



**2022/23**

# Impact Report

Bringing colour to the lives of  
people with learning disabilities



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Kangaroos Mid Sussex, Unit 7 & 8, More House Farm Business Centre, Ditchling Road, Haywards Heath, RH17 7RE. Registered charity no: 1150202, Company Limited by guarantee no: 8273898

# About us

Kangaroos has a responsibility to regularly measure the value of our work and evaluate the effectiveness of the services that we offer. Our 2022/23 Impact report provides an overview of our key achievements over the past 12 months.

## Who?

Established in 1994, Kangaroos is a registered charity based in Mid Sussex providing a range of fun, social and recreational activities, clubs and outings in the local community for children and adults with learning disabilities, additional physical, sensory and medical needs and extreme behavioural difficulties.

Kangaroos enables people with learning disabilities to gain independence, build confidence and have an enriched social life with their peers.

Kangaroos offers life-long support to people with learning disabilities and their families through a range of support groups, activity clubs and residential trips.

## Why?

People with learning disabilities have less opportunities to socialise outside of school or college and on average spend more time with parents or carers than able-bodied people. It can be difficult for people with learning disabilities to maintain friendships, which can easily lead to social isolation and feeling marginalised from their local community.

## How?

Kangaroos provides opportunities for people with learning disabilities to engage in a wide range of activities away from an educational or home setting. Kangaroos focus is on friendship, inclusion, self-worth, independence and increased confidence in social and community settings.

We offer age specific clubs to 345 children and adults with learning disabilities. Our eldest member is currently 42, but we welcome people to join Kangaroos who are of any age. Activities are tailored to the ages and abilities of each group

## Our Vision

*Our vision is that people with learning disabilities can exercise their right to leisure, play and recreational activity in a safe and supported environment.*

## Our Values

- **Family centred**
- **Fun and friendship**
- **Safe and supported**
- **Pushing boundaries**
- **Building independence, confidence and self-esteem**

and vary from craft sessions or game nights to days out and residential stays across the country, and sometimes beyond!





# What we achieved during the financial year 2022/23



**448**

**Club Sessions**

**2296**

**Hours of Activities**

**17213**

**Person Hours**

**345**

**Members**

**19**

**Volunteers**

**60**

**Paid Support Staff**

**Would you recommend to other families?**

*We have conducted several questionnaires for members for each of our clubs. The results have been extremely positive with a 100% response to enjoying the activities and to building friendships. 100% have also told us that they would recommend Kangaroos to other SEND families.*



# Family Support

**This year our family support programme has expanded to provide catered support for parent/carers and siblings of people with learning disabilities as well as activities for the whole family to enjoy together.**

## Parent/Carers

This year, we've hosted parent and carer coffee mornings. Once a month, we take over the Kangaroos hub, provide refreshments and welcome anyone who is a parent or carer to someone with learning disabilities to join us. This group has provided parents and carers with a space to share experiences, lend advice, or just simply have a chat with other people that get it!

## Siblings

We offer several services to siblings of people with learning disabilities. Some activity trips focus on siblings spending quality time with their disabled

brother or sister, whilst other days out give siblings independence from their family, and time with other young people in a similar situation to them.

## Family Days

Our Family days continue to be a pillar of our activity calendar. Each quarter we aim to host at least one family event that's focus is to bring parents, carers, siblings and people with learning disabilities together in one space to spend quality time together. In 2022/23 family days included a Platinum Jubilee picnic, a trip to Harry Potter Studios, and fun days at the Kings Centre in Burgess Hill, and the Jubilee Centre in East Grinstead with bouncy castles, animal encounters, anything-goes art, sensory play equipment, and meet-and-greets with various movie characters.

## 0-5 years (Play and Stay)

Our 0-5 years stay and play sessions have grown in popularity over the past few years. These monthly morning meet-ups give parents and carers, and babies and toddlers the opportunity to socialise and play in a safe and sensory stimulating environment.







