

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

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 We are also keen to promote awareness of Down Syndrome and change outdated ideas about the condition by educating, and providing information, to hospitals and children's centres.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



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.

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 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 £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

Our Specialist Teacher provides the following service:

- 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	MONTH			Notes	CUMULATIVE		
	Unrestricted Funds £	Restricted Funds £	Total £		Unrestricted Funds £	Restricted Funds £	Total £
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