



For children and young adults with Down Syndrome
and their siblings

Dance 21

Registered address:

c/o 92 Longstomps Avenue
Chelmsford
Essex CM2 9LB

Registered Charity Number: 1188124

www.dance21.co.uk

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For more information please contact
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DANCE 21

For children and young adults with Down Syndrome
and their siblings



Annual Report & Accounts 2022/23



Registered Charity
No 1188124

Introducing our three groups



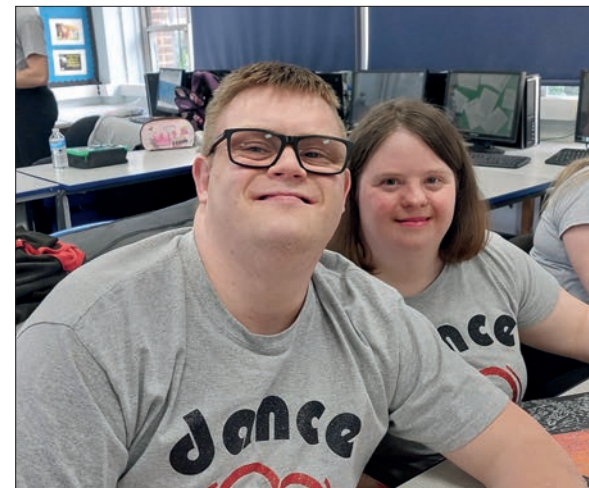
Dance 21 Seniors



Dance 21 Juniors



Dance 21 Woodford





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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 22nd October 2022 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'.



Special thanks to our benefactors

Many thanks to

- Breakaway Holidays
- Chelmsford Community Church
- People who donated via Paypal Justgiving and Amazon Prime
- The Co-op Community Fund

So glad to be back



Independent examiner's report

I report on the accounts of Dance 21 charity no 1188124 for the year ended 31 March 2023 which are set out on page 13

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

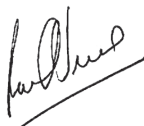
My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures 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

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

What a difference a year makes!! Classes are back to normal, we have danced at several events: The Boswells Community Show, Chigwell Fete, Tiptree Care Home Jubilee Celebration, Columbus C Fest, Chelmsford Carnival, Ongar Summer Fete, Haven House, Upwards with Downs Summer Fete, Chelmsford Community Church Day, St Johns Fete, Chatten Free School Fayre, Columbus Christmas Fair, All Saints Church Fair, Grosvenor House Black Cabs Xmas Party and a 25th Anniversary Party for Breakaway Holidays, what a marvellous achievement and we were so happy to be part of all the celebrations!!! Needless to say everyone was so glad to be back dancing, showing off their skills and especially sharing them with an audience.

We are already booked in for another eight events, taking us up to August 2023, plus 2 more long standing events in 2024.

Our long awaited '21st' Anniversary party went ahead in June and was a great success. Unfortunately, Pete, Ellen and I couldn't go as Ellen had Covid but we saw some of the celebrations on a video link our talented teacher, Steven, set up. The evening consisted of lots of dancing, eating and socialising and it was so good to see so many people enjoying themselves. Huge thanks to Chelmsford's Deputy Mayor, Sue Dobson and Consort who opened the party and stayed most of the night, ripping up the dance floor, mingling with the families and having as much fun as our dancers.

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 Sophie Aston 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, Chelmsford Community Church, Breakaway Holidays 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, providing new uniform and costumes and to pay their 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 23 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, not to mention our lovely bunch of dancers and their families/support workers.

Mary Schultz

Chair and Charity Manager

Our trustees

Dance 21 was founded in September 2000 by Mary Schultz and we currently have 59 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.



Receipts & Payments account

for the year ended 31 March 2023

	2022/2023	2021/2022
Receipts		
Subscriptions	13,412.00	12,305.00
Donations & Fundraising	461.94	749.48
Events	481.00	220.00
Uniform	24.00	NIL
Sundries	NIL	100.00
Total Receipts	14,378.94	13,374.48
Expenditure		
Dance Teachers	8,310.00	6,413.36
Uniform/Costumes	73.67	1,119.60
Hall Hire	2,841.05	1,978.54
CVS & DBS Checks	162.00	48.00
Printing	273.25	125.71
Events	2,906.57	670.00
Refunds on Class Fees	20.00	NIL
Class Medals/Awards	NIL	115.56
General Expenses	516.12	321.78
	15,102.66	10,792.55
Surplus (deficit) for year	(723.72)	2,581.93
Bank Bal. b/f	22,892.52	
Bank Bal. c/f	22,168.80	

Approved on behalf of the committee by: Chair M. T. Schultz Date 11/7/23
 Treasurer P. S. Date 11/7/23



Treasurer's report

Following 2 years where our classes have suffered from disruption due to the Covid-19 pandemic it is good to be able to report on a full year of 'normal activities'. All three classes have been running throughout the year and our programme of outside performances is back to pre-pandemic levels.

