

SmallSteps

Registered charity 1150651

Helping children with disabilities and their families

A school for parents which helps parents to help their own children with cerebral palsy or other forms of motor and sensory impairment



**COULD YOU HELP?**



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## WHO WE ARE...

**Small Steps SFP Limited (“Small Steps”)** helps children with special needs, aged 6 months to four years, work on all areas of their development. As these children have cerebral palsy, other forms of motor impairment, syndromes or sensory impairment, they need a great deal of extra stimulation and assistance to help them reach even the most basic milestones.

At Small Steps, teachers and therapists lead the parent-child team through a structured programme designed to help each child achieve individualised developmental steps. Within each weekly group session, children work through a series of stimulating and challenging tasks addressing every aspect of a young child’s development: physical, social, emotional, communicative and cognitive.

**Small Steps works to two goals: to help the child progress in his or her development and to help the parents help the child. Here’s how...**

- **It’s hands on for parents.**  
As parents work with their children, guided by teacher and physiotherapist, they learn how to do the programme with their children much better than they could by simply watching, which means that they can do it at home, thus increasing the benefits through repetition.
- **It’s motivating to the children.**  
Each task in the programme has a corresponding song. This is stimulating to the children and seems to make some of the physical tasks easier.
- **It focuses on the positive.**  
Each term achievable goals are set for every child in each area of development. This allows parents to celebrate their children’s progress, especially when small steps made towards major milestones might otherwise go unnoted.
- **It’s a structured early intervention programme**  
Research shows that the earlier and more intensive the specialised input, the more effective it is and the further the children get in their development.



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## HOW YOU CAN HELP...

As a registered charity we raise all our funds from charitable donations, grants and private fundraising. There is no obligation for local authorities to fund our project as all our children are below school age. It costs approximately £4,000 for one child to attend Small Steps for one year.

"Every week, over 55 families with severely disabled children come to Small Steps. This makes an amazing difference to people's lives, but we can only carry on doing this with your support."

Small Steps work wouldn't be possible without the help of people like you. There are many ways that you can help us:

### Individual help

Money is vital to our service. So if you would like to make a **donation** or give a **regular monthly amount**, it really will make a difference to these disabled children's lives.

Organising a **fundraising** event is another valuable way of supporting Small Steps. You could do a sponsored event (marathons, walks, bike rides etc), have a car boot sale or organise a party, invite all your friends and charge them an entrance fee!

Contact Small Steps on 020 8704 5935 or email [info@smallsteps.org.uk](mailto:info@smallsteps.org.uk) for more information on making a donation.

### Companies working in partnership with Small Steps

There are many different ways for companies, both large and small, to get involved with Small Steps.

If you think your company or office might like to **make a donation** run a **fundraising initiative** or **sponsor** some aspect of our work, we can work with you to make the most of your ideas.

With your help, we will be able to continue to offer these disabled children and their families this life changing experience. For further information on how your company can support Small Steps, please contact us on 020 8704 5935 or email [info@smallsteps.org.uk](mailto:info@smallsteps.org.uk).



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## Could you.....?

### Donate **£5.00?**

This could pay for refreshments for 50 children for 1 week.

### Donate **£10.00?**

This could buy a therapy ball to help children with sensory impairments.

### Donate **£50.00?**

This could buy a brightly coloured parachute to encourage movement and eye contact.

### Donate **£100.00?**

This would buy a wheelie stool so that parents can work at floor level with their children.

### Donate **£250.00?**

This could buy a set of parallel bars to assist children who are learning to walk.

### Donate **£500.00?**

This could pay for one child to attend sessions for 6 weeks.

### Sponsor a child to attend Small Steps for one year?

It costs approximately **£4,000** for us to fund one disabled child to attend our sessions for a year. This small amount of money will enable a child to have the opportunity to develop their skills in looking, listening and communicating; as well as sitting, standing and stepping.

### Sponsor one group of children for a term?

It costs approximately **£5,500** for us to fund one group session per week for one term. To sponsor a group for the whole school year would cost approximately **£16,500**.





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## SOME COMMENTS FROM OUR PARENTS...

*“ I would like to emphasise the fantastic, motivating care and programme which you and the team have conducted over the last few years. The programme has benefited our son greatly.”*

*“Small Steps provides the right help to special needs children and parents at the right time. We would gladly pay to attend. But not all parents are in a position to do this, especially when they're faced with trying to save money to support their child not just to adulthood, but possibly forever. So Small Steps is run as a free service.”*

*“It has been great for us to see our child develop in the different areas and to be able to distinguish these areas in a way that we wouldn't have been able to if we hadn't come to Small Steps. For us it has been both informative and reassuring to be able to 'measure' her progress.”*

*“Thanks for everything, especially the love and caring you have shown my little girl.”*

*“We loved attending Small Steps because it is a completely positive environment. It works on the basis of helping the children reach their own potential, whatever that may be.”*

*“Small Steps has been invaluable to us and the things we have learnt there are incorporated into every day life. It was particularly useful in the early days of our child's diagnosis, when I didn't know what to expect and could talk with other parents who were experiencing the same things.”*

*“Our Tiny Steps session yesterday was awesome.....Your approach that every single action of play should improve the physical and cognitive abilities of the children is wonderful. I understand now why spaces in your school are in such demand”*

If you would like to know more about any aspect of Small Steps and ways you can help, please contact us on the details below.

Thank you for your support.

Small Steps SFP Limited

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