

FOYLE DOWN SYNDROME TRUST

Annual Report and Statement of Accounts

For the year to 28th February 2024

Foyle Down Syndrome Trust – Registered Charity No NIC105694
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Annual Report for the year ended 28th February 2024

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Annual Report for year ending 28th February 2024

The Trustees of Foyle Down Syndrome Trust Ltd are pleased to submit their report and accounts for the period 1st March 2023 to 28th February 2024.

In this report the Trustees present a summary of its purpose, governance, activities, achievements and finances.

It contains the information required to be provided in the Trustees Annual report under the Statement of Recommended Practice (SORP) guidelines. The directors of the company are also charity trustees for the purpose of charity law and under the company’s constitution are know as members of the board of directors. The financial statements are prepared in accordance with the Companies Act 2006, the Charities Act (NI) 2008, FRS 102.

Achievements and Performance

The Year in 6 Numbers

28th Year	2690 Early Intervention programmes	965 Programme Activities	6388 Service Delivery Attendance	12 Staff	42 Volunteers
Supporting children and young people with Down syndrome					

Early Intervention Programme

A total of 1245 one-to-one education lessons were planned and facilitated for 47 children with Down syndrome, aged 0 to 12 years. Each high quality, structured lesson was tailored to suit each child’s educational, emotional and social profile, in partnership with parents and focussed on the enhancement of early numeracy competency, speech, communication, fine motor skills and dexterity. Using scientifically proven interventions such as ABBLs, See and Learn, Numicon, Jolly Phonics and TACPAC, our Education Outreach Officers record and analyse lesson data to ensure each child reaches their full and individual potential and achieve the very best possible learning and development outcomes.

Our Music Therapist created person-centred therapeutic approaches for each young person with Down syndrome, aged 0 to 18 years, with the development of communication and confidence skills playing central goals for each of them. Both one-to-one and group music therapy sessions provided an explorative and important gateway for all our children and young people to build and achieve a greater sense of emotional wellness and confidence, strengthening their communication skills, using a wide range of musical instruments and musical techniques.

358 Speech and Language Development lessons were planned and delivered to 33 children and young popele with Down syndrome, aged 4 to 25, with 91% attendance. Throughout the year collaborating with parents and educators, as well as maintaining communication with other Speech and Language Therapists through termly meetings, has allowed us to consistently ensure that individual goals are achieved across all areas of daily life. This collaborative approach enables us to tailor goals more effectively, emphasising functional communication that meets individuals’ environmental needs. The focus of our Speech and Language Therapy goals is on the development of language, speech sounds and to meet their needs with the use of Core Vocabulary boards, Picture Exchange Communication Systems, and Makaton.

Over the past year many various interventions were put in place for individual therapy plans namely, Colourful Semantics, Core Vocabulary Boards, Debyrshire Language Scheme, DSE ‘See and Learn’ Programme, Visual timetables, Communication books, Key word singing, Now and next boards.

In July 2024, a HCPC qualified Art Therapist joined our Early Intervention team and to date 156 sessions have been delivered to children and young people with Down syndrome, encouraging communication and self-expression through creativity. Each Art Therapy session took place in a confidential and contained space

so that feelings can be safely explored and processed, which can be especially important for those who may have difficulty expressing their emotions verbally. Developmentally appropriate art materials and tools are selected for each individual member and spontaneous creative activity is encouraged.

Healthy Hearts and Minds Project

In another busy year for our members, with a strong focus on developing skills, trying new activities and creating new social connections through innovative and exciting opportunities. Our young people have been keenly participating in a range of developmental activities, arts and crafts and socialising with friends. They have undertaken a "Start to Swim" Programme at City Baths and have been building their competence and confidence in the water with our Swimming Coach, staff and volunteers supporting members in the pool on a one to one basis. Each member is making great progress in and working towards individual targets. The group completed another busy Summer Scheme and recently begun an "Amplify" Programme with YouthAction NI focusing on building practical independence skills and engaging with a range of community partners in fun activities. This has ranged from Highland Dancing to visits to The North Ireland Fire and Rescue Service and engaging with Cricket Ireland in their Cricket Activators Initiative.

