

UP & DOWNS

England & Wales · Charity number 1159107

Details

Status Registered

Legal form CIO

Registered 2014-11-06

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

Contact

Address 55 King Charles Road
Halesowen
B62 0DP

Phone 07875031085

Email jemma@upanddowns.org.uk

Website <http://upanddownswm.weebly.com>

Activities

Objects: THE RELIEF OF THE NEEDS OF PEOPLE WITH DOWN'S SYNDROME BY THE PROVISION FOR SUCH PEOPLE OF FACILITIES, SERVICES AND OPPORTUNITIES THAT WILL MAXIMISE THEIR PARTICIPATION IN SOCIETY THEIR EDUCATION AND ANY OTHER CHARITABLE PURPOSES CONNECTED WITH DOWN'S SYNDROME WITHIN THE AREA OF BENEFIT.

Activities: Up and Downs is a friendly support group, supporting children with Downs Syndrome and their families based in the West Midlands. The group is affiliated with the Downs Syndrome Association. The group holds monthly meetings for children with Downs Syndrome of all ages and their families, including siblings. The group has been welcoming new families for several years.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Children/young People, People With Disabilities

Geography

- Birmingham City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£27,716	£16,217	-	-
2024-03-31	£21,393	£25,160	-	-
2023-03-31	£11,505	£16,706	-	-
2022-03-31	£10,226	£15,212	-	-
2021-03-31	£28,667	£23,552	-	-

Trustees

Name	Role	Appointed
Charmaine Nicholls		2023-07-01
Diane Hughes		2018-02-27
Gloria Wilson		2014-11-06
JEMMA SAGAR		2014-11-06

UP & DOWNS

England & Wales - Charity number 1159107

Accounts



Up and Downs

**ACCOUNTS AND ANNUAL REPORT
YEAR ENDED 31 MARCH 2025**

CONTENTS

PAGE

1. Receipts and Payments account
2. Statement of Assets and Liabilities
3. Independent Examiners Report
5. Trustees' Annual Report



Charity Name Up and Downs		No (if any) 1159107	CC16a
Receipts and payments accounts			
For the period from	Period start date 01/04/2024	To	Period end date 31/03/2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & fund raising activities	24,676	-	-	24,676	12,295
Event income	3,040	-	-	3,040	9,098
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	27,716	-	-	27,716	21,393
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	27,716	-	-	27,716	21,393
A3 Payments					
Fundraising & cost of goods sold	203	-	-	203	2,097
Depreciation	-	-	-	-	-
Refreshments	344	-	-	344	202
Purchases of toys & equipment	2,306	-	-	2,306	2,310
Stationery & printing	291	-	-	291	382
Premises & rent costs	3,250	-	-	3,250	5,650
Group activities & other running costs	8,620	-	-	8,620	13,684
Professional fees	890	-	-	890	765
Sundry expenses	313	-	-	313	70
Sub total	16,217	-	-	16,217	25,160
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,217	-	-	16,217	25,160
Net of receipts/(payments)	11,499	-	-	11,499	- 3,767
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	25,940	-	-	25,940	25,940
Cash funds this year end	37,439	-	-	37,439	22,173

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank & in hand	37,439	-	-
		-	-	-
		-	-	-
	Total cash funds	37,439	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

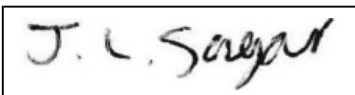
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jemma Louise Sagar	16/01/2026



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Up and Downs

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1159107

Set out on pages

3 & 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2025**.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

16/01/2026

Name:

Alexander Reginald Buckley

**Relevant professional
qualification(s) or body
(if any):**

BSc.(Hons), MAAT

Address:

Meadow Lodge, Meadow Road

Bromsgrove, Worcestershire

B61 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Trustees' Annual Report for the period							
Period start date			Period end date				
From	01	04	2024	To	31	03	2025

Section A Reference and administration details

Charity name	Up and Downs
Other names charity is known by	
Registered charity number (if any)	1159107
Charity's principal address	55 King Charles Road
	Halesowen
	West Midlands
Postcode	B62 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs J Sagar	Chair & Treasurer		
2	Ms D Hughes	Secretary		
3	Miss G Wilson	Member		
4	Mrs C Nicholls	Trustee		
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15				
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17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Organisation (association)
Trustee selection methods (eg. appointed by, elected by)	Appointment by resolution

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The Organisation is managed on a day to day basis by its Trustees who are supported by sub-committees comprising of parent volunteers. The Trustees review the aims, objectives and activities of the Organisation every 12 months. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to the groups of people we are set up to help. The review also helps us to ensure that our aims, objectives and activities remain focussed on our stated purposes. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.</p> <p>Trustees serve a period of three years and are appointed by a resolution passed at a properly convened Annual General meeting. The Organisation's constitution permits a minimum of 3 and a maximum of 15 trustees at any one time. The election of Trustees is on majority consensus by members. Newly appointed trustees are assessed with respect to their skills, knowledge and experience needed for the effective running of the Organisation. Newly appointed Trustees are inducted by the Chair and are provided with a copy of the Organisation's constitution and latest Annual Report and statement of accounts.</p>
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Section C Objectives and activities

Summary of the objectives of the charity set out in its governing document

<ul style="list-style-type: none"> • To ensure that every child and young person with Down Syndrome that are part of our group enjoys a happy and secure environment which meets their emotional, social, health, educational and communicational needs. • To strive for equality and inclusion in all aspects of their lives and to ensure that they are able to make a positive contribution to the society in which they live • To ensure that all who are involved with the child and young person's environment, care, support and education are themselves fully informed
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and supported.

