

THE SMALLEST THINGS

England & Wales · Charity number 1171631

Details

Status Registered

Legal form CIO

Registered 2017-02-15

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

Contact

Address 16 Bishops Garth
St. Albans
Hertfordshire
AL4 9AZ

Phone 07909961409

Email hello@thesmallestthings.org

Website www.thesmallestthings.org

Activities

Objects: THE PROMOTION OF GOOD HEALTH OF PREMATURE BABIES AND THEIR FAMILIES. IN FURTHERANCE OF THIS OBJECT BUT NOT OTHERWISE THE CIO HAS POWER TO DO THE FOLLOWING: • TO PROMOTE AWARENESS AND UNDERSTANDING AROUND PREMATURE BIRTH, BENEFITING BOTH THE PUBLIC AND PARENTS AFFECTED FOLLOWING A STAY IN NEONATAL INTENSIVE CARE. • TO ADVANCE THE SUPPORT OFFERED TO PARENTS OF PREMATURE BABIES FOLLOWING A HOSPITAL STAY IN THE UK, PROVIDING GUIDANCE TO LOCAL HEALTH VISITING TEAMS AND GENERAL PRACTITIONERS IN RECOGNISING THE UNIQUE NEEDS OF FAMILIES OF BABIES BORN TOO SOON. • TO PROMOTE MORE TIME FOR MOTHER AND BABY TO BOND FOLLOWING PREMATURE BIRTH AND TO RELIEVE THE INCIDENCE OF POSTNATAL DEPRESSION, ANXIETY AND SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER ASSOCIATED WITH NEONATAL INTENSIVE CARE.

Activities: The Smallest Things is a premature baby charity promoting the good health of babies born prematurely and supporting families after neonatal intensive care. The charity supports children and their families on a lasting journey, from advocating for extended parental leave after birth, to helping teachers to better support the educational needs of children born prematurely in school.

Classification

- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|---------|-------------|--------|-----------|
| 2025-03-31 | £25,931 | £40,973 | - | - |
| 2024-03-31 | £49,370 | £24,058 | - | - |
| 2023-03-31 | £35,780 | £22,192 | - | - |
| 2022-02-15 | £31,917 | £10,894 | - | - |
| 2021-02-15 | £31,917 | £10,894 | - | - |

Trustees

| Name | Role | Appointed |
|-------------------------|------|------------|
| Kerry Myles | | 2022-11-02 |
| Komal Pradipkumar Bhatt | | 2026-06-08 |
| Lynne Peachey | | 2022-11-02 |
| Michelle Townsend | | 2025-07-30 |
| Sam Jeffreys | | 2026-06-02 |
| Sarah Hill | | 2026-06-01 |

THE SMALLEST THINGS

England & Wales - Charity number 1171631

Accounts



Trustees' annual report

The Smallest Things trustees present their annual report for 2024/2025

Kerry Myles (trustee), Matt Wilkinson (trustee), Lynne Peachey (trustee) and Michelle Townsend (trustee)

Every year, more than 53,000 babies* in the UK are born prematurely (before 37 weeks). That's around 1 in 13. And that's a lot of shocked parents thrown into the terrifying world of neonatal care – beeping machines, incubators, breathing tubes and separation as parents and carers leave their baby each day faced with uncertainty and worry.

We get it because we've been there too. The Smallest Things is led entirely by parents who've had premature babies. And that's exactly what drives us to support families, raise awareness and make change.

Contents:

1. Welcome
2. Our Charity Objectives
3. Achievements and Performance
4. Our community
5. Finance and Accounts

1. Welcome:

I am delighted to welcome you to this year's Annual Report for The Smallest Things. As a charity founded and led by parents with lived experience of neonatal care, we continue to stand alongside families of children born prematurely, ensuring no parent makes the journey beyond neonatal intensive care alone.

This year has been one of both growth and deepened impact. Guided by our charity's objectives, we have continued to champion the voices of neonatal families, strengthen the support available to them, and raise awareness of the lifelong impact of prematurity. Our work remains firmly rooted in the experiences of thousands of parents who have shared their stories with us through our *After NICU* research, and in the expertise and compassion of our lived-experience panel. Their insights continue to shape everything we do.

We know that the journey after NICU can be long, complex, and not always understood. That is why our mission remains vital—and why the voices of families continue to drive our strategy, inform our priorities, and inspire our determination to create lasting change.

I would like to extend my heartfelt thanks to our core team of incredibly dedicated and hard-working staff who make everything possible, along with our volunteers, supporters and my fellow trustees. Your generosity, time, and belief in our mission make The Smallest Things everything it is today. As a small charity with lived experience at its core, every contribution—every action, every donation, every shared story—has a profound impact.

Looking ahead, we remain committed to expanding the reach of our support, deepening our influence on national policy, and ensuring that the needs of neonatal families are understood and acted upon. Together, we will continue to champion the smallest voices and create a world where every family leaving neonatal care feels informed, supported, and never alone.

Thank you for standing with us.

Kerry Myles, Chair of Trustees

2. Our charity objectives:

Our objectives reflect our charity's aims and mission, and are targeted to directly benefit children born prematurely and their parents after neonatal intensive care.

- 1. For no parents or carers of premature babies to feel alone.**
- 2. For families and children born prematurely to be supported through their journey beyond neonatal care.**
- 3. For professionals to be aware of the potential impact of prematurity, and to have access to information, training, and guidance to support families and children after leaving hospital.**
- 4. For neonatal families to have a voice at the heart of research and policy-making.**

In setting our objectives and planning our activities our trustees continued to give careful consideration to the Charity Commission's public benefit guidance. Our [charity strategy](#) informs all our work. Underpinned by our [After NICU](#) research, The Smallest Things charity strategy is based on the voices of thousands of parents of children born prematurely. It was produced with our lived experience panel and is regularly reviewed by our trustees to ensure the work of The Smallest Things continues to meet its charity's aims and mission.

3. Achievements and performance

For no parents or carers of premature babies to feel alone.

This is NICU: The real premature birth story

It's impossible to understand neonatal intensive care unless you've been there and parents tell us all the time that no-one understands. So this year, we produced and released our first ever film - ['This is NICU: The real premature birth story'](#).

It is a look behind the neonatal intensive care doors at what life after premature birth is really like - from those who've lived it. There are no filters, no glossy images or perfectly styled shots. It's real, raw and a million miles away from the picture-perfect newborn ads on TV. We helped neonatal parents feel seen and for the world to see our world. We send a big thank you to all the families who shared their precious videos and images to help raise awareness of the realities of life after premature birth.

More than 1,100 people have watched the full film on our YouTube channel.

An online community

For parents of premature babies, their journey into parenthood and their experiences of life after neonatal care may be reassuringly similar. The Smallest Things understands the importance of bringing together the neonatal family community and through our social media channels and online blog series we continue to share regular first-hand stories of a diverse range of experiences around prematurity that reflect reality, validate feelings and offer a sense of community.

Our social media channels and reach have continued to grow, raising awareness and becoming an online community space for parents and professionals alike.

Dads Do NICU

We know dads are often overlooked when it comes to support on their neonatal journeys. That's why we've continued to post #DadsDoNICU stories on our website, including a special collection in June for Father's Day. To help fathers feel less alone we also launched video messages from dads

on our social channels and continued to grow our Dads network through a new WhatsApp group and online 'meet ups'.

Working with charity partners and neonatal networks

We've continued to work with other charities and neonatal networks this year to amplify the voices of parents' and carers'. Our open letter to Wes Streeting MP, supported by 11 neonatal/baby charities and organisations, as well as 31 leaders from the neonatal community, was signed by more than 1,000 parents' and carers' before being sent to the Health Secretary. The Smallest Things continues to campaign for better support for families after neonatal so that no parent feels alone.

A parent voice

The Smallest Things understands the power of the parent voice. It is vital to share lived-experience, helping to secure much needed change so that no parent feels alone after neonatal care. A parent representative from The Smallest Things now sits on the British Association of Perinatal Medicine (BAPM) executive as the Family Support and Liaison Officer.

For families and children born prematurely to be supported through their journey beyond neonatal care.

Neonatal Leave and Pay

The long-overdue Neonatal Care (Leave and Pay) Act came into force on 6 April and approximately 60,000 families every year will now be eligible for extra parental leave if their baby or babies are born prematurely or sick.

The new Neonatal Leave and Pay entitlements follow a decade of campaigning led by The Smallest Things and powered by parent voices. As a parent-led charity, we know first-hand how essential these changes are for families facing the toughest of times.

No parent should be sitting beside an incubator worrying about work or pay. Representatives from The Smallest Things met with Minister Justin Madders at a special government reception for neonatal families in April and told him why it will make a huge difference for those who follow in

our footsteps. We urged the minister to go further, asking him to make provisions available for self-employed parents and later submitted written evidence to the Government's Parental Leave Review, urging the government to remedy the exclusion of self-employed parents from neonatal leave and pay entitlements.

Our charity Employer with Heart charter continues to encourage employers to go above and beyond new statutory requirements and organisations continue to implement our charity advice.

Red Book Stickers

Every year, tens of thousands of babies are born prematurely in the UK and families face the agonising journey of uncertainty and trauma through neonatal intensive care. But parents tell us all the time that their journey does not end when they leave the neonatal unit and we know that the needs of parents and children born prematurely last long after leaving hospital.

Acting as a visible reminder, alerting healthcare professionals to a parent and their babies' neonatal history, The Smallest Things Red Book stickers are in more than 100 neonatal units around the country. This year alone more than 40,000 stickers were sent out to hospitals and over 450 families received stickers directly from the charity.

Calling for greater support after neonatal care

Our [open letter to the Health Secretary](#), calling for urgent changes to meet the unique needs of neonatal families was sent and we continue to call for: onsite accommodation for parents' and carers'; joined up follow-up services; a new six-week 'After NICU' wellbeing check; a neonatal lead in every health visiting team; and for parents to have access to psychological support when and how they need it.

Through campaigning, stakeholder and advocacy work, The Smallest Things has increased its capacity over 2024/2025, working across health, education and early years sectors for families and children born prematurely to be supported in the lasting journey after neonatal care.

For professionals to be aware of the potential impact of prematurity, and to have access to information, training, and guidance to support families and children after leaving hospital.

[Life After Neonatal Care Report 2025: The lasting impact of prematurity](#)

This year The Smallest Things published our [Life After Neonatal Care Report 2025: The lasting impact of prematurity](#). It is the third in the charity's series of deep dives into the realities of the neonatal journey and it shares the findings of a survey of more than 690 parents and carers of babies born prematurely since May 2021 (the year of our last After NICU report).

The report explores parents' experiences after leaving the neonatal unit and highlights the complex and sometimes interwoven challenges families face following premature birth. Themes include parental mental health, the impact on family life, ongoing medical needs, and Early Years education. Once again the results show that parents struggle to access support and understanding during this ongoing and often difficult journey.

[New online module - supporting children born prematurely in the preschool years](#)

We launched a new online training module '[Supporting children born prematurely in the preschool years](#)' this year. Developed in partnership with the PRISM (Premature Infants' Skills in Mathematics) Study Team the module is part of a series of five other resources that outline the impact of premature birth on children's learning and development. It offers practical recommendations for early years staff to support prematurely born children in their classrooms and early years settings. The module emphasises the importance of understanding the journey for families after neonatal care and provides practical tips for both staff and parents, and forms part of The Smallest Things *Prem Aware Award* criteria for early years and school settings.