Project 21

Our Project 21 Group have been engaging in a range of new and exciting programmes. They have embraced a healthy lifestyle with Gym programmes at Ulster University, Uturn Fitness, Everlast Gym, Pure Gym and recently Xfit. This has broken down barriers and demystified a gym environment, built knowledge and confidence in using gym equipment and developed links in the community. The group have also completed an intergenerational programme with Caw Nelson Drive, a "Climate Crew" Programme with The Education Authority, "The Waste Warriors" Community Clean ups, conservation with The Woodland Trust, Employability with The Orchardville Society, "Down Right Inspirational" Sessions with local community role models, Nutritional Mentoring Programmes, Independent Living Skills and "Feel Good Friday" Social Programmes to mention a few.

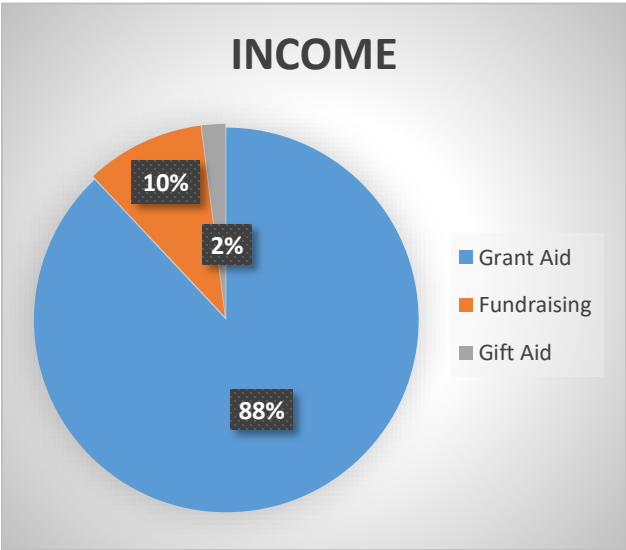
The group planned and hosted another successful Peace Games Soccer Tournament for Adult Learning Disability Groups, with eight local organisations participating in our World Cup and Euro's competition. This is the third year of this event and it is growing more popular every year. The group also showcased their Down Right Fit Programme to celebrate World Down Syndrome Day. The group planned a Down Right Fit School's Roadshow where over the course of one school day, the group worked with over 1,000 pupils across five schools in a fun and interactive fitness session which was planned and delivered by our members. This was showcased on The National ITV News.

Social Enterprise

Our Social Enterprise 'Down Right Crafty' has had an amazing year of growth. Firstly we welcomed two of our younger members to our team, and together with our existing members they have been practicing navigating computer design programmes such as 'Cut Studio', 'Serif 9', and 'Creative Studio'. Throughout the year we have fulfilled many orders for t-shirts for an array of events including concert t-shirts, 1st Holy Communion t-shirts, Hen and Stag party t-shirts, Fun Runs, Birthday Trips, Gyms, Charity events, Bride and Groom t-shirts to mention a few. Our wonderful relationship with 'Number 19' in the Craft Village continues, and they stock our unique range of bookmarks and keyrings on an ongoing basis, having sold hundreds to date. Number 19 have also provided work placements for some of our 'Down Right Crafty' team, giving them the opportunity to engage with customers, learning how to use the Till, creating window displays, stocking shelves, and how to navigate a working environment. Having this experience has given our young people a real boost in self-confidence and self-belief. The run up to Christmas is always a very busy time, fulfilling orders for personalised products such as Jigsaws, Mugs, Santa Sacks and Christmas Tree decorations. We collaborated with our Early Learning and Development team who worked with our 4-12yr olds designing original Christmas pictures that we then used to produce stunning unique packs of Christmas cards. In addition to this we participated in Craft Fairs, firstly in the Rathmore Centre in conjunction with Cregan Enterprise, and also in Lisnagalven Shopping Centre. To fill our stall we decided to expand our product range making hair accessories, Santa's Cookie Kits, Christmas Planters, and Christmas stationery.

