

THE UPS OF DOWNS

England & Wales · Charity number 1141359

Details

Status Registered

Legal form Other

Registered 2011-04-13

Register [View on the Charity Commission register](#)

Contact

Address 73 Bury Road
Leamington Spa
Warwickshire
CV31 3JD

Phone 07976901797

Email nicola@upsoldowns.co.uk

Website www.upsoldowns.co.uk

Activities

Objects: 1. TO RELIEVE NEED AND ASSIST IN THE CARE OF CHILDREN WITH DOWN SYNDROME BY THE PROVISION OF SUPPORT, ADVICE AND TRAINING TO THOSE RESPONSIBLE FOR THEIR CARE, AND TO HEALTH AND EDUCATIONAL SPECIALISTS WITH THE OBJECT OF IMPROVE AND ADVANCING THE HEALTH AND EDUCATION OF CHILDREN WITH DOWN SYNDROME2. THE PROMOTION OF SOCIAL INCLUSION AMONG CHILDREN WITH DOWN SYNDROME AND THEIR PARENTS, WHO MAY BE EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, DUE TO THEIR DISABILITY, BY:A PROVIDING A PLAY SCHEME AND SUPPORT AND EDUCATION SERVICES TO ENABLE THE CHILDREN TO DEVELOP AND GAIN NEW SKILLS.B PROVIDING RECREATIONAL FACILITIES AND OPPORTUNITIES FOR THE CHILDREN AND PARENTSC RAISING PUBLIC AWARENESS OF THE ISSUES AFFECTING PARENTS OF CHILDREN WITH DOWN SYNDROME, THE CHILDREN AND THEIR SIBLINGS, BOTH GENERALLY AND IN RELATION TO THEIR SOCIAL EXCLUSION3. TO ADVANCE THE EDUCATION OF CHILDREN WITH DOWN SYNDROME AND THE PUBLIC IN THE SUBJECT OF DOWN SYNDROME4. TO PROVIDE EDUCATION, TRAINING, INFORMATION AND ADVICE TO PARENTS/CARERS WITH THEOBJECT OF EMPOWERING THEM TO ADVANCE THEIR CHILDREN IN LIFE AND ASSIST THEIR DEVELOPMENT

Activities: To provide regular sessions for children with Down syndrome and their families, to meet and provide support. To empower parents to give their child with DS every opportunity to develop, flourish and achieve, by providing each parent with the knowledge, confidence, ability and resources.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Warwickshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-08-31	£58,959	£33,769	-	-
2023-08-31	£27,194	£31,826	-	-
2022-08-31	£29,755	£42,979	-	-
2021-08-31	£18,849	£26,691	-	-
2020-08-31	£44,645	£57,424	-	-

Trustees

Name	Role	Appointed
Kelly Porcas		2019-02-06
Melanie Simkiss		2024-01-01
NICOLA ENOCH		2011-04-13
Scott Leonard		2024-08-01
Ursula Adams		2024-08-01

THE UPS OF DOWNS

England & Wales - Charity number 1141359

Accounts



Trustees' Annual Report for the period

From 1 September 2023 to 31 August 2024

Charity name: The Ups of Downs

Charity registration number: 1141359

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. To relieve need and assist in the care of children with Down syndrome by the provision of support, advice and training to those responsible for their care, and to health and educational specialists with the object of improve and advancing the health and education of children with Down syndrome.2. The promotion of social inclusion among children with Down Syndrome and their parents, who may be excluded from society, or parts of society, due to their disability, by:<ol style="list-style-type: none">A Providing a play scheme and support and education services to enable the children to develop and gain new skills.B providing recreational facilities and opportunities for the children and parentsC raising public awareness of the issues affecting parents of children with Down syndrome, the children and their siblings, both generally and in relation to their social exclusion;3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.4. To provide education, training, information and advice to parents/carers with the object of empowering them to advance their children in life and assist their development.
Summary of the main activities in relation to those	Para 1.17 and 1.19	Weekly sports/social clubs are held for school age children at which parents have the

