

NOTTINGHAMSHIRE DOWN'S SYNDROME SUPPORT GROUP

England & Wales · Charity number 1198404

Details

Other names NDSSG

Status Registered

Legal form CIO

Registered 2022-03-28

Register [View on the Charity Commission register](#)

Contact

Address 32 Woolmer Road
Nottingham
Nottinghamshire
NG2 2FB

Phone 07743862035

Email info@ndssg.org.uk

Website <https://www.ndssg.org.uk/>

Activities

Objects: THE RELIEF OF THE NEEDS OF PEOPLE WITH DOWN'S SYNDROME, THEIR FAMILIES AND CARERS, FOR THE PUBLIC BENEFIT, IN PARTICULAR, BUT NOT EXCLUSIVELY, BY PROVIDING SUCH PEOPLE WITH INFORMATION, ADVICE, SUPPORT, AND EDUCATIONAL, VOCATIONAL, SOCIAL, CULTURAL AND SPORTING OPPORTUNITIES AND BY RAISING AWARENESS OF DOWN'S SYNDROME WITHIN THE LOCAL COMMUNITY, IN ORDER TO MAXIMISE THE OPPORTUNITIES FOR, AND PARTICIPATION AND INCLUSION OF, SUCH PEOPLE INTO SOCIETY WITHIN NOTTINGHAMSHIRE.

Activities: The relief of the needs of people with Down's Syndrome, their families and carers, for public benefit, in particular, but not exclusively by providing information, advice, support, and educational, vocational, social, cultural and sporting opportunities and by raising awareness of Down's Syndrome within Nottinghamshire, in order to maximise opportunities for their participation and inclusion.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- Nottingham City
- Nottinghamshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£43,147	£40,939	-	-
2023-12-31	£40,901	£27,560	-	-
2022-12-31	£23,013	£17,419	-	-

Trustees

Name	Role	Appointed
Diane Louise Pastore	Chair	2022-03-28
Aimee Prior		2022-03-28
Aisling McKay		2024-08-28
Amanda Louise Ackroyd		2025-01-23
Ann-Marie Limer		2024-08-28
Bernadette Louise Stanko		2024-08-28
Dr Elizabeth Marder		2022-03-28
Miriam Sylvia Rutherford		2023-09-06
Phillippa Jane Dunham		2023-09-06
Rachel Ann Howard		2025-07-07

NOTTINGHAMSHIRE DOWN'S SYNDROME SUPPORT GROUP

England & Wales - Charity number 1198404

Accounts

Nottinghamshire Down's Syndrome Support Group
(Registered charity, number 1198404)
Financial statements
for the year ended 31 December 2024

Page	Contents
2 - 6	Trustees' annual report
7	Independent examiner's report
8	Receipts & payments account
9	Statement of assets & liabilities
10 - 12	Notes to the accounts

**Nottinghamshire Down's Syndrome Support Group
Trustees' annual report
for the year ended 31 December 2024**

Full name Nottinghamshire Down's Syndrome Support Nottinghamshire Down's Syndrome Support Group

Other names by which the charity is known NDSSG

Organisation type Charitable incorporated organisation

Registered charity number 1198404

Principal address

32 Woolmer Road, Meadows, Nottingham NG2 2FB

Trustees

Diane Pastore, Chairman
Miriam Rutherford,
Philippa Dunham,
Andrew Coppins, Treasurer
Daryll Byrne, until 28/08/2024
Rachel Howard
Elizabeth Marder
Aimee Prior
Amanda Ackroyd, from 23/05/2025
Bernadette Stanko, from 28/08/2024
Ann-Marie Limer, from 28/08/2024
Aisling McKay, from 28/08/2024

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 28 March 2022. We ask for members to come forward prior to the AGM and the current trustees are available to speak to them about what the role entails. We also have a third of the trustees step down each AGM on a rolling basis, but they are able to be put forward for re-election if they want to. Trustees are then voted in at the AGM. If there is still space in the Trustee board after the AGM and someone is interested during the year, then the Trustees can accept new Trustees in one of their Trustee meetings

Objectives and activities

The relief of the needs of people with Down's Syndrome, their families and carers, for the public benefit, in particular, but not exclusively, by providing such people with information, advice, support, and educational, vocational, social, cultural and sporting opportunities and by raising awareness of Down's Syndrome within the local community, in order to maximise the opportunities for, and participation and inclusion of, such people into society within Nottinghamshire.

Nottinghamshire Down's Syndrome Support Group

Summary of the main activities undertaken for the public benefit

With the Charity Commission's guidance on 'public benefit' in mind, and with all the Trustees being aware of this, all of our charitable activities focus on enabling children, young people and adults to live full and rewarding lives within their communities. We also want their families and the people surrounding and supporting them to be given good support themselves. We also aim to raise awareness about Down's Syndrome in the wider community to add to the benefits that our beneficiaries bring to our communities. This is all done to bring public benefit.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

2024 has been a year of remarkable growth and outreach for NDSSG. We have significantly expanded our work beyond Nottingham, reaching families across Mansfield, North Nottinghamshire, and the wider county. This expansion has enabled us to engage with more families than ever before, offering a diverse programme of support, activities, and community-building opportunities.

To help illustrate the breadth of our work, we've provided a visual breakdown of activities by age group and location. While some events may appear to target specific age groups, please note the following:

- Our Baby and Toddler Group runs fortnightly throughout the year.
- Our Nottingham and Mansfield Warriors Football, Nottingham, Mansfield and North Notts Dance Warriors, and the Sing & Sign Choir sessions run weekly and are inclusive of all ages and learning disability, from approximately 4–5 years old through to individuals in their 40s and 50s. By the end of the year these groups were seeing in excess of 100 members every week.

