

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	22	07	2024		30	04	2025

Section A

Reference and administration details

Charity name

Get On Down's

Other names charity is known by

Registered charity number (if any)

1209225

Charity's principal address

148 Stanley Road, Carshalton Surrey

Postcode

SM5 4LS

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lucienne Davies	Chair		
2	Joanne Sanford			
3	Laura Phillips			
4	Beth Johnsson			
5	Chloe Stones			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

CIO Foundation Constitution adopted July 2024

How the charity is constituted
(eg. trust, association, company)

Constitution of a Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Appointed by the chair and re-elected annually at the AGM held in November

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

--

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relief of those in need by reason having a relative with or having Down syndrome in the London Borough of Sutton and surrounding areas through the provision of a group that provides up to date knowledge about life with Down syndrome, friendship and support.
To provide comprehensive support services, including counselling, information, and resources, to individuals with Down syndrome and their families, aiming to enhance their overall well-being and quality of life.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Get on Down's is a parent lead group who meet weekly giving parents and carers a safe space to socialise, share experiences and information, receive support and advice about with Down syndrome. A weekly peer support group meets in a purpose-built location for children with additional needs.

Advice is given surrounding parenting a child with Down syndrome by the chair of Get on Down's, one other trustee and other experienced parents.

Weekly meet ups are a chance for friendships to be made with people in a similar situation, reducing isolation and family stress. It is also chance for any children who attend to make friends with actual peers.

We also provide a monthly pamper session with a local aromatherapist as we know how stressful life can be with a child with Down syndrome, especially in the early days with multiple hospital appointments.

Support with EHCP's and DLA applications, advocacy support at meetings and tribunals.

Maternity support and guidance in two local hospitals, the development of Down Syndrome Champions, provision of new baby packs for new and expectant parents of children with Down syndrome. Training concerning the importance of positive language and promotion of best practice

Collaboration with the local authority to strengthen and development Down syndrome specific local education pathways.

The trustees confirm that they have had due regard to the guidance issued by the Charity Commission on public benefit and are satisfied that the activities of the charity are carried out for the public benefit. People with Down syndrome and families of children with Down syndrome remain at the heart of all our charitable activities and decision-making.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

During the year Get on Down's successfully transitioned from an informal parent-led group to a registered charity, strengthening governance, sustainability, and opportunities for future growth.

To celebrate becoming a charity we had a slight rebrand to reflect the growing status of our organisation as well as a launch party where we invited all of our family members.

We are a parent-led group that meets weekly, providing parents and carers of children with Down syndrome with a safe, supportive environment to socialise, share experiences and information, and receive peer support and advice. These regular sessions help reduce isolation, improve wellbeing, and strengthen community connections for families who may otherwise feel excluded from mainstream activities.

In addition to ongoing social and emotional support, the charity raises awareness of Down syndrome within the local community and provides regular social opportunities for both parents and whole families. Recognising that raising a child with additional needs can cost significantly more than raising a neurotypical child, the charity is pleased to offer many of its services and activities free of charge or at reduced cost through grant funding and donations.

Monthly aromatherapy sessions are provided to support parental wellbeing, particularly for new parents, offering opportunities for relaxation and respite which contribute positively to mental health.

During the year, the charity delivered several community events, including an annual family picnic in a local park, which included provision of an ice cream van and was well attended by families, including siblings and young carers. A Christmas event was also delivered, free of charge to families at a financially demanding time of year, and was greatly valued by attendees.

We celebrated Down Syndrome Awareness Week with a social gathering where family members were invited alongside the mayor, local MP, members of the council, local authority, therapists, teaching assistants and nursery staff. It was not only a time where families could socialise but also for local departments to meet families on an informal basis. We also had a cake sale and hamper raffle to raise funds.

One trustee has taken on the role of Down Syndrome Champion Co-ordinator, recruiting and supporting maternity professionals to become Down Syndrome Champions. A training programme is planned which will raise awareness of the realities of having a baby with Down syndrome and emphasise the importance of positive, balanced communication when delivering a diagnosis to expectant and new parents. The charity also provides local hospitals with maternity information packs for new and expectant parents, signposting them to accurate information and local support following a diagnosis.

The charity continues to support families with Education, Health and Care Plan (EHCP) processes and Disability Living Allowance (DLA) applications, including attending meetings and reviewing documentation. Approximately 20 families per year receive this support. Families

consistently report that without the knowledge and expertise provided by the charity they would not know how to navigate these complex systems or access appropriate support.

Get On Down is also working in partnership with the local authority to co-produce a secondary school education pathway, focusing on what young people with Down syndrome require to reach their full potential in education. An accompanying eBook and best-practice guidance are currently in development.

Section E

Financial review

Brief statement of the charity's policy on reserves

At present the company has no regular overheads and the need for reserves is minimal. The trustees have agreed that the charity will maintain a minimum financial reserve of:

£5,000 (Five Thousand Pounds).

This level has been determined as appropriate based on the size, activities, and financial risk profile of the organisation. The reserve is intended to cover essential operating costs and provide short-term financial stability if income is reduced or delayed.

Details of any funds materially in deficit

None

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

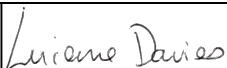
Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		 J Stanford (Feb 26, 2026 16:49:49 GMT)
Full name(s)	Lucienne Davies	Joanne Stanford
Position (eg Secretary, Chair, etc)	Chair	Trustee

Date

26/02/2026



Receipts and payments accounts

CC16a

For the period
from

22/07/2024

To

30/04/2025

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					
25/09/2024	7,984.00	-	-	7,984	-
09/10/2024	542			542	
27/11/2024	37			37	
27/11/2024	25			25	
02/12/2024	1			1	
04/12/2024	2			2	
09/12/2024	92			92	
19/12/2024	97			97	
19/12/2024	144	-	-	144	-
23/12/2024	10	-	-	10	-
21/01/2025	900	-	-	900	-
05/02/2025	5			5	
10/02/2025	245			245	
17/03/2025	612			612	
20/03/2025	101			101	
24/03/2025	369			369	
31/03/2025	450			450	
14/04/2025	540			540	
15/04/2025	5			5	
15/04/2025	5			5	
16/04/2025	5			5	
17/04/2025	5	-	-	5	-
23/04/2025	5	-	-	5	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	12,181	-	-	12,181	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	12,181	-	-	12,181	-
A3 Payments					
Insurance	96	-	-	96	-
Outsourced services - massage	960	-	-	960	-
Advertising & logo design	743	-	-	743	-
Event costs	371	-	-	371	-
Training costs	200	-	-	200	-
Post & stationery	8	-	-	8	-
Outings	168	-	-	168	-
Fees & other costs	56	-	-	56	-
	-	-	-	-	-
Sub total	2,603	-	-	2,603	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,603	-	-	2,603	-
Net of receipts/(payments)	9,578	-	-	9,578	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	9,578	-	-	9,578	-

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	Bank account	9,578	-	-
		-	-	-
		-	-	-
	Total cash funds	9,578	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	Lucienne Davies J Stanford J Stanford (Feb 24, 2026 18:31:48 GMT)	Lucienne Davies Joanne Stanford	23/02/2026 24/02/2026	