

# DANCE 21

For children and young adults with Down Syndrome  
and their siblings



## Annual Report & Accounts 2021/22



Registered Charity  
No 1188124



## Introducing our three groups



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## Structure and governance

Dance 21 was founded in September 2000 and achieved charity status as a Charitable Incorporated Organisation in February 2020 with the registered Charity Number 1188124. Our governing document is the CIO Foundation model Constitution, which was also signed and agreed in 2020. We will be reviewing it on a regular basis.

In accordance with Charity Commission regulations, we have an elected Board of Trustees, all Volunteers, who are responsible for the governance of the group. Charity trustees are elected on the basis of relevant skills and attributes they possess that enable them to perform important functions within the charity. Trustees who were elected at the Annual General Meeting on 15th June 2021 are:

Mrs. Mary Schultz	Chair and Charity Manager
Mr. Peter Schultz	Treasurer
Mrs. Bev Weeks	Secretary
Mrs. Kim Kemp	Minutes Secretary
Mrs. Rachel Palfreman	
Mrs. Christine Twomey	
Mrs. Kathy Hart	
Mrs. Olivia Gordon	

Dance 21 was formed to meet the need locally for children and young adults with Down Syndrome and their siblings to join a dance group where they can experience opportunities to perform locally and further afield that would not otherwise be available to them. We also go on social outings as a group.

Dance 21 has now expanded to three groups, two in Chelmsford and one in Woodford. All are well attended.

Through Dance 21, the dancers and parents, their families and friends have also established close friendships and a much needed social network, sharing advice on health and social issues as they arise.

Belonging to Dance 21 helps to motivate our dancers and improve their quality of life by providing exciting opportunities to take part in dancing events, lots of social events and the sense of belonging to the 'Dance 21 family'.





## **Mission statement**

Dance 21 dance group is a unique dance group based in Essex and Woodford for children and young adults with Down Syndrome and their siblings projecting a positive image of disability.

We offer a dynamic, fun, structured environment where everyone has the opportunity to improve their potential through dance and movement.

We develop a variety of skills and each child is valued as an individual and a respected team member.

Our public performances are a delightful opportunity to share our achievements.

## **Our purpose, our values, our services**

Dance 21 is committed to providing an excellent and professional service to children and young adults with Down Syndrome and their siblings; comprising affordable, confidence building and dancing opportunities that promote good health, friendships and ultimately raise self esteem.

## **Chair's annual review**

So glad to be getting back to some sort of normality. Dance classes are running across all 3 groups and we are looking forward to several events which have already been booked.

Our 21st Anniversary party has been cancelled several times now due to Covid issues but I am very pleased to say it will be taking place this year in June. We have invited our local Mayor and Consort, several people who are connected with us and some of our past donators.

Everyone is getting very excited and looking forward to the inevitable dancing, eating and singing.

I would like to take this opportunity to thank our parents who give up so much of their time to ferry the dancers here, there and everywhere, to our volunteer team, without whom we wouldn't be able to provide the best support to our dancers and of course our lovely teachers, Jean Hunter, Steven Turner, Hannah Randall, Katie Osborne, Francesca Bradford and Briony Creasey who give so generously of their time to attend events. Our committee continues to work very hard to ensure Dance 21 operates at the highest level, promoting a positive image of different abilities in our community.

We are very grateful for donations from Gadsby Wicks Solicitors of Chelmsford, Chelmsford Community Church and all the lovely people who used Amazon Smile to ensure we get donations from them periodically. These donations allowed us to continue running all three groups and pay the teachers.

New dancers are always welcome to attend a free taster session at one of our three classes.

For more information about classes, please contact Mary Schultz (contact details on back page).

I am very proud of what we have achieved with Dance 21 over the last 22 years and I am confident our charity will continue to earn recognition in the local community and further afield as a respected and well-established organisation with a strong team of dedicated and friendly trustees and volunteers.

Mary Schultz  
Chair and Charity Manager

## **Our trustees**

Dance 21 was founded in September 2000 by Mary Schultz and we currently have 58 dancers.

We have 8 parents on our Board of Trustees who are all volunteers.

