



OUR IMPACT

2025



**“We are fighting for a fair future for disabled children.
We want to dismantle barriers to inclusion.”**

Flamingo Chicks' Agents of Change



WELCOME

Now in our 12th year, Flamingo Chicks is more magical than ever, bringing joy, wellbeing and change to disabled children and their families.

What a year it has been. From breaking down barriers in iconic spaces to delivering unforgettable performances, 2025 has been bursting with colour, movement and inclusion, made possible by your incredible support.

- * A new nature and conservation theme, with class plans developed alongside expert partners including the National Trust, Natural History Consortium, WWF and others.
- * We took over Sky Garden, London Zoo, the Eden Project, Festival of Nature and the Big Cat Sanctuary, advocating for inclusion in some of the UK's most iconic spaces.
- * **14,039** children joined our inclusive dance sessions, an increase of 13%, bringing our total to 61,814 Flamingo Chicks.
- * **11,406** children took part in our 2025 on-demand virtual class, exclusively filmed at the Eden Project.
- * We took **44** disabled children and their families to perform on the stage at Disneyland, and then to lead the Parade! We also trained Disney and British Airways staff in inclusive techniques, including Makaton.
- * A 24-hour dance relay with **200** dancers aged 1 to 100, creating friendships, non-stop laughter and feel-good fun.
- * **23** Performance Deconstructed shows, including taking over the Lyric Hammersmith.
- * **86%** of settings reported improved physical wellbeing across our sessions.
- * **96%** of professionals saw improvements in independence and confidence.

- * **75%** of professionals learnt new techniques from us, with **91%** going on to implement them in their own practice.
- * **96%** of Flamingo Chicks felt pride as performers at our stage shows, and **84%** reported improved emotional wellbeing across our classes.
- * We delivered **23** Sparkle Squads, adding extra costumes, giant props and new sensory experiences to our classes.

Volunteers are the heartbeat of Flamingo Chicks. We champion first-time, disabled, older and socially isolated volunteers, unlocking incredible talent that strengthens our charity. Our network of care homes crafts props and costumes using repurposed materials, supporting our commitment to sustainability. 65% of volunteers said working with us reshaped their view of what disabled children can achieve, showing that volunteering creates real social change.

Our Agents of Change youth council continues to break barriers. This year, 25 young changemakers worked with 5 VIP experts from television to climate activism, carried out accessibility audits and hosted celebrity guests, ensuring disabled voices are heard in influential spaces. They are the future of inclusion, and we cannot wait to see what they do next.

Thank you for being part of this incredible journey.

Katherine Sparkes MBE, Founder & CEO and Claire Bridges, Chair of Trustees

Claire Bridges



FLAMINGO CHICKS BY NUMBERS



OUR REACH

In 12 years, we've gone from 12 children to

61,814!

In 2025: 187 workshops and regular classes up by 13%. We saw 14,039 children in our sessions through:

- * 581 regular classes
- * 187 workshops
- * 98 regular adult classes
- * 23 stage shows
- * 23 sparkle squads

Overall, regular classes up by **13%**

CHAMPIONING INCLUSION

- * 51% boys
- * 21% non-disabled children
- * 19 dance teachers, specialising in inclusive techniques

£248,732 income



x24
Agents of Change youth advocates

13
Awards

22
Global Chicks outreach projects

HARNESSING THE POWER OF TECHNOLOGY

11,406
children took part in this year's virtual class

EXCEPTIONAL VOLUNTEERING

Over 4541 hours of volunteer time donated, the equivalent of £95,088 based on UK average wage!



1,459
Intergenerational volunteers

2025 HIGHLIGHTS

JANUARY

2025 kicked off with our new **Nature and Conservation** theme, supported by expert organisations including The Natural History Consortium, The National Trust, Wildlife and Countryside Link, Cambridge University, and the World Wide Fund for Nature (WWF).



