

LITTLE HICCUPS

England & Wales · Charity number 1170147

Details

Status Registered

Legal form Charitable company

Company number [09692276](#)

Registered 2016-11-14

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

Contact

Address The Barrowbys
170 Barrowby Lane
Garforth
Leeds
LS25 1NG

Phone 07831230741

Email info@littlehiccups.co.uk

Website <https://www.littlehiccups.co.uk>

Activities

Objects: THE OBJECTS ARE SPECIFICALLY RESTRICTED TO SUCH PURPOSES WHICH ARE EXCLUSIVELY CHARITABLE UNDER THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES SHALL IN THEIR ABSOLUTE DISCRETION DETERMINE, INCLUDING (BUT NOT LIMITED TO) RELIEVING THE CHARITABLE NEEDS OF CHILDREN WITH DISABILITIES, THEIR FAMILIES AND CARERS THROUGH THE PROVISION OF A PARENT-LED SUPPORT GROUP.

Activities: A Leeds based support group that allows the parents and families of a child with a disability the opportunity to meet people in similar situations, to make friends and support each other. Little Hiccups supports with:- Stay n Play sessions,- a monthly Family Fun Day,- Outreach,- Counselling,- Accessible Sports- Hire of All Terrain Buggies- Signposting and sharing of information

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Barnsley
- Bradford City
- City Of Wakefield
- Leeds City
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£102,984	£133,286	-	-
2024-07-31	£112,501	£96,445	-	-
2023-07-31	£129,154	£83,511	-	-
2022-07-31	£53,280	£44,731	-	-
2021-07-31	£20,903	£19,323	-	-

Trustees

Name	Role	Appointed
SARAH JANE STEWART	Chair	2015-05-12
Belinda Williamson		2023-07-26
Heather Mary Watson-Farrar		2022-01-18
JAMES JOLYON LESLIE THOMPSON		2014-05-06
LINSAY MARIA MEDICA		2014-05-06
NOEL DAVIES-ATAK		2014-05-06
Tracy Reece		2017-05-16

LITTLE HICCUPS

England & Wales - Charity number 1170147

Accounts

Company registration number: 09692276
Charity registration number: 1170147

Little Hiccups

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 July 2025

Charles Best Limited
12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups
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Little Hiccups
Reference and Administrative Details

Charity name	Little Hiccups
Charity registration number	1170147
Company registration number	09692276
Principal office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Registered office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Trustee	Linsay M Medica, Trustee
Director	LM Medica MC Watson Pratt JJL Thompson S Stewart N Davis-Atack TA Reece HM Watson B Williamson
Accountant	Charles Best Limited 12 Henley Close Rawdon Leeds LS19 6QB

Little Hiccups

Trustee's Report

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

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

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

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

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

We have added in regular Parent/Carer events to enable the adults to get out for some required respite and the chance to chat freely. We have subsidised the meals which means that often both parent/carers can afford to attend.

Working with the local authority and various visitor attractions, we partnered with a local artist to turn our families' drawings into mosaics and have them displayed around the region. This provides a 'mosaic trail' highlighting accessible family friendly areas and is helping to spread the word.

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

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

We have launched a series of workshops, working closely with a specialist Neurodiverse Nurse, covering a range of subjects around behaviours, eating and sleeping etc. These sessions run both in person and online to make sure everyone can access them. These have been very successful and really well attended. We are working on providing more information workshops in the future.

Little Hiccups Trustee's Report

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

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

This year we have started to contract Noel Davis-Atack to assist with the ever growing work load and help to streamline our IT systems. Noel has been a Trustee with Little Hiccups for many years and has worked hard with us. Contracting him means we can put him to work a great deal more in the knowledge that his contribution is sustainable and he already knows our families and connections. He is working to strengthen and grow the funding streams too.

Funding has certainly been harder to come by this year although we retain Sam to apply for grants and donations which remains profitable but we have noted a downturn in funding streams as a whole. One of Noels goals will be to connect with more businesses and secure some financial contributions via corporates.

We currently support over 1500 families across the region.

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

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

Small company provisions

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

Approved by the Board on 19 April 2026 and signed on its behalf by:



.....
Linsay M Medica
Trustee

Independent Examiner's Report to the Trustee of Little Hiccups

I report on the accounts of the company for the year ended 31 July 2025, which are set out on pages 5 to 10.

Respective responsibilities of trustee and examiner

The trustee (who is also the director of the company for the purposes of company law) is responsible for the preparation of the accounts. The trustee considers that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act ;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act ; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Charles Best Limited

19 April 2026

12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups

Statement of Financial Activities (including Income and Expenditure Account) for the Year Ended 31 July 2025

		Unrestricted Funds	Total Funds 2025	Total Funds 2024
	Note	£	£	£
Incoming resources				
Incoming resources from generated funds				
Voluntary income	2	102,984	102,984	112,501
Total incoming resources		102,984	102,984	112,501
Resources expended				
Costs of generating funds				
Costs of generating voluntary income	3	133,286	133,286	96,445
Total resources expended		133,286	133,286	96,445
Net movements in funds		(30,302)	(30,302)	16,056
Reconciliation of funds				
Total funds brought forward		151,652	151,652	135,592
Total funds carried forward		121,350	121,350	151,648

All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 10 form an integral part of these financial statements.

Little Hiccups (Registration number: 09692276)

Balance Sheet as at 31 July 2025

		2025		2024	
	Note	£	£	£	£
Current assets					
Debtors	6	65		-	
Cash at bank and in hand		<u>121,285</u>		<u>152,246</u>	
			121,350		152,246
Creditors: Amounts falling due within one year	7		<u>-</u>		<u>(598)</u>
Net current assets			<u>121,350</u>		<u>151,648</u>
Net assets			<u><u>121,350</u></u>		<u><u>151,648</u></u>
The funds of the charity:					
Unrestricted funds					
Unrestricted income funds			<u>121,350</u>		<u>151,648</u>
Total charity funds			<u><u>121,350</u></u>		<u><u>151,648</u></u>

For the financial year ended 31 July 2025, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These accounts were approved by the Trustee on 19 April 2026



.....
Linsay M Medica
Trustee

The notes on pages 7 to 10 form an integral part of these financial statements.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Companies Act 2006.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Further details of each fund are disclosed in note 10.