### **Mary Schultz**

Mary's role as Chair of the Board of Trustees and Charity Manager includes planning and organising all dance and social events, liaison with dance teachers, volunteers and event organisers and overseeing the general running of the Charity.

She is the mother of Ellen, one of the dancers in the Senior group in Chelmsford since it started in 2000. Mary is actively involved in all events across the three groups.

### **Peter Schultz**

Peter's role as Treasurer involves keeping accurate accounts and liaising with our Independent Examiner. As Father of Ellen, he is also actively involved in all events.





## **Bev Weeks**

Bev is the proud mum of Luke, one of the Senior dancers in Chelmsford who joined in 2004. She is the Secretary of Dance 21 and also a volunteer in the weekly dance classes, assisting the teachers by helping and encouraging the dancers. Bev also enjoys being part of the events team for all public performances.

## **Kim Kemp**

Kim is mother of Sarah, who has been dancing with the Seniors since 2006. Sarah loves to dance and spend time with her friends. Kim enjoys meeting up with other parents to share knowledge and socialise. Her role in Dance 21 is as Minutes Secretary and this involves taking notes at meetings, typing them up and circulating them to the committee. She keeps a record of all the minutes for future reference.

## **Rachel Palfreman**

Rachel is a mother of three, whose youngest daughter, Libby, is in the Junior group in Chelmsford. She also helps out weekly in the class sessions, assisting the two dance teachers.

Her daughter has been dancing for nine years and looks forward to her weekly Dance 21 sessions and the numerous events we are asked to dance at.

## **Christine Kite**

Christine is a full-time working mum with 18 year old twins, one of whom, Amber, has Down Syndrome. It was her daughters love of dance which navigated Christine to Dance 21.

She helps run the Woodford group with Kathy and Olivia.

## **Kathy Hart**

Kathy is a mother of two children, the oldest is Lauryn who has Down's syndrome. Lauryn loves to dance and looks forward to the weekly classes so that she can be with her friends dancing at the Woodford group.

Kathy helps to run the Woodford group with Christine and Olivia.

## **Olivia Gordon**

Olivia's eldest son, Ethan, has Down Syndrome and he is a member of the Woodford branch of Dance 21. She helps run the group, is there for the weekly sessions and helps out at dance events.

# Report on Dance Groups

## Dance 21 Seniors

During this year it has been great to finally get back to proper dance lessons in person at our rehearsal hall with the dance 21 seniors and their teachers Jean and Steven.

Although the zoom lessons were fantastic the dancers had really missed seeing each other in person and having proper interaction. Being back in class has benefited them on lots of levels including their mental health and wellbeing and the routine and structure of learning new dances.

We have seven bookings to dance at various events soon which cannot come soon enough for us. Dancing at the Easter Breakaway Party and a long time favourite, the Community Show at Boswells School, will start off our journey back to normality. Later on we will be dancing in Chelmsford Carnival, a Jubilee Celebration in Tiptree, Columbus C Fest, Chelmsford Community Church and our long awaited Anniversary party.

On 24th June this year we are looking forward to celebrating Dance 21's 21st Anniversary with an event including past and present dancers and volunteers and all three Dance 21 dance groups. Everyone is really looking forward to celebrating this wonderful milestone together.





## Dance 21 Juniors

We have all settled back into our normal routine and the dancers enjoy seeing each other again in person and being with Hannah and Katie. It is lovely to see how much they have grown up over the Covid lockdown and have coped so well with everything thrown at them.

The group has moved back to St Johns Church Hall and enjoys the large space it offers. Rehearsals are going well for future events at the Boswells Community Show, Columbus C Fest and our 21st Anniversary Party which we are all really looking forward to.

Our BIG celebration of the year will be our 21st Anniversary party which has already being cancelled twice....third time lucky, where our three dance groups will perform in front of parents, friends and invited guests!!!

Roll on the rest of 2022 and we hope 2023 is even better.





## Dance 21 Woodford

The group continues to go from strength to strength despite going through covid. We have enrolled new members and are looking forward to performing at local events : Chigwell Fair, St John's summer Fete & Upwards with Downs.

