

CHARITY REGISTERED NUMBER : 1123563

UPS AND DOWNS

ANNUAL REPORT AND

STATEMENT OF ACCOUNTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2023

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

Mrs K Sammon	
Mrs G Hunkin	
Ms K.Smith	
Mr P.Bennett	Resigned 23.09.23
Mr C Smith	Appointed 01.11.23
Ms T.Smith	
Ms N.Jones	
Mr M.Cockburn	
Mrs A Rees	
Ms Lindsey Hipkiss	
Mrs M Stevens	
Mrs P Tate	

Trustees are appointed or reappointed annually at the Annual General Meeting held in October.

The existing trustees appoint any new trustees following the provision laid out in the charity's governing instrument

Correspondence Address

PO Box 7947
Kettering
Northamptonshire
NN16 6RY

Governing Instrument

Associations Constitution adopted 4th March 2008
Charity Registration 10th April 2008

Objects

To offer information and support to families affected by Down's Syndrome in East Northamptonshire.

Statement of Financial Activities

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.

Independent Examiner

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

UPS AND DOWNS

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2023

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	Resigned 23.09.23
Treasurer	Mr C Smith	Appointed 01.11.23
Trustee	Ms T.Smith	
Trustee	Ms N.Jones	
Trustee	Mr M.Cockburn	
Trustee	Mrs A Rees	
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 2023 (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 hosted our annual charity dinner in March 2023 with a change in theme.

A live band and disco entertained over 250 guests generating a little over £9,000

Our annual bike ride raised an additional £12,000, ensuring we were able to accommodate all services provided to families.

Financial Review

Our main source of funding was again from the events

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 £ 65,913.35

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.

UPS AND DOWNS
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2023 (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 are in the process of 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. This service may be temporarily suspended for a short while during this process. 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 and continue provision of subsidised swimming lessons. Our consultant marketing specialist has given the charity much clearer visibility in the local community and at the same time, strengthened communication with members. This will continue with a full review of all internal and external communications early in 2024. As we enter a new chapter for the charity, the trustees need to decide on an appropriate future strategy. An external consultant was appointed to advise on the suitability of employing paid staff. Fundraising and an extension of the existing and support services for members must be maintained, especially in light of the fact that a number of our members will begin to turn 18 in the coming year. A fresh look at income sources will be a high priority for the coming year as member numbers continue to grow. Trustees unanimously agreed therefore that without the intervention of a new strategy which included paid staff our ability to continue on the path we have for the past 15 years will soon be unsustainable. 2024 will therefore see the development of a new 3-year plan and recruitment of at least one paid member of staff, with plans underway to make an appointment early in the new year.

Signed on behalf of the Trustees:

SIGNED



Mrs K Sammon

Trustee

Date:

7th July 2024

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 2023.

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

07/07/2024

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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
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2023

	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts				
Donations	34,420	0	34,420	19,476
Grants	0	0	0	0
Events	4,232	0	4,232	18,994
Bank interest	0	0	0	0
Other	0	0	0	
Total	38,652	0	38,652	38,470
Payments (note 2)				
Raising funds	22,527	0	22,527	31,808
Charitable activities	41,954	0	41,954	23,850
Managing and administering the Charity	4,040	0	4,040	2,342
Other	50	0	50	499
Total	68,570	0	68,570	58,500
Net receipts	(29,918)	0	(29,918)	(20,030)
Transfers between funds	0	0	0	0
Cash funds last year end	96,010	0	96,010	116,040
Cash funds this year end	66,092	0	66,092	96,010

UPS AND DOWNS
STATEMENT OF ASSETS AND LIABILITIES
AS AT 30TH SEPTEMBER 2023

	2023	2022
	£	£
Cash funds		
Prepayments	0	0
Debtors	0	0
Bank	65,913	95,814
Paypal	0	15
Cash	179	179
Total	<u>66,092</u>	<u>96,008</u>
Represented by:		
Unrestricted funds	66,092	96,008
Restricted Funds	0	0
Total funds	<u>66,092</u>	<u>96,008</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	444
Loan	0	0
Other	0	0
Total	<u>444</u>	<u>444</u>



Signature

Christian Smith

07/07/2024

Name

Date of approval

Signed on behalf of all the trustees

UPS AND DOWNS
NOTES TO THE FINANCIAL STATEMENTS
REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30TH SEPTEMBER 2023

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

	2023	2023	2022
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	£
Raising funds			
Printing of brochure and fliers	186	0	1,264
Event Costs	18,107	0	26,893
Vegetable boxes	0	0	0
Advertising and Promotion	4,234	0	1,950
Refunds	0	0	1,701
Charges	0	0	0
	22,527	0	31,808
Charitable activities			
Venue Hire	113	0	1,133
Costs	41,144	0	20,598
Materials	0	0	509
Travel expenses	0	0	660
Training and Seminars	695	0	950
	41,952	0	23,850
Managing and administering the Charity			
Office Telephone, postage and stationery	1,976	0	940
Legal and Professional fees	500	0	0
Accountancy fees	444	0	444
Bank Charges	916	0	815
Subscriptions	204	0	144
	4,040	0	2,343
Other			
Equipment	0	0	499
Sundry expenses	50	0	0
	50	0	499
Total payments	68,568	0	58,500

3. Fixed assets

		Computer	Musical	Fixtures &	Total
		Equipment	Equipment	Fittings	Assets
Cost as at	01/10/22	0	0	800	800
Additions		0	0	0	0
Disposals		0	0	0	0
Cost as at	30/09/23	0	0	800	800
Current Value		0	0	0	0