Incoming resources

Donations are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

2 Voluntary income

	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Donations and legacies			
Appeals and donations	67,525	67,525	92,754
Fundraising Income	35,459	35,459	19,747
	<u>102,984</u>	<u>102,984</u>	<u>112,501</u>

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2025

..... continued

3 Total resources expended

	Donations and legacies	Total
	£	£
Direct costs		
Fundraising costs	50,583	50,583
Other fundraising costs	27,043	27,043
Other direct costs	1,523	1,523
Advertising and promotion	19,108	19,108
	<u>98,257</u>	<u>98,257</u>
Support costs		
Establishment costs	552	552
Office expenses	651	651
Printing, posting and stationery	636	636
Sundry and other costs	29,112	29,112
Advertising and promotion	4,018	4,018
Legal and professional costs	60	60
	<u>35,029</u>	<u>35,029</u>
	<u>133,286</u>	<u>133,286</u>

4 Trustee's remuneration and expenses

The trustee did not receive any remuneration during the year.

5 Taxation

The company is a registered charity and is, therefore, exempt from taxation.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2025

..... continued

6 Debtors

	2025 £	2024 £
Trade debtors	<u>65</u>	<u>-</u>

7 Creditors: Amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	<u>-</u>	<u>598</u>

8 Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £nil towards the assets of the charity in the event of liquidation.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2025

..... continued

9 Related parties

Controlling entity

The Charity is controlled by the members who have appointed Trustees to manage the affairs of the Charity.

10 Analysis of funds

	At 1 August 2024	Incoming resources	Resources expended	At 31 July 2025
	£	£	£	£
General Funds				
Unrestricted income fund	151,652	102,984	(133,286)	121,350

11 Net assets by fund

	Unrestricted Funds	Total Funds 2025	Total Funds 2024
	£	£	£
Current assets	121,350	121,350	152,246
Creditors: Amounts falling due within one year	-	-	(598)
Net assets	<u>121,350</u>	<u>121,350</u>	<u>151,648</u>

Little Hiccups
Statement of financial activities by fund Year Ended 31 July 2025

	Unrestricted income fund 2025	Unrestricted income fund 2024
	£	£
Incoming resources		
Incoming resources from generated funds		
Voluntary income	102,984	112,501
Total incoming resources	<u>102,984</u>	<u>112,501</u>
Resources expended		
Costs of generating funds		
Costs of generating voluntary income	133,286	96,445
Total resources expended	<u>133,286</u>	<u>96,445</u>
Net movements in funds	(30,302)	16,056
Reconciliation of funds		
Total funds brought forward	<u>151,652</u>	<u>135,592</u>
Total funds carried forward	<u><u>121,350</u></u>	<u><u>151,648</u></u>

This page does not form part of the statutory financial statements.

LITTLE HICCUPS

England & Wales - Charity number 1170147

Accounts

Company registration number: 09692276
Charity registration number: 1170147

Little Hiccups

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 July 2024

Charles Best Limited
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LS19 6QB

Little Hiccups
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Little Hiccups
Reference and Administrative Details

Charity name	Little Hiccups
Charity registration number	1170147
Company registration number	09692276
Principal office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Registered office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Trustee	Linsay M Medica, Trustee
Director	LM Medica MC Watson Pratt JJL Thompson S Stewart N Davis-Atack TA Reece HM Watson B Williamson
Accountant	Charles Best Limited 12 Henley Close Rawdon Leeds LS19 6QB

Little Hiccups

Trustee's Report

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

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

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

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

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

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

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

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

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

We currently support over 1000 families across the region

Little Hiccups
Trustee's Report

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

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

Small company provisions

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

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

.....

Linsay M Medica
Trustee

Independent Examiner's Report to the Trustee of Little Hiccups

I report on the accounts of the company for the year ended 31 July 2024, which are set out on pages 5 to 9.

Respective responsibilities of trustee and examiner

The trustee (who is also the director of the company for the purposes of company law) is responsible for the preparation of the accounts. The trustee considers that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act ;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act ; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....
Charles Best Limited

17 April 2025

12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups
Statement of Financial Activities (including Income and Expenditure Account) for the
Year Ended 31 July 2024

	Unrestricted Funds	Total Funds 2024	Total Funds 2023
Note	£	£	£
Incoming resources			
Incoming resources from generated funds			
	Voluntary income	2	112,501
	Total incoming resources	112,501	129,154
Resources expended			
Costs of generating funds			
	Costs of generating voluntary income	4	96,445
	Total resources expended	96,445	83,511
	Net movements in funds	16,056	45,643
Reconciliation of funds			
	Total funds brought forward	135,592	89,949
	Total funds carried forward	151,648	135,592

All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 9 form an integral part of these financial statements.

Little Hiccups (Registration number: 09692276)

Balance Sheet as at 31 July 2024

		2024		2023	
	Note	£	£	£	£
Current assets					
Cash at bank and in hand			152,246		136,186
Creditors: Amounts falling due within one year	7		<u>(598)</u>		<u>(594)</u>
Net current assets			<u>151,648</u>		<u>135,592</u>
Net assets			<u>151,648</u>		<u>135,592</u>
The funds of the charity:					
Unrestricted funds					
Unrestricted income funds			<u>151,648</u>		<u>135,592</u>
Total charity funds			<u>151,648</u>		<u>135,592</u>

For the financial year ended 31 July 2024, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These accounts were approved by the Trustee on 17 April 2025

.....
Linsay M Medica
Trustee

The notes on pages 7 to 9 form an integral part of these financial statements.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Companies Act 2006.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Further details of each fund are disclosed in note 10.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

2 Voluntary income

	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Donations and legacies			
Appeals and donations	92,754	92,754	99,407
Grants - other agencies	-	-	9,300
Fundraising Income	19,747	19,747	20,447
	<u>112,501</u>	<u>112,501</u>	<u>129,154</u>

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2024

..... continued

3 Grants receivable

	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Grants - other agencies	-	-	9,300

4 Total resources expended

	Donations and legacies £	Total £
Direct costs		
Fundraising costs	39,143	39,143
Other fundraising costs	16,795	16,795
Other direct costs	38	38
Advertising and promotion	18,222	18,222
	74,198	74,198
Support costs		
Establishment costs	574	574
Office expenses	970	970
Printing, posting and stationery	679	679
Sundry and other costs	17,646	17,646
Advertising and promotion	2,378	2,378
	22,247	22,247
	96,445	96,445

5 Trustee's remuneration and expenses

The trustee did not receive any remuneration during the year.

6 Taxation

The company is a registered charity and is, therefore, exempt from taxation.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2024

..... continued

7 Creditors: Amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	598	594

8 Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £nil towards the assets of the charity in the event of liquidation.

9 Related parties

Controlling entity

The Charity is controlled by the members who have appointed Trustees to manage the affairs of the Charity.

