

UPWARDS WITH DOWNS

England & Wales · Charity number 1158649

Details

Status Registered

Legal form CIO

Registered 2014-09-23

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

Contact

Address 47 Lodge Hall
Harlow
CM18 7SX

Phone 07733392064

Email upwardswithdowns@hotmail.com

Website www.upwardswithdowns.co.uk

Activities

Objects: 1. TO RELIEVE THE NEEDS OF PERSONS AFFECTED BY DOWNS SYNDROME AND THEIR FAMILIES AND CARERS BY THE PROVISION OF RESOURCES AND SERVICES.2. THE ADVANCEMENT OF THE EDUCATION OF THE MEDICAL PROFESSION AND THE GENERAL PUBLIC INTO DOWNS SYNDROME AND OTHER ADDITIONAL NEEDS AND ITS IMPLICATIONS FOR THE FAMILY.

Activities: Our Charity activities include providing various activities to promote development for our members such as specialised speech & language therapy, drama, music & signing sessions. We also have regular social events to help promote self esteem & social inclusion. We support families & aim to provide information to both parents/carers & professionals.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Essex
- Hertfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£25,311	£34,666	-	-
2023-10-31	£31,945	£39,154	-	-
2022-10-31	£36,496	£24,881	-	-
2021-10-31	£20,050	£15,008	-	-
2020-10-31	£12,080	£17,875	-	-

Trustees

Name	Role	Appointed
Michaela Baker	Chair	2018-08-18
CRISTINA GRIFFITHS		2014-09-23
DAWN OAKES		2022-01-30
Peggy Slade		2016-03-01

UPWARDS WITH DOWNS

England & Wales - Charity number 1158649

Accounts



Supporting people with Down Syndrome and their families

Registered Charity No. 1158649



2024

TRUSTEE ANNUAL REPORT AND ACCOUNTS

YEAR ENDING 31 OCTOBER
2024

www.upwardswithdowns.co.uk



Our mission is to ensure that all people with Down Syndrome, whether they are children or adults, are well supported in order for them to reach their full potential in life. We aim to do this by providing therapy programmes, social events, play opportunities, and support for parents and carers. We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.



Introduction

We are a small local charity that offers support and guidance to people with Down Syndrome and their families. We are based in Harlow, Essex and cover Essex, East Hertfordshire and North East London.

How our activities deliver public benefit

All of our charitable activities focus on enabling children / adults with Down Syndrome to live full and rewarding lives within our community and are undertaken for the public benefit.

All Trustees have received a copy of the Charity's constitution and guidance on Public Benefit from the Charity Commission.

Risk Management

Main risk identified is a loss of funding. In order to mitigate against this risk, the charity looks at applying for grants and to continue with our regular fundraising events.

A risk assessment is undertaken by Cristina and/ or Peggy for the UWD discos and the summer fun day. Any activity where our members will take part with a different provider, a discloser form is completed, but a risk assessment by UWD is not needed.

Charity Reserves

Outside of the restricted funds specifically used from any grants received, we do not have any allocated reserves. We ensure that we keep fundraising so that we can continue with activities we organise for our members.

Volunteer Contribution

Members and their family/ friends contribute to the charity by undertaking fundraising activities and assisting at specific events. We have been able to involve community volunteers such as a student working towards a social care qualification. Where volunteers may not necessarily be members, DBS checks are carried out.



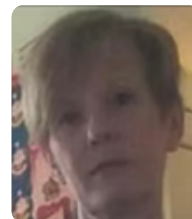
The Team



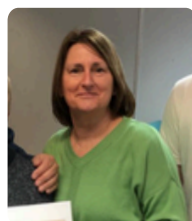
Cristina Griffiths
Chair/
Trustee



Lorraine Wilson
Vice Chair



Peggy Slade
Secretary/
Trustee



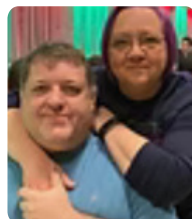
Dawn Oakes
Committee
Member/
Trustee



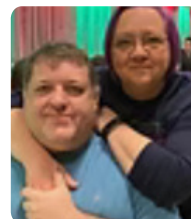
Michaela Baker
Editor/
Trustee



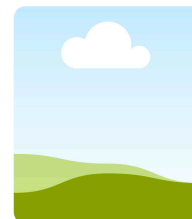
Danielle Nolan
Treasurer/
Trustee



Lisa Wealthall
Committee
Member



Jason Wealthall
Committee
Member



Cheryl Bidmead
Committee
Member

**Note. Cristina made the decision to step down as chair in July 2024 due to personal reasons.
Lorraine was voted in as chair at the September AGM.**

Summary of income

Summer Funday

In July 2024 we held our annual summer funday at the Link in Harlow. This raised £3,369.30 (Amount from 'Fun Day Takings' and 'Fun Day Fees'), with a matched funding of £500 from Halifax.

This year the fun day included a dog show, trampolines and bouncy castles, face painting and unicorn horse riding. Aswell as gift stalls and delicious food vendors.

We are extremely grateful to SP Locations Rental for the generous use of their marquees which help us hold our event. Thank you to the many companies who have given donations and to everyone who made this event happen.



80's Disco

June 2024, Lorraine arranged an 80's night at the Link in Harlow, to raise money for UWD. This evening was a success.

Donations

We are very grateful for the many donations, large and small, from various sources totalling £5,365.35.

Notable donations include:

- Morplan Ltd
- WSD Walk - Sycamore House Day Nursery
- The Grand Charity - Masonic Charitable Foundation
- Tesco Groundwork UK
- Donations in memory of Jean Wilson
- Atilla Temizsoy & Family
- Andrew Asante



Grants

The Charity does not have a grants programme and aims to provide most of its services free of charge to members. Where contributions from families are sought towards a specific service ie. Speech and Language therapy, the Trustees can decide whether to assist a family in difficulty by reducing or waiving these temporarily.

We have been fortunate to receive a grant of £5,000. This grant was awarded in September 2023 from the Harlow Recreation Trust (£3,642) and the Maypole House Charitable Fund (£1,358), which are administered by ECF. This grant was to provide members and their families with a short activity break to Magdalen Farm in Dorset.

Merchandise Sales

Through the skill and hard work of some of our members we have made takings of £458.09 for products which are hand-made. This is less than the previous year as they are made by parent volunteers. The expenditure figure on merchandise is £165.13; however this includes decorative items made to raise money at fundraising events, discos and gifts for our supporters.

Community Support

We are very grateful to the Great Parndon Community Association whose venue, The Link, is used for discos. Their staff are extremely helpful and without them we wouldn't be able to carry out our large fundraising and social activities.

We are grateful for the continuing support of McDonald's in Harlow which supplies catering equipment and some food for our events. to local companies which support us through matched funding, sponsorship and donations of items for raffles and prizes, particularly Halifax (Lloyds).

We are also very grateful to the Treehouse Children's Centre in Harlow which accommodates the preschool children's group, the speech therapy sessions, and various sundry meetings, for no extra cost; and its staff for their invaluable support and advice, and the training opportunities they give to our volunteers.

Main Activities and Expenditure

Speech and Language Programme

Our main expenditure in the last financial year has been the provision of our Speech and Language programme for fifteen of our preschool/ school-age members. Each member receives up to an hour of speech therapy each week during term time, delivered by trained assistants who are supervised by a qualified Speech and Language therapist from The Owl Centre.

The outlay in training and fees was £9,746.45, and we have charged a small fee for each child per session. The grant received in 2023 from the Essex Community Foundation has helped tremendously towards this cost.