FEBRUARY

Our professionals' round table brought together 21 health, education, and social care professionals to inform our work, covering speech and language, occupational therapy, physio, and more.



'Performance Deconstructed'

returned - taking our mobile stage across London with a conservation theme, featuring sparkling dragonflies and a host of magical mini beasts!

New Stage Shows

MARCH

We took 44 children and families for the performance of their lives on the Disney stage and then led the Parade. We also trained Disney and British Airways on inclusive techniques, including Makaton.



APRIL

New pre-school dance fitness sessions ran across Bristol and London - 323 parents and preschoolers took part.



MAY

Flamingo Festival - our 24-hour dance event returned with 200 dancers aged 1 to 100! Friendships, non-stop laughter, and feel-good fun.



May 100
Our annual Get Active campaign raised £34,193 and got 1415 people active.



JUNE

11,406 children took part in our new virtual class, exclusively filmed and produced at the Eden Project.

We transformed London's highest garden into a dance stage, performing atop the skyscrapers!



On tour at the Festival of Nature with immersive under-the-sea workshops.



JULY

Residency at the Lyric Theatre, bringing our 'Performance Deconstructed' show to this iconic children's theatre.



Big Cat Sanctuary

From servals to snow leopards, we led dance workshops for the crowds at the Big Cat Sanctuary, with big-cat Makaton on the big screens helping to support inclusion.



AUGUST

Gardening and crafts - summer makeovers for our children's outdoor settings, plus making props and backdrops with our corporate and care home partners.

SEPTEMBER

Team Development Day, full of learning, planning and dreaming!

OCTOBER

Spooky sparkle sessions! Plenty of treats, not tricks, with special props, costumes, and wows!

NOVEMBER

Our Agents of Change created 'Interviewing with Insight', a practical guide to help media teams interview disabled children in an inclusive, confident, and empowering way.



750 media professionals received copies, and AOCs visited many in person too!

DECEMBER

We closed the year with our Christmas party - a magical winter wonderland featuring giant Nutcrackers, where our community came together from across the country to dance and celebrate!



OUR MISSION: WHY WE'RE HERE

"Opportunities to get moving are sparse. Flamingo Chicks' unique blend of colourful props and kit and adapted movement gets everyone feeling good and ensures our wide range of abilities can all take part in a really supportive, joyful environment."

Stephanie Hodgson,
Manager at Silva Care

Flamingo Chicks combats inactivity and isolation among the 1.8m disabled children (8% of the child population) and their families. We support disabled children to realise their full potential and offer a progression route through our Flamingo Dance offer.



Tackling inactivity

7 out of 10 disabled people want to be more active [Activity Alliance]

31% of children who have learning disabilities are obese [BMC Public Health]



Supporting parental health

83% of parents and **100% of dads** of disabled children felt socially isolated before joining Flamingo Chicks [FC research]

Only 4% have sufficient support to care for their disabled child safely [Disabled Children's Partnership]

87% of parents of children aged 0-5 have felt judged by members of the public when they go out with their disabled child [Scope]

76% of parents experience mental ill health some or a lot of the time [Gympanzees]



Combatting isolation

180 disability hate crimes are reported every day in the UK [Disability Matters]

4 in 10 parents of disabled children say their child rarely or never has the opportunity to play with non-disabled children [Mumsnet]

72% of disabled children feel lonely versus 36% of non disabled children [Activity Alliance]

15% of disabled children feel lonely every day [FC own research 2024]

"Flamingo Chicks helps my stiff muscles loosen and helps me to relax. I get to dance even though I am in a wheelchair."

Delliah, Flamingo Chick



OUR MISSION: WHAT WE DO

At Flamingo Chicks, we're breaking down barriers to inclusion and fighting for a fairer future for disabled children and their families. We do this through five core pillars: inclusive dance classes, parent/carer support, intergenerational volunteering, global outreach and youth-led advocacy.

