

Bedfordshire Down's Syndrome Support Group
Charity Number 1102599 (governed by constitution last amended
10 July 2018)
Principal Address for finance matters: 35 Lansdowne Road, Bedford,
MK40 2BY
Annual Report

Trustees during period 1 April 2022 to 31 March 2023:

Karen Forrester, Tracey Johnson, Linda Smith, Teresa Hurley (Chairman), Heather Petty, Derek Hrydziusko (Treasurer), Emma Hrydziusko and Kelly Mathias

The Support Group has had another very busy but successful year providing numerous activities and services for our families.

Education and development have always been important to the Group, and it has been fantastic to see our younger members benefiting from our Early Development Group. Sessions provide valuable information and demonstration of how to support our children the way they learn best, by tapping into their many strengths and breaking down learning into small steps. This way the children can develop their cognitive skills and abilities in reading, numbers, fine motor skills and so much more. And of course, without realising it, they develop their social skills too in this friendly and encouraging environment.

We would like to thank Helen and Sue for their continued dedication and commitment to this important service for our youngest children. And to all the parents and children who make the sessions so rewarding.

Our Speech Therapy sessions continue to be a crucial service for helping to develop our children's speech and language skills. This year we have now increased our younger children's sessions to be weekly, in line with the older children. Communication is a key skill needed in all aspects of life including education, social interactions and for our children to be able to express themselves. It has been great to see so many new families take advantage of this wonderful opportunity to help their children.

We would like to thank Pui and Sue for all their hard work and dedication to this vital service. Special thanks to Rachel who, after being a part of our speech sessions for over 19 years, has sadly decided to retire from her role as our speech therapist. We appreciate all that she has done for us and our members over the years and we wish her all the best in her next venture.

We have been very fortunate to have found Beth Davies, who has taken over as our speech therapist, organising the content and delivery of sessions. Beth comes to us with a wealth of experience of providing speech therapy to those with Down's syndrome and we are very excited to see how Beth will further develop this essential service for our families in 2024.

Many thanks too to Emma who is the trustee who organises the admin and general running of sessions which is often a challenging job!

The Support Group also provides valuable social opportunities for our members and their families.

We have monthly Coffee Mornings which enable parents to meet other families in a small friendly setting. We would like to thank Jenny for kindly giving up her time and hosting these meet ups, which enable parents to have a chat, get to know each other and make friends.

Our Under 5's Group have enjoyed several outings this year, such as Mead Open Farm, Snakes & Ladders indoor play, a baking session, a trip on the Leighton Buzzard steam train and ending this month with a really fun Cha Char Chimps session. The Group has led to the development of many friendships for children and adults alike, providing an important network for our young children and their families.

Huge thanks to Aimee for organising all the sessions for us.

Our Teen Club continues to be very popular, and their monthly activities have included swimming, bowling, pirate golf, film night and picnic in the park. The club enables our teenagers to have fun and make lasting friendships in a safe and supportive environment and develop their independence. Huge thanks to Lynn for organising the sessions for us and always being so kind and supportive to all our youngsters. Special thanks too to our volunteers, Ben, Evie, Dan & Jayne without whom we could not run the Teen Club.

Our Adult Social Group has been a huge success this year with an increasing number of members. The group is a lively and friendly bunch who are very caring and supportive of each other. Their sessions have included bowling, top jump, quiz night, pirate golf, and picnic in the park. Many, many thanks to Leanne who organises all the sessions and is so amazing at involving every single person and making sure they are happy and having fun. Thanks too to our volunteers, again, we cannot provide these sessions without their kindness and help. Thanks to Emma, Paul, Will & Jasmine.

The Support Group also provides social opportunities for the whole family. This year we provided 14 different family activities. We started off in January with our trip to the panto, which is always fully booked. This year we had 41 families, 130 people attend. The event costs the Support Group over £1000 but it's well worth it to see everyone having such a great time.

In March we had our Get Together at Kids in Action. The children get the chance to play whilst the adults can have a chat. This year we added sports and a chocolate factory which were well received. It was a great way for our families to get together to celebrate World Down's Syndrome Day. Thanks to Tracey, Kelly, and Jenny for organising.

We had our annual trip to PGL in the spring, this year going to Caythorpe in Lincolnshire. The new venue was a great success, and we had our highest number of participants with 30 families, 90 people attending and enjoying activities such as Zip wire, Canoeing, archery, fencing, climbing, giant swing and survival skills. The weekend is always a huge amount of fun for all the adults and children, enabling everyone to try activities they may not have tried before. It is great to see the

friendships, not just of the youngsters with Down's syndrome, but the siblings and parents too. The weekend creates a real sense of community and positivity. Many thanks to Helen for organising the trip and leading the weekend, this year even having to deal with a fire alarm and evacuation in the middle of the night!

We enjoyed a lovely day at Herrings Green Farm in May. This is a wonderful trip as it appeals to all ages. We had an exclusive session which includes handling the owls, meet and greet the animals and watching the flying display, as well as general entry to the farm and bird of prey centre. We had 16 families, 50 people attend, all enjoying the day!

