

CHARITY REGISTERED NUMBER : 1123563

UPS AND DOWNS

ANNUAL REPORT AND

STATEMENT OF ACCOUNTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2021

Tove Accountancy Ltd
Office 6, Town Hall
86 Watling Street East
Towcester
Northants
NN12 6BS

UPS AND DOWNS

LEGAL AND ADMINISTRATIVE INFORMATION

Registered Charity No.	1123563
Trustees	<p>Ms. K. Sammon Mrs G.Hunkin Ms K.Smith Mr P.Bennett Ms T.Smith Ms N.Jones Mr M.Cockburn Mr T.Kirby Ms Lindsey Hipkiss Mrs P.Tate Ms M Stevens</p> <p>Trustees are appointed or reappointed annually at the Annual General Meeting held in October.</p> <p>The existing trustees appoint any new trustees following the provision laid out in the charity's governing instrument</p>
Correspondence Address	<p>PO Box 7947 Kettering Northamptonshire NN16 6RY</p>
Governing Instrument	<p>Associations Constitution adopted 4th March 2008 Charity Registration 10th April 2008</p>
Objects	<p>To offer information and support to families affected by Down's Syndrome in East Northamptonshire.</p>
Statement of Financial Activities	<p>The attached receipts and payments account with accompanying notes set out a true and fair view of the finances of the charity for the period.</p>
Independent Examiner	<p>Tove Accountancy Ltd Office 6, Town Hall 86 Watling Street East Towcester Northants NN12 6BS</p>

UPS AND DOWNS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2021

Description of the Charity

Objects

The preservation and protection of the good health of children, adults and families affected by Down Syndrome by the provision of support, advice, information and recreational opportunities to improve their quality of life. To advance the education of the public in all areas relating to Down Syndrome.

Areas of benefit East Northamptonshire

Address P.O. BOX 7947
Kettering
Northamptonshire
NN16 6RY

Structure, Governance and Management

Chairman	Mrs K Sammon
Vice Chair	Mrs G Hunkin
Secretary	Ms K.Smith
Treasurer	Mr P.Bennett
Trustee	Ms T.Smith
Trustee	Ms N.Jones
Trustee	Mr M.Cockburn
Trustee	Mr T.Kirby
Trustee (NPT)	Ms Lindsey Hipkiss
Trustee (NPT)	Mrs M Stevens
Trustee (NPT)	Mrs P Tate

Ups N Downs is affiliated to the Down Syndrome Association

Risk Management

The Trustees have assessed the major risks to which the charity is exposed. They are satisfied that systems are in place to mitigate exposure to the major risks associated to the charities activities.

Objectives and activities

In planning our activities for the year we kept in mind the Charity Commissions guidance on public benefit at our trustee meetings. The main focus of our activities remains to provide support, aid and advice for children, adults and families affected by Down Syndrome. We aim to increase awareness of Down Syndrome and to promote positive attitudes and approaches within the local community. A focus on providing activities and experiences for children and adults with Down Syndrome to aid development.

UPS AND DOWNS
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2020 (continued)

We provide regular sing and sign sessions, Speech and Language Therapy.

We offer our members regular swimming lessons, as well as an established weekly group meeting where children and parents can come together to play and learn. We offer support to children's teachers and assistance in the form of early years training at seminars run by the Down Syndrome Association as well as ongoing training for teachers throughout school years. Ups N Downs offer support access to speech and language therapy as well as occupational therapy for all members.

A great contribution is made by our trustees. We are grateful for the many hours that trustees and volunteers have spent in assisting setting up fundraising events, booking venues etc. Without this valuable contribution of time and energy we would not be able to achieve so much.

Achievements and Performance

We started to work with Powerful Voices and Talk Autism, a SALT specialist, who would offer support to the members of the charity. Initial engagement was limited due to Covid restrictions however consultations were carried out via phone/zoom.

Fundraising

Due to the difficulties with fundraising in 2020 and 2021 due to the Covid 19 pandemic, our fundraising efforts were a little limited, however we were still able to raise money through a number of efforts.

Our annual bike ride continued to be a huge success, raising an amazing £13,000. This year was a mix of on road cycle rides and virtual rides.

We have also commenced fundraising via bid writing which is proving to be successful and brings benefit to the charity of £2,145. These funds were to support information packs, sports and play equipment and vegetable boxes supplied during lockdown.

Financial Review

Our main source of funds this year was from the annual bike ride and grants.

The majority of the income is applied to the group related activities. We have also started to add more emphasis to a financial forecast, allowing the charity to set annual budgets on expenditure.

Reserves Policy

We hold savings in the Charity's NatWest Account, which at the year-end totalled £113,136. These funds are held to meet the needs of the charity's activities. We recently transitioned from having 2 bank accounts to just one account, which makes payments and receipts far easier.

