



# Trustees' Annual Report for the period

		Period start date			Period end date		
<b>From</b>	01	09	2018	<b>To</b>	31	08	2019

## Section A Reference and administration details

**Charity name** The Ups of Downs

**Other names charity is known by**

**Registered charity number (if any)** 1141359

**Charity's principal address** 5 Hill Close

Leamington Spa

Warwickshire

**Postcode**

CV32 7RQ

### 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	Nicola Enoch	Chair		
2	Caroline Warren			
3	Jon Lee			
4	Kelly Porcas		06.02.19	
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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)

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## Section B Structure, governance and management

### Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Selected by members

### 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.

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## Section C Objectives and activities

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

1. To relieve need and assist in the care of children with Down syndrome by the provision of support, advice and training to those responsible for their care, and to health and educational specialists with the object of improve and advancing the health and education of children with Down syndrome.
2. The promotion of social inclusion among children with Down Syndrome and their parents, who may be excluded from society, or parts of society, due to their disability, by:

<p>A Providing a play scheme and support and education services to enable the children to develop and gain new skills.</p> <p>B providing recreational facilities and opportunities for the children and parents</p> <p>C raising public awareness of the issues affecting parents of children with Down syndrome, the children and their siblings, both generally and in relation to their social exclusion;</p> <p>3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.</p> <p>4. To provide education, training, information and advice to parents/carers with the object of empowering them to advance their children in life and assist their development”.</p>	<p>The group runs regular pre school early intervention sessions at which activities are demonstrated to parents to enable the children to develop and gain new skills.</p> <p>Weekly sports/social clubs are held for school age children at which parents also have the opportunity to socialise in an informal environment. The clubs for children include a range of sports, yoga, dance, drama and football.</p> <p>Clubs were also arranged during school holidays.</p> <p>Monthly speech and language sessions are held by an independent therapist experienced in working with children and young people with Down syndrome.</p> <p>Training days on Literacy and Behaviour were both well attended and well received by participants.</p> <p>The Early Development Groups for pre-school children are proving very successful and are full.</p> <p>We have started Sing and Sign groups for the youngest children.</p> <p>Social events were held throughout the year for parents to meet including a well attended AGM.</p>
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**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)**

**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.

**Vision:**

A world where people with Down Syndrome live their lives to the max as fully included, valued members of society.

**Mission:**

We want people with Down Syndrome to have the same opportunities in life as their family and friends.

We know from experience that with the right knowledge and understanding this can be achieved, our children exceed expectations and are leading everyday lives.

**Values**

We are:

- Promoting inclusion – people with DS are at the heart of everything we do.
- Collaborative – we work in partnership with parents, professionals and experts.
- Challenging – we remove barriers to our children's progress and provide innovative solutions.
- Empowering – we provide knowledge, resources, training and confidence to ensure sustained results.

**Strategic objectives:**

Raise awareness, change attitudes

Make a difference here & now

Support friendships & relationships

Improving health

Give children the best start in life

## Section D

## Achievements and performance

### Summary of the main achievements of the charity during the year

The Early Development Groups for our preschool members, led by a teacher with extensive experience working with children and young people with DS are extremely popular and all advise how enjoyable and beneficial they find the groups. Groups are now full and there is a waiting list.

The Saturday clubs continue to be well attended, with 3 age ranges, to ensure all the children's needs are being met. Up to 20 families are regularly attending these sessions.

Training events were well attended as were information sharing events.

Monthly speech and language sessions continue to be well attended and parents and professionals can see improvements in children's progress.

Nicola also runs a national network of support groups to share best practise and resources with an annual conference in October.

We were able to introduce a counsellor service to those who need it, adults and siblings and a 'Buddy' system where new members are mentored by an existing member.

The decision was taken to pay people to undertake routine administrative tasks rather than relying on volunteers and to that end Tash was employed to be the charities co-ordinator, Rachel to be the training co-ordinator and Cassie to provide regular pastoral support.

We secured a week's exhibit at the Houses of Parliament for a week in October 2019 for which new display boards were commissioned of our portrait photography.