In June all of the dancing groups will assemble together in Basildon to celebrate 22 years of Dance 21 and we are all so looking forward to this.

Our dancers continue to receive a medal for their fantastic achievements and is a highlight of their year.





## What People Say.....

*The Senior group have been enjoying some brilliant sessions this year, making full use of the beautiful hall at Hamptons Sport and Leisure, with underfloor heating in the winter and Air Con in the summer. Plus the use of their wonderful PA system has enhanced the quality of music sound.*

*Post lockdown, the group have come back stronger, with more confidence and focus, (helped by the ongoing Zoom sessions) with a great sense of camaraderie, mutual trust and friendship. This in turn has improved their performance skills and technique to a high level. We have one, possibly two new members who have fitted in perfectly with the gang. As always, it has been an absolute pleasure to continue working with these amazing youngsters. Thanks go to Bev and Doris who assist in class, and especially Jane who has been working regularly with Giles.*

*We are continuing with Steven's Zoom dances and concentrating on our next event ones, Rolling in the deep, All of me and High Hopes. We are saving our newest dance, Better When I'm Dancing, for the anniversary party, which we are all looking forward to. We are already planning for our next season's new dance in September.*

Jean Hunter, Dance Teacher Chelmsford.

*I am really proud of how the dancers have 'bounced back' from the Covid Pandemic. Dance 21 seems one of a few places where it felt as if nothing had happened, which is really positive.*

*We moved back to St John's Hall in January which has been great, and again it was as if we had never been elsewhere. Straight into preparing our dances for Columbus Christmas Fayre, and getting ready for Boswells Community Show.*

*Our 2 new dances 'Friend Like Me' and 'History' were well remembered despite the break in meeting face to face, so we just had to remember how to work as a team and in a real dance space again. As always, the youngsters give and get so much out of both their classes and performances.*

Hannah Lustig, Dance Teacher Chelmsford.

*Another year with Dance 21 and what a pleasure it has been. The dancers have shown enthusiasm, commitment and passion over the past 12 months each and every one of them overcoming different hurdles.*

*We have also expanded as a group and all have shown massive growth both mentally/emotionally and physically when it comes to their dance ability. I have been able to push them, challenge them and ultimately watch them shine like the stars they are.*

*'Under the surface' was our most enjoyed dance this term, as soon as the music came on I could see the smiles get that little bit bigger. I have also asked some dancers if they wish to show me a routine without my assistance to which they all took in their stride and led to the majority not needing me leading from the front.*

*We are looking forward to performing at a number of different events, Chigwell Fayre and Upwards with Downs Summer Fair, showcasing some new and old routines.*

*I look forward to my Thursdays and love every minute I get to spend with my class. Thank you for making me smile, thank you to the parents for showing dedication and commitment, thank you to Dance21 for making this possible.*

Francesca Bradford, Dance Teacher Woodford.

### **From Dancers**

*I have been dancing for over 22 years with Dance 21. Perhaps we could try different styles of music and more difficult dance moves in the future.*

*My favourite dance event was Stars in Our Eyes where we met Bonnie Langford on stage.*

*More locally I like to dance at the Bowl in Bond Street and at the Boswells Show.*

*I love dancing with my friends and I would like to dance in some different places in the future.*

*I would like to dance further afield in Essex.*

*I like Dance 21 because I have made lots of friends and I like seeing them have lots of good laughs.*

*I definitely love Dance 21 the best..... I love my best friends at Dance 21.*

*I enjoy dance 21 as it gives me exercise and I have lots of friends there. It makes me feel positive and believe in myself. I like learning new dances to songs I know and performing them at events. It's great fun at Dance 21.*

*My teachers and helpers are so kind to Charlotte and Giles making them happy .*

*I'm Jordan, I'm 32 years old. I love dancing and I joined dance 21 in December 21 when I moved from London to Braintree. I enjoy the Thursday dance group where I've made loads of new friends*

