing confidence and well-being	* ✓					
Comments:						

4. Support for the Adult Parent/carers have benefited from support given from both staff and peers.	* ✓					
Comments: Enabling parents to have the opportunity for peer support is often a big factor in encouraging families to consider a referral to Little Discoverers. What is abundantly clear is the significant positive impact this has when families start to attend as they understand they are not alone.						

5. Support for the Child The child has benefited from working within a group setting.	* ✓					
Comments:						

6. Confidence Attendance has helped the family grow in confidence/skills to help them manage their child's disability.	* ✓					
Comments: Families network and we see that families are more receptive to their child having interventions, for example an enteral feeding tube when it is normalised amongst peers. This enables them to share fears and ask questions to others from a lived perspective and this is invaluable.						

7. Therapy Input Attendance at Little Discoverers means that the family receives an increased level of therapy input.	* ✓					
Comments:						

8. Management Attendance supports the management of the child's needs.	* ✓					
Comments:						

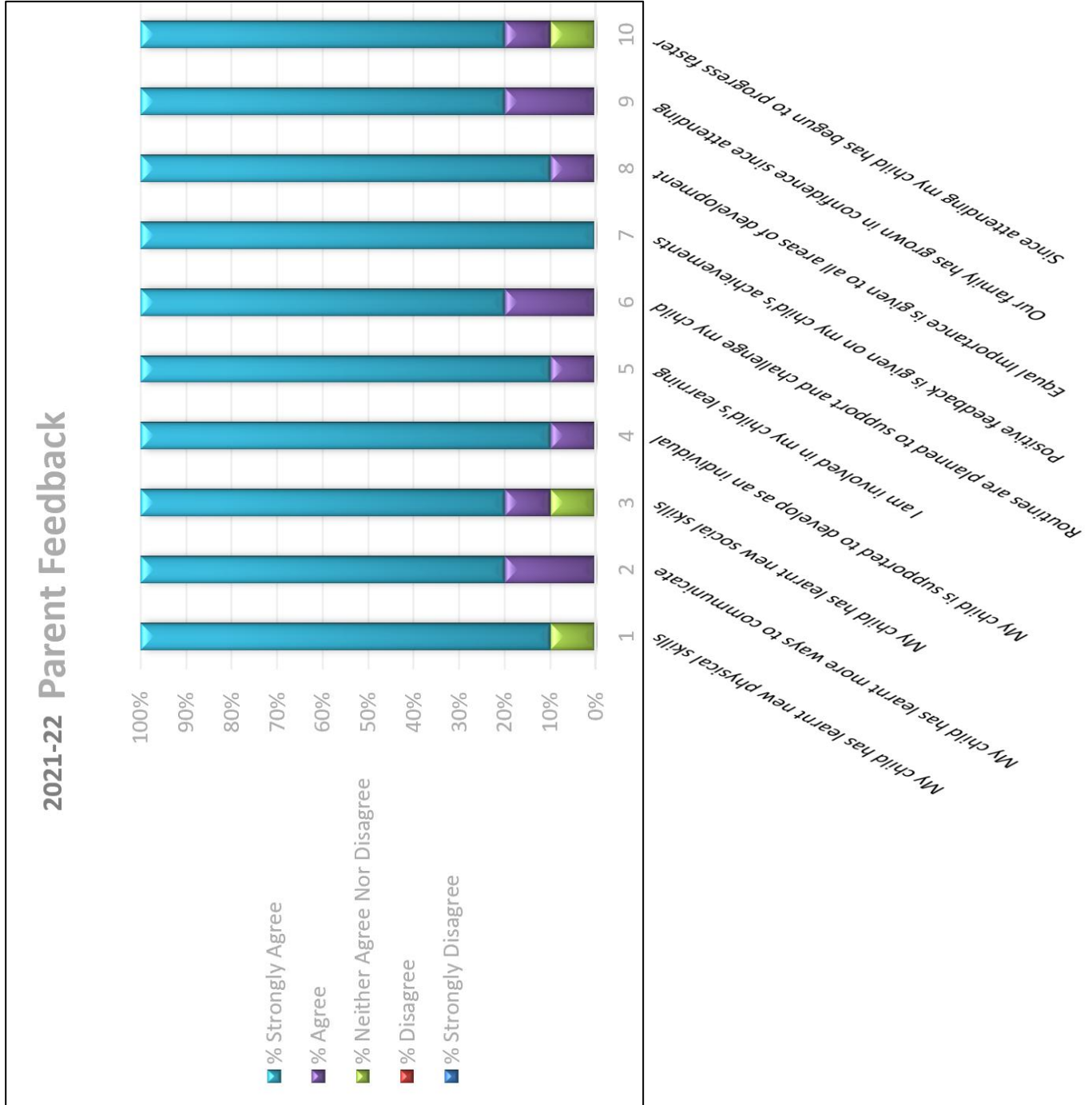
9. Access to Equipment The child has use of a greater range of equipment than would be otherwise possible.	* ✓						
Comments:							

10. Development Attendance has accelerated the child's progress/development.	* ✓						
Comments:							

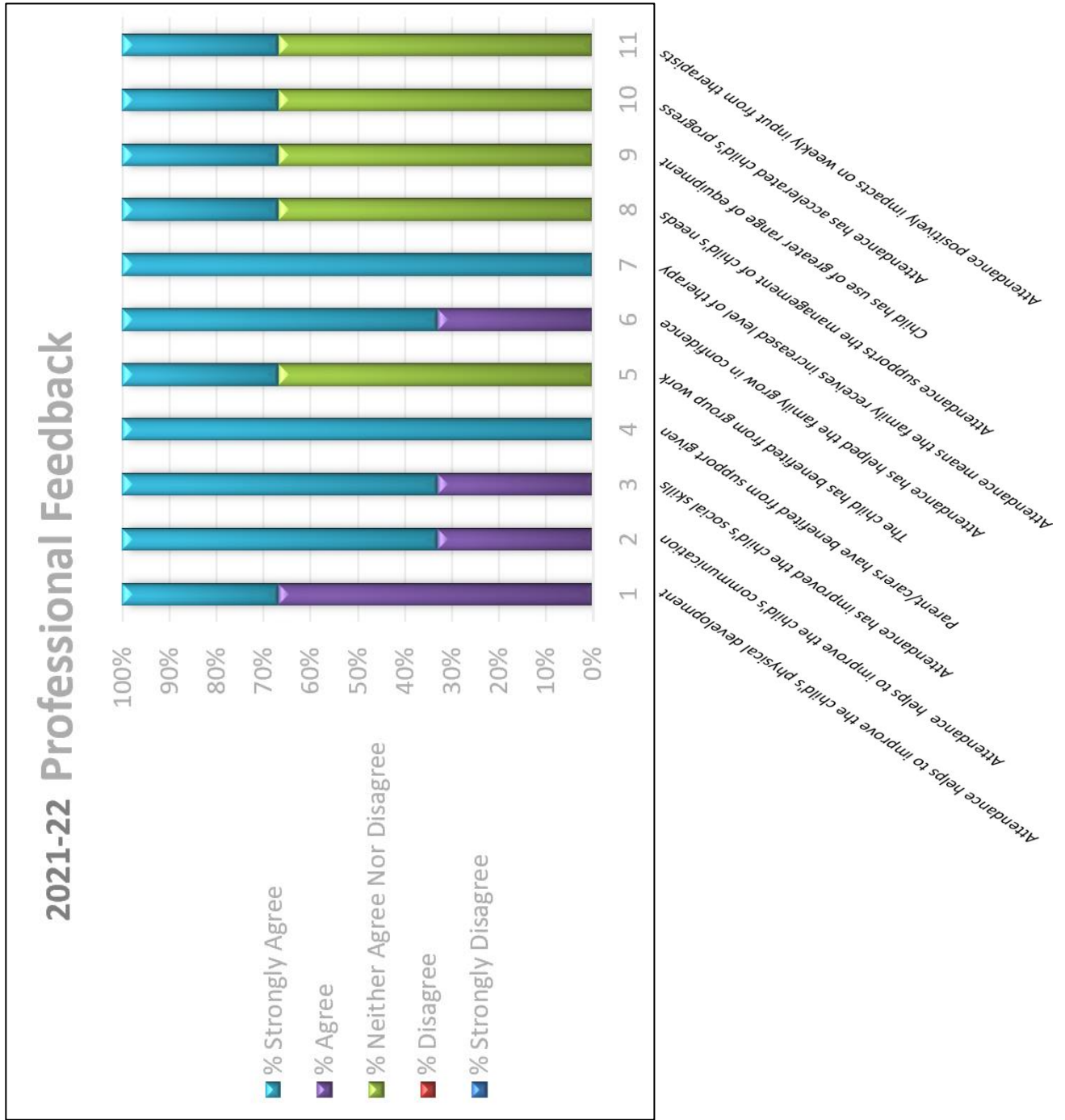
11. Wider Environment Attendance has had a positive impact on the level of weekly input required from therapists.	* ✓						
Comments:							

APPENDIX 3 – ENLARGED VERSIONS OF THE PARENT AND PROFESSIONAL FEEDBACK CHARTS

PARENT FEEDBACK – 97% Agree or Strongly Agree with the questionnaire statements, 3% Neither Agree Nor Disagree



PROFESSIONAL FEEDBACK – 70% Agree or Strongly Agree with the questionnaire statements, 30% Neither Agree Nor Disagree



LITTLE DISCOVERERS, WEST NORFOLK SCHOOL FOR PARENTS

England & Wales - Charity number 1125400

Accounts

'LITTLE DISCOVERERS'

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Charity Registration Number: 1125400

REPORT AND FINANCIAL STATEMENT YEAR ENDED 31 MARCH 2021





Little Discoverers
WNSfP

Our Aim

Active learning for disabled children and their families

Little Discoverers (West Norfolk School for Parent) aims, in partnership with parents, to provide quality, holistic early education opportunities for children 0-5 with motor learning difficulties, delayed development and other complex needs.

Through use of structured play, the Early Years Foundation Stage of the National Curriculum and the principles of Conductive Education children are encouraged to achieve stepped goals that enhance skills for independence in everyday life and boost esteem in both child and parent. By working and playing together, families learn to celebrate success and recognise the potential in every child.

