



**DOWN'S  
SYNDROME  
NORTH EAST**

**Registered Charity No. 1096003**

## **Down's Syndrome North East Review of the year 2021 - 2022**

### **Message from the Chair, Susan Belton**

I accepted my nomination as Chair of Down's Syndrome North East for a 7th term, taking the charity into its 19<sup>th</sup> year of independence supporting adults, children and families in the North East. The country remained under restrictions to manage the spread of Covid, but we began to explore how we could move forward with our events and activities

As a committee, we agreed to continue our virtual monthly meetings for the year. We held our first face to face meeting in February with a development day to review and update policies and plan for the year ahead.

We were supported by Haven Caravan Holidays who allowed us to roll over the holiday we had paid for in 2020. So in May with sunshine, 10 families enjoyed a caravan holiday at Primrose Valley near Filey. Although still adhering to restrictions, much socialising at a distance was enjoyed along with swimming and shows. It was a lovely occasion to chat to our members face to face over a drink or just in passing.

Caroline and Leanne have created amazing New Baby Boxes which include clothing donated from Asda Foundation, lots of lovely knitted items from creative people and also information about Down Syndrome and the support available locally and nationally. The boxes have been delivered to new families and maternity units around the North East (photo) and have been well received by our new families.



We welcomed Eleanor to the committee along with some new volunteers to set up a monthly group called Three 21 NE in Blaydon. The group aims to support families to meet up and help develop skills and socialize. It is well attended and provides a safe and supportive environment for open discussion regarding any issues parents are experiencing. It is also a chance for siblings to meet and socialise.

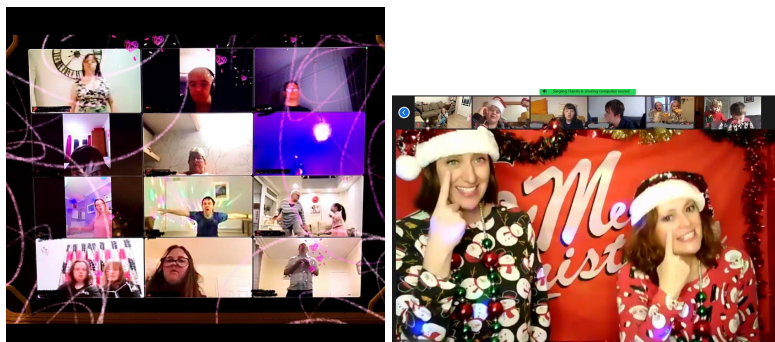


Ros highlighted how some of our adults had become quite isolated during lockdown and with help from Linda and Julie, they contacted families with adults over the age of 35 years old to offer support. To bring people together, an afternoon tea was arranged at the Marriott Hotel Gateshead. This was attended by over 60 members who enjoyed a raffle, bingo and of course, delicious food. It was such a success another has been arranged and I'm sure many more to come. It gives an opportunity for much needed social contact for our adults and their families and carers.



Julie & Sue H arranged the first adult disco in 2 years and is organising more using different venues around the North East. These continue to be extremely popular, giving a chance to catch up with friends and dance the night away with supper and a drink!

We have continued with virtual activities including Marty's Party, thanks to Marty Donaghy, and Zenergise, thanks to Marie Nesbitt; both keep members connected and fit. A pamper evening was enjoyed by the ladies, having the products sent out ready to use from Louise at Prism Beauty. We have had mindfulness classes and sleep yoga, all delivered virtually to help with stress and how to create better sleep patterns, thanks to Lisa Askhem, an experienced yoga teacher. We have also enjoyed Singing Hands sessions with all ages joining in with props to dress up in and having lots of fun. These have included online parties for Christmas and World Down Syndrome Day.



With the distribution of baby boxes, we were aware new families were quite isolated due to the lockdown restrictions. We felt it was important that as rules were changing and we could begin meeting face to face, it was time to look at events/activities for the younger members. Caroline and Leanne have taken over the role as new parent contacts and have consequently organized many meet-ups. The events have included the Tim Lamb Centre, Dragonflies soft play, Pendragon sensory room, Rainbows Sensory Space, Sensory Spot messy play session, Sunshine Wood play centre.



Another way to support our new families is to offer Makaton training, and with myself being a tutor, we have managed to arrange sessions, which have been well attended and fun to deliver. The programme will continue this year, encouraging early communication and supporting learning.

