

UPS AND DOWNS

ANNUAL REPORT AND

STATEMENT OF ACCOUNTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2022

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>Mrs 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 M Stevens Mrs P Tate</p> <p>Trustees are appointed or reappointed annually at the Annual General Meet 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 2022

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 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 2022 (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 continued to work with Powerful Voices and Talk Autism, a SALT specialist, who would offer support to the members of the charity. Far more face to face visits in schools and home settings were able following the lift on pandemic restrictions.

Fundraising

We were able to re-establish our annual charity dinner in March 2022 and welcomed a return from former England football captain, Alan Shearer.

With over 400 guests we were again able to raise over £20,000 however much of this amount was taken in 2019 when the original event was postponed due to the pandemic.

Our annual bike ride raised over £10,000, bringing the financial situation back in line with pre-pandemic levels.

Financial Review

Our main source of funding was from the events above with limited opportunity for individuals to raise funds following the pandemic.

Practically all of the income derived this year has again been applied to the group's related activities.

Future forecasting and budgeting will allow for the charity to identify areas of weakness and opportunity moving forward, allowing us to plan more effectively.

Reserves Policy

We hold savings in the Charity's NatWest Account, which at the year-end totalled £ 95,814.13

These funds are held to meet the needs of the charity's activities.

In future however, some of these funds will be identified as reserves to be utilised for specific projects to protect the long-term future of the charity.

We also have a charity paypal account, which is proving very useful for fundraising events and making online payments. The year end balance was £ 15.26

UPS AND DOWNS
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2022 (continued)

Plans for the Future

With member numbers now exceeding 60, the coming year will see pressure on the finances as we continue to support children, raise awareness and support families affected by Downs Syndrome. We will be undertaking a full review of our work with Speech and Language and Occupational Therapy specialists as they carry out assessments on children within the group and ascertain the value for money that these services provide.

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 have employed the services of a marketing specialist to ensure that our work is well documented to members and beyond.

As we enter a new chapter for the charity, the trustees need to decide on an appropriate future strategy. Initial discussions have taken place in regard to the appointment of paid staff to ensure that fundraising and support services for members can be maintained, especially in light of the fact that a number of our members will begin to turn 18 in the coming year.

Further work is needed to establish the feasibility of taking the charity to that level but it is clear that continuing on the path we have for the past 15 years will soon be unsustainable.

Signed on behalf of the Trustees:

SIGNED



Mrs K Sammon

Trustee

Date:

7th July 2023

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 2022.

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.

Donna Rowan Gold

07/07/2023

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Donna Rowan Gold

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 2022

	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Receipts				
Donations	19,476	0	19,476	44,274
Grants	0	0	0	0
Events	18,994	0	18,994	700
Bank interest	0	0	0	46
Other	0	0	0	
Total	38,470	0	38,470	45,020
Payments (note 2)				
Raising funds	31,808	0	31,808	11,390
Charitable activities	23,850	0	23,850	25,249
Managing and administering the Charity	2,342	0	2,342	5,234
Other	499	0	499	1
Total	58,500	0	58,500	41,874
Net receipts	(20,031)	0	(20,031)	3,146
Transfers between funds	0	0	0	0
Cash funds last year end	116,039	0	116,039	112,893
Cash funds this year end	96,008	0	96,008	116,039

UPS AND DOWNS
STATEMENT OF ASSETS AND LIABILITIES
AS AT 30TH SEPTEMBER 2022

	2022 £	2021 £
Cash funds		
Prepayments	0	0
Debtors	0	0
Bank	95,814	113,137
Paypal	15	2,723
Cash	179	179
Total	96,009	116,039
Represented by:		
Unrestricted funds	96,008	116,039
Restricted Funds	0	0
Total funds	96,008	116,039
Assets retained for the Charity's use		
Equipment	0	0
Other	0	0
Total	0	0
Liabilities		
Accountant's fees	444	444
Loan	0	0
Other	0	0
Total	444	444


 Signature
 Signed on behalf of all the trustees

Christian Smith

Name

07/07/2023

Date of approval

UPS AND DOWNS
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30TH SEPTEMBER 2022

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

	2022 Unrestricted Funds £	2022 Restricted Funds £	2021 Total Funds £
Raising funds			
Printing of brochure and fliers	1,264	0	252
Event Costs	26,893	0	2,058
Vegetable boxes	0	0	640
Advertising and Promotion	1,950	0	1,510
Refunds	1,702	0	6,930
Charges	0	0	0
	31,808	0	11,390
Charitable activities			
Venue Hire	1,133	0	477
Costs	20,598	0	24,658
Materials	509	0	114
Travel expenses	660	0	0
Training and Seminars	950	0	0
	23,850	0	25,249
Managing and administering the Charity			
Office Telephone, postage and stationery	940	0	1,727
Legal and Professional fees	0	0	1,620
Accountancy fees	444	0	888
Bank Charges	815	0	691
Subscriptions	144	0	308
	2,342	0	5,234
Other			
Equipment	499	0	0
Sundry expenses	0	0	1
	499	0	1
Total payments	58,500	0	41,874

3. Fixed assets

	Computer Equipment	Musical Equipment	Fixtures & Fittings	Total Assets
Cost as at 01/10/21	0	0	800	800
Additions	0	0	0	0
Disposals	0	0	0	0
Cost as at 30/09/22	0	0	800	800
Current Value	0	0	0	0