Little Discoverers (West Norfolk Schools for Parents) will continue to seek to improve the accessibility to a suitable session, for all families particularly those from hard to reach groups.



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ADMINISTRATIVE DETAILS

Charity Registration Number: 1125400

The following were Trustees of Little Discoverers West Norfolk School for Parents (WNSfP) during the period 1 April 2020 to 31 March 2021:

- Katharine Fisher (Greatorex) BEM
- Sue Williamson
- Gordon Penny
- Penny Sheerin

And joining us as Trustees during the year:

- Emma Fendley
- Andrew McShane

Contact details for WNSfP:

- Team Leader – Katherine Hunter
- c/o Alive Lynnsport
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB
- 07805 427044
- email: littlediscoverers@littlediscoverers.co.uk
- Website: www.littlediscoverers.co.uk

WEST NORFOLK SCHOOL FOR PARENTS (WNSfP)

Background

Following a survey by Scope in 2002, work started to set up a School for Parents in West Norfolk and since 2005 we have been running a successful West Norfolk School for Parents for children and families in this region, eliminating the need for a long round trip to the closest other School for Parents in Norwich. In 2008 we registered as a charity independent of Scope but operating as part of Scope's School for Parents network. By the end of the year under review we had been successfully running Conductive Education sessions for children with complex motor problems and their families in West Norfolk and surrounding areas for 16 Years.

We follow national School for Parents guidelines and have our own set of policies that are regularly reviewed and updated.

As a result of a suggestion made by the ¹parents West Norfolk School for Parents is known as Little Discoverers WNSfP.

Little Discoverers WNSfP

The Little Discoverers programme provides support to children under 5 with complex physical and emotional difficulties and their parents. Our aim is to enable each child to achieve their maximum potential. We do this by providing individually designed programmes for each child based on the ideas of Conductive Education from Peto in Hungary (see Appendix 1) and are the only people in the West Norfolk area working in this way, with this age group in a group setting.



Nothing the parents have learnt in their previous life has given them any indication of the complex challenges they will meet and how to overcome them. Families can feel very isolated when their child is diagnosed. Little Discoverers provides a safe, friendly and fun early learning environment for pre-school children with difficulties in movement and delayed development that puts parents at the forefront of their child's learning and development and recognises that parents know their child best.

Our aim is to develop children's abilities and confidence in the pre-school years, which will help them at home and later at school. We do this by supporting them to improve their physical skills, their ability to communicate and their social skills. To achieve this we create a three way relationship between parent, child and specially trained Little Discoverers staff and each child has their own individual education plan.

When the parents and children get to know each other they form a support network of understanding friends. Parents of older children can reassure new families and help them through stressful times. Parents feel relaxed in Little Discoverers, working with families who face similar problems and who jointly celebrate even the smallest achievement of each child.

¹ 'Parent' refers to any adult with a parenting role

Who can benefit from Little Discoverers WNSfP

Little Discoverers is for children aged 0-5 within West Norfolk and the surrounding area. The children may suffer from physical problems, motor learning problems, delayed development and demonstrate a wide range of abilities. They may have learning difficulties, visual, hearing and communication problems. Often our children do not yet have a formal diagnosis, but an example of some of the conditions we work with are: Cerebral Palsy, Downs Syndrome, hydrocephalus, global development delay and genetic disorders.

Children may have physical problems such as being unable to hold up their heads, focus their eyes, roll, sit, stand or walk. Children may be unable to open or close their hands, use them for play or self-help activities. Some children have sensory problems, not wanting to touch different textures or being upset by noises. Many children have feeding problems, such as choking, being unable to finger feed or use a cup (rather than a bottle).

Some children are deaf or have partial hearing. Many children are unable to communicate; unable to point with their eyes or hands; unable to make noises, sounds/words; unable to use sign language. Many children find it difficult to interact, smile or laugh, be sociable or have fun. They may not be able to make their needs known.

A child can be referred to Little Discoverers in a variety of ways, for example by a Health Visitor, Therapists, GP or by parents themselves. After first contact, the parent and child will be²visited at home and invited to visit the group. Parents are then given time to consider whether this is the right service for their child. If a Conductive Education approach is not the most appropriate for the child, staff will suggest other support.

We aim to reply to any referrals within 5 working days and we have been achieving this.

We had 10 new referrals over the course of the year, and we have been able to offer places to 9 of these children in need. We have had a mixture of referral sources, 6 families self-referred their child, 1 family was recommended by a Physiotherapist, one family found us through their Occupational Therapist, another through their Speech and Language Therapist. There is a wide variety of ways in which families have found out about Little Discoverers and we believe that this is a clear indication that our message is spreading through the professional and local community alike.

From April 2020 until April 2021, despite the challenges of the pandemic, we have supported over 30 vulnerable families in need in the West Norfolk area and beyond. This year we have supported 8 female children and 23 males with age ranges: 2 children under the age of 1; 4 between 1 and 2 years; 3 between 2 and 3 years; 13 between 3 and 4 years; 9 between the ages of 4 and 5 years old.

We are inclusive of all nationalities and ethnicities and have families who use English as an additional language.

² If our ability to hold face-to-face visits and meetings is impacted by external events such as the coronavirus epidemic then we use other methods of communication to ensure all enquiries and referrals are responded to

How we support the children and their parents – under ‘normal’ circumstances



Parents are key to their child’s development and the early years have been shown to be vital in stimulating the brain to enable the child to maximise their potential. Parents of children with complex health needs and impairments can feel physically and socially isolated leading to increasing emotional difficulties for the parent and the child. Attending a Little Discoverers group gives children therapy for 36 weeks a year in all aspects of their development, regular input that is vital for stimulating the development of new pathways in the brain.

Our approach is based on a unique form of early education focussing on all aspects of child development inspired by methods developed at the Peto Institute of Conductive Education in Hungary (see Appendix 1). This is a multi-sensory approach, stimulating the child’s senses and encouraging self-learning through activities and experiences that are fun for both children and their parents.

At Little Discoverers’ sessions parents and children learn the skills needed to provide motivation, communication and enjoyment of early learning through play. They are supported to break through the isolation barriers of disability and learn to communicate their emotional journey through contact with supportive professionals and other families on a weekly basis.

Children can start from birth and many children come to Little Discoverers under the age of twelve months and stay with us until school age. The average time that children stay with us is about 3 years. Progress is measured in small changes, for instance making eye contact, moving heads towards toys, progressing onto clapping and smiling.

As they attend our sessions children show increased independence, ability to communicate, confidence and self-esteem. Observations of older children include listening skills, playing alongside other children, sharing / turn taking, co-operative play and their response to the Team. At the end of each session we list the achievements of each child and clap these.

Some of our children attend nursery school and continue to come to Little Discoverers for a session each week.

The families learn the skills necessary to transfer the learning taking place in the session into the home and into the wider community of everyday activities including making the transition and integration into nursery. They receive information in many different formats - through physical activity, through illustrated information sheets and through exchanging knowledge with other parents about their child's impairment and how to empower their child in many everyday and formal learning areas.



The parents support each other and the children make friends in an environment where they are having fun while they learn new skills. The staff work with referring professionals and monitor the outcomes of the children on a daily basis and twice a year create updated Individual Education Plans for each child.

We support up to a maximum of 24 families at any one time - 3 sessions a week with a maximum of 8 children per session - for 36 weeks a year and we encourage professional and parental feedback at all times. In addition we operate an annual formal feedback process and analyse professional and parental feedback forms to help us identify areas for improvement – these feedbacks continue to be highly positive (see Monitoring Outcomes).

Under 'normal' circumstances we work in small groups of up to eight children of similar ability with their parents during weekly sessions. Each session lasts approximately two hours including a short break for a drink and a snack. A slow, structured session gives children time to try and to practise new skills, challenging themselves and maximising their potential. Parents feedback that large groups of active children can be intimidating, being fast moving and noisy. Each of our sessions is planned to involve the children in programmes that look at all aspects of their development - physical, social, emotional and understanding. Themes are chosen to make these sessions fun. Development is encouraged through play, songs, art and craft. There is continuity in the staff members, encouraging attachment and attunement, the staff understanding what the child's needs are and the child learning what is required of them.



As a result of generous donations we have been able to purchase specialist sensory and other equipment. This equipment is invaluable and continues to make a big impact on the way we are able to deliver our sessions.

As well as the regular sessions, we run a number of sessions to provide sibling support and family sessions when the wider family is invited. These days help families keep in touch and help provide wider support to the children and their siblings. By putting on six sibling sessions a year, we hope to include the entire family in learning and involve the siblings in all aspects of their brother's or sister's development. It also gives the sibling a chance to be involved and feel important. The family sibling sessions are held during school holidays and the inclusion of the whole family is fundamental to the core values of the Little Discoverers approach.

How we supported the children and their parents – impact of COVID related restrictions

COVID significantly impacted our ability to operate 'normally'. During the year we were faced with operating when everyone had to isolate and then to operate when controls were eased and we were able to hold face-to-face sessions but with restrictions in place:

- In isolation our staff produced in the region of 50 amazing videos and operated virtual sessions. This ensured we maintained regular contact with our children and their parents and engaged parents in continuing to undertake activities with their children that they would have been involved in during our face-to-face sessions. The videos show parents activities that they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and much more. As well as being informative the videos and the virtual sessions have been a great success with the children.
- When limited face-to-face contact resumed in September our staff organised an attendance roster that maximised the amount of face-to-face contact whilst maintaining all the distancing and other isolation requirements. Instead of working with 8 children per session, the families were given a two-week rota that meant a maximum of just 4 families attended each day. This ensured that everyone could easily socially distance themselves.

CHAIRMAN'S REPORT TO THE AGM HELD ONLINE ON 5th May 2021

As we enter our 17th year of running free Little Discoverers sessions, based at the Dutton pavilion on the Lynnsport site, we look back on another extraordinary year. The Coronavirus pandemic is still with us but we have managed to keep helping and supporting our families. Our inventive and marvellous staff have put together YouTube videos full of ideas of activities to do at home and online sessions to enable the families to follow routines, progress their children's development and connect with the other families. We have also managed to continue providing online holiday sessions to involve the siblings. The staff have also been making sure all the families have been contacted using phone calls and text messages to reduce feelings of isolation and mental health concerns.

