

Annual Review

April 2021 – March 2022



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Our Group's Mission

As trustees, we all come from different walks of life, but we have one thing in common – we want to make the world a better place for our own children and for all our members.

We aim to help all our young people reach their full potential and have fun along the way with activities and support for all ages, from babies to adults. That support extends to carers and siblings too, and the opportunity to meet regularly is invaluable.

We would like to thank everyone who has helped and supported the group whether by coming along to fundraising events such as the boxing and other activities to raise funds for our groups, or by coming to drop in sessions, Babble, Teenzone, dance and the adults group.



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MESSAGE FROM THE CHAIR



Dear Supporter

My name is Laura Tilley and I have been the chair of Peterborough area Down's syndrome group for 10 years. This past year has seen significant changes in how people have accessed our services but we have worked hard to ensure that our members and their carers have continued to receive support and not feel socially isolated.

Over the last couple of years we have been working remotely to ensure that we have followed the correct government guidelines with regard to COVID-19 and to keep our members safe. Thankfully, we are now starting to return to normal with more face to face sessions and events. It's been wonderful to see you all again and see how much our children have altered and grown up. Where does the time go?

This past year we have been able to reintroduce our speech, language and occupational therapy sessions to our members (if you would like to attend please contact Tammy Fitzjohn) and the babble group for our younger members is going from strength to strength. Many thanks to Tammy and Michelle for organising these get togethers. (Please contact them for further details.) We have also introduced a new group for our teenager members with our aim being to help our young people develop a strong and positive friendship group that they will carry forward into adulthood. The CDC dance sessions at JMC Dogsthorpe have restarted and these sessions are really well attended - new members are always welcome! The annual Christmas Party was also a huge success, it was so good to see some new faces. It's the highlight of my year!

On top of all these sessions we have been working hard to raise awareness of our charity. We had a charity boxing match where Rhys Bowyer took on Atiq Rehman (Unspoken). We also had a family fun day sponsored by Stilton Butchers and other donations. We are so grateful for your continued support and help.

We know our young people are amazing and they continued to amaze us, especially at The Birch Tree Cafe. This has been an amazing opportunity for our members and families. The support of the community has been outstanding.

We continued to be a charity that supports the whole family and we are proud and privileged to be here for you when you need us.

OUR ACHIEVEMENTS

We had many achievements in 2021-22,
here are some of the moments
that made our year:

30

Members accessed
Speech, Language &
Occupational therapy (SPOT)

£12,786

Was received in Fundraising,
donations & sponsorship

21

Adults now employed/
training at Birch Tree Cafe

£6,363

Was spent on activities &
events for our members
and their families

1

Member has started their
own business

120

Attended our Christmas Party

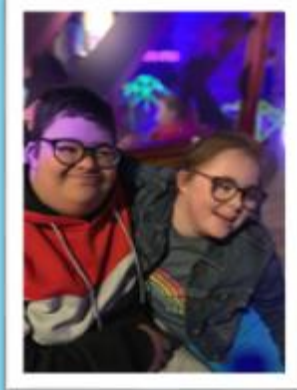
60

Christmas presents were gifted
to our members and their
siblings

www.padsg.org.uk

HIGHLIGHTS OF THE YEAR 2021-2022

Teen Group



World Down's Syndrome Fun Day 2022



Thanks to
Stilton
Butchers for
organising
such a fun
day!





Charity Boxing Night

Y5ive Promotions and Atiq Rehman nominated PADSG to be the chosen charity for a charity amateur boxing night and raised over £400 for our group. Atiq also challenged Rhys to a fight and Rhys won! Well done Rhys!

Dance Group



The weekly dance class is back to being hosted in person and is very popular! Our stars performed at the Easton on The Hill village Jubilee Talent Show



World Down's Syndrome Day

Thanks to our members Terry & Karen Harris (parents of Lucy), Peterborough Cathedral was illuminated in yellow and blue to mark World Down's Syndrome Day on 21st March 2022. Johnathon, Luke and Jennifer are shown here representing our community.

Christmas

We had another successful Christmas Party at Peterborough United Football Ground as well as a smaller party for our Babble Group members



Rutland Outdoor Education Centre

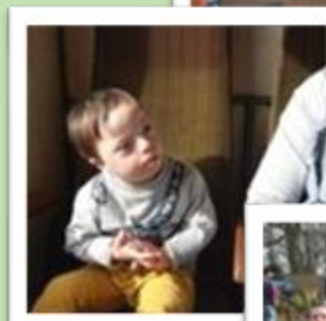


Our group was very fortunate to be invited to spend time at Rutland Outdoor Education Centre to get hands on with some of the animals, as well as try pond dipping and toasting tasty treats around the campfire. It was a fun day enjoyed by members of all ages.