In June we had our annual trip to Snozone Mk for sledging. Everyone had great fun on the slopes and then were able to relax over hot chocolate and cookies. Great fun evening for all!

The summer kicked off with our lovely Family BBQ in July. We had to split the day in to 2 sessions as it is so popular. We had a total of 23 families, 77 people enjoy swimming, games, chatting and making their own delicious homemade pizzas. We are so grateful to Jenny and Andrew for hosting this event for us and always making everyone so welcome in their home.

And then we had all our wonderful summer outings which this year included trips to Southend, Paradise Wildlife Park, Wicksteed Park, Mead Open Farm, horse riding and bowling. It was great to see so many families coming along and having lovely family days out together. Thanks to Carrie, Kelly, Karen, and Teresa for organising. It now costs nearly £2,000 to provide all these outings but it is money well spent to provide so many people with a great summer of fun!

In October we were fortunate in being given free tickets for Circus Starr and 25 of our families were able to enjoy the shows.

We finished the year with our fantastic Christmas Party, which this year was fully booked in a matter of just a week! We had so many wishing to come that we had a long waiting list and may have to consider a bigger venue next year! It is always good to see the children and youngsters having fun, no matter what their age, and it is another event that creates a real sense of community and togetherness. Thank you to Karen for organising again, Jenny for doing the catering and of course Santa and his elf for taking time out of their busy schedule to visit us!

Our online Dance sessions with Jade Cook continue and they have remained free for our members since the beginning of the pandemic. We are pleased that we can still facilitate this great way for our members to have fun, learn new routines and stay fit, all within their own home. Thanks to Jade for her endless enthusiasm and fun!

For many years we have wanted to provide a regular activity for those aged 5 – 12 years and so we were delighted to be able to set up our monthly Multisports sessions for this age group this year. Jack has been brilliant at running the sessions for our youngsters and it is great that siblings can join in too. We hope we can recruit some more families to join in the fun in 2024.

The Support Group subsidizes all these activities and services and this now comes at a cost of over £20, 000 a year. This funding all comes from donations, fundraising and grants.

Our fundraising team have continued to do a fabulous job this year organising events to raise vital funds to enable us to continue to support our families. The first event was a quiz in September which we were delighted to hold in person this year after so many online quizzes during the pandemic. Everyone had a great night and we raised £960. Thank you to everyone who came along to enjoy the quiz and lovely food!

We also held another Party Night in November. Everyone had a lovely time dancing to the music, and it was particularly great to see so many of our adults with Down's syndrome coming along to join in the fun, £1,400 was raised.

And our wonderful annual Christmas Fayre was another successful event with numerous festive stalls, a visit from Santa and great festive food. An amazing £1,485 was raised - what a great way to kickstart the Christmas season!

Special thanks to our fundraising team of Karen, Tracey, Kelly, Karen, Jenny, Emma, Kathy and Carol and the many friends and family who get roped in to help and support. Your hard work, time and effort are essential in continuing to provide funds for the Support Group.

And extra thanks as always to Tracey, for her endless determination in selling raffle tickets at all our events, for never taking no for an answer and raising an amazing amount of money.

This year we are lucky enough to have been chosen as one of the Mayor of Ampthill's charities of the year. This collaboration will not only provide valuable funding for us but will also raise our profile in the local area.

And of course, we have been extremely fortunate in having so many people donate and fundraise for us. There are not sufficient words to say how grateful we are to every single person who helps, by buying a raffle ticket, making a regular donation, running a cake stall, running a 10K race, donating £1 or £100, your kindness and support enable our families to enjoy the opportunities they so rightly deserve. Thank you, thank you, thank you.

To provide so many services and activities, we not only need vital funds, but we need a team to organise everything. The Support Group committee works incredibly hard and give a phenomenal amount of their time and energy to guarantee the success of the group. All of this is entirely voluntary. So, I would like to say an enormous thank you to Derek, Kelly, Karen, Emma, Tracey, Linda, Heather, Jenny, and Helen, never doubt the positive impact your dedication and efforts have had on so many families.

Every year as I look back at everything the Group has achieved, I am amazed at how much has been accomplished and delighted that so many families are able to benefit from the opportunities that we provide. And this year it has been more noticeable than ever, how the Support Group has provided a foundation for so many wonderful friendships between so many of our youngsters. Many of these friendships start when they are toddlers and continue into adult hood, but there are also the new friendships that develop and blossom at the Under 5's Group, Teen Club, Adult Group, PGL and all our activities.

So, my final thank you is to all our families, for without your involvement, participation, help and support the Group would not be the friendly community that it has become.

And of course, this includes special thanks to all our members who have Down's syndrome, for continuing to inspire & delight and for teaching all of us to be resilient, persevere, have fun, and enjoy life!

I would like to take this opportunity to wish all our families a very Merry Christmas and we look forward to seeing you all in 2024!

Teresa Hurley

Chairman

THE TRUSTEES DECLARE THAT THEY HAVE APPROVED THE TRUSTEE'S REPORT ABOVE AS FORMING PART OF THE APPROVED MINUTES FOR THE AGM HELD ON 21 DECEMBER 2023

SIGNATURE:

A handwritten signature in dark ink, consisting of a large, stylized 'D' followed by a long, horizontal, slightly wavy line.