Specialist Teacher

Our Specialist Teacher provides the following service:

- Visit schools to advise staff about teaching children with Trisomy 21 (Down Syndrome), looking at the learning profile of our children, effective approaches/ teaching methods/ resources available.
- Assists parents/carers with EHCP reports and meetings.
- Attend/ support meetings in schools with parents/ carers.
- Carry out one-to-one sessions with children in their homes or online.
- Group advice sessions.
- Training for LSAs/ 1-2-1s.
- Can be a link between home and school.

The expenditure for the year was £4,894.40. Parents/carers pay a small fee towards the service and schools have paid an agreed fee, both of which come to £1,650.00.

The service from the specialist teacher is filling a gap where there is currently limited to no service. The specialist teacher works in collaboration with Speech therapists from both Provide and our own therapists to ensure the children are working on the same focus/aspects of their development. Supporting parents/carers with the strategies that are being used at school to ensure continuity across home and school.

Private Physiotherapists / Speech & Language Therapists

At the end of 2022, we invited Physio Goals 4 Kids (A highly recommended company providing private physiotherapy) to come along to our Preschool Group at the Treehouse centre in Harlow, to chat to members and assess the children. The parents that attended that day were very impressed with their services.

Physio Goals 4 Kids assess children for any physio needs and complete a report which can be used to help with EHCP or DLA applications. They can also attend schools to carry out their service.

They also offer private speech and language for the younger children at their centre in Dunmow.

The fee for both Physio and Speech and language appointments directly with Physio Goals is £77.00 however, the charity decided to fund 50% of this charge if any members had taken up this service outside of Upwards With Downs, for the first session only.

It has been agreed that once a month, a member of staff from Physio Goals will visit the preschool group at the Treehouse Centre. Physio one month and SALT the month after.

This year 2 members had made use of the 50% first session with Physio Goals.

Experienced Advisor - Louise Chaffe

In February 2023 the committee decided to bring experienced adviser Louise Chaffe into the charity. Louise can offer assistance with completing benefit forms, blue badge applications/renewals and she can take the pressure off of the application process and gives peace of mind that any available benefit will be looked into. This can be completed in the comfort of our members homes or Louise attends the TreeHouse Centre on selected Thursdays. Louise invoices members directly for any assistance with forms/ renewals.

Louise organised the charities summer funday and also regularly updates the UWD website. The cost this year for this service was £720.00. (Costs under 'Cost of Funday' & 'Website Costs'.



Magdalen Farm

The Essex Community Foundation provided a grant which enabled UWD to offer a highly subsidised trip to our members and their families. This year the committee agreed that the member with Down Syndrome would go free. Adults and children over 2 will be £125 per person. Families would be able to pay in 2 parts or in instalments. This cost included 3 nights accommodation, food, soft drinks and activities. There were 7 families who attended this event and thoroughly enjoyed their time at the farm.

Magdalen is an 132 acre organic working farm on the banks of the River Axe where Dorset, Somerset and Devon meet. The activities the members and their families were able to enjoy :-

- Team Building Games
- Camp Fires toasting marshmallows
- Farm Jobs - Chickens & Animal Care
- Orienteering and Low Ropes Challenge
- 'Surprise your senses' activity
- Woodland Adventure & Miniature Raft Building
- Investigating Rivers & Ponds
- Nature's Art
- Eco Cooking a Pizza

Canal Boat Trips

We were able to provide 10 canal boat trips with Canalability in specially adapted boats to members and their families. These trips are always very popular. This cost £1,818.00.

Swimming

Members who have been able to access swimming lessons have continued to be subsidised for a total cost of £2,319.81. This year 9 members made use of this subsidy.

‘Swimming can benefit children with Down Syndrome in many ways, including physical health, cognitive development and social skills. It can also help with self-perception and positive behaviour changes’.

‘The aquatic environment can be less stressful on joints because of reduced gravity’.

Horse Riding

The Charity organised a horse riding taster session with Barnsfield Riding School for the group in 2022. After this event, the committee decided to offer a subsidised discount if members joined a horse riding school. 4 children have made use of this subsidy this year totalling £309.00.

‘Because the horse riding gently and rhythmically moves the rider’s body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscle strength’.

Preschool Group

Lorraine runs the preschool group which meet once a fortnight during term time at the Treehouse Children’s Centre. Most weeks entertainment has been organised for the children to enjoy, such as The Little Alice Company, Sound Right Phonics, or a visiting professional (a speech and language therapist, occupational therapist, physiotherapist), who is available to work with the children and advise the parents / carers.

This group is a very valuable resource for new parents (and sometimes prenatal parents) as they are able to support each other and exchange information and tips. The parents also continue to support each other through a Whatsapp Group.

The expenditure for the preschool group was £814.00.

Disco

This is a regular event sometimes themed, enjoyed by all our members to which they bring their families and friends. It is a great social and family event for all ages and all abilities.

The disco expenditure was £3,271.52 which includes the cost of hiring the halls. This year we received takings of £2,124.23. The primary purpose of the discos is to provide an opportunity for a social event for all our members.

Contact Us

Registered Office : 47 Lodge Hall, Harlow, CM18 7SX

Country of Registration: United Kingdom

Charity Number: 1158649

Cristina 07733392064

Lorraine 07305517459

Peggy 07834320222

Website : www.upwardswithdowns.co.uk

Email Address : upwardswithdowns@hotmail.com

Feedback from Parents

Being able to meet up at the park was a highlight for me, even though Issy didn't stay for long. She can't tolerate formal groups or noisy settings (yet) so something loose and fluid was lovely. We don't go to anything, so this made me happy. Also just this space that puts us all together is a huge emotional crutch!

I would like to mention that the charity helped me to love Oliver. Honestly, it was hard for me to bond with him. I found it useful to get information about medical professionals, how to contact them and to find out who can make particular referrals. We also love the events. Especially discos and 360 soft play.

On behalf of me and my family, I want to say thank you so much for everything you do for all our families. I am a little further along in the journey than some. But I couldn't have done it without you lovely people. What you offer and what you've achieved is amazing. To all the wonderful mums who help a lot, thank you. Special thanks to Cristina, Georgina, Peggy, Lorraine and Dawn.

The farm trip has been a revelation to our family. When we usually go away as a family we have to worry about whether things will be in place to enable our daughter with Down Syndrome to enjoy herself. None of these worries existed here, where both the staff and fellow families understood what had to be in place. Very rarely are holidays the relaxing experience for our families but this one it most certainly is.

As opposed to foster carer, I work with a number of children with complex needs. I've also had the privilege of supporting a child with Down Syndrome. This charity has been a lifeline for support and understanding. Not only have we been able to access loads of professionals that we wouldn't normally have access to in the under 5 preschool group. The charity works with a wide range of children and needs helps to support them in everyday life through holidays, day trips out and personal and physical care. I also have a child with Down Syndrome and she has been able to form lovely friendships with children and access hobbies and fun discos. I don't know where I would be without this charity supporting both my child and our foster child. It's an absolute pro to be a part of a wonderful family environment supporting children with disabilities.

UWD has been a great presence & support for us in many ways: socially, intellectually, emotionally, financially. There's many ways the charity helps us, all of them invaluable. For now I'll focus on a couple of actual experiences. The financial support they give to swimming lessons is significant for our family. Research recently published shows the immense value of swimming training for folks with DS in terms of health & of course there's the social & safety benefits too. It is hard to find a disability swimming provider & 1:1 lessons can be costly. UWD knows this & is helping to make these lessons possible for my son. Through UWD we are able to access an Education Consultant. It is easy to access the Ed Consultant, this access is so helpful. She has joined some meetings at our request, I know my son's school is deeply grateful for her input. I don't know of any other DS charity that provides this kind of direct, personal, personable & empowering support around what can feel a difficult & overwhelming part of being a parent-carer for any child with a disability.

