



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	
--	----------------	--

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>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>
---	-----------	--

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 £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			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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)	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 Loss3

Balance Sheet4

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.