Very happily since March 2021 we are once again back doing face to face sessions at the Dutton, as well as streaming sessions, but are still having to observe Corona virus restrictions and reducing the number of children in a session. At present we have 4 children in a session with the other members of the group doing an online session and then rotating every week. We have 8 children registered for each of the 3 weekly sessions, 24 families in total.

The staff team

We would like to praise our staff for the way they have worked tirelessly and effectively in the difficult circumstances that have arisen due to the pandemic.

We have managed to keep the 3 members of staff, Kat Hunter, Pauline Bennett, and Lauren Tufts on their full salaries during the pandemic and they have been doing wonderful work from home. Kat has also been paid and been very helpful in taking over some of the financial matters while we were looking for a Treasurer to replace Gordon. Gordon, after a magnificent 8 years, is retiring at this AGM. We are very fortunate in now having Emma Fendley join us as the Treasurer and a Trustee. She has lots of accounting expertise and will be a great asset to the Management Group.

Kat is expecting a baby in June and we all look forward to seeing baby Hunter. We advertised on Indeed and in Your Local Paper for a maternity cover Team Leader. We interviewed 2 people and are very happy that Hazel Colley, who had 2 excellent references, a clear DBS check and who had attended Little Discoverers herself with her son, has been appointed into the job. Hazel is also a swimming instructor for 0-5 year olds and we hope that we will be able to use this expertise in some way. The staff all had excellent appraisals and in recognition of this received salary increases.

During the pandemic the staff have managed to use their time at home very usefully to complete several courses. Lauren did an Adult Mental Health course, Pauline a Paediatric First Aid course and Kat an extended Safeguarding course. Feedback forms with a difference have been sent out to the parents and professionals to reflect the pandemic. In the parent form we added questions about whether they accessed the live online sessions, the YouTube videos and the face-to-face sessions, when they were available. Professionals have not been visiting this year due to Corona virus restrictions so we added an extra box to the answers saying "unable to comment due to the pandemic" it will be very interesting to see what feedback we get from both the parents and professionals.

Each member of staff looks after one aspect of our social media. Kat does the YouTube videos, Pauline the web site and Lauren our Facebook page. Kat has also been empowering Pauline and Lauren by teaching them how to make videos, using the skills she learnt doing a Media Studies A level at school.

We were very grateful to Children In Need for giving us a grant of £2,500 to enable us to deal with the pandemic and this funded amongst other things the extra iPad, technical equipment and Personal Protective Equipment that we needed.

The Management Team

We are very fortunate in having a wonderful team from many backgrounds, which again has adapted to the pandemic and has been carrying out our meetings and AGMs online. We have missed meeting in person but will probably in the future do a mixture of face to face and online meetings. Online saves on petrol and time but we enjoy getting to know each other in person and having a chat as well as discussing business.

The Trustees have 2 new members, Emma Fendley and Andrew McShane, so at the current time we have 6 Trustees but Gordon will be retiring at the AGM. Our Trustees are at present Penny Sheerin (Solicitor), Sue Williamson (Teacher), Gordon Penny, Emma Fendley (Treasurer), Andrew McShane (CEO of a company), Katie Fisher (Paediatric Physio and Chair).

We are intending at the AGM to make a change to our constitution to make it clear that it is the Trustees who have the legal responsibility for the running of the Charity.

On the Management Group we were very glad to welcome another 2 new members. Mandy Marston, who works for the Purfleet Trust, and brings a huge amount of expertise, as does Alex Hodson, a Teacher, with a great deal of experience of working with Special Educational Needs children and safeguarding. We are very fortunate in having them join us. We also have 2 new parent representatives who may be joining the Team at the AGM. We are always delighted to have parent's views of how Little Discoverers feels for them and how to work together to make it even better. Our Management Group also includes Dave Carter (Design) Jean Hale (Business woman and grandmother of a child who attended Little Discoverers) Linda Layfield (Minute Secretary) Kevin Parker (Business man) and Terry Keeper (Business man). We sadly said goodbye to Chas Houghton after several years as a parent representative who helped us to mark and make an asset register of all our equipment. All members bring their own skills, which makes for a wonderfully diverse and successful team.

Quality control

The staff have continued to do excellent case studies throughout the year, which give a good picture of the staff's working and the progress the children are making. These are included in our regular feedback to Children In Need, the NHS and the Norfolk County Council and all of them have expressed that they really value these. Our feedback to these bodies has been very well received and we have been complimented on the work. At present we have a Children in Need grant (which finishes in 2021) and funding from NHS and Norfolk County Council.

Feedback forms were sent to parents and professionals and the feedback continues to be positive (see Monitoring Outcomes in this report).

Sue Williamson and I have held staff meetings every 6 weeks, at which we go through an annual timetable, which includes looking at and updating policies, auditing data and the children's learning journals and discussing the running of the sessions. We are delighted with the way the staff have been working.

The staff have been given Facilitation and Back Care training and worked through DVDs for Manual Handling, Using a Computer, and Fire Safety. The staff were offered help with buying equipment to use at home with their laptops to minimise back strain etc and a free eye test if they were experiencing eye strain from home working.

The future

Our finances are the most healthy that they have been in the 16 plus years we have been running, which is excellent and many thanks to all those people who have supported us with

grants and donations. The Treasurer will highlight these. Our healthy funds have allowed us to support our staff during this difficult year and still make plans for an exciting future.

Many thanks go to Lynnsport, who have again been very supportive during the pandemic. We really enjoy working at Lynnsport, as it speaks about inclusion, activity and fun. We have however realised for a while that the Dutton would not probably be our permanent home, as Lynnsport hope to use it to support more football. With Lynnsport's and the council's help we looked at another possible venue in the town but it was unsuitable. We then had plans drawn up (very kindly by Matt Sturgeon, free of charge) of the kind of space we would need to provide a dedicated space for Little Discoverers and discussed this with Lynnsport. Lynnsport then came back to us with 3 possibilities, which we discussed in the Management Group. I then had a further meeting with Lewis Hemeter and Tommy Goode to discuss these ideas and the one that seemed much the best was to look into doing a joint building with the Pelican Club on a piece of land overlooking the hockey pitches and tennis courts. This is very exciting especially as it looks like a very good fit. The Hockey Club would want to use the facilities mainly at the weekend and Little Discoverers would want to use them during the week. We would be able to have some joint facilities such as toilets, changing areas, office and kitchen and then have some dedicated areas such as a viewing balcony for the club, with social area and space downstairs where we had rooms and storage to support the work Little Discoverers does. We would also hope to widen the project into making it a place where all people with disabilities, of all ages could use when taking part in sporting activities in Lynnsport. Having changing rooms with an adjustable bed and hoist for instance, automatic doors, a lift to the second floor and a large atrium where wheelchairs could be stored. We would also want to build a quiet room where people could go if they were upset or needed counselling and a sensory room. This would make the building into a great facility for the wider community as well as celebrating the over 100 years of the Pelican Hockey Club and the important continuation of Little Discoverers. Andrew McShane and I for Little Discoverers have already had a first meeting with Charles Lankfer and Matthew Bower for Pelicans Hockey Club and we were all very excited at the prospect of working together to fulfil the ambitions of both groups. Fundraising will be a big factor, so all ideas will be gratefully accepted but we are determined to make every effort to make this enterprise work for both of us and the wider community.

Katie Fisher BEM – Chair



STRUCTURE, GOVERNANCE AND MANAGEMENT

The Trustee and Management Group are all volunteers and receive no payments. Our main costs are associated with employing and maintaining the skill levels (training) of the 3 part-time members of the Team, the costs of room hire at Lynnsport and the running costs of the sessions including purchase of resources and equipment. The voluntary Trustee and Management Group is responsible for the quality of our service provision, fundraising and approving all expenditure. All our Policies are reviewed annually on a rolling basis by the



Trustee and Management Group to ensure we continue to reflect and demonstrate best practice. In addition, our staff are subject to annual appraisals the outcomes of which contribute to decisions on any pay increases that we decide we can afford to pay.

Lynnsport provides direct support by charging a reduced room hire cost and indirectly supports us by the provision of help to establish and maintain the room we use and by organising their activities to ensure they do not disrupt our activities.

Our sessions with the children are planned and run by our Team Leader and the two Team Members who each take it in turn to plan and run sessions on a three-week rota. These are all part time roles aligned to the timings of the individual sessions with the children.

The Trustees and members of the Management Group monitor feedback from families and professionals and from nurseries and schools when children transfer to them. All the feedback continues to be very positive and constructive.

Trustees and members of the Management Group also observe some sessions and provide feedback. Trustees attend 6-weekly staff meetings and carry out staff appraisals.

There are monthly Trustee / Management Group meetings that the Team Leader also attends. The focus of these meetings continues to be on maintaining standards and establishing stable funding to ensure our long-term ongoing viability and as part of this, raising our visibility in the Region as an independent charity.

We work closely with the NANSA Centre in Norwich on staff development and we sometimes attend their centre meetings.

SAFEGUARDING

There were no safeguarding issues to report during the year.