- To achieve growth and a secure income stream which enables our long term sustainability and independence
- To be respected and supported by the families who need our assistance and by local businesses, communities and authorities.
- To provide activities, support and training to children and their families and to be a trusted point of contact for new and existing families.
- To raise awareness in the wider community of the needs and aspirations of children, young people and the families of those affected by Down Syndrome.

Up and Downs is a very friendly support group, supporting children with Downs Syndrome and their families based in the West Midlands. The group is affiliated with the Downs Syndrome Association. The group holds monthly meetings for children with Downs Syndrome of all ages and their families including siblings and has been welcoming new families for several years.

The Organisation is established for the following exclusively charitable purpose:

The relief and support of families and carers of children who have Down Syndrome who reside in the West Midlands area, in particular, but not exclusively, by providing support, information and opportunities to enable these children to succeed both educationally and socially and so that their current life and long term prospects may be improved.

Summary of the main activities undertaken for the public benefit in relation to these objectives (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year**Community Engagement**

We continued to deliver a programme of monthly activities for families throughout the year. Attendance increased significantly following the lifting of COVID restrictions, reflecting a renewed sense of confidence and normality among families. Engagement from families with very young children remains lower, and due to consistently low attendance, weekday meet-ups have not been reinstated. Experience shows that families with newborns are more likely to engage online and typically begin attending in-person activities as their children grow older.

We were extremely grateful to be selected as Mayors Charity of the Year, receiving a donation of £10,000. This support had a significant positive impact on our financial stability, particularly after the cancellation of our Annual Ball due to low ticket sales. We also received a generous donation from a local company, further strengthening our ability to support families.

Information Sharing and Family Support

Alongside social activities, we remain committed to ensuring families can access timely information, guidance, and practical support. We share regular updates, opportunities, and signposting through email communications and our active Facebook page.

We also provide tailored, one-to-one support to families navigating complex systems. This includes assistance with grant applications (such as Family Fund), Education, Health and Care Plans (EHCPs), and benefits including Disability Living Allowance (DLA) and Carer's Allowance. This personalised support continues to be a vital and highly valued element of our work.

Premises and Delivery

We continue our successful partnership with Art In Motion Dance Academy in Cradley Heath, benefiting from secure storage and regular access to a large studio space. Due to venue availability, sessions now take place on Sundays, allowing us to deliver activities consistently and effectively.

Events and Activities

Throughout the year we delivered a diverse programme of inclusive activities, offering families opportunities to socialise, learn new skills, and enjoy shared experiences. Highlights included our Easter Egg Ride with the Birmingham Harley-Davidson Group, Forest School sessions, bowling during school holidays, creative workshops with LUSH, animal encounters, and themed celebrations such as our Glow in the Dark party and Breakfast with Santa. We were also delighted to attend Dudley Zoo's Dreamnight, providing families with a memorable and fully accessible experience.

We supported communication development by offering subsidised Makaton workshops and funding places at Singing Hands sessions.

Access to Recreation

We renewed zoo passes and secured discounted tickets to events and attractions, helping families access leisure opportunities that might otherwise be unaffordable. This remains a highly valued part of our service.

Summary

Over the year, we have continued to strengthen community connections, provide practical support, and offer inclusive opportunities that enhance family well-being. Through engagement, information sharing, and meaningful activities, we remain committed to making a positive and lasting difference for the families we support.

Section E Financial review

Brief statement of the charity's policy on reserves

The reserves that we have set aside provide financial stability and the means for the development of our principal activity, aims and objectives. We intend to maintain our reserves at a level which is at least equivalent to £10,000.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

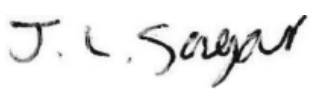
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Jemma Louise Sagar	
Position (eg Secretary, Chair, etc)	Chair & Treasurer	
Date	16/01/2026	