Nene Valley Railway

Our friends at Nene Valley Railway provided us with a fun filled day of train rides, station tours, model railway, miniature train rides and a tasty lunch. Another event that was well attended and enjoyed by members of all ages. Thank you to Sarah, James' Mum and NVR Charity Shop for organising the day!



Birch Tree Café

By Maggie Scott, Chair of T21

Opening the café in January after the pandemic felt a very scary experience, we had no idea how we would be received by the village but I am delighted to say that the success of the cafe has exceeded our wildest dreams.

The residents of Easton on the Hill have made us feel so welcome and we have regulars who have made friends with our team members and who are keen to offer help. We have customers from far and wide who have heard about the café.

We are so proud of our young people – they have taken to all the different jobs in the café from serving to cleaning and doing the garden, they can do it all. More importantly, they have formed new friendships and strengthened old ones, they are indeed a team. They enjoy our social nights every month including a village pub night, bowling and a film & pizza night.

Our staff, Sarah, Beth, James, Lizzie & Teresa have been wonderful in supporting our team and have worked so hard to get the café up and running; we are proud of our 5 star hygiene rating and people come from far and wide for Sarah's scones! We are indebted to our team of regular volunteers, we couldn't do it without them – we love having you there!

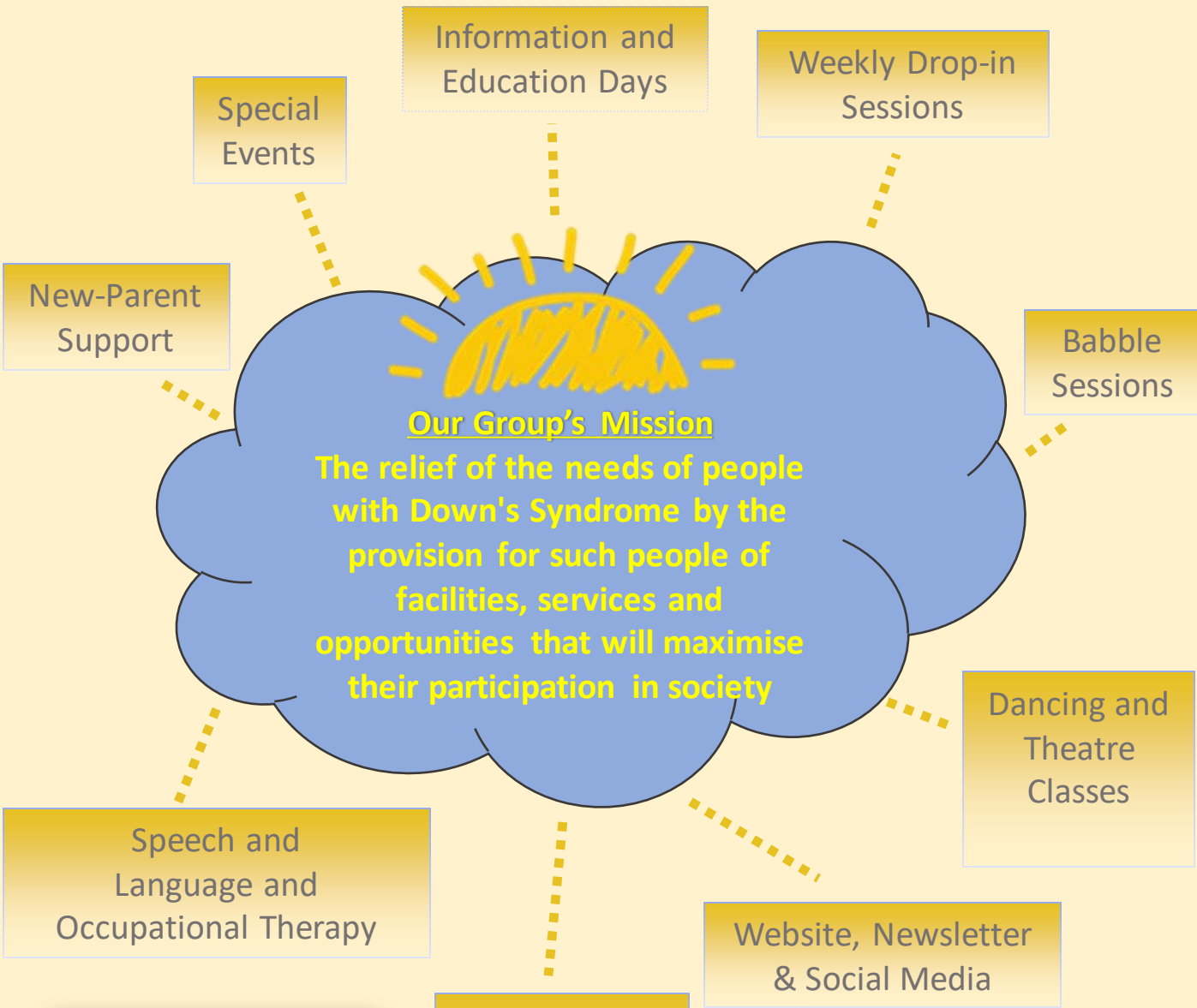




WHAT WE DO



The group has a modest profile but makes a big impact on the lives of its members...



Speech, Language & Occupational Therapy (SPOT)



Peterborough Area Down's Group recognises that speech and language therapy is one of the most important interventions for our members if they are to reach their potential in their social and cognitive development.

Individuals with Down's Syndrome can have varying degrees of difficulty in their speech and language skills, with many presenting with a complex speech and language disorder associated with their diagnosis of Down's Syndrome which requires specialist support.

Academic progress and socialisation is significantly undermined when these communication difficulties are not effectively addressed. Sadly, we are finding that locally commissioned services are not always able to provide the specialised speech and language therapy that our members need. We also have a number of members that have sensory processing needs that require additional support. PADSG prides itself on providing speech and language therapy to its members for over 10 years. We do not charge for this service as we want to ensure that it is accessible to all our members, regardless of income. We are very fortunate to have a specialist speech and language therapist and an occupational therapist specialising in sensory processing to work with our younger members and their parents and TAs in small group sessions on a monthly basis. These groups are constantly growing and changing, enabling the therapists and families to get the most from the sessions, we are currently welcoming 11 families to these groups.