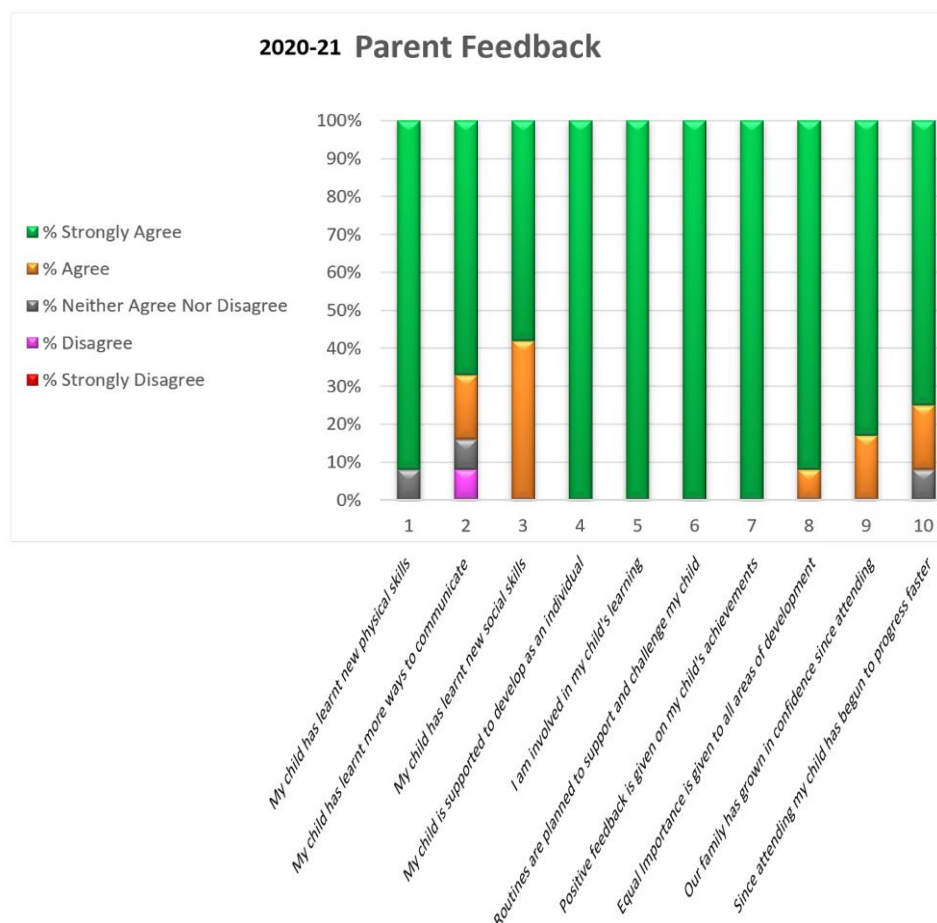
MONITORING OUTCOMES

Children attending Little Discoverers sessions have varying abilities due to the nature of their disability and age. Progress is very individual to each child so each child has an individual programme and their achievements are celebrated at the end of each session and then recorded in each child's individual learning journal.

In addition, we encourage informal feedback through comments in our Visitors Book and formal feedback through questionnaires designed to capture Parents' and Professionals' views on the effectiveness of our approach to supporting each child's development. The results of this year's parent and professional questionnaires feedback are shown below. **(NOTE: See Appendix 3 for an enlarged version of the 'standard' Parent and Professional charts below).**

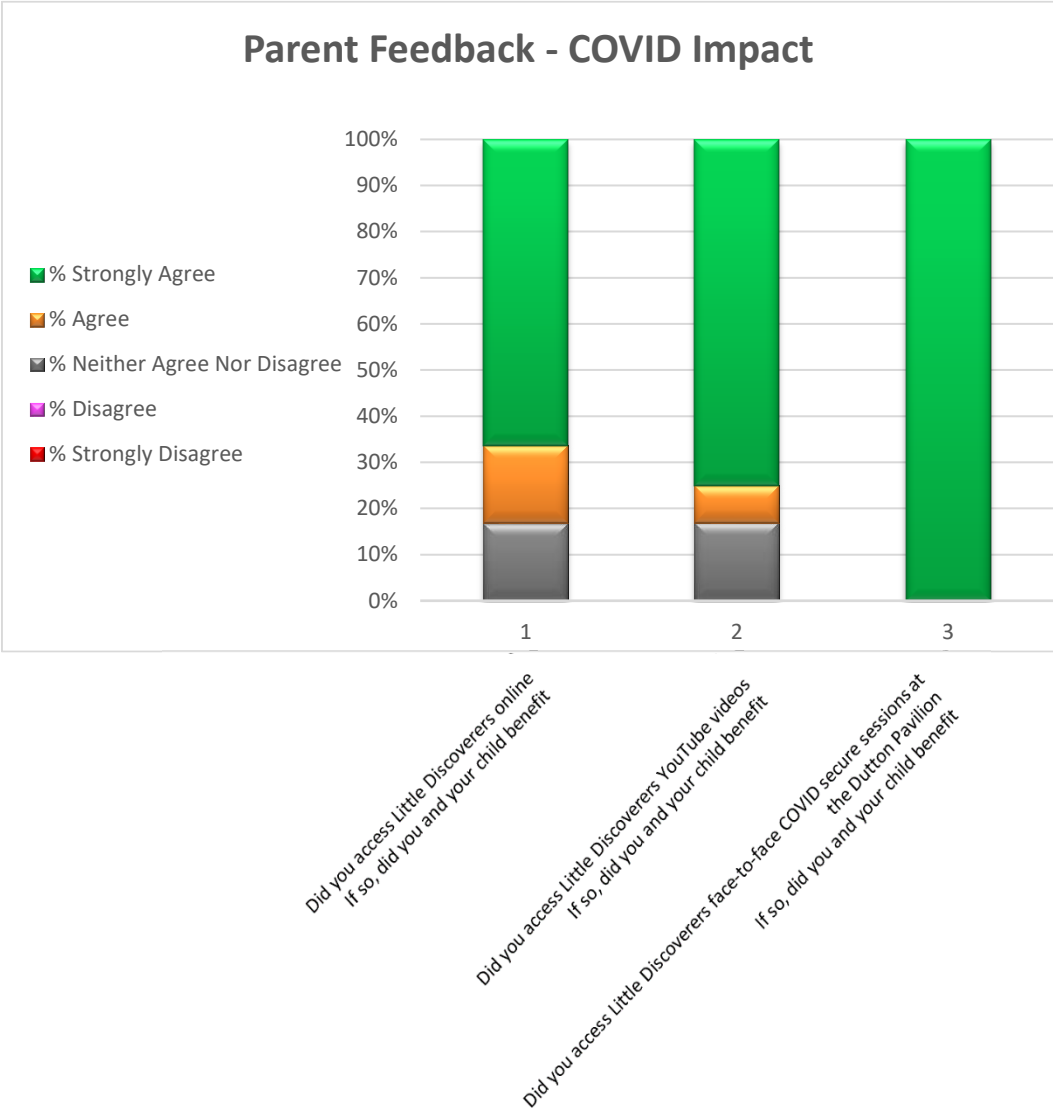
Because of COVID 2020-21 has been an unusual and challenging year for our children and their parents and carers, the Little Discoverers staff and the Professionals from various Services with whom we have regular contact. Our inability to hold regular face-to-face sessions for most of the year challenged us to find ways to engage remotely. To enable us to assess the impact of our video sessions and the precautions taken at the Dutton for the COVID secure sessions that we were able to hold, we included 3 additional questions in the Parent questionnaires. As can be seen from the Parent responses to our questionnaires, our staff responded magnificently. Unfortunately, Professional contact was very restricted and as a result our Professionals' feedback was dominated by their inability to comment on our contribution to the progress of the children they were monitoring.

Parent Feedback. Responses to our usual 10 questionnaire statements. 12 (20 in 2019-20) questionnaires were completed and returned to Little Discoverers by parents. In total, in response to the 10 statements in each of the 12 complete questionnaires, 96% (94% in 2019-20) of all parent responses Strongly Agreed or Agreed with the statements. 3% of responses Neither Agreed Nor Disagreed (6% in 2019-20) and 1% (Nil in 2019-20) Disagreed with the statements.



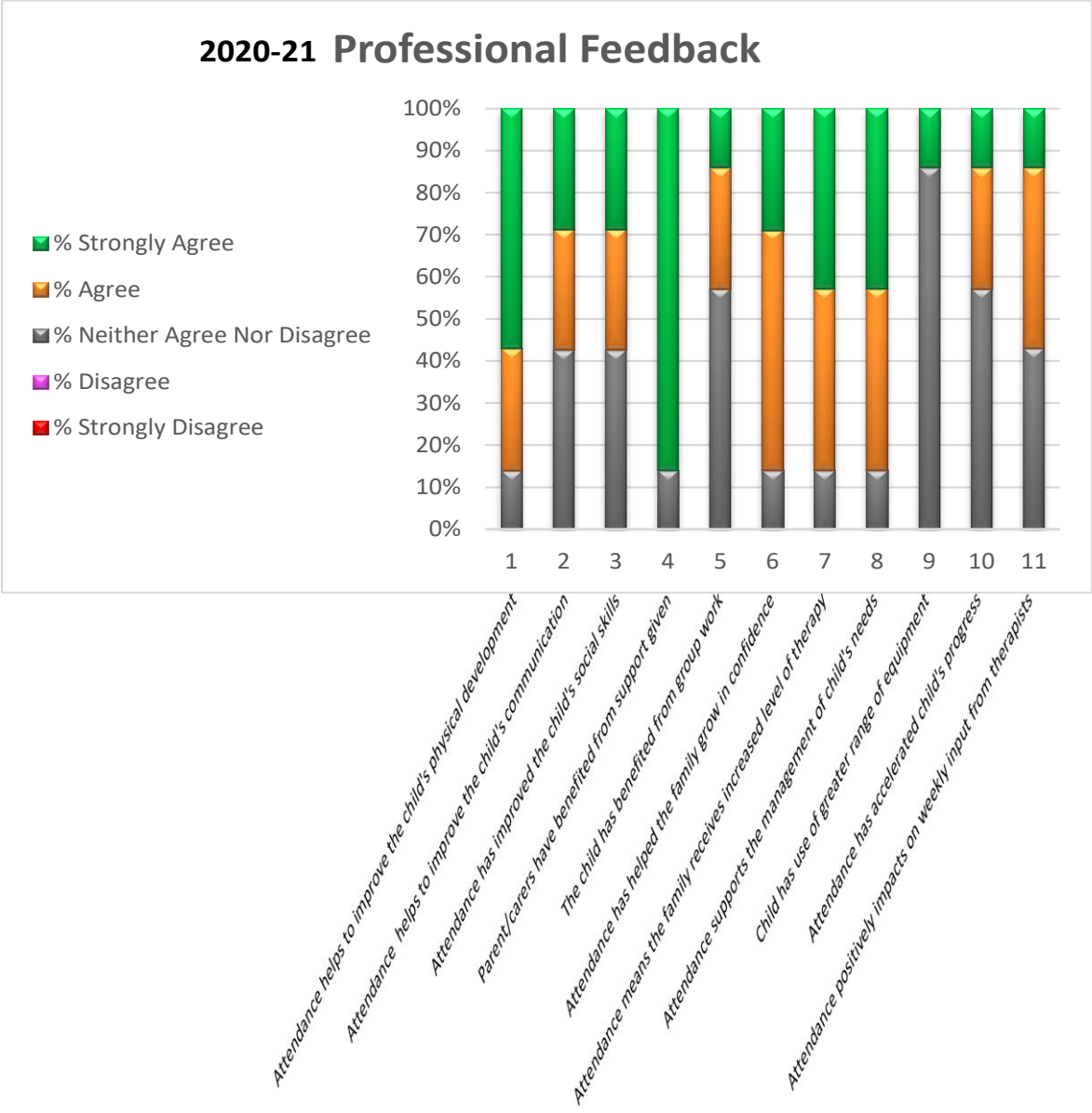
Responses to our 2020-21 additional three special COVID related questions.