10 Analysis of funds

	At 1 August 2023	Incoming resources	Resources expended	At 31 July 2024
	£	£	£	£
General Funds				
Unrestricted income fund	135,592	112,501	(96,445)	151,648

11 Net assets by fund

	Unrestricted Funds	Total Funds 2024	Total Funds 2023
	£	£	£
Current assets	152,246	152,246	136,186
Creditors: Amounts falling due within one year	(598)	(598)	(594)
Net assets	151,648	151,648	135,592

Little Hiccups
Statement of financial activities by fund Year Ended 31 July 2024

	Unrestricted income fund 2024	Unrestricted income fund 2023
	£	£
Incoming resources		
Incoming resources from generated funds		
Voluntary income	112,501	129,154
Total incoming resources	<u>112,501</u>	<u>129,154</u>
Resources expended		
Costs of generating funds		
Costs of generating voluntary income	96,445	83,511
Total resources expended	<u>96,445</u>	<u>83,511</u>
Net movements in funds	16,056	45,643
Reconciliation of funds		
Total funds brought forward	<u>135,592</u>	<u>89,949</u>
Total funds carried forward	<u><u>151,648</u></u>	<u><u>135,592</u></u>

This page does not form part of the statutory financial statements.

LITTLE HICCUPS

England & Wales - Charity number 1170147

Accounts

Secretary Report 2023

Membership and Communication

This year we can consider ourselves fully returned on all fronts and a case of managing the massive increase in membership that just keeps coming and the demands on our services. Mainly because it is now all online and membership is easier to record and also easier to apply for. We also require families to be registered to access any of our events now whereas before we were reliant on tracking them down to complete a paper version.

Stay n Play is remaining steady and we have increased our sessions to twice a week to fulfil demand. Family Fun Days were also still selling out in minutes with waiting lists being quite large for some of the more popular events (parties and Christmas events mainly) - We have started tracking the numbers on the waiting list (see KPI's) so we can assess if we need to expand this service. We believe that the boost in numbers for membership is also due to lack of access to services and huge waiting lists. Families are desperate for support and are turning to Charities like Little Hiccups.

Membership Numbers can be found in Appendix 1

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

New Direction / Expansion

The majority of Family Fun Days have expanded back to the bigger events although we are still trying to do a range of activities to suit all abilities and ages. Some of the events aimed at the younger ones will be smaller in numbers. The Parent/Carer events are continuing. These are every three months and are popular at the moment with 12-19 at every event.

Stay n Play has remained popular and in the last few months increasingly so. We've opened a second slot on Monday morning which has allowed access to several new families. Both sessions remain popular so we are currently opening up the Sensory Room and Soft Play room at the same time. We have continued to ask



Little Hiccups, c/o The Barrowbys, 170 Barrowby Lane, Garforth, Leeds, LS25 1NG

Tel: **07831 230741** Email: info@littlehiccups.co.uk Web: www.littlehiccups.co.uk

Registered Charity No: 1170147 Company Limited by Guarantee No: 9692276

people to book on so we can monitor numbers. We are expecting numbers to decrease slightly in September again when a number will start school.

The Buggies are still in use and this year will be their most popular year for usage. They have been for a service and remain in very good condition. We have a couple of companies/Charities who hire them out to show to families for potential purchases and this helps with the funding. The Travel Beds are also available for hire and are used less often but are invaluable to some families.

After the trial ended for the Physio Assessments which were held every two weeks run at the same time as Stay n Play sessions, the session popularity did drop. I believe this is due to the initial demand being fulfilled. We are continuing to run but less often and making sure that we run them during the holidays so that all parents are able to attend. This has increased the demand again and all slots are being filled. Feedback is 100% positive.

Hydrotherapy is continuing to run and remains a service that is high in demand. Because of this, we have moved to 'Needs Led' rather than 'First come, first served' to ensure the slots are going to the children that need it the most. The Children in Need Grant has not been renewed and I have been applying for grants to continue the service. Prices have gone up and the cost of Hydro for 1 year has risen from £10k to £14k (last time prices were reviewed was 2019).

We have reopened our Educational/Informative Courses for parents and have started with a set by Laura Helfeld around Autism and Juniper Tree for Sensory Integration. These are increasing in popularity as word spreads and repeat bookings. Courses are now selling out. We have a few others planned such as with Guide Dogs.

We have been fortunate to have our team expanded by a number of volunteers: Carla Bland, Laura Beckett, Hannah Davies and Shamila Hanif. All have different areas of expertise and are proving to be invaluable.

Next year, we will need to consider a steady income and create fun and exciting fundraising challenges that comply with government regulations. The Professional Fundraising has returned to pre-Covid levels and is bringing in a steady income.

We've also remained prominent in West Yorkshire CANN and the new Leeds Parent Carer Forum have started to tackle issues in the wider community such as EHCP's and Early Years Support. This year we have been awarded The Charity Excellence Framework Quality Mark.

Incident Report Updates can be found in Appendix 3

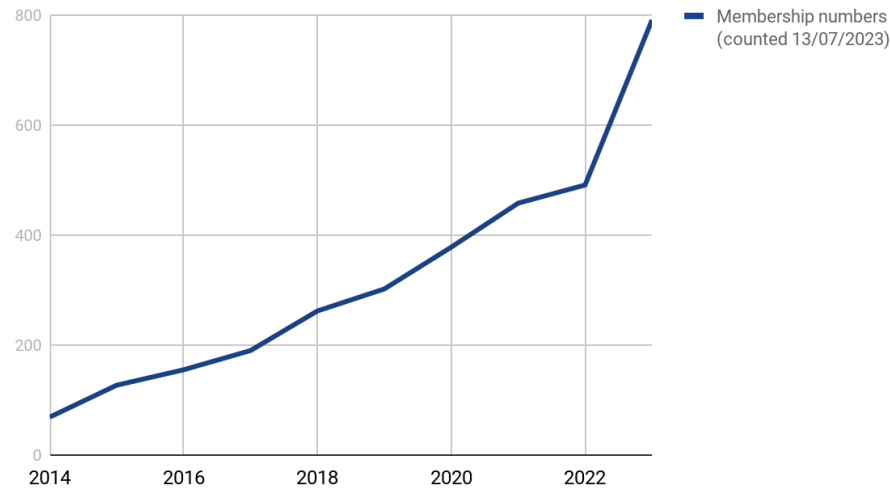
Miriam Watson-Pratt

Secretary

Appendix 1
Membership numbers (counted 7/05/2023)