UP & DOWNS

England & Wales - Charity number 1159107

Accounts



Up and Downs

**ACCOUNTS AND ANNUAL REPORT
YEAR ENDED 31 MARCH 2024**

CONTENTS

PAGE

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Charity Name Up and Downs		No (if any) 1159107		CC16a
Receipts and payments accounts				
For the period from	Period start date 01/04/2023	To	Period end date 31/03/2024	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & fund raising activities	12,295	-	-	12,295	9,136
Event income	9,098	-	-	9,098	2,369
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	21,393	-	-	21,393	11,505
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	21,393	-	-	21,393	11,505
A3 Payments					
Fundraising & cost of goods sold	2,097	-	-	2,097	3,743
Depreciation	-	-	-	-	671
Refreshments	202	-	-	202	325
Purchases of toys & equipment	2,310	-	-	2,310	2,226
Stationery & printing	382	-	-	382	243
Premises & rent costs	5,650	-	-	5,650	2,080
Group activities & other running costs	13,684	-	-	13,684	6,423
Professional fees	765	-	-	765	945
Sundry expenses	70	-	-	70	50
Sub total	25,160	-	-	25,160	16,706
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	25,160	-	-	25,160	16,706
Net of receipts/(payments)	- 3,767	-	-	- 3,767	- 5,201
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	29,707	-	-	29,707	29,707
Cash funds this year end	25,940	-	-	25,940	24,506

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank & in hand	25,940	-	-
		-	-	-
		-	-	-
	Total cash funds	25,940	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

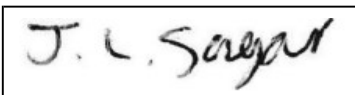
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jemma Louise Sagar	28/01/2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Up and Downs

**On accounts for the year
ended**

31 March 2024

**Charity no
(if any)**

1159107

Set out on pages

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**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

28/01/2025

Name:

Alexander Reginald Buckley

**Relevant professional
qualification(s) or body
(if any):**

BSc.(Hons), MAAT

Address:

Meadow Lodge, Meadow Road

Bromsgrove, Worcestershire

B61 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Trustees' Annual Report for the period						
Period start date			Period end date			
From	01	04	2023	To	31	03 2024

Section A Reference and administration details

Charity name	Up and Downs
Other names charity is known by	
Registered charity number (if any)	1159107
Charity's principal address	55 King Charles Road
	Halesowen
	West Midlands
Postcode	B62 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs J Sagar	Chair & Treasurer		
2	Ms D Hughes	Secretary		
3	Miss G Wilson	Member		
4	Mrs C Nicholls	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Organisation (association)
Trustee selection methods (eg. appointed by, elected by)	Appointment by resolution

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The Organisation is managed on a day to day basis by its Trustees who are supported by sub-committees comprising of parent volunteers. The Trustees review the aims, objectives and activities of the Organisation every 12 months. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to the groups of people we are set up to help. The review also helps us to ensure that our aims, objectives and activities remain focussed on our stated purposes. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.</p> <p>Trustees serve a period of three years and are appointed by a resolution passed at a properly convened Annual General meeting. The Organisation's constitution permits a minimum of 3 and a maximum of 15 trustees at any one time. The election of Trustees is on majority consensus by members. Newly appointed trustees are assessed with respect to their skills, knowledge and experience needed for the effective running of the Organisation. Newly appointed Trustees are inducted by the Chair and are provided with a copy of the Organisation's constitution and latest Annual Report and statement of accounts.</p>
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Section C Objectives and activities

Summary of the objectives of the charity set out in its governing document

<ul style="list-style-type: none"> • To ensure that every child and young person with Down Syndrome that are part of our group enjoys a happy and secure environment which meets their emotional, social, health, educational and communicational needs. • To strive for equality and inclusion in all aspects of their lives and to ensure that they are able to make a positive contribution to the society in which they live • To ensure that all who are involved with the child and young person's environment, care, support and education are themselves fully informed
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and supported.

- To achieve growth and a secure income stream which enables our long term sustainability and independence
- To be respected and supported by the families who need our assistance and by local businesses, communities and authorities.
- To provide activities, support and training to children and their families and to be a trusted point of contact for new and existing families.
- To raise awareness in the wider community of the needs and aspirations of children, young people and the families of those affected by Down Syndrome.

Up and Downs is a very friendly support group, supporting children with Downs Syndrome and their families based in the West Midlands. The group is affiliated with the Downs Syndrome Association. The group holds monthly meetings for children with Downs Syndrome of all ages and their families including siblings and has been welcoming new families for several years.

The Organisation is established for the following exclusively charitable purpose:

The relief and support of families and carers of children who have Down Syndrome who reside in the West Midlands area, in particular, but not exclusively, by providing support, information and opportunities to enable these children to succeed both educationally and socially and so that their current life and long term prospects may be improved.

Summary of the main activities undertaken for the public benefit in relation to these objectives (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year**Engagement with Our Community**

This year, we were honoured to be selected as one of the Mayor of Dudley's Charities of the Year. The Mayor attended several of our Up and Downs activities. We've maintained a steady number of families attending regular sessions and welcomed many new families to our meet-ups. Notably, we successfully held our Annual Charity Ball for the first time since the COVID-19 pandemic.