[The Prem Aware Award scheme](#)

The Smallest Things '[Prem Aware Award scheme](#)' raises awareness of the impact prematurity can have on development and learning, It supports parents and carers to advocate for their prematurely born child, and helps schools to recognise and meet the specific learning needs that children born prematurely may have.

The scheme promotes use of the 'Preterm Birth Information for Educational Professionals' online modules developed by Professor Samantha Johnson and her colleagues in the PRISM (Premature Infants' Skills in Mathematics) Study Team, funded by the charity Action Medical Research.

Over the past 12 months new Prem Aware Awards were given out to 146 schools and settings. That brings the total number of Prem Aware settings in the UK to 272, rising significantly from a total of 125 settings at the end of last year.

The scheme continues to go from strength to strength, and while a large proportion of the growth is now organic, our Prem Aware Ambassadors continue to drive change and raise awareness. This year we've added 11 new ambassadors to the team, meaning we can reach even more schools and settings around the UK. The ambassadors are supported by our charity Prem Aware administrator and they frequently speak at local government and SEND training network events.

Training and raising awareness

This year we've teamed up with charity partners, institutions and neonatal networks to deliver training - covering topics that include parental mental health after neonatal intensive care, the lasting impact of prematurity, and the educational needs of children born preterm. We've been delighted to partner with the Early Years Alliance, University of Leicester, Institute of Health Visiting and the Family Hubs Network to deliver bespoke webinars, and to team up with the Pan-London Operational Delivery Network to deliver in-person training for community based professionals ranging from Health Visiting services to IAPT (Access to Psychological Therapies) teams. In addition, The Smallest Things has written for and published information through a variety of online channels, including Twinkl Digest, Infant Journal and the Early Years Alliance Family Corner.

By upskilling professionals, we're helping neonatal families get the care and support they need.

For neonatal families to have a voice at the heart of research and policy-making.

Bringing the parent voice to parliament and power

This year The Smallest Things took parents back to parliament, sharing their experiences with local MPs and asking them to take action on their behalf.

We continue to make sure that the parent voice is at the heart of policy-making and this year have doubled our efforts to engage with policy-makers, from meetings with Shadow Health Minister,

Stuart Andrew MP, the Chair of the Maternity APPG Michelle Welsh MP, Shadow Education Secretary Laura Trott MP and former Employment Rights Minister Justin Madders MP; in addition to wider stakeholder engagement through the Operational delivery networks, BAPM, the British Association for Neonatal Follow-Up (BANFU), the Institute of Health Visiting, the Early Years Alliance and Family Hub Best networks, to name just a few.

Research

The Smallest Things has continued to put the parent voice at the heart of research and decision making, partnering and collaborating on research studies and fulfilling the role of the Patient and Public Involvement lead on several projects. These include the BronQ Study, researching how chronic lung disease affects the health-related quality of life of children born preterm and their families over time and the EU Horizon funded IMPROVE Preterm Birth Study.

The study of the impact of The Smallest Things Prem Aware Award in schools and early years setting was concluded this year, the results of which have been published in the Infant Journal.

The Smallest Things own research, published in the [Life After Neonatal Care Report 2025: The lasting impact of prematurity](#), helping to influence policy and decision making, putting the parent voice at the heart of everything we do.

4. Our community:

Our small charity continues to grow steadily, meeting our charitable aims by bringing together communities of parents who have experienced premature birth. Our Prem Aware Ambassadors, Smallest Things Campaigners and Volunteers work collectively with the charity's trustees and leadership team to create a better world for children born prematurely and their families after neonatal intensive care.

In 2025, we formed closer links with charity partners, professionals and networks and we will continue to strengthen these relationships over the year ahead.

Our day-to-day activities are run by a small team of part time staff, supported by dedicated trustees and volunteers. In 2024/2025 we continued to employ one part time member of staff (15 hpw) in an administrator role and continue to contract two part-time freelance members of staff at director level, leading on policy, campaigns and research (15 hpw) and communications (7.5 hpw) respectively.

5. Finances and Accounts:

Reserves Policy

The Smallest Things has a policy of maintaining 3 months of funds in reserves to cover core services and basic day-to-day running of the charity. This stands at **£6,860.90**.

The Smallest Things reserves policy is a living document and the level of reserves set is reviewed quarterly at trustee meetings. Our reserves policy is reviewed annually and we ensure that the reporting of our reserves policy meets the requirements of the Charities Statement of Recommended Practice (SORP) (FRS 102) and the requirements of the Regulations.

Funding

The Smallest Things receive small donations thanks to fundraising events throughout the year, as well as some larger donations that are received as a result of being made a charity of the year by companies and/or one-off project based grants. The Smallest Things receives no government funding.

Use of Restricted and Unrestricted Funds

The Smallest Things holds both restricted and unrestricted funds. Unrestricted funds may be used at the discretion of the Trustees to support The Smallest Things charitable objectives. These unrestricted funds allow us to respond flexibly, invest in strategic priorities, and to meet ongoing running costs.

Restricted funds are given for a specific purpose and may only be used in accordance with the conditions set by the donor or funder. The Trustees ensure that all restricted funds are applied strictly for their intended purposes and are separately accounted for and monitored.

Over the 2024/2025 financial period, The Smallest Things received two restricted funds from the ESRC IAA Rapid Response Scheme (Leicester); £2856.25 to contribute towards the costs of an charity administrator for our Prem Aware award scheme and £5,000 to recruit, train and support 20 charity Prem Aware ambassadors.

Independent examination of accounts

The trustees appointed Jay Mehta, a suitably qualified and independent person, to carry out an independent examination of our 2024/2025 accounts.

The Smallest Things financial statements and accounts were independently examined in accordance with section 145 of the Charities Act 2011 and the applicable directions given by the Charity Commission. The examiners report to trustees can be read below.

JAY MEHTA

19 Mappleborough Road, B90 1AG

Independent examiner's report to the trustees

I confirm that I have independently reviewed the accounts of The Smallest Little Thing Charity in accordance with the relevant guidance and confirm that, based on my review, nothing has come to my attention that gives me cause to believe the accounts do not give a true and fair view of the charity's financial activities.

Jay Mehta

Senior Credit Controller

Dated 29.01.2026

ACCOUNTS 2024-2025

| | | | |
|------------------------|-------------------|---------------------|------------------|
| Opening balance | | 65,165.21 | |
| | | | |
| INCOME | Restricted | Unrestricted | TOTAL |
| Grants | 7,856.25 | 1,000 | 8,856.25 |
| Donations | 0 | 500 | 500 |
| Fundraising activities | 0 | 16,575.06 | 16575.06 |
| TOTAL | 7,856.25 | 18,075 | 25,931.31 |
| | | | |
| | | | |
| EXPENDITURE | Restricted | Unrestricted | TOTAL |
| Staffing costs | 7,856.25 | 25,879.65 | 33,735.90 |
| Project costs | | 4,536.20 | 4,536.20 |
| Running costs/overhead | | 2,700.45 | 2,700.45 |
| TOTAL | 7,856.25 | 33,116.30 | 40,972.55 |
| | | | |
| Closing balance | | 49,123.97 | |

ENDS

THE SMALLEST THINGS

England & Wales - Charity number 1171631

Accounts



Trustees' annual report

The Smallest Things trustees present their annual report for 2023/2024

Kerry Myles (trustee), Matt Wilkinson (trustee) and Lynne Peachy (trustee)

Every year, more than 53,000 babies* in the UK are born prematurely (before 37 weeks). That's around 1 in 13. And that's a lot of shocked parents thrown into the terrifying world of neonatal care – beeping machines, incubators, breathing tubes and separation as parents and carers leave their baby each day faced with uncertainty and worry.

We get it because we've been there too. The Smallest Things is led entirely by parents who've had premature babies. And that's exactly what drives us to support families, raise awareness and make change.

Contents:

1. Welcome from our Catriona Ogilvy, our Founder and Chair of Trustees
2. Our Charity Objectives
3. Achievements and Performance
4. Our community
5. Finance and Accounts

1. Welcome:

This year we have celebrated 10 years of The Smallest Things!

We've come a long way from the blog I wrote about struggling after coming home from neonatal intensive care. We are now a fully-fledged, award winning, law changing charity, big impact charity. From schools across the UK becoming Prem Aware, thousands of parents benefiting from our Employer with Heart scheme, 'Premie Proud' Red Book stickers in three-quarters of neonatal units, shared stories of neonatal realities to let parents know they are not alone, and our neonatal leave campaign, which after ten years of campaigning is about to see extended paid parental leave for families of premature and sick babies become available to 60,000 families.

Creating a better world for premature babies and their families following neonatal care is at the heart of everything we do. Our vision and mission has remained unchanged and, while the charity celebrates achievements made so far, we know there is lots more to do!

I am proud that The Smallest Things has shone a light on a hidden world and has given a voice to families who continued to experience ongoing difficulties after neonatal intensive care. We understand that the neonatal journey does not end when you leave the hospital and we believe in a world where parents have the time they need with their babies before returning to work; the care they need when they leave hospital with access to early intervention and mental health support; and an education system that supports all children to have the best possible long-term outcomes.

Having founded The Smallest Things in September 2014 and established the charity formally in January 2017, it has been an enormous privilege to work together with a dedicated team of

passionate trustees and volunteers. The Smallest Things may be a tiny charity but by understanding the importance of community and the power of the parent voice we have been able to bring about real change for families and children born prematurely. I am incredibly proud of all we have achieved, and I look forward to supporting Kerry Myles in her new role as Chair of Trustees.

A huge thank you to everyone who has worked with and supported us over the last 10 years, helping to make sure that The Smallest Things continues to make a Big Impact.

Catriona Ogilvy

Founder and outgoing Chair of Trustees

2. Our charity objectives:

Our objectives reflect our charity's aims and mission, and are targeted to directly benefit children born prematurely and their parents after neonatal intensive care.

- 1. For no parents or carers of premature babies to feel alone.**
- 2. For families and children born prematurely to be supported through their journey beyond neonatal care.**
- 3. For professionals to be aware of the potential impact of prematurity, and to have access to information, training, and guidance to support families and children after leaving hospital.**
- 4. For neonatal families to have a voice at the heart of research and policy-making.**

Our [charity strategy](#), updated in November 2024, is devised by our trustees, informed by our After NICU research and was reviewed by our Lived Experience panel.

In setting our objectives and planning our activities our trustees continued to give careful consideration to the Charity Commission's public benefit guidance. Our charity strategy informs all our work.

3. Achievements and performance

For no parents or carers of premature babies to feel alone.

An online community

For parents of premature babies, their journey into parenthood and their experiences of life after neonatal care may be reassuringly similar. The Smallest Things understands the importance of bringing together the neonatal family community and through our online blog series we continue to share regular first-hand stories of a diverse range of experiences around prematurity that reflect reality, validate feelings and offer a sense of community.

For World Prematurity Month in November we shone a light on the often-hidden mental health struggles after neonatal care in a special series of blogs. The stories included experiences of postnatal depression, PTSD and intrusive thoughts and were united in their theme of seeking support.

Our social media channels and reach have continued to grow, raising awareness and becoming an online community space for parents and professionals alike.

Working with Charity Partners

This year we have worked with other charities and networks to amplify the voices of parents' and carers'. In particular, our open letter to the new Health Secretary has been signed and supported by 11 neonatal/baby charities and organisations, as well as 31 leaders from the neonatal community.

For families and children born prematurely to be supported through their journey beyond neonatal care.

Red Book Stickers

Every year, tens of thousands of babies are born prematurely in the UK and families face the agonising journey of uncertainty and trauma through neonatal intensive care. But parents tell us all the time that their journey does not end when they leave the neonatal unit and we know that the needs of parents and children born prematurely last long after leaving hospital.