The questions were responded to in all the 12 completed questionnaires. In response to the 3 questions, 89% of all parent responses Strongly Agreed or Agreed. The remaining 11% is the result of parents being unable to access either the live or the YouTube videos with their children – for the purpose of this analysis they have been scored Neither Agreed Nor Disagreed.



It is clear from a Parent/Carer perspective that COVID secure face-to-face sessions continue to be the preferred method of service delivery. However, we have had a high level of success delivering our sessions live online and via YouTube and this experience has added a new set of learning and tools available as and when we need to use them to ensure the resilience of our service delivery.

Professional Feedback. 7 (8 in 2019-20) questionnaires were completed and returned to Little Discoverers by professionals who, in most cases, had not been able to visit Little Discoverers to view the children and their parents in sessions. In total, in response to the 11 statements in each of the 7 questionnaires, 64% (96% in 2019-20) of all professional responses ‘Strongly Agreed’ or ‘Agreed’ with the statements. More than a third (36%) of the responses were Neither Agree Nor Disagree or unable to comment due to pandemic. In the analysis below all these responses are included in the ‘Neither Agree Nor Disagree’ category.



The Professional feed-back highlights the need to ensure they are as engaged with our on-line approach as they are in face-to-face sessions with families they and we are supporting.

The majority of children leave Little Discoverers to attend mainstream nursery and mainstream schools and our feedback indicates that we are continuing to successfully deliver in the key ‘Outcome’ areas of:

- Physical skills
- Communications
- Social Skills

OUR TEAM LEADER'S ANNUAL HIGHLIGHTS

Introduction

A year like no other for the world, the children of West Norfolk and Little Discoverers!

We have had 10 new referrals over the course of the year, and we have been able to offer places to 9 of these children in need.

We are sad to be saying goodbye to 4 children as they move onto both special educational settings and mainstream schools in September. We have also said goodbye to 8 families who have decided to move onto Nursery or other settings. It is all so bittersweet when a family moves on from Little Discoverers, but we are so grateful for all the progress and smiles we have witnessed over the year and wish them the absolute best of luck.

We hope the families remember that Little Discoverers will continue to be available for advice, chats, or to receive cute photos for as long as they need us!

Sessions

What would we have done without technology this year? It has been both a challenge and a blessing, but I am so proud of the achievements we have made, and I honestly believe it has benefitted our charity for the foreseeable future to have these new skills available to us.

I would like to say a huge thank you to the families of Little Discoverers, without whom we would cease to exist. You have all worked so hard and your determination to continue progressing with your child has been inspirational to watch. As a team we have been thrilled to see the way you have all rallied through social media to support one another in times of need or anxiety during the pandemic. We are grateful to have been able to give you all this connection to build friendships and support.

In September 2020, we were able to finally reopen our doors again and work with the children and families face-to-face. We created a Covid-19 risk assessment so that we could keep everyone as safe as possible, and this was so well received by our families:

- Instead of working with 8 children per session, we gave the families a two-week rota and saw 4 families a day. This meant that everyone could have their own space and socially distance themselves successfully.
- The staff pulled on their marigold gloves and have worked tirelessly with Alive Lynnsport to ensure the building is as clean as possible – going above and beyond their usual duties.
- We routinely check the temperature of every person who enters the building and offer guidance and advice to any families who are feeling under the weather.



We are proud to say that many families who had been recommended to continue to shield, felt our procedures were so thorough and reliable that they were happy to return to our sessions at the Dutton Pavilion.

YouTube

A fantastic resource for us this year has been our YouTube Channel! This time last year we had accumulated around 3,500 views on all our videos combined... Well, this year we have received nearly 8,500 views!! Not bad for a small local charity that supports up to 24 families at a time.

We have truly thrown ourselves into supporting our families in every way we possibly can and have created around 50 YouTube videos to help us do this. These videos show parents activities they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and so much more. They are not only informative but have proven to be a great success with the children.

Not only have our videos been praised by our families, but we have also received fantastic feedback from the Norfolk County Council Children's Services, the NHS and the Norwich and Norfolk Send Association, also known as NANSAs. NANSAs also supports children, adults, and families with the methods of Conductive Education so we were so proud to receive their encouragement.

Many of these services have also asked if they may share our videos with the families that they support, and we were only too happy to have our hard work and good message shared.

I would like to say a special thank you to Lauren and Pauline for taking part in the creating, filming, and editing of these videos. They have overcome their fears, worked incredibly hard and provided quality learning and entertainment for our young people. I hope you are both as proud of yourselves as I am!

Fundraising

It is no secret that with everybody stuck at home during the pandemic, that fundraising has been particularly difficult for charities this year. We have been so lucky that local services and companies have continued to remember us and have been able to donate in some way after a financially challenging year.

There are too many people to thank individually, but here are a few that truly stand out:

- It is always an honour to be recognised by a charity as prestigious as BBC's Children in Need and this year was no exception. Children in Need were able to donate £2,500 to support Little Discoverers during the Covid-19 pandemic. This money played an essential role in the re-opening of our face-to-face sessions. With it, we were able to purchase new equipment so each child would not have to share touched surfaces, training for the staff to ensure quality and safety, technology so that we could reach families at home and so much more
- We would also like to thank The Companions of Park House - A charity which raised tens of thousands of pounds towards the work of a specialist West Norfolk hotel, catering for disabled holidaymakers. We were so very saddened to hear of their closure in October 2020, however, even in closure they continued to change lives by donating nearly £40,000 to other West Norfolk charities, one of which was Little Discoverers. We received our biggest donation ever to date, a whopping £12,725. As a charity we must raise close to £40,000 a year to remain operational, and as you can imagine, this donation really did make a wonderful difference
- I would also like to say a special thank you to both The Norfolk Masonic Charities Committee and the Hunstanton Lions. Little Discoverers strives to go above and beyond

when caring for the families we support and with their help this year, this has been possible...

- In December 2020, we approached the Freemasons Charitable Fund on behalf of a family whose child needed a new iPad. The child has Downs Syndrome and the iPad that was previously owned and used for communication unfortunately had broken. Within 48 hours, Chairman Mike Spalding had raised the full amount needed to purchase a brand-new iPad and case for the child! This was life changing for the family and gave the child a whole new lease of independence and happiness!
- We approached the Hunstanton Lions on behalf of a family who were in desperate need of a new, specialised bed for their child. The child had grown out of the cot he slept in and required crash mats to be placed around to ensure his safety. The Hunstanton Lions generously donated nearly £700 so that the family could purchase a padded and appropriate bed that would benefit him for many years to come. Sleep is such a huge part of development for children, so it is no small thing to be able to provide such an essential gift for this family.

Thank you all so much for your continued support, we truly would not be able to do the good work we do without you.

Families

The families of Little Discoverers are the very epicentre of the charity. One benefit of working online through the pandemic this year has been that we have been able to see so many more members of the child's family all learning together at home. At the Dutton Pavilion, we may only usually see Mum, Dad, or the child's carer – but over the last year we have loved seeing our children learning with their siblings and other family members.

We try our best at Little Discoverers to include the whole family in the child's progress and learning. One of the incredibly special things we offer as a service is the opportunity for siblings to join a fun session during the school holidays each term and I am happy to say that this has continued throughout the pandemic also.

We have had an online music session, we have gotten thoroughly messy with fake snow and Hartbeeps at Christmas, we enjoyed magic, silliness and puppets with Captain Fantastic and we even took a virtual trip to the farm for our Easter party!

The team and Committee have had the best time attending these parties.

Learning

A benefit of working from home is that the team have had the opportunity to expand their knowledge base and take part in some amazing training this year. To name just a few:

- Pauline has learned all about Sensory Processing Disorders with a three-part online course. She has also completed her Level 1 in British Sign Language and has even become a qualified Paediatric First Aider
- Lauren has also had a busy year - she has taken part in Safeguarding training and even spent many weeks training to be a Mental Health First Aider. Given the difficult times our families may face daily, even before the pandemic, we feel this training will be a huge asset to the charity and ensuring we are doing everything we can to help those in need
- All staff have taken part in COSHH (Control of Substances Hazardous to Health) training given the new need to use chemicals and cleaning products at the Dutton Pavilion and a Covid-19 awareness course to make sure we are doing what we can to keep everyone safe.

- Kat has also taken part in renewing her Designated Safeguarding Officer Training

As many of you know, during the usual two-hour session, we use a holistic approach of singing, signing, sensory involvement and a healthy mix of adult and child led activities. This way of learning allows the children to succeed and progress without ever realising that they are 'working'. What is fun for the children is always fun for the adults too and so many laughs and good times are shared in our Little Discoverers sessions. Here are a few of the children's achievements we have witnessed this year:

- If any of you are familiar with our YouTube videos, you will already have witnessed the incredible achievements 'A' has undergone this year. 'A' is 4 years old and was born at 28 weeks gestation. He suffered a grade 4 bleed on the brain which later led to sepsis. 'A' has a diagnosis of Hydrocephalus, reduced vision, Quadriplegic Cerebral Palsy, and experiences epileptic absences. This year the shining 'WOW!' that 'A' has achieved has got to be his speech development. 'A' began the year saying simple sentences and singing some basic songs – he now has a full repertoire of music - that he likes to demonstrate for us during session times! 'A' can sing all of our songs from Little Discoverers and will complete the actions along with them independently. He will also treat us to his favourite TV songs and a few nursery rhyme classics too. Well done 'A', we are all so proud of you!
- Another wonderful story of success belongs to 'B'. 'B' was diagnosed with Mowat-Wilson syndrome which is a genetic condition that affects many parts of the body. This could include an intellectual and physical development delay. 'B' and her family are fantastic attenders of Little Discoverers and have been so vocal about their appreciation of the charity. We have been thrilled with 'B's' physical progress this year; she is now taking steps independently whilst using the parallel bars! (Despite having received heart surgery in June 2020!). We were also impressed with Dad's ability to build his own parallel bars from pipes to ensure that 'B' could continue to progress at home. Well done 'B' and to all your family too!