We also support our older members with the help of another expertly qualified and experience therapist with a speech and language therapy groups for our teens and

young adults, focusing on building their skills and confidence in their social skills, supporting them to build on existing and new relationships and for inclusion in education, the workplace and the community. These sessions are a great addition to the life skills our teenagers and young adults are learning. We currently have 2 groups for different age groups, which proves beneficial. Speech, language and occupational therapy accounts for a significant proportion of PADSG's annual expenditure and we are very grateful to those individuals and organisations that have been generous with their grants, fundraising and donations. Without this funding we would not be able to continue providing these valuable services to our members. If you know of any grants or funding opportunities that we may be able to access to keep this valuable service going, please let us know! We are also very thankful to children's charity, Spurgeons, for their generosity in allowing us to use their Honeyhill and Jigsaw Children Centres in Peterborough to provide the sessions. We are also grateful to Birch Tree Cafe for allowing us to use the space for free, for our younger members sessions.

Tammy



Speech, Language & Occupational Therapy (SPOT): THE FACTS

30 children from **baby/pre-school, secondary and adults** access group sessions with our professional therapists:

- ❖ 12 of these are in the baby, pre-school and primary aged groups receive 45mins monthly Speech and OT (SPOT) sessions during the academic year (11 sessions planned for 2021/2022)
- ❖ Secondary, teens and adults -monthly sessions receive monthly Speech and Language sessions



Babble Group Highlights from Michelle....

During lockdown we still managed SPOT sessions via zoom , which was interesting but fun and so lovely to see everyone. Some of our members joined Diddy signers (singing and Makaton signing sessions) via zoom too. We also have a few WhatsApp groups that are a lovely way to catch up with everyone - these are great for any advice or tips needed especially at the moment with a lot of our little ones potty training, starting school in September and generally a great for supporting each other. We are so pleased that we are now meeting once a month again at soft play , with lots more ideas being planned for the future.

Our wonderful members of PADSG!



Courageous Kayla rang the rainbow bell!



After discovering an unusual rash on Kayla's chest, at aged 8, Kayla's family received the devastating news that Kayla had Leukaemia. During the 2 and a half years of battling cancer with numerous trips (far too many to count) to Addenbrookes, contracting covid twice, as well as all the other side effects and symptoms of her condition and therapy, Kayla coped incredibly well with all that she had to endure.