### **From Parents and Carers**

*Charlotte has been part of Dance 21 for as long as I can remember and it is a big part of her life. Charlotte is always excited and enthusiastic when she goes and rarely misses a session. Dancing in a group with her peers has given Charlotte a real sense of belonging and has been great for Charlotte's confidence and social skills. The choreographers have always been dedicated and patient with the dancers and encourage them to be the best they can. The dance routines are always fresh and modern and Cliff and I just love watching all the dancers when they perform at shows around Essex. Dance 21 is definitely a unique and rare gem and my family feel privileged to be part of it. Long may Dance 21 continue!*

*For us as a company, we really see during shows etc how much our girls love being in the group by the smiles on their faces. They really love it and gives all dancers..... like Jessy who is pretty non verbal ..... a chance to express themselves.*

*My daughter has been attending Dance 21 classes since she was 13 years old and this year celebrated her 30th birthday! She loves it as much today as when she first started. Apart from the exercise it gives her it has been amazing for her socially as*



she had made so many good friends. Dance 21 is also a lifeline for the parents both socially and to share vital information and support each other. This has become more important as our young adults grow and their needs change. The weekly rehearsal sessions give the dancers something to look forward to each week. As parents it's great to see their hard work at events they perform at. We are very lucky to have this wonderful facility and the people who run it.

Dance 21 is a lifeline to me, the support from other parents and the general camaraderie making life easier. Harriet has grown in confidence learning several different routines for each show improving her memory skills and co-ordination. Despite all the dancers having different needs the teachers encourage dancers and are about to adapt to suit individual needs.

We joined Dance21 in September last year. The group has been of huge significance to my son, who has Down Syndrome, but has also been of huge benefit to me as a mum and also to my daughter, who loves to come along too. We have all found the process of meeting lots of other young people with Down Syndrome and their families very uplifting. After his first session, Gabriel (my son) got into the car and said "Mummy, I so happy!" He was beaming, and full of an energy I had not seen in him before. It has been great to watch Gabriel grow in confidence and develop friendships with other members of the group. Initially he was reluctant to join in and could only focus for a few minutes, but slowly over the year he has increased his attention span and even shows me moves he has learnt when he gets home. Thank you Dance21.

My son is probably one of the oldest to attend Dance21 Woodford. He overheard me speaking to a parent re the group and insisted on starting. He has only been going a few months. The timing suits him, any later would be difficult. It is located locally in a well maintained church building.

The group has a fantastic mix of youngsters; varying ages and ability. The group along with the parents has a welcoming atmosphere and a jolly positive vibe. The youngsters have plenty of opportunities to showcase their fancy footwork/moves at events, which are usually as local as can be.

Participants and parents also try to meet outside of the weekly classes

Dance 21 has been a godsend for Todd. He now has a love of music and dancing because of the group and he loves going to see all his friends on a Thursday. I have also met some lovely friends too x

I'm Lorna mum of Jordan. I contacted Mary regarding the Thursday dance 21 group after looking for my son to attend because of his love for dancing. We attended and instantly, as I knew he would he loved it, and asked to come again. That was December 2021. We've been going ever since. The group were very welcoming to Jordan as were the parents to myself so much that I've actually enjoyed outside entertainment with them.

Conor, my son, was one of the small crowd from the beginning of the formation of Dance 21 over 20 years ago. It came about after Mary Schultz together with their teacher Jean Hunter realised that there love and enthusiasm of all things dance

*needed to be channelled into their own group for just children with Down Syndrome and their siblings. It just went on from strength to strength to where they are today. They have performed all over Essex and in London and always get a rapturous response wherever they go. Conor is 30 now and the friends he has made through attending is phenomenal. They are just like one big happy family. It is his life and I am forever grateful for everybody that has kept this group going with their continuous commitment to its being. Thank you from the bottom of my heart.*

### **From others**

*I love seeing you guys, always happy and I love your dancing.*

*You should all be so proud of this group, they are a credit to you all.*

*What an inspiration for anyone. Whenever you may feel a little down or think life's not giving you the best time. You watch Harriet and the troupe and you have this huge feeling of wonder and amazement and you have to tell yourself off for being so self indulgent xx. Love them all xx*

Lauraine Brunt

*I have been watching Dance 21 preform for many years now and attend the Boswells Show annually.*

*These dancers never stop making me smile with their fantastic routines. Their concentration and attention to detail when preforming is a credit to them all, and of course, to Jean and Steven who encourage each and every dancer to shine.*

*I always feel a sense of pride watching them. An absolute joy to see.*

Janette Chalk (friend of Dance 21)

*I thought you guys were amazing. I have not been that happy in a long time.*

Kimberly Wyatt, Got to Dance.