"Flamingo Chicks proves that dance is not only a progressive physical activity but a truly therapeutic route to development and all round wellbeing for some of our most complex young people. The impact can be felt beyond the sessions with improvement in confidence and resilience. Flamingo Chicks offers invaluable support with tangible outcomes. Gold dust."

Kris Tavender, Community Engagement Lead, Bristol Bears

PILLAR ONE

Inclusive dance classes & workshops

Through our three dance interventions: Flamingo Chicks (for children), Flamingo Dance (for adults) and Hatching Chicks (aimed at babies and pre-schoolers), we provide inclusive physical activity that caters for ALL. Our classes are unique: founded in core dance principles with communication aids such as Makaton signing, as well as adapted movements and multisensory elements, our classes support both the physical and emotional health of participants.

PILLAR TWO

Parent/carer peer support network

Offering a lifeline for parents and carers, we provide opportunities to connect and tools to help equip families.

- Bitesize online workshops on key topics
- Wellbeing activities: guided relaxation sessions, available on-demand
- Free access to NHS-recommended 'Companion App'
- Social events
- Makaton training



87% of parents feel less socially isolated after joining the Flamingo Chicks community

76% were more able to cope with the demands of caring for a disabled child

PILLAR THREE

Exceptional intergenerational volunteering

We exemplify the highest standards in volunteering, as evidenced by our Queen's Award for Voluntary Service – the MBE for charities! Volunteers are the heartbeat of Flamingo Chicks. We pioneer opportunities that welcome and encourage first time, disabled and socially isolated older volunteers. We know there is such huge talent and potential in these groups which make our charity stronger. We offer training and opportunities including Makaton and public speaking.

"I like volunteering at Flamingo Chicks because I like to help out and join in with the dancing. It's good to get out of my house and make new friends. Some of them have Down's Syndrome like me. I feel like I'm part of a team. It makes me happy."

Jack, Volunteer



Jackie started volunteering with us after having a stroke. "I lost so much, my job, my independence. Now I feel that I have more. I dance and volunteer and that's so important. It's my therapy and the highlight of the week. It's joyful and uplifting and I come out on a complete high.... I'm so proud, I tell everyone I meet about it."

Jackie, Volunteer



100% would recommend volunteering at Flamingo Chicks

19% are disabled volunteers

65% said Flamingo Chicks has made them re-evaluate what disabled children are capable of

77% felt more connected to the community and 46% had improved confidence

42% of volunteers learnt Makaton with Flamingo Chicks

46% have volunteered for us for over 5 years!

1459 intergenerational volunteers during 2025

73% said volunteering had a positive impact on their mental health

58% were disabled, aged over 55, under 20 or first time volunteers

[Flamingo Chicks' 2025 Volunteer Survey]

PILLAR FOUR Global outreach

Global Chicks is an outreach project sharing tips, best practice and upskilling organisations that work with disabled children across the world.

There are between 93 and 150 million disabled children worldwide (Their World, 2021). Many of these children live on the margins of society, excluded from school and living in poverty. They are also often overlooked by policies, plans and targeted support programmes.

From Ghana to Vietnam and Singapore to refugee camps in Greece, our outreach teams have delivered Flamingo Chicks' workshops to hundreds of children worldwide and supported local organisations to develop their own activities and grow!

“How did you come up with such a wonderful dance? I have never seen anything like it! Such colour, pomp and great moves! Thank you very much - you have left us highly inspired. You are great instructors! We will continue practising your wonderful dance.”

Lucy - Safe Centre for Children With Special Needs, Nakuru, Kenya, following an outreach session led by Flamingo Chicks' Volunteers.



