

LITTLE **BIG** STEPS

ANNUAL REPORT 2023



STENZOCO

1.

About Us

2.

A Message from the CEO

3.

A Message from the Chair

4-5.

Treasurers Report

6.

Financials

7.

Year in review

8-10.

Programs

11-12.

Our People

13-14.

Our Partnerships

15.

Ambassadors

ABOUT US

At Little Big Steps, we use physiotherapist-supported exercise medicine programs and technology (activity trackers & virtual reality) to get kids moving. Every small amount of movement counts and our programs give kids achievable goals and much needed support. The more we can keep kids moving, both in hospital and at home, the stronger they are at the end of treatment, and the easier it is for them to enjoy the activities they love.

PURPOSE

Improve the health and wellbeing of kids with cancer.

VISION

Every kid with cancer having the best chance of getting back to the things they love.

MISSION

Encourage kids with cancer to keep active by providing fun physiotherapy support.

VALUES



ACHIEVEMENT

Continually celebrating the smallest of achievements by these extraordinarily brave kids



DETERMINATION

Having a clear purpose and drive to achieve maximum results and effectiveness



FUN

Using interactive technology and gamification to bring enjoyment and reward to the health and wellbeing of kids with cancer



UNITY

Working in collaboration with medical and allied health practitioners, charities, donors and the families and children affected by cancer





A MESSAGE FROM THE CEO

It is with great pleasure that I present to you the 2023 Annual Report for Little Big Steps. I have just completed my second year as Chief Executive Officer and I am immensely proud of what the team has achieved over the last 12 months.

Just over a year ago, the leadership of Little Big Steps decided that we would work towards establishing an integrated network of physiotherapy support based at leading paediatric cancer centres across the country. By having physiotherapists at these centres connected, our goal would be to enable knowledge sharing and the provision of the best possible care. In addition, over time the network would enable distributed research projects to be developed.

In our previous annual report I indicated our hope to have physiotherapists in Perth and Brisbane within the next year. I am thrilled to report that this has been achieved in Perth. Our new physiotherapist at the Perth Children's Hospital is already having an amazing impact on the wellbeing of children under her care.

We have initiated discussions with sites in Brisbane but as yet have not managed to attract a local donor to support that program. Sustainability is important to us in terms of employment of our physios and the continuity of care for patients. As a result, we only initiate a new program when we can guarantee funding for a minimum of two years. We hope to be moving into Brisbane soon.

Currently we have active programs in Sydney, Perth and Adelaide and are in the process of re-establishing our Melbourne program. In Sydney alone, where we have a full time physio, some 30 kids are receiving support at a time (for 12 week programs). This means in that one Hospital over 100 kids a year are getting direct assistance with exercise to keep them healthier and stronger.

All of these programs have been made possible thanks to incredible donors who have supported Little Big Steps over the last 12 months. In particular I want to thank our Foundation Sponsor, The Gillespie Family Foundation for their ongoing and extraordinary contributions. We are also thrilled to report on our new partnership with the Minderoo Foundation. The support from Minderoo has enabled us to establish our Perth program.

In addition we have received significant funding from Tour de Cure, Beige Technologies, a_space and the Campbell Trust. This generous support, coupled with ongoing contributions from the community, is enable Little Big Steps to help more kids than ever before. In the next 12 months I hope once again to expand our programs further. Our National Network of Physiotherapists is starting to take shape and we are moving closer to a sustainable future where we can provide the support that all cancer kids deserve. I am also looking forward to expanding our corporate partnerships and working closely with all our hospital partners.

It continues to be my privilege and pleasure to lead Little Big Steps as CEO and work with our inspiring Founders, Board Directors, staff and volunteers. I extend my immense gratitude to everyone who has supported Little Big Steps over the last year.

DR SHANE HUNTINGTON OAM
CEO

A MESSAGE FROM THE CHAIR

This year marked 5 years since our founders Cindy and Cass made the so-very-inspiring and brave decision to establish Little Big Steps. It's a crucial milestone as an organisation which we must acknowledge, however given the need for our work isn't going anywhere, we keep moving on...