There are too many success stories to be able to mention them all, but finally I would like to tell you about 'C' and his wonderful journey.

- 'C' was born at just 23 weeks and 4 days gestation and weighed 1lb 8oz at birth. After a few weeks of life 'C' contracted meningitis and underwent heart surgery due to being born so prematurely. 'C' has Chronic Lung Disease, Asthma, and Cerebral Palsy and delayed development. This year we have been truly blown away by 'C's' achievements. We have seen 'C' learn how to roll over, raise his pointy finger on command, sit up independently, stamp his feet in a sensory tray, hold onto a rod and move it along to the music and most importantly – he has learnt to eat a bag of crisps all by himself! We are over the moon to have been able to witness these developments and we would like to say a huge well done to 'C' and his family for their determination and hard work.

Conclusion

We are now reaching more families than ever before with the help of our YouTube channel and we have been praised by many other services for our determination to continue supporting our young children through the pandemic.

We have continued to take on new referrals and have provided a safe and secure environment for them to learn in. We have adapted our sessions to allow our families to socially distance, but we have not by any means compromised on the fun!

As we finish this year, we are grateful to welcome Hazel Colley as Team Leader to cover Kat's maternity leave. Hazel has a fascinating background in childcare, swimming teaching and much more. She has many exciting extracurricular activities such as working with the scouts and chaperoning for the Alive King's Lynn Corn Exchange's annual pantomime. After already

knowing Hazel well from her attendance and participation within the charity Committee, it is clear Hazel will be a huge asset to the team and we are so looking forward to your time with Little Discoverers.

We have said thank you to the staff and families of Little Discoverers, but the main heroes of the charity must be the Committee and Trustees who all work tirelessly in their own time to ensure the smooth running of the charity and have such care and dedication to the vulnerable children we support. We truly hope you realise the difference you make to the families of West Norfolk and beyond and that you take a moment to appreciate yourselves for your time and efforts.

Although 2020-2021 has brought many challenges and worries for everyone at Little Discoverers. It has also given us the opportunity to step outside of our comfort zones and expand the charity to beyond what we had previously imagined.

HOW WE COMMUNICATE

OUR VIDEO

The College of West Anglia Film Department produced our current video to provide a good understanding of what we do in a session, so useful for potential families and people wishing to refer a family. We continue to receive positive feedback and are very pleased that the video has been so well received.

The families taking part have all given their written permission for the video to be used on our website.

OUR WEBSITE

www.littlediscoverers.co.uk

The web site was designed and is maintained for us by Simon Adams, son of Linda Adams who was a Member of the Management Group.

Photos of children taking part in sessions are included on the web site where parents have given written permission for this purpose.

The web site and video show clearly what takes place in a Little Discoverers' session and how the children and carers benefit. The web site continues to be very helpful to potential families and funders.

OUR YOU TUBE CHANNEL

We launched our very own Little Discoverers YouTube Channel primarily to provide something that parents can access at home if they are unable to attend our sessions and to provide parents with wonderful memories, advice, and tips for activities they can do at home and a way of sharing the hard work they are doing in sessions with family and friends. This has been invaluable in helping us mitigate the impact of the pandemic on the families and the service we provide to them. We have created around 50 YouTube videos that show parents activities they can try at home such as speech skills, story massage, fine motor skills, Makaton signs and so much more. They are not only informative but have proven to be a great success with the children.

This time last year we had accumulated around 3,500 views on all our videos combined. This year we have received nearly 8,500 views.

FACEBOOK

Staff continue to run the parents' private Facebook page and successfully add new parents and useful links. Many potential families have been in touch via Facebook and have been followed up. There is some lovely feedback on Facebook about the service we provide.

There is also an open Little Discoverers Facebook page for people outside those families attending the sessions. Fundraising and events are publicised on this page.

OUR LOCATION

This has been Little Discoverers 10th year at the Dutton Pavilion at Lynnsport in King's Lynn and we continue to be very grateful to Lynnsport and its staff for their support.

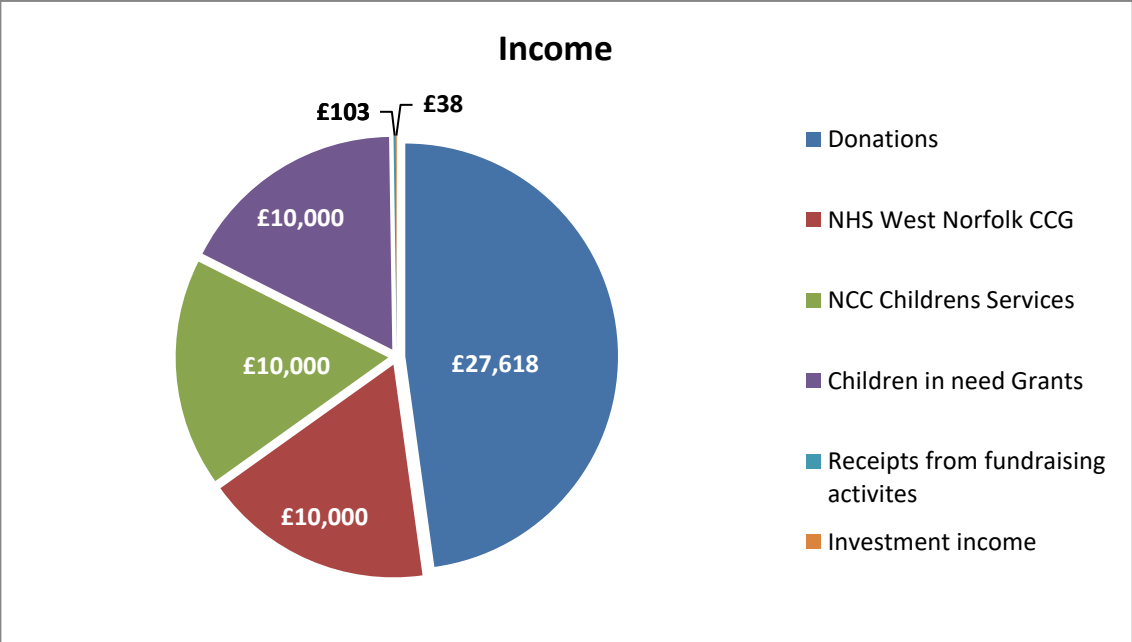
We are facing space constraints at the Dutton and continue to be in discussion with Lynnsport to identify accommodation more appropriate to our current needs and to enable us to accommodate additional numbers as the demand for our services increases.

FINANCIAL REVIEW

We are delighted to report another successful year for Little Discoverers, with a surplus of £17,332 (2019-2020 £10,455), and a closing bank balance of £102,647 (2019-2020 £85,315)

Income

During this period income received totalled £57,759 (2019-2020 £49,839).



As can be seen, almost half of our income received is from donations and whilst this is up on last year (2019-2020 £21,150) this is mainly due to the kindness of one large, one off, donation of £12,725 from a local charity. Without this donation we would have been down by 30% on our donations, which is probably due to the Coronavirus. This reason will also have affected our receipts from fundraising activities, as this is down to £103 from £2,076 (2019-2020).

Norfolk County Children’s Services have funded us £10,000 which replaces the funding from children’s centres received previously, which we were thrilled to receive.

Children in need have once again supported us with the receipt of an extra £2,500 specifically for covid-19 related purchases.

Investment income is down to £38 with the reduction in interest rates (2019-2020 £114).

Expenditure

Our total expenditure for the year is £40,427 (2019-2020 £39,384). Our largest expense, as always, is salaries at £29,649 (£25,893 2019-2020) up 14.5% on last year, this is mainly due to increasing the Team Leader responsibilities to include some financial duties from the treasurer. This has in turn increased the NEST pension contributions to £599 (2019-2020 £410), which we continue to pay as per the Government legislation.

Rent payable is down to £1,895 (2019-2020 £6,283) due to not using the Dutton Pavilion and sessions being online. With this in mind, we have increases in printing, postage and stationery costs to £601 (2019 – 2020 £379) while staff have been working from home. Computer and website costs include £399 for an iPad. All other costs are within acceptable levels and as expected at this time.

Covid costs (Children in Need grant) have been completely used as per the terms of the grant.

Summary

Whilst this has been an unusual year in many ways, we have managed, with great team work and support to reach the end of the year in a positive position.

Our total funds available to spend, without restrictions, are £90,866. This excludes a contingency of £10,000 and our restricted funds balance (mainly the musical session fund) of £1,781.

We have been fortunate to be able to fully support our staff during this difficult time financially. In return they have been amazing, including fantastic online sessions supporting our families, whilst our doors remained closed at the Dutton Pavilion

The trustees and management team will continue to carefully and regularly review the position and will strive to find ways to continue the good work.

We would like to take this opportunity to thank Stephenson Smart who provide our monthly financial statements, manage our payroll, administer our pension scheme and audit our annual accounts. They have endorsed our financial management and accounting practices and are confident that they meet all the requirements as set out by the Charity Commission for England and Wales

Financial Reserves Policy

We continue to face a number of challenges, in particular:

- We rely on income from fund raising activities and donations. Under normal circumstances it is difficult to gauge the phasing and levels of income that these will produce and the impact of Coronavirus on the overall economy and potentially on some of the services and organisations that we have received revenue from in the past has increased the level of uncertainty that we face
- The support and help we receive from Lynnsport has enabled us to increase the capacity of each of our sessions in Lynnsport's Dutton Pavilion up to 8 children and their parents. It is difficult to see how we could further expand our service within the physical confines of the Dutton and we believe it is prudent to plan for the fact that we may have to move to meet future demand

As a response to the challenges facing us the Trustees have confirmed the decision to formally earmark a reserve of £10,000 to enable us to manage short term shortfalls in funding, ensure we can fund a move from the Dutton Pavilion if we have to with minimum impact on our operational activities and to ensure we have the funds to manage an orderly close down if that ever became the only responsible action for us to take.