Providing Information and Support

We prioritise equipping families with vital information and support. Through regular emails and our active Facebook page, we've shared key updates and resources. We've also assisted families with administrative tasks such as grant applications (e.g., Family Fund), EHCPs, and benefits forms like Carer's Allowance and DLA, helping them navigate these often-complex processes.

Premises Utilisation

Partnering with Art in Motion Dance Academy in Cradley Heath has been instrumental in our operations. We now have access to a storage room and a large dance studio, which we use regularly for group activities. Although we shifted our meet-ups to Sundays due to scheduling, these premises have been invaluable in supporting our work.

Diverse and Inclusive Events

This year, we delivered a wide range of events tailored to our community's interests, providing opportunities to connect, learn, and create lasting memories. Highlights included:

- Easter Egg Run with the Birmingham Harley Davidson Group
- Coronation Tea Party and Crafts
- Dreamnight at Dudley Zoo
- Forest Schools sessions
- Breakfast with Santa
- Bath bomb making at Lush
- A Pantomime visit at The Grand
- Our Charity Ball and more

Access to Leisure and Recreation

To enhance family well-being, we facilitated access to various entertainment opportunities. We renewed our passes to Dudley Zoo, secured a corporate pass for Twycross Zoo, and provided discounted tickets to shows and events. These partnerships have made enriching experiences more accessible to our families.

Conclusion

Our commitment to supporting families, fostering community engagement, and providing access to resources and recreational opportunities remains unwavering. Through collaboration and dedication, we continue to make a positive impact on the lives of the families we serve.

Section E

Financial review

Brief statement of the charity's policy on reserves

The reserves that we have set aside provide financial stability and the means for the development of our principal activity, aims and objectives. We intend to maintain our reserves at a level which is at least equivalent to £10,000.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

J. L. Sagar

Full name(s)

Jemma Louise Sagar

Position (eg Secretary, Chair, etc)

Chair & Treasurer

Date

28/01/2025

UP & DOWNS

England & Wales - Charity number 1159107

Accounts



Up and Downs

**ACCOUNTS AND ANNUAL REPORT
YEAR ENDED 31 MARCH 2023**

CONTENTS

PAGE

1. Receipts and Payments account
2. Statement of Assets and Liabilities
3. Independent Examiners Report
5. Trustees' Annual Report



Charity Name Up and Downs		No (if any) 1159107	CC16a
Receipts and payments accounts			
For the period from	Period start date 01/04/2022	To	Period end date 31/03/2023

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & fund raising activities	9,136	-	-	9,136	8,237
Event income	2,369	-	-	2,369	1,989
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	11,505	-	-	11,505	10,226
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	11,505	-	-	11,505	10,226
A3 Payments					
Fundraising & cost of goods sold	3,743	-	-	3,743	3,397
Depreciation	671	-	-	671	224
Refreshments	325	-	-	325	290
Purchases of toys & equipment	2,226	-	-	2,226	2,573
Stationery & printing	243	-	-	243	89
Premises & rent costs	2,080	-	-	2,080	3,218
Group activities & other running costs	6,423	-	-	6,423	3,986
Professional fees	945	-	-	945	1,435
Sundry expenses	50	-	-	50	-
Sub total	16,706	-	-	16,706	15,212
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	16,706	-	-	16,706	15,212
Net of receipts/(payments)	- 5,201	-	-	- 5,201	- 4,986
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,908	-	-	34,908	39,894
Cash funds this year end	29,707	-	-	29,707	34,908

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank & in hand	29,707	-	-
		-	-	-
		-	-	-
	Total cash funds	29,707	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jemma Louise Sagar	30/01/2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Up and Downs

**On accounts for the year
ended**

31 March 2023

**Charity no
(if any)**

1159107

Set out on pages

3 & 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Date:

30/01/2024

Name:

Alexander Reginald Buckley

**Relevant professional
qualification(s) or body
(if any):**

BSc.(Hons), MAAT

Address:

Meadow Lodge, Meadow Road

Bromsgrove, Worcestershire

B61 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Trustees' Annual Report for the period						
Period start date			Period end date			
From	01	04	2022	To	31	03 2023

Section A Reference and administration details

Charity name	Up and Downs
Other names charity is known by	
Registered charity number (if any)	1159107
Charity's principal address	55 King Charles Road
	Halesowen
	West Midlands
Postcode	B62 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs J Sagar	Chair & Treasurer		
2	Ms D Hughes	Secretary		
3	Miss G Wilson	Member		
4	Mrs C Nicholls	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Organisation (association)
Trustee selection methods (eg. appointed by, elected by)	Appointment by resolution

