

CHARITY REGISTERED NUMBER : 1123563

UPS AND DOWNS

ANNUAL REPORT AND

STATEMENT OF ACCOUNTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2024

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 C Smith	Appointed 01.11.23
Ms T.Smith	
Ms N.Jones	
Mr M.Cockburn	Resigned 30.09.23
Mrs A Rees	
Ms Lindsey Hipkiss	
Mrs M Stevens	Resigned 30.09.23
Mrs P Tate	
Annette Murkitt	Appointed 01.11.23
Alice Faye Hoefling	Appointed 01.11.23
Farah Cutter	Appointed 01.11.23
Diane Hoefling	Appointed 01.11.23
Lindsey Whitehead	Appointed 01.11.23
Lisa Jones	Appointed 01.11.23

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 2024

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		
Trustee and Treasurer	Mr C Smith	Appointed	01.11.23
Trustee	Ms T.Smith		
Trustee	Ms N.Jones		
Trustee	Mr M.Cockburn	Resigned	30.09.23
Trustee	Mrs A Rees		
Trustee (NPT)	Ms Lindsey Hipkiss		
Trustee (NPT)	Mrs M Stevens	Resigned	30.09.23
Trustee (NPT)	Mrs P Tate		
Trustee	Annette Murkitt	Appointed	01.11.23
Trustee	Alice Faye Hoefling	Appointed	01.11.23
Trustee	Farah Cutter	Appointed	01.11.23
Trustee	Diane Hoefling	Appointed	01.11.23
Trustee	Lindsey Whitehead	Appointed	01.11.23
Trustee	Lisa Jones	Appointed	01.11.23

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 2024 (continued)

We have provided:

- funded swimming lessons for our members;
- seasonal events for our members;
- offers of support to childrens teachers and assistance in the form of training seminars run by the Down Syndrome Association;
- funding for specified equipment necessary;
- support access to speech and language therapy

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.

During the year, we appointed our Charity Manager with our vision of this being a support to continue to grow the charity.

Achievements and Performance

We have worked with Powerful Voices and Talk Autism, a SALT specialist, who would offer support to the members of the charity.

Fundraising

In July 2024, we completed our 10th anniversary charity bike ride which saw a record breaking number of participants over the years complete either 100, 60 or 25 mile bike ride. This has taken the total raised from the bike ride since the inception in 2015, to in excess of £100,000. The funds raised are essential in providing the services to our members.

Trustee's Reimbursements

During the year, reimbursements of £1,063 (2023 nil) was paid to K Smith.

Transactions with Trustees

During the year the charity appointed Trustee C Smith as Charity Manager. A total of £16,144 was paid during the year to C Smith in respect of management services.

Financial Review

Our main source of funding was again from the fundraising. 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 £ 64,830.72. 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 2024 (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. During the financial year, we had to take a difficult decision to pause Speech and Language to assess the value for money that the services provide. A full review was undertaken with the specialists to ensure that the services provided were also fit for purpose for our members. We will continue to subsidise our members swimming lessons as this is a life skill learnt that provides exercise and enjoyment from our members. 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 beginning to turn 18.

Signed on behalf of the Trustees:

SIGNED



Mrs K Sammon

Trustee

Date:

12th May 2025

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 2024.

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

12/05/2025

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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 2024**

	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Receipts				
Donations	37,035	0	37,035	34,420
Grants	(3,000)	0	(3,000)	0
Events	4,938	0	4,938	4,232
Bank interest	0	0	0	0
Other	0	0	0	
Total	38,973	0	38,973	38,652
Payments (note 2)				
Raising funds	8,470	0	8,470	22,527
Charitable activities	12,885	0	12,885	41,953
Managing and administering the Charity	18,029	0	18,029	4,040
Other	671	0	671	50
Total	40,055	0	40,055	68,570
Net receipts	(1,083)	0	(1,083)	(29,918)
Transfers between funds	0	0	0	0
Cash funds last year end	66,092	0	66,092	96,010
Cash funds this year end	65,009	0	65,009	66,092

UPS AND DOWNS
STATEMENT OF ASSETS AND LIABILITIES
AS AT 30TH SEPTEMBER 2024

	2024	2023
	£	£
Cash funds		
Prepayments	0	0
Debtors	0	0
Bank	64,830	65,913
Paypal	0	0
Cash	179	179
Total	65,009	66,092
Represented by:		
Unrestricted funds	65,009	66,092
Restricted Funds	0	0
Total funds	65,009	66,092
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

Christian Smith

Christian Smith

12/05/2025

Signature

Name

Date of approval

Signed on behalf of all the trustees