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*We love the family fun days. They definitely help to engage our daughter in understanding the fun and friendship Kangaroos has to offer. They also get her to feel comfortable and familiar with staff and help us leave her in your capable hands.*



# Complex Needs

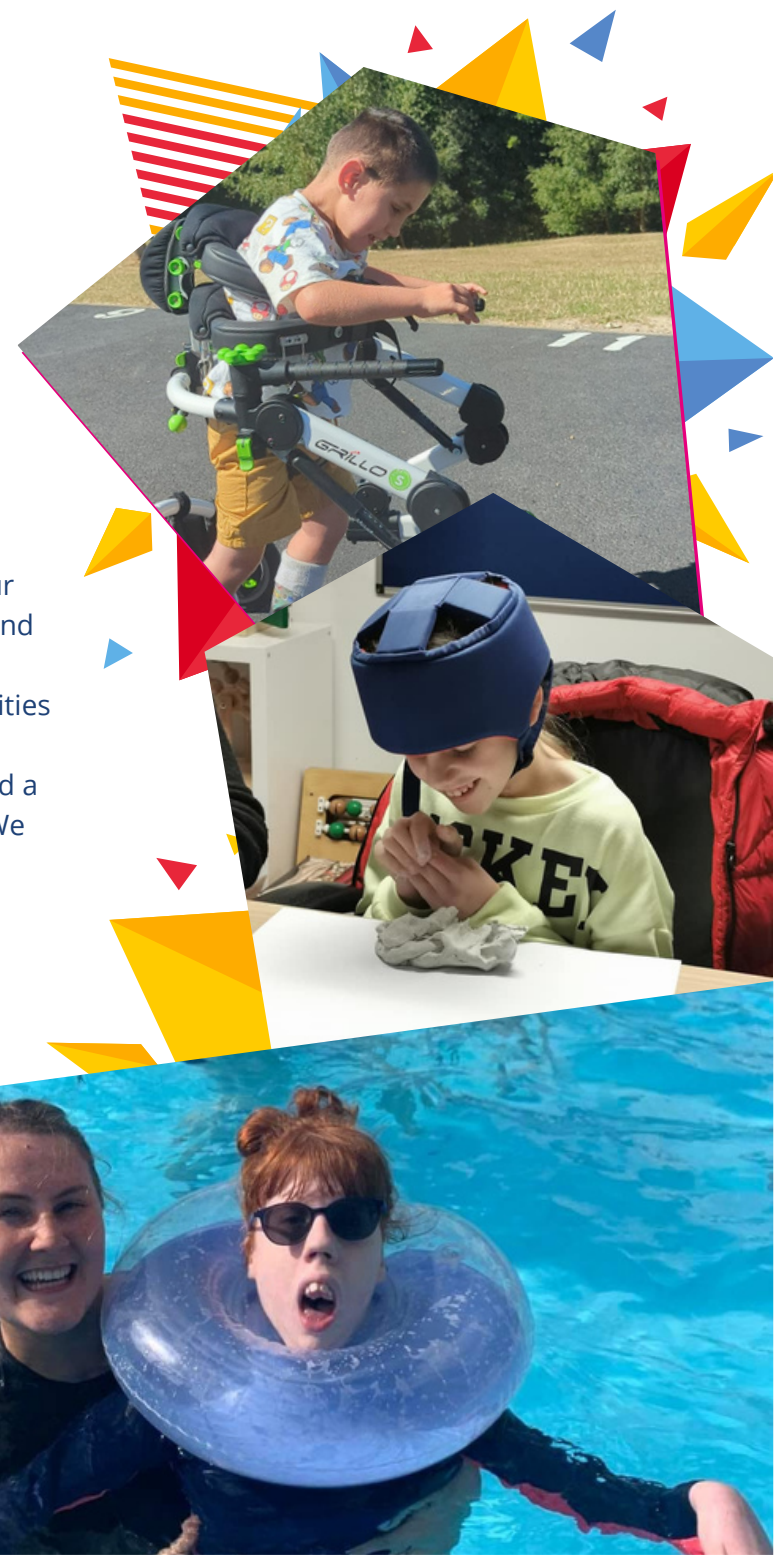
## STARS

In 2016 we extended our services to include support, clubs and day trips for young people with complex medical needs and limited mobility. STARS is the result – a weekend and Holiday Club with dedicated equipment and activities to meet the needs of young people who are all wheelchair users with disabilities including epilepsy, Cerebral Palsy, visual and hearing impairments, gastrostomy feeds, catheterisation and complex feeding needs.

