



**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	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	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
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	J. L. Sagar	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

From			Period start date			To			Period end date		
			01	04	2022				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)

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**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