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>The Organisation is managed on a day to day basis by its Trustees who are supported by sub-committees comprising of parent volunteers. The Trustees review the aims, objectives and activities of the Organisation every 12 months. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to the groups of people we are set up to help. The review also helps us to ensure that our aims, objectives and activities remain focussed on our stated purposes. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.</p> <p>Trustees serve a period of three years and are appointed by a resolution passed at a properly convened Annual General meeting. The Organisation's constitution permits a minimum of 3 and a maximum of 15 trustees at any one time. The election of Trustees is on majority consensus by members. Newly appointed trustees are assessed with respect to their skills, knowledge and experience needed for the effective running of the Organisation. Newly appointed Trustees are inducted by the Chair and are provided with a copy of the Organisation's constitution and latest Annual Report and statement of accounts.</p>
--	--

Section C Objectives and activities

Summary of the objectives of the charity set out in its governing document

<ul style="list-style-type: none"> • To ensure that every child and young person with Down Syndrome that are part of our group enjoys a happy and secure environment which meets their emotional, social, health, educational and communicational needs. • To strive for equality and inclusion in all aspects of their lives and to ensure that they are able to make a positive contribution to the society in which they live • To ensure that all who are involved with the child and young person's environment, care, support and education are themselves fully informed
--

and supported.

- To achieve growth and a secure income stream which enables our long term sustainability and independence
- To be respected and supported by the families who need our assistance and by local businesses, communities and authorities.
- To provide activities, support and training to children and their families and to be a trusted point of contact for new and existing families.
- To raise awareness in the wider community of the needs and aspirations of children, young people and the families of those affected by Down Syndrome.

Up and Downs is a very friendly support group, supporting children with Downs Syndrome and their families based in the West Midlands. The group is affiliated with the Downs Syndrome Association. The group holds monthly meetings for children with Downs Syndrome of all ages and their families including siblings and has been welcoming new families for several years.

The Organisation is established for the following exclusively charitable purpose:

The relief and support of families and carers of children who have Down Syndrome who reside in the West Midlands area, in particular, but not exclusively, by providing support, information and opportunities to enable these children to succeed both educationally and socially and so that their current life and long term prospects may be improved.

Summary of the main activities undertaken for the public benefit in relation to these objectives (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year**Engagement within Our Community**

Throughout the past year, our organisation has continued to foster strong connections within our community. Despite the challenges posed by the COVID-19 pandemic, we have persevered in providing valuable support to families, facilitating numerous family meetups. Notably, we have observed a gradual increase in participation from families with infants, facilitated primarily through online platforms.

Information Dissemination and Support

Our commitment to empowering families extends beyond mere gatherings; we prioritise equipping parents with essential information and resources. Through regular email correspondence and our active Facebook page, we have diligently communicated pertinent information to parents, enabling them to access additional sources of support. Furthermore, we have provided invaluable assistance to families in navigating complex administrative processes, including application submissions for grants from esteemed organisations like the Family Fund, as well as aiding in the completion of essential documents such as EHCPs, Carers Allowance applications, and DLA forms.

Utilisation of Premises

Securing suitable premises remains integral to our operational success. We are proud to have established a partnership with Art In Motion Dance Academy in Crossley Heath, where we have secured a dedicated storage room and access to a spacious dance studio for our activities. Despite scheduling challenges necessitating a transition to Sunday meetups, we have effectively utilised these facilities to facilitate our programs and initiatives.

Diverse and Engaging Events

Our organisation has hosted an array of vibrant and inclusive events throughout the year, catering to the diverse interests and preferences of our community members. From themed parties to educational sessions, our events have offered opportunities for families to connect, learn, and enjoy memorable experiences together. Noteworthy events include the Easter Egg Run with the Birmingham Group of Harley Davidsons, Queens Jubilee indoor street party and craft session, Junglebugs party, Circus at Webbs, and a myriad of other engaging activities, including educational sessions, creative workshops, and festive celebrations.

Access to Recreational Opportunities

Recognising the importance of leisure and recreational activities in enhancing the well-being of families, we have actively facilitated access to various entertainment venues and events. Our organisation has renewed passes to Dudley Zoo and acquired a corporate pass for Twycross Zoo, enabling families to enjoy enriching experiences at discounted rates. Additionally, we have leveraged partnerships to secure heavily discounted tickets to a variety of shows and events, ensuring that our families have access to diverse entertainment options.

In summary, our organisation remains steadfast in its commitment to supporting families, fostering community engagement, and facilitating access to essential resources and recreational opportunities. Through our collective efforts and unwavering dedication, we continue to make meaningful contributions to the well-being and resilience of the families we serve.