As we moved into autumn, we began to plan the Christmas parties which had been on hold. These went ahead as planned and as usual were a great success, even though a few people dropped out due to illness. Many families enjoyed the catch up while their children were entertained by our ever supportive entertainer, Nikki Noo Noo with



music and games. The buffet was very enjoyable and a visit from Santa finished the afternoon off.



We have restarted bowling groups in Washington, Sunderland and Teesside. Information can be found on the 'What's on Where' with contact information for the volunteer organising the session.

We have revisited some of the popular events with art workshops and the activity centre Dukeshouse at Hexham. We have started cake decorating classes with Sue Hodgeson which are a real winner. Decorating cakes with a theme began with the first at Christmas.



Many of our families have enjoyed our other outdoor activities over the last year. This has included a very popular visit to Hall Hill Farm where members of all ages enjoyed meeting the animals and having fun on the tractor rides. We have also taken part in a forest school session in Durham, learning new skills and enjoying roasting marshmallows.





To celebrate World Down Syndrome Day, we had a Gala Ball and Family Fun Day in March at the Gateshead Marriot hotel, after two years of waiting. Well worth it though! It was a fun-packed weekend for all ages with 150 attending. The Saturday evening gave the adults a chance to dress in ball gowns and suits, and enjoy live music from The Baldy Holly Band, a three course dinner and an opportunity to win a bottle from water to whisky!



On the Sunday, we had over 100 joining us for the Family Day. Children, parents and grandparents were all out to have fun. Although at 9am I was informed the magician and his wife, the face painter, had tested positive for Covid, we managed to find a stand in face painter, and everyone was understanding. Nikki Noo Noo extended her set with balloon modelling and more games! The tombola was a great success, and as it was also Mother's Day, all the children were given flowers for their mums.



## Current Committee

|  |                 |         |
|--|-----------------|---------|
| Chairperson  | Susan Belton    | Trustee |
| Vice Chair/ social media and events organiser  | Caroline Turner | Trustee |
| Treasurer  | Michelle Varty  | Trustee |
| Minutes Secretary/Ball Coordinator   | Linda Dixon     | Trustee |
| What's On Where and Diary Editor   | Lesley Bond     | Trustee |
| Newsletter Editor/ GDPR Officer  | Alex Marshall   | Trustee |
| Membership Secretary/ Voice Box Editor/Safeguarding Officer/Adult Events/Residential Event Coordinator | Nicky Ramsay    | Trustee |

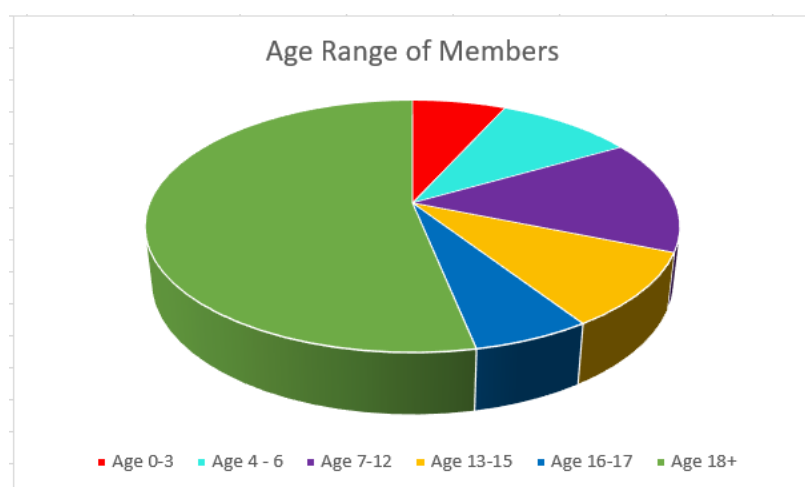
|  |                   |         |
|--|-------------------|---------|
| DBS Coordinator/virtual events coordinator     | Melanie Atkinson  | Trustee |
| Website & Gmail Coordinator/Events organiser   | Leanne Baister    | Trustee |
| Swimathon and 'Look At Me' project coordinator | Ros Collinson     | Trustee |
| Adult Party/ Caravan coordinator               | Julie Carson      | Trustee |
| Events Organiser                               | Nikki Masterman   | Trustee |
| Events Organiser for Adults                    | Sue Hodgson       | Trustee |
| Three 21 Organiser                             | Eleanor Baggailey | Trustee |

All our committee members give their time voluntary and organise events and ensure the smooth running of the charity - thank you all for your hard work.

