



## **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"><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	Para 1.17 and 1.19	Weekly sports/social clubs are held for school age children at which parents have the

purposes for the public 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	<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	
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>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		



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## 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&amp;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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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)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

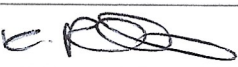
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## Declarations

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
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# 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
<b>Total Income</b>	<b>£58,958.75</b>
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
<b>Total Cost of Sales</b>	<b>£31,219.04</b>
<b>TOTAL</b>	<b>£27,739.71</b>
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
<b>Total Expenditures</b>	<b>£2,550.38</b>
<b>NET OPERATING INCOME</b>	<b>£25,189.33</b>
<b>NET INCOME/(EXPENDITURE)</b>	<b>£25,189.33</b>



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.**