## Treasurer's report

Following the disruption to our dance classes in 2020 and 2021, due to Covid-19, it has been good to get back to a full programme of classes. The online Zoom Classes that we ran throughout the pandemic were crucial in allowing us to 'keep going' and we are grateful for the tremendous support of dancers, teachers, parents and carers. The life blood of Dance 21 is in the classes and the public performances and it was challenging having to adapt to a new way of operating!

In line with the requirements of The Charities Commission our annual accounts have been inspected by an independent examiner, Mr Robert Andrews, and his report can be found in this brochure together with a full summary of our accounts for the year.

Dance 21 is a charity providing dance classes for children and young adults with Down Syndrome and their siblings. It is run entirely by parent volunteers and employs no staff.

We receive no external funding and rely primarily on class fees to enable us to run our regular dance classes. The class fees are set at a level to cover all of our costs and to allow a small contingency for other expenses. This year we are particularly indebted to the dancers, parents, carers who have continued to support us as we 'resume normal service' and put Covid-19 behind us. We are very grateful for a generous donation from Gadsby Wicks Solicitors of Chelmsford.

Our principal fixed costs are teachers' fees and hall/dance class hire. Additionally this year there is a significant cost circa £1,100 for purchase of Dance 21 uniform across the three groups. In preparation for the celebration later this year of our much delayed (another victim of Covid-19) Dance 21 21st Anniversary there is a one off cost of £450 for venue hire.

At the end of the financial year we carry forward a bank balance of £22,892 showing a surplus of £2,581 on the year. There are no outstanding invoices or other debts.





# Receipts & Payments account

for the year ended 31 March 2022

	2021/2022	2020/2021
<b><u>Receipts</u></b>		
Subscriptions	12,305.00	11,462.00
Donations & Fundraising	749.48	2,512.00
Events	220.00	NIL
Sundries	100.00	NIL
<b>Total Receipts</b>	<b>13,374.48</b>	<b>13,974.00</b>
<b><u>Expenditure</u></b>		
Dance Teachers	6,413.36	5,783.81
Uniform/Costumes	1,119.60	53.81
Hall Hire	1,978.54	300.00
CVS & DBS Checks	48.00	NIL
Printing	125.71	95.25
Equipment	NIL	134.85
Events	670.00	NIL
Donations	NIL	200.00
Dance 21 Trademark	NIL	512.00
Refunds on Class Fees	NIL	180.00
Class Medals, Woodford	115.56	NIL
General Expenses	321.78	650.73
	<b>10,792.55</b>	<b>7,910.45</b>
<b>Surplus (deficit) for year</b>	<b>2,581.93</b>	<b>6,063.55</b>
Bank Bal. b/f 1/4/2021	20,310.59	
Bank Bal. c/f 31/3/2022	22,892.52	

Approved on behalf of the committee by: Chair M. T. Schwab Date 19/7/22

Treasurer P. Schreyer Date 19/7/22

## **Independent examiner's report**

I report on the accounts of Dance 21 charity no 1188124 for the year ended 31 March 2022 which are set out on page 14

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

### **Basis of independent examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

### **Independent examiner's statement**

In connection with my examination, no material matters have come to my attention which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Charities 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.



Robert Andrews MA, ACIB, FCIE  
3 Swards End, Wickford, SS12 9PB  
8 August 2022

## Special thanks to our benefactors

Many thanks to

- Chelmsford Community Church
- People who donated via Paypal Justgiving and Amazon Prime
- Gadsby Wick's Solicitors
- The Co-op Community Fund

## So glad to be back







# Dance 21

Registered address:

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Essex CM2 9LB

Registered Charity Number: 1188124

[www.dance21.co.uk](http://www.dance21.co.uk)

[www.facebook.com/Dance21](https://www.facebook.com/Dance21)

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