We offer an extremely safe and structured environment with activities tailored to the young people's complex needs. Equipment is suited and adapted to our members needs, including toys, musical instruments and cooking equipment which are all switch adapted, sensory equipment, and specialist seating, as well as a range of computer equipment and iPads with tailored software and hardware. We also have other equipment to meet specialist care needs, such as hoists, changing tables and specialist toilet seating.

Sessions, which run throughout the year at the Ashenground Centre in Haywards Heath, are carefully planned to enhance the experience of the children and young people.

We hold our mission to push boundaries close to our hearts and offer trips that challenge our members and are outside of their usual experience. This year, our members have experienced different trips and activities including fully accessible outward bound days, dry slope skiing, wheelchair-friendly speedboat rides and a wide range of trips to London via public transport. We want our members to enjoy all of the recreational activities anyone of their age would enjoy.







## Heidi's Story

Heidi is 12 years old and attends our STARS group for people with complex needs. Heidi has Retts Syndrome, Rett syndrome is a rare genetic disorder that affects brain development, resulting in severe mental and physical disability.

Anna told us that Kangaroos staff have given advice on equipment, to support Heidi's increasingly complex needs, such as wheelchairs, all terrain buggies, house adaptations etc. "It takes a village to raise a disabled child and Kangaroos is our village".

Heidi has been attending Kangaroos since she was 6 years old. Heidi's mother Anna said before coming to Kangaroos Heidi "had few friends and nowhere to go," and this made her "lonely and angry".

By coming to Kangaroos Anna hoped for respite for the family, time to spend with Edward and to find a place where Heidi felt comfortable and safe whilst also having fun.

Heidi started attending PALS, our group for 6-12 year olds and after school clubs when she was 6. As Heidi's regression has developed she is finding it harder to keep up with her peers in PALS and often uses a wheelchair. For these reasons Heidi now also attends STARS, our group for people with complex needs, where she can take part in activities adapted to her physical needs.

Anna told us "Kangaroos has always been there for Heidi and the family. Heidi's diagnosis was given just before lockdown and therapies closed down. Kangaroos was our continued support". Anna also told us how Heidi has maintained social interaction "Due to Heidi's complex needs and regression Heidi has had to move classes at school to a complex needs class. At Kangaroos she can maintain the friendships she made in her old classes as well as seeing friends in her class now and her Kangaroos friends."

**"It takes a village to raise a disabled child and Kangaroos is our village"**

"As Heidi regresses and her needs increase, Kangaroos have always reassured us they will be able to continue to meet her needs. We would be lost without Kangaroos. It is Heidi's social life". "The staff are amazing and Heidi loves them. So kind, caring and committed. Heidi is always so happy to see them and it means we can truly relax knowing she is being looked after so well."





# Pre-teen Clubs

## PALS

For children aged 6 to 12, PALS is a Saturdays and Holiday playscheme run at the Ashenground Community Centre in Haywards Heath. At PALS we support children with a vast range of disabilities, providing 1:1 or 2:1 support as required. As well as participating in lots of in-house activities, our members enjoy day trips out, and activities they wouldn't normally get the chance to partake in, including overnight stays at outward bound centres and other venues. This past year, PALS trips have included: A day out at Harbour Park Amusement Fair, An inflatable fun day at Ardingly Showground and trips to local attractions such as Drusillas, Fisher's Farm and the Brighton i360.