According to the Cancer Council Victoria, approximately 750 children between 0 and 14 will be diagnosed with cancer each year, as Australia is estimated to have the fifth highest incidence rate of childhood cancers among G20 nations. The Children's Cancer Institute reports that 1,000 children and adolescents will be diagnosed each year, and whilst many will survive, 70% of them will suffer long-term effects from their treatment.

Whilst these stats are difficult to engage with, we find motivation in them. It's our vision to make sure that every kid with cancer has the best chance of getting back to the things they love. And from our humble beginnings here in Melbourne (entirely driven by Cindy and Cass), we're proud to now deliver programs in all of Sydney, Perth and Adelaide. And thanks to our amazing donors, partners and supporters, we believe it's only a matter of time until we can achieve our goals of a truly national network.

A special thank you must go to our Foundation Sponsor, The Gillespie Family Foundation. Without their generous, varied and continued support, Little Big Steps would not be where we are now.

We're also incredibly proud to now call the Minderoo Foundation a Partner. An inspiring organisation doing important work in many sectors. Thank you, Minderoo – we look forward to driving critical impact together.

I'd also like to thank many of our other significant donors including Tour de Cure, Beige Technologies, a_space and the Campbell Trust. Once more, without your support, we wouldn't be in the place we are.

2023 also marked two years of leadership from our CEO, Dr Shane Huntington OAM. As we reported last year, introducing a CEO into a founder-led organisation is never quite as straightforward as we may hope. However, thanks to Shane's leadership, Little Big Steps has never been in a better position. Thank you.

This year we have also welcomed our first Fundraising Coordinator, Amie Armstrong. Already Amie has been able to unlock material value and lay the foundations for more exciting impact in the months ahead.

Together with Janelle, Shane and our volunteer group, we have big ambitions for the year ahead. Little Big Steps will push to expand our national footprint of programs, whilst also driving our creativity and innovation in the way we get kids moving again.

OMAR DE SILVA

BOARD DIRECTOR AND CHAIRMAN



TREASURERS REPORT

The year under review has been of strategic importance to the future of Little Big Steps (LBS) and two major events need to be highlighted:

1. Little Big Steps has initiated new agreements with hospitals in Sydney (3-years), Adelaide (3-years) and Perth (2-years). This has been made possible by the ongoing support from the Gillespie Family Foundation along with new investments from the Minderoo Foundation (for Perth) and Tour de Cure (for Sydney). The strategy to build a national LBS network of physiotherapy programs is now well underway.
2. The board committed to extending and enhancing the role of CEO beyond the original 2-year term for an additional 2 years. In addition, the board in the last quarter approved the addition of the Fundraising Coordinator part time position. LBS is currently in a sustainable growth phase.

The key indicators of LBS's financial performance for the year ended on 30 June 2023 can be summarised as follows:

Indicator	2023	2022	Variation	Comment
Profit Loss Revenue	\$180,265	\$104,249	+73%	Impact of additional fundraising and grants
Operating Expenses	\$229,882	\$115,816	+98%	FY23 includes \$110,993 for ex-med programs (physiotherapists in hospitals) and additional staff costs
Net Profit/(Loss)	\$(49,617)	\$(11,567)	-429%	Impact of ongoing LBS investment in CEO position
Balance Sheet Total Assets Total Liabilities Total Equity	\$223,981 \$129,807 \$97,369	\$200,263 \$56,670 \$146,986	+12% +129% -34%	Current assets includes -\$7,844 of prepaid expenses and current liabilities include -\$4,021 for trade & payables and +\$66,480 of income in advance, all compared to FY22
Quick Ratio Current assets/current liabilities	1.7	3.5		Needs to be >1 for short-term solvency. Cash holding at \$209,866 still favourable

The financial position of LBS, despite recording a small operating loss, indicates reasonable grounds to believe that the Company will be able to fully pay its liabilities, as and when they become due and payable over the next 12 months (FY24). The relative high cash holding, as well as substantial cash flows from projected new revenue streams during 2024-28, should allow the Board to consider further investments in ExMed programs and staff capacity building in FY25. Financial sustainability remains to be the board's highest priority going forward.