All age-specific activities are accessible to all members, regardless of their location across the county.

Nottinghamshire Down's Syndrome Support Group

2024 Activity & Impact Timeline

January

- Nearly 300 'Our Journey' books sold to families and professionals.
- BBC News featured the Nottingham Dance Warriors, resulting in approximately 10 new volunteers.
- New groups launched: Mansfield Dance Warriors and Mansfield Warriors United FC.
- Existing weekly groups (Nottingham Dance Warriors, Nottingham Warriors United, Baby & Toddler Group) resumed after the holidays.
- Choir group Sing & Sign Together established as a regular session.
- NDSSG was selected as Charity of the Month by the Nottingham Panthers, raising £1,000.

February

- 16 baby welcome bags were distributed via local paediatricians in Nottingham and Mansfield ready for the year ahead.
- Hosted a Valentine's Disco for members aged 16+.

March

- Delivered five World Down Syndrome Day events across Newark, Mansfield, Retford, and Nottingham.
- Released our World Down Syndrome Day video.
- Nottingham Dance Warriors and the Choir performed a live show at the Squire Performing Arts Theatre.

April

- Hosted a sensory Easter event for young families, including music and an Easter egg hunt.
- Organised an Outdoor Pursuits Day (zip wire, climbing, campfire activities) for 8–15s and 16+ groups.
- Mansfield Dance Warriors and Choir performed at the Portland Newstart Theatre.
- Nottingham Warriors United took part in a penalty shootout at Notts County FC.

May

- Narrowboat trip and picnic for 8–15s, including park games.
- Bowling event for Nottingham Dance Warriors.
- A group of 16+ members enjoyed a residential weekend at Butlin's.

June

- Narrowboat trip and BBQ games day for the 16+ group.

Nottinghamshire Down's Syndrome Support Group

- Secured sponsorship from six local businesses to cover kits, trophies, and more for all Warriors United football teams.

July

- Wrestling night out for 16+ members.
- BIG Nottingham Playhouse Dance Show with over 150 participants from all dance groups.
- Presented end-of-term awards to all Dance Warriors and Warriors United participants.
- Hosted a Summer Fun Day for young families with outdoor play, water activities, an ice cream van, and music.

August

- Welcomed new trustees from across the county.
- Held a Pirate & Princess Workshop (dance, crafts, and games) for 5–15s.
- Organised a bowling and karaoke night for 16+ members.

September

- All weekly clubs resumed following the summer break.
- Organised a trip to White Post Farm for under 5s, with over 150 participants.
- Following the closure of the Monty Hind venue, all Nottingham activities successfully relocated to Nottingham Girls' High School (special thanks to them).
- Launched North Notts Dance Warriors.

October

- Distributed new football kits to Mansfield Warriors United and North Notts Dance Warriors.
- Hosted an all-age Fancy Dress Disco at Forest Town Arena.
- Ran Space-themed workshops (dance, crafts, games) for ages 3–15.
- Warriors United teams received their new sponsored shirts.
- Nottingham Warriors United attended a Nottingham Forest training session, including a press conference with Nuno Espírito Santo, which went viral!
- Mansfield Warriors United served as Guards of Honour at Mansfield Town FC.

November

- Launched Saturday afternoon drop-in sessions for young families in Nottingham.
- Organised a pub meal for 16+ members.
- Nottingham Warriors United representatives Joseph & Matt featured in a photoshoot for Nottingham Forest's Christmas campaign.
- Warriors United players attended Forest vs Ipswich, completing a lap of honour and meeting club owner Evangelos Marinakis.

Nottinghamshire Down's Syndrome Support Group

December

- We received the generous gift from Mr Marinakis of 10 season tickets for Warriors United players to attend Nottingham Forest matches for the rest of the season.
- Representatives Ashton, Isla, and Joseph participated in a BBC Radio interview about the link between Warriors United and Nottingham Forest.
- The BBC filmed a television feature on Mansfield Dance Warriors.
- Warriors United players attended a Nottingham Forest Christmas Party.
- Hosted our NDSSG Christmas Party, welcoming over 350 attendees for food, fun, dancing, prizes, crafts, and Santa Claus.
- Held dedicated Baby & Toddler Christmas party and a Warriors United Christmas event at Red Kangaroo.
- Delivered Christmas performances and discos across all Dance Warriors groups.
- Created a Christmas video featuring 135 individuals with Down syndrome, titled It's the Most Wonderful Time of the Year.

Closing Remarks

As we reflect on 2024, we extend our heartfelt thanks to everyone who has contributed to this vibrant community:

- To all volunteers, whether offering time regularly or as a one-off—thank you. Your dedication makes all of this possible.
- To our fundraisers and donors—your generosity helps sustain and grow our work.
- To every participant, whether attending weekly or just once—thank you for showing up and being part of the NDSSG family.
- To those who have supported families quietly and compassionately behind the scenes—your kindness matters.

Thank you for being part of this incredible journey. We look forward to even more opportunities, inclusion, and connection in 2025.

The charity's policy on reserves

The charity has no specific policy with regard to the level of reserves.

Signed on behalf of the charity's trustees:

Signed 
Diane Pastore, Chairman & Trustee

Date 1/10/25

**Independent examiner's report to the trustees of
Nottinghamshire Down's Syndrome Support Group
for the year ended 31 December 2024**

I report to the trustees on my examination of the accounts of Nottinghamshire Down's Syndrome Support Group (the charity) for the year ended 31 December 2024.

