



Up and Downs

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

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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 01/04/2021	To	Period end date 31/03/2022	

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	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	-	-
	Asset value as per below	671	-	-
		-	-	-
	Total cash funds	34,908	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details			
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details			
	Sensory equipment	Unrestricted	952	75
	Computer equipment	Unrestricted	1,797	242
	General equipment	Unrestricted	2,516	354
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details			
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	J. L. Sagar	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:

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.



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	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		
	<table style="width: 100%;"> <tr> <td style="width: 60%;">Postcode</td> <td style="border: 1px solid black; padding: 5px;">B62 0DP</td> </tr> </table>	Postcode	B62 0DP
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)

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

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)

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.

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

Our 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.

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

27/01/2023