Her younger brother, Zach, has also coped incredibly well with all the changes to family life during Kayla's treatment.

On 14th February 2022 Kayla finally completed all of her treatment and soon after rang the bell. Well done Kayla, we are so proud of you and pleased that you are back to good health!

Thank You Michael!

Michael Sheeran kindly raised over £2,500 for our charity in June 2021 by completing The Montane Spine Challenger race, a non-stop 60hr race from Edale in Derbyshire to Kirk Hardraw in North Yorkshire.



Lesley & Sam launch Blue Star Design!



Blue Star Design has been a long time in the making! Sam has wanted to design t-shirts for years, I wanted a project and work that involved Sam, and we both wanted to shout about acceptance and inclusion! So Blue Star Design was the perfect way to do all that.

We made a business plan together - making a mind map to help Sam understand all the aspects and how they fit together. Sam has also chosen designs, colours and names for the finished t-shirts. He named one 'Wave of Love'

Day to day, it's mostly me that works on social media and promotion etc, but I include Sam wherever possible.

The original slogan, 'Everyone is different, and different is good!' is Sam's own.

We've had such lovely feedback from people and lots of support! Here are some of the principles that we want to shout about...

In inclusion. Sam says, 'Inclusion gives everyone a chance and it's fair!' I totally agree! Inclusion is about looking at what a person needs to be included, and finding ways to make that happen.

Everyone is different, and different is good! We are all different, it's a fact! If we accept and embrace that, we can value and enjoy those differences.

We all count! We just do!

If we can, or we can't, we count! Our value shouldn't depend on our ability! In dealing with negative views of disability, we have felt the need to prove our worth or the worth of our loved ones. Ability doesn't equal worth! We are all valued whatever our ability!



Website and fundraising – message from Chris

This year I have taken over responsibility for maintaining the PADSG website at www.PADSG.org. I have developed a platform which can be used to highlight all of the amazing work that PADSG and its supporters do. Having taken out some of the older information it would be great to start to build the site up again. It would be fantastic to add any information, updates and photos of events (please send these to chris_fitzjohn@hotmail.com). Another important aspect of the website moving forward will be the publishing of a social calendar. The success of this will rely on everyone sharing activities and events, both ones organised by PADSG and any other events people think are useful and relevant."

"I have had a mixture of results with fundraising applications this year. A great success was being accepted for a CCF fund to cover the costs for speech, language and occupational therapy for the year. The funding should secure the continuation of our all-important Early Intervention SPOT sessions for preschool and Early years foundation stage children. Amazon Smile donations are set up under the new CIO format and PayPal will soon follow. If you aren't already set up for Amazon Smile to raise funds for our group as you shop at no extra cost to you, please see the donate now page on the PADSG website for details of how to help while you shop. Applications for funding not linked to specific projects has been less successful, so please do share any ideas for projects you would like to see happen or take part in to aid funding applications."



OUR TRUSTEES

Miranda Rock
(Patron)



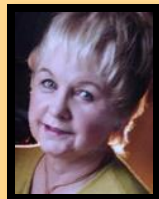
Miranda is the House Director of Burghley House Preservation Trust and a Deputy Lieutenant of Cambridgeshire. She is a Governor of Stamford Endowed Schools and Trustee and Patron of a number of charities in her local community that support the elderly and the vulnerable. She and her family are active members of the Peterborough Area Down's Syndrome Group and she is the mother of Cosmo who has Down's Syndrome. Cosmo is 20 and has ambitions to be a spy, a film producer and a drummer in a rock band.

Laura Tilley
(Chairperson)



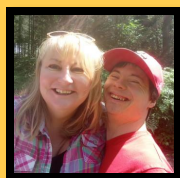
Laura has chaired the Peterborough Area Down's Syndrome Group for 10 years, during a period of significant growth and evolution for the group. She is mum to Hannah, Ruby and Gracie. Ruby has Down's Syndrome and Laura and her family are very active members of the Peterborough Area Down's Syndrome group, taking great pride in their family.

Maggie Scott
(former Secretary)



Maggie is a former Teacher and Head Teacher who has been a trustee with Peterborough Area Down's Syndrome Group for over 10 years. Her main roles in the group have been providing activities in drop in sessions, organising social activities for teenagers and applying for grants for widening experience to enable its members to reach their full potential. Maggie's older brother Ian Mackay had Down's Syndrome. Maggie is also chair of T21 which runs Birch Tree café at Easton on the Hill. After many years of being Secretary, Maggie has taken the decision to step down from PADSG so that she can focus on her family and her role of Chair for T21. We are sure that you will all share our thanks to Maggie for all her dedication, hard work and support for PADSG and its members and wish her continued success with T21.