Section E

Financial review

Brief statement of the charity's policy on reserves

The reserves that we have set aside provide financial stability and the means for the development of our principal activity, aims and objectives. We intend to maintain our reserves at a level which is at least equivalent to £10,000.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

J. L. Sagar

Full name(s)

Jemma Louise Sagar

Position (eg Secretary, Chair, etc)

Chair & Treasurer

Date

30/01/2024

UP & DOWNS

England & Wales - Charity number 1159107

Accounts



Up and Downs

**ACCOUNTS AND ANNUAL REPORT
YEAR ENDED 31 MARCH 2022**

CONTENTS

PAGE

1. Receipts and Payments account
2. Statement of Assets and Liabilities
3. Independent Examiners Report
5. Trustees' Annual Report



Charity Name Up and Downs		No (if any) 1159107		CC16a
Receipts and payments accounts				
For the period from	Period start date 01/04/2021	To	Period end date 31/03/2022	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & fund raising activities	8,237	-	-	8,237	28,667
Event income	1,989	-	-	1,989	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	10,226	-	-	10,226	28,667
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	10,226	-	-	10,226	28,667
A3 Payments					
Fundraising & cost of goods sold	3,397	-	-	3,397	4,468
Depreciation	224	-	-	224	298
Refreshments	290	-	-	290	-
Purchases of toys & equipment	2,573	-	-	2,573	4,760
Stationery & printing	89	-	-	89	429
Premises & rent costs	3,218	-	-	3,218	6,883
Group activities & other running costs	3,986	-	-	3,986	273
Professional fees	1,435	-	-	1,435	6,441
Sundry expenses	-	-	-	-	-
Sub total	15,212	-	-	15,212	23,552
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	15,212	-	-	15,212	23,552
Net of receipts/(payments)	- 4,986	-	-	- 4,986	5,115
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	39,894	-	-	39,894	34,779
Cash funds this year end	34,908	-	-	34,908	39,894

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank & in hand	34,237	-	-
	<i>Asset value as per below</i>	671	-	-
		-	-	-
	Total cash funds	34,908	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

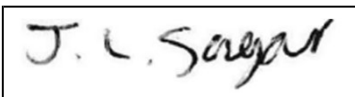
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Sensory equipment	Unrestricted	952	75
	Computer equipment	Unrestricted	1,797	242
	General equipment	Unrestricted	2,516	354
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval		
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Jemma Louise Sagar</td> </tr> </table>	Jemma Louise Sagar	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">27/01/2023</td> </tr> </table>	27/01/2023
Jemma Louise Sagar				
27/01/2023				



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Up and Downs

**On accounts for the year
ended**

31 March 2022	Charity no (if any)	1159107
---------------	--------------------------------	---------

Set out on pages

3 & 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 2022**.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

Signed:

Alexander Reginald Buckley

Date:

27/01/2023

Name:

Alexander Reginald Buckley

**Relevant professional
qualification(s) or body
(if any):**

BSc.(Hons), MAAT

Address:

Meadow Lodge, Meadow Road

Bromsgrove, Worcestershire

B61 0JL

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

[Empty rectangular box for disclosure details]



Trustees' Annual Report for the period						
	Period start date			Period end date		
From	01	04	2021	To	31	03 2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

55 King Charles Road
Halesowen
West Midlands
Postcode B62 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs J Sagar	Chair & Treasurer		
2	Ms D Hughes	Secretary		
3	Miss G Wilson	Member		
4	Mrs C Nicholls	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Organisation (association)
Trustee selection methods (eg. appointed by, elected by)	Appointment by resolution

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Organisation is managed on a day to day basis by its Trustees who are supported by sub-committees comprising of parent volunteers. The Trustees review the aims, objectives and activities of the Organisation every 12 months. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to the groups of people we are set up to help. The review also helps us to ensure that our aims, objectives and activities remain focussed on our stated purposes. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Trustees serve a period of three years and are appointed by a resolution passed at a properly convened Annual General meeting. The Organisation's constitution permits a minimum of 3 and a maximum of 15 trustees at any one time. The election of Trustees is on majority consensus by members. Newly appointed trustees are assessed with respect to their skills, knowledge and experience needed for the effective running of the Organisation. Newly appointed Trustees are inducted by the Chair and are provided with a copy of the Organisation's constitution and latest Annual Report and statement of accounts.

Section C Objectives and activities

Summary of the objectives of the charity set out in its governing document

- To ensure that every child and young person with Down Syndrome that are part of our group enjoys a happy and secure environment which meets their emotional, social, health, educational and communicational needs.
- To strive for equality and inclusion in all aspects of their lives and to ensure that they are able to make a positive contribution to the society in which they live
- To ensure that all who are involved with the child and young person's environment, care, support and education are themselves fully informed

and supported.

- To achieve growth and a secure income stream which enables our long term sustainability and independence
- To be respected and supported by the families who need our assistance and by local businesses, communities and authorities.
- To provide activities, support and training to children and their families and to be a trusted point of contact for new and existing families.
- To raise awareness in the wider community of the needs and aspirations of children, young people and the families of those affected by Down Syndrome.

Up and Downs is a very friendly support group, supporting children with Downs Syndrome and their families based in the West Midlands. The group is affiliated with the Downs Syndrome Association. The group holds monthly meetings for children with Downs Syndrome of all ages and their families including siblings and has been welcoming new families for several years.

The Organisation is established for the following exclusively charitable purpose:

The relief and support of families and carers of children who have Down Syndrome who reside in the West Midlands area, in particular, but not exclusively, by providing support, information and opportunities to enable these children to succeed both educationally and socially and so that their current life and long term prospects may be improved.