Special thanks go to the founding members Cindy Bakos and Cass Howcroft, for their ongoing assistance with key stakeholder engagement, as well as to the CEO, Dr Shane Huntington OAM. The Board's gratitude is also extended to Ryk Eksteen, Collins + Co (Audit Pty Ltd) and Kristian Gray, Engage Health Solutions (Accounting) for their expert pro-bono services in preparing the Financial Report.

The audited LBS Financial Report for year ended on 30 June 2023 is now commended to the members for consideration at the AGM on 27 November 2023.

KATE HALFORD

BOARD MEMBER & ACTING TREASURER

13 December 2023



FINANCIALS 2022-2023

The following financials have been audited by Collins & Co and submitted to the Australian charities and Not for Profit Commission (ACNC) as part of Little Bigs Steps Annual Income Statement submission.

Little Big Steps Ltd (DGR 1) - ABN 31 626 833 832

PROFIT AND LOSS STATEMENT

For the year ending 30th June 2023

GROSS INCOME

Donations and Grants Received	180,265
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Total Income	180,265
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GROSS EXPENSES

Grants and Donations made	110,993
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Community Events	0
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Employee Expenses	98,317
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Finance and Legal Fees	2,692
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Operating Expenses	8,865
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Total Expenses	229,882
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NET SURPLUS/DEFICIT	(49,617)
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BALANCE SHEET

as at 30th June 2023

ASSETS

Bank	209,866
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Current Assets	14,115
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Fixed Assets	596
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Non-Current Assets	2,599
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Total Assets	227,176
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LIABILITIES

Current Liabilities*	129,807
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Non-Current Liabilities	0
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Total Liabilities	129,807
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NET ASSETS	\$97,369
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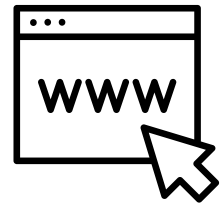
*Income received in advance 103,180

2022-2023 YEAR IN REVIEW



Established partnership with Minderoo Foundation

New LBS Board member Vanessa Cohen



Launched our new website

3 YEAR

partnership with Sydney Children's Hospital



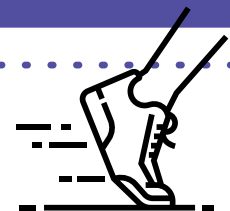
Distributed fitbits to kids in 4 states across Australia



Amy Armstrong joined LBS as Fundraising Coordinator

Established partnership with Jellis Craig

Jellis Craig



Ted's Run Raised \$5670 for LBS

Continued 1.0 FTE in Sydney and established new position in Perth Children's Hospital

Distributed VR Units to keep kids moving in Sydney, Melbourne, Adelaide and Perth



Received new significant support from Beige Technologies

EXERCISE MEDICINE PROGRAMS

In 2022-2023 Little Big Steps had exercise medicine programs running in Sydney Children's Hospital (NSW), Perth Children's Hospital (WA), and Women's and Children's Hospital (SA). These programs have continued to provide physiotherapy support to hundreds of children going through cancer treatment.

All three sites have demonstrated amazing success, supporting many of the kids coming through oncology wards. In Sydney and Adelaide we have established 3-year programs, and in Perth we have established a 2-year program.

At our Sydney Children's Hospital location our original full time physiotherapist is supporting more than 100 kids a year. Sadly in Sydney overall this still accounts for less than ½ of the children in need. Our physiotherapists across all our cities are working together to guarantee the best level of care for all the children we support. We are very excited to be expanding these programs in the next year and bringing the Melbourne program online again after a short break.