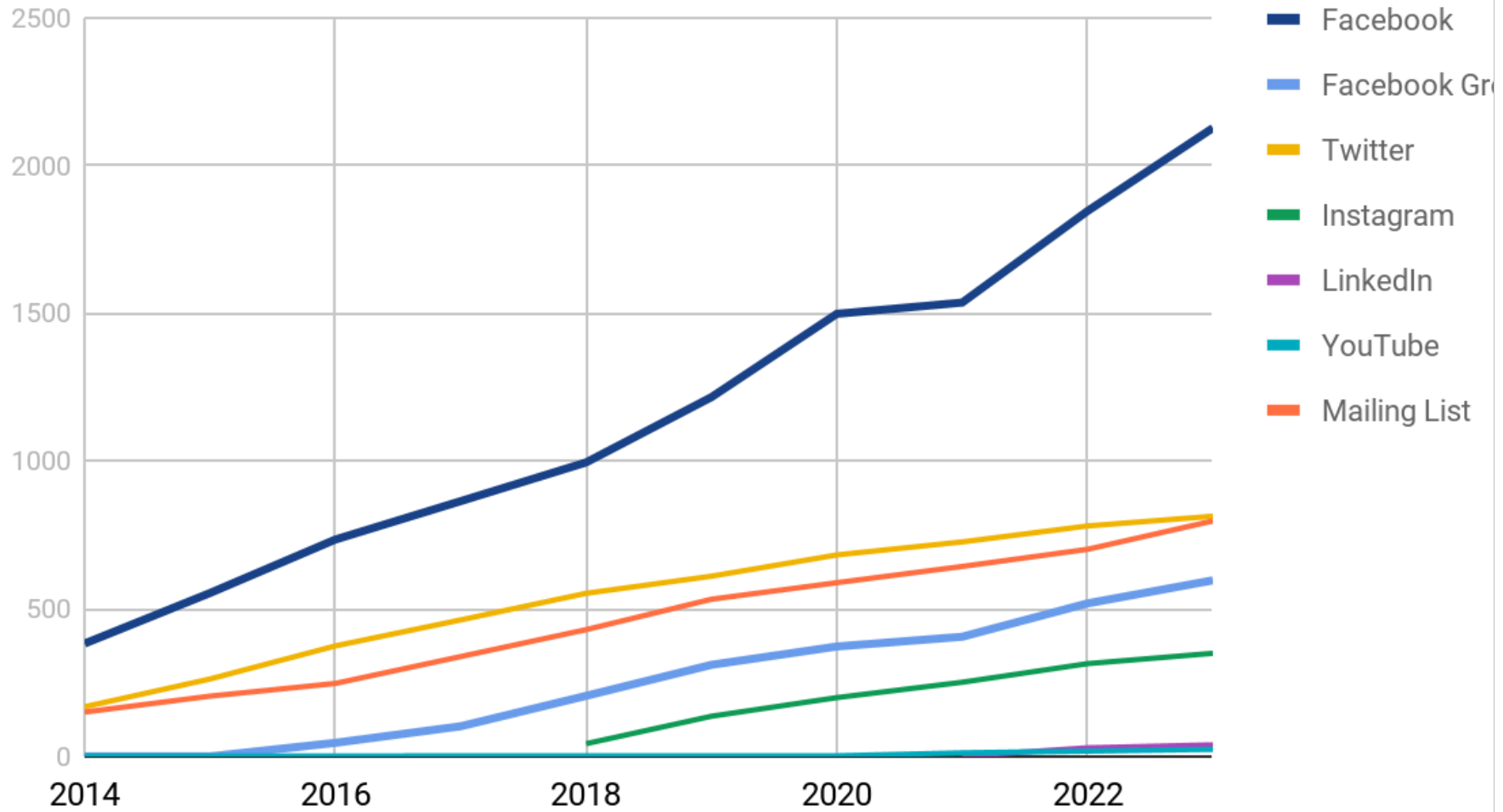
Attending Members	2018	%inc	2019	%inc	2020	%inc	2021	%inc	2022	%inc	2023	%inc
Completed Registration Forms	311	+66%	-	-	-	-	-	-				
Families on Contact Form	262	+38%	302	+13%	360	+19%	360	0%				
Online Registration					18	+100%	80	344%	491	+514%	791	+61%

Points scored



Social Media	2018	%inc	2019	%inc	2020	%inc	2021	%inc	2022	%inc	2023	%inc
Facebook	995	+15%	1216	+18%	1498	+23%	1536	2.5%	1846	+20%	2127	+15%
Facebook Group	205	+101%	310	+34%	372	+20%	405	8.9%	518	+25%	596	+15%
Twitter	552	+19%	610	+9.5%	682	+12%	726	6%	780	+7%	813	+4%
Google+	49	n/a	Closed	n/a	Closed	n/a	Closed	n/a	Closed	n/a	Closed	n/a
Instagram	43 reopene d account	0%	138	+69%	199	+44%	251	26.1%	314	+25%	349	+11%
LinkedIn	-	-	-	-	-	-	1	100%	29	+2800%	39	+34%
Blogger	60 posts 15,936 views	+30% posts +65% views	82 posts 19,675 views	+27% posts +19% views	Closed - on website	n/a	Closed - on website	n/a	Closed	n/a	Closed	n/a
YouTube	2	0%	2	0%	2	0%	12	500%	18	+50%	24	+33%
Mailing List	429	+27%	532	+24%	588	+10%	643	9.3%	701	+89%	797	+13%

Points scored



Appendix 2 – Breakdown of Family Fun Day events for last 5 years (full figures are stored if needed)

These figures represent the amount booked not attended.