In conclusion, although our balances appear to be healthy we are taking a realistic approach taking into account the present financial pressures and possible developments and feel that our current level of reserves is necessary to enable us to plan for future development and to minimize the impact of potential financial risks and threats to the future of Little Discoverers.

Emma Fendley MAAT
Treasurer

INDEPENDENT EXAMINER'S REPORT AND EXAMINED FINANCIAL STATEMENTS

Charity registration number 1125400

Little Discoverers, West Norfolk School for Parents

Unaudited Financial Statements

Year ended 31 March 2021

Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Little Discoverers, West Norfolk School for Parents

Organisation Information

Year ended 31 March 2021

Registered charity name Little Discoverers, West Norfolk School for Parents

Charity registration number 1125400

Principal office c/o Alive Lynnsport
Greenpark Avenue
King's Lynn
Norfolk
PE30 2NB

Trustees Mrs K Fisher (Greatorex)
Mrs S Williamson
Mr G Penny
Mrs P Sheerin
Mrs E Fendley
Mr A McShane

Accountants Mr D Jastrzebski
Stephenson Smart (East Anglia) Limited
Chartered Accountants
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ

Bankers CAF Bank Limited
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Little Discoverers, West Norfolk School for Parents

Financial Statements

Year ended 31 March 2021

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Detailed receipts and payments account	5

Little Discoverers, West Norfolk School for Parents

Independent Examiner's Report to the Trustees of Little Discoverers, West Norfolk School for Parents

Year ended 31 March 2021

I report to the trustees on my examination of the accounts of Little Discoverers, West Norfolk School for Parents ('the charity') for the year ended 31 March 2021 which comprise the summary of receipts and payments and the statement of assets and liabilities.

This report is made solely to the charity's trustees, as a body, in accordance with section 145 of the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in this report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

As permitted by Direction 2, issued by the Charity Commission the firm for which I work has provided the charity with bookkeeping services during the year ended 31 March 2021. As a consequence I have followed the requirement of the FRC's Ethical Standard when undertaking this assignment.

An independent examination does not involve gathering all the evidence that would be required in an audit and consequently does not cover all the matters that an auditor considers in giving their opinion on the accounts. The planning and conduct of an audit goes beyond the limited assurance that an independent examination can provide. Consequently I express no audit opinion on the accounts and my report is limited to those specific matters set out in the independent examiner's statement.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Dan Jastrzebski ACA CTA
Stephenson Smart (East Anglia) Limited
22-26 King Street
King's Lynn
Norfolk
PE30 1HJ
02 December 2021

Little Discoverers, West Norfolk School for Parents

Receipts and Payments Account

Year ended 31 March 2021

	2021		2020	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	27,618	-	27,618	21,150
Funding	20,000	-	20,000	14,000
Grants	-	10,000	10,000	12,499
Receipts from fundraising activities	103	-	103	2,076
Investment Income	38	-	38	114
	<u>47,759</u>	<u>10,000</u>	<u>57,759</u>	<u>49,839</u>
Payments				
Charitable activities	26,161	13,066	39,227	38,784
Governance costs	1,200	-	1,200	600
	<u>27,361</u>	<u>13,066</u>	<u>40,427</u>	<u>39,384</u>
Net receipts/(payments)	<u>20,398</u>	<u>(3,066)</u>	<u>17,332</u>	<u>10,455</u>
Fund transfers	-	-	-	-
Surplus/(deficit) for year	<u>20,398</u>	<u>(3,066)</u>	<u>17,332</u>	<u>10,455</u>
Cash funds at 31 March 2020	80,468	4,847	85,315	
Cash funds at 31 March 2021	<u>100,866</u>	<u>1,781</u>	<u>102,647</u>	

Little Discoverers, West Norfolk School for Parents

Statement of Assets and Liabilities

Year ended 31 March 2021

	2021		2020	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Monetary assets				
CAF Gold Account	96,755	1,781	98,536	84,887
CAF Cash Account	4,111	-	4,111	428
	<hr/>	<hr/>	<hr/>	<hr/>
Total cash funds	100,866	1,781	102,647	85,315
	<hr/>	<hr/>	<hr/>	<hr/>
Other monetary assets				
PAYE & NI	-	-	-	-
	<hr/>	<hr/>	<hr/>	<hr/>
Liabilities				
Pension contributions	132	-	132	73
	<hr/>	<hr/>	<hr/>	<hr/>

CLIENT APPROVAL

We approve the financial statements for the year ended 31 March 2021 and confirm that we have made available all relevant records for their preparation.

Katherine Fisher

02 December 2021

Mrs K Fisher (Greator) on behalf of Little Discoverers, West Norfolk School for Parents

Little Discoverers, West Norfolk School for Parents

Notes to the accounts

Year ended 31 March 2021

1 Restricted Funds

	Balance at 31 March 2020	Receipts	Payments	Transfers	Balance at 31 March 2021
Snettisham CP	498	-	(498)	-	-
Musical Sessions	1,849	-	(81)	-	1,768
Children in Need	2,500	7,500	(10,000)	-	-
Children in Need Covid-19		2,500	(2,487)	-	13
	<u>4,847</u>	<u>10,000</u>	<u>(13,066)</u>	<u>-</u>	<u>1,781</u>

Fund

Snettisham CP

Musical Sessions

Children in Need

Children in Need Covid-19

Purpose and restriction

To provide equipment

To provide musical sessions

To provide part funding for team leaders salary

To cover Covid-19 expenses

Little Discoverers, West Norfolk School for Parents

Detailed receipts and payments account

Year ended 31 March 2021

	2021		2020	
	£	£	£	£
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts				
Donations	27,618	-	27,618	21,150
Funding:				
NHS West Norfolk CCG	10,000	-	10,000	10,000
Vancouver Children Centre	-	-	-	500
Hunstanton Children Centre	-	-	-	500
N Lynn, Gaywood NB & Wootton Children Centre	-	-	-	1,000
Downham Market Children Centre	-	-	-	1,000
Emneth Children's Centre	-	-	-	1,000
NCC Children's Services	10,000	-	10,000	-
Grants:				
Children in Need	-	7,500	7,500	12,499
Children in Need Covid-19	-	2,500	2,500	-
Receipts from fundraising activities	103	-	103	2,076
Investment Income:				
Bank Interest	38	-	38	114
	<u>47,759</u>	<u>10,000</u>	<u>57,759</u>	<u>49,839</u>
Payments				
Costs of charitable activities:				
Wages and salaries	19,649	10,000	29,649	25,893
Pension Contributions	599	-	599	410
Recruitment fees	195	-	195	333
Rent payable	1,895	-	1,895	6,283
Equipment and musical sessions	30	498	528	1,223
Insurance	672	-	672	630
Training and expenses	91	-	91	25
Membership fees	30	-	30	15
Travel	-	-	-	129
Printing, postage and stationery	600	-	600	379
Computer and website	753	-	753	1,127
Telephone	119	-	119	124
General expenses	1,484	81	1,565	2,170
Management expenses	44	-	44	43
Covid-19 Expenses	-	2,487	2,487	-
Governance costs:				
Payroll and accountancy costs	1,200	-	1,200	600
	<u>(27,361)</u>	<u>(13,066)</u>	<u>(40,427)</u>	<u>(39,384)</u>
Net receipts/(payments)	<u>20,398</u>	<u>(3,066)</u>	<u>17,332</u>	<u>10,455</u>

APPENDIX 1 – WHAT IS CONDUCTIVE EDUCATION

Conductive Education (CE) is a holistic integrated therapy/education system which is primarily useful for children with physical disabilities that have impacted on a wide area of their development. Conditions such as Cerebral Palsy, Downs Syndrome and genetic conditions.

Andras Peto, the founder of CE, viewed children with neurological conditions as a whole, focussing not only on the body but also on the personality. He therefore chose methods of facilitation that not only made actions possible, but also developed the personality, the wish, desire and ability to be active and increased their confidence. CE perceives these children as facing a challenge of learning rather than needing treatment for a medical condition.

CE is based on the premise that despite damage to the nervous system, the brain has a degree of plasticity which gives it the capacity to form new neural connections which may take over from the damaged areas. However **an active** learning process stimulated by a multi sensory approach, using Rhythmical Intention (the staff use a phrase such as “I put my feet flat” to trigger a number of cognitive processes) and working in groups, is needed for this to happen.

Children without disabilities often learn quickly how to make use of their environment, how to connect with it and use it as a tool in their development. They learn to adapt and respond to the environment and its demands; in addition they learn to influence it, thus having an active interaction with the environment.

This situation however is different for children with neurological conditions. Disturbed mobility is accompanied by a challenge in their ability to perceive and understand. The impeded movement can restrict or prevent interactions with people and objects which would normally assist their development. This can result in negative experiences and frustrations which in turn affect personality. The dysfunction of the personality in turn restricts physical development and so a circle begins. CE aims to break this circle using group working, multi sensory input, facilitation using aids and equipment and programmes specific to the needs of the individual children.

The learning environment is critical to the success of skill development. The programme/sessions are structured, supportive, designed to maintain interest, to motivate, to reinforce learning, to praise and to challenge. It is important to also focus on transferring what is learned to the home environment by giving the parents the necessary skills and confidence.

Conductive Education is fun for both child and parent/carer.

APPENDIX 2 – PARENT AND PROFESSIONAL OBSERVATIONS


1. Extract of Parents' Observations

■■■■ loves Little Discoverers online but prefers attending at the Pavilion. She knows the songs and routines. ■■■■ loves the activities and seeing the staff and children. We appreciate everything the staff have provided and supported us to allow ■■■■ personality stand out and become confident and independent even when she's being a monkey!

An excellent service given the circumstances of lockdowns and making sessions Covid secure. I'm positive with face 2 face sessions recurring that ■■■■ development will continue at a fast pace. The virtual sessions were brilliant especially at providing a safe and recognised activity on a weekly basis through an uncertain time.

Im so grateful to the support and help that's been given by all members of staff. Regular contact was appreciated during lock down. We certainly enjoyed and will continue with the Youtube songs. I've found the help of other parents a great support to offering help and advice.

This service is so important, I would say vital to families and children. These ladies provide a whole support network and we wouldn't be where we are today without them. We have a confident, well mannered clever little boy who is school ready thanks to them.

