



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 We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.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

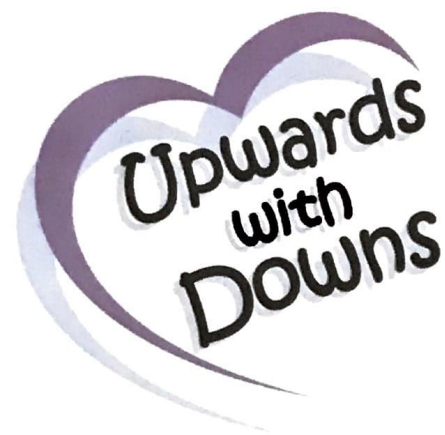
The Charity also organised free sessions for members to take part in woodland wellbeing/ relaxation and floristry/ gardening workshops using the ECF activity grant. 22 children took part in these workshops which cost £450.00.

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.



Supporting people with Down Syndrome and their families

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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: 

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		
Printed name	DANIELLE NOLAN	CRISTINA GRIFFITHS
Date	25/5/23	25/5/23