A parent message:

My son Finlay is under treatment for Acute lymphoblastic leukaemia, the strong chemotherapy treatment resulted a period where he couldn't walk at all and subsequently, physical delays. He has struggled with things such as running and keeping up with friends, jumping, hopping and other activities requiring good strength. Despite this, he was not eligible for regular physiotherapy sessions within the hospital system.

More recently we have been attending a regular program of physiotherapy with Lynn, thanks to the funding of Little big steps. In this time he has improved so much. He has gained lots of strength and can now leap around, jump up and down from play equipment, improved his balance and is finding more confidence to join in. I really hope this funding can continue for kids like Finlay as it has made a huge difference.

Kind regards,
Emma Hunter



NATIONAL PROGRAMS



Little Big Steps has physiotherapy programs running in Sydney, Perth and Adelaide, with the goal to provide programs nation wide to support children who have been diagnosed with, and are undergoing treatment for cancer.

OUR PHYSIOTHERAPISTS

Laura Ovens - Sydney



Laura Ovens graduated from a Masters of Physiotherapy from the University of Sydney in 2014, and has worked as a Physiotherapist across the state in both adult and children's hospitals. She has worked at Sydney Children's Hospital since 2019 in a variety of different areas across the network. She has a particular interest in helping children and young adults participate in exercise and physical activity throughout all stages of cancer treatment, and incorporating each individual child's interests into treatment and rehabilitation. In her spare time you will find her searching for snow to ski, or playing soccer.

Lynn Jensen - Perth



Lynn Jensen is a physiotherapist who has worked exclusively in paediatrics since 1985. She has breadth and depth of clinical experience having worked in tertiary and community care, a 20 year tenure as a lecturer at Curtin University and extensive experience as a researcher. A particular interest in physical activity and its benefits to children's physical, mental and social development enabled her to contribute to a multidisciplinary group that designed the "Animal Fun" program for pre-primary children.

BOARD OF DIRECTORS



Omar de Silva – Chair &
Director



Miriam Dexter – Deputy Chair
Director



Kate Halford – Director



Vanessa Cohen – Director



Cindy Bakos – Director &
Founder



Cassandra Howcroft – Director
& Founder

EXERCISE MEDICINE ADVISORY COUNCIL



MORGAN ATKINSON

Exercise Physiologist
Youth Cancer Service
SA/NT



STEPHANIE DALE

Clinical Nurse Consultant
Royal Children's Hospital



**SARAH GRIMSHAW
(CHAIR)**

Oncology Physio & PhD
Candidate
La Trobe University



DR DIANE HANNA

Paediatric Oncologist
Royal Children's
Hospital



NICOLE KENNEDY

Parent Consumer



ANNE-MARIE KING

Exercise Physiologist
Sydney Children's
Hospital



DR DAVID MIZRAHI

Exercise Physiologist
Sydney Children's
Hospital



EBONY RIO

Sports Physiotherapist
La Trobe University



THOMAS WALWYN

Senior Paediatric & Adolescent
Oncologist Perth Children's Hospital



OLIVER WEIDLICH

Director - Design & Innovation
Mobile Experience

OUR SUPPORTERS

MAJOR DONOR

The Gillespie Family Foundation

(Founders of Baker's Delight)

MAJOR CHARITY PARTNERS



Our Partnerships

CHARITY SUPPORTERS



AMBASSADORS



MICHAEL CROSSLAND

Businessman & Elite Sportsman
Inspirational Speaker / MC



CHAD WINGARD

AFL player for Hawthorn Football
Club



BRIHONY DAWSON

Entertainer, Sports Broadcaster,
Vocalist & MC

ACKNOWLEDGEMENTS

*We thank you for your
continued support*

CONTACT

Little Big Steps

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info@littlebigsteps.org.au

Registered charity ABN
32 626 833 832



Little Big Steps acknowledges the traditional owners of the land we are working on and pay our respects to their elders both past, present and emerging.