

DANCE 21

**For children and young adults with Down Syndrome
and their siblings**



Annual Report & Accounts 2023/24



Introducing our three groups



Dance 21 Seniors and Juniors



Dance 21 Woodford

Contents

Structure and governance	2
Mission statement	3
Our purpose, our values, our services	3
Chair's annual review	3
Our trustees	4
Report on Dance Groups	5
What People Say.....	9
Treasurers Report	12
Receipts & Payments account	13
Independent examiner's report	14
Special thanks to our benefactors	15
So glad to be back	15



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 very 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

What a fantastic year Dance 21 have had. Lots of dance events, including the Boswells Community Show, Ongar Festival, Chigwell Festival, Chelmsford Carnival, Columbus C Fest, Chelmsford Community Church Fair, St Giles Summer Fete, Hamptons Community Day to raise funds for Morocco, All Saints Annual Sale, QPR event, Haven House Xmas Fair, SEND Xmas Fun Day, Columbus Xmas Fair and the London Black Cabs Children's party at Grosvenor House.

We are already booked in for over ten more events up to September 2024 and all the dancers are looking forward to these, showing everyone exactly what they are capable of.

Once more many thanks to our parents and support workers 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, The Ongar Festival Award, the Co-op Community Fund 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 24 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, their families/support workers and our teachers.

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.

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 such as The Boswells Community Show, Columbus Summer and Xmas Fairs, Chelmsford Community Church, St Giles Summer Fete, Hamptons Community Day and SEND Xmas Fun Day where the dancers showcase their ever growing dance skills and love for dance.

We are looking forward to our next party in May where all 3 groups and their families can meet up and socialise. Our favourite DJ, Crazy Martin will be there, providing the music, the costumes and an amazing atmosphere.

The group is going from strength to strength with the continued support of our wonderful teachers, Jean and Steven, our volunteers 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.



Dance 21 Juniors

We have been very fortunate this year to join the Seniors at Hamptons Sport and Leisure Club. This has many benefits and has enabled the Seniors and Juniors to mix more, to do collaborative dances and has given the parents a chance to socialise upstairs in the Marconi Café. Many thanks to the North Avenue Christian Centre for our time there, we greatly appreciate it.

Once more a busy time, dancing in the Boswells Community Show, our biggest event of the year, Columbus C Fest, Hamptons Community Day, SEND Christmas Fair and Columbus Xmas Fair.



Due to the huge success of our celebration party last year, we look forward to another party where Chelmsford and Woodford groups can get together, once again in Basildon to forge more friendships.

The biggest, happiest event of the year was the birth of a little boy to one of our teachers, Hannah. He is a joy to both his parents and to all around him and we look forward to his continuing visits to our dance classes.

Future events are at the Boswells Show, Columbus C Fest, the Soothe Show in Wickford and a multicultural event in Oaklands Park.



Dance 21 Woodford

The Woodford dance group continues to go from strength to strength. We have grown in members and we continue to provide a safe place for children to dance as well as providing a place for friendships to be built & maintained.

We started the year off dancing at the Ongar festival in April followed by the Chigwell fete in May. Both were big events and the dance group showed themselves off really well.



Next came the summer fetes at Haven House in Woodford & St John's RC School. A lot of the dancers attend this school so it was a great event showing their dancing moves off to their friends & teachers.

After the summer QPR Football Club asked us to be part of their very special event marking 15 years of a Down's Syndrome football team at their club.

We met all of the first team players, their manager & coaches as well as the Down's Syndrome Team. Sky television were there to film the event ...It was amazing!

All Saints autumn fayre followed by the Xmas fete at Haven House Children's Hospice in Woodford were a huge success.

In the new year we returned to the Grosvenor House Hotel to dance at the annual Black Cab Extravaganza. Wearing our new Red T-shirts, we had a fantastic time.



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 2024 plus other future events.

Everything is running smoothly with most dancers attending regularly.

Jean Hunter, Dance Teacher Chelmsford.

Another great year for the Dance 21 Juniors! This year we have welcomed two lovely young volunteer helpers, Harriet and Phebe who the dancers have really warmed to and have been a great support, particularly to new starters!