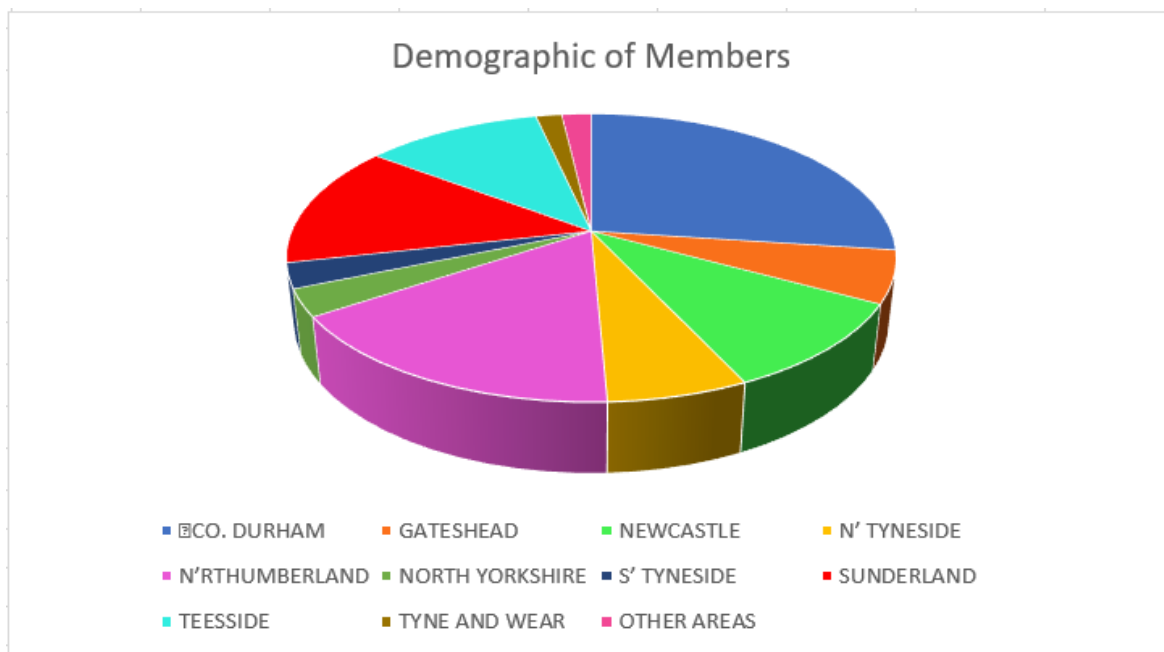
One of our long standing members, Margaret Cockburn, retired from the committee but continues to be involved with the charity coordinating the Great North Run and sending birthday cards to our members with help from her daughter Elizabeth. Over many years of being part of the committee, Margaret has held different roles and given many hours to ensure the charity runs effectively and efficiently, adhering to policies and legalities pertaining to a registered charity. We are very grateful for all Margaret's work with DSNE and her continuing support.

We hold a committee meeting every month; members are welcome to attend. We also hold development days for the committee to ensure we are continually moving the charity forward.

### Demographic information of Age and Location of Members:







## Fundraising

Thank you to the Great North Run runners who continue to support us with their sponsorship which goes a long way to enable the charity to grow.



I would like to thank families for their donations in remembrance and to hear stories about their lives.

It is lovely to see and hear about all the different activities organized for World Down Syndrome Day and ways you have raised money from wearing odd socks to cake bakes!

I would like to thank you for the continued support and fundraising you all do throughout the year which is so important to the continued running of the Charity.

We have also received grants applied for by committee members to help the funding of our baby boxes and 'Look At Me' project from Asda Foundation, Arnold Clark foundation, as well as donations from Bill Midgley, Julie Carson, David Collinson, Barbour Foundation, Melanie Atkinson and the Rotary Club Durham.

## Publicity

The Charity is being supported by Asda Foundation, who have not only donated money and clothing for our baby boxes, but offered us an opportunity to promote the charity with display tables in stores all around the North East. Both enable us to raise money and awareness. We have also attended parent carer events in Hartlepool, Middlesbrough, Stockton on Tees and County Durham.