Summary of the main activities undertaken for the public benefit in relation to these objectives (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the yearOur community

We have tentatively restarted face-to-face meet ups this year, but this has had mixed responses as some families have been a little reluctant to return to face-to-face activities due to the children having more health issues. However, as the year progressed, we have seen an increase in families attending sessions. Our pre-covid stay and play sessions haven't restarted as we had little interest, so instead we have had few coffee and catch up sessions during the week for parents to attend with or without children. These have been hit and miss due to children's appointments, parents restarting work and previous attendees starting Nursery. We have still continued with monthly activities for families to attend and these have been successful.

Sharing information

We provide information to parents through regular emails and via our Facebook page. We help families become aware of further sources of support; some of our families have been aided in filling in application forms for grants from umbrella charities such as Family Fund. We have also given families advice on filling in EHCPs, Carers Allowance applications and DLA forms. All of these activities continued successfully over the year despite the pandemic, as we moved completely online.

Premises

We now rent a small storage room at a local dance studio and have use of the studio for activities.

Events

We have held a number of events throughout the year which have included dance sessions, forest school throughout the summer holiday, First aid course for parents, farm visit, Sycamore adventure visit, a siblings trip to Bear Grylls adventure, Makaton workshops, Christmas Farm Visit, Stay and Play sessions.

We have still been unable to hold our Annual Charity Ball but managed to hold our Annual Coffee morning for World Down Syndrome Day in March. We have also continued with online competitions and other activities to engage families.

As we have been unable to continue with our monthly meet ups as before, we have had to adapt to a new way of working. We have held successful activities over zoom throughout the year, including well attended zoom discos, Singing Hands (sign language) sessions, fancy dress competitions, bake offs, pumpkin carving competitions, Signing Santa, yoga sessions, and first aid courses. We took our Makaton training online and found that this was hugely successful, as more parents took part over zoom compared to when we hosted the session face-to-face. We also regularly sent the families craft packs for the children to use at home.

Section E Financial review

Brief statement of the charity’s policy on reserves

The reserves that we have set aside provide financial stability and the means for the development of our principal activity, aims and objectives. We intend to maintain our reserves at a level which is at least equivalent to £10,000.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity’s principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

[Empty box for optional information]


Section F Other optional information

[Empty box for other optional information]

Section G Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	Jemma Louise Sagar	
Position (eg Secretary, Chair, etc)	Chair & Treasurer	
Date	27/01/2023	

UP & DOWNS

England & Wales - Charity number 1159107

Accounts



Up and Downs

**ACCOUNTS AND ANNUAL REPORT
YEAR ENDED 31 MARCH 2021**

CONTENTS

PAGE

1. Receipts and Payments account
2. Statement of Assets and Liabilities
3. Independent Examiners Report
5. Trustees' Annual Report



Charity Name Up and Downs		No (if any) 1159107		CC16a
Receipts and payments accounts				
For the period from	Period start date 01/04/2020	To	Period end date 31/03/2021	

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & fund raising activities	28,667	-	-	28,667	39,509
Grant income	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	28,667	-	-	28,667	39,509
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	28,667	-	-	28,667	39,509
A3 Payments					
Fundraising & cost of goods sold	4,468	-	-	4,468	16,919
Depreciation	298	-	-	298	398
Refreshments	-	-	-	-	433
Purchases of toys & equipment	4,760	-	-	4,760	4,059
Stationery & printing	429	-	-	429	231
Premises & rent costs	6,883	-	-	6,883	10,407
Group activities & other running costs	273	-	-	273	16,248
Professional fees	6,441	-	-	6,441	4,400
Insurances	-	-	-	-	-
Sub total	23,552	-	-	23,552	53,095
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	23,552	-	-	23,552	53,095
Net of receipts/(payments)	5,115	-	-	5,115	- 13,586
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,779	-	-	34,779	48,365
Cash funds this year end	39,894	-	-	39,894	34,779

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at bank & in hand	38,999	-	-
	Asset value as per below	895	-	-
		-	-	-
	Total cash funds	39,894	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

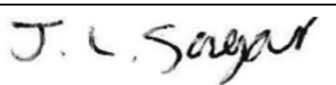
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Sensory equipment	Unrestricted	952	100
	Computer equipment	Unrestricted	1,797	323
	General equipment	Unrestricted	2,516	472
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Jemma Louise Sagar	31/01/2022



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Up and Downs

**On accounts for the year
ended**

31 March 2021

**Charity no
(if any)**

1159107

Set out on pages

3 & 4

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31 / 03 / 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.

Signed:

Alexander Reginald Buckley

Date:

31/01/2022

Name:

Alexander Reginald Buckley

**Relevant professional
qualification(s) or body
(if any):**

BSc.(Hons), MAAT

Address:

Meadow Lodge, Meadow Road

Bromsgrove, Worcestershire

B61 0JL

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, occupying the majority of the page. It is intended for the user to provide details of items for disclosure as requested in the text to the left.