Thank you for creating such a relaxed safe space for all. (Feedback from the Valentines Disco.)

Even though Jack is now at school I've appreciated popping in to the preschool group on occasions for a cuppa and a chat with Mumma's who 'get it'.

The farm trip has been an automatic diary entry for us since our first trip. It's just an easy and active few days for the whole family, amongst people who intrinsically get it, and is why all holidays are not as easy. It's an easy time to catch up with friends and make new friends.

Independent examiner's report to the trustees of Upwards with Downs charity (the "Trust")

I report to the trustees on my examination of the accounts of the Trust for the year ended 31 October 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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

Signed: 

Name: Christopher Walls

Relevant professional qualification or membership of professional bodies (if any): ICAEW

Address: 4 Western Avenue, Gidea Park, RM2 6EH

Date: 27 August 2025

Upwards with Downs (the "Charity") summary financials – charity number 1158649

Statement of receipts and payments

Upwards with Downs: Income and expenditure accounts for period

Oct-24

Income	MONTH			Notes	CUMULATIVE		
	Unrestricted	Restricted	Total £		Unrestricted	Restricted	Total £
	Funds £	Funds £			Funds £	Funds £	
Speech and Language parents' payments	150.00	-	150.00		2,821.75	-	2,821.75
Specialist teacher parents/ school payment	37.50	-	37.50		1,850.00	-	1,850.00
Activities' parents' contributions	-	-	-		375.00	-	375.00
Outings' parents' contributions	-	-	-		10.00	-	10.00
Disco takings	499.23	-	499.23		2,124.23	-	2,124.23
Fun day takings	-	-	-		2,389.30	-	2,389.30
Fun day fees	-	-	-		980.00	-	980.00
Fun day matched funding	-	-	-		500.00	-	500.00
Fundraising event receipts (not Fun day)	18.00	-	18.00		114.00	-	114.00
Merchandise sales	-	-	-		458.09	-	458.09
Donations	399.34	-	399.34		5,365.35	-	5,365.35
Gift Aid	-	-	-		-	-	-
Paypal	-	-	-		1,243.41	-	1,243.41
Grant (restricted)	-	-	-		-	5,000.00	5,000.00
Other sales or income	230.00	-	230.00		230.00	-	230.00
Educational Holidays (Magdalen Farm)	-	-	-		2,250.00	-	2,250.00
Total	1,334.07	-	1,334.07		20,311.13	5,000.00	25,311.13

Expenditure


Speech and language therapy classes	2,990.00	-	2,990.00		3,576.25	6,170.20	9,746.45
Specialist teacher	-	-	-		4,894.40	-	4,894.40
Swimming classes	17.25	-	17.25		2,319.81	-	2,319.81
Other courses	-	-	-		-	-	-
Activities	-	-	-		1,877.35	-	1,877.35
Costs of outings	-	-	-		750.00	-	750.00
Costs of discos	2,284.71	-	2,284.71		3,271.52	-	3,271.52
Cost of fun day	-	-	-		510.00	-	510.00
Fund raising event costs	-	-	-		201.10	-	201.10
Merchandise	-	-	-		165.13	-	165.13
Preschool group costs	50.00	-	50.00		814.00	-	814.00
Donations	-	-	-		-	-	-
Members' gifts	-	-	-		847.28	-	847.28
Goodwill	-	-	-		-	-	-
Training, first aid courses etc.	-	-	-		-	-	-
Licenses	-	-	-		-	-	-
Marketing	-	-	-		7.85	-	7.85
Website costs	-	-	-		240.00	-	240.00
Postage	-	-	-		13.80	-	13.80
Stationery	-	-	-		225.42	-	225.42
Subscriptions	-	-	-		280.40	-	280.40
Insurance	-	-	-		-	-	-
Equipment	-	-	-		-	-	-
Purchase of books, leaflets and videos	-	-	-		-	-	-
Storage facility costs	-	-	-		869.30	-	869.30
Other expenditure	74.00	-	74.00		246.85	-	246.85
Physio Goals 4 Kids (Subsidised session)	-	-	-		77.00	-	77.00
Horse Riding	39.00	-	39.00		309.00	-	309.00
Educational Holiday	-	-	-		2,200.00	5,000.00	7,200.00
Total expenditure	6,434.96	-	6,434.96		23,496.06	11,170.20	34,666.26

Statement of assets and liabilities as at 31 October 2024

	Unrestricted Funds £	Restricted Funds £	Total £
Cash at bank	64,252.08	-	64,252.08

Asset retained	Cost (£)
Vinyl cutting machine	351
Workstation	138
Vinyl press	55

Signed by two Trustees for and on behalf of the Charity

	Trustee 1	Trustee 2
Signature	D. Nolan	
Printed name	D. NOLAN	C. Griffiths
Date	28/8/2025	28/8/2025

UPWARDS WITH DOWNS

England & Wales - Charity number 1158649

Accounts



Supporting people with Down Syndrome and their families

Registered Charity No. 1158649

Trustees' Annual Report and Accounts

Year ending 31 October 2023



Contact Details

Cristina 07733392064/

Peggy 07834320222



Website

www.upwardswithdowns.co.uk



Introduction

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Our mission is to ensure that all people with Down Syndrome, children and adults, are well supported to enable them to reach their full potential in life. We aim to do this by providing therapy programmes, social events, play opportunities, and support for parents and carers. We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.

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The Team



Registered Office

Registered Office : 47 Lodge Hall, Harlow, CM18 7SX
Country of Registration: United Kingdom
Charity Number: 1158649

Summary of income



Fundraising Events

BEC's Night : A Charity Mediumship Night arranged in March 2023. This raised £790.00 (Amount is included under 'Fundraising Event Receipts'). We send thanks to Becs for giving her time and readings for free that evening. All proceeds went to Upwards With Downs.

Summer Funday : In July 2023 we held our annual summer funday at the Link in Harlow. This raised £5,068.00 (Amount from 'Fun Day Takings' and 'Fun Day Fees'). We are extremely grateful to SP Locations Rental for the generous use of their marquees which help us hold our event. Thank you to the many companies who have given donations and to everyone who made this event happen.

80's Disco : November 2023, Lorraine arranged an 80's night at the Link in Harlow, to raise money for UWD. This evening was a success. From this accounting period £256.00 was raised prior to the evening (These costs were added under 'Disco').

Merchandise Sales

Through the skill and hard work of some of our members we have made takings of £182.00 for products which are hand-made. This is less than the previous year as they are made by parent volunteers. The expenditure figure on merchandise is £252.00; however this includes decorative items made to raise money at fundraising events, discos and gifts for our supporters.

Donations

We are very grateful for the many donations, large and small, from various sources totalling £7,757.19. Notable donations include:

- The Lodge of Truth and Honour - £4,196.00
- Halifax Matched Giving - £947.00
- Cuttsy Care's - £250.00
- Costco Donation - £211.00
- Tesco Church Langley Raffle - £100.50
- Bridge Academy Trust – Ongar Primary School - £84.45
- Cressing Parish Council - £75.00

Grants

The Charity does not have a grants programme and aims to provide most of its services free of charge to members. Where contributions from families are sought towards a specific service ie. Speech and Language therapy, the Trustees can decide whether to assist a family in difficulty by reducing or waiving these temporarily.

We have been fortunate to receive a grant of £7,000.00 for Speech and Language therapy in September 2023 from the Acorn Fund under the Essex Community Foundation.