We had an amazing response to our newest dances - Dance The Night and One Call Away at the Boswells Community Show last month and as teachers agree these were 2 of our best dances to date!

We are enjoying holding classes at Hamptons and the opportunities every now and again to combine classes with the seniors - it is a great way to learn from each other and develop confidence and performance abilities further!

Hannah Lustig, Dance Teacher Chelmsford.

As always it has been an honour. We have welcomed new dancers and we have maintained our original 'squad' with such a positive atmosphere every week. I have been able to challenge our dancers with difficult choreography, partner work and the use of props and it has been such a pleasure to see them create my vision with such positivity.

Our most recent dance has been such a joy to watch come to life, we have tackled a new genre (musical theatre) and involved more movement and transitions, the dancers have taken it one step at a time and made the dance look seamless. I have encouraged the dancers to perform alone and in small groups without my assistance to which they blew me away with their enthusiasm, I have also begun to introduce the dancers to the teaching side by leading parts of the warm up every week, the ability to control the room has been amazing.

We have performed at a number of different events and fayres, both locally and in London. My dancers have turned up on time in their uniform and ready to dance (in the rain and boiling heat - nothing is able to faze them), I have left bursting with pride from every event. We performed at QPR football fanzone before one of their games. We then went in to watch the match and paraded around the pitch during half time - it was such a fabulous day. Another event that approached us was the Church Fayre at St Johns in Loughton and the dancers were utterly incredible.

I love my Thursday evenings with Dance 21 and get so much joy watching the dancers grow in confidence. Thank you to everyone involved who make teaching so enjoyable and fun.

Francesca Bradford, Dance Teacher Woodford.

We are always delighted to have Dance 21 perform at our Annual Sale held in November, here at All Saints' Church, Woodford Wells. They produce such joy and energy and bring smiles to everyone's faces. We always have so many comments afterwards saying how amazing they are! We look forward to hopefully having Dance 21 perform again this year!

Best wishes, Hannah.

Dance 21 is a unique dance group that fills the room with so much passion, love and dedication, but most of all happiness and friendship. Dance 21 has shown me that physically, emotionally and socially, dance is meaningful, a journey of growth and lessons learnt from another perspective. I feel dance 21 is a very effective treatment for anxiety, giving me a feeling of self worth and being grounded. I have gained so much confidence from the encouragement and support from the dancers and the teachers. Dance 21 has taught me and is still teaching me to embrace "me" and accept "me":- for this, I will be eternally grateful. Thank you Dance 21 you ROCK. XX

Harriet

Dance 21 is not only a dance group but a group of friendship, laughter and endless joy. It has been amazing for my confidence and I am grateful for the support I have received from the dance teachers. Everyone at dance 21 is so warm and welcoming and it has allowed me to be my true self, flaws and all with no care every Thursday evening. I am a very lucky person to be a part of such a wonderful group of people.

Phebe

Great dancing as always! A fun afternoon, thank you.

Kate

Brilliant dancing! So lovely to see you all once more.

Jenni

Love these superstars

Samantha

Saw the Thursday night Boswells Show, it was great!

Anne

Well done all of you xxx

Siobhan

Our amazing family

Caffe Marconi

Beautiful...your posts make me smile xxx

Romford

Awesome dancing at the Chelmsford Carnival today. The crowd loved them so much there was a very loud clap and cheering at the end.

Clare

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

Kimberly Wyatt, Got to Dance.

From Dancers

I like going to Dance 21 because I have made a lot of friends. The parents are all so friendly and we are like a big family.

I love dancing with my friends and learning new dances.

I like it when the dance teachers teach us new dance moves. My friends are in Dance 21 and I love seeing them each week.

Not only do we dance but we go to each others birthday parties, to the theatre and generally just have fun.

From Parents and Carers

I have found Dance 21 very uplifting. Everyone is so welcoming and kind.

Fran absolutely loves it

Dance 21 is an amazing group. Not only do the dancers get to gain skills and progress in the art of dance, they are given opportunities to improvise and add their own character to their performance, all whilst mixing and socialising within a troupe where there is great understanding of each other.

Newcomers are welcomed, without expectation and all dancers are allowed to progress at their own pace.

As for the fellow parents and carers, I'm sure we all feel it is a welcomed opportunity for a catch up, knowing our young people are in safe hands.