<p>purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.</p>		<p>opportunity to socialise in an informal environment. The clubs for children include a range of sports, yoga, dance, drama and football.</p> <p>Monthly speech and language sessions are held by an independent therapist experienced in working with children and young people with Down syndrome.</p> <p>Our Youth Club for secondary age members, meets on a weekly basis during term time, and ad hoc social events for members are arranged during holiday periods.</p> <p>Social events were held throughout the year for parents to meet.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>The Trustees have had regard to the guidance issued by the Charity Commission on public benefit, reviewing our purpose and benefits to our members and the public, in order to further the charity's purpose for the public benefit.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
<p>Policy on grant making</p>	<p>Para 1.38</p>	
<p>Policy on social investment including program related investment</p>	<p>Para 1.38</p>	
<p>Contribution made by volunteers</p>	<p>Para 1.38</p>	
<p>Other</p>		

Achievements and Performance

	SORP reference	
<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>Our Saturday Clubs have continued to flourish. However, with a loss of provider the Youth Clubs have moved to an ad hoc frequency. Families organised a very successful short holiday for our teenage members, without parental attendance.</p> <p>We know that our Saturday clubs remain an important event in our members schedules as there are so few social opportunities for our children and young people.</p> <p>Parents too find the time invaluable to meet and catch up.</p> <p>We were delighted to introduce some holiday clubs during the school summer holidays, which families appreciated immensely, particularly for those parents who work.</p> <p>We have reintroduced our weekly Early Development Groups for children aged 2-4 years, and for younger members, Sing, Sign and Phonics.</p> <p>We were also very pleased to start back our weekly Maths Clubs for children of KS2+ age.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	<p>At the beginning of the financial year there was £36,075.65 in The Ups of Downs bank account, at the close of the year this had increased to £56,633.14 following some successful grant applications. We are grateful to The Hargreaves Foundation for their grant towards our Saturday sports clubs, and the National Grid's community fund to support our school age services.</p> <p>In the following year we are hoping to reinstate regular Youth Clubs, and to deliver training to local S&LT to improve local services, and have set aside restricted funds accordingly</p> <p>EDG £3,500 Holiday Clubs £3,500 Office costs £2,400 Maths Clubs £2,500 Youth Club Leaders £4,000 Speech and language therapy training £2,200 Total £18,100</p>
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our Reserves policy is 6 months of operating costs, £15,000-£18,000. As a small charity reliant on community fundraising and the support of our members, we do not want to expose ourselves to unnecessary risks.
Amount of reserves held	Para 1.22	£18,100 restricted £18,000 operating costs
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	<p>The charities principal sources of funding are donations from members and their families, from our charges towards the cost of activities and grant applications.</p> <p>Expenditure is mostly directly on the children and young people who access our services through the provision of clubs and speech and language therapy.</p>
Investment policy and objectives including any social investment policy adopted	Para 1.46	We have no investments.

A description of the principal risks facing the charity	Para 1.46	The principal risk to the charity would be a decline in income. However, we regularly review our financial status and only commission services if financially able.
Other		Warwickshire County Council provided funding to provide PA support for a designated member, a relative of a Trustee. All funds received were utilised exclusively for this specific purpose. A family member of a Trustee organised and arranged the holiday clubs.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Ups of Downs
Other name the charity uses	
Registered charity number	1141359
Charity's principal address	5 Hill Close Leamington Spa Warwickshire CV32 7RQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicola Enoch			
2	Kelly Porcas			
3	Melanie Simkiss		From 1 January 2024	
4	Ursula Adams		From 1 August 2024	
5	Scott Leonard		From 1 August 2024	
6	Natasha Bushell		To 1 January 2024	
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Kelly Porcas	
Position (eg Secretary, Chair, etc)	Trustee	

Date

27 June 2024

The Ups of Downs

Profit and Loss by Tag Group

September 2023 - August 2024

	TOTAL
Income	
Donations/Income	10,356.87
EDG	990.00
Grants and Trusts	29,750.00
Holiday Club income	2,085.00
Interest earned	85.38
Personal Assistant Support	600.00
Sales	734.00
Saturday Club	10,172.50
Speech and Language	2,795.00
Youth Club	1,390.00
Total Income	£58,958.75
Cost of Sales	
EDG Costs	3,015.00
Holiday Club Costs	3,248.03
Maths Club Expenses	1,412.97
SALT Costs	5,351.75
Saturday Club Costs	15,797.15
Youth Club Costs	2,394.14
Total Cost of Sales	£31,219.04
TOTAL	£27,739.71
Expenditures	
Bank charges	60.00
Computer Costs	103.50
Insurances	40.00
Office/General Administrative Expenses	668.31
Other Professional Services	220.00
PA Expense	1,200.00
Printing, Postage and Stationery	68.57
Raising funds	190.00
Total Expenditures	£2,550.38
NET OPERATING INCOME	£25,189.33
NET INCOME/(EXPENDITURE)	£25,189.33