We have our website and continue to use social media to promote and advertise the charity. Facebook remains most popular with our community

(<https://www.facebook.com/www.dsne.org.uk>), see our Twitter feed

(<https://twitter.com/DSNEinfo>), or follow us on Instagram

@downs\_syndrome\_north\_east, where we are regularly gaining followers. If you enjoy social networking, then 'like' and share our pages to help raise our profile!

## Forthcoming Events

All event details can be found in the Grapevine, our quarterly newsletter, as well as 'What's on Where' (WOW), which is sent out via email and on social media. For our adult members, please check out the 'Voicebox' too. We are always keen to receive information, photos and news about what you've been doing to go into 'Voicebox'. Remember to look at Facebook, Instagram and Twitter, share your photos, especially if you have been to an event, and let us know what you are up to!

Look out for events for our 20<sup>th</sup> Anniversary next year 2023!

Thank you

Susan Belton

29<sup>th</sup> June 2022



Down's Syndrome North East

Accounts

31 March 2022

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## **Down's Syndrome North East**

### **Accountants' report to the members of Down's Syndrome North East**

A full audit has been carried out and all income and expenditure was supported either by receipts or corresponding entries in the bank statements. We have prepared a Profit & Loss Account and Balance Sheet and we have identified any restricted funds where applicable. In our view the records have been well maintained and provide a sound basis for these financial statements.

#### **Crockwell & Co Accountants**

91-93 Fowler Street  
South Shields  
Tyne and Wear  
NE33 1NU

**29 June 2022**

**DOWN'S SYNDROME NORTH EAST LIMITED**  
**PROFIT & LOSS ACCOUNT FOR THE YEAR ENDED 31 MARCH 2022**

|   | <u>31/03/22</u>     | <u>31/03/21</u>     |
|---|---------------------|---------------------|
| <b><u>Income</u></b>                        |                     |                     |
| Donations                                   | 10748               | 9194                |
| Fund raising                                | 24066               | 6182                |
| Bank interest                               | 4                   | 22                  |
| From events                                 | 8129                | 234                 |
| Others                                      | 0                   | 15                  |
|   | <u>42947</u>        | <u>15647</u>        |
| <br><b><u>Costs of generating funds</u></b> |                     |                     |
| Just Giving                                 | 216                 | 216                 |
| Other fundraising                           | 0                   | 489                 |
|   | <u>216</u>          | <u>705</u>          |
| <br><b><u>Charitable expenditure</u></b>    |                     |                     |
| Accountancy fees                            | 360                 | 360                 |
| Advertisng & PR                             | 0                   | 0                   |
| Bank charges                                | 42                  | 0                   |
| Depreciation                                | 456                 | 569                 |
| Loss on disposal                            | 0                   | 3                   |
| Insurance                                   | 502                 | 498                 |
| Data protection fee                         | 35                  | 35                  |
| Christmas & theatre                         | 4005                | 0                   |
| Activity breaks                             | 13509               | 1491                |
| Other events                                | 12182               | 4868                |
| Support groups                              | 0                   | 0                   |
| Running costs                               | 13179               | 8683                |
|   | <u>44270</u>        | <u>16507</u>        |
| <br>Net incoming/(outgoing) resources       | <u><u>-1539</u></u> | <u><u>-1565</u></u> |



**DOWN'S SYNDROME NORTH EAST**  
**BALANCE SHEET AS AT 31 MARCH 2022**

|                                      | <u>31/03/22</u> | <u>31/03/21</u> |
|--------------------------------------|-----------------|-----------------|
| <b><u>FIXED ASSETS</u></b>           |                 |                 |
| <b><u>Equipment</u></b>              |                 |                 |
| Cost                                 | 5907            | 5810            |
| Additions                            | 0               | 1603            |
| Disposals                            | 0               | -1506           |
|                                      | <u>5907</u>     | <u>5907</u>     |
| Less : Accumulated Depreciation      | 4083            | 3627            |
|                                      | <u>1824</u>     | <u>2280</u>     |
| <b><u>Cash at Bank</u></b>           |                 |                 |
| Treasurer's account                  | 34125           | 35196           |
| HICA                                 | 40163           | 40159           |
|                                      | <u>74288</u>    | <u>75355</u>    |
| <b><u>Less:</u></b>                  |                 |                 |
| <b><u>Current Liabilities</u></b>    |                 |                 |
| Accruals and deferred income         | 376             | 360             |
|                                      | <u>75736</u>    | <u>77275</u>    |
| <b><u>Capital &amp; Reserves</u></b> |                 |                 |
| Balance b/fwd                        | 77275           | 78840           |
| Profit/(Deficit) for year            | -1539           | -1565           |
|                                      | <u>75736</u>    | <u>77275</u>    |