Acting as a visible reminder, alerting healthcare professionals to a parent and their babies' neonatal history, The Smallest Things Red Book stickers are in more than three quarters of all UK neonatal units, with 62,000 stickers being handed out to parents.

Calling for greater mental health support

Our [open letter to the Health Secretary](#) called for urgent change to meet the unique needs of neonatal families and was supported by charity partners and neonatal professionals. The letter resonated with our community and gathered hundreds of signatures in a short space of time. The letter which calls for better support following neonatal care for families asks the Health Secretary to: provide onsite accommodation; ensure follow-up services are joined up; introduce a six-week 'After NICU' wellbeing check; appoint a neonatal lead in health visiting teams; and to give parents access to psychological support when and how they need it.

We will continue to campaign and work with partners so that more NICU parents and carers have access to timely and tailored psychological support.

Neonatal Leave and Pay

Following the passing of the Neonatal Care (Leave & Pay) Bill, which will give extended paid parental leave to parents of babies born prematurely and/or admitted to neonatal intensive care, The Smallest Things continued to work with the Department for Business and Trade to ensure that the new entitlements would meet the needs of neonatal parents. The new legislation will take effect from the 6th of April 2025 and we will continue to work to ensure that no parent is worrying about work or pay while spending time with their baby or babies in neonatal care.

Employer with Heart

The Smallest Things has continued to encourage employers to support staff whose baby or babies are born prematurely and admitted to neonatal intensive care. We have urged employers not to wait and to go above and beyond the new statutory requirements coming into effect.

The Smallest Things [Employer with Heart](#) 2.0 Charter Mark ensures equal parental leave entitlements to both parents and we have been thrilled to see so many employers continuing to sign up and amend their parental leave policies to offer extended neonatal leave at full pay. We estimate that half a million employees have an Employer with Heart employer and would have access to extended leave and pay should they have a baby born prematurely.

For families and children born prematurely to be supported through their journey beyond neonatal care.

For professionals to be aware of the potential impact of prematurity, and to have access to information, training, and guidance to support families and children after leaving hospital.

The Prem Aware Award Scheme:

The Smallest Things '[Prem Aware Award](#)' scheme raises awareness of the impact prematurity can have on development and learning, It supports parents and carers to advocate for their prematurely born child, and helps schools to recognise and meet the specific learning needs that children born prematurely may have.

The scheme promotes use of the 'Preterm Birth Information for Educational Professionals', a free online training resource developed by Professor Samantha Johnson and her colleagues in the PRISM (Premature Infants' Skills in Mathematics) Study Team, funded by the charity Action Medical Research. The online resource outlines the impact premature birth can have on a child's development and learning, and offers practical ways to support children born prematurely at school.

This year The Smallest Things has worked with the University of Loughborough and the University of Leicester to support the development of a new Early Years module that will sit alongside the existing resource modules. The new module is expected to be launched in early 2025. A new 'Prem Aware Setting' logo has been developed for early years settings and our Prem Aware certificates for nursery and early years settings have already been updated and shared.

In 2023/2024 our 31 Prem Aware Ambassadors have continued to be instrumental in raising awareness of the impact of premature birth on learning and supporting schools to become 'Prem Aware'. Our total number of Prem Aware schools at the end of 2024 had risen from 66 to 125, with 64% of our awarded schools generated by our volunteer ambassadors. Our Prem Aware Ambassadors continue to speak at neonatal and education training events and are supported by our charity Prem Aware administrator. And in July we were delighted to hold an ambassador Q&A session with our ambassadors and Professor Samantha Johnson.

We continue to work towards our aim for all UK schools to be Prem Aware by 2030!

For neonatal families to have a voice at the heart of research and policy-making.

House of Lords' Preterm Birth Inquiry

Our founder Catriona Ogilvy [spoke on behalf of all NICU parents](#), giving oral evidence in February 2024 to the House of Lords Preterm Birth Inquiry. We also submitted written evidence, based on The Smallest Things 'After NICU' research and encouraged parents to share their own experiences of neonatal care and the impact of preterm birth.

The Smallest Things welcomed The House of Lords inquiry report published in November. The [Preterm birth: Reducing risks and improving lives](#) report reflects the significant, and sometimes lifelong, impact premature birth can have on children and their families. We support all of the committee's recommendations and were particularly delighted by the committee's support for 'the ambition of programmes such as the Prem Aware Award scheme to increase awareness of the impacts of prematurity in schools.'

MP visits

In 2024 The Smallest Things facilitated eight visits by MPs to Prem Aware School or Early Years settings in their constituencies, celebrating their achievements and keeping the unique needs of children born prematurely high on the agenda.

We were especially pleased when the Deputy Prime Minister, the Rt Hon. Angela Rayner MP, accepted our invitation to visit her local Prem Aware School. She met with teaching staff and parents to talk about neonatal care, mental health struggles and the Employment Rights Bill.

General Election Manifesto

In June 2024, The Smallest Things published our [manifesto](#) for children born prematurely and their families and called on the new government to;

1. Support the mental health and wellbeing needs of parents after premature birth and the trauma of neonatal intensive care;
2. Provide more Early Years support for children born prematurely;
3. Improve the educational and long-term outcomes for children born prematurely.

Smallest Things Campaigners

More than 40 supporters joined The Smallest Things in 2024 to volunteer and campaign as one collective voice. Our new campaigners have been busy sharing their own stories, visiting their local MPs and calling for change.

4. Our community:

Our small charity continues to grow steadily, meeting our charitable aims by bringing together communities of parents who have experienced premature birth. Our Prem Aware Ambassadors, Smallest Things Campaigners and Volunteers work collectively with the charity's trustees and leadership team to create a better world for children born prematurely and their families after neonatal intensive care.

In 2024, we formed closer links with charity partners, professionals and networks and we will continue to strengthen these relationships over the year ahead.

Our day-to-day activities are run by a small team of part time staff, supported by dedicated trustees and volunteers. In 2024 we continued to employ one part time member of staff (10 hpw) in an administrator role. In the later part of the year this post was funded by Leicester University as part of Research Impact funding, to undertake a term time only Prem Aware Administrator position. In the 6 months between July - December 2024, two trustees, Catriona Ogilvy (founder) and Sarah Miles (founding trustee) were paid for specific project work in a freelance capacity. Both trustees stood down in January 2025 to take on part-time paid positions within the charity.

5. Finances and Accounts:

The Smallest Things receive small donations thanks to fundraising events throughout the year, as well as larger donations that are received as a result of being made a charity of the year by a number of companies and one-off project based grants.

The larger company charity scheme donations (totaling £15,000 in the 2023/2024 financial year) were welcome, yet unexpected. As a result, an excess of reserves have built up over the 2022/2023 and 2023/2024 financial years. With a future staffing plan that would allow us to implement our charity strategy and to deliver on our charitable objectives to best effect, these funds were accumulated over the course of two years to now be able to employ dedicated staff.

The Smallest Things reserves policy has been renewed to become a living document and is reviewed at quarterly trustee meetings.

Details of our accounts, ending March 2024, can be seen below:

| | | | | | | |
|-----------|-------------------|--------|--------|-----------|-------------|---------------------------|
| 31Mar2023 | Service Charge | -18 | | 38,729.40 | Expenditure | Bank fees |
| 3Apr2023 | JUSTGIVING | | 19.22 | 38,748.62 | Income | Fundraising |
| 11Apr2023 | JUSTGIVING | | 422.86 | 39,171.48 | Income | Fundraising |
| 17Apr2023 | JUSTGIVING | | 62.76 | 39,234.24 | Income | Fundraising |
| 20Apr2023 | B/P to: Mrs S E H | -24.95 | | 39,209.29 | Expenditure | Fundraising kit |
| 21Apr2023 | B/P to: CO | -936 | | 38,273.29 | Expenditure | Red Book Stickers |
| 25Apr2023 | JUSTGIVING SUBS | -18 | | 38,255.29 | Expenditure | Justgiving service charge |

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|-----------|---|-----------|----------|-----------|-------------|------------------|
| 28Apr2023 | B/P to: M. Wilkinson | -116.3 | | 38,138.99 | Expenditure | Trustee expenses |
| 28Apr2023 | B/P to: Trustee Expenses Ms S L Miles | -37.18 | | 38,101.81 | Expenditure | Trustee expenses |
| 28Apr2023 | B/P to: Staff Salary ABC Umbrella Ltd | -828 | | 37,273.81 | Expenditure | Employee salary |
| 28Apr2023 | B/P to: Trustee Expenses L Welch | -36.3 | | 37,237.51 | Expenditure | Trustee expenses |
| 02May2023 | LOUGHBOROUGH UNI (IMPACT STUDY) | | 4,000.00 | 41,237.51 | Income | Grant |
| 02May2023 | B/P to: Trustee Expenses KDyson | -17.75 | | 41,219.76 | Expenditure | Trustee expenses |
| 02May2023 | JUSTGIVING | | 38.84 | 41,258.60 | Income | Fundraising |
| 15May2023 | B/P to: M. COTTERELL | -1,125.00 | | 40,133.60 | Expenditure | Design and print |
| 22May2023 | JUSTGIVING | | 84.91 | 40,218.51 | Income | Fundraising |
| 24May2023 | B/P to: ABC Umbrella Ltd | -1,440.00 | | 38,778.51 | Expenditure | Employee salary |

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|-----------|--------------------------------------|--------|----------|-----------|-------------|-------------------------------|
| 25May2023 | USTGIVING SUBS | -18 | | 38,760.51 | Expenditure | Justgiving service charge |
| 26May2023 | DONATION - BOUTIQUE RETREATS | | 1,500.00 | 40,260.51 | Income | Donation |
| 12Jun2023 | B/P to: M. COTTERELL | -500 | | 39,760.51 | Expenditure | Design and print |
| 15Jun2023 | B/P to: expenses R J Ludford | -38.85 | | 39,721.66 | Expenditure | Charity supplies and sundries |
| 19Jun2023 | JUSTGIVING | | 65.5 | 39,787.16 | Income | Fundraising |
| 21Jun2023 | EVENTBRITE OPERATION | | 128.1 | 39,915.26 | Income | Fundraising |
| 21Jun2023 | B/P to: Ms S L Miles | -154.5 | | 39,760.76 | Expenditure | Design and print |
| 26Jun2023 | M Wilkinson | | 50 | 39,810.76 | Income | Donation |
| 26Jun2023 | Direct Debit (JUSTGIVING SUBS) | -18 | | 39,792.76 | Expenditure | Justgiving service charge |
| 26Jun2023 | JUSTGIVING | | 101.8 | 39,894.56 | Income | Fundraising |

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|-----------|-------------------------------|-----------|--------|-----------|-------------|-------------------------------------|
| 27Jun2023 | B/P to: ABC Umbrella Ltd | -1,440.00 | | 38,454.56 | Expenditure | Employee salary |
| 30Jun2023 | Service Charge | -18 | | 38,436.56 | Expenditure | Bank fees |
| 03Jul2023 | JUSTGIVING | | 176.99 | 38,613.55 | Income | Fundraising |
| 04Jul2023 | B/P to: R J Ludford | -32.3 | | 38,581.25 | Expenditure | Charity supplies and sundries |
| 07Jul2023 | B/P to: Full Range Print | -36 | | 38,545.25 | Expenditure | Design and print |
| 07Jul2023 | B/P to: Ms S L Miles | -18.59 | | 38,526.66 | Expenditure | Charity supplies and sundries |
| 10Jul2023 | JUSTGIVING | | 841.09 | 39,367.75 | Income | Fundraising |
| 11Jul2023 | B/P to: Fundraising Regula | -50 | | 39,317.75 | Expenditure | Fundraising regulator |
| 18Jul2023 | JUSTGIVING | | 615.63 | 39,933.38 | Income | Fundraising |
| 21Jul2023 | B/P to: C Ogilvy | -933 | | 39,000.38 | Expenditure | Red Book stickers |
| 21Jul2023 | B/P to: Black Chilli Video | -1,020.00 | | 37,980.38 | Expenditure | Leicester university event |