Cape Coast school for deaf and blind children, Ghana

PILLAR FIVE Advocacy

Leading our movement to champion inclusion and disabled children's rights are the very people Flamingo Chicks exists to serve - disabled young people. We call them our Agents of Change. They work towards dismantling barriers to inclusion so that schools, health facilities, public transport bodies and others encourage disabled children to participate alongside their peers. Our Agents of Change meet regularly for workshops underpinned by the United Nation's Sustainable Development Goals. They already have an impressive speaking record, including the UN HQ in New York and the House of Commons, and have advised power-houses like the Science Museum in London.

“We believe that inclusion and understanding disabled people is essential to a fair and flourishing society.”

Sameer - AOC

The Agents Of Change also launched 'Interviewing with Insight' this year, a practical guide to help media teams interview disabled children in an inclusive, confident and empowering way. 750 media professionals received copies, and AOCs visited many in person too!

“This guide from the Flamingo Chicks is essential reading for any media professional wanting to make sure that all people's stories and opinions are heard.”

Owen Masters, Assistant Editor, Good Morning Britain



“Being an Agent of Change has made me so much more confident! I've met amazing people and gone to places I never dreamed of - like Downing Street! It's really exciting that important people listen to us, and I'm proud to help other young people and make real change.”

Kian, Agent Of Change



The United Nations, New York

24

Agents of Change youth advocates



5

VIP experts during 2025



THEORY OF CHANGE

The barriers we're breaking down

Disabled children do not have the same access to physical and social activities and are segmented from enjoying these activities with their peers.

As a result of this exclusion there is a lack of awareness around disabled children, their capacities and their right to decide and advocate for their own futures.

How we're doing this

Providing fully inclusive dance classes and activities gives disabled children the chance to participate in activities that can combat stereotypes around what disabled children and their bodies can do. The activities can also help address inactivity and obesity among disabled children.

Dance and creative experiences not only enable people to live more physically active lives, tackling obesity and enhancing health, they also promote empathy, friendship, and support children and young people to process the world around them. Flamingo Dance offers a progression route for adults too.

"I was blown over by how beautiful it was and how expertly you used movement, sensory stimulation and physicalised learning to explore topics that (on the face of it) might seem beyond our learners."
 Patxi del Amo, Lead Practitioner of the Performing Arts, TreeHouse School

PERFORMANCE DECONSTRUCTED

Performance Deconstructed is our unique blend of performance, dance and advocacy, harnessing the transformative power of theatre to create meaningful opportunities for disabled young people, their families and the wider community. At its heart is our bespoke mobile stage with an interconnecting sensory canopy, designed by our Agents of Change, enabling us to take Flamingo Chicks on the road.

This beautiful, stimulating pop-up space features magical moving props, fabrics, smells, sounds and costumes. It retains the wonder and quality of a theatre experience for both audience and performer, while removing the elements that can make traditional venues overwhelming or inaccessible. Our aim is to ignite curiosity, confidence and imagination, while demonstrating how accessible and immersive performance can be integral to the artistic landscape.

This year, we delivered 23 shows reaching 287 children. This included 4 shows at the Lyric Theatre in London, widening participation and bringing inclusive performance into a mainstream setting.

Our long-term aim is to spark a cultural shift, where accessible and immersive performance is valued as an essential part of the arts, creating a ripple effect of lasting and sustainable impact.

"Completely magical, beautiful and amazing! For ALL students. Staff also had a fantastic experience. The staging was enchanting and the storyline was highly sensory and appropriate. You encouraged students to be up and exercising through dance in a fully immersive environment."

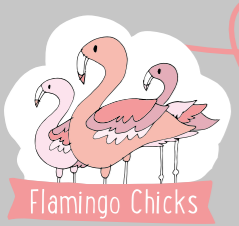
Tamara Stewart, Teacher Mapledown School

"I felt good and I felt really proud. It made me feel special and happy and it was fun."

Mariam

"What a magical experience. It was so special to explore together. The flowers, the pond, the costumes, everything was just amazing."