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
THE UPS OF DOWNS

**On accounts for the year
ended**

31 AUGUST 2024

**Charity no
(if any)**

1141359

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 August 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 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed: 

Date: 22 June 25

Name: Michelle Buckley

**Relevant professional
qualification(s) or body
(if any):**

ACA, ICAEW

Address: 97 LILLINGTON ROAD

LEAMINGTON SPA

CV32 6LJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

THE UPS OF DOWNS

England & Wales - Charity number 1141359

Accounts



Trustees' Annual Report for the period

From 1 September 2022 to 31 August 2023

Charity name: The Ups of Downs

Charity registration number: 1141359

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. To relieve need and assist in the care of children with Down syndrome by the provision of support, advice and training to those responsible for their care, and to health and educational specialists with the object of improve and advancing the health and education of children with Down syndrome.2. The promotion of social inclusion among children with Down Syndrome and their parents, who may be excluded from society, or parts of society, due to their disability, by:<ol style="list-style-type: none">A Providing a play scheme and support and education services to enable the children to develop and gain new skills.B providing recreational facilities and opportunities for the children and parentsC raising public awareness of the issues affecting parents of children with Down syndrome, the children and their siblings, both generally and in relation to their social exclusion;3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.4. To provide education, training, information and advice to parents/carers with the object of empowering them to advance their children in life and assist their development.
Summary of the main activities in relation to those purposes for the public	Para 1.17 and 1.19	Weekly sports/social clubs are held for school age children at which parents have the

benefit, in particular, the activities, projects or services identified in the accounts.		<p>opportunity to socialise in an informal environment. The clubs for children include a range of sports, yoga, dance, drama and football.</p> <p>Monthly speech and language sessions are held by an independent therapist experienced in working with children and young people with Down syndrome.</p> <p>Our Youth Club for secondary age members, meets on a weekly basis during term time, and ad hoc social events for members are arranged during holiday periods.</p> <p>Social events were held throughout the year for parents to meet.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to the guidance issued by the Charity Commission on public benefit, reviewing our purpose and benefits to our members and the public, in order to further the charity's purpose for the public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
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<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>It has taken us time and effort to be able to revive our groups post lockdown, but we are delighted that our regular Saturday groups and Youth Clubs are back in full swing.</p> <p>We know that these remain an important event in our members schedules as we know there are so few social opportunities for our children and young people.</p> <p>Parents too find the time to meet and catch up invaluable.</p> <p>We continue to prioritise funds to provide specialist speech and language therapy sessions to our members continues to ensure our children and young people receive the specialist input they otherwise cannot access to improve their ability to communicate.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the beginning of the financial year there was £35,001 in The Ups of Downs bank account, at the close of the year this had increased slightly to £36,075.65. In the following year we are looking to reintroduce our Early Development Groups and have set aside restricted funds accordingly EDG £3,500 Holiday Clubs £3,500 Office costs £2,400 Maths Clubs £2,500 Employment coaches £2,000 Total £13,900
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	Our Reserves policy is 6 months of operating costs, £15,000-£18,000. As a small charity reliant on community fundraising and the support of our members, we do not want to expose ourselves to unnecessary risks.
Amount of reserves held	Para 1.22	£13,900 restricted £18,000 operating costs
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charities two principal sources of funding are donations from members and their families and from our charges for activities. Expenditure is mostly directly on the children and young people who access our services through the provision of clubs and speech and language therapy.
Investment policy and objectives including any social investment policy adopted	Para 1.46	We have no investments.
A description of the principal risks facing the charity	Para 1.46	The principal risk to the charity would be a decline in income. However, we regularly review our financial status and only commission services if financially able.
Other		Warwickshire County Council provided funding to provide PA support for a designated member, a relative of a Trustee. All funds received were utilised exclusively for this specific purpose.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Ups of Downs
Other name the charity uses	
Registered charity number	1141359
Charity's principal address	5 Hill Close Leamington Spa Warwickshire CV32 7RQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicola Enoch			
2	Kelly Porcas			
3	Natasha Bushell			
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