Community Support

We are very grateful to the Great Parndon Community Association whose venue, The Link, is used for discos. Their staff are extremely helpful and without them we wouldn't be able to carry out our large fundraising and social activities.

We are grateful for the continuing support of McDonald's in Harlow which supplies catering equipment and some food for our events.

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The outlay in training and fees was £11,670.07, and we have charged a small fee for each child per session which over the year came to £2,793.35. The grant from the Essex Community Foundation has helped tremendously towards this cost.

Specialist Teacher

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- visits schools to advise them about teaching children with Down Syndrome, and about resources available to them.
- assists parents/carers with EHCP reports and meetings.
- carries out one-to-one sessions with children in their homes or online.
- group advice sessions.
- training for LSAs.

The expenditure for the year was £5,534.40. Parents/carers pay a small fee towards the service and schools have paid an agreed fee, both of which come to £847.00.

The service from the specialist teacher is filling a gap where there is currently limited to no service.

The specialist teacher works in collaboration with Speech therapists from both Provide and our own therapists to ensure the children are working on the same focus/aspects of their development. Supporting parents/carers with the strategies that are being used at school to ensure continuity across home and school.



Private Physiotherapists / Speech & Language Therapists

At the end of 2022, we invited Physio Goals 4 Kids (A highly recommended company providing private physiotherapy) to come along to our Preschool Group at the Treehouse centre in Harlow, to chat to members and assess the children. The parents that attended that day were very impressed with their services.

Physio Goals 4 Kids assess children for any physio needs and complete a report which can be used to help with EHCP or DLA applications. They can also attend schools to carry out their service.

They also offer private speech and language for the younger children at their centre in Dunmow.

The fee for both Physio and Speech and language appointments directly with Physio Goals is £70.00 however, the charity decided to fund 50% of this charge if any members had taken up this service outside of Upwards With Downs, for the first session only.

It has been agreed that once a month, a member of staff from Physio Goals will visit the preschool group at the Treehouse Centre. Physio one month and SALT the month after.

The expenditure for the year was £486.50 (This cost is included within preschool costs).

This year 3 members had made use of the 50% first session with Physio Goals.

Experienced Advisor - Louise Chaffe

In February 2023 the committee decided to bring experienced adviser Louise Chaffe into the charity. Louise can offer assistance with completing benefit forms, blue badge applications/renewals and she can take the pressure off of the application process and gives peace of mind that any available benefit will be looked into. This can be completed in the comfort of our members homes or Louise attends the TreeHouse Centre on selected Thursdays. Louise invoices members directly for any assistance with forms/ renewals.

Louise organised the charities summer funday and also regularly updates the UWD website. The cost this year for this service was £852.00. (Costs under 'Cost of Funday' & 'Website Costs'.

Magdalen Farm

The Essex Community Foundation provided a grant which enabled UWD to offer a highly subsidised trip to our members and their families. With the current cost of living crisis, the committee took the decision to reduce the charge per person from £120.00 to £75.00. This cost included 3 nights accommodation, food, soft drinks and activities. There were 11 families who attended this event and thoroughly enjoyed their time at the farm.

Magdalen is an 132 acre organic working farm on the banks of the River Axe where Dorset, Somerset and Devon meet. The activities the members and their families were able to enjoy :-

- Team Building Games
- Camp Fires toasting marshmallows
- Farm Jobs - Chickens & Animal Care
- Orienteering and Low Ropes Challenge
- 'Surprise your senses' activity
- Woodland Adventure & Miniature Raft Building
- Investigating Rivers & Ponds
- Nature's Art
- Eco Cooking a Pizza

Canal Boat Trips

We were able to provide 10 canal boat trips with Canalability in specially adapted boats to members and their families. These trips are always very popular. This cost £1,666.80.

Physical Activities

Members who have been able to access swimming lessons and other sports or therapies have continued to be subsidised for a total cost of



The Charity organised a horse riding taster sessions with Barnsfield Riding School for the group in 2022. Not many members took up lessons. Subsidised costs £55.50.

Preschool Group

Lorraine runs the preschool group which meet once a fortnight during term time at the Treehouse Children's Centre. Most weeks entertainment has been organised for the children to enjoy, such as The Little Alice Company, Sound Right Phonics, or a visiting professional (a speech and language therapist, or occupational therapist), who is available to work with the children and advise the parents / carers.

This group is a very valuable resource for new parents (and sometimes prenatal parents) as they are able to support each other and exchange information and tips. The parents also continue to support each other through a Whatsapp Group.

The expenditure for the preschool group was £763.83.

Disco

This is a regular event sometimes themed, enjoyed by all our members to which they bring their families and friends. It is a great social and family event for all ages and all abilities.

The disco expenditure was £1,971.55 which includes the cost of hiring the halls. This year we received takings of £1,851.00. The primary purpose of the discos is to provide an opportunity for a social event for all our members.



Supporting people with Down Syndrome and their families

Registered Charity No. 1158649

Independent examiner's report to the trustees of Upwards with Downs charity (the "Trust")

I report to the trustees on my examination of the accounts of the Trust for the year ended 31 October 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act;

or

2. the accounts do not accord with those records.

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

Signed: 

Name: Christopher Walls

Relevant professional qualification or membership of professional bodies (if any): ICAEW

Address: 4 Western Avenue, Gidea Park, RM2 6EH

Date: 15/08/24

Upwards with Downs (the "Charity") summary financials – charity number 1158649

Statement of receipts and payments

Upwards with Downs: income and expenditure accounts for period

Oct-22

Income	MONTH			Notes	CUMULATIVE		
	Unrestricted Funds £	Restricted Funds £	Total £		Unrestricted Funds £	Restricted Funds £	Total £
Speech and Language parents' payments	202.50	-	202.50		2,793.35	-	2,793.35
Specialist teacher	75.00	-	75.00		847.00	-	847.00
Swimming classes	-	-	-		210.75	-	210.75
Other courses parents' payments	-	-	-		-	-	-
Activities' parents' contributions	-	-	-		871.75	-	871.75
Outings' parents' contributions	-	-	-		4,188.00	-	4,188.00
Disco takings	224.00	-	224.00		1,851.00	-	1,851.00
Fun day takings	-	-	-		3,528.00	-	3,528.00
Fun day fees	-	-	-		1,540.00	-	1,540.00
Fun day matched funding	-	-	-		947.00	-	947.00
Fundraising event receipts (not Fun day)	8.00	-	8.00		1,144.00	-	1,144.00
Merchandise sales	150.00	-	150.00		182.00	-	182.00
Donations	5.00	-	5.00		6,810.19	-	6,810.19
Gift Aid	-	-	-		-	-	-
Paypal	-	-	-		-	-	-
Grant (restricted)	-	-	-		-	7,000.00	7,000.00
Other sales or income	-	-	-		32.00	-	32.00
Total	664.50	-	664.50		24,945.04	7,000.00	31,945.04