Parent at The Lyric



Start
 Parent, school, community group, hospital or hospice engages with Flamingo Chicks and takes part in a Flamingo Chicks class

Inputs
 Flamingo Chicks dance classes
 Flamingo Chicks HQ

Impact
 Disabled children enjoy the right to participate in and access services that enable them to reach their full potential

Outputs

Breaking down barriers to inclusion
 Disabled and non-disabled children enjoy social and recreational activities together
 The challenges facing parents and carers are more widely understood
 Exceptional volunteering links different communities and generates awareness around disability
 Disabled children are empowered to fulfil their potential

Tackling isolation
 Disabled children enjoy social and recreational activities with their peers, families and siblings
 Parents feel connected to a support network and involved/included by the community
 Teachers and volunteers are supported by the Flamingo Chicks community and proactively engage in inclusive activities

Improved physical and social activity
 Disabled children engage in physical, social and recreational activities
 Disabled children learn transferable skills including teamwork, creativity and public speaking
 Parents/carers and wider society re-evaluate the physical capabilities of disabled children

Activities

Classes Flamingo Chicks classes engage disabled and non-disabled children in dance, movement and active learning

Volunteering Intergenerational volunteering supports the delivery of classes; our extended community also engage in fundraising and campaigning activities to promote and support Flamingo Chicks

Peer support Parent/carers engage in peer networking and receive support as part of the Flamingo Chicks community

Agents of Change Our peer-led panel of 40 disabled youth advocates act as a school council and inform our decisions and undertake advocacy, campaigning and training activities

Advocacy Flamingo Chicks raises awareness about social isolation, inactivity and exclusion and the challenges facing disabled children and their families



DISNEY - GLOBAL TOUR

We took 44 children and families for a once-in-a-lifetime performance on Disneyland Paris' iconic Videopolis stage, debuting a magical choreography piece inspired by the animals of the savannah. Afterwards, the excitement continued as we led the Disney Parade, dancing down Main Street and waving to thousands of cheering guests.

For our young performers, the impact was unforgettable.

"The best thing I've ever done. I felt powerful, I felt proud - it made me realise I can do anything!" shared Alfie.

As Audrey put it, **"It made me feel like a Disney star. I loved waving and smiling at everyone - the Flamingo Chicks were famous!"**

We later took the costumes, props, and choreography on tour to Flamingo Chicks sessions across the country, ensuring the magic of Disneyland Paris continued to inspire even more children.



"We danced with passion and power. I liked using my body to make different shapes."
Kian



MEASURING SUCCESS

At Flamingo Chicks, we're making sure ALL voices are heard, so when evaluating our projects we pioneer inclusive techniques to measure our impact. We also share these widely with others to enable them to capture all voices effectively and accurately.

2025 Evaluation highlights

Improved emotional wellbeing

In our regular classes, settings reported:

- 84%** increase in emotional wellbeing.
- 76%** increase in independence.
- 79%** increase in communication.

For our Performance Deconstructed Stage Shows,

- 81%** increase in emotional wellbeing.
- 89%** increase in communication.
- 70%** increase in independence.

Improved physical wellbeing

In our regular classes, **75%** reported improved physical wellbeing.

For our stage shows, **96%** saw an improvement.

70% reported they had moved their bodies more than usual.

Improved self-confidence

78% reported they felt like a performer by the end of a term of regular classes. Settings also reported an **84%** increase in the performance level of participants following regular classes.

After our Stage shows, **96%** said they enjoyed performing and would like to do more.

Professionals' views

We surveyed the health, education and social care professionals we work with to hear how they feel our classes and workshops impacted young people:

Emotional wellbeing

86% had seen a significant positive change to participants mood after a Flamingo Chicks class.

96% saw an improvement in independence and confidence.

Speech & language

100% reported positive development.

Physical wellbeing

96% saw improvement.

Active learning

100% reported that Flamingo Chicks themes reinforce learning in the curriculum.

Inspiring

93% said Flamingo Chicks has been helpful to show parents/carers what young people can do.