--


Other optional information

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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	Kelly Porcas	
Full name(s)	Kelly Porcas	
Position (eg Secretary, Chair, etc)	Trustee	
Date	21 June 2024	

Management Report

The Ups of Downs

For the period ended 31 August 2023

Prepared on

28 June 2024

Table of Contents

Profit and Loss	3
Balance Sheet	4

Profit and Loss

September 2022 - August 2023

	Total
INCOME	
Donations and legacies	3,846.36
Interest earned	62.21
Non-Profit Income	5,400.00
Personal Assistant Support	600.00
Saturday Club	7,250.00
Speech and Language	3,570.00
Youth Club	6,465.35
Total Income	27,193.92
COST OF SALES	
SALT Costs	5,248.50
Saturday Club Costs	12,902.24
Youth Club Costs	7,816.40
Total Cost of Sales	25,967.14
TOTAL	1,226.78
EXPENDITURES	
Advertising/Promotional	156.62
Bank charges	60.00
Computer Costs	119.00
Insurances	30.00
Office/General Administrative Expenses	627.00
PA Expense	4,800.00
Printing, Postage and Stationery	66.00
Total Expenditures	5,858.62
NET OPERATING INCOME	-4,631.84
NET INCOME/(EXPENDITURE)	£ -4,631.84

Balance Sheet

As of August 31, 2023

	Total
FIXED ASSET	
Total Fixed Asset	
CASH AT BANK AND IN HAND	
Checking (2186)	31,443.81
Total Cash at bank and in hand	31,443.81
NET CURRENT ASSETS	31,443.81
NET CURRENT ASSETS (LIABILITIES)	31,443.81
TOTAL ASSETS LESS CURRENT LIABILITIES	31,443.81
TOTAL NET ASSETS (LIABILITIES)	£31,443.81
CHARITY FUNDS	
Opening Balance Equity	49,299.81
Retained Earnings	-13,224.16
Surplus/(Deficit)	-4,631.84
Total Charity funds	£31,443.81



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
THE UPS OF DOWNS

**On accounts for the year
ended**

31 AUGUST 2023

**Charity no
(if any)**

1141359

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 August 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 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed: 

Date: 26 Jun. 24

Name: Michelle Buckley

**Relevant professional
qualification(s) or body
(if any):**

ACA, ICAEW

Address:

97 LILLINGTON ROAD
LEAMINGTON SPA
CV32 6LJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the majority of the page's width and height. It is intended for the user to provide details as requested in the text to the left.

THE UPS OF DOWNS

England & Wales - Charity number 1141359

Accounts



Trustees' Annual Report for the period

From 1 September 2021 To 31 August 2022

Charity name: The Ups of Downs

Charity registration number: 1141359

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. To relieve need and assist in the care of children with Down syndrome by the provision of support, advice and training to those responsible for their care, and to health and educational specialists with the object of improve and advancing the health and education of children with Down syndrome.2. The promotion of social inclusion among children with Down Syndrome and their parents, who may be excluded from society, or parts of society, due to their disability, by:<ol style="list-style-type: none">A Providing a play scheme and support and education services to enable the children to develop and gain new skills.B providing recreational facilities and opportunities for the children and parentsC raising public awareness of the issues affecting parents of children with Down syndrome, the children and their siblings, both generally and in relation to their social exclusion;3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.4. To provide education, training, information and advice to parents/carers with the object of empowering them to advance their children in life and assist their development".
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services	Para 1.17 and 1.19	Weekly sports/social clubs are held for school age children at which parents also have the opportunity to socialise in an informal environment. The clubs for children include a range of sports, yoga, dance, drama and football. Monthly speech and language sessions are held by an

identified in the accounts.		independent therapist experienced in working with children and young people with Down syndrome. Our Youth Club for secondary age members, now meets on a weekly basis during term time, and ad hoc social events for members are arranged during holiday periods. Social events were held throughout the year for parents to meet.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees have had regard to the guidance issued by the Charity Commission on public benefit, reviewing our purpose and benefits to our members and the public, in order to further the charity's purpose for the public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	