Expenditure


Speech and language therapy classes	-	1,135.50	1,135.50		-	11,670.07	11,670.07
Specialist teacher	520.00	-	520.00		5,534.40	-	5,534.40
Swimming classes	499.72	-	499.72		2,752.67	-	2,752.67
Other courses	-	-	-		-	-	-
Activities	-	-	-		20.00	3,280.00	3,300.00
Costs of outings	-	-	-		9,303.50	-	9,303.50
Costs of discos	35.62	-	35.62		1,971.55	-	1,971.55
Cost of fun day	-	-	-		1,091.57	-	1,091.57
Fund raising event costs	-	-	-		620.35	-	620.35
Merchandise	10.44	-	10.44		252.23	-	252.23
Preschool group costs	166.85	-	166.85		763.83	-	763.83
Donations	-	-	-		-	-	-
Members' gifts	-	-	-		260.65	-	260.65
Goodwill	-	-	-		-	-	-
Training, first aid courses etc.	-	-	-		-	-	-
Licenses	-	-	-		-	-	-
Marketing	-	-	-		18.98	-	18.98
Website costs	30.00	-	30.00		341.30	-	341.30
Postage	-	-	-		6.80	-	6.80
Stationery	-	-	-		211.70	-	211.70
Subscriptions	-	-	-		50.00	-	50.00
Insurance	-	-	-		-	-	-
Equipment	-	-	-		42.70	-	42.70
Purchase of books, leaflets and videos	-	-	-		-	-	-
Storage facility costs	160.53	-	160.53		560.84	-	560.84
Other expenditure	-	-	-		240.60	-	240.60
Physio Goals 4 Kids (Subsidised session)	-	-	-		105.00	-	105.00
Horse Riding	42.00	-	42.00		55.50	-	55.50
Total expenditure	1,465.16	1,135.50	2,600.66		24,204.17	14,950.07	39,154.24

Statement of assets and liabilities as at 31 October 2023

	Unrestricted Funds £	Restricted Funds £	Total £
Cash at bank	67,437	6,170	73,607

	Cost (£)
Asset retained	
Vinyl cutting machine	351
Workstation	138
Vinyl press	55

Signed by two Trustees for and on behalf of the Charity

	Trustee 1	Trustee 2
Signature	D. Nolan	
Printed name	D. NOLAN	OAKES
Date	15.8.24	15.8.24

UPWARDS WITH DOWNS

England & Wales - Charity number 1158649

Accounts



Supporting people with Down Syndrome and their families

Registered Charity No. 1158649

Upwards With Downs Trustees' Annual Report

Year ending 31 October 2022

Charity Number: 1158649
Country of Registration: United Kingdom
Registered Office: 47 Lodge Hall, Harlow, CM18 7SX

Trustees

Cristina Griffiths	Chair
Dawn Oakes	
Michaela Baker	
Peggy Slade	
Danielle Nolan	Treasurer

Aims and Objectives

We are a small local charity that offers support and guidance to people with Down Syndrome and their families. We are based in Harlow, Essex and cover Essex, East Hertfordshire and North East London.

Our mission is to ensure that all people with Down Syndrome, children and adults, are well supported to enable them to reach their full potential in life. We aim to do this by providing therapy programmes, social events, play opportunities, and support for parents and carers. We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.

How our activities deliver public benefit

All of our charitable activities focus on enabling children/ adults with Down Syndrome to live full and rewarding lives within the community and are undertaken for the public benefit.

All trustees have received a copy of the Charity's constitution and guidance on Public Benefit from the Charity Commission.

Risk Management

Main risk identified is a loss of funding. In order to mitigate against this risk, the charity looks at applying for grants and to continue with our regular fundraising events.

A risk assessment will be undertaken by Cristina for the UWD discos and the summer fun day. Any activity where our members will take part with a different provider, a discloser form is completed, but a risk assessment by UWD is not needed.

Charity Reserves

Outside of the restricted funds specifically used from any grants received, we do not have any allocated reserves. We just ensure that we keep fundraising so that we can continue with activities we organise for our members.

Volunteer Contribution

Members and their family/ friends contribute to the charity by undertaking fundraising activities and assisting at specific events. We have been able to involve community volunteers such a student working towards a social care qualification. Where volunteers may not necessarily be members, DBS checks are carried out.

Summary of Income

Fundraising

In July 2022 we held our annual summer fete at the Link in Harlow which raised £3,450.00 (including £387 matched donation from Halifax).

Unfortunately, due to limited response, the Christmas ball had to be cancelled.

Merchandise Sales

Through the skill and hard work of some of our members we have made takings of £286.01 for products which are hand-made. This is less than the previous year as they are made by parent volunteers. The expenditure figure on merchandise is £133.35; however this includes decorative items made to raise money at fundraising events, discos and gifts for our supporters.

Donations

We are very grateful for the many donations, large and small, from various sources totalling £11,407.00. Notable donations include:

£3,888 David and Sara Sayer

£2,693 Rough Creed

£2,500 Stondon Massey Lodge

£1,000 Essex Disabled Sport Foundation

£340 Raised from a collection in memory of one of our supporters

£211.68 from Halifax Collection Tins

£100 Spirit of Business

£50 Cressing Parish Council

Grants

The charity does not have a grants programme and aims to provide most of its services free of charge to members. Where contributions from families are sought towards a specific service ie. Speech and Language therapy, the Trustees can decide whether to assist a family in difficulty by reducing or waiving these temporarily.

We have been fortunate to receive a grant of £7,000 for Speech and Language therapy in July 2022 from the Essex Community Foundation.

UWD was also awarded with a grant of £9,000 in May 2022 from the Essex Community Foundation to help towards payments for exercise and activities. From May to November 2022 this was used towards Woodland Wellbeing, Floristry and Horse Riding lessons. The remainder of the grant was approved by the Essex Community Foundation to be used towards the cost of subsidised swimming lessons and a group trip to Magdalen Farm in Cornwall.

Community Support

We are very grateful to the Great Parndon Community Association whose venue, The Link, is used for discos. Their staff are extremely helpful and without them we wouldn't be able to carry out our large fundraising and social activities.

We are grateful for the continuing support of McDonald's in Harlow which supplies catering equipment and some food for our events.

We are grateful to local companies which support us through matched funding, sponsorship and donations of items for raffles and prizes, particularly Halifax (Lloyds)

We are very grateful to the Treehouse Children's Centre in Harlow which accommodates the pre school children's group, the speech therapy sessions, and various sundry meetings, for no extra cost; and its staff for their invaluable support and advice, and the training opportunities they give to our volunteers.

Summary on main activities and expenditure:

Speech and Language programme

Our main expenditure in the last financial year has been the provision of our Speech and Language programme for fifteen of our preschool/ school-age members. Each member receives up to an hour of speech therapy each week during term time, delivered by trained assistants who are supervised by a qualified Speech and Language therapist from The Owl Centre.

The outlay in training and fees was £7,928.23, and we charged a small fee for each child per session which over the year totalled £1,979.50; with the grant from the Essex Community Foundation of £7,000 helping tremendously towards the cost.

Specialist Teacher

Our Specialist Teacher has been able to continue the following service:

- visited schools to advise them about teaching children with Down Syndrome, and about resources available to them.
- assisted parents/carers with EHCP reports and meetings
- carried out one-to-one sessions with children in their homes or online
- group advice sessions
- training for LSAs

The expenditure for the year was £5390.50. Parents/carers pay a small fee towards the service and schools have paid an agreed fee, both of which came to £1,178.50.

Preschool group

The preschool group meet once a fortnight during term time at the Treehouse Children's Centre. Most weeks there is either an activity for the children to do such as The Little Alice Company, Sound

Right Phonics, or a visiting professional such as a speech and language therapist, or occupational therapist, who is available to work with the children and advise the parents/carers. This group is a very valuable resource for new parents (and sometimes prenatal parents) as they are able to support each other and exchange information and tips. The parents continue to support each other through a Whatsapp group. The expenditure for the preschool group was £307.57.

Disco: This is a regular event, sometimes themed, enjoyed by all our members to which they bring their families and friends. It is a great social and family event for all ages and all abilities. The disco expenditure was £2,453.30, however £840 of that is the booking fee for the current year and £1,050 is the booking fee for the following year's events at the GPCA venues. This year we made a profit, after receiving takings of £1,310. The primary purpose of the discos is to provide an opportunity for a social event for all our members.

