



ACCOUNTS AND ANNUAL REPORT
YEAR ENDED 31 MARCH 2025

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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 01/04/2024	To	Period end date 31/03/2025	

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	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

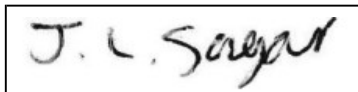
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
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 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			To	Period end date		
	01	04	2024		31	03	2025

From

To

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)

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**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)

J. L. Sagar

Full name(s)

Jemma Louise Sagar

Position (eg Secretary, Chair, etc)

Chair & Treasurer

Date

16/01/2026