	2018	2019	2020	2021	2022	2023
Jan	-	Adventures at Clip n Climb: Adult: 69 Children: 86 <i>Total: 155</i>	Fundraising and Adventures at Clip n Climb: Adult: 58 Child: 69 <i>Total: 127</i>	Cancelled due to Covid-19	Pottery Painting Adult: 32 Children: 39 <i>Total: 71</i> <i>Waiting List: 2 families</i>	Sensory Party at Lush Adult: 25 Children: 30 <i>Total: 55</i> <i>Waiting List: 3 families</i> Parent/Carer: Escape Room Total: 16
Stay n Play			Adult: 9 Children:9 <i>Total:19</i>	Cancelled due to Covid-19	Adult: 17 Children:15 <i>Total: 32</i>	Adult: 34 Children: 38 <i>Total: 72</i>
Feb	The Deep in Hull Adults: 58 Children: 63 <i>Total: 121</i>	Soft Play at Kidzone Adult: 41 Children: 49 <i>Total: 90</i>	Family Photoshoot <i>Families: 18</i>	Cancelled due to Covid-19	Skateboarding/Scooters at LS10 Adult: n/a Children: 30 <i>Total: 30</i> <i>Waiting List: 0 families</i> Parent/Carer - Pottery and prosecco <i>Total: 19</i>	Trip to Eureka Adult: 23 Children: 28 <i>Total: 51</i> <i>Waiting List: 0 families</i>
Stay n Play			Adult: 16 Children:26 <i>Total:42</i>	Cancelled due to Covid-19	Adult: 30 Children:33 <i>Total: 63</i>	Adult: 39 Children: 51 <i>Total: 90</i>
March	Family Photoshoot	Family	Lush:	Cancelled due to	Bowling at	Circus Skills

	April 15th (rearranged) and March 22nd: 18 families	Photoshoot: 10th and 17th March: 18 families	<i>Children - 23 Adults - 24 Total 47</i>	Covid-19	Barnsley Bowl <i>Total 67 Waiting List: 1 family</i>	Adult: 37 Children: 20 <i>Total: 57</i> <i>Waiting List: 0 families</i> Course: Intro to Autistic Children, Distress Behaviours and Providing Support In person: 5 Online:4
Stay n Play			Adult: 6 Children: 7 <i>Total:13</i>	Cancelled due to Covid-19	Adult: 46 Children:49 <i>Total: 95</i>	Adult: 26 Children: 27 <i>Total: 53</i>
April	Indoor Skydiving at Airkix Adults: 40 Children: 39 <i>Total: 79</i>	Relaxed Session at Lush Adult: 22 Children: 18 <i>Total: 40</i>	Cancelled due to Covid-19	Cancelled due to Covid-19	Soft Play at Kid Zone <i>Adults: 55 Children:57 Total: 112</i> <i>Waiting List: 1 family</i> Parent/Carer: Axe Throwing <i>Total: 14</i>	Stockeld Adult: 69 Children:79 <i>Total: 148</i> <i>Waiting List: 21 families</i> Parent/Carer Event: Pottery Making 14 booked Course: Boundary Setting and Challenging Behaviour In person: 17 Online: 10

Stay n Play			Cancelled due to Covid-19	Adult: 12 Children: 11 <i>Total: 23</i>	Adult: 56 Children: 54 <i>Total: 110</i>	Adult: 32 Children: 36 <i>Total: 68</i>
May	Ponderosa Rural Therapeutic Park Adults: 56 Children: 52 <i>Total: 108</i>	Cannon Hall Farm Adult: 51 Children: 49 <i>Total: 100</i>	Cancelled due to Covid-19	This Green Moon Forest School Adult: 17 Children: 13 Under 5: 0 <i>Waiting List: 5 families</i>	Ice Skating at Planet Ice Adult: 53 Children: 58 <i>Total: 111</i> <i>Waiting List: 0 families</i>	Canal Boats Adult: 23 Children: 20 <i>Total: 43</i> <i>Waiting List: 13 families</i> Eid Party Adult: 38 Children: 39 <i>Total: 77</i> <i>Waiting List: 3 families</i> 2023 05 03 In-Person: Autistics and Food Course: Part 1: It's so Much More than Picky Eating In Person:7 Online: 7
Stay n Play			Cancelled due to Covid-19	Adult: 13 Children: 15 <i>Total: 28</i>	Adult: 56 Children: 54 <i>Total: 110</i>	Adult: 37 Children:39 <i>Total: 76</i>
June	Soft Play at KidZone Adult: 37 Children: 39 <i>Total: 76</i>	Forest School Adult: 35 Children: 48 <i>Total: 83</i>	Cancelled due to Covid-19	-Cancelled due to Covid-19	Mini Music Gig <i>Total: 70</i> <i>Waiting List: 0 families</i>	Watersports 50 booked Adults: 19 Children: 31 <i>Total: 50</i> <i>Waiting List: 5 families</i>

						Parent/Carer Event: Lush 15 Booked 13 attendees 10 on waiting list Course: Part 2: It's so Much More than Picky Eating In Person:8 Online: 4 Juniper Tree - Sensory Training In Person: 15
Stay n Play			Cancelled due to Covid-19	Adult: 17 Children: 14 <i>Total: 31</i>	Adult: 58 Children: 53 <i>Total: 111</i>	Adult: 78 Children: 70 <i>Total: 148</i>
July	Creepy Crawly Adult: 71 Children: 79 <i>Total: 150</i>	Party - Circus themed Adults: 95 Children: 95 <i>Total - 190</i>	Cancelled due to Covid-19	Cancelled due to Covid-19	Party - Space themed Adults: 99 Children: 96 <i>Total - 195</i> <i>Waiting List: 5 families</i>	Birthday Party: Bugs Adult: 93 Children:89 <i>Total: 182</i> <i>Waiting List: 0 families (but waiting list temporary broke)</i> Course: Toilet Talk! Supporting Your Child with Toileting and a Look at Constipation In Person: 8 Online:

Stay n Play		Adult: 11 Children: 13 <i>Total:24</i>	Cancelled due to Covid-19	Adults 26 Children: 33 <i>Total: 59</i>	Adult: 37 Children: 38 <i>Total: 75</i>	Adult: Children: <i>Total:</i>
Aug	Children's Tea Party at Iveridge Hall Adult: 47 Children: 41 <i>Total: 88</i>	No event due to Hiccups Holiday	Cancelled due to Covid-19	Children's Tea Party at Iveridge Hall Adult: 41 Children: 30 <i>Total: 71</i> <i>Waiting List: 8 families</i> Parent/Carer Escape Room <i>Total: 12</i>	Superhero Day Adults: 60 Children: 58 <i>Total - 118</i> <i>Waiting List: 0 families</i>	
Stay n Play		Adult: 19 Children: 20 <i>Total:39</i>	Cancelled due to Covid-19	Adults 18 Children: 29 <i>Total: 47</i>	Adult: 32 Children: 29 <i>Total: 61</i>	
Sept	Bowling at Bansley Bowl Adult: 20 Children: 29 <i>Total: 49</i>	Rainbow Factory Adults: 30 Children: 28 <i>Total - 58</i>	Cancelled due to Covid-19	Growing Zone Adult: 25 Children: 25 <i>Total: 7</i> <i>Waiting List: 1 family</i> Parent/Carer Jamacian Night <i>Total: 14</i>	Lazerzone Adults: 17 Children: 23 <i>Total: 40</i> <i>Waiting List: 1 family</i>	
Stay n Play		Adult:5 Children:5 <i>Total: 10</i>	Adults 3 Children: 3 <i>Total: 6</i>	Adults 26 Children: 16 <i>Total: 42</i>	Adult: 21 Children: 25 <i>Total: 46</i>	
Oct	Canal Boating with the Safe Anchor Trust Adult: 37	Skiing with Disability Sports Adult: 26 Child: 52	Cancelled due to Covid-19	Stockeld Park - Halloween Adventure <i>Adults: 51</i>	Yorkshire Wildlife Park Adults: 99	