Physical activities

Members who have been able to access swimming lessons and other sports or therapies have continued to be subsidised for a total cost of £3,157.50.

The Charity arranged a horse riding taster session with Barnsfield Riding School for the group. In total 24 children came to the taster sessions. The total cost of these sessions was £240 and the May ECF grant was to contribute towards subsidised horse riding lessons for members. Prior to receiving the grant the subsidised cost totalled £122.50 and after receiving the grant, the subsidised cost totalled £153.50.

The Charity also organised free sessions for members to take part in woodland wellbeing/ relaxation and floristry/ gardening workshops using the ECF activity grant. 22 children took part in these workshops which cost £450.00.

Indoor soft play sessions: We have been able to hold one soft play session at Monkey Bizness.

Canal boat trips : we were able to provide 10 canal boat trips with Canalability in specially adapted boats to members and their families, and are always very popular. This cost £1,800.

Fundraising costs

Fundraising costs were £214.00 for the funday and raffle tickets.



Independent examiner's report to the trustees of Upwards with Downs charity (the "Trust")

I report to the trustees on my examination of the accounts of the Trust for the year ended 31 October 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records.

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

Signed: *Christopher Walls*

Name: Christopher Walls

Relevant professional qualification or membership of professional bodies (if any): ICAEW

Address: 4 Western Avenue, Gidea Park, RM2 6EH

Date: *5 June 2023*

Upwards with Downs (the "Charity") summary financials – charity number 1158649

Statement of receipts and payments


	1Nov20-31Oct-21 (20/21 or FY21)			1Nov21-31Oct-22 (21/22 or FY22)		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
Income						
Speech and Language parents' payments	878	-	878	1,980	-	1,980
Specialist teacher	1,500	-	1,500	1,179	-	1,179
Other courses parents' payments	-	-	-	26	-	26
Disco takings	120	-	120	1,310	-	1,310
Fun day takings	-	-	-	2,510	-	2,510
Fun day fees	-	-	-	940	-	940
Fun day matched funding	800	-	800	387	-	387
Fundraising event receipts (not Fun day)	5,037	-	5,037	472	-	472
Merchandise sales	509	-	509	286	-	286
Donations	2,667	-	2,667	11,407	-	11,407
Gift Aid	1,539	-	1,539	-	-	-
Grant (restricted)	-	7,000	7,000	-	16,000	16,000
Total	13,050	7,000	20,050	20,496	16,000	36,496
Expenditure						
Speech and language therapy classes	938	348	1,286	-	7,928	7,928
Specialist teacher	5,551	-	5,551	5,391	-	5,391
Swimming classes	1,696	-	1,696	3,158	-	3,158
Other courses	315	-	315	-	-	-
Activities	560	-	560	373	-	373
Costs of outings	1,990	-	1,990	2,354	-	2,354
Costs of discos	1,255	-	1,255	2,453	-	2,453
Cost of fun day	-	-	-	145	-	145
Fund raising event costs	-	-	-	69	-	69
Merchandise	234	-	234	133	-	133
Preschool group costs	443	-	443	308	-	308
Donations	50	-	50	-	-	-
Members' gifts	-	-	-	836	-	836
Goodwill	111	-	111	103	-	103
Training, first aid courses etc.	60	-	60	57	-	57
Licenses	20	-	20	-	-	-
Website costs	144	-	144	122	-	122
Postage	154	-	154	8	-	8
Stationery	28	-	28	15	-	15
Subscriptions	144	-	144	50	-	50
Equipment	406	-	406	13	-	13
Storage facility costs	562	-	562	743	-	743
Other expenditure	-	-	-	20	-	20
Horse Riding (Towards Grant)	-	-	-	-	154	154
Woodland & Floristry	-	-	-	-	450	450
Total expenditure	14,660	348	15,008	16,350	8,532	24,881
Total income	13,050	7,000	20,050	20,496	16,000	36,496
Total expenditure	14,660	348	15,008	16,350	8,532	24,881
Net surplus(deficit)	1,610	6,652	5,042	4,147	7,468	11,615

Statement of assets and liabilities as at 31 October 2022

	Unrestricted	Restricted	Total (£)
Cash at bank	66,696	14,120	80,816

	Cost (£)
Asset retained	
Vinyl cutting machine	351
Workstation	138
Vinyl press	55

Signed by two Trustees for and on behalf of the Charity

	Trustee 1	Trustee 2
Signature	D. Nolan	
Printed name	DANIELLE NOLAN	CRISTINA GRIFFITHS
Date	25/5/23	25/5/23.

UPWARDS WITH DOWNS

England & Wales - Charity number 1158649

Accounts



Upwards With Downs Trustees' Annual Report **Year ending 31 October 2021**

Aims and Objectives

We are a small local charity that offers support and guidance to people with Down Syndrome and their families. We are based in Harlow, Essex and cover Essex, East Hertfordshire and North east London.

Our mission is to ensure that all people with Down's Syndrome, children and adults, are well supported to enable them to reach their full potential in life. We aim to do this by providing therapy programmes, social events, play opportunities, and support for parents and carers. We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.

From November 2020 to October 2021 the Covid pandemic has affected the whole accounting year. Therefore the charity's activities have been significantly affected, both in providing therapies and social activities for our members, and in fundraising in order to provide these. However, we have found new ways of providing some therapy and of staying connected, and finding new online resources for our members.

Income

Fundraising

A number of members carried out individual sponsored events during March to celebrate World Down Syndrome Day on 21st March 2021. These included a sponsored walks of 21 three mile walks, a sponsored hair cut, a sponsored run of 21 miles and other similar achievements. All together these raised £4093 plus Gift Aid of £784. We also held some online raffles which raised £628.00

We were not able to hold any other major fundraising activities this year including our annual Summer Fete, which is a good source of income for the charity.

Merchandise Sales

Through the skill and hard work of some of our members we have made takings of £509 for products which are hand-made. This is less than the previous year as they are made by parent volunteers whose work has been reduced by having to have children at home due to the pandemic. The expenditure figure on merchandise is £234; however this includes decorative items made for fundraising events and gifts for our supporters.

Donations

We are very grateful for the many donations totalling £2667, from various sources such as collecting tins, private donations and the Paypal Charitable Scheme.

Grants

We have been fortunate to receive a grant of £7000 for Speech and Language Therapy in August 2021 from the Essex Community Foundation.

Community Support

We are very grateful to the Great Parndon Community Association whose venue, The Link, is used for discos. We were able to start having these events in September 2021. Their staff are extremely helpful and without them we wouldn't be able to carry out our large fundraising and social activities.

We are grateful for the continuing support of MacDonald's in Harlow which supplies catering equipment and some food for our events.

We are grateful to local companies which support us through matched funding, sponsorship and donations of items for raffles and prizes, particularly Halifax (Lloyds)

Expenditure on activities:

Speech and Language programme

Our expenditure in the last financial year on the provision of our Speech and Language programme for our school-age members has reduced from £5574 in the previous year (which was also partially affected by the pandemic) to £1286 in this accounting year. This is because we have been unable to use the venue where the sessions are held, and because we have had no input from the Qualified Speech Therapist who oversees the programme. A few members have been able to access their sessions from the Speech and Language Assistants at school or online. Each member who accesses the service receives an hour of speech therapy each week during term time, delivered by trained assistants who are supervised by a qualified Speech and Language therapist from The Owl Centre.