75% of professionals felt they had learnt new techniques from us, with **91%** going on to implement them in their own practice.

Finally, Flamingo Chicks had an NPS (Net Promoter Score) of 86. Our survey found **86%** of professionals would recommend Flamingo Chicks sessions to a friend or colleague.

"Within just one session we were really inspired by the Flamingo Chicks' approach. It made us re-evaluate what our children were capable of in a new context. It helped invigorate our team, freshened our thinking and empowered us to be more creative with the opportunities for our students. Pupils were able to experience the joy of dance and expressing themselves in different ways, something that most of them would not have been exposed to because of the inability to access mainstream groups. This also helped make pupils and parents aware that there are opportunities to access extra-mural activities for children with additional needs."

Charleen Bruce, Assistant Headteacher - John Chilton School, Ealing

Sensory Scales
Tactile and creative ways to score activities

75%
of professionals felt they had learnt new techniques from us, with 91% going on to implement them in their own practice.

Miles up the Mountain
Interactive Zoom techniques as a confidence gauge

Confetti Ceremony
To assess happiness

Layers of Sand
To show collective attainment

Draw what you learned
Free drawing time to record term highlights

Sensory and tactile choices

Flamingo Scale
To measure feelings

Inflatable Microphones
To encourage soundbites

Impact Pool
Playtime with tactile items to test knowledge retained and explore topics in depth

Miles up the Mountain
Interactive Zoom techniques as a confidence gauge

Confetti Ceremony
To assess happiness

Flamingo Chicks' techniques

- Sensory and tactile evaluation techniques
- Makaton and widget symbol flashcards to self-report mood
- Three-level warm up scale to measure physical movement
- Performer 'Spotlights' and 'Curtain Calls'
- Teachers' reporting and feedback
- School feedback and questionnaires
- Peer evaluators
- NPS score
- Celebration sessions
- Observations, oral testimonies and stories of change
- Gamification to gather participant quotes
- Observations, oral testimonies and stories of joy

WHERE WE WORK

We run regular classes across the UK in settings such as schools for disabled children, children's hospices, hospitals and community groups. We also deliver outreach workshops across the UK and the world!

OUR FLOCK

- Regular Classes
- Taster Workshops



"I've been impressed with the power and magical aspects of Flamingo Chicks. I've learned a lot too, especially around communication and the importance of Makaton and seeing how instrumental these techniques can be in helping children open up has been inspiring. It's definitely something I'll be taking away and using more in my own work."

Healthcare Professional,
Bristol Children's Hospital

"Flamingo Chicks helps hugely with mental health, happiness and student engagement with movement activities. The sensory aspect of the lessons means that students can engage with challenging topics and the resources used are always pitched very well. After the sessions students feel much more relaxed and are generally better engaged in anything they do for the rest of the day."

Tamara Stewart, Mapledown School



"Flamingo Chicks is expert at creating magical sessions full of wonder, sensitively adjusted for all abilities and using Makaton. This means our students, who have a wide range of profound and multiple physical and learning disabilities can take part - they access the sessions from Acheeva beds, wheelchairs or using their walkers! We love our sessions, and look forward to them all week!"

Lucy Galloway, Curriculum Lead -
Claremont Special School, Bristol



HOW WE WORK

We are committed to being a representative organisation that champions inclusion and fights for a fairer future throughout.

Our team

Our teaching team: our teachers are specialists in inclusive dance practice and bring a plethora of skills to Flamingo Chicks. They have extensive experience working across the arts, including theatre and music and working in a variety of settings, such as private dance schools, care homes and professional dance organisations.

Our board: we are passionate about ensuring our board is diverse and represents the community we serve. Board members are trained in disability awareness, undergo DBS checks, complete NSPCC Child Protection training and follow the Charity Governance code. 88% are disabled or have long term health conditions.