	Children: 33 Total: 70	Total: 78		Children: 49 Total: 100 Waiting List: 17 families	Children: 96 Total: 197 Waiting List: 6 families Parent/Carer: Cocktail Making Class Total: 20	
Stay n Play		Adult: 3 Children:2 Total:5	Adults 11 Children: 12 Total: 23	Adult: 23 Children: 22 Total: 45	Adult: 24 Children: 35 Total: 59	
Nov	Smallfoot at the Showcase Cinema Adult: 48 Children: 66 Total: 114	Abominable at the Showcase Cinema Adults: 45 Children: 56 Total: 101	Cancelled due to Covid-19	Ron's Gone Wrong at the Showcase Cinema Adults: 44 Children: 54 Total: 98 Waiting List: 2 families	Cinema - Lyle Lyle Crocodile Adults: 59 Children: 61 Total: 121 Waiting List: 1 family	
Stay n Play		Adult: 9 Children:12 Total:21	Cancelled due to Covid-19	Adult: 26 Children:26 Total: 52	Adult: 29 Children: 29 Total: 58	
Dec	Sundown Adventureland Adult: 140 Children: 144 Total: 284 Also Sundown run one this year Christmas Party: Adult: 106 Children: 108	Sundown Adventureland Adult: 100 Children: 106 Total: 206 Christmas Party Adult: 106 Children: 109 Total: 215	Cancelled due to Covid-19	Sundown Adventureland Adult: 100 Children: 100 Total: 200 Waiting List: 14 families Christmas Party Adult: 107 Children: 97	Sundown Adventureland Adult: 94 Children:102 Total: 196 Waiting List: 19 families Garforth Musical Panto - Sleeping	

	<i>Total: 214</i>			<i>Total: 204</i> <i>Waiting Lst: 17 families</i>	Beauty <i>Total: 24</i> <i>Waiting List: 0 families</i> Growing Zone Christmas Party Adult: 21 Children: 21 <i>Total: 42</i> <i>Waiting List: 0 families</i> Christmas Party Adult: 84 Children: 91 <i>Total: 175</i> <i>Waiting List: 18 families</i>	
Stay n Play		Adult: Children: <i>Total:</i>	Adults 7 Children: 6 <i>Total: 13</i>	Adult: 15 Children: 18 <i>Total: 33</i>	Adult: 11 Children: 12 <i>Total: 23</i>	

**Appendix 3
Incident Report Updates**

	Exclusions	Hate Incidents	Health & Safety	Complaints/Grievances	Data incidents/breaches
2022-2023	0	0	2	1	0
	<p>Health and Safety - 06/03/2023 Child had tonic clonic seizure for less than 1 minute. Suspected cause was overheating.</p> <p>Unofficial Complaint/concern - 06/03/2023 Concern over another parent's behaviour. Rules of Stay n Play emailed out to remind everyone</p> <p>Health and Safety - 11/05/2023 Child had tonic clonic seizure for less than 1 minute. Suspected cause was overheating.</p>				

AGM Treasurer Report

Accounts for 2021 - 2022 have been audited and submitted (report attached)

A few key points -

INCOME	£53,280
EXPENDITURE	£44,731
CLEARED	£8,548

Events over 2021-2022

INCOME	£5,350
EXPENDITURE	£18,928
OVERALL COST	- £13,578

Event Costings (details attached)

Xmas 21 Party	- £999
July 22 Birthday Party	- £3,616
Superhero 2022	£144

Raising Funds

ONLINE FUNDING	£6,642	
DONATIONS	£38,447	£45,089
COST TO RAISE FUNDS		£4,904
OVERALL FUNDING		£40,185

Hire of all terrain Buggies during 21/22

COST	- £152
------	--------

We have now transitioned over to Quickbooks for the accounts, which brings us up- to date in the world of tech! And I am aiming to be able to have the Annual accounts audited by August instead of the following April.

We continue to run with clear funds each year, not as a profit as such but ensuring we still have the money coming in to keep us sustainable. The fact we have a clear £8k this year gives us the opportunity to look at increasing the event places and invest in possible other services/assistance, while remaining sustainable.

The number of families needing our support is continually increasing and one of our main goals is to remain sustainable and grow at a steady and secure rate, always ensuring the families are at the heart of everything we do and we can continue to be there for them.

Accounts to Date - 26th July 2023

Bank Balance	£133,537
PayPal (incudes Ball bookings)	£8426
TOTAL	£141,963

Company registration number: 09692276
Charity registration number: 1170147

Little Hiccups

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 July 2023

Charles Best Limited
12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups
Contents

Reference and Administrative Details	1
Trustee's Report	2 to 3
Independent examiner's report	4
Statement of financial activities	5
Balance Sheet	6
Notes to the financial statements	7 to 10

The following page does not form part of the statutory financial statements:

Statement of financial activities per fund	11
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Little Hiccups
Reference and Administrative Details

Charity name	Little Hiccups
Charity registration number	1170147
Company registration number	09692276
Principal office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Registered office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Trustee	Linsay M Medica, Trustee
Director	LM Medica MC Watson Pratt JL Thompson S Stewart N Davis-Atack TA Reece HM Watson B Williamson (appointed 26 July 2023)
Accountant	Charles Best Limited 12 Henley Close Rawdon Leeds LS19 6QB

Little Hiccups

Trustee's Report

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

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

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

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

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

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

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

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

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

We currently support over 850 families across the region

Little Hiccups
Trustee's Report

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

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

Small company provisions

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

Approved by the Board on 18 April 2024 and signed on its behalf by:

.....

Linsay M Medica
Trustee

Independent Examiner's Report to the Trustee of Little Hiccups

I report on the accounts of the company for the year ended 31 July 2023, which are set out on pages 5 to 10.