Specialist Teacher

Our Specialist Teacher has been able to continue the following service, remotely where necessary:

- visited schools to advise them about teaching children with Downs Syndrome, and about resources available to them.
- assisted parents/carers with EHCP reports and meetings
- carried out one-to-one sessions with children in their homes or online
- group advice sessions
- training for LSAs

The expenditure for the year was £5551. Parents/carers pay a small fee towards the service and schools have paid an agreed fee, both of which come to £1500. The shortfall has been able to be funded from a generous donation in 2019.

Again, due to the pandemic, this service has not been used to its full extent.

Preschool group

The preschool group has been unable to meet at all during this accounting year due to the closure of the meeting venue. The expenditure of £443 was for online activities. We plan to resume the group sessions at the Venue as soon as it is open. As before, the fortnightly meetings at the Treehouse Children's Centre will include an activity for the children to do such as Little Signers, or a visiting professional such as a speech and language therapist, or occupational therapist, who is available to work with the children and advise the parents/carers. This group has continued to access a very active Whatsapp group which has been a very valuable resource for new parents (and sometimes prenatal parents) as they are able to support each other and exchange information and tips.

Social activities

Disco: We have been able to hold one disco in this financial year, a Halloween event. The disco expenditure is £1238, however £1200 of that is the booking fee for the following year's events at the GPCA venues.

Indoor soft play sessions: we have been able to hold one soft play session at Monkey Bizness
Canal boat trips : we were able to provide 11 canal boat trips with Canalability in specially adapted boats. This cost £1990 and were offered free to members and their families, and are always very popular. It was particularly good this year to be able to meet fellow members for the first time in over a year.

Fundraising costs

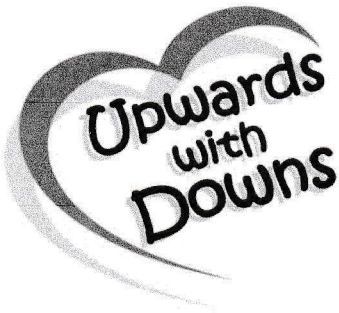
There were no fundraising costs

Physical activities

Members who have been able to access swimming lessons and other sports or therapies have continued to be subsidised for a total cost of £2011.

Merchandise costs

See note on Merchandise sales above



Supporting people with Down Syndrome and their families

Registered Charity No. 1158649

Independent examiner's report on the accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2021.

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.

A Richardson

Anthony Richardson
Harlow CM17 9QA

17 March 2022

Charity name Upwards with Downs
Charity name 1158649
For the period 01/11/20 to 31/10/21

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
A1 Receipts					
Speech and Language parents' payments	878	-	-	878	1,470
Specialist teacher	1,500	-	-	1,500	76
Swimming classes	-	-	-	-	-
Other courses parents' payments	-	-	-	-	-
Activities parents' contributions	-	-	-	-	-
Outings parents' contributions	-	-	-	-	65
Disco takings	120	-	-	120	840
Fun Day takings	-	-	-	-	-
Fun Day fees	-	-	-	-	145
Fun Day matched funding	800	-	-	800	-
Fundraising event receipts (not Fun Day)	5,037	-	-	5,037	2,760
Merchandise sales	509	-	-	509	1,024
Donations	2,667	-	-	2,667	5,456
Gift Aid	1,539	-	-	1,539	244
Paypal	-	-	-	-	-
Grant (restricted)	-	7,000	-	7,000	-
Other sales or income	-	-	-	-	-
Sub total	13,050	7,000	-	20,050	12,080
A2 Asset and investment sales, etc	-	-	-	-	-
Total receipts	13,050	7,000	-	20,050	12,080
A3 Payments					
Speech and language therapy classes	938	348	-	1,286	5,574
Specialist teacher	5,551	-	-	5,551	4,462
Swimming classes	1,696	-	-	1,696	2,427
Other courses	315	-	-	315	10
Activities	560	-	-	560	52
Costs of outings	1,990	-	-	1,990	75
Costs of discos	1,255	-	-	1,255	475
Cost of fun day	-	-	-	-	340
Fund raising event costs	-	-	-	-	2,020
Merchandise	234	-	-	234	881
Preschool group costs	443	-	-	443	446
Donations	50	-	-	50	-
Members' gifts	-	-	-	-	673
Goodwill	111	-	-	111	66
Training, first aid courses etc.	60	-	-	60	52
Licences	20	-	-	20	20
Marketing	-	-	-	-	-
Website costs	144	-	-	144	122
Postage (other than newsletter)	154	-	-	154	4
Stationery	28	-	-	28	41
Subscriptions	144	-	-	144	-
Insurance	-	-	-	-	-
Equipment	406	-	-	406	-
Purchase of books, leaflets and videos	-	-	-	-	-
Storage facility costs	562	-	-	562	135
Other expenditure	-	-	-	-	-
Sub total	14,660	348	-	15,008	17,875
A4 Asset and investment purchases, etc	-	-	-	-	-
Total payments	14,660	348	-	15,008	17,875
Net of receipts/(payments)	(1,610)	6,652	-	5,042	(5,795)
A5 Transfers between funds	-	-	-	-	-
A6 cash funds last year end	64,160	-	-	64,160	69,954
Cash funds this year end	62,550	6,652	-	69,202	64,160

Statement of assets and liabilities at the end of the period

		Unrestricted funds	Restricted funds	Endowment funds
B1 Cash funds	Details	£	£	£
	Current account	69,202	-	-


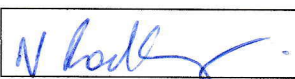
		Unrestricted funds	Restricted funds	Endowment funds
B2 Other monetary assets	Details	£	£	£
		-	-	-

		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	Details		£	£

		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Details		£	£
	Vinyl cutting machine	Unrestricted	351	
	Workstation	Unrestricted	138	
	Vinyl press	Unrestricted	55	

		Fund to which liability belongs	Amount due (optional)	When due
B5 Liabilities	Details		£	

Signed by one or two trustees on behalf of all trustees

Signature	Print name	Date of approval
	CGFITITMS	28/2/22
	N. RODLEY	01/03/22

UPWARDS WITH DOWNS

England & Wales - Charity number 1158649

Accounts



Upwards With Downs Trustees' Annual Report **Year ending 31 October 2020**

Aims and Objectives

We are a small local charity that offers support and guidance to people with Down Syndrome and their families. We are based in Harlow, Essex and cover Essex, East Hertfordshire and North east London.

Our mission is to ensure that all people with Down's Syndrome, children and adults, are well supported to enable them to reach their full potential in life. We aim to do this by providing therapy programmes, social events, play opportunities, and support for parents and carers. We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.

From November 2019 to October 2020 the Covid pandemic has spanned almost two thirds of the accounting year. Therefore the charity's activities have been significantly affected, both in providing therapies and social activities for our members and in fundraising in order to provide these. However, we have found new ways of providing some therapy and of staying connected, and finding new online resources for our members.

Income

Fundraising

In December 2019 we held our Christmas Ball which made a profit of £457 (some of the income and expenditure of this was in the previous accounting year). This was a great social evening for both our supporters, families and our adult members. We were fortunate in having much of the entertainment at a very reduced cost.

We were not able to hold many fundraising activities this year including our annual Summer Fete which is a good source of income for the charity.

Merchandise Sales

Through the skill and hard work of some of our members we have made takings of £1023 for products which are hand-made. This is despite not being able to have our Summer Fete at which to sell the merchandise. The expenditure figure on merchandise is £881; however this includes decorative items made for fundraising events and gifts for our supporters.

Donations

We are very grateful for the many donations, large and small, from various sources. Notable donations include:

£3043 from the Coop fund in November 2019

£879 from a collection in memory of one of our members.

£504 from collections held at 360 Play who made us their Charity of the Year in 2020.