Kim Richardson
(Treasurer)



Kim was the original Treasurer in 1998 when the Peterborough branch of the Down Syndrome Association (DSA) was opened. In 2002, she was involved in developing the branch into its own registered charity, the Peterborough Area Down Syndrome Group. From those small beginnings, a wonderfully supportive charity has flourished, helping many children and adults with Down Syndrome and their families. Kim is also Treasurer for T21.

Lynne Faulder
(Trustee)



Lynne has over thirty years public sector experience including in management and partnership working. She holds a Masters degree in Business Administration. She is a mum of four children, the youngest are identical twin girls who both have Down's Syndrome. Lynne and her family have benefited greatly from the support and opportunities provided by Peterborough Area Down Syndrome Group

Laura Kelsey
(Secretary)



Laura is married to Robert and mother to Gabriella and Jules. Laura has been a trustee of PADSG for over 10 years since Gabriella was a year old. Laura's involvement in the group ranges from welcoming new families to PADSG as well as recently taking on the role as charity Secretary. Laura has experience of the SEND tribunal process and is happy to share her experience and offer advice to other families who are facing challenges in getting the right support for their child.

Chris Fitzjohn
(Trustee)



Chris have been involved with the group since the arrival of Henry the youngest of his three children. The importance of the support of a group like this in the early years was astounding. That's what made him want to become a trustee. He has been concentrating on accessing funding for the amazing work the group does.

Johanna Roberts
(Trustee)



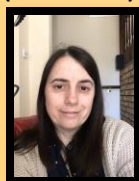
Johanna used to be a GP but now works part time as a chiropodist. William, her middle child has Down Syndrome. Joh also runs a learning disability swimming club, PSOSG. She became involved a several years ago with the PADSG through the young adults speech therapy group.

Tammy Fitzjohn
(Trustee)



Tammy is a Mum, with 3 children and runs signing groups at her local library. Henry, her youngest has Down's Syndrome. She has been utilising the PADSG from early on. Tammy has been a trustee for three years. Tammy organises the groups speech therapy and SPOT sessions and co runs the Babble group for the groups youngest members and their families.

Michelle Gray
(Trustee)



Michelle became trustee for PADSG three years ago. She runs the Babble group with Tammy. This is held once a month for all our youngest members. She is also involved in fundraising and has held coffee mornings, 'Boozy bingos' and raffles. She found PADSG when her daughter Lucy was 3 weeks old. Lucy was diagnosed at birth with Downs Syndrome.

New Trustees



Anyone interested in getting involved with our group, no matter your age, level of experience or how much time you can commit – you will be warmly welcomed onto the board of trustees or as a member helper. If you would like to get involved or to find out more, please email Laura Kelsey at Imkelsey81@gmail.com

TREASURER'S REPORT

Kim Richardson



Governance and Treasurer's Report

Governing Document

Peterborough Area Down Syndrome Group is constituted as a registered charity with the Charity Commission. It is governed by a constitution.

Organisation Structure

The charity was registered as a Charitable Incorporated Organisation (CIO) on 10th March 2021. The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to the running of the charity.

New Trustees

The existing trustees are responsible for the recruitment of new trustees. In appointing new trustees we seek people who are part of our local community. Potential trustees are invited to trustees' meetings or to meet with the chairperson to learn more about the charity's aims and objectives. If all trustees agree they are proposed as new trustees. New trustees are required to complete a DBS check and given a three month trial. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills.

Trustee Name	Office (if any)	Dates acted if not for whole year
Margaret Scott	Trustee	
Laura Tilley	Chair	
Laura Kelsey	Secretary	
Amanda Kim Richardson	Treasurer	
Miranda Rock		
Lynne Faulder		
Tammy Fitzjohn		
Christopher Fitzjohn		
Lee O'Connor		1/4/2020 - 7/6/2020
Johanna Roberts		
Michelle Gray		

TREASURER'S REPORT

Kim Richardson



During 2021, the PADSG charity no 1096976 transferred to a more robust structure in the form of a Charitable Incorporated Organisation (CIO) charity no 1193764 to enable the continued development of the good work accomplished by our previous charity.