Our Patrons: Flamingo Chicks is proud to work with our Patrons Peaches Golding OBE CStJ, Mark Smith, Tamara Rajo CBE, Rosaleen Moriarty-Simmonds OBE, Joe Sims, Claudia Fragapane and Briony May Williams. As champions, their support enables us to reach new communities and audiences, motivates our team and provides powerful, memorable opportunities for our community.

Our practices

Accessibility: we are committed to ensuring our way of working is inclusive: our board meetings are live-captioned and recorded so they can be replayed, we have a buddy system to support new additions to the team and we introduce ourselves with an audio description amongst other techniques.

Collaboration: we work with many partners to ensure we are providing the best service possible. Some of our partners include: The Paraorchestra, Flying Seagull, English National Ballet and Northern Ballet (who provide incredible behind-the-scenes opportunities and experiences) plus annual roundtables bringing together health, education and social care professionals.

Environmental sustainability: we're committed to looking after the environment we live and work in. Flamingo Chicks recognises that aspects of our activities have an impact on the environment. We are committed to managing these aspects and impacts. We have a clear action plan with measures including: minimising our carbon footprint, avoiding unnecessary travel, recyclable kit, props and backdrops, involving our young people to raise awareness of environmental issues and incorporating environmental aspects and themes within our programmes.



CELEBRATING LUISA

When Luisa first joined Flamingo Chicks, she had never taken part in weekly dance classes and approached sessions tentatively. Over time, our holistic programme supported her physical, emotional, and social development, helping her grow in confidence, independence, recall, and coordination.

Early on, Luisa began to remember warm up routines, practice movements with increasing physical control, and take small steps towards independence, such as helping to hand out props and performing reverences on her own. Each session built her self-belief and resilience, allowing her to feel comfortable contributing to the class. As her confidence grew, Luisa began demonstrating exercises to her peers, accurately recalling complex sequences and helping others follow along. She moved from participation to leadership, applying her skills while encouraging those around her.

She also took a leading role in a Flamingo Chicks Eden Project virtual class, demonstrating Makaton and helping make the session accessible to children around the world. Her journey shows how holistic support can transform physical ability, independence, confidence, and communication, while enabling children to inspire and lead others.



CELEBRATING BHAGIRTH

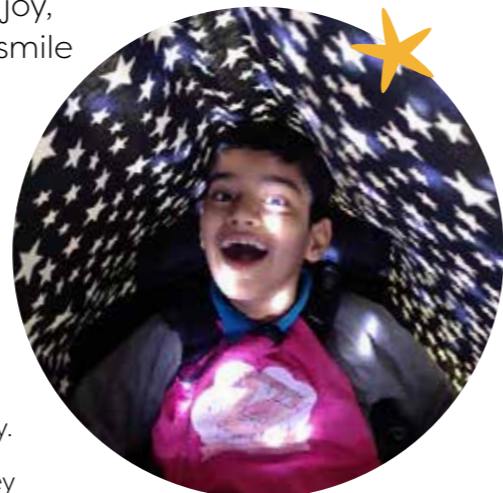
Bhagirth approaches every Flamingo Chicks class with joy, excitement and boundless enthusiasm. His ear-to-ear smile and infectious energy shine through every movement, truly bringing the magic of dance to life.

His favourite part of class is the curtain call - a special closing moment with coloured spotlights, a wave to the audience and a bow. This experience gives children a taste of real performance, and Bhagirth embraces it wholeheartedly, proudly saying he feels like a performer. Through this, he is developing not only dance technique, but confidence, self-belief and a genuine love for the art form.

Alongside his growing confidence, Bhagirth has made remarkable progress in his fine motor skills, particularly those requiring precision and control with minimal support. Through carefully designed activities, he is strengthening

coordination and dexterity in his hands - skills that transfer into everyday tasks such as writing and using cutlery.

Bhagirth's journey powerfully demonstrates how joyful, inclusive dance can nurture confidence, focus and essential physical development, creating meaningful impact that extends far beyond our classes.