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|-----------|---|-----------|----------|-----------|-------------|------------------------------|
| 25Jul2023 | Direct Debit (JUSTGIVING SUBS) | -18 | | 37,962.38 | Expenditure | Justgiving service charge |
| 26Jul2023 | B/P to: Staff Salary ABC Umbrella Ltd | -1,512.00 | | 36,450.38 | Expenditure | Employee salary |
| 01Aug2023 | B/P to: expenses R J Ludford | -81.6 | | 36,368.78 | Expenditure | Fundraising kit |
| 02Aug2023 | JUSTGIVING | | 38.64 | 36,407.42 | Income | Fundraising |
| 03Aug2023 | UNIVERSITY OF LEIC Prem Aware Virtual Event | | 6,205.00 | 42,612.42 | Income | Grant |
| 07Aug2023 | JUSTGIVING | | 357.46 | 42,969.88 | Income | Fundraising |
| 25Aug2023 | Direct Debit (JUSTGIVING SUBS) | -18 | | 42,951.88 | Expenditure | Justgiving service charge |
| 29Aug2023 | LOUGHBOROUGH UNI Last IMAPCT study payment | | 4,000.00 | 46,951.88 | Income | Grant |
| 30Aug2023 | B/P to: R J Ludford | -221.98 | | 46,729.90 | Expenditure | Fundraising pack |
| 04Sep2023 | JUSTGIVING | | 9.61 | 45155.51 | Income | Fundraising |

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|-----------|--------------------------------------|---------|--------|----------|-------------|--------------------------------|
| 04Sep2023 | B/P to: Parasol Ltd | -1584 | | 45145.9 | Expenditure | Employee salary |
| 05Sep2023 | B/P to: Ms S L Miles | -56.17 | | 45099.34 | Expenditure | SSpace MailChimp & ADOBE |
| 11Sep2023 | UK PLUMBING SUPPLI | | 715 | 45814.34 | Income | Donation |
| 20Sep2023 | B/P to: R J Ludford | -30.02 | | 45545.28 | Expenditure | Stamps |
| 20Sep2023 | B/P to: Sports Media Agenc | -239.04 | | 45575.3 | Expenditure | Run for charity fees |
| 25Sep2023 | JUSTGIVING | | 184.98 | 45712.26 | Income | Fundraising |
| 25Sep2023 | Direct Debit (JUSTGIVING SUBS) | -18 | | 45527.28 | Expenditure | Justgiving service charge |
| 29Sep2023 | B/P to: Parasol Ltd | -1512 | | 44200.26 | Expenditure | Employee salary |
| 30Sep2023 | Service Charge | -18 | | 44182.26 | Expenditure | Bank fees |
| 02Oct2023 | JUSTGIVING | | 67.67 | 44249.93 | Income | Fundraising |
| 04Oct2023 | B/P to: Black Chilli Video | -1680 | | 42569.93 | Expenditure | Virtual event video |

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|-----------|--------------------------------------|--------|--------|----------|-------------|--------------------------------|
| 09Oct2023 | JUSTGIVING | | 156.76 | 42726.69 | Income | Fundraising |
| 17-Oct-23 | JUSTGIVING | | 881.26 | 43607.95 | Income | Fundraising |
| 20-Oct-23 | B/P to: Ms S L Miles | -39.18 | | 43568.77 | Expenditure | SSPACE Mailchimp & ADOBE |
| 23-Oct-23 | JUSTGIVING | | 85.78 | 43626.48 | Income | Fundraising |
| 23-Oct-23 | B/P to: R J Ludford | -28.07 | | 43540.7 | Expenditure | Stationery/post age |
| 25-Oct-23 | Direct Debit (JUSTGIVING SUBS) | -18 | | 43608.48 | Expenditure | Justgiving service charge |
| 30-Oct-23 | JUSTGIVING | | 199.09 | 43807.57 | Income | Fundraising |
| 01-Nov-23 | B/P to: R J Ludford | -1152 | | 42655.57 | Expenditure | Employee salary |
| 03-Nov-23 | B/P to: MARTIN COTTERELL | -250 | | 42405.57 | Expenditure | Design and print |
| 14-Nov-23 | JUSTGIVING | | 722.21 | 43127.78 | Income | Fundraising |
| 20-Nov-23 | JUSTGIVING | | 415.87 | 43543.65 | Income | Fundraising |
| 22-Nov-23 | B/P to: MARTIN COTTERELL | -300 | | 42959.53 | Expenditure | Design and print |

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|-----------|--------------------------------|---------|---------|----------|-------------|---------------------------|
| 22-Nov-23 | B/P to: Ms S L Miles | -284.12 | | 43259.53 | Expenditure | ADOBE AND MailChimp |
| 27-Nov-23 | Direct Debit (JUSTGIVING SUBS) | -18 | | 42941.53 | Expenditure | Justgiving service charge |
| 28-Nov-23 | JUSTGIVING | | 2139.14 | 45080.67 | Income | Fundraising |
| 29-Nov-23 | B/P to: Parasol Ltd | -1512 | | 43568.67 | Expenditure | Employee salary |
| 04-Dec-23 | JUSTGIVING | | 715.1 | 44283.77 | Income | Fundraising |
| 05-Dec-23 | B/P to: R J Ludford | -78.74 | | 44205.03 | Expenditure | Stationery/post age |
| 12-Dec-23 | JUSTGIVING | | 242.51 | 44447.54 | Income | Fundraising |
| 14-Dec-23 | B/P to: Matt Wilkinson | -44.4 | | 44403.14 | Expenditure | Trustee expenses |
| 18-Dec-23 | JUSTGIVING | | 107.11 | 44510.25 | Income | Fundraising |
| 19-Dec-23 | UNDERWOOD WEST ACA | | 87.6 | 44597.85 | Income | Fundraising |
| 27-Dec-23 | JUSTGIVING | | 272.55 | 44852.4 | Income | Fundraising |

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|-----------|--------------------------------------|---------|--------|----------|-------------|------------------------------|
| 27-Dec-23 | Direct Debit (JUSTGIVING SUBS) | -18 | | 44579.85 | Expenditure | Justgiving service charge |
| 28-Dec-23 | SMITH R C | | 75 | 44927.4 | Income | Donation |
| 31-Dec-23 | Service Charge | -18 | | 44909.4 | Expenditure | Bank fees |
| 02-Jan-24 | B/P to: Sports Media Agenc | -1 | | 44908.4 | Expenditure | Run for charity fees |
| 03-Jan-24 | B/P to: Parasol Ltd | -972 | | 43936.4 | Expenditure | Employee salary |
| 09-Jan-24 | B/P to: Ms S L Miles | -123.12 | | 43974.54 | Expenditure | MailChimp AND SQUARESPACE |
| 09-Jan-24 | JUSTGIVING | | 161.26 | 44097.66 | Income | Fundraising |
| 09Jan2024 | B/P to: Ms S L Miles | -123.12 | | 43974.54 | Expenditure | MailChimp and ADOBE |
| 15Jan2024 | JUSTGIVING | | 248.14 | 44222.68 | Income | Fundraising |
| 19Jan2024 | B/P to: R J Ludford | -17.3 | | 44205.38 | Expenditure | Stationery/post age |
| 19Jan2024 | B/P to: Catriona Ogilvy | -119 | | 44086.38 | Expenditure | Health Visitor Conference |
| 22Jan2024 | JUSTGIVING | | 313.32 | 44399.7 | Income | Fundraising |

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|-----------|---|--------|---------|----------|-------------|---|
| 24Jan2024 | B/P to: Julia Wing | -9.98 | | 44389.72 | Expenditure | Prem Aware Expenses |
| 25Jan2024 | Direct Debit (JUSTGIVING SUBS) | -18 | | 44371.72 | Expenditure | Justgiving service charge |
| 29Jan2024 | JUSTGIVING | | 1332.48 | 45704.2 | Income | Fundraising |
| 02Feb2024 | B/P to: Parasol Ltd | -900 | | 44804.2 | Expenditure | Employee salary |
| 05Feb2024 | JUSTGIVING | | 434.26 | 45238.46 | Income | Fundraising |
| 06Feb2024 | Inward Payment - INTERMEDIATE CAPITAL GROUP PLC | | 10000 | 55238.46 | Income | Donation |
| 12Feb2024 | JUSTGIVING | | 549.05 | 55787.51 | Income | Fundraising |
| 13Feb2024 | B/P to: C Ogilvy | -658 | | 55129.51 | Expenditure | Red book stickers |
| 19Feb2024 | JUSTGIVING | | 509.2 | 55638.71 | Income | Fundraising |
| 21Feb2024 | B/P to: R J Ludford | -65.75 | | 55572.96 | Expenditure | Packaging/post age for stickers and certificate |

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|--------------------|--------------------------------------|--------|---------|----------|-------------|---------------------------------|
| 26Feb2024 | Direct Debit (JUSTGIVING SUBS) | -18 | | 55554.96 | Expenditure | Justgiving service charge |
| 26Feb2024 | JUSTGIVING | | 788.84 | 56343.8 | Income | Fundraising |
| 27Feb2024 | B/P to: Ms S L Miles | -58.42 | | 56285.38 | Expenditure | MailChimp and ADOBE |
| 04Mar2024 | MILES JD + M | | 50 | 56335.38 | Income | Donation |
| 04Mar2024 | B/P to: Parasol Ltd | -900 | | 55435.38 | Expenditure | Employee salary |
| 04Mar2024 | JUSTGIVING | | 1248.58 | 56683.96 | Income | Fundraising |
| 05Mar2024 | THE NEIGHBOURLY FO | | 5000 | 61683.96 | Income | Gallagher Community Grant |
| 11th March 2024 | JUSTGIVING | | 419.46 | 62103.42 | Income | Fundraising/Do nations |
| 13-Mar-24 | B/P to: Catriona Ogilvy | -33.49 | | 62069.93 | Expenditure | Trustee Travel Expenses |
| 13-Mar-24 | B/P to: Catriona Ogilvy | -50.18 | | 62019.75 | Expenditure | Away day expenses |

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|-------------------|--------------------------------------|--------|---------|----------|-------------|---|
| 13-March 24 | B/P to: Julia Wing | -9.98 | | 62009.77 | Expenditure | Prem Aware Frames/expens es |
| 14-March 2024 | B/P to: Catriona Ogilvy | -37.25 | | 61972.52 | Expenditure | TST birthday stationery |
| 18-March 2024 | B/P to: L Welch | -41.6 | | 61930.92 | Expenditure | Away day expenses |
| 19-March 2024 | JUSTGIVING | | 512.56 | 62443.48 | Income | Fundraising/Do nations |
| 19-March 2024 | B/P to: Ms S L Miles | -92.97 | | 62350.51 | Expenditure | Away day expenses |
| 19- March 2024 | B/P to: R J Ludford | -51.99 | | 62298.52 | Expenditure | Packaging/post age for stickers and certificate |
| 19-March 2024 | B/P to: Kerry Dyson | -80.4 | | 62218.12 | Expenditure | Away day expenses |
| 25-March 2024 | Direct Debit (JUSTGIVING SUBS) | -18 | | 62200.12 | Expenditure | Justgiving service charge |
| 26-March 2024 | JUSTGIVING | | 2017.13 | 64217.25 | Income | Fundraising/Do nations |

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|--------------------------|-----------------------|------------------|-----------------|-----------------|--------------------|--------------------------------------|
| 26-March 2024 | B/P to: JWing | -34.04 | | 64183.21 | Expenditure | Ambassador Mileage |
| 29-March 2024 | Service Charge | -18 | | 64165.21 | Expenditure | Justgiving service charge |
| | | -24057.63 | 49370.32 | | | |

ENDS

THE SMALLEST THINGS

England & Wales - Charity number 1171631

Accounts

The Smallest Things



The Smallest Things trustees present their report for the year ending 31 January 2024.