## Champions

Champions, a club run on Thursdays after school at the Kangaroos Hub for children aged 6 to 12. Champions offers a range of activities from crafts to cooking, as well as trips out. Our young people particularly enjoyed decorating the Hub windows, conducting science experiments and celebrating Chinese New Year!

## Allsorts

Allsorts is our term-time club for ages 8-14. The weekly sessions vary in activity and have included trying different art styles and learning about cultures around the world. Most recently, the Allsorts group have been learning about local wildlife at forest school. We've had great attendance since we started this group, and are looking forward to expanding the repertoire of activities.







# Dexter's Story

Dexter is 12 years old and attends our PALS sessions. Dexter has Angelman syndrome, a rare genetic condition that affects the nervous system and causes severe physical and learning disabilities.

Dexter joined Kangaroos in 2021, and is now a regular at our weekend and holiday programme. Staff have seen his communication skills and confidence bloom since becoming a member.

“

*Kangaroos is a miracle. Kangaroos takes my son camping. Kangaroos takes him around London. To Rugby 7's. To residentials in the Ashdown Forest. To a luxury hostel in Bournemouth which made his sister jealous. Kangaroos takes the disabled children and young people they look after seriously. They give them a life, sociability, travel, discovery, a constant flow of new experiences. He who so struggles to leave the house never once hesitated to go on a Kangaroos activity.*





# Teen Clubs

## BreakAway

BreakAway is a weekend and holiday activity club for people with learning disabilities aged 12-18. With this group, we ask the young people what trips they would like to do, which has led to an amazing variety of activities over the course of the year. BreakAway members experience fun and interesting days out, from days out in London to trips down to the coast, or visits to local attractions in Mid Sussex.

## TeenScene

TeenScene is a youth club for teenagers aged 12 to 18 held weekly. This group is kept relatively small and consistent to help the young people settle and grow in confidence. The approach is to help the young people be as independent as possible, while staff support them to make friendships within the group. Activities are designed to encourage the young people to bond and to help individual personalities shine. Each week, every member is encouraged to share what they have been up to with the rest of the group to build their public speaking confidence. TeenScene is often visited by guest speakers from local businesses or organisations.

This year, TeenScene has moved to a new venue at Burnside Opportunities Day Centre. The feedback from the members has been very positive and the staff agree, the centre offers a large space for activities plus use of the kitchen area, helping our members with their life skills too.

## Transition

In 2017 we set up a new group to help our young people transition from teenage to adult clubs. This group was founded after our members fed back to us that they felt anxious about moving up to our adults group, No Limits. The Transition group is for ages 17-21 and aims to support our young people to develop life skills, become more independent and feel confident with social integration before they move into the adult clubs. It has helped many of our members transition to our adult group in the last 5 years.







# Teen Clubs Feedback

*There are few opportunities for my child to develop friendships outside of school - being an only child, living in a small village and having disabilities make this tricky. These clubs give my child the chance to develop relationships with, and enjoy the company of, other children.*

*Apart from school where learning is very individualised a lot of the time, he has never had the chance to spend leisure time amongst peers, apart from with Kangaroos. He displays evident enjoyment of being around them and watching the lively activity.*

*She has learnt new social skills to help play in small groups, which has bought her a great deal of joy. It's relaxed atmosphere means there is no pressure..this then helps her feel confident to speak to new people. She also loves the regularity of staff.*

*My child's relationships with children in her school have improved thanks to Kangaroos. My child has also had the opportunity to make friends with children of different ages from her school and children that don't attend her school.*

*He loves to chat and Kangaroos has given him the opportunity to do that with many different young people as well as different adults.*



# Adult Clubs

## No Limits

No Limits is our social and recreational programme for adults with learning disabilities. No Limits has Members aged 18-45, but welcomes adults of all ages. No Limits enjoy a range of activities with their friends in a supported environment. The sessions, which run in the evenings, holidays and at weekends offer activities and outings many of their age group take for granted.

We organise fitness sessions, pamper evenings, discos and trips to local pubs, restaurants and the theatre. All activities aim to help our members with their social and life skills, and give them confidence and independence in the local community.