Financial Performance

Financial performance in the year to 28th February 2024 has been predominantly consistent with the Board of Director’s forecasts and expectations; a net surplus of £25,991 for year ending 28th February 2024. This year, our reserves totalled £283,454.

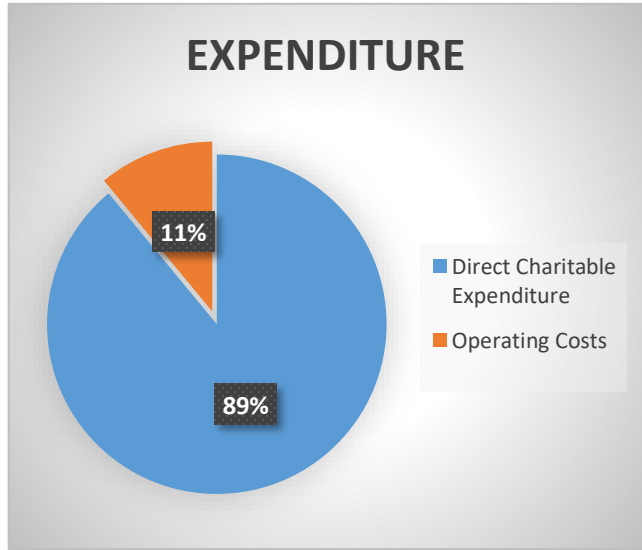


Grant Aid	£433,213
Fundraising	£46,437
Gift Aid	£14,122

88% of our total income was secured through successful funding applications and requests to a wide range of funding Trusts, Foundations and Charities. 8% (£38,440) of this particular income stream was from new funding sources and the remaining 92% (£394,773) from long term funders, ie Pathway Fund, Western Health and Social Care Trust and The National Lottery Community Fund.

10% of our total income, £46,437 was raised by our families and friends through various fundraising events.

2% of our income was raised through Gift Aid, plus an additional £347 from investment, adding a total of £14,469 to our reserves.



Direct Charitable Expenditure	£417,232
Operating Costs	£50,896

84% of our income was expended towards Direct Charitable Expenditure, covering core staff expenditure items of salary, pension costs, travel and training (£356,467), programme activities (£50,008) and resources (£8,120). Our salary and pension expenditure decreased by 5% from the previous year with the reduction in hours of our Administrator and Music Therapist posts. A combination of both grant funding and reserves was

used to cover these particular costs. Our operating costs saw a reduction of 5% of our expenditure for the year, due to us spending less on IT and fundraising throughout the year.

Financial Management and Reserves Policy

Foyle Down Syndrome Trust has a Financial Management Policy which meets the requirements of the Charities Act 2013 and The Charities (Accounts and Reports) Regulations (Northern Ireland) 2015. Our annual accounts are prepared for each financial year as required by the Companies Act. They show a true and fair view and follow accounting standards issued by the Accounting Standards Board and adhere to recommendations of Statements of Recommended Practice.

The Charity's total income for the year ending 28th February 2024 was £494,117 (2023: £490,767) and expenditure was £468,128 (2023: £482,116).

Our robust financial management is a continuous process and includes budget setting, financial monitoring and decision making.

Restricted Reserves will be maintained at a level required for fulfilling our financial obligations to current funding streams. Unrestricted Reserves will be maintained at a level to cover unforeseen costs that may arise, recognise the volatile grant environment as well as allowing for the payment of liabilities which would arise should the company cease to exist. Any call upon the use of reserves will be at the approval of our Board of Directors which will examine the rationale for doing so and agree an amount where appropriate.