The Dance 21 Woodford team are absolutely amazing, ensuring that classes and performances always take place without fail by coming together to overcome any obstacles they may experience in running this amazing dance troupe.

By Toni, Alfie's mum

As the mom of a child with Down syndrome, I am pleased to share my observations on the positive impact of Dance 21 dance group on my child's development. The group has provided a unique opportunity for children with Down syndrome to develop various skills, build friendships, and enhance their overall well-being.

Physical Benefits

- 1. Improved motor skills: The dance group has helped my child to develop better coordination, balance, and flexibility.*
- 2. Increased strength and endurance: The weekly dance sessions have led to noticeable improvements in my child's muscle tone and stamina.*

Social Benefits

- 1. Enhanced communication skills: My child has become more confident in interacting with others and expressing their thoughts and feelings.*
- 2. Friendships: The dance group has provided a supportive environment for my child to develop meaningful relationships with peers who share similar experiences.*

Emotional Benefits

- 1. Boosted self-esteem: Participating in the dance group has given my child a sense of pride and accomplishment, leading to increased self-confidence.*
- 2. Emotional expression: The dance sessions have provided an outlet for my child to express her emotions and feelings in a safe and nurturing environment.*

In essence, the dance group has had a profoundly positive impact on my child's development. I am grateful for the opportunity to be part of such an inclusive and supportive community. I highly recommend this program for other families who have children with Down syndrome.

By Andrea. Shari's Mum

Thank you for the last two evenings at Boswells School, it is such a good event.

Kate

Treasurers Report

While Dance 21 has had another hectic year with all three groups enjoying their regular weekly classes together with many public performances, it has been a fairly uneventful year in financial terms.

Dance 21 receive no external funding and continue to rely largely on class fees to cover costs. There has been a small increase in income from class fees which has been offset by a correspondingly small increase in dance teacher costs. This year there has been a £500 approx reduction in hall hire costs due to savings as a result of the beneficial rates we enjoyed from Hamptons Sports & Leisure where both Chelmsford groups now hold their weekly classes.

This year we also received a donation from Ongar Festival Awards of £650 for which we are most grateful.

Our Annual Accounts show a deficit of around £2,000 due largely to the costs of a top up order for our regular dance uniform plus a brand new red sparkle t-shirt (which all the dancers love). At the end of the financial year we carry forward a bank balance of £20,177.19. There were no outstanding invoices or other debts.

As always we are very grateful for the continued support of all of our dancers, teachers, parents, support workers and to the very many others who come to our events to support us throughout the year.

Receipts & Payments account

for the year ended 31 March 2024

RECEIPTS AND PAYMENTS ACCOUNT FOR YEAR ENDING 31ST MARCH 2024

	2023/2024	2022/2023
<u>Receipts</u>		
Subscriptions	13,792.00	13,412.00
Donations & Fundraising	726.88	461.94
Events	493.61	481.00
Uniform	NIL	24.00
Sundries	18.00	NIL
Total Receipts	15,030.49	14,378.94
<u>Expenditure</u>		
Dance Teachers	9,008.00	8,310.00
Uniform/Costumes	2,872.07	73.67
Hall Hire	2,300.10	2,841.05
CVS & DBS Checks	10.00	162.00
Printing	157.64	273.25
Events	1,807.51	2,906.57
Refunds on Class Fees	NIL	20.00
General Expenses	866.78	516.12
Total Expenditure	17,022.10	15,102.66
Surplus(deficit) for year	(2,050.13)	(723.72)
Bank Bal. b/f	22,168.80	
Bank Bal. c/f	20,177.19	

Approved on behalf of committee by: Chair

M.T. Schult

Date

8/7/24

Treasurer

P. S.

Date

8/7/2024

Independent examiner's report

I report on the accounts of Dance 21 charity no 1188124 for the year ended 31 March 2024 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
24 August 2024

Special thanks to our benefactors

Many thanks to

- Ongar Town Festival Steering Group
- Chelmsford Community Church
- Everyone who donated via Paypal, Justgiving and Amazon Prime
- The Co-op Community Fund

So glad to be back









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and their siblings

Dance 21

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For more information please contact
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