



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 We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.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

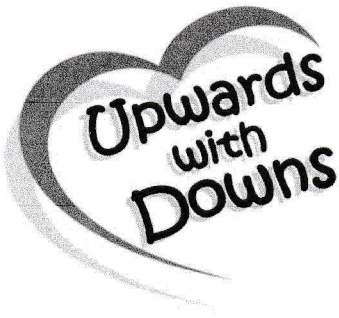
There were no fundraising costs

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

12th March 2022

Charity name
Charity name
For the period

Upwards with Downs
1158649
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		£	

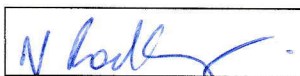
Signed by one or two trustees on behalf of all trustees

Signature

Print name

Date of approval

	C. GIFFITTS	28/2/22
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	N. RODLEY	01/03/22
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