Grants

We have not been successful in securing funds from grants this year.

Community Support

We were very grateful to 360 Play who made us their Charity of the Year. They held collection boxes for us and allowed us to use their premises for exclusive use free of charge.

We are very grateful to the Treehouse Children's Centre in Harlow which accommodates the pre-school children's group, the speech therapy sessions, and various sundry meetings, for no extra cost; and its staff for their invaluable support and advice, and the training opportunities they give to our volunteers.

We are very grateful to the Great Parndon Community Association, both of whose venues we use: the GPCA for the Christmas Ball, and The Link for discos. Their staff are extremely helpful and without them we wouldn't be able to carry out our large fundraising and social activities.

We are grateful for the continuing support of MacDonald's in Harlow which supplies catering equipment and some food for our events.

We are grateful to local companies which support us through matched funding, sponsorship and donations of items for raffles and prizes, particularly Halifax (Lloyds)

Expenditure on activities:

Speech and Language programme

Our main expenditure in the last financial year has been the provision of our Speech and Language programme for fifteen of our school-age members. Each member receives an hour of speech therapy each week during term time, delivered by trained assistants who are supervised by a qualified Speech and Language therapist from The Owl Centre.

The outlay in training and fees was £5574, and we have charged a small fee for each child per session which over the year came to £1470, a net expenditure of £4104. This has been a decrease on the previous year because of the pandemic as the premises where most of our members received speech therapy closed at the outset and to date hasn't opened yet. However, some members were able to access therapy in their homes or schools (when government regulations permitted), or online.

Specialist Teacher

In January 2020 we recruited the services of a Specialist Teacher who has provided the following service:

- visited schools to advise them about teaching children with Downs Syndrome, and about resources available to them.
- assisted parents/carers with EHCP reports and meetings
- carried out one-to-one sessions with children in their homes
- group advice sessions
- training for LSAs

The expenditure for the year was £4462. Parents/carers pay a small fee towards the service and schools have paid an agreed fee, most of which income came in the following accounting year. Upwards with Downs has been able to fund this due to receiving a generous donation in the previous year.

Again, due to the pandemic, this service has not been used to its full extent.

Preschool group

Until March 2020 the preschool group was meeting once a fortnight during term time at the Treehouse Children's Centre. Most weeks there is either an activity for the children to do such as Little Signers, or a visiting professional such as a speech and language therapist, or occupational therapist, who is available to work with the children and advise the parents/carers. This group is a very valuable resource for new parents (and sometimes prenatal parents) as they are able to support each other and exchange information and tips. From April 2020 onwards the preschool group have had various online activities such as Little Signers and Sounds Right Phonics. The parents continue to support each other through a Whatsapp group.

Social activities

Disco: This is a regular event, sometimes themed, enjoyed by all our members to which they bring their families and friends. It is a great social and family event for all ages and all abilities. This year we made a profit of £365. Although the profit made was small, the primary purpose of the discos is to provide an opportunity for a social event for all our members. We have held no discos since February 2020.

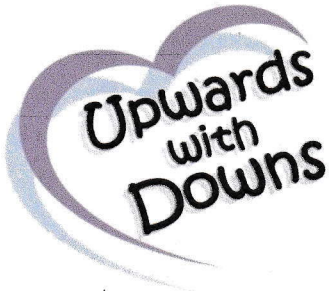
Indoor soft play sessions: until March 2020 our members have been able to take part in these fun sessions which are offered at minimal cost to the family. Other family members are also welcome to take part where space permits.

Fundraising costs

Fundraising costs were £2020 which was entirely for the Christmas Ball.

Merchandise costs

See note on Merchandise sales above



Supporting people with Down Syndrome and their families

Registered Charity No. 1158649

Independent examiner's report on the accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 October 2020.

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.

Anthony Richardson
Harlow CM17 9QA

Charity name
Charity name
For the period

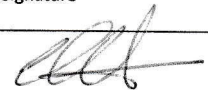
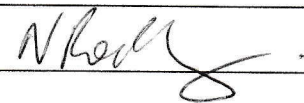
Upwards with Downs
1158649
01/11/19 to 31/10/20

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
A1 Receipts					
Speech and Language parents' payments	1,470	-	-	1,470	2,198
Specialist teacher	76	-	-	76	-
Swimming classes	-	-	-	-	-
LATC income	-	-	-	-	1,545
Other courses parents' payments	-	-	-	-	-
Activities parents' contributions	-	-	-	-	55
Outings parents' contributions	65	-	-	65	-
Disco takings	840	-	-	840	1,787
Fun Day takings	-	-	-	-	3,478
Fun Day fees	145	-	-	145	520
Fun Day matched funding	-	-	-	-	2,000
Fundraising event receipts (not Fun Day)	2,760	-	-	2,760	23,719
Merchandise sales	1,024	-	-	1,024	1,287
Donations	5,456	-	-	5,456	2,976
Gift Aid	244	-	-	244	31
Paypal	-	-	-	-	113
Grant (restricted)	-	-	-	-	10,350
Other sales or income	-	-	-	-	30
Sub total	12,080	-	-	12,080	50,090
A2 Asset and investment sales, etc	-	-	-	-	-
Total receipts	12,080	-	-	12,080	50,090
A3 Payments					
Speech and language therapy classes	2,869	2,705	-	5,574	7,329
Specialist teacher	4,462	-	-	4,462	-
Swimming classes	2,427	-	-	2,427	3,945
LATC costs	-	-	-	-	2,117
Other courses	10	-	-	10	204
Activities	52	-	-	52	1,302
Costs of outings	75	-	-	75	1,526
Costs of discos	475	-	-	475	2,536
Cost of fun day	340	-	-	340	886
Fund raising event costs	2,020	-	-	2,020	456
Merchandise	881	-	-	881	1,953
Preschool group costs	446	-	-	446	466
Donations	-	-	-	-	299
Members' gifts	673	-	-	673	767
Goodwill	66	-	-	66	105
Training, first aid courses etc.	52	-	-	52	-
Licenses	20	-	-	20	20
Marketing	-	-	-	-	31
Website costs	122	-	-	122	142
Information days	-	-	-	-	-
Telephone	-	-	-	-	-
Postage (other than newsletter)	4	-	-	4	89
Stationery	41	-	-	41	231
Provision of specialist information	-	-	-	-	-
Insurance	-	-	-	-	-
Equipment	-	-	-	-	-
Purchase of books, leaflets and videos	-	-	-	-	-
Storage facility costs	135	-	-	135	395
Other expenditure	-	-	-	-	-
Sub total	15,170	2,705	-	17,875	24,798
A4 Asset and investment purchases, etc	-	-	-	-	-
Total payments	15,170	2,705	-	17,875	24,798
Net of receipts/(payments)	(3,090)	(2,705)	-	(5,795)	25,292
A5 Transfers between funds	-	-	-	-	-
A6 cash funds last year end	67,249	2,705	-	69,954	44,664
Cash funds this year end	64,160	-	-	64,160	69,955

Statement of assets and liabilities at the end of the period

		Unrestricted funds £	Restricted funds £	Endowment funds £
B1 Cash funds	Details Current account	64,160	-	-
B2 Other monetary assets	Details	-	-	-
B3 Investment assets	Details		Cost (optional) £	Current value (optional) £
B4 Assets retained for the charity's own use	Details Vinyl cutting machine Workstation	Unrestricted Unrestricted	£ 300 138	£
B5 Liabilities	Details		Fund to which liability belongs	Amount due (optional) £

Signed by one or two trustees on behalf of all trustees

Signature	Print name	Date of approval
	C Griffiths	25.5.21
	N. RODLEY	26.5.21