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 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 Act.

Independent examiner's statement

I have completed my examination. I 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 Act; or
2. the accounts do not accord with those records.

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.



03/10/2025

Signed _____ Date _____

John O'Brien MSc, FAIA, FCIE
Employee of Community Accounting Plus

Nottinghamshire Down's Syndrome Support Group
Receipts & payments account
for the year ended 31 December 2024

2023			2024	
Total		Unrestricted	Restricted	Total
Funds		Funds	Funds	Funds
£	Note	£	£	£
	Receipts			
86	Bank interest (net/gross)	165	-	165
21362	Grants & donations	8438	8055	16493
15508	Fees from members	22911	-	22911
1995	Proceeds from events	2633	-	2633
1950	Book sales	945	-	945
40901	Total receipts	35091	8055	43147
	Payments			
1800	Room Hire	-	-	-
-	Purchases	1233	-	1233
216	Equipment	251	30	281
4529	Trips (inc 16+ Group)	5610	391	6001
-	Events	3331	-	3331
2986	Christmas Party	-	-	-
294	Regular meetings	-	-	-
1064	Admin	1567	-	1567
-	Volunteer Expenses	154	-	154
39	Baby Bag Expenses	-	285	285
1050	Football Coaches	-	-	-
2203	Baby Group	50	1060	1110
7816	Dance Warriors	13681	2350	16031
918	Equipment – Football	-	-	-
1161	Football - Warriors Utd	3692	5323	9015
-	Fundraising costs	19	-	19
310	Makaton	493	1190	1682
1389	16+ Group	-	-	-
1785	Book costs	229	-	229
27560	Total payments	30310	10628	40939
13341	Net receipts/(payments)	4781	(2573)	2208
9976	Cash funds at start of this period	16121	7196	23317
23317	Cash funds at end of this period	20902	4623	25525

Nottinghamshire Down's Syndrome Support Group

Nottinghamshire Down's Syndrome Support Group
Notes to the accounts
for the year ended 31 December 2024

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
Total Skills Ltd	-	500	500
B S Handling	-	4000	4000
Techsmart	-	1500	1500
Edwalton PCC	-	455	455
Recon services	-	1000	1000
Barratt Foundation	1500	-	1500
RWB/Longleys	-	600	600
HMRC Charities	1277	-	1277
Sundry grants & donations	5661	-	5661
Total	8438	8055	16493

3. Funds analysis

	Opening balance £	Receipts £	(Payments) £	Closing balance £
Restricted funds				
Winifred Eileen Kemp Trust	1401	-	(1401)	-
Football - Warriors Utd	339	7600	(5323)	2616
Music sessions	3620	-	(3620)	-
Nottingham University hospital charity	1836	-	-	1836
Edwalton PCC - baby bags	-	455	(285)	171
	7196	8055	(10628)	4623
Unrestricted funds				
General	16121	35091	(30310)	20902
	16121	35091	(30310)	20902

Nottinghamshire Down's Syndrome Support Group

The specific purposes for which the funds are to be applied are as follows:

Winifred Eileen Kemp Trust – Funding for Makaton activities £1,190, 16+ group activities £211.

Football kits – Shirt Sponsorship of Warriors FC for kit and events

Music sessions – Winifred Eileen Kemp Trust – Funding received to support music sessions in our baby group and Mansfield start up activities.

Nottingham University hospital charity/Edwalton PCC – Funding received to support the Baby Bags we put together to be given out through the paediatricians in hospitals in the county to all families who have a child with Down's Syndrome.

4. Prepayments

	£
Membership	30
	<u>30</u>

5. Creditors

	£
Independent examination fee	564
	<u>564</u>

6. Trustees' remuneration

During the accounting period, the charity purchased Trustee Indemnity Insurance for the sum of £1,000,000 through the Down's Syndrome Association.

Trustees received no expenses, remuneration or benefits in this period.

7. Related party transactions

There were no related party transactions in this period.

Nottinghamshire Down's Syndrome Support Group

8. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

NOTTINGHAMSHIRE DOWN'S SYNDROME SUPPORT GROUP

England & Wales - Charity number 1198404

Accounts

Nottinghamshire Down's Syndrome Support Group
(Registered charity, number 1198404)
Financial statements
for the year ended 31 December 2023

Page	Contents
2 - 5	Trustees' annual report
6	Independent examiner's report
7	Receipts & payments account
8	Statement of assets & liabilities
9 - 11	Notes to the accounts

caPLUS
COMMUNITY ACCOUNTING

**Nottinghamshire Down's Syndrome Support Group
Trustees' annual report
for the year ended 31 December 2023**

Full name Nottinghamshire Down's Syndrome Support Group

Other names by which the charity is known NDSSG

Organisation type Charitable incorporated organisation

Registered charity number 1198404

Principal address

32 Woolmer Road, Meadows, Nottingham NG2 2FB

Trustees

Diane Pastore, Chairman from 04/07/2023

Miriam Rutherford, from 06/09/2023

Philippa Dunham, from 06/09/2023

Andrew Coppins, Treasurer

Daryll Byrne

Rachel Howard

Elizabeth Marder

Aimee Prior

Kerri Boaden, until 04/07/2023

Claire Draper, until 04/07/2023

Victoria Tyreman, Secretary, until 04/07/23

Richard Danks, Chairman, until 04/07/23

Independent examiner

John O'Brien, employee of Community Accounting Plus, Units 1 & 2 North West, 41 Talbot Street, Nottingham, NG1 5GL

Governance and management

The charity is operated under the rules of its constitution adopted 28 March 2022.

We ask for members to come forward prior to the AGM and the current trustees are available to speak to them about what the role entails. We also have a third of the trustees step down each AGM on a rolling basis, but they are able to be put forward for re-election if they want to. Trustees are then voted in at the AGM. If there is still space in the Trustee board after the AGM and someone is interested during the year, then the Trustees can accept new Trustees in one of their Trustee meetings.

Objectives and activities

The relief of the needs of people with Down's Syndrome, their families and carers, for the public benefit, in particular, but not exclusively, by providing such people with information, advice, support, and educational, vocational, social, cultural and sporting opportunities and by raising awareness of Down's Syndrome within the local community, in order to maximise the opportunities for, and participation and inclusion of, such people into society within Nottinghamshire.

Nottinghamshire Down's Syndrome Support Group

Summary of the main activities undertaken for the public benefit

With the Charity Commission's guidance on 'public benefit' in mind, and with all the Trustees being aware of this, all of our charitable activities focus on enabling children and adults with Down's Syndrome to live full and rewarding lives within their communities. We also want their families and the people surrounding and supporting them to be given good support themselves. We also aim to raise awareness about Down's Syndrome in the wider community to add to the benefits that our beneficiaries bring to our communities. This is all done to bring public benefit.

Public benefit statement

The Trustees confirm that they have complied with the duty in section 17 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit, 'Charities and Public Benefit'.

Summary of the main achievements during the period

The main achievements during the year can be split over the different groups and activities that take place during the year:

The 16+ group have had a variety of activities during the year, including a Wrestling workshop in February, a trip to Cadbury World in April, a Swimming Party in May, the amazing weekend away in Butlins in June, a narrowboat trip in July along with a joint disco at Monty Hind Youth Centre with a DS group from Cambridge who were staying in their residential centre. A pub meal followed in October, with some bowling and karaoke in November and then over 100 teenagers and adults went and saw Jack and the Beanstalk at the Nottingham Playhouse, which was a great highlight for the group. A busy year for the 16+ group, in its first full year of activity!

The Warriors United Football group continued to go from strength to strength with increasing numbers and the players were invited to perform a penalty shootout at half time at the Notts County FC ground for the Notts County Women's match in May, which those that attended enjoyed and lapped up the attention! We had the usual much appreciated trophy awards evening in July, where the members all receive a trophy and certificate to show them what valued members of the club they are. Also later in the year in August, to celebrate and encourage our England Lionesses, we created a signing video for the Euro's final, which all the members enjoy doing, and raises the profile of the club and NDSSG.

Nottingham Dance Warriors also continued to develop, and this year as well as the weekly sessions, the amazing members actually started performing their skills to audiences! Their first show took place in April at the Squire Theatre to an audience of 200 friends and family and went down to rave reviews! If one show wasn't enough, they decided they would do an end of year one in July at Emmanuel School which again was a big hit with the members and families alike. They were then invited to perform at the Sport Nottinghamshire Awards at Highfields in October, to an audience of people who didn't know them, and again they were well received there too! An extension to the Dance Warriors family was piloted in November and

Nottinghamshire Down's Syndrome Support Group

December when Mansfield Dance Warriors taster sessions were held, which proved to be very popular and showed that there was a desire for a new group to be formed so plans were made for a new group to start in the New Year, as we further develop links in Mansfield along with the regular Mansfield support group that takes place is a great development.

The Baby and Toddler group continued to meet every other week throughout the year and had a couple of trips too. The first was to Stonebridge Farm where they also had a music workshop session with Rainbow Stripes. Their second outing was to White Post Farm in October which was a real success for people to meet up again and share a lovely day out. In September we also started working with JA Music Interaction to support the group who has been attending the weekly session and organising music and interactive activities that the children and parents can get involved with. It's been a great addition to the group which the families have greatly enjoyed.

The number of individual events this year has been lower than in previous years, possibly because the number of regular activities, and their associated events, has increased so much, and the organisation of these has taken a lot of time and organising. However, the usual World Down's Syndrome Day events that we always hold were even bigger and better than before – with our excellent hub volunteers organising 5 regional hubs (Mansfield, Bassetlaw, Newark and 2 in Nottingham) each organising activities for their area, and creating one huge mural on or around 21st March – World Down's Syndrome Day. There was also an Under 8's Easter Fun day which included the obligatory Easter egg (and lots of other goodies) hunt!

The run up to Christmas was especially busy this year. It started with the development of a new venture for NDSSG, the Sing & Sign Choir, which started off in November to practice, as a way of fundraising by Carol Singing in December at Tesco and Wheatcrofts, but members enjoyed it so much that they requested it to continue, so this will happen in the New Year too. The Christmas party took place with 85 families attending to have fun together, meet Santa, play party games, have a go on the raffle, etc. It was a great event, and this year Warriors Dance group and Sing and Sign choir also performed, which was a welcome addition. A Christmas video was also produced which is always popular with members and 121 people got involved to make it an amazing video which all members and their families really enjoyed. The Warriors FC and Dance Warriors had their own Christmas parties too, so it was a busy time.

And to top it all off December saw the launch of our brand new book by NDSSG – 'Our Journey, Navigating Life with Down Syndrome'. This is a collection of stories of our families from birth to adulthood and covers all aspects and experiences our families have had, told from their perspective. We ordered 300 copies not knowing how many would sell, and most were sold by the end of the year – it was an amazing piece of work – and we want to thank all of the families for sharing their stories and to Helen for pulling it all together over the many months in the run up to it being launched.

Nottinghamshire Down's Syndrome Support Group

None of the above would be possible without the huge numbers of volunteers and the staff we have leading the activities. So a huge thank you to the volunteers who give up their time to support our children, young people and adults in the various groups and at the various events that happen, you do amazing work and all the time you spend supporting NDSSG is so appreciated.

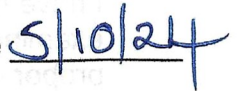
The charity's policy on reserves

The charity has no specific policy with regard to the level of reserves.

Signed on behalf of the charity's trustees:

Signed 
Diane Pastore, Chairman & Trustee

Date



**Independent examiner's report to the trustees of
Nottinghamshire Down's Syndrome Support Group
for the year ended 31 December 2023**

I report to the trustees on my examination of the accounts of Nottinghamshire Down's Syndrome Support Group (the charity) for the year ended 31 December 2023.

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 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 Act.

Independent examiner's statement

I have completed my examination. I 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 Act; or
2. the accounts do not accord with those records.

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



Date

17/10/2024

John O'Brien MSc, FCCA, FCIE

Employee of Community Accounting Plus

Nottinghamshire Down's Syndrome Support Group
Receipts & payments account
for the year ended 31 December 2023

2022			2023
Total		Unrestricted	Restricted
Funds		Funds	Funds
£	Note	£	£
£		£	£
	Receipts		
-	Bank interest (net/gross)	86	-
13971	Grants & donations	8987	12375
7117	Fees from members	15508	-
1925	Proceeds from events	1995	-
-	Book sales	1950	-
4382	NDSSG Community organisation	-	-
<u>27395</u>	Total receipts	<u>28526</u>	<u>12375</u>
	Payments		
930	Room Hire	1800	-
-	Equipment	216	-
2117	Trips	4529	-
256	Summer Fun Day	-	-
2098	Christmas Party	2186	800
642	Regular meetings	294	-
305	Admin	1064	-
144	Baby Bag Expenses	-	39
640	Football Coaches	1050	-
-	Baby Group	1323	880
1471	Dance Group	6816	1000
1179	Equipment – Football	918	-
5899	Football Kits	-	1161
1738	Sports Week	-	-
-	Makaton	-	310
-	16+ Group	400	989
-	Book costs	1785	-
<u>17419</u>	Total payments	<u>22381</u>	<u>5179</u>
9976	Net receipts/(payments)	6145	7196
-	Cash funds at start of this period	9765	211
-	Transfers between funds	211	(211)
<u>9976</u>	Cash funds at end of this period	<u>16121</u>	<u>7196</u>

Nottinghamshire Down's Syndrome Support Group
Statement of assets and liabilities
at 31 December 2023

2022		Note	2023
£			£
	Cash assets		
9976	Bank accounts		23317
-	Cash in hand		-
9976			23317
	Other monetary assets		
-	Debtors - Prepayment	4	50
-			50
	Assets retained for the charity's own use		
	General equipment.		
	Liabilities		
-	Creditors	5	(480)
-			(480)

These financial statements are accepted on behalf of the charity by:

Signed Andrew Coppins Dated 5/10/24
 Andrew Coppins, Trustee

Nottinghamshire Down's Syndrome Support Group
Notes to the accounts
for the year ended 31 December 2023

1. Receipts & payments accounts

Receipts and payments accounts contain a summary of money received and money spent during the period and a list of assets and liabilities at the end of the period. Usually, cash received and cash spent will include transactions through bank accounts and cash in hand.

2. Grants & donations

	Unrestricted £	Restricted £	Total £
Winifred Eileen Kemp Trust	-	8000	8000
JN Derbyshire Trust	-	1000	1000
Techsmart Services	-	1500	1500
Nottingham University Hospital charity	-	1875	1875
Donations	8987	-	8987
	<u>8987</u>	<u>12375</u>	<u>21362</u>

3. Funds analysis

	Opening balance £	Receipts (Payments) £		Transfers £	Closing balance £
Restricted funds					
Sports week in half term	211	-	-	(211)	-
Winifred Eileen Kemp Trust	-	3500	(2099)	-	1401
Dance group	-	1000	(1000)	-	-
Football kits	-	1500	(1161)	-	339
Music sessions	-	4500	(880)	-	3620
Nottingham University hospital charity	-	1875	(39)	-	1836
	<u>211</u>	<u>12375</u>	<u>(5179)</u>	<u>(211)</u>	<u>7196</u>
Unrestricted funds					
General	9765	28526	(22381)	211	16121
	<u>9765</u>	<u>28526</u>	<u>(22381)</u>	<u>211</u>	<u>16121</u>

The transfer from the Sports week in half term fund to the General fund reflects the release of any restrictions on the use of these funds.

Description of restricted funds:

Sports week in Half term – Funded by Sport England Jubilee Fund Grant we were able to hold the Sports week in May half term 2022.

Winifred Eileen Kemp Trust – Funding for Makaton activities £1.5k, Christmas party £800, 16+ group activities £1.2k.

Nottinghamshire Down's Syndrome Support Group

Dance Group – Funding received from JN Derbyshire Trust to support our Dance group.

Football kits – Funding received from Techsmart Services to purchase football kits.

Music sessions – Winifred Eileen Kemp Trust – Funding received to support music sessions in our baby group £2k and Mansfield start up activities £2.5k.

Nottingham University hospital charity – Funding received to support the Baby Bags we put together to be given out through the paediatricians in hospitals in the county to all families who have a child with Down's Syndrome.

4. Debtors

	£
Membership	50
	<u>50</u>

5. Creditors

	£
Independent examination fee	480
	<u>480</u>

6. Trustees' remuneration

During the accounting period, the charity purchased Trustee Indemnity Insurance for the sum of £1,000,000 through the Down's Syndrome Association.

Trustees received no expenses, remuneration or benefits in this period.

7. Related party transactions

There were no related party transactions in this period.

Nottinghamshire Down's Syndrome Support Group

8. Glossary of terms

Creditors: These are amounts owed by the charity, but not paid during the accounting period.

Prepayments: These are services that the charity has paid for in advance, but not used during the accounting period.

Restricted funds: These are funds given to the charity, subject to specific restrictions set by the donor, but still within the general objects of the charity.

NOTTINGHAMSHIRE DOWN'S SYNDROME SUPPORT GROUP

England & Wales - Charity number 1198404

Accounts

**Nottinghamshire Down's Syndrome Support Group - Trustees Annual Report
9 months Ending 31st December 2022
Since inception of charity on 28th March 2022**

Charity Number: 1198404

Other names the Charity is known by: NDSSG

Charity's registered address: 32 Woolmer Road, Meadows, Nottingham NG2 2FB

Trustees during period 28/3/22 – 31/12/22

Name	Office held (if applicable)
Victoria Tyreman	Secretary
Andy Coppins	Treasurer
Diane Pastore	
Claire Draper	
Richard Danks	Chair
Aimee Prior	
Daryll Byrne	
Rachel Howard	
Kerri Boaden	
Liz Marder	

Aims and Objectives

As stated in our constitution, our objects are:

The relief of the needs of people with Down's Syndrome, their families and carers, for the public benefit, in particular, but not exclusively, by providing such people with information, advice, support, and educational, vocational, social, cultural and sporting opportunities and by raising awareness of Down's Syndrome within the local community, in order to maximise the opportunities for, and participation and inclusion of, such people into society within Nottinghamshire.

We currently offer support and activities to about 200 families who live in and around the Nottinghamshire area. The type of support we offer includes:

- A new baby pack to all families of babies born in a Nottinghamshire hospital, via the specialist paediatricians

- A weekly baby and toddler group for families of pre-school children 0-4 years.
- A weekly football club for children and adults, 5-35 years old, who have Downs Syndrome and other learning disabilities.
- A weekly dance session for our members 6+ years
- Regular big events for all our families throughout the year: Easter Egg Hunt, Summer Fun Day, October Fancy Dress Disco and Christmas Party.
- A 16+ group now meets once a month for social activities
- Regular communication with our members via the website, Facebook, Instagram, email and our YouTube channel.
- Working closely with the local hospitals, offering support to families who are expecting a baby with Down syndrome.
- Promoting awareness of Down syndrome in the wider community, including sharing stories and creating fun videos and engaging in fundraising activities.

How our activities deliver public benefit

With the Charity Commission's guidance on 'public benefit' in mind, and with all the Trustees being aware of this, all of our charitable activities focus on enabling children and adults with Down's Syndrome to live full and rewarding lives within their communities. We also want their families and the people surrounding and supporting them to be given good support themselves. We also aim to raise awareness about Down's Syndrome in the wider community to add to the benefits that our beneficiaries bring to our communities. This is all done to bring public benefit.

Risk Management

The main risks identified are the financial sustainability of the charity, but this is mitigated by financial planning, making sure that some activity is self funding and looking at ways of drawing in funding and fundraising. All activities delivered by NDSSG are risk assessed.

Volunteers

We would like to thank all of the volunteers involved in NDSSG, who are too numerous to name, but all those that support the football and dance sessions, the parents that run the Baby & Toddler group, the parents that support all of the events and the 16+ group, and everyone that takes part in the videos and does any fundraising for NDSSG.

Summary of the main activities

NDSSG became a charity on 28th March 2022, but had already existed as an unincorporated association since 2006 and so a lot of the families were already involved, and events and activities had been happening for many years. However during the covid lockdown the NDSSG family had really come together (mainly through doing signing videos) and wanted to do more together, and so the amount of activity increased after covid, and hence the need to develop into a charity.

NDSSG has therefore been incredibly busy over the 9 months, which will be covered in more detail. But as a brief summary

- 5 All-Age events took place for the whole NDSSG family to enjoy
- NDSSG 16+ group was created, running monthly activities for our older members

- Dance Warriors was formed and runs every week
- Warriors United FC continued to run every week
- Baby and Toddler Group continued to run every week
- 14 New Baby Bags were handed out to parents of all the newborn babies with DS in Notts
- We created 2 videos starring our members

Events and Videos

Our first event as an official charity was an Easter Special at Highfields Park in April. Around 100 people took part in a family treasure trail around the lake, had a picnic together and then had an Easter Egg Hunt. Every child, and every person with DS, who attended also got to take home their own big Easter Egg, which meant a LOT of happy faces.

In May 2022, one of our local football teams, Nottingham Forest, had reached the playoff final and were going to be going to Wembley. Lots of our football-mad members, along with players from Burton Joyce DSActive team and Education FC, took part in the video, signing, dancing and generally having fun. The video was shown on BBC news and was even shown in the boardroom at Nottingham Forest too.

May also saw a week of activities take place during the half-term holiday. Funded by the Sport England Jubilee Fund, we brought in coaches and ran sessions for people to have a taster in lots of different sports. Each day, there were at least two different sports on offer, and 120 different people took part, ranging from 2 to 30 years old. All the activities were free to participants, and included, dance, football, cricket, hockey, boxing, wrestling, tobogganing, snow tubing, tennis, cycling, canoeing, rock climbing, zip lining, running and kayaking. What an opportunity!

We did a survey of members about NDSSG services in April and something that really stood out was that our families wanted more activities aimed just at adults and older teenagers. Thus our 16+ Group was formed. So in July, we had our first ever event just for our older members. Thanks to Nottingham Narrowboat Trust, we hired their narrowboats, plus 2 volunteer staff members on each, for a day on the river for 14 members and 10 parents. All the members had a chance to steer, and go through different locks, which they were shown how to open and close, we had a barbecue lunch, played games and went on the park, before all getting an ice cream, before chugging back to our starting point. It was a great day out which everyone enjoyed.

In July, we had our Summer Fun Day at Southglade Children's Centre. This event was for all ages. The highlights were the beautiful weather, all the families who came along, a huge tombola and raffle, dancing from EveryoneDance, children's games and the ice cream van giving everyone an ice cream. The afternoon finished with a very loud and exciting wrestling show from House of Pain Wrestling.

September saw a trip for all our Under 5s and their families to White Post Farm in Farnsfield. The families go and see the animals, enjoy time and food together, play on the park and indoor play areas and 'drive' the farm vehicles. On top of that, they also all get a ride around the farm in a trailer towed by a tractor, and a half hour interactive session where they get to hold lots of different animals! A great day out, and the weather stayed lovely all day.

October saw NDSSG coming together for a Fancy Dress disco, to conclude Down's syndrome awareness month. This took place at Forest Town Arena, hosted by the wonderful Gareth from Gazza's Discos. What a wonderful event, with so many fantastic costumes. Plus lots of competitions, prizes and party bags. And, along with lots of lots of dancing, everyone had a great time.

December brought our final big event of the year. With almost 300 people attending, and 170 presents for Santa to give out, it was busy! Santa was very busy handing out presents to everyone in his two grottos - how he managed to be in two different rooms at once, I have no idea. But then,

Santa is magic so I guess he can do anything! With a bouncy castle and slide, disco dome, lots of food, craft activities, soft play, cricket coaching, photo studio and a disco to keep the families entertained, it was 3 hours of fun! And we finished with a raffle and performances from our new dance group, Dance Warriors.

December also meant the creation of another video, with over 100 different people with DS taking part. Including so many different people was no mean feat, but we pulled it off. The video was a huge success, being shared all over the world, and by all the main UK and international DS organisations. As a result it accumulated almost 50000 likes and views.

Warriors United

The football club, which started in May 2021, has gone from strength to strength. Meeting every week during the term time, it attracts players of all ages, abilities and disabilities (we accept players with other learning disabilities as well as people with DS, as it supports their belonging in wider communities). Players range from 5 years old, up to in their forties, and play in two different age group sessions on a Thursday evening. There, they learn basic skills, practice drills, play matches and shoot penalties, supported by a team of volunteer helpers.

In June 2022, the players were invited to take part in the Footprints Cup at Ilkeston Town F.C. taking part in the pre-match warm up, before the ex pros and celebrities came on the pitch. The players loved being cheered on by the crowd and it was a great opportunity for them.

In July, they had their team presentation night, complete with food, at Three Ponds pub. All players received a certificate, photo, trophy and chocolate treat. They were all so proud that their efforts and achievements were being recognised and celebrated in this way. They finished the season with an Inflatable night down at the training ground, which was a huge hit with them all.

In September, with the start of a new season, we changed the name from Education FC to Warriors Utd (as we weren't working as closely with that partner), the colour of the kit and the club logo, and acquired new sponsors - Fairhome Property Group, TechSmart Services Ltd, Three Ponds Pub, Lubrizol, Hopkins Solicitors and Frontline Recruitment. This year, all players received a personalised shirt, jumper, trackies, socks and shorts, so they were fully kitted up for all the seasons.

In October, the club were filmed by the BBC during one of their training sessions at Monty Hind Youth Centre. The players were incredibly proud and happy to be on TV and told us they were famous!

In November, along with Burton Joyce DSAActive team the older team contested the 'Alice Wilson Memorial Cup' which was a great occasion. And in December they all celebrated with a visit and present from Santa and a bounce with their friends at Red Kangaroo trampoline park.

The coaches and volunteers do a great job and the players consider Warriors United one of the highlights of their week.

Baby & Toddler Group

This group has been a constant since 2021. It's a place where young families can just meet together, chat and make friends. Numbers of people attending fluctuate week on week, due to many reasons. Often, our little ones have appointments, or life just means it's impossible to get there, but for those who can make it, it's a great place to be. For some reason, we have a loads of boys, and just a couple of girls - but who's counting!

Based at Southglade Children's Centre, there's always something fun to do, including art and craft activities, sensory fun, outdoor play, dressing up and so much more. This is often the first place for new parents to come and meet other little ones with DS and their parents, so is an invaluable resource for those who attend.

NDSSG 16+

After the Narrowboat trip in July 2022, we realised that our older members really wanted to mix socially, on a regular basis.

In November the group was officially launched, with an evening of bowling and karaoke. It was a total riot of fun, food, very loud 'singing', some great - and some not so great - bowling, beer and cocktails (for some of the adults in the group) and friendships.