**DOWN'S SYNDROME NORTH EAST**  
**SCHEDULE OF FIXED ASSETS AS AT 31 MARCH 2022**

|                      | <u>Year</u><br><u>Purchased</u> | <u>Cost</u><br><u>b/fwd</u> | <u>Additions</u> | <u>Disposals</u> | <u>Cost</u><br><u>c/fwd</u> | <u>Depeciation</u><br><u>b/fwd</u> | <u>Depreciation</u><br><u>Disposals</u> | <u>Depreciation</u><br><u>for year</u> | <u>Depreciation</u><br><u>C/fwd</u> | <u>NBV</u><br><u>31/03/22</u> | <u>NBV</u><br><u>31/03/21</u> |
|----------------------|---------------------------------|-----------------------------|------------------|------------------|-----------------------------|------------------------------------|---|--|-------------------------------------|-------------------------------|-------------------------------|
| Projector            | 2006                            | 1014                        |                  |                  | 1014                        | 1013                               |   | 0                                      | 1013                                | 1                             | 1                             |
| Parachute            | 2007                            | 60                          |                  |                  | 60                          | 59                                 |   | 0                                      | 59                                  | 1                             | 1                             |
| Hard drive           | 2014                            | 100                         |                  |                  | 100                         | 99                                 |   | 0                                      | 99                                  | 1                             | 1                             |
| Hard drive           | 2016                            | 79                          |                  |                  | 79                          | 78                                 |   | 0                                      | 78                                  | 1                             | 1                             |
| Gazebo               | 2016                            | 112                         |                  |                  | 112                         | 111                                |   | 0                                      | 111                                 | 1                             | 1                             |
| Disc reader/writer   | 2016                            | 25                          |                  |                  | 25                          | 24                                 |   | 0                                      | 24                                  | 1                             | 1                             |
| Printer              | 2016                            | 59                          |                  |                  | 59                          | 58                                 |   | 0                                      | 58                                  | 1                             | 1                             |
| Printer              | 2017                            | 1740                        |                  |                  | 1740                        | 1392                               |   | 70                                     | 1462                                | 278                           | 348                           |
| Printer              | 2017                            | 40                          |                  |                  | 40                          | 32                                 |   | 2                                      | 34                                  | 6                             | 8                             |
| Flask                | 2017                            | 25                          |                  |                  | 25                          | 19                                 |   | 1                                      | 20                                  | 5                             | 6                             |
| External hard drive  | 2018                            | 118                         |                  |                  | 118                         | 48                                 |   | 14                                     | 62                                  | 56                            | 70                            |
| Secure storage boxes | 2018                            | 67                          |                  |                  | 67                          | 27                                 |   | 8                                      | 35                                  | 32                            | 40                            |
| Banner               | 2018                            | 86                          |                  |                  | 86                          | 34                                 |   | 10                                     | 44                                  | 42                            | 52                            |
| Filing cabinet       | 2018                            | 48                          |                  |                  | 48                          | 19                                 |   | 6                                      | 25                                  | 23                            | 29                            |
| Dell Computer        | 2020                            | 731                         |                  |                  | 731                         | 293                                |   | 88                                     | 381                                 | 350                           | 438                           |
| Dell Laptop          | 2021                            | 979                         |                  |                  | 979                         | 196                                |   | 157                                    | 353                                 | 626                           | 783                           |
| HP Pavilion Laptop   | 2021                            | 624                         |                  |                  | 624                         | 125                                |   | 100                                    | 225                                 | 399                           | 499                           |
|                      |                                 | <b>5907</b>                 | <b>0</b>         | <b>0</b>         | <b>5907</b>                 | <b>3627</b>                        | <b>0</b>                                | <b>456</b>                             | <b>4083</b>                         | <b>1824</b>                   | <b>2280</b>                   |



## **Down's Syndrome North East**

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