## Section E

## Financial review

### Brief statement of the charity's policy on reserves

At the beginning of the financial year there was £60,501 in The Ups of Downs bank account, at the close of year there was £70,731  
We have reviewed our reserves policy and have adopted a reserves policy of 6 months of operating costs.  
As our group grows in size and age range, new initiatives are being explored and we now have a small number of restricted funds to look at the viability of these initiatives:  
Restricted funds are:  
Evie Porter memorial £3,500  
Resources storage cost £3,000  
Office costs £9000  
Employment coaches £5,000  
Training café scoping £5,000  
Social Inclusion Champions £4,750  
Holiday clubs £3,000  
Total £33,250

### 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.

The charities two principal sources of funding are donations from members and their families and from our charges for activities.

Expenditure is mostly directly on the children that access our services through the provision of clubs and speech and language therapy.

We have no investments.

## Section F


## Other optional information

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<b>Section G</b>	<b>Declaration</b>
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The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Caroline Warren	
Position (eg Secretary, Chair, etc)	Trustee	
Date	22.06.2020	

**The Ups of Downs YE 08.19**  
**Statement of financial activities**  
**For the year ended 31 August 2019**

	<b>Unrestricted Funds 2019 £</b>	<b>Restricted Funds 2019 £</b>	<b>Total Funds 2019 £</b>
<b>Income and endowments from:</b>			
Donations and legacies	59,644	14,750	74,394
<b>Total</b>	<u>59,644</u>	<u>14,750</u>	<u>74,394</u>
<b>Expenditure on:</b>			
Bank Charges	0	0	50
Raising funds	16,928	0	16,928
Charitable activities	36,233	1,000	37,233
Training/Consultancy	8,459	0	8,459
Miscellaneous Costs	1,495	0	1,495
<b>Total</b>	<u>63,115</u>	<u>1,000</u>	<u>64,165</u>
<b>Net income/(loss) for the year</b>	(3,520)	13,750	10,230
Interest Received	0	0	0
<b>Net movement in funds</b>	<u>(3,520)</u>	<u>13,750</u>	<u>10,230</u>
<b>Reconciliation of funds</b>			
Total funds brought forward	-19,500	19,500	0
<b>Total funds carried forward</b>	<u>-23,020</u>	<u>33,250</u>	<u>10,230</u>



**The Ups of Downs YE 08.19**  
**BALANCE SHEET**  
**As at 31/08/2019**

	<b>2019</b> <b>£</b>	<b>2018</b> <b>£</b>
<b>FIXED ASSETS</b>		
Tangible assets	<u>0</u>	<u>0</u>
<b>CURRENT ASSETS</b>		
Cash	<u>70,731</u>	<u>60,501</u>
	70,731	60,501
CREDITORS: amounts falling due within one year	<u>0</u>	<u>0</u>
<b>NET CURRENT ASSETS/(LIABILITIES)</b>	70,731	60,501
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	70,731	60,501
CREDITORS: amounts falling due after more than one year	<u>0</u>	<u>0</u>
<b>NET ASSETS</b>	<u><u>70,731</u></u>	<u><u>60,501</u></u>
<b>REPRESENTED BY:</b>		
Unrestricted funds	-23,020	41,001
Restricted funds	33,250	19,500
<b>TOTAL FUNDS</b>	<u><u>10,230</u></u>	<u><u>60,501</u></u>

## The Ups of Downs YE 08.19

Restricted funds	YE 31/08/18 £	Utilisations	Increases	YE 31/08/19 £
<u>Movements in year</u>				
Evie Porter	4,500	(1,000)		3,500
Storage Costs	2,500		500	3,000
Office costs			9,000	9,000
Employment Coaches	4,500		500	5,000
Café set up	5,000			5,000
Social inclusion champions			4,750	4,750
Holiday Clubs	3,000			3,000
Total	19,500	(1,000)	14,750	33,250



CHARITY COMMISSION  
FOR ENGLAND AND WALES

## Independent examiner's report accounts

### Section A

### Independent Examiner's Report

Report to the trustees/  
members of

Charity Name  
The Ups of Downs

On accounts for the year  
ended

31 August 2019

Charity no  
(if any)

1141359

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and  
basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/08/2019

As the charity's trustees, 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 Trust'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 material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed:

*Duncan Mitchell*

Date:

17/06/2020

Name:

Duncan Mitchell

Relevant professional  
qualification(s) or body  
(if any):

ICAEW

Address:

CEDAS Ltd

Unit 1, Lucas Bridