

Annual Review

April 2023 – March 2024



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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 events and activities to raise funds for our groups, or by coming to Babble, Teenzone, dance and the adults group.



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MESSAGE FROM THE CHAIR



Dear Supporter

What a year! Can't believe we've reached the end of 2023/24. This year has been extremely busy. Once again, we have seen so many new parents join our wonderful group and seen the friendships grow. The children get taller and the experiences become more spectacular!

We continue to offer support to all our families on a weekly or monthly basis with Chloe and her CDC dance groups. These are for all ages! Speech and language sessions are monthly. These sessions are extremely valuable, but they are very expensive. If you cannot make a session please let us know in advance.

This year saw another trip to Wicksteed park and for once the sun was shining. This is a lovely day out where we encourage you to bring a picnic and enjoy your lunch and then spend the rest of the day on the rides creating memories.

The Christmas party was enjoyed again by over 120 people. This is grown to be one of our biggest events of the year and we're always grateful to the Posh and the presents from the Stamford Rotary club. Big shout out to Mark Turner for the Disco!! Of course, we had our special guests Santa and Mrs. Claus...Christmas wouldn't be Christmas without these two special guests. John and Judy Fox.

It's lovely to see our children grow and see how much they change from year to year. It's also very nice to see how the friendships grow and how we are continuing to support each other as families supporting families.

Fundraising continues to be a constant battle and we are always looking for new and ingenious ways to raise money every year. We spend around £10,000 on speech and language and therapies and events for our families. if you can think of a fun thing that we can do to raise funds, please let us know.

Would you consider becoming a trustee or a committee member for our wonderful charity? We are looking for new members. We can't continue without your support so if you are interested, please email Laura Tilley @ lauratilley37@hotmail.com and I can tell you a little bit about the roles and what's involved.

Looking forward to 2024.

Laura Tilley
PADSG Chairperson

OUR ACHIEVEMENTS

We had many achievements in 2022-23,
here are some of the moments
that made our year:

25

Members accessed Speech
& Language therapy

£9,026

Was received in fundraising,
grants, donations &
sponsorship

£20,499

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

120

Attended our Christmas Party

70

Christmas presents were gifted
to our members and their
siblings

www.padsg.org.uk

Dance Group with Chloe's Dance Company



The weekly dance classes continue at the John Mansfield Campus in Dogsthorpe, Peterborough on Wednesday, 5-6pm.

Our Teen and Adult members say that dancing with Chloe is one of their favourite things they enjoy as members of PADSG. Thank you Chloe for the fun dance sessions and the wonderful opportunities you have provided our members to have a chance to shine!

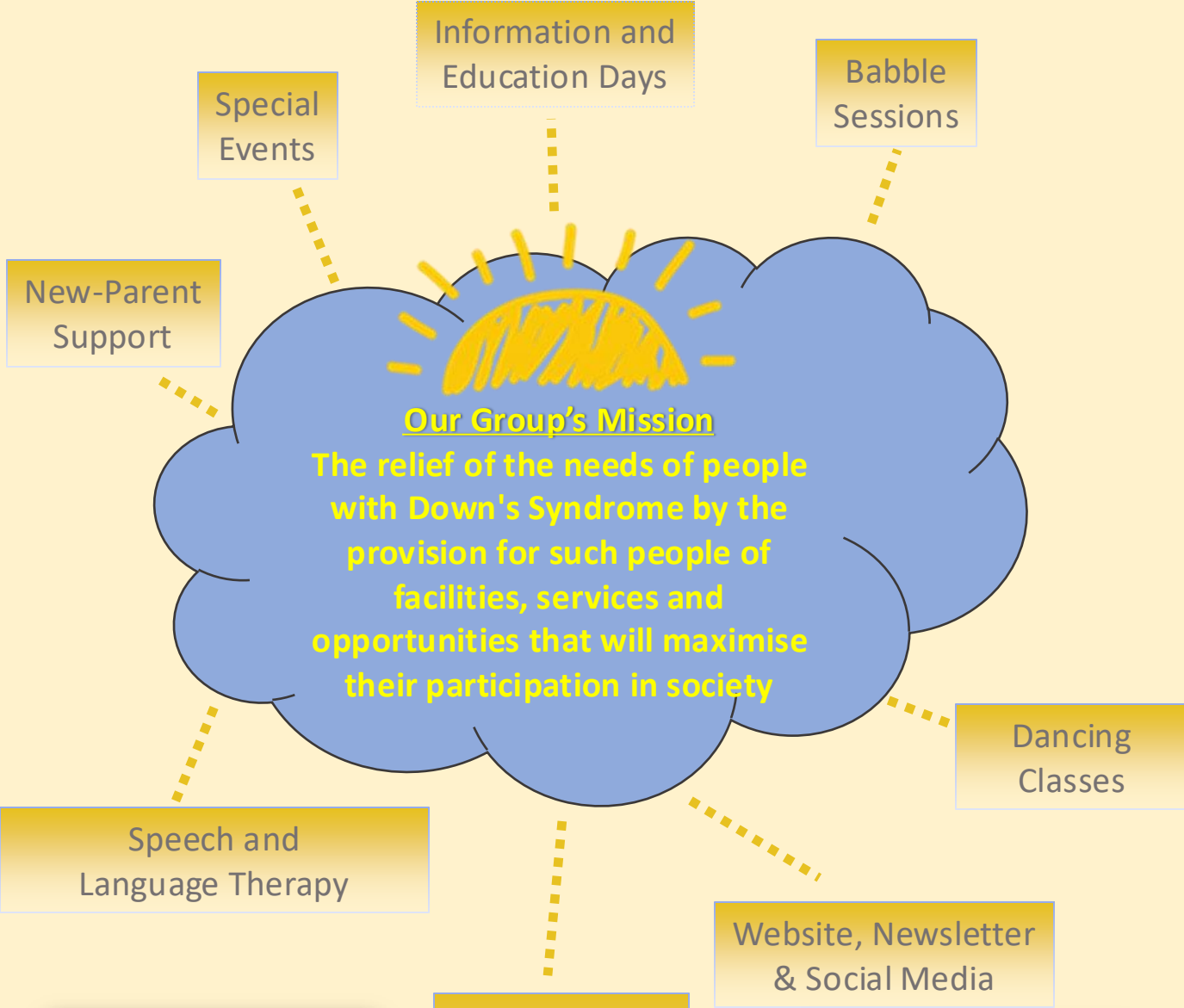




WHAT WE DO



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



Speech and Language Therapy

Peterborough Area Down's Syndrome 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. PADSG prides itself on providing speech and language therapy to its members for over 15 years. While we encourage voluntary contributions towards our sessions, 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 who works with our younger members, their parents and TAs in small group sessions on a monthly basis. We are also very grateful to Birch Tree Café, Easton on the Hill, for their support in providing a safe space for our sessions to take place. Our therapy groups are constantly growing and changing, enabling the therapist and families to get the most from the sessions; we are currently welcoming 12 families to these groups but expect this number to increase again in the coming year. Looking ahead to 2025, we are extremely pleased to announce that PADSG has been awarded £5000 from the Cambridgeshire Community Fund in support of our Speech and Language Sessions.

We also support our older members with the help of another expertly qualified and experienced therapist with speech and language therapy group sessions 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. These sessions have also enabled our members to give some great feedback about what they get from our wonderful charity.

Speech and language 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 Centre in Peterborough to provide the sessions. We are also grateful to Birch Tree Café for allowing us to use the space for free, for our younger members sessions.

Tina



Website, social media and fundraising

There are many ways that you can keep up to date with news relating to our group's regular activities, events and updates on local and national policies and news relating to people with Down's Syndrome:

www.padsq.org



facebook



There are also many ways that you can make a donation to help us continue providing valuable support to our members:

JustGiving™

PayPal

InvestMyCommunity

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 22 and has ambitions to be a spy, a film producer and a drummer in a rock band.

Laura Tilley (Chairperson)



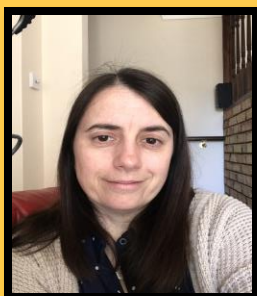
Laura has chaired the Peterborough Area Down's Syndrome Group for over 13 years, during a period of significant growth and evolution for the group. She is mum to Hannah, Ruby and Gracie. Ruby has Down's Syndrome and Laura and her family are very active members of the Peterborough Area Down's Syndrome group, taking great pride in their family.

Laura Kelsey (Secretary)



Laura is married to Robert and mother to Gabriella and Jules. Laura has been a trustee of PADSG for 13 years since Gabriella was a year old. As a family they have benefitted from the activities and support the group has provided them for many years and understand too well the challenges that families face, which is why Laura has been a trustee for many years to help pay back to the group as well and support others, before becoming 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.