<p>Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.</p>	<p>Para 1.20</p>	<p>After a difficult time during lockdown, members appreciated the return of regular opportunities to meet.</p> <p>Our weekly Saturday clubs continue to grow as has our Youth Club which now runs weekly and is very well attended.</p> <p>Families advise there are no other opportunities for their children and young people to access leisure and social opportunities.</p> <p>The provision of specialist speech and language therapy sessions to our members continues to ensure our children and young people receive the specialist input they otherwise cannot access to improve their ability to communicate.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

<p>Achievements against objectives set</p>	<p>Para 1.41</p>	
<p>Performance of fundraising activities against objectives set</p>	<p>Para 1.41</p>	
<p>Investment performance against objectives</p>	<p>Para 1.41</p>	
<p>Other</p>		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the beginning of the financial year there was £49,299 in The Ups of Downs bank account, at the close of year this had reduced to £35,001. We have reviewed our reserves policy and continue to adopt a reserves policy of 6 months of operating costs, £15,000-£18,000. After a difficult period of very limited income during Covid 19, we have reviewed and revised our restricted funds to the following: Evie Porter memorial £1,500 Office costs £4,500 Employment coaches £4,000 Holiday clubs £3,000 Total £13,000
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	After a dramatic decreased in income during the Covid 19 pandemic, and as a small charity, we do not want to expose ourselves to unnecessary risks and so maintain a minimum of 6 months operating costs.
Amount of reserves held	Para 1.22	£13,000 restricted £18,000 operating costs
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charities two principal sources of funding are donations from members and their families and from our charges for activities. Expenditure is mostly directly on the children and young people who access our services through the provision of clubs and speech and language therapy.
Investment policy and objectives including any social investment policy adopted	Para 1.46	We have no investments.

A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Ups of Downs
Other name the charity uses	
Registered charity number	1141359

Charity's principal address	5 Hill Close Leamington Spa Warwickshire CV32 7RQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicola Enoch	Chair		
2	Kelly Porcas			
3	Caroline Warren		Resigned 1 June 2022	
4	Natasha Bushell		Since 1 June 2022	
5				
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20				

Corporate trustees - names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Nicola Enoch

Full name(s)

Nicola Susan Jane Enoch

**Position (eg
Secretary, Chair, etc)**

Chair

Date

29 June 2023

Management Report

The Ups of Downs

For the period ended August 31, 2022



THE UPS OF DOWNS
Celebrating Down syndrome

Prepared on

June 29, 2023

Table of Contents

Financial Activities3

Balance Sheet.....4

Financial Activities

September 2021 - August 2022

	Total
INCOME	
Charitable activities	1,450.00
Donations and legacies	9,173.01
EDG	634.00
Saturday Club	9,497.90
Speech and Language	4,020.00
Youth Club	4,979.80
Total Income	29,754.71
COST OF SALES	
EDG Costs	2,292.10
SALT Costs	8,400.00
Saturday Club Costs	18,475.00
Youth Club Costs	8,911.05
Total Cost of Sales	38,078.15
TOTAL	-8,323.44
EXPENDITURES	
Advertising/Promotional	200.85
Bank charges	93.00
Computer Costs	50.00
Insurances	65.00
Office/General Administrative Expenses	945.67
Other Professional Services	1,722.91
Raising funds	1,755.00
Travel and Accommodation	68.29
Total Expenditures	4,900.72
NET OPERATING INCOME	-13,224.16
NET INCOME/(EXPENDITURE)	£ -13,224.16

Balance Sheet

As of August 31, 2022

	Total
FIXED ASSET	
Total Fixed Asset	
CASH AT BANK AND IN HAND	
Checking (2186)	36,075.65
Total Cash at bank and in hand	36,075.65
NET CURRENT ASSETS	36,075.65
NET CURRENT ASSETS (LIABILITIES)	36,075.65
TOTAL ASSETS LESS CURRENT LIABILITIES	36,075.65
TOTAL NET ASSETS (LIABILITIES)	£36,075.65
CHARITY FUNDS	
Opening Balance Equity	49,299.81
Retained Earnings	0.00
Surplus/(Deficit)	-13,224.16
Total Charity funds	£36,075.65