FULL NAME: DEREK HRYDZIUSZKO

POSITION: TREASURER

DATE: 30 JANUARY 2024

BEDFORDSHIRE DOWN'S SYNDROME SUPPORT GROUP

Registered Charity number 1102599

Receipts and Payments Account for the year ended 31 March 2023

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Income						
Donations and gifts	3,810	-	3,810	3,534	150	3,684
Fundraising and raffles	8,163	-	8,163	9,759	-	9,759
Outings/socials/events	-	12,970	12,970	-	9,087	9,087
Speech Therapy	-	2,870	2,870	-	2,270	2,270
Education courses	-	1,015	1,015	-	2,125	2,125
Dance Events	-	-	-	-	42	42
U5s/Teen/Adult Groups	-	1,230	1,230	-	596	596
	11,973	18,085	30,058	13,293	14,270	27,563
Expenditure						
Outings/socials/events	12,138	12,970	25,108	97	10,352	10,449
Fundraising costs	306	-	306	1,106	-	1,106
Speech Therapy	5,355	2,870	8,225	2,870	2,270	5,140
Education courses	2,660	1,015	3,675	774	2,125	2,899
General/Postage/stationery	1,225	-	1,225	583	-	583
Dance Events	788	-	788	918	42	960
U5s/Teen/Adult Groups	2,005	1,230	3,235	1,871	596	2,467
	24,477	18,085	42,562	8,219	15,385	23,604
Surplus/(Deficit for the year)	(12,504)	-	(12,504)	5,074	(1,115)	3,959

Approved on behalf of the Trustees:-

Name: Derek Hrydziuszko

Signature: 

Position: Treasurer

Date: 25/1/24

Name: Teresa Hurley

Signature: 

Position: Chairperson

Date: 25/1/24

BEDFORDSHIRE DOWN'S SYNDROME SUPPORT GROUP**Registered Charity number 1102599****Statement of Assets and Liabilities as at 31 March 2023**

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Cash at bank and in hand	34,401	-	34,401	46,755	150	46,905
Net Assets	34,401	-	34,401	46,755	150	46,905

Represented by:

Brought forward at 1 April	46,755	150	46,905	41,681	1,265	42,946
Surplus/(deficit) for the year	(12,354)	(150)	(12,504)	5,074	(1,115)	3,959
Balance at 31 March	34,401	-	34,401	46,755	150	46,905

Cash at bank and in hand

	Santander	Cash	Total
	£	£	£
Opening bank balance	46,905	-	46,905
Receipts	30,058	-	30,058
Payments	(42,562)	-	(42,562)
Closing balance	34,401	-	34,401

Approved on behalf of the Trustees:-

Name: Derek Hrydziuszko Signature: 

Position: Treasurer Date: 25/1/24

Name: Teresa Hurley Signature: 

Position: Chairperson Date: 25/1/24

BEDFORDSHIRE DOWN'S SYNDROME SUPPORT GROUP
Registered Charity number 1102599
Income and Expenditure for the year ended 31 March 2023

<u>INCOME</u>	£
Donations, Membership and Gifts	
Donations and Gifts	3,810
Membership and Miscellaneous	-
	<u>3,810</u>
Fundraising activities and events	
General fundraising activities/events	8,163
	<u>8,163</u>
Outings, parties, social events etc.	
PGL Deposits and Refunds	10,541
Contributions to other outings, parties, social events etc.	2,429
	<u>12,970</u>
Education events	
Education Training Package Attendance	175
Early Development Group Places	840
	<u>1,015</u>
Regular Events	
Speech Therapy Subs	2,870
Teen Group Subs	520
Adult Group Subs	660
Dance Events Subs	-
U5s Events	50
	<u>4,100</u>
Total income	<u>30,058</u>
<u>EXPENDITURE</u>	
Outings, parties, social events etc.	
Theatre Trips	2,338
PGL Weekend Payments and Refunds	17,575
Sledging	214
Other Social Events, Xmas Party and Summer Outings	4,981
	<u>25,108</u>
General	
Fundraising costs	306
General costs/Postage/Stationery/Website	1,225
	<u>1,531</u>
Education events	
Education Training Package	175
Early Development Group	3,500
	<u>3,675</u>
Regular Events	
Speech Therapy	8,225
Teen Group	1,309
Adult Group	1,557
Dance events	788
Under 5s Group	369
	<u>12,248</u>
Total expenditure	<u>42,562</u>
Surplus/(Deficit for the year)	<u>(12,504)</u>

Independent examiner's report to the trustees of Bedfordshire Down's Syndrome Support Group Charity Number 1102599

I report to the trustees on my examination of the accounts of the Bedfordshire Down's Syndrome Support Group ('the Charity') for the year ended 31 March 2023 which are set out on pages 1 to 3.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Name: Diane Herbert

Relevant professional qualification or body: FCA, DhCA

Date: 25 January 2024