In December, 25 members went to watch Dick Whittington at the Playhouse, which was excellent!

This has been a great start to the 16+ group and plans for the New Year include a pub meal, a night at the wrestling and a weekend at Butlins. In just the first few events, we have had 35 different adults, from 16-43 years attend. It's so good to see the friendships grow and how much the older members are enjoying just getting to know each other better and having fun together.

Dance Warriors

In October 2022, NDSSG set up their own dance group. In the same way that we don't limit our football group to just those with DS, we made this group available to people with a whole range of learning disabilities. We started relatively small, with a local dance instructor, but the group proved to be incredibly popular. Within a couple of months, we had outgrown the room where we rehearsed! The dancers meet every week in two different ages sessions - one for 5-12 year olds, and the other for those 13+ years.

The dancers have been amazing, and really committed too. They are sponsored, in kind, by Big Yellow Self Storage, whose logo they wear on their shoulder. They performed at the Christmas party in 2022, and continued to perform for their parents throughout the year. They also had a wonderful Christmas party just for them, with food, dancing, disco and karaoke.

The dance group is a wonderful addition to our weekly activities, with around 50 attending each week, along with a team of wonderful volunteers.

Financial Summary

As described above, as NDSSG was an unincorporated association previously, it had built up a small pot of money which was transferred over on the day the new Charity was established, and so this is referenced in the accounts separately from the rest of receipts received during the period.

The total receipts during the period was £23,013 which was made up of £16,343 of unrestricted funds and £6670 of restricted funds.

Sponsorship and grants

We would like to thank Sport England for their Sport England Jubilee Fund grant which enabled us to hold the Sports week in half term.

We would like to thank the following companies for their sponsorship of the football team across both seasons which this financial period straddles, which pays for the wonderful kits the members wear which gives them so much pride!

Season 21/22: The White Lion Pub, New Vision Windows, Dudley's Hair and Beauty, Frontline Recruitment and M F Kemp Electrical Co.

Season 22/23: Fairhome Property Group, TechSmart Services Ltd, Three Ponds Pub, Lubrizol, Hopkins Solicitors and Frontline Recruitment

We would also like to thank the Co-op for being able to be one of their Community Causes, through which we raised £2955, to the children at Bosworth School for their kind donation and the

many other people who have donated money personally or raised money through Give as You Live, our fundraising platform during this period.

Restricted Funds

The restricted funds included:

'Sponsorship of Football Kit and Presentation night' – £4670 - This was to pay for kit and was provided by the above sponsors for Season 22/23 and was all spent during the period on football kit and the presentation night

'Sport England Jubilee Grant' – £2000 - Half term sports activity week. This was a short term fund and was not all spent, but Sport England agreed that the rest of the grant (£262) could be transferred into our unrestricted funds and spent on other sports activity in the following financial period.

Other income

Members pay a nominal sum to take part in the events, football and dance sessions and trips which helps to cover some of the associated costs but the charity subsidises a lot of these costs, especially for the trips and events.

Cash at bank

The cash held at the bank at the year end was £9,976.

Reserves

We don't have any allocated reserves, but are aiming to build enough in our cash reserves to ensure that our activities can continue if we are unable to find funders or sponsors, for example, to still buy football kit and equipment or the t-shirts for the dance group which makes such a difference to our members sense of belonging.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Nottinghamshire Down's Syndrome Support Group 1198404

Receipts and payments accounts

CC16a

For the period from 28/03/2022 To 31/12/2022

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					
Balance at bank b/f	0	0	0	0	
Unrestricted Donations	7301	0	0	7301	
Restricted Donations	0	4670	0	4670	
Fees from members	7117	0	0	7117	
Grants	0	2000	0	2000	
Proceeds from events	1925	0	0	1925	
Sub total (Gross income for AR)	16343	6670	0	23013	0
A2 Asset and investment sales, (see table).					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total receipts	16343	6670	0	23013	0
A3 Payments					
Room Hire	930	0	0	930	
Equipment	0	0	0	0	
Trips	2118	0	0	2118	
Summer Fun Day	256	0	0	256	
Christmas Party	2098	0	0	2098	
Regular meetings	642	0	0	642	
Admin	305	0	0	305	
Baby Bag Expenses	0	144	0	144	
Football Coaches	640	0	0	640	
Baby Group	0	0	0	0	
Dance Group	870	601	0	1471	
Equipment – Football	309	870	0	1179	
Football Kits	2199	3700	0	5899	
Sports Week	0	1738	0	1738	
				0	
Sub total	10366	7053	0	17419	0
A4 Asset and investment purchases, (see table)					
	0	0	0	0	
	0	0	0	0	0
Sub total	0	0	0	0	0
Total payments	10,366	7,053	-	17,419	-
Net of receipts/(payments)	5,977	- 383	-	5,594	-
A5 Transfers between funds					
Transfer from NDSSG Commy org'n	3,526	856	0	4,382	0
	262	262	-	0	-
A6 Cash funds last year end					
Cash funds this year end	9,766	211	-	9,976	-

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	Cash at bank	9766	211	0
		0	0	0
		0	0	0
	Total cash funds	9,766	211	-
	(agree balances with receipts and payments account(s))	OK	OK	OK


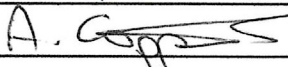
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0
		0	0	0

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0
			0	0

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			0	
			0	
			0	
			0	
			0	
			0	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	ELIZABETH MARDER	6.9.23
	ANNA COPPINS	6/9/23