Trustees' Annual Report for the period							
Period start date			Period end date				
From	01	04	2020	To	31	03	2021

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

55 King Charles Road	
Halesowen	
West Midlands	
Postcode	B62 0DP

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mrs J Sagar	Chair & Treasurer		
2	Ms D Hughes	Secretary		
3	Miss G Wilson	Member		
4	Mrs C Nicholls	Trustee		
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Organisation (association)
Trustee selection methods (eg. appointed by, elected by)	Appointment by resolution

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The Organisation is managed on a day to day basis by its Trustees who are supported by sub-committees comprising of parent volunteers. The Trustees review the aims, objectives and activities of the Organisation every 12 months. This review looks at what we achieved and the outcomes of our work in the previous 12 months. The review looks at the success of each key activity and the benefits they have brought to the groups of people we are set up to help. The review also helps us to ensure that our aims, objectives and activities remain focussed on our stated purposes. In particular, the trustees consider how planned activities will contribute to the aims and objectives they have set.

Trustees serve a period of three years and are appointed by a resolution passed at a properly convened Annual General meeting. The Organisation's constitution permits a minimum of 3 and a maximum of 15 trustees at any one time. The election of Trustees is on majority consensus by members. Newly appointed trustees are assessed with respect to their skills, knowledge and experience needed for the effective running of the Organisation. Newly appointed Trustees are inducted by the Chair and are provided with a copy of the Organisation's constitution and latest Annual Report and statement of accounts.

Section C Objectives and activities

Summary of the objectives of the charity set out in its governing document

- To ensure that every child and young person with Down Syndrome that are part of our group enjoys a happy and secure environment which meets their emotional, social, health, educational and communicational needs.
- To strive for equality and inclusion in all aspects of their lives and to ensure that they are able to make a positive contribution to the society in which they live
- To ensure that all who are involved with the child and young person's environment, care, support and education are themselves fully informed

and supported.

- To achieve growth and a secure income stream which enables our long term sustainability and independence
- To be respected and supported by the families who need our assistance and by local businesses, communities and authorities.
- To provide activities, support and training to children and their families and to be a trusted point of contact for new and existing families.
- To raise awareness in the wider community of the needs and aspirations of children, young people and the families of those affected by Down Syndrome.

Up and Downs is a very friendly support group, supporting children with Downs Syndrome and their families based in the West Midlands. The group is affiliated with the Downs Syndrome Association. The group holds monthly meetings for children with Downs Syndrome of all ages and their families including siblings and has been welcoming new families for several years.

The Organisation is established for the following exclusively charitable purpose:

The relief and support of families and carers of children who have Down Syndrome who reside in the West Midlands area, in particular, but not exclusively, by providing support, information and opportunities to enable these children to succeed both educationally and socially and so that their current life and long term prospects may be improved.

Summary of the main activities undertaken for the public benefit in relation to these objectives (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the yearOur community

This year we have worked hard to retain the beneficial interactions of our member families by continuing to host meetings, but in online format. The move to Zoom, because of the pandemic, has been successful in keeping families in contact with each other, and enabling them to share experiences and information. Other member families have not been so keen to be online, and we hope to resume face to face meetings as soon as we can.

Sharing information

We provide information to parents through regular emails and via our Facebook page. We help families become aware of further sources of support; some of our families have been aided in filling in application forms for grants from umbrella charities such as Family Fund. We have also given families advice on filling in EHCPs, Carers Allowance applications and DLA forms. All of these activities continued successfully over the year despite the pandemic, as we moved completely online.

Premises

We have given notice on the office which we used as our charity hub, due to face-to-face meetings being impractical this year due to the pandemic. We have successfully found storage space for our equipment at a local dance hall.

Events

As we have been unable to continue with our monthly meet ups as before, we have had to adapt to a new way of working. We have held successful activities over zoom throughout the year, including well attended zoom discos, Singing Hands (sign language) sessions, fancy dress competitions, bake offs, pumpkin carving competitions, Signing Santa, yoga sessions, and first aid courses. We took our Makaton training online and found that this was hugely successful, as more parents took part over zoom compared to when we hosted the session face-to-face. We also regularly sent the families craft packs for the children to use at home.

Trustees

We have successfully appointed a new trustee, Charmaine Nicholls, to the board.

Section E Financial review

Brief statement of the charity’s policy on reserves

The reserves that we have set aside provide financial stability and the means for the development of our principal activity, aims and objectives. We intend to maintain our reserves at a level which is at least equivalent to £10,000.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity’s principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

[Empty box for optional information]


Section F Other optional information

[Empty box for other optional information]

Section G Declaration

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)		
Full name(s)	Jemma Louise Sagar	
Position (eg Secretary, Chair, etc)	Chair & Treasurer	
Date	31/01/2022	