Michelle Kelly (Treasurer)



Michelle became trustee for PADSG five years ago and became treasurer in XXXXXX. She runs the Babble group which 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.

Johanna Roberts
(Trustee)



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

Tina Sheeran
(Trustee)



Hello! My name's Tina and I'm a serving RAF Officer and wife to Mike (an Army officer). We're parents to two beautiful girls; Jess (7 yrs) and Elsie (8 yrs) who happens to have Down's Syndrome. Having found a post-natal diagnosis a bit tricky, I will always be grateful to charities such as PADSG who helped us navigate the early years of our new venture with Down's Syndrome and, I'm so happy to be able to give a little something back by becoming a Trustee of our wonderful charity.

New Trustees



Do you have experience of applying for grants, organising events, have lots of fun and creative ideas or like to fundraise? If so, we would love to hear from you! Anyone interested in getting involved with our group, no matter your age, level of experience, how much time you can commit and whether you have a family member with DS or not – you will be warmly welcomed onto the board of trustees or as a volunteer. If you would like to get involved or to find out more, please email Laura Kelsey at lmkelsey81@gmail.com

TREASURER'S REPORT

Michelle Kelly



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
Laura Tilley	Chair	
Laura Kelsey	Secretary	
Lucy Naylor	Treasurer	From August 2022 to June 2024
Miranda Rock		
Johanna Roberts		
Michelle Kelly	Treasurer	From August 2024
Tina Sheeran		From May 2023

TREASURER'S REPORT

Continued.....

PADSG opened the year with £42,322 funds. The charity raised £9,026 additional funds in the form of fundraising and donations.

During the year the charity continued to support the area by supplying speech and language sessions, provide regular activities including dance sessions, Babble softplay and annual activities including Wicksteed park day out and Christmas party. Total cash outflows in the year amounted to £20,499.

We continue to be in a secure financial position, at our year end 31st March 2024, holding £2,183 and £28,666 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.

Michelle Kelly
PADSG Treasurer

IT'S ALL THANKS TO YOU!

We are so grateful to everyone who has supported us over this past and previous years

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

Laura Kelsey

Joh Roberts

Michelle Kelly

Lucy Naylor (up to June 2024)

Tina Sheeran

OUR SUPPORTERS

Lee O'Connor

Birch Tree Café

Maggie Scott

Kim Richardson

Atiq Rehman, Unspoken

Y5Promotions

Andrew Thomas

The Work Out Hub

Sawtry Village College

David Lloyd Peterborough

Academy Leisure

Michael Sheeran

Stamford Kiwanis

Stamford Rotary Club (St Martins)

Cambridgeshire Community

foundation

Rutland Outdoor Education Centre

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

Nikki Wilmot

Nantahla Lodge

Emily Jellis

Creative Touch Interiors

Kelly Timbrell

Louise Templeman

The Fane Clinic

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 by Lee O'Connor and produced Laura Kelsey



Income and Expenditure Accounts to 31/03/24				
	Unrestricted	Restricted	Total	Last Year 2022/2023
Opening Bank Balance (31/03/2023)	£42,322	£0	£42,322	£42,322
Income				
Grants	£0	£0	£0	£15,160
Fundraising, Donations & Sponsorship	£8,631	£0	£8,631	£4,838
Interest & Other Income	£395	£0	£395	£73
Total Income	£9,026	£0	£9,026	£20,071
Expenditure				
Activities	£7,649	£0	£7,649	£5,992
Events	£1,180	£0	£1,180	£718
Fundraising Costs	£216	£0	£216	£216
Occupational Therapy	£3,660	£0	£3,660	£3,105
SaLT	£6,998	£0	£6,998	£5,045
Admin	£174	£0	£174	£132
Support Fund	£0	£0	£0	£0
Expenses	£623	£0	£623	£541
Total Expenditure	£20,499	£0	£20,499	£15,749
Surplus/ Deficit Income to Expenditure	-£11,472	£0	-£11,472	£4,322

Statement of Assets and Liabilities as at 31/03/2024		
	£	£
Fixed Assets		
Current Assets		
Cash at Bank and in hand	£30,850	
Current Liabilities	£0	
Net current assets	<u>£30,850</u>	
Total assets less current liabilities		<u><u>£30,850</u></u>
Total Funds of the Charity		
Opening Funds 31 March 2023		£42,322
Deficit for the accounting period		-£11,472
Total Funds		<u><u>£30,850</u></u>