Catriona Ogilvy (charity founder and trustee), Sarah Miles (trustee), Matt Wilkinson (trustee), Kerry Myles (trustee) and Lynne Peachy (trustee)

Our Aims:

Our overarching charitable aim is to promote the good health of premature babies and their families; raising awareness of premature birth and the needs of families following intensive care and promoting high quality care for mothers affected by postnatal depression, anxiety and symptoms of post-traumatic stress disorder associated with premature birth.

Our Objectives:

The Smallest Things is a tiny charity with a big voice.

Our objectives reflect our charity's aims and ethos and are targeted to benefit parents of premature babies and the long-term outcomes for children born prematurely directly.

In our work to support and promote the good health of premature babies and their families the trustees have acknowledge the need for the charity to continue to develop and grow and welcomed new volunteers to our team over the last year.

In setting our objectives and planning our activities our trustees have given careful consideration to the Charity Commission's public benefit guidance.

Our key objectives for 2023 have been:

- To recruit, develop and retain charity volunteers to help us in achieving our charitable aims, predominantly in regards to meeting the long term needs of children born prematurely.
- To increase the number of UK schools receiving our 'Prem Aware' Award, helping schools across the UK to support the educational needs and improve long-term outcomes of children born prematurely.

- To secure new Neonatal Leave and Pay legislation and ensure that entitlements meet the needs of all neonatal families.
- To raise awareness of the neonatal journey and highlight with health professionals the additional support that parents may need after leaving neonatal care.

Achievements and performance

The Prem Aware Award Scheme:



The Smallest Things Prem Aware Award scheme raises awareness of the impact of prematurity on development and learning, supports parents and carers, and helps schools to recognise and meet the specific learning needs of children born prematurely.

The scheme promotes use of the 'Preterm Birth Information for Educational Professionals', a free online training resource developed by Professor Samantha Johnson and her colleagues in the PRISM (Premature Infants' Skills in Mathematics) Study

Team, funded by the charity Action Medical Research. The online resource outlines the impact premature birth can have on a child's development and learning, and offers practical ways to support children born prematurely at school.

“As a mother of a 23-week preterm child, I feel a huge sense of relief that there is finally a resource that will help educators understand the social, emotional and academic needs of my school-age child. This resource is long overdue and rightly focuses on the lifelong needs of those who experience daily the challenges that preterm birth may bring.”

— Gill, a parent and teacher

Prem Aware Ambassadors:

The Smallest Things has recruited, trained, and developed 14 volunteers to become 'Prem Aware Ambassadors' this year. Our volunteers have been instrumental this in raising awareness of the impact of premature birth on learning and supporting teachers to become 'Prem Aware'. Our total number of Prem Aware schools has risen to 66, with a further 53 working towards the award.



In June, The Smallest Things partnered with the University of Leicester to run a virtual training event – “How to support your premature child in school”.

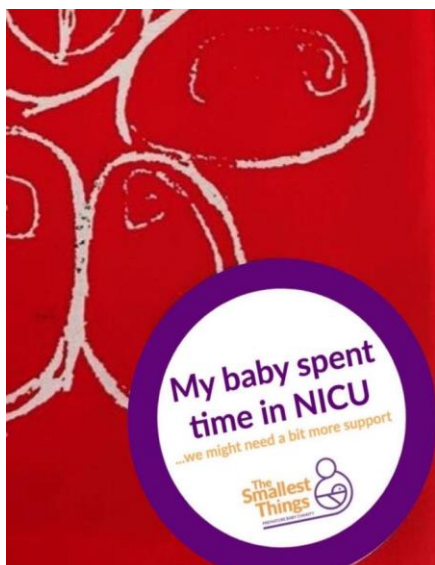


The webinar, which was recorded and continues to be available for families to access on line, provides information for parents which they can use throughout their child’s educational journey. As well as hearing about the latest research into educational needs of children born prematurely and how schools can be ready to support them, the webinar featured teachers speaking about the steps they have taken in their schools to become 'Prem Aware' and includes presentations from parents about their experiences of school for their premature children.

In addition, The Smallest Things trustees and newly appointed Prem Aware Ambassadors have spoken at a variety of training events throughout the year for teachers and neonatal staff.

We continue to work to our aim for all UK schools to be Prem Aware by 2030!

Red Book Stickers



Every year, tens of thousands of babies are born prematurely in the UK and families face the agonising journey of uncertainty and trauma through neonatal intensive care. But parents tell us all the time that their journey does not end when they leave the neonatal unit and we know that the needs of parents and children born prematurely last long after leaving hospital.

Acting as a visible reminder, alerting healthcare professionals to a parent and their babies' neonatal history, **The Smallest Things Red Book stickers are now in three quarters of all UK neonatal units!**

Parents told us:

- 77% of parents told us they experienced anxiety following discharge from neonatal care
- 24% of parents responding to our 2021 After NICU survey had been diagnosed with Post Traumatic Stress Disorder following discharge from neonatal care
- 49% of parents reported feeling isolated following neonatal care
- 29% felt that their health visitor understood theirs or their baby's needs
- 18% of parents agreed with the statement 'My GP understood mine and my baby/babies' needs'

The Smallest Things stickers are designed to:

- Prompt a conversation between health professional and parent about their neonatal care journey

- Highlight the extra support parents of premature babies may need
- Increase awareness that parents following neonatal intensive care are at greater risk of developing postnatal depression, anxiety and PTSD
- Offer a gentle reminder to use a baby's corrected age when plotting their weight on a growth chart

Growth

As a small charity we continue to grow steadily, meeting our charitable aims. We are run largely by a team of dedicated volunteers, all of whom are parents of prematurely born children. We employ one part time member of staff in an administrator role who supports the work of the trustees and coordinates our charity volunteers.

Neonatal Leave and Pay and Employers with Heart

Following years of campaigning by The Smallest Things for extended paid parental leave for families of premature babies, Stuart McDonald MP's Neonatal Care (Leave & Pay) Bill received Royal Assent in June 2023. The new legislation, likely to come into effect in 2025, will ensure that parents of sick and premature babies are given the additional time they need while their baby or babies are in hospital.

In 2023, The Smallest Things updated our Employer with Heart Charter, now referred to the **Employer with Heart 2.0 Charter Mark**. The **updated charter** reflects the new legislation coming forwards and ensures equal parental leave entitlements to both parents. We continue to work with employers across the UK to amend parental leave policies to offer extended neonatal leave at full pay.



Finances and Accounts

The Smallest Things receive small donations thanks to fundraising events throughout the year.

We were selected as a company's charity of the year, receiving a one-off donations that contributed directly to our core running costs, in addition to being awarded 2 grants that covered running costs and services such as our Red Book stickers.

Details of our February 2022 – March 2023 accounts can be seen below:

| Date | Details | Debit | Credit | Balance | Income / Expenditure |
|-------------|-----------------------------------|--------------|---------------|----------------|-----------------------------|
| 21-Feb-22 | B/P to: HMRC Cumbernauld | -140.25 | | 25,001.34 | Expenditure |
| 25-Feb-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 24,983.34 | Expenditure |
| 28-Feb-22 | B/P to: FH (Staff Salary) | -1,287.04 | | 23,696.30 | Expenditure |
| 01-Mar-22 | JUSTGIVING | | 9.61 | 23,705.91 | Income |
| 10-Mar-22 | Direct Debit (NEST) | -68.6 | | 23,637.31 | Expenditure |
| 22-Mar-22 | B/P to: HMRC Cumbernauld | -279.05 | | 23,358.26 | Expenditure |
| 22-Mar-22 | Inward Payment - Company DONATION | | 6,250.00 | 29,608.26 | Income |
| 25-Mar-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 29,590.26 | Expenditure |
| 29-Mar-22 | B/P to: FH (Staff Salary) | -1,287.04 | | 28,303.22 | Expenditure |
| 31-Mar-22 | Service Charge | -18 | | 28,285.22 | Expenditure |
| 04-Apr-22 | JUSTGIVING | | 9.61 | 28,294.83 | Income |
| 11-Apr-22 | Direct Debit (NEST) | -68.6 | | 28,226.23 | Expenditure |
| 12-Apr-22 | B/P to: HMRC Cumbernauld | -279.05 | | 27,947.18 | Expenditure |
| 19-Apr-22 | JUSTGIVING | | 175.38 | 28,122.56 | Income |
| 25-Apr-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 28,104.56 | Expenditure |
| 26-Apr-22 | JUSTGIVING | | 87.69 | 28,192.25 | Income |
| 26-Apr-22 | B/P to: FH (Staff Salary) | -1,281.90 | | 26,910.35 | Expenditure |
| 26-Apr-22 | B/P to: Catriona Ogilvy | -17.99 | | 26,892.36 | Expenditure |
| 04-May-22 | JUSTGIVING | | 286.76 | 27,179.12 | Income |
| 10-May-22 | Direct Debit (NEST) | -68.6 | | 27,110.52 | Expenditure |
| 23-May-22 | B/P to: HMRC Cumbernauld | -178.9 | | 26,931.62 | Expenditure |
| 25-May-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 26,913.62 | Expenditure |
| 25-May-22 | B/P to: FH (Staff Salary) | -1,281.70 | | 25,631.92 | Expenditure |
| 25-May-22 | B/P to: Ms S L Miles | -23.4 | | 25,608.52 | Expenditure |
| 25-May-22 | B/P to: Matt Wilkinson | -192.45 | | 25,416.07 | Expenditure |