Standout trips from this year include visiting the Transport Museum in London, Mercedes Benz World and Glow Wild at Wakehurst Place. Our youth forum gives all of our young people the opportunity to input their ideas and choose activities for the forthcoming programmes.





# Youth Club and Social Club

Our Youth Club (18 and above) and our Social Club (25 and above) are held on alternate weeks in the evenings. These club nights are a chance for members to catch up with their friends in a chilled and relaxed environment. We put on optional activities, such as film nights, keep fit classes and craft tables each week which our adults are able to join in with if they wish.



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*I feel that my confidence has greatly grown, from my positive experiences at No Limits. I now feel confident enough to travel on my own to reach the meeting location.*



# Bournemouth

Our highlight trip of the year for 2022/23 is without a doubt our residential stay in Bournemouth. A new residential trip for Kangaroos, and it did not disappoint!

We took 17 members with a wide range of abilities. They stayed in Marsham Court Hotel which was fully accessible with a changing places bathroom, hoists in bedrooms, a sensory room and a lift into the pool.

Our members had the choice of a 3 course a la carte menu for dinner each night and a buffet breakfast each morning at the hotel.

Members were split into groups depending on their ages and abilities during the days and could choose from a wide range of activities.

When our members weren't enjoying a dip in the pool, they were off exploring the many local attractions Bournemouth has to offer. Some members visited the SeaLife Centre, and others paddled in the shallows on the beach. We had groups explore the cliff railway whilst others took a journey on an open-top bus. All our members reconvened for a trip down the pier to play on the arcades and watch a fantastic firework display in the evening.

The benefits of this kind of trip are extremely valuable to the young people's development and growth and above all independence. For some of our members, this trip was their first time away from home overnight. Our short breaks also offer families of people with learning disabilities respite from caring duties.

Finding a hotel that is fully accessible for our members has proven challenging in the past, but the Marsham Court Hotel was fantastic. Our groups will be returning to Bournemouth this summer, and we hope that this trip will become an annual occurrence.





# Parent/ Carer Feedback

*My child has come back with such a smile on her face. Thank you Kangaroos for giving her a great weekend, and allowing us some respite time in the process*

*He always returns from weekends away with Kangaroos with stories to tell and a new spring in his step. Thank you for all that you do.*

*You are all amazing, thank you for looking after our children and giving them the opportunity to do so many activities and for giving us parents a chance for some time out. Thank you Kangaroos.*

*Thanks. I've done lots of residential trips over the yrs with secondary school students. That has enough responsibility! You then have very vulnerable children in your care. I do not underestimate the responsibility, hence total respect and massive thanks.*

*I just wanted to say thank you to Kangaroos and all the staff and volunteers who have just provided a wonderful weekend away. I picked my son up today and found myself totally in awe of an organisation that can provide an incredible experience to such a large number of diverse young people across all ages and special needs. I was truly impressed at such a magnificent achievement. Well done to you all. My son had a brilliant time. Thank you again.*





# Staff and Volunteers



## Meet Jess!

**A Volunteer who joined the team in 2021**

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*I love volunteering at Kangaroos. I work with the same group of young people each week and aim to provide them with a fun, relaxed and supportive environment. We play games, create art and often celebrate key events throughout the year. Volunteering at Kangaroos has given me more confidence, I look forward to it every week, it's really rewarding. I like giving back to my community, but I gain so much too. I'd recommend volunteering at Kangaroos to anyone who has a passion for caring for others*

We are grateful to our incredible sessional staff and volunteer team for embodying the 'Kangaroos Way' at every session they work. We now have over 60 staff and volunteers who support at our weekly clubs, activity trips and residential stays. Our staff team uphold our values and ethos to ensure that each Kangaroos member is treated with dignity and respect.