Dance 21 is a registered 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. In line with the requirements of the Charities Commission our accounts have been inspected by an Independent Examiner, Mr Robert Andrews, and his report can be found elsewhere in this report together with a full summary of our accounts for the year.

Our accounts this year show a small deficit of £723.72. Although our accounts show significant increases this year in the principal costs for teachers fees and hall/class hire these are simply returning to pre-pandemic levels (Yr 2019/2020 teachers fees £8,266 and Hall Hire £2,808). Our one major extravagance this year was the much delayed 21st Anniversary Party which we celebrated by bringing together all three dance groups together with old friends and our many supporters and benefactors from over the years.

Dance 21 receive no external funding and rely primarily on class fees to cover the costs of our various activities. This year we must also thank Breakaway Holidays for a generous donation. As always we are grateful for the continued support of all of our dancers, parents, carers and the many others who come to our events throughout the year.

At the end of the financial year we carry forward a bank balance of £22,168.80. There are no outstanding invoices or other debts.



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 19 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 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

We have enjoyed performing at various local events throughout the year where the dancers showcase their ever growing dance skills and love for dance.

In June we had our '21st' Anniversary party celebration which all three dance groups plus their families attended plus people who had previously been part of the dance group and some of our supporters throughout our 23 years. Chelmsford's Deputy Mayor and her consort opened up the celebration which has been long awaited. We had a fantastic evening of dance performances by each group followed by food and yet more dancing to a local DJ. It was such a great success that everyone wants to know when we are having another party !!!

The group is going from strength to strength with the continued support of our wonderful teachers, Jean and Steven and the commitment of the parents and support workers who bring them to class each week.

Looking forward to all our future events as always



learned and remembered all the different moves and routines. She loves performing at events and the group has helped build her confidence as well as expanding her circle of friends.

From others

At the Chelmsford Festival Awesome dancing by the adult dancers. They were in rhythm and the Juniors were fantastic as well. The crowd loved them all and after three dances each, lots of clapping and cheering from the audience.

Clare Nice

Wonderful performance today. I look forward to working with you again.

David Biddlecombe, Photographer

So lovely to see you all!!! Thank you for coming, it was a great day.

Jenni Modes-Samouilhan

Well done guys, you were amazing, you all looked so good.

Jane Wood

This was a really great show; well staged and well executed. The Seniors were excellent and they obviously enjoyed the music they were dancing to.

I love the fact that Steven and the Seniors took it in turns so everyone was 'fresh' for each dance.

Anne Kennelly

Just wanted to say a huge thanks to Dance 21 Woodford for their performance at our annual Black Cabs Party in London, it was great as always and a wonderful moment during the Party where kids entertain kids – absolutely brilliant!

Hope everyone enjoyed themselves and we look forward to seeing you all again soon.

Steve & Wendy

2023 Mad Hatters

I would like to thank you for inviting my husband and I to attend your '21st' Anniversary celebration. We had a lovely time, and it was obvious how much the young people enjoyed themselves and how much of a benefit dancing is to their wellbeing. They all performed well and it was lovely to have been part of such an important milestone for your group.

Councillor Sue Dobson

Deputy Mayor of Chelmsford

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

Kimberly Wyatt

Got to Dance

I love all the different types of events and festivals we go to. I feel like I belong to the Dance 21 family.

I love dancing so much and enjoy dancing at different events in different places.

I love Dance 21 because we have so much fun. Everyone is so friendly and Steven is part of our family too.

Dance 21 is the best dance group. I have made lots of friends and I like my teachers, Jean and Steven.

Dance 21 has given me so many friends...we go out with each other, go to each other parties and have fun. Our teachers are brilliant, thankyou Jean and Steven.

I really enjoyed the Chelmsford Festival and would like to do it again. Love learning new dance routines and going to different places.

I am happy to be back at dancing after my knee operation. I enjoy learning new dance moves.

I love seeing my friends and my lovely dance teachers, Hannah and Katie.