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
THE UPS OF DOWNS

**On accounts for the year
ended**

31 AUGUST 2022

**Charity no
(if any)**

1141359

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 August 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 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

21 Jun. 23

Name:

Michelle Buckley

**Relevant professional
qualification(s) or body
(if any):**

ACA, ICAEW

Address:

97 LILLINGTON ROAD

LEAMINGTON SPA

CV32 6LJ

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

THE UPS OF DOWNS

England & Wales - Charity number 1141359

Accounts



Trustees' Annual Report for the period

From 01.09.19 (Period start date) To 31.08.20 (Period end date)

Charity name: The Ups of Downs

Charity registration number: 1141359

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none">1. To relieve need and assist in the care of children with Down syndrome by the provision of support, advice and training to those responsible for their care, and to health and educational specialists with the object of improve and advancing the health and education of children with Down syndrome.2. The promotion of social inclusion among children with Down Syndrome and their parents, who may be excluded from society, or parts of society, due to their disability, by:<ol style="list-style-type: none">A Providing a play scheme and support and education services to enable the children to develop and gain new skills.B providing recreational facilities and opportunities for the children and parentsC raising public awareness of the issues affecting parents of children with Down syndrome, the children and their siblings, both generally and in relation to their social exclusion;3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.4. To provide education, training, information and advice to parents/carers with the object of empowering them to advance their children in life and assist their development".
Summary of the main activities in relation to those purposes for the public benefit, in particular, the	Para 1.17 and 1.19	The group runs regular pre school early intervention sessions at which activities are demonstrated to parents to enable the children to develop and gain new skills.

<p>activities, projects or services identified in the accounts.</p>		<p>Weekly sports/social clubs are held for school age children at which parents also have the opportunity to socialise in an informal environment. The clubs for children include a range of sports, yoga, dance, drama and football.</p> <p>Clubs were also arranged during school holidays. Monthly speech and language sessions are held by an independent therapist experienced in working with children and young people with Down syndrome.</p> <p>Training days on Literacy and Behaviour were both well attended and well received by participants. The Early Development Groups for pre-school children are proving very successful and are full. We have started Sing and Sign groups for the youngest children.</p> <p>Social events were held throughout the year for parents to meet including a well attended AGM.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>The charity carries out a wide range of activities in pursuit of its charitable aims. The trustees consider that these activities, summarised below, provide benefit both to those within the Down syndrome community in South Warwickshire and surrounding areas:</p> <p>Sing and Sign groups for the families of our youngest members.</p> <p>Early Development Groups for children aged 2-5 years.</p> <p>Speech and Language sessions for those aged 3 – 16 years.</p> <p>Saturday activity groups for primary school aged children with drama, sport, dance, yoga etc.</p> <p>Youth Club for our secondary school aged children incorporating SmiLe Therapy sessions.</p> <p>Social Inclusion Champions initiative for the older teenagers.</p> <p>Together with peer support and training for parents, family and professionals involved with children with Down syndrome.</p> <p>The year since Christmas 2019 has been particularly challenging with Covid19 related lock downs and social isolation. We have met this challenge by moving on-line and offering most of our groups in an on-line format together with many more offers so that most of our children were able to access between 3 and 6 sessions a week.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

	<p>SORP reference</p>	
	<p>Para 1.38</p>	<p>No grants are made</p>

Policy on grant making		
Policy on social investment including program related investment	Para 1.38	No investments are made
Contribution made by volunteers	Para 1.38	The work of our volunteers is crucial in delivering our range of services, from the Trustees who all give their time freely to parents arranging providers timetables and relatives fund raising. Volunteers who work directly with the children are DBS checked.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our main achievement this year has been to move our services on-line and continue to engage with the children we support ensuring they have some structure to their week and contact with other people and their peers outside of their family. This has been crucial in maintaining good mental health for the children and their parents.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Because of the pandemic much of our spending shifted to on-line resources rather than traditional providers. The pandemic has also meant that we have been unable to progress some of the projects that we have reserved funds for.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only one of our projects that has a reserved fund that we have managed to action this year is the Social Inclusion Champions which have been very positively received. Other monies reserved are all for identified needs.
Amount of reserves held	Para 1.22	The amount of reserves held equates to a one year budget to action the initiative they are held against.
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The vast majority of our income comes from the fundraising initiatives of our members and their families. We generate a small amount by charging for some of the services we offer.
Investment policy and objectives including any social investment policy adopted	Para 1.46	We have no investments, all our money is held as cash in a current account.
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selected by the members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Ups of Downs
Other name the charity uses	None
Registered charity number	1141359
Charity's principal address	5 Hill Close Leamington Spa Warwickshire CV32 7RQ