We continue to be in a secure financial position, at our year end 31st March 2022, holding £4,671 and £33,329 in our current and deposit accounts, respectively. We have no restricted funds.

As a volunteer run charity, with much of our time dedicated to running events and weekly groups it has been deemed prudent to have a reserve fund of £10,000 to ensure the group can run activities for a year.

Kim Richardson
PADSG Treasurer

IT'S ALL THANKS TO YOU, OUR SUPPORTERS!

We are so grateful to everyone who has supported us over the past year

We owe a huge thank you to every single person, group or business that has helped us to support our PADSG community. In particular we would like to thank the following supporters:

OUR PATRON

Miranda Rock

OUR TRUSTEES

Laura Tilley
Maggie Scott
Kim Richardson
Laura Kelsey
Joh Roberts
Tammy Fitzjohn
Michelle Gray
Chris Fitzjohn
Lynne Faulder

OUR SUPPORTERS

Lee O'Connor
Michael Sheeran
Stamford Kiwanis
Stamford Rotary Club (St Martins)
Cambridgeshire Community foundation
Rutland Outdoor Education Centre

Birch Tree Café
Unspoken
Stilton Butchers
Mohammed Jangher
Living Sport
Maxey social club
Hair Care salon
Bikewise
Maxey Car Club
Maxey Community Association
Blue Boar Ladies Night
Whirlpool
Outhwaite Trust
B Gipp
Bluebell
Rackham Primary School
Joe Scott
Lesley Cunningham
Rob Goodwin
Trudy Bollons
Jane Jeffries
Peterborough United FC
Councillors John & Judy Fox
Julia Heppel
Ally McComb
Sue Bowyer
CDC Dance

The Peterborough Area Down's Syndrome Group is a parent-led charity supporting people with Down's Syndrome and their families in the Greater Peterborough Area

We are here to help people with Down's Syndrome to have the same life opportunities as the rest of society and raise awareness of Down's Syndrome in our local community and beyond

REGISTERED CHARITY

Peterborough Area Down's Syndrome Group (PADSG) is a UK registered CIO charity. Registered address is 117 Coniston Road, Gunthorpe, Peterborough, PE4 7GU

Charity Number: 1193764

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Designed and produced by Lee O'Connor & Laura Kelsey (Trustees)



www.padsg.org



CHARITY COMMISSION
FOR ENGLAND AND WALES

Peterborough Area Down's Syndrome Group

1193764

Receipts and payments accounts

CC16a

For the period
from

10/03/2021

To

31/03/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Fundraising and Donations	3,044	-	-	3,044	-
Interest	1	-	-	1	-
Transfer in	42,741	-	-	42,741	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	45,786	-	-	45,786	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	45,786	-	-	45,786	-
A3 Payments					
Activities	3,466	-	-	3,466	-
Fundraising Costs	90	-	-	90	-
Occupational Therapy	1,575	-	-	1,575	-
Speech and Language Therapy	2,540	-	-	2,540	-
Administration costs	90	-	-	90	-
Support Fund	25	-	-	25	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	7,786	-	-	7,786	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	7,786	-	-	7,786	-
Net of receipts/(payments)	38,000	-	-	38,000	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year ended	-	-	-	-	-
Cash funds this year end	38,000	-	-	38,000	-

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	Barclays Bank plc - Current account	4,671	-	-
	Barclays Bank plc - Deposit account	33,329	-	-
		-	-	-
	Total cash funds	38,000	-	-
	(agree balances with receipts and payments account(s))			

[illegible]

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

[illegible]

	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

[Handwritten Signature]

Print Name
Amanda Kim Richardson

Date of approval
14/04/2022

**INDEPENDENT EXAMINER'S REPORT
FOR THE PERIOD ENDED 31 MARCH 2022**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PETERBOROUGH AREA DOWN'S
SYNDROME GROUP CHARITY NUMBER 1193764 (the 'charity')**

I report to the charity Trustees on my examination of the accounts of the charity for the period ended 31 March 2022.

RESPONSIBILITIES AND BASIS OF REPORT

As the Trustees of the charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

INDEPENDENT EXAMINER'S STATEMENT

Your attention is drawn to the fact that the charity has prepared the accounts in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has been withdrawn.

I understand that this has been done in order for the accounts to provide a true and fair view in accordance with the Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

I have completed my examination. I can confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached

Signed



31/05/2022
Gurbinder Singh FCCA
BGS Accounting Ltd
75 Exploration Drive
Leicester
LE4 5NU