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|-----------|--|-----------|----------|-----------|-------------|
| 25-May-22 | B/P to: MARTIN COTTERELL DESIGN | -300 | | 25,116.07 | Expenditure |
| 31-May-22 | JUSTGIVING | | 9.03 | 25,125.10 | Income |
| 07-Jun-22 | B/P to: Ms S L Miles | -5.45 | | 25,119.65 | Expenditure |
| 07-Jun-22 | B/P to: Fundraising Regula | -50 | | 25,069.65 | Expenditure |
| 07-Jun-22 | B/P to: Full Range Print | -212.4 | | 24,857.25 | Expenditure |
| 07-Jun-22 | B/P to: HMRC Cumbernauld | -179.1 | | 24,678.15 | Expenditure |
| 10-Jun-22 | Direct Debit (NEST) | -68.6 | | 24,609.55 | Expenditure |
| 14-Jun-22 | JUSTGIVING | | 87.49 | 24,697.04 | Income |
| 15-Jun-22 | ALBERT HUNT GRANT | | 1,000.00 | 25,697.04 | Income |
| 27-Jun-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 25,679.04 | Expenditure |
| 28-Jun-22 | B/P to: FH (Staff Salary) | -1,209.42 | | 24,469.62 | Expenditure |
| 30-Jun-22 | Service Charge | -18 | | 24,451.62 | Expenditure |
| 05-Jul-22 | JUSTGIVING | | 9.61 | 24,461.23 | Income |
| 05-Jul-22 | B/P to: FH (Staff Salary) | -32.37 | | 24,428.86 | Expenditure |
| 06-Jul-22 | B/P to: HMRC Cumbernauld | -140.61 | | 24,288.25 | Expenditure |
| 11-Jul-22 | Direct Debit (NEST) | -60.53 | | 24,227.72 | Expenditure |
| 12-Jul-22 | JUSTGIVING | | 301.29 | 24,529.01 | Income |
| 25-Jul-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 24,511.01 | Expenditure |
| 25-Jul-22 | JUSTGIVING | | 978.44 | 25,489.45 | Income |
| 02-Aug-22 | JUSTGIVING | | 83.18 | 25,572.63 | Income |
| 25-Aug-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 25,554.63 | Expenditure |
| 30-Aug-22 | JUSTGIVING | | 17.5 | 25,572.13 | Income |
| 31-Aug-22 | CHARITIES TRUST | | 100 | 25,672.13 | Income |
| 13-Sep-22 | B/P to: Ms S L Miles | -19.2 | | 25,652.93 | Expenditure |
| 16-Sep-22 | B/P to: C Ogilvy (Red Book Stickers) | -870 | | 24,782.93 | Expenditure |
| 20-Sep-22 | CHARITIES TRUST | | 1,000.00 | 25,782.93 | Income |
| 26-Sep-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 25,764.93 | Expenditure |
| 30-Sep-22 | Service Charge | -18 | | 25,746.93 | Expenditure |
| 03-Oct-22 | JUSTGIVING | | 9.61 | 25,756.54 | Income |
| 07-Oct-22 | B/P to: C Ogilvy (Red Book Stickers postage) | -76 | | 25,680.54 | Expenditure |
| 07-Oct-22 | B/P to: C. Ogilvy (stationary) | -12.99 | | 25,667.55 | Expenditure |
| 10-Oct-22 | B/P to: Ms S L Miles | -24.65 | | 25,642.90 | Expenditure |

| | | | | | |
|-----------|--|-----------|-----------|-----------|-------------|
| 10-Oct-22 | B/P to: C Ogilvy (red book stickers) | -844.96 | | 24,797.94 | Expenditure |
| 25-Oct-22 | CAF22102023432CF | | 15,150.93 | 39,948.87 | Income |
| 25-Oct-22 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 39,930.87 | Expenditure |
| 27-Oct-22 | B/P to: Catriona Ogilvy (sticker postage) | -64.85 | | 39,866.02 | Expenditure |
| 31-Oct-22 | B/P to: ABC Umbrella Ltd (JL Staff Salary) | -1,440.00 | | 38,426.02 | Expenditure |
| 01-Nov-22 | JUSTGIVING | | 31.93 | 38,457.95 | Income |
| 07-Nov-22 | B/P to: Sports Media Agenc (Run 4 Charity) | -750 | | 37,707.95 | Expenditure |
| 07-Nov-22 | JUSTGIVING | | 75.62 | 37,783.57 | Income |
| 08-Nov-22 | B/P to: C Ogilvy (red book stickers) | -870 | | 36,913.57 | Expenditure |
| 14-Nov-22 | B/P to: MARTIN COTTERELL (Design) | -1,000.00 | | 35,913.57 | Expenditure |
| 21-Nov-22 | JUSTGIVING | | 94.63 | 36,008.20 | Income |
| 25-Nov-22 | Direct Debit (JUSTGIVING SUBS) | -18 | | 35,990.20 | Expenditure |
| 28-Nov-22 | JUSTGIVING | | 136.12 | 36,126.32 | Income |
| 30-Nov-22 | B/P to: ABC Umbrella Ltd (JL Staff Salary) | -1,368.00 | | 34,758.32 | Expenditure |
| 30-Nov-22 | B/P to: Catriona Ogilvy | -18.99 | | 34,739.33 | Expenditure |
| 30-Nov-22 | B/P to: Ms S L Miles (website costs) | -239.68 | | 34,499.65 | Expenditure |
| 30-Nov-22 | B/P to: C Ogilvy (sticker postage) | -75.88 | | 34,423.77 | Expenditure |
| 21-Dec-22 | B/P to: ABC Umbrella Ltd (JL Staff Salary) | -1,080.00 | | 33,343.77 | Expenditure |
| 28-Dec-22 | Direct Debit (JUSTGIVING SUBS) | -18 | | 33,325.77 | Expenditure |
| 29-Dec-22 | JUSTGIVING | | 86.31 | 33,412.08 | Income |
| 31-Dec-22 | Service Charge | -18 | | 33,394.08 | Expenditure |
| 05-Jan-23 | B/P to: Ms S L Miles | -88.29 | | 33,305.79 | Expenditure |
| 09-Jan-23 | JUSTGIVING | | 122.22 | 33,428.01 | Income |
| 25-Jan-23 | Direct Debit (JUSTGIVING SUBS) | -18 | | 33,410.01 | Expenditure |
| 31-Jan-23 | JUSTGIVING | | 25.68 | 33,435.69 | Income |
| 31-Jan-23 | B/P to: Ms S L Miles | -12.64 | | 33,423.05 | Expenditure |
| 31-Jan-23 | B/P to: ABC Umbrella Ltd (JL Staff Salary) | -1,296.00 | | 32,127.05 | Expenditure |
| 07-Feb-23 | JUSTGIVING | -18 | 233.84 | 32,360.89 | Income |
| 27-Feb-23 | Direct Debit (JUSTGIVING SUBS) | | | 32,342.89 | Expenditure |
| 28-Feb-23 | JUSTGIVING | | 263.86 | 32,606.75 | Income |
| 28-Feb-23 | B/P to: ABC Umbrella Ltd | -1,296.00 | | 31,310.75 | Expenditure |

| | | | | | |
|-----------|--|-----------|-------------------|------------------|-------------|
| 13-Mar-23 | JUSTGIVING | | 110.25 | 31,421.00 | Income |
| 20-Mar-23 | JUSTGIVING | | 699.61 | 32,120.61 | Income |
| 22-Mar-23 | B/P to: Sports Media Agenc | -110 | | 32,010.61 | Expenditure |
| 23-Mar-23 | B/P to: Mrs S E Hazleton Running Tops | -53.45 | | 31,957.16 | Expenditure |
| 27-Mar-23 | Direct Debit (JUSTGIVING SUBS) | -18 | | 31,939.16 | Expenditure |
| 28-Mar-23 | B/P to: Ms S L Miles | -13.09 | | 31,926.07 | Expenditure |
| 30-Mar-23 | B/P to: Staff Salary ABC Umbrella Ltd | -1,512.00 | | 30,414.07 | Expenditure |
| 30-Mar-23 | Inward Payment - Company DONA- TION | | 8,333.33 | 38,747.40 | Income |
| 31-Mar-23 | Service Charge | -18 | | 38,729.40 | Expenditure |
| | | | -£22191.72 | £35779.53 | |

Structure, Governance and Management

The Smallest Things trustees volunteer their time freely and no remuneration or expenses have been paid this year. The trustees have continued to meet regularly via video conferencing calls throughout the year and one in person away day.

An activity plan continues to structure the charities work and enables us to evaluate our effectiveness.

Our overarching objectives have been clearly documented in our formal 2020-2023 strategy document and we are looking forward to publishing our 2024-2027 strategy in the coming months.

The Smallest Things

1171631

16 Bishops Garth, St Albans, AL4 9AZ

www.thesmallestthings.org

ENDs

THE SMALLEST THINGS

England & Wales - Charity number 1171631

Accounts

The Smallest Things



The Smallest Things trustees present their report for the year ending 15 December 2022.

Catriona Ogilvy (charity founder and trustee), Sarah Miles (trustee), Matt Wilkinson (trustee), Kerry Myles (trustee) and Lynne Peachy (trustee)

Our Aims:

Our overarching charitable aim is to promote the good health of premature babies and their families; raising awareness of premature birth and the needs of families following intensive care and promoting high quality care for mothers affected by postnatal depression, anxiety and symptoms of post-traumatic stress disorder associated with premature birth.

Our Objectives:

The Smallest Things is a tiny charity with a big voice.

Our objectives reflect our charity's aims and ethos and are targeted to benefit parents of premature babies and the long-term outcomes for children born prematurely directly.

In our work to support and promote the good health of premature babies and their families the trustees have acknowledge the need for the charity to continue to develop and grow and welcomed new volunteers to our team over the last year.

In setting our objectives and planning our activities our trustees have given careful consideration to the Charity Commission's public benefit guidance.

Our key objectives for 2022 have been:

- To continue to grow and expand The Smallest Things charity, raising awareness and providing support for families.
- To enhance and scale up the Prem Aware Award scheme, helping schools across the UK to support the educational needs and improve long-term outcomes of children born prematurely.
- To campaign to bring forward government legislation for Neonatal Leave and Pay entitlements.

- To raise awareness of the neonatal journey and highlight with health professionals the additional support that parents may need after leaving neonatal care.

Achievements and performance

The Prem Aware Award Scheme:



The Smallest Things Prem Aware Award scheme raises awareness of the impact of prematurity on development and learning, supports parents and carers, and helps schools to recognise and meet the specific learning needs of children born prematurely.

The scheme promotes use of the 'Preterm Birth Information for Educational Professionals', a free online training resource developed by Professor Samantha Johnson and her colleagues in the PRISM (Premature Infants' Skills in Mathematics) Study

Team, funded by the charity Action Medical Research. The online resource outlines the impact premature birth can have on a child's development and learning, and offers practical ways to support children born prematurely at school.

“As a mother of a 23-week preterm child, I feel a huge sense of relief that there is finally a resource that will help educators understand the social, emotional and academic needs of my school-age child. This resource is long overdue and rightly focuses on the lifelong needs of those who experience daily the challenges that preterm birth may bring.”

— Gill, a parent and teacher

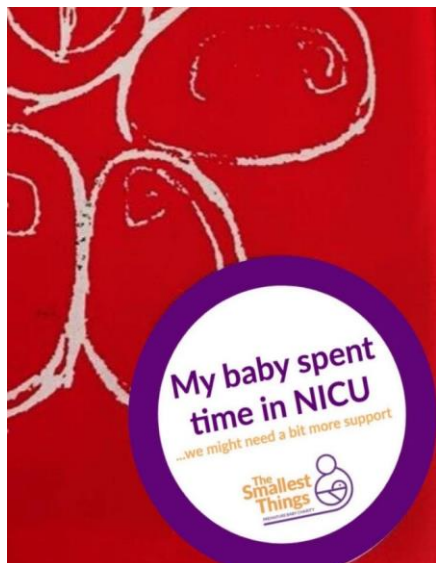
The Smallest Things have attended two teacher training events this year, in Glasgow and at the University of Leicester, to promote the Prem Aware Award Scheme. Articles have been published in the teacher trade publications such as TES, and we launched our Prem Aware Ambassador role to reach even more schools. In addition, we are delighted to have

partnered with Tiny Live charity to introduce the Prem Aware Award to schools across Northern Ireland too.

We continue to work to our aim for all UK schools to be Prem Aware by 2030!

Red Book Stickers

Acting as a visible reminder, The Smallest Things re-launched our Red Book stickers this year to alert healthcare professionals to a parent and their baby or babies' neonatal history.



To date 200,000 stickers have been sent out to hospitals across the UK, with nearly three quarters of UK neonatal units now giving out stickers to parents on discharge.