# A note from our CEO

**Zoe Pizzie**

“

*I'm overjoyed with the success of Kangaroos over the past 12 months. Thanks to an incredible team and fantastic financial support from businesses, communities and individual fundraisers, we have witnessed remarkable growth in membership, expanded our family support initiatives, and continued to provide exciting, sociable activities for people with learning disabilities.*

*As we embark on a new financial year, we are eagerly tackling challenges with creativity and determination. Particularly with our 30th anniversary on the horizon, we are laying the groundwork for a strong year ahead. Together, we are making a lasting impact and looking forward to celebrating 30 years of bringing colour to the lives of people with learning disabilities.*





# Financial Summary

## 2022/23

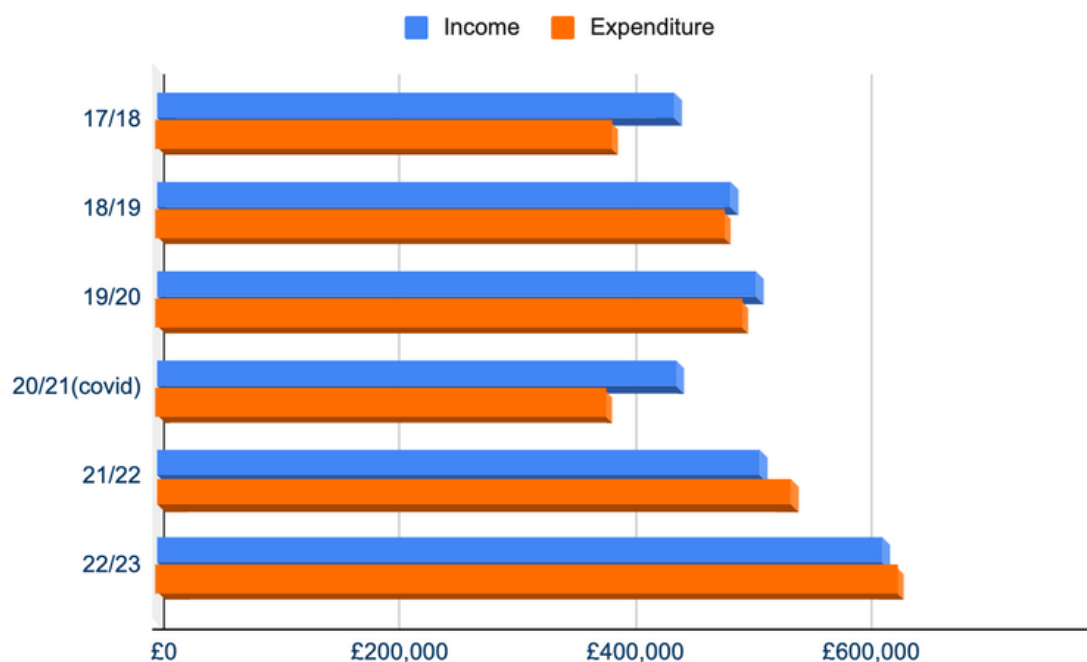
In 2022/23 our total income totalled £615,580, a 20% increase on the previous year. The charity reported a net income loss of £11,808 which had been recognised by trustees. This still ensured a healthy reserve of £183,000 which is within the agreed range and represents 4.1 months of operating costs.

This enabled us to maintain our healthy reserves which the Trustees believe is vital to ensure the orderly and proper functioning of the charity. Kangaroos receives funds from a diverse range of sources, including the local authority, Trusts and Foundations, individuals, community groups and local companies, as well as from the running of events.

**For every pound we spent on fundraising we raised almost five pounds.**



### Income/Expenditure Comparison





# Fundraising

## Individual giving

We have been overwhelmed by the uptake of fundraising by individuals over the last financial year. From relations of our members, to local people who have heard of our work, you are all Kangaheroes!

In 2022, we launched two innovative giving campaigns:

### Kangaroos Coffee Club

The Coffee Club asks for a £10 monthly donation and in return, you receive discounts to over 15 coffee shops around Mid Sussex and a Kangaroos Coffee Club travel mug. In its first year, the Coffee Club has increased monthly giving donations exponentially.