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--


Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CAROLINE WARREN	
Position (eg Secretary, Chair, etc)		
Date	23 rd June 2021	



Trustees' Annual Report for the period

From 01.09.19 (Period start date) To 31.08.20 (Period end date)

Charity name: The Ups of Downs

Charity registration number: 1141359

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	SORP reference	
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Summary of the main activities in relation to those purposes for the public benefit, in particular, the	Para 1.17 and 1.19	The group runs regular pre school early intervention sessions at which activities are demonstrated to parents to enable the children to develop and gain new skills.

<p>activities, projects or services identified in the accounts.</p>		<p>Weekly sports/social clubs are held for school age children at which parents also have the opportunity to socialise in an informal environment. The clubs for children include a range of sports, yoga, dance, drama and football.</p> <p>Clubs were also arranged during school holidays. Monthly speech and language sessions are held by an independent therapist experienced in working with children and young people with Down syndrome.</p> <p>Training days on Literacy and Behaviour were both well attended and well received by participants. The Early Development Groups for pre-school children are proving very successful and are full. We have started Sing and Sign groups for the youngest children.</p> <p>Social events were held throughout the year for parents to meet including a well attended AGM.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>The charity carries out a wide range of activities in pursuit of its charitable aims. The trustees consider that these activities, summarised below, provide benefit both to those within the Down syndrome community in South Warwickshire and surrounding areas:</p> <p>Sing and Sign groups for the families of our youngest members.</p> <p>Early Development Groups for children aged 2-5 years.</p> <p>Speech and Language sessions for those aged 3 – 16 years.</p> <p>Saturday activity groups for primary school aged children with drama, sport, dance, yoga etc.</p> <p>Youth Club for our secondary school aged children incorporating SmiLe Therapy sessions.</p> <p>Social Inclusion Champions initiative for the older teenagers.</p> <p>Together with peer support and training for parents, family and professionals involved with children with Down syndrome.</p> <p>The year since Christmas 2019 has been particularly challenging with Covid19 related lock downs and social isolation. We have met this challenge by moving on-line and offering most of our groups in an on-line format together with many more offers so that most of our children were able to access between 3 and 6 sessions a week.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

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	<p>Para 1.38</p>	<p>No grants are made</p>

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Investment performance against objectives	Para 1.41	
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Reasons for holding zero reserves	Para 1.22	n/a
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A description of the principal risks facing the charity	Para 1.46	n/a
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Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
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Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selected by the members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	The Ups of Downs
Other name the charity uses	None
Registered charity number	1141359
Charity's principal address	5 Hill Close Leamington Spa Warwickshire CV32 7RQ

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Nicola Enoch	Chair		
2	Caroline Warren			
3	Kelly Porcas			
4				
5				
6				
7				
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Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
-----------------	------	---------

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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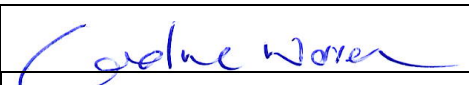
Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	CAROLINE WARREN	
Position (eg Secretary, Chair, etc)		
Date	23 rd June 2021	



Section A Independent Examiner's Report

Report to the trustees/ members of

THE UPS OF DOWNS

On accounts for the year ended

31 AUGUST 2020

Charity no (if any)

1141359

Set out on pages

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

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").

Independent examiner's statement

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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

* Please delete the words in the brackets if they do not apply.

Signed:

HP

Date:

30/05/2021

Name:

HASMITA PALA

Relevant professional qualification(s) or body (if any):

MEMBER OF ICAEW
MEMBERSHIP NUMBER - 9143130

Address:

29 MOREALL MEADOWS
COVENTRY
CV4 7HL