Respective responsibilities of trustee and examiner

The trustee (who is also the director of the company for the purposes of company law) is responsible for the preparation of the accounts. The trustee considers that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act ;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act ; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Charles Best Limited

18 April 2024

12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups

Statement of Financial Activities (including Income and Expenditure Account) for the Year Ended 31 July 2023

		Unrestricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£
Incoming resources				
Incoming resources from generated funds				
Voluntary income	2	129,154	129,154	53,280
Total incoming resources		129,154	129,154	53,280
Resources expended				
Costs of generating funds				
Costs of generating voluntary income	4	83,511	83,511	44,731
Total resources expended		83,511	83,511	44,731
Net movements in funds		45,643	45,643	8,549
Reconciliation of funds				
Total funds brought forward		89,949	89,949	81,400
Total funds carried forward		135,592	135,592	89,949

All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 10 form an integral part of these financial statements.

Little Hiccups (Registration number: 09692276)

Balance Sheet as at 31 July 2023

		2023		2022	
	Note	£	£	£	£
Current assets					
Debtors	7	-		2	
Cash at bank and in hand		<u>136,186</u>		<u>89,947</u>	
			136,186		89,949
Creditors: Amounts falling due within one year	8		<u>(594)</u>		<u>-</u>
Net current assets			<u>135,592</u>		<u>89,949</u>
Net assets			<u><u>135,592</u></u>		<u><u>89,949</u></u>
The funds of the charity:					
Unrestricted funds					
Unrestricted income funds			<u>135,592</u>		<u>89,949</u>
Total charity funds			<u><u>135,592</u></u>		<u><u>89,949</u></u>

For the financial year ended 31 July 2023, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These accounts were approved by the Trustee on 18 April 2024

.....
Linsay M Medica
Trustee

The notes on pages 7 to 10 form an integral part of these financial statements.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2023

1 Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Companies Act 2006.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Further details of each fund are disclosed in note 11.

Incoming resources

Voluntary income including donations and grants that provide core funding or are of a general nature is recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

2 Voluntary income

	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Donations and legacies			
Appeals and donations	99,407	99,407	38,448
Grants - other agencies	9,300	9,300	-
Fundraising Income	20,447	20,447	14,832
	<u>129,154</u>	<u>129,154</u>	<u>53,280</u>

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2023

..... continued

3 Grants receivable

	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Grants - other agencies	9,300	9,300	-

4 Total resources expended

	Donations and legacies £	Total £
Direct costs		
Fundraising costs	37,763	37,763
Other fundraising costs	14,416	14,416
Other direct costs	68	68
Advertising and promotion	14,502	14,502
	66,749	66,749
Support costs		
Establishment costs	596	596
Office expenses	516	516
Printing, posting and stationery	515	515
Sundry and other costs	13,041	13,041
Advertising and promotion	1,688	1,688
Legal and professional costs	406	406
	16,762	16,762
	83,511	83,511

5 Trustee's remuneration and expenses

The trustee did not receive any remuneration during the year.

6 Taxation

The company is a registered charity and is, therefore, exempt from taxation.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2023

..... *continued*

7 Debtors

	2023 £	2022 £
Prepayments and accrued income	<u>-</u>	<u>2</u>

8 Creditors: Amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	<u>594</u>	<u>-</u>

9 Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £nil towards the assets of the charity in the event of liquidation.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2023

..... continued

10 Related parties

Controlling entity

The Charity is controlled by the members who have appointed Trustees to manage the affairs of the Charity.

11 Analysis of funds

	At 1 August 2022	Incoming resources	Resources expended	At 31 July 2023
	£	£	£	£
General Funds				
Unrestricted income fund	89,949	129,154	(83,511)	135,592

12 Net assets by fund

	Unrestricted Funds	Total Funds 2023	Total Funds 2022
	£	£	£
Current assets	136,186	136,186	89,949
Creditors: Amounts falling due within one year	(594)	(594)	-
Net assets	<u>135,592</u>	<u>135,592</u>	<u>89,949</u>

Little Hiccups
Statement of financial activities by fund Year Ended 31 July 2023

	Unrestricted income fund 2023	Unrestricted income fund 2022
	£	£
Incoming resources		
Incoming resources from generated funds		
Voluntary income	129,154	53,280
Total incoming resources	<u>129,154</u>	<u>53,280</u>
Resources expended		
Costs of generating funds		
Costs of generating voluntary income	83,511	44,731
Total resources expended	<u>83,511</u>	<u>44,731</u>
Net movements in funds	45,643	8,549
Reconciliation of funds		
Total funds brought forward	89,949	81,400
Total funds carried forward	<u><u>135,592</u></u>	<u><u>89,949</u></u>

This page does not form part of the statutory financial statements.

LITTLE HICCUPS

England & Wales - Charity number 1170147

Accounts

Company registration number: 09692276
Charity registration number: 1170147

Little Hiccups

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 July 2022

Charles Best Limited
12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups
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The following page does not form part of the statutory financial statements:

Statement of financial activities per fund	10
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Little Hiccups
Reference and Administrative Details

Charity name	Little Hiccups
Charity registration number	1170147
Company registration number	09692276
Principal office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Registered office	The Barrowbys 170 Barrowby Lane Garforth Leeds LS25 1NG
Trustee	Linsay M Medica, Trustee
Director	Ms LM Medica, Director Mrs MC Watson Pratt, Director Mr JLL Thompson, Director Ms S Stewart, Director Mr N Davis-Atack, Director Mrs Tracy Ann Reece, Director Ms Heather Watson (appointed 18 January 2022)
Accountant	Charles Best Limited 12 Henley Close Rawdon Leeds LS19 6QB

Little Hiccups

Trustee's Report

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

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

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

We provide this in a variety of ways: Stay and Play - held on Monday mornings and Thursday afternoons at Leeds Mencap. Accessing softplay and a sensory room in a relaxed environment where families can meet others in similar situations, access information and support from therapists, counsellors and other professionals. Since lockdown we introduced a booking system to access the stay n play and we have continued this to monitor numbers as they increased, which led us to add in Monday mornings too.

Family Fun Days are organised every month and offer a wide range of activities including the hire of cinemas, private theatre companies, indoor skydiving, wall climbing, skiing, parties and local visitor attractions. Every event caters for the range of abilities/disabilities and is heavily subsidised by Little Hiccups ensuring they are all accessible to every family. We encourage the whole family to attend including siblings and our events enable families to experience a wide range of activities and to make memories together. Our events tend to sell out within the first couple of hours of being released, showing how popular and how great the demand is.

Hydrotherapy is a great benefit to many of our children but can be expensive and difficult to access. We offer hydrotherapy sessions on a seven week basis at a local Sports Centre, in partnership with Endorphins. Physiotherapists assist in the pool so the children can safely participate in the activities and the parents have all the support they require. We have been able to secure grants to cover the costs of this in the past, so we can offer the sessions at a token cost to the families, which secures their booking. However this is the final year of the Children in Need grant so we are applying for further funding to cover these sessions.