Reference and Administrative Details

Charity Name Foyle Down Syndrome Trust Ltd

Charity Number 105694

Company Number NI039134

Charity Address Shared Future Centre
61 Irish Street
Waterside
Londonderry
BT47 2DB

Charity Trustees as of 28th February 2024 Elaine Kirk
Patricia Bray
Anthony Kirk
Angela Thompson
Seamus Farren
Mari McElgunn
Deborah Rogers
Clare McMonagle
Gary Walsh
Rosin Hamill

Independent Examiners / Accountants McGroarty McCafferty and Company Ltd
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Londonderry
BT47 2DB

Bank AIB (NI)
Meadowbank
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Structure, Governance and Management

Foyle Down Syndrome Trust Ltd is a charitable company limited by guarantee and not having any share capital and is registered under the Companies Act 2006.

Governing Document

The charitable company's document is the Memorandum and Articles of Association adopted in 1996 and last updated on 10th December 2018.

Board of Directors

The Directors of the Company are also Charity Trustees for the purposes of Charity Law and under the organisation's Articles are known as Members of the Board.

The charity is governed and directed by a voluntary board which comprises of 10 people from varied backgrounds and skill sets, including, finance, community development, health, education, community development and human resources. The aim of the Board is to provide leadership and develop strategy as well as to ensure good governance and financial control. New Board members receive training to brief them on roles and responsibilities and their legal obligations under Charity and Company law, the organisational structure and key organisational activities. The Board ensures the good governance of the charity by setting its strategic objectives and policy direction and by monitoring the charity's operations.

Board Meetings

The Board of Directors met 11 times last year, including the Charity's Annual General Meeting. The day-to-day operations of the Charity are managed by a Manager. He has led up a team of 12 members of staff during the last year and attends Board meetings and presents financial reports and other operational information to the Board to assist them in their governance role.

Serious Incidents Statement

We, the Trustees, confirm that there have been no serious incidents or other matters during the year which need to be reported to the Charity Commission.

Objectives and Activities

Charitable Objectives

Foyle Down Syndrome Trust endeavours to support and empower children and young people with Down syndrome, from birth to adulthood, to lead full, meaningful and productive lives and to help them reach their full and individual potential, ensuring they take and enjoy their rightful place in the community. We foster a culture of inclusion for all our members, with an holistic approach to addressing their educational, social and emotional needs, aspirations and goals, to enhance their literacy, numeracy, dexterity and social skills, improve their cognitive, communication, behaviour, emotional and language skills, whilst affording them new, regular, structured, interactive and challenging experiences and opportunities to improve their quality of life, break down barriers to achievement, increase educational attainment, reduce social isolation, build and strengthen friendships, increase their confidence, motivation and self-esteem. We strive to address inequality and endeavour to find innovative ways of addressing it and support our members overcome their many daily challenges.

Public Benefit Statement

The direct benefits are to relieve and rehabilitate children and young people with Down syndrome, improving their well-being and quality of life as well as their extended families and caring circles. They receive better services that fully meet their needs. They are enabled to participate in mainstream life including social activities and employment. They learn skills for life. To advance the education of children and young people with Down syndrome and their carers, improving outcomes through the development of capabilities, competencies, independence, play skills, communication and understanding. To organise conferences and workshops to enable professionals offer a more cohesive service to the families and this is a wider benefit to the community. These benefits are demonstrated through improved ability to engage in everyday life, using life skills learned, improved motor skills, muscle tone, behaviour, confidence, communication and self-esteem. Evidence is sought to demonstrate the benefits by seeking and receiving continuous feedback from participants and carers and carrying out regular monitoring and evaluation of our service provision.

This report is prepared in accordance with the special provisions of the Companies Act 2006 and was approved and authorised for issue by the Board of Directors on 8th November 2023 and signed on its behalf by our Chairperson.

Angela Thompson

ANGELA THOMPSON
CHAIRPERSON