I love going to dance 21 as it keeps me fit and healthy. I really like that we all have Down syndrome as it makes me feel more comfortable. It is fun learning the new moves to the songs. The dance teachers are amazing and make the dance lessons great fun. We all enjoy performing our dances at events to show everyone what we can do. Going to Dance 21 makes me feel positive and confident.

From Parents and Carers

Dance 21 has been amazing for my son, Todd (16), who joined from the very start of the Woodford branch. It has given him the confidence to dance in front of many people and has, in my opinion, brought out his passion for music and dance. The group is also very supportive and inclusive for the children/young people, their parents and support workers. Christine and Kathy are fantastic, not forgetting Fran and Sophie too.

My daughter has positively benefitted from being at Dance 21. This has contributed to her friendships and confidence which has grown over the last few years. Meeting other parents every week has made her family feel supported and reassured when tackling schooling, benefits etc.

I love seeing all the happy faces of the dancers, when dancing to the songs. Especially when a new dance comes together. I enjoy helping out with the dance costumes for our annual Boswells School Community Show.

Dance 21, has allowed Daniel to feel part of a club. He looks forward to going every week, he has made lots of friends and is able to be himself without anyone looking at him.

Martha looks forward to Dance 21 every week. She gets home from school on a Thursday and rushes upstairs to change into her dance clothes with great enthusiasm. Martha is very proud of her dancing and we have been impressed by the way she has

Dance 21 Juniors

We are so happy to be back rehearsing at a new venue in North Avenue Christian Centre, Chelmsford. Here there is a proper place for the parents to sit in comfort for which we are very grateful.

Busy time, dancing in the Boswells Community Show, a firm favourite which we look forward to every year, Columbus C Fest, Chatten Free School Summer Fete where our two dance teachers, Hannah and Katie work and Columbus Xmas Fair.

Our BIG celebration of the year was our '21st' Anniversary party in June where our three dance groups performed in front of parents, friends and invited guests!!! We had so much fun dancing the night away, meeting new friends and we still have happy memories of it. Must have another party soon.

Looking forward to future events at the Boswells Show, Chelmsford Carnival and Chelmsford Community Church.



Dance 21 Woodford

Another great year for Dance 21 Woodford.

We began the year performing at the Black Cab Annual Fundraiser at the Grosvenor House Hotel and then performed at Chigwell Fete, Ongar Summer Fete and Haven House, a Childrens' Hospice.

All events have been well attended and everyone has a great time showing off their dancing moves!

Each Thursday, everyone turns up to dance with lots of energy and huge smiles. We continue to grow in numbers and, each time we perform, we advertise Dance 21 and recruit more people to the group.

It's a pleasure and a privilege to be part of this very special group.



What People Say.....

The Senior group continues to hold its sessions at Hamptons Sports and Leisure, whilst the parents/support workers can enjoy the upstairs Café Marconi.

We have attended and performed at several events throughout the year and are now looking forward to two shows at the Boswells School at the end of April 2023 plus other future events.

Everything is running smoothly with most dancers attending regularly.

Jean Hunter, Dance Teacher Chelmsford

We have had a great start to 2023 with Dance 21 Juniors. The dancers settled in very well to the new hall and it seems to suit everyone very well.

Katie and I are feeling very positive about the new dances we have been working on; 'Classic' and 'Brave', both of which we feel send a positive message.

We have added a few new patterns and steps and have been gradually working on dynamics, stance and using the same arm as each other etc. We believe these are two of our strongest dances and are excited to see them on stage at Boswells and performances beyond.

Hannah Lustig, Dance Teacher Chelmsford

I can't believe it's time to write another report. As always it has been a pleasure spending my Thursday evenings with my fabulous dancers.

Over the past twelve months our dancers have been learning new skills, advancing their routines and growing in confidence. All dancers have shown great development when it comes to their dance ability. I have been able to challenge them with new styles and more progressive routines.

Revolting Children from Matilda has been our newest routine to learn and the dancers have shown extreme enthusiasm with many of them telling me that they have been practising at home. I am looking forward to this being performed over the coming months. We have already performed at a number of different events, showcasing our new routines – my dancers showed up in their preferred uniform eager to perform....I have left bursting with pride and joy from every event.

I look forward to my Thursdays and love hearing about their weeks and the plans they have for the weekend. A massive thank you to my dancers for showing up and giving it your all, thank you to Sophie and to the parents for showing commitment and believing in me. Finally, thank you to Dance 21 for making me smile.

Francesca Bradford, Dance Teacher Woodford

From Dancers

I love Dance 21 because everyone is so friendly and it is great to chat with friends. Dance 21 are part of my family.