Every year, tens of thousands of babies are born prematurely in the UK and families face the agonising journey of uncertainty and trauma through neonatal intensive care. But parents tell us all the time that their journey does not end when they leave the neonatal unit and we know that the needs of parents and children born prematurely last long after leaving hospital.

Parents told us:

- 77% of parents told us they experienced anxiety following discharge from neonatal care
- 24% of parents responding to our 2021 After NICU survey had been diagnosed with Post Traumatic Stress Disorder following discharge from neonatal care
- 49% of parents reported feeling isolated following neonatal care
- 29% felt that their health visitor understood theirs or their baby's needs
- 18% of parents agreed with the statement 'My GP understood mine and my baby/babies' needs'

The Smallest Things stickers are designed to:

- Prompt a conversation between health professional and parent about their neonatal care journey
- Highlight the extra support parents of premature babies may need

- Increase awareness that parents following neonatal intensive care are at greater risk of developing postnatal depression, anxiety and PTSD
- Offer a gentle reminder to use a baby's corrected age when plotting their weight on a growth chart

Growth

We have continued to grow, though remain largely run by a team of dedicated volunteers. Our first paid role, a 12-month Operations Manager contract came to an end in June 2022, but we were pleased to welcome an admin officer role in September, starting on a rolling 3-month contract and supporting the work of the trustees.

Neonatal Leave and Pay

Following seven years of campaigning by The Smallest Things for extended paid parental leave for families of premature babies, Stuart McDonald MP's Neonatal Care (Leave & Pay) Bill was introduced to Parliament on 15 July 2022.

The Bill, which is set to proceed to the House of Lords in January 2023, will ensure parents of sick and premature babies are given the additional time they need while their baby or babies are in hospital. The Smallest Things have continued to work with the Department for Business, Energy, and Industrial Strategy on the details of the policy, making sure that the voice of parents is at the forefront of the Bill.

Employer with Heart

While the Neonatal Care (Leave and Pay) Bill passes through Parliament, The Smallest Things has continued to work with employers across the UK to amend their own parental leave policies in line with our Employer with Heart Charter.



Finances and Accounts

The Smallest Things is a small charity who receive small donations thanks to fundraising events throughout the year. Following the Covid19 pandemic we are thankful to all our volunteers and supporters who hosted fundraising picnics and took on in-person events once again.

Once again, we were selected as a company charity of the year, receiving a £6,250 donation and following a one-off personal donation of £20,000 we were able to fund a part-time one-year contract (July 2021-July 2022) for an operations manager post.

Details of our February 2021-February 2022 accounts can be seen below:

| Date | Details | Debit | Credit | Balance |
|-----------|---|----------|-----------|-----------|
| 25-Feb-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 4,100.50 |
| 22-Mar-21 | ACCENTURE UK LTD Donation | | 6,250.00 | 10,350.57 |
| 25-Mar-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 10,332.57 |
| 26-Mar-21 | PERSONAL Donation | | 20,000.00 | 30,332.57 |
| 30-Mar-21 | JUSTGIVING | | 48.05 | 30,380.62 |
| 31-Mar-21 | Service Charge | -18 | | 30,362.60 |
| 07-Apr-21 | JUSTGIVING | | 146.55 | 30,509.17 |
| 21-Apr-21 | B/P to: Ms S L Miles | -66.24 | | 30,442.93 |
| 26-Apr-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,424.93 |
| 28-Apr-21 | B/P to: Michelle Hird Infographics/Design | -200 | | 30,224.93 |
| 05-May-21 | JUSTGIVING | | 9.61 | 30,234.54 |
| 07-May-21 | B/P to: Valerie Wallace | -90 | | 30,144.54 |
| 25-May-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,126.54 |
| 01-Jun-21 | JUSTGIVING | | 193.59 | 30,320.13 |
| 02-Jun-21 | B/P to: Valerie Wallace | -60 | | 30,260.13 |
| 25-Jun-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,242.13 |
| 28-Jun-21 | JUSTGIVING | | 179.47 | 30,421.60 |
| 30-Jun-21 | B/P to: Fundraising Regula | -50 | | 30,371.60 |
| 30-Jun-21 | Service Charge | -18 | | 30,353.60 |
| 06-Jul-21 | JUSTGIVING | | 485.47 | 30,839.07 |
| 12-Jul-21 | JUSTGIVING | | 367.37 | 31,206.44 |
| 20-Jul-21 | GIVING COM LTD SAFEGUARD | | 789.74 | 31,996.18 |
| 26-Jul-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 31,978.18 |
| 29-Jul-21 | B/P to: Matt Wilkinson | -203.47 | | 31,774.71 |
| 29-Jul-21 | B/P to: Fiona Hatcher (Staff Salary) | 1,501.91 | - | 30,272.80 |

| | | | | | |
|-----------|---|--|---------|----------|-----------|
| 03-Aug-21 | GIVING COM LTD SAFEGUARD | | | 155.18 | 30,427.98 |
| 10-Aug-21 | JUSTGIVING | | | 311.12 | 30,739.10 |
| 13-Aug-21 | B/P to: HMRC Cumbernauld | | -398.83 | | 30,340.27 |
| 16-Aug-21 | JUSTGIVING | | | 129.26 | 30,469.53 |
| 25-Aug-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 30,451.53 |
| 27-Aug-21 | B/P to: Catriona Ogilvy | | -309.99 | | 30,141.54 |
| 27-Aug-21 | B/P to: Fiona Hatcher (Staff Salary) | | - | 1,325.44 | 28,816.10 |
| 14-Sep-21 | GIVING COM LTD SAFEGUARD | | | 347.57 | 29,163.67 |
| 15-Sep-21 | Direct Debit (ENABLE LTD) | | -475.2 | | 28,688.47 |
| 21-Sep-21 | GIVING COM LTD SAFEGUARD | | | 157.22 | 28,845.69 |
| 27-Sep-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 28,827.69 |
| 28-Sep-21 | B/P to: Fiona Hatcher (Staff Salary) | | -922.87 | | 27,904.82 |
| 28-Sep-21 | B/P to: HMRC Cumbernauld | | -279.85 | | 27,624.97 |
| 28-Sep-21 | B/P to: Matt Wilkinson | | -35.98 | | 27,588.99 |
| 30-Sep-21 | Service Charge | | -18 | | 27,570.99 |
| 01-Oct-21 | VOCATIONAL SKILLS SOLUTIONS LIMITED - Do- nation | | | 1,500.00 | 29,070.99 |
| 06-Oct-21 | B/P to: Ms S L Miles | | -54 | | 29,016.99 |
| 06-Oct-21 | B/P to: HMRC Cumbernauld | | -15.32 | | 29,001.67 |
| 11-Oct-21 | Direct Debit (NEST) | | -28.58 | | 28,973.09 |
| 12-Oct-21 | JUSTGIVING | | | 137.14 | 29,110.23 |
| 25-Oct-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 29,092.23 |
| 28-Oct-21 | B/P to: Fiona Hatcher (Staff Salary) | | -801.96 | | 28,290.27 |
| 01-Nov-21 | JUSTGIVING | | | 38.84 | 28,329.11 |
| 10-Nov-21 | Direct Debit (NEST) | | -16.15 | | 28,312.96 |
| 25-Nov-21 | EVENTBRITE WPD Fesitval | | | 191.85 | 28,504.81 |
| 25-Nov-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 28,486.81 |
| 29-Nov-21 | B/P to: Catriona Ogilvy | | -62.39 | | 28,424.42 |
| 29-Nov-21 | B/P to: MARTIN COTTERELL | | -500 | | 27,924.42 |
| 29-Nov-21 | B/P to: Catriona Ogilvy | | -50 | | 27,874.42 |
| 29-Nov-21 | B/P to: Fiona Hatcher (Staff Salary) | | -801.96 | | 27,072.46 |
| 30-Nov-21 | JUSTGIVING | | | 33.73 | 27,106.19 |

| | | | | | |
|-----------|---------------------------------------|--|----------|--------|-----------|
| 10-Dec-21 | Direct Debit (NEST) | | -68.6 | | 27,037.59 |
| 24-Dec-21 | JUSTGIVING | | | 29.03 | 27,066.62 |
| 24-Dec-21 | B/P to: Fiona Hatcher (Staff Salary) | | -840.22 | | 26,226.40 |
| 29-Dec-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 26,208.40 |
| 31-Dec-21 | Service Charge | | -18 | | 26,190.40 |
| 10-Jan-22 | Direct Debit (NEST) | | -24.9 | | 26,165.50 |
| 10-Jan-22 | Inward Payment - SMURFIT KAPPA UK LTD | | | 250 | 26,415.50 |
| 11-Jan-22 | B/P to: Ms S L Miles | | -66.24 | | 26,349.26 |
| 18-Jan-22 | JUSTGIVING | | | 117.12 | 26,466.38 |
| 25-Jan-22 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 26,448.38 |
| 28-Jan-22 | B/P to: Fiona Hatcher (Staff Salary) | | 1,287.04 | - | 25,161.34 |
| 01-Feb-22 | JUSTGIVING | | | 48.85 | 25,210.19 |
| 10-Feb-22 | Direct Debit (NEST) | | -68.6 | | 25,141.59 |

Structure, Governance and Management

The Smallest Things trustees volunteer their time freely and no remuneration or expenses have been paid this year. The trustees have continued to meet regularly via video conferencing calls throughout the year and welcomed two new trustees to the board in October.

An activity plan continues to structure the charities work and enables us to evaluate our effectiveness. Our overarching objectives are clearly documented in our formal 2020-2023 strategy document and the board of trustees look forward to meeting face-to-face in Spring 2023 to look ahead and prepare our 2024-2027 strategy document as we continue to grow.

The Smallest Things

1171631

104 Strathyre Avenue, SW16 4RQ

www.thesmallestthings.org

ENDs

THE SMALLEST THINGS

England & Wales - Charity number 1171631

Accounts

The Smallest Things



The Smallest Things trustees present their report for the year ending 15 December 2021.

Catriona Ogilvy (charity founder and trustee), Sarah Miles (trustee) and Matt Wilkinson (trustee)

Our Aims:

Our overarching charitable aim is to promote the good health of premature babies and their families; raising awareness of premature birth and the needs of families following intensive care and promoting high quality care for mothers affected by postnatal depression, anxiety and symptoms of post-traumatic stress disorder associated with premature birth.

Our Objectives:

The Smallest Things is a tiny charity with a big voice.

Our objectives reflect our charity's aims and ethos and are targeted to benefit parents of premature babies and the long-term outcomes for children born prematurely directly.

In our work to support and promote the good health of premature babies and their families the trustees have acknowledge the need for the charity to continue to develop and grow and welcomed new volunteers to our team over the last year.

In setting our objectives and planning our activities our trustees have given careful consideration to the Charity Commission's public benefit guidance.

Our key objectives for 2021 year have been:

- To continue to grow and expand The Smallest Things charity, raising awareness and providing support for families.
- To grow the Prem Aware Award scheme, supporting schools to help children born prematurely.
- To provide a parent voice in research supporting the long-term outcomes of children born prematurely.

Achievements and Performance

The Prem Aware Award Scheme:



While being born early does not mean a child will have special educational needs (SEN), it does increase the chances. And with an average of two to three children in every classroom being born early, we felt it was essential for teachers to be aware of potential issues – and equipped with some strategies on how they can help.

The Prem Aware Scheme was launched in October 2020 to support teachers and schools to better understand how prematurity

can affect development, to recognise any additional learning needs and to support children on their journey through education to achieve their potential.