CELEBRATING ZEE

"I want to show the world how much I can achieve."

Zee

Zee has been dancing with Flamingo Chicks for more than ten years. He experiences a range of access needs including deafblindness and uses both a wheelchair and mobility aids. In many settings, barriers to inclusion can make it hard for him to take part fully, but Flamingo Chicks provides an environment designed for everyone to flourish.

For Zee, Flamingo Chicks is much more than a dance class. It is a safe, inclusive space where he can express himself freely, connect with friends and grow in confidence. His mum describes it as the one place where Zee can thrive without pressure. Dance has had a powerful impact on Zee's physical wellbeing. He has become more active and now enjoys practising movements during the week. Through dance, he has explored what his body can do, learning to move safely when fatigued and to see mobility aids as tools for expression rather than limitations.

His independence has also flourished. Once needing close support, Zee now prepares for class himself and joins his peers on the dance floor with enthusiasm. He has built strong friendships, communicating through British Sign Language and movement, and takes pride in being part of the group.

A defining moment in Zee's journey was performing at Disneyland Paris. Although new environments can be challenging, the inclusive rehearsals and shared trust built at Flamingo Chicks gave him the confidence to shine. His solo performance was a joyful celebration of ability, leaving his family and teachers full of pride. The experience boosted his self-belief, which now shines through in all areas of his life, from drama class to school.

Zee continues to develop his passion for dance, studying movements between classes and sharing what he learns with his teachers. Through Flamingo Chicks, he has discovered a deep sense of belonging and empowerment.





WHAT'S NEXT



2026 is set to be another extraordinary year for Flamingo Chicks - full of adventure, inclusion, and creativity. From enchanting performances to pioneering advocacy, we're dreaming big and dancing even bigger.

Our theme for the year ahead is Going Global, chosen by our Agents of Change Youth Council. Our classes will travel the world, exploring the places and spaces that make up our planet, with expert support from partners including UNICEF, Global Goals, Lonely Planet, and National Geographic. By aligning with the UN Sustainable Development Goals, we'll bring global learning to life through movement, storytelling, and play.

We'll be launching a global dance collaboration, uniting groups around the world to dance together as one community. Our Agents of Change have also set an ambitious goal to grow our global outreach to 100 countries - and with 22 already reached, we're firmly on our way.

Magical Worlds will return with extra sparkle and a global twist - think carnival, masks, hot air balloons, and joyful celebration. Other highlights include a brand-new global virtual class, the return of our 24-hour dance relay for a full day

and night of movement, and the launch of our new Flamingo Chicks Lending Library - a "class in a box" that settings can borrow to recreate their own Flamingo Chicks experience and extend our ripple effect even further.

With volunteering at the heart of Flamingo Chicks, there are more ways than ever to get involved. The world is waiting - and we can't wait to dance into it together.



A MULTI-AWARD WINNING CHARITY

- Short-listed and highly commended in the Charity Awards, Charity Times Awards and the Third Sector Charity Awards
 - MBE for our Founder, Katie Sparkes - New Year Honours
 - Innovation In Dance Award - One Dance
 - Best Family Arts Activity - Fantastic For Families Awards
 - Youth Leadership Programme of the Year - Prestige Awards
 - Inclusive Physical & Virtual Activities - GHP Social Care Awards
 - The Queen's Award for Voluntary Service - 'the MBE for charities'
 - Dance People Entertainment - Community Services Award
 - Best Disabled Children Inclusion Initiative - GHP Social Care Awards
 - Bristol Life Magazine - Education Award
- The Independent Newspaper - 'Happy List' of 50 inspirational people whose kindness, courage and selflessness make our country a better place to live - our CEO
 - TSB Pride of Sport - Community Award
- A Point of Light Award from the Prime Minister - recognising our work in championing inclusion



This report was kindly funded with support from RWK Goodman

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goodman**

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Charity number 1187604