Little Hiccups has some all terrain wheelchairs, to enable families to hire for either day trips to the coast or take on holiday with them, enabling children to be able to access the parks, and the beaches as every child should be able to experience the seaside. They have also been used in emergency situations when children have a sudden need due to illness, proving we could respond considerably faster than statutory services and make life easier for the family. We are very happy to confirm, thanks to one of our fundraisers we also have two Safe Space travel beds for families to hire too. These make a great difference to families, making going away from home much less stressful, whether its for a holiday or to visit relatives.

We offer professional Counselling to Hiccups families should they require it, due to work pressures bereavement, relationship issues etc, due to having a child with additional needs. Counselling remains in great demand and we are grateful to be proactive in providing this, avoiding the waiting times of the statutory services.

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

We currently support over 700 families across the region

We take pride in listening to our families and wherever possible remain flexible enough to meet their growing needs. This year we won The Queens Award for Voluntary Service, Compassionate Leeds Award and Scope Activities for Inclusive Award. We've also registered with the Fundraising Regulator.

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

**Little Hiccups
Trustee's Report**

Small company provisions

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

Approved by the Board on 24 April 2023 and signed on its behalf by:

.....

Linsay M Medica
Trustee

Independent Examiner's Report to the Trustee of Little Hiccups

I report on the accounts of the company for the year ended 31 July 2022, which are set out on pages 5 to 9.

Respective responsibilities of trustee and examiner

The trustee (who is also the director of the company for the purposes of company law) is responsible for the preparation of the accounts. The trustee considers that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act ;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145 (5) (b) of the 2011 Act ; and
- state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Charles Best Limited

24 April 2023

12 Henley Close
Rawdon
Leeds
LS19 6QB

Little Hiccups

Statement of Financial Activities (including Income and Expenditure Account) for the Year Ended 31 July 2022

		Unrestricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£
Incoming resources				
Incoming resources from generated funds				
Voluntary income	2	53,280	53,280	20,903
Total incoming resources		53,280	53,280	20,903
Resources expended				
Costs of generating funds				
Costs of generating voluntary income	3	44,731	44,731	19,323
Total resources expended		44,731	44,731	19,323
Net movements in funds		8,549	8,549	1,580
Reconciliation of funds				
Total funds brought forward		81,400	81,400	79,820
Total funds carried forward		89,949	89,949	81,400

All incoming resources and resources expended derive from continuing activities.

The notes on pages 7 to 9 form an integral part of these financial statements.

Little Hiccups (Registration number: 09692276)

Balance Sheet as at 31 July 2022

		2022		2021	
	Note	£	£	£	£
Current assets					
Debtors	6	2		2	
Cash at bank and in hand		<u>89,947</u>		<u>81,398</u>	
			<u>89,949</u>		<u>81,400</u>
Net assets			<u><u>89,949</u></u>		<u><u>81,400</u></u>
The funds of the charity:					
Unrestricted funds					
Unrestricted income funds			<u>89,949</u>		<u>81,400</u>
Total charity funds			<u><u>89,949</u></u>		<u><u>81,400</u></u>

For the financial year ended 31 July 2022, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These accounts were approved by the Trustee on 24 April 2023

.....
Linsay M Medica
Trustee

The notes on pages 7 to 9 form an integral part of these financial statements.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2022

1 Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice 'Accounting and Reporting by Charities (SORP 2005)', issued in March 2005, applicable accounting standards and the Companies Act 2006.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Further details of each fund are disclosed in note 9.

Incoming resources

Donations are recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

Resources expended

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to the expenditure. All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category.

Costs of generating funds are the costs associated with attracting voluntary income.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

2 Voluntary income

	Unrestricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Donations and legacies			
Appeals and donations	38,448	38,448	18,840
Fundraising Income	14,832	14,832	2,063
	<u>53,280</u>	<u>53,280</u>	<u>20,903</u>

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2022

..... continued

3 Total resources expended

	Donations and legacies	Total
	£	£
Direct costs		
Fundraising costs	21,310	21,310
Other fundraising costs	3,562	3,562
Other direct costs	384	384
Advertising and promotion	6,048	6,048
	<u>31,304</u>	<u>31,304</u>
Support costs		
Establishment costs	350	350
Office expenses	102	102
Printing, posting and stationery	795	795
Sundry and other costs	10,860	10,860
Advertising and promotion	1,257	1,257
Legal and professional costs	63	63
	<u>13,427</u>	<u>13,427</u>
	<u>44,731</u>	<u>44,731</u>

4 Trustee's remuneration and expenses

The trustee did not receive any remuneration during the year.

5 Taxation

The company is a registered charity and is, therefore, exempt from taxation.

Little Hiccups

Notes to the Financial Statements for the Year Ended 31 July 2022

..... continued

6 Debtors

	2022 £	2021 £
Prepayments and accrued income	<u>2</u>	<u>2</u>

7 Members' liability

The charity is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £nil towards the assets of the charity in the event of liquidation.

8 Related parties

Controlling entity

The Charity is controlled by the members who have appointed Trustees to manage the affairs of the Charity.

9 Analysis of funds

	At 1 August 2021	Incoming resources	Resources expended	At 31 July 2022
	£	£	£	£
General Funds				
Unrestricted income fund	<u>81,400</u>	<u>53,280</u>	<u>(44,731)</u>	<u>89,949</u>

10 Net assets by fund

	Unrestricted Funds	Total Funds 2022	Total Funds 2021
	£	£	£
Current assets	<u>89,949</u>	<u>89,949</u>	<u>81,400</u>
Net assets	<u>89,949</u>	<u>89,949</u>	<u>81,400</u>

Little Hiccups
Statement of financial activities by fund Year Ended 31 July 2022

	Unrestricted income fund 2022	Unrestricted income fund 2021
	£	£
Incoming resources		
Incoming resources from generated funds		
Voluntary income	53,280	20,903
Total incoming resources	<u>53,280</u>	<u>20,903</u>
Resources expended		
Costs of generating funds		
Costs of generating voluntary income	44,731	19,323
Total resources expended	<u>44,731</u>	<u>19,323</u>
Net movements in funds	8,549	1,580
Reconciliation of funds		
Total funds brought forward	<u>81,400</u>	<u>79,820</u>
Total funds carried forward	<u><u>89,949</u></u>	<u><u>81,400</u></u>

This page does not form part of the statutory financial statements.