■■■■ is now nearly 3 years old so we have been cooking & nearly 2 years, and what we learn here is practised daily at home with all the family. Nanny, grandad, aunts, cousins - all know the songs! Its been amazing for us all! 

So grateful for the online sessions and contact support throughout all the lockdown periods. My little boy loves the sessions and the routine. The team have made a brilliant effort over the last 19 face to face sessions in making us feel as safe and secure as possible.

A selection of comments from the Parent Feedback Forms

To enable us to assess the impact of our video sessions and the precautions taken at the Dutton for the COVID secure sessions that we were able to hold, we included 3 additional questions in the Parent questionnaires – they are the first 3 questions in the extracts below.

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
	5	4	3	2	1
1. Access Did you access the Little Discoverers online, live video sessions? If so, do you agree that the sessions benefitted you and your child?	✓				
Comments: It was great to keep a bit of routine and really important for [redacted] to see the team.					

2. Access Did you access the Little Discoverers online YouTube videos? If so, do you agree that these videos benefitted you and your child?	✓				
Comments: WELL THOUGHT OUT AND VARIED - KEPT HER ATTENTION.					

3. Access Did you access the Little Discoverers face-to-face Covid-19 secure sessions at the Dutton Pavilion? If so, do you agree that the sessions benefitted you and your child?	✓				
Comments: It was so important for us as a family to keep in touch with the little discoverers ladies. It was great to have their continued support.					

The following are comments from our 'standard' Parent assessment questionnaires.

4. Physical independence My child has learnt new physical skills which have encouraged greater independence.	✓				
Comments: [redacted] Physical independence is largely due to his sessions at little discoverers, sitting, standing, walking.					

5. Communication My child has learnt more ways to communicate (such as eye contact, eye pointing, gesture, signing and vocalising) allowing my child greater interaction.	✓					
Comments: [redacted] can communicate with makaton, spells and gestures and is so confident now.						

6. Social skills My child has learnt new social skills (such as smiling, turn taking, interacting) which have increased their confidence and sense of wellbeing.	✓					
Comments: [redacted] is confident in a variety of social situations due to being at little discoverers from a young age.						

7. The Unique Child At Little Discoverers, my child is supported and encouraged to develop as an individual and a positive sense of self.	✓					
Comments: [redacted] and our whole family have had immense support.						

8. Positive relationships As parents we are spoken to, engaged and involved for the benefit of our child's learning and development.	✓					
Comments: The staff are brilliant and really know the children + their needs.						

9. Learning environments Little Discoverers provides planned routines, experiences and activities that support and challenge my child.	✓					
Comments: The routines really help with learning's development because they are consistent and easy to remember.						

10. Feedback At Little Discoverers my child is given helpful feedback about his / her efforts and achievements.	✓					
Comments: The ladies always gives great feedback and advice on physio tips + techniques.						

11. Support for the Child At Little Discoverers all aspects of my child's learning and development are considered equally important. His / her strengths and areas for development are recognised and supported.	✓					
Comments: When [redacted] has grown out of an activity the ladies will always adapt or find something new to challenge [redacted].						

12. Confidence of Family Unit Attendance at Little Discoverers has helped our family grow in confidence to help manage the challenges we meet.	✓					
Comments: Couldn't of got to this stage in [redacted] development without Little Discoverers *						






13. Increase in Development Rate Since attending Little Discoverers our child has begun to progress at a faster rate.	✓					
Comments: I fully believe we wouldn't be where we are with [redacted] today without Little Discoverers ♡						

2. Professionals' Observations

This has been a particularly challenging year for the Professionals to engage with the Little Discoverers sessions as the sessions moved from face to face in the Dutton to remote sessions when the children and their parents engaged with us from their homes. The result has been a high level of questionnaire responses where the Professional involved was unable to comment on specific children in our setting. However we have received a response from an experienced professional who is familiar with our approach and some of the children involved in our previous and more recent remote sessions and their response is included below.

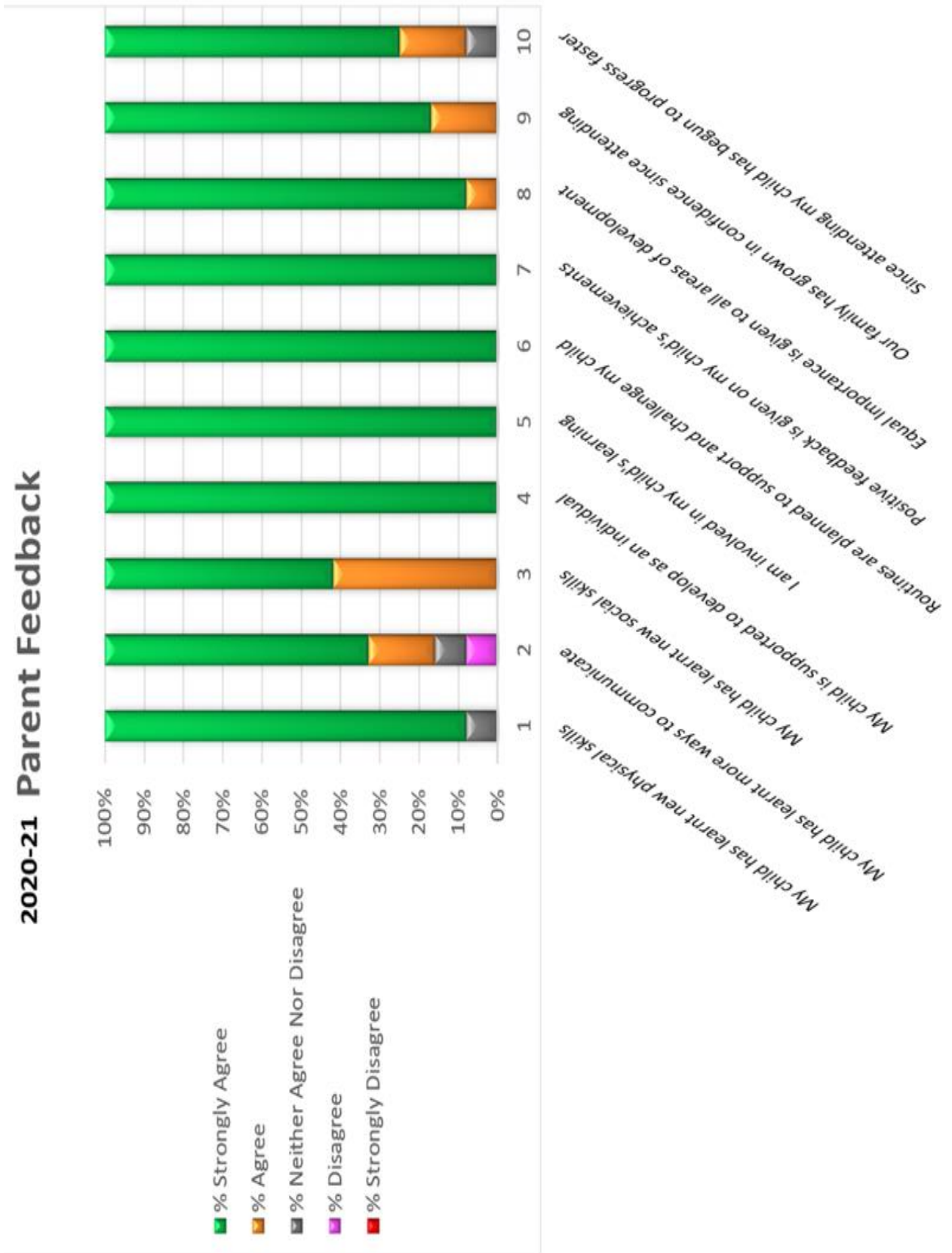
	Strongly Agree 5	Agree 4	Neither Agree or Disagree 3	Disagree 2	Strongly Disagree 1	Unable to Comment Due to Pandemic
1. Physical Independence Attendance helps to improve the child's physical independence/skills	✓					
Comments: Although I have not been able to visit Little Discoverers this year due to the pandemic, based on my previous experience of Little Discoverers, they very much promote physical independence.						

2. Communication Attendance had helped the child to communicate more (eg eye contact, eye pointing, gesture, signing and vocalising)	✓					
Comments: Although I have not been able to visit Little Discoverers this year due to the pandemic, based on my previous experience of Little Discoverers, attendance by the children I work with has helped them to develop their communication. The team promote good communication for example by offering the children choices.						
3. Social Attendance has improved the child's social skills,(eg smiling, interacting)therefore increasing confidence and well-being	✓					
Comments: Same comments as for communication						
4. Support for the Adult Parent/carers have benefited from support given from both staff and peers.	✓					
Comments: A current child that I am working with attends Little Discoverers. The child's parent has recently reported to me that she feels very well supported by Little Discoverers.						
5. Support for the Child The child has benefited from working within a group setting.	✓					
Comments: Based on my previous experience of Little Discoverers, the children that I work with definitely benefit from the group setting. They can develop an increased awareness of others, and develop their social skills such as turn-taking skills.						
6. Confidence Attendance has helped the family grow in confidence/skills to help them manage their child's disability.	✓					
Comments: The Parent of a child I am currently working with who attends feels that due to the support that she receives at Little Discoverers she is a lot more confident in helping her child to develop his skills.						

7. Therapy Input Attendance at Little Discoverers means that the family receives an increased level of therapy input.						
Comments: Based on past experience, the team at Little Discoverers are happy to implement strategies that have been suggested by Therapists in that many of these strategies have become embedded in what they do.						
8. Management Attendance supports the management of the child's needs.						
Comments:						
9. Access to Equipment The child has use of a greater range of equipment than would be otherwise possible.						
Comments:						
10. Development Attendance has accelerated the child's progress/development.						
Comments:						
11. Wider Environment Attendance has had a positive impact on the level of weekly input required from therapists.						
Comments:						

APPENDIX 3 – ENLARGED VERSIONS OF THE PARENT AND PROFESSIONAL FEEDBACK CHARTS

PARENT FEEDBACK – 96% Agree or Strongly Agree with the questionnaire statements, 3% Neither Agreed NOR Disagreed and 1% Disagreed



PROFESSIONAL FEEDBACK – 64% Agree or Strongly Agree with the questionnaire statements, 36% Neither Agreed NOR Disagreed

2020-21 Professional Feedback