### The 150 Challenge

The 150 Challenge was founded in October 2022 and is our virtual fundraising offer. We understand that everyone has different goals and challenges, and we wanted our virtual fundraiser to mirror this. The 150 Challenge asks individuals to build their own challenge event and complete it within 30 days. So far we've had a huge variety of challenge - from swimming lengths to litter picking to planting trees - there's no end to the challenge you can take on in aid of Kangaroos.

Harry Hastings completed the 150 Challenge last year. He picked up 150 pieces of rubbish every day in October and raised over £2000. It was fantastic to see the community get behind Harry and for his challenge to not only benefit Kangaroos but the environment too.

Thank you to our Kangaheroes!

## Gifts in kind

We are lucky enough to benefit from gifts in kind from many individuals. Our groups are often host to people from the community sharing their skill or interest with our members. From fishing to photography, it's been fantastic to watch our members experience new things thanks to the kindness of local people!

## Contracts and grants

Kangaroos continues to benefit from contracts with West Sussex County Council and major grants from the National Lottery and Children in Need plus generous and regular grants from other trusts and foundations. This funding has allowed us to continue our quality provision and in some cases has enabled us to purchase specialist equipment for our members. In 2022/23 we were able to purchase a Magic Carpet, that has been enjoyed by all our members.





# Fundraising

## Community and business support

Despite the economic uncertainty of the past 12 months, we were blown away by the support shown by all. We are extremely appreciative to the numerous community organisations, businesses and individuals who have supported us when times have been tough for them too. THANK YOU!

### BNI Heart of Sussex

Another phenomenal year of support from the business members of BNI Heart of Sussex showing the diverse ways in which support can be given, from volunteering to sponsoring events, running marathons, organising a Kangaroos Bop and much more, they've been incredible!

### Henry Adams

We were proud to be selected as the charity of the year by Henry Adams in Horsham - they had a busy year of fundraising including an abseil down spinnaker tower, round the Isle of Wight bike ride, cake sales and sponsored walk raising over £3k

### Searls Land

We are very grateful to our corporate partners Searls Land and Tim Searl for their amazing support, including sponsoring and supporting our annual Kangaroos golf day, funds raised from their annual Christmas luncheon and to Director of Operations, Dan Acutt for successfully completing a mammoth 206-mile cycling event - in one day raising nearly £3k for Kangaroos.

### Booze with Roos

Wow what can we say!

Over £20k was raised with the incredible support once again of Kangaroos parents, Richard and Anna Ball at the Hairy Dog Brewery with a live band, paella, auction and raffle. An amazing evening that we can't wait to do it again!

### Cherry Bomb

Our first ever drag event with the wonderful Cherry Bomb hosted at Shelter Hall in Brighton, raising over £2k for Kangaroos with incredible entertainment, a raffle and an auction.

### Ardingly College

We are honoured to have been chosen as Ardingly College's charity partner for two years now. They have supported us with volunteers at our events, entrants to the 150 Challenge and donated funds raised on their mufti days.



Thank you to our Kangaheroes!





# The 24 Hour Football Challenge

In June 2022, the Thomas Bennett Community College Chelsea FC Foundation students took on an almighty 24 hour football challenge in aid of Kangaroos. Supported by Foundation lead Chris Jones and local business owner Clare Jones, the event raised an incredible £15,000.

The students challenged businesses across Sussex to a football match each hour of the day. Jonathan Lea and BNI Heart of Sussex were among some of the businesses and networks that faced the foundation pupils, with very few managing to beat them!

Coach Chris Jones led his students through the night, with encouraging team talks, updates on how much they had raised so far and sharing stories of Kangaroos to help remind the team of the great cause they were supporting.

For the final game of the challenge, the students were joined by the team from Kangaroos, as well as some of our members who were accompanied by staff members as they had a go at scoring a few goals!

It was an amazing event, and we hope each student that took part is extremely proud of their achievement. £15,000 was the joint highest fundraising amount of 2022, along with Boos with Roos in January 2022.