The scheme has grown over the last year and we now have schools across the UK undertaking the simple steps to become 'Prem Aware' [#PremAware](#)

1. Train staff

Senior members of your staff team will complete the free online training [Preterm Birth Information for Educational Professionals](#) developed by the PRISM study team and funded by the charity Action Medical Research. Training will then be cascaded to all school teaching staff.

2. Raise awareness

Encourage parents to share details of their child's birth history, including specific questions relating to neonatal stays and preterm birth, through your school's admission procedure for new pupils. Where information is made available from families and carers, teachers are to be aware of which children in their class were born preterm. [PRISM poster](#) will be displayed in the school.

3. Ask for feedback

Your school will seek the views of parents and carers to review and inform the Special Educational Needs support provided.

Growth

In June 2021 we were delighted to welcome our first employee. Until this time the Charity had been run entirely by a team of dedicated volunteers. Funding for a one-year part time contact has allowed us to take on an Operations Manager, who is overseeing the day-to-day running of the charity and helping us to support many more families.

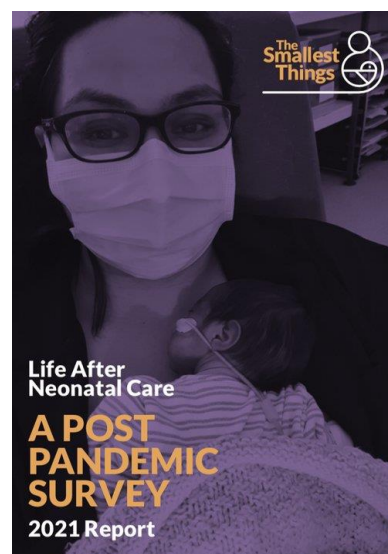
Newsletter

Our monthly newsletter now goes out to families and supporters, providing our latest news and ways to support the ongoing work of the charity.

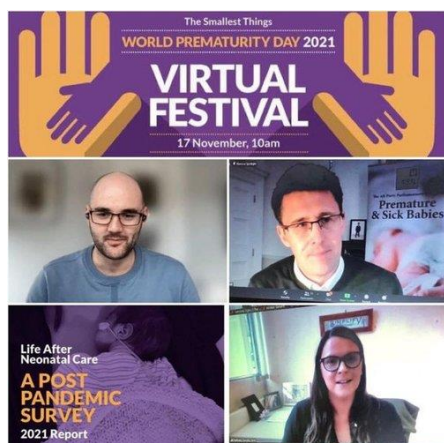
After NICU 2021: A Post Pandemic Report

We published our [After NICU 2021: A post pandemic report](#).

The report gave valuable insight into the long-term impact after premature birth and put the voice of parents at the very heart of the publication. Our report, published on World Prematurity Day, illustrates the importance of the Smallest Things work to improve the outcomes of children born prematurely and the experiences of families after neonatal intensive care.



Festival



We celebrated world prematurity day with our first ever [virtual festival](#). The day brought together professionals, parents and employers who all work to make the world a better place for children born prematurely and their families. The festival saw the launch of the After NICU 2021 report, hosted an 'Employer with Heart' panel, shared information about our Prem Aware award and the educational needs of children born prematurely, as well as hosting a 'Dads do NICU' discussion group.

Employer with Heart

The Smallest Things knows that the journey does not end when you bring your baby home from hospital.

Parents have told us of the ongoing medical needs of babies born too soon, the complex array of mental health difficulties experienced by mothers and financial pressure placed upon families. Returning to work so soon after a baby has come home from hospital, whilst the trauma remains so raw and babies

are still so small, is an enormous strain on families, one which sees mothers leaving the workforce or taking periods of long-term sick leave. So, the Smallest Things has continued to ask employers to support parents of premature babies through our **Employer with Heart** scheme.



Organisations have continued to sign up to our charter, with many more working making the change.

A parent voice in research - supporting the long-term outcomes of children born prematurely:

The Smallest Things has continued our involvement in research that considers the long-term outcomes for children born prematurely, ensuring the voice of parents is central to the projects taking place, as well as working to ensure that the findings of latest research are disseminated in an accessible way to families and that practical action is taken based on the findings. A particular focus this year has been on the educational needs of children born prematurely and readmissions to hospital after being discharged from neonatal care.

Finances and Accounts

The Smallest Things is a small charity who receive small donations that's to fundraising events throughout the year. This year we were selected as a company charity of the year, receiving a £6,250 donation and were thankful to receive a one-off personal donation of £20,000 to fund a part-time one-year contract for an operations manager post.

Details of our February 2021-February 2022 accounts can be seen below:

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|-----------|---|----------|-----------|-----------|
| 25-Feb-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 4,100.50 |
| 22-Mar-21 | ACCENTURE UK LTD Donation | | 6,250.00 | 10,350.57 |
| 25-Mar-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 10,332.57 |
| 26-Mar-21 | PERSONAL Donation | | 20,000.00 | 30,332.57 |
| 30-Mar-21 | JUSTGIVING | | 48.05 | 30,380.62 |
| 31-Mar-21 | Service Charge | -18 | | 30,362.60 |
| 07-Apr-21 | JUSTGIVING | | 146.55 | 30,509.17 |
| 21-Apr-21 | B/P to: Ms S L Miles | -66.24 | | 30,442.93 |
| 26-Apr-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,424.93 |
| 28-Apr-21 | B/P to: Michelle Hird Infographics/Design | -200 | | 30,224.93 |
| 05-May-21 | JUSTGIVING | | 9.61 | 30,234.54 |
| 07-May-21 | B/P to: Valerie Wallace | -90 | | 30,144.54 |
| 25-May-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,126.54 |
| 01-Jun-21 | JUSTGIVING | | 193.59 | 30,320.13 |
| 02-Jun-21 | B/P to: Valerie Wallace | -60 | | 30,260.13 |
| 25-Jun-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,242.13 |
| 28-Jun-21 | JUSTGIVING | | 179.47 | 30,421.60 |
| 30-Jun-21 | B/P to: Fundraising Regula | -50 | | 30,371.60 |
| 30-Jun-21 | Service Charge | -18 | | 30,353.60 |
| 06-Jul-21 | JUSTGIVING | | 485.47 | 30,839.07 |
| 12-Jul-21 | JUSTGIVING | | 367.37 | 31,206.44 |
| 20-Jul-21 | GIVING COM LTD SAFEGUARD | | 789.74 | 31,996.18 |
| 26-Jul-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 31,978.18 |
| 29-Jul-21 | B/P to: Matt Wilkinson | -203.47 | | 31,774.71 |
| 29-Jul-21 | B/P to: Fiona Hatcher (Staff Salary) | 1,501.91 | - | 30,272.80 |
| 03-Aug-21 | GIVING COM LTD SAFEGUARD | | 155.18 | 30,427.98 |
| 10-Aug-21 | JUSTGIVING | | 311.12 | 30,739.10 |
| 13-Aug-21 | B/P to: HMRC Cumbernauld | -398.83 | | 30,340.27 |
| 16-Aug-21 | JUSTGIVING | | 129.26 | 30,469.53 |
| 25-Aug-21 | Direct Debit (GIVING.COM / JUSTG) | -18 | | 30,451.53 |
| 27-Aug-21 | B/P to: Catriona Ogilvy | -309.99 | | 30,141.54 |

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|-----------|--|--|---------|----------|-----------|
| 27-Aug-21 | B/P to: Fiona Hatcher (Staff Salary) | | - | | 28,816.10 |
| 14-Sep-21 | GIVING COM LTD SAFEGUARD | | | 347.57 | 29,163.67 |
| 15-Sep-21 | Direct Debit (ENABLE LTD) | | -475.2 | | 28,688.47 |
| 21-Sep-21 | GIVING COM LTD SAFEGUARD | | | 157.22 | 28,845.69 |
| 27-Sep-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 28,827.69 |
| 28-Sep-21 | B/P to: Fiona Hatcher (Staff Salary) | | -922.87 | | 27,904.82 |
| 28-Sep-21 | B/P to: HMRC Cumbernauld | | -279.85 | | 27,624.97 |
| 28-Sep-21 | B/P to: Matt Wilkinson | | -35.98 | | 27,588.99 |
| 30-Sep-21 | Service Charge | | -18 | | 27,570.99 |
| 01-Oct-21 | VOCATIONAL SKILLS SOLUTIONS LIMITED - Donation | | | 1,500.00 | 29,070.99 |
| 06-Oct-21 | B/P to: Ms S L Miles | | -54 | | 29,016.99 |
| 06-Oct-21 | B/P to: HMRC Cumbernauld | | -15.32 | | 29,001.67 |
| 11-Oct-21 | Direct Debit (NEST) | | -28.58 | | 28,973.09 |
| 12-Oct-21 | JUSTGIVING | | | 137.14 | 29,110.23 |
| 25-Oct-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 29,092.23 |
| 28-Oct-21 | B/P to: Fiona Hatcher (Staff Salary) | | -801.96 | | 28,290.27 |
| 01-Nov-21 | JUSTGIVING | | | 38.84 | 28,329.11 |
| 10-Nov-21 | Direct Debit (NEST) | | -16.15 | | 28,312.96 |
| 25-Nov-21 | EVENTBRITE WPD Festival | | | 191.85 | 28,504.81 |
| 25-Nov-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 28,486.81 |
| 29-Nov-21 | B/P to: Catriona Ogilvy | | -62.39 | | 28,424.42 |
| 29-Nov-21 | B/P to: MARTIN COTTERELL | | -500 | | 27,924.42 |
| 29-Nov-21 | B/P to: Catriona Ogilvy | | -50 | | 27,874.42 |
| 29-Nov-21 | B/P to: Fiona Hatcher (Staff Salary) | | -801.96 | | 27,072.46 |
| 30-Nov-21 | JUSTGIVING | | | 33.73 | 27,106.19 |
| 10-Dec-21 | Direct Debit (NEST) | | -68.6 | | 27,037.59 |
| 24-Dec-21 | JUSTGIVING | | | 29.03 | 27,066.62 |
| 24-Dec-21 | B/P to: Fiona Hatcher (Staff Salary) | | -840.22 | | 26,226.40 |
| 29-Dec-21 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 26,208.40 |
| 31-Dec-21 | Service Charge | | -18 | | 26,190.40 |
| 10-Jan-22 | Direct Debit (NEST) | | -24.9 | | 26,165.50 |

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|-----------|---------------------------------------|--|----------|--------|-----------|
| 10-Jan-22 | Inward Payment - SMURFIT KAPPA UK LTD | | | 250 | 26,415.50 |
| 11-Jan-22 | B/P to: Ms S L Miles | | -66.24 | | 26,349.26 |
| 18-Jan-22 | JUSTGIVING | | | 117.12 | 26,466.38 |
| 25-Jan-22 | Direct Debit (GIVING.COM / JUSTG) | | -18 | | 26,448.38 |
| 28-Jan-22 | B/P to: Fiona Hatcher (Staff Salary) | | 1,287.04 | - | 25,161.34 |
| 01-Feb-22 | JUSTGIVING | | | 48.85 | 25,210.19 |
| 10-Feb-22 | Direct Debit (NEST) | | -68.6 | | 25,141.59 |

Structure, Governance and Management

The Smallest Things trustees, who all volunteer their time freely and no remuneration or expenses have been paid this year, have continued to meet regularly via video conferencing. They look forward to meeting face-to-face, the first time since the start of the Covid19 pandemic in April 2022.

An activity plan continues to structure our work for the year and enables us to evaluate our effectiveness. Our overarching objectives are now clearly documented in our formal 2020-2023 strategy document.

The Smallest Things

1171631

104 Strathyre Avenue, SW16 4RQ

www.thesmallestthings.org

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