



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## **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"><li>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.</li><li>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"><li>A Providing a play scheme and support and education services to enable the children to develop and gain new skills.</li><li>B providing recreational facilities and opportunities for the children and parents</li><li>C 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;</li></ol></li><li>3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.</li><li>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".</li></ol>
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	
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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	<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:

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	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	
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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)

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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)**

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



Prepared on

June 29, 2023

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# Financial Activities

September 2021 - August 2022

	Total
<b>INCOME</b>	
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
<b>Total Income</b>	<b>29,754.71</b>
<b>COST OF SALES</b>	
EDG Costs	2,292.10
SALT Costs	8,400.00
Saturday Club Costs	18,475.00
Youth Club Costs	8,911.05
<b>Total Cost of Sales</b>	<b>38,078.15</b>
<b>TOTAL</b>	<b>-8,323.44</b>
<b>EXPENDITURES</b>	
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
<b>Total Expenditures</b>	<b>4,900.72</b>
<b>NET OPERATING INCOME</b>	<b>-13,224.16</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>£ -13,224.16</b>

# 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.**