Big shoutout to everyone who helped make the 24 hour football challenge a success!



# Thank you

*We would particularly like to thank the following organisations and individuals for contributing and supporting us to make this another successful year, as well as many others too numerous to mention.*

## **Businesses**

Adastra Deli  
Applewood Fire and Security  
Ariel Company Theatre  
Bedlam Brewery  
Bella June Flowers  
BNI Heart of Sussex  
Branding Box  
Bright Light Film  
Broccoli and Biceps  
Cafe Murano  
Cherry Bomb  
Claire Nash Solicitors  
Flinders Coffee  
Freeman Brothers  
Gibson Blanc Photography  
HHBA  
Henry Adams Estate Agents  
HSBC  
Jo.Co  
Kipper Life Magazines  
Legal and General  
Lindfield Coffee Works  
Mabel's Emporium  
Nest  
Pierpoint Pet Supplies  
Ridgeview Wine Estate  
RTFJ  
Savannah Bar

Searls Land  
Serco Group  
Sussex Coffee Trucks  
The Bay Tree  
The Hairy Dog Brewery  
The Jonathan Lea Network  
The Mercantile Adventurers  
The Snowdrop Inn  
Tom's Food  
Wayfield Park Farm

## **Community**

Ardingly College  
Christ's Hospital School  
Cuckfield and Lindfield Inner Wheel  
East Grinstead Mead U7's football team  
East Grinstead Soroptimists  
Friends of Woodlands Mead  
Handcross Primary School  
Lindfield Cricket Club  
Mid Sussex Chair Cllr Margaret Belsey  
Northlands Wood Primary  
Oathall Community College  
St Francis Church Hassocks  
Thomas Bennett Community College  
Football Academy  
Toad in the Hole Pub Club  
Town Mayor of Burgess Hill Cllr  
Anne Eves

## **Trusts, Foundations and Statutory Contracts**

APB Charitable Trust  
Anton Jurgens Charitable Trust  
B & L Leach Family Trust  
Barbara Ward Children's Foundation  
Bruce Wake Charitable Trust  
Burgess Hill Town Council  
Children in Need  
David Family Foundation  
David Solomons Charitable Trust  
Douglas Arter Foundation  
Edward Gostling Foundation  
Ernest Kleinwort Charitable Trust  
Focus Foundation  
Fonthill Foundation  
Gatwick Airport Community Trust  
Gosling Foundation  
Hall & Woodhouse  
Happy Day Children's Charity  
Haywards Heath Town Council  
Hedley Foundation  
Hendy Foundation  
Ian Askew Charitable Trust  
John Coates Charitable Trust  
Mid Sussex District Council  
National Lottery - Reaching Communities  
National Lottery - Awards for All  
Rank Foundation

St James Place Foundation  
Souter Charitable Trust  
Sussex Community Foundation  
Tesco Community Grant  
Wellesley Foundation  
WSCC Short Breaks

## **Individuals**

Adam Bateup  
Angus Goldie  
Anna and Richard Ball  
Bob White, Henry Brennan & Debbie Hayhurst  
Caroline Boedker  
Cassian Robinson  
Chris and Clare Jones  
Chris Underhill  
Damon Hargreaves  
Dan Acutt  
Ethan Williams  
Harry Hastings  
Izzy Prior  
Mark Elwell, Rachel Bishop & Samuel Thorpe  
Max Pizzie  
Mike Thatcher  
Nanette Kilbryde  
Naomi Gollow  
Rebecca Jabbar  
Sophia Mainwaring  
Steve Hill

***All our amazing staff, volunteers and trustees  
All our generous regular givers and those who  
donated to our campaigns***





Call us: **01444 459108** (Office) Email us: **[info@kangaroos.org.uk](mailto:info@kangaroos.org.uk)** Like us: **[www.facebook.com/Kangaroos.sussex](https://www.facebook.com/Kangaroos.sussex)** Website: **[www.kangaroos.org.uk](http://www.kangaroos.org.uk)**

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