We also have a charity paypal account, which is proving very useful for fundraising events and making online payments. The year end balance was £2,723.

UPS AND DOWNS
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2020 (continued)

Plans for the Future

With the group expanding as new families become members, the coming year will see a continued emphasis on children, on raising awareness within the local community, continuing to offer support to adults and families affected by Down Syndrome. We will continue to work with speech and language and occupational therapy specialists who will carry out assessments on children within the group and tailor a programme for those children. We will continue to plan and run a number of training sessions for teachers to attend to assist them in supporting our children in schools. We also plan to have a push on our online presence, with considerable work being undertaken on our website, as well as social media platforms. During 2021, discussions between the Trustees resulted in an agreement to investigate how we can support the older members of the charity. A number of the children are now teenagers and provisions are to be investigated as to how we can better support them and their families.

Signed on behalf of the Trustees:



30/06/2022

SIGNED

Mrs K Sammon

Trustee

Date:

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF UPS AND DOWNS

I report to the trustees on my examination of the accounts of Ups and Downs (the Trust) for the year ended 30th September 2021.

Responsibilities and basis of report

As the charity trustees of the Trust, 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 Trust'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 accordance with section 130 of the Act; or
- 2) the accounts do not accord with those records; or

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.

Nadine Pickworth

30/06/2022

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Nadine Pickworth (ACMA) (CGMA)

Dated

For and on behalf of:

Tove Accountancy Ltd

Office 6, Town Hall, 86 Watling Street East, Towcester, Northants, NN12 6BS

**UPS AND DOWNS
RECEIPTS AND PAYMENTS ACCOUNTS
FOR THE YEAR ENDED 30TH SEPTEMBER 2021**

	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £	2020 Total funds £
Receipts				
Donations	44,274	0	44,274	21,319
Grants	0	0	0	9,280
Events	700	0	700	24,556
Bank interest	46	0	46	75
Other	0	0	0	2
Total	45,020	0	45,020	55,232
Payments (note 2)				
Raising funds	11,390	0	11,390	33,364
Charitable activities	25,249	0	25,249	12,950
Managing and administering the Charity	5,234	0	5,234	4,423
Other	1	0	1	926
Total	41,874	0	41,874	51,663
Net receipts	3,146	0	3,146	3,569
Transfers between funds	0	0	0	0
Cash funds last year end	112,893	0	112,893	109,324
Cash funds this year end	116,039	0	116,039	112,893

**UPS AND DOWNS
STATEMENT OF ASSETS AND LIABILITIES
AS AT 30TH SEPTEMBER 2021**

	2021 £	2020 £
Cash funds		
Prepayments	0	0
Debtors	0	0
Bank	113,137	109,217
Paypal	2,723	3,497
Cash	179	179
Total	<u>116,039</u>	<u>112,893</u>
Represented by:		
Unrestricted funds	116,039	112,893
Restricted Funds	0	0
Total funds	<u>116,039</u>	<u>112,893</u>
Assets retained for the Charity's use		
Equipment	0	0
Other	0	0
Total	<u>0</u>	<u>0</u>
Liabilities		
Accountant's fees	444	888
Loan	0	0
Other	0	0
Total	<u>444</u>	<u>888</u>

Paul Bennett

Paul Bennett

30/06/2022

Signature

Name

Date of approval

Signed on behalf of all the trustees

UPS AND DOWNS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH SEPTEMBER 2021

1. Basis of accounting

These accounts have been prepared under the "Receipts and Payments" basis in accordance with Charity Commission guidelines and legal requirements. These accounts have been prepared under the going concern concept.

2. Payments

	2021 Unrestricted Funds £	2021 Restricted Funds £	2020 Total Funds £
Raising funds			
Printing of brochure and fliers	252	0	0
Event Costs	2,058	0	5,888
Vegetable boxes	640	0	22,236
Advertising and Promotion	1,510	0	2,008
Refunds	6,930	0	3,232
Charges	0	0	0
	11,390	0	33,364
Charitable activities			
Venue Hire	477	0	4,316
Costs	24,658	0	8,574
Materials	114	0	60
Travel expenses	0	0	0
Training and Seminars	0	0	0
	25,249	0	12,950
Managing and administering the Charity			
Office Telephone, postage and stationery	1,727	0	352
Legal and Professional fees	1,620	0	3,000
Accountancy fees	888	0	0
Bank Charges	691	0	927
Subscriptions	308	0	144
	5,234	0	4,423
Other			
Equipment	0	0	401
Sundry expenses	1	0	525
	1	0	926
Total payments	41,874	0	51,663

3. Fixed assets

	Computer Equipment	Musical Equipment	Fixtures & Fittings	Total Assets
Cost as at 01/10/20	0	0	800	800
Additions	0	0	0	0
Disposals	0	0	0	0
Cost as at 30/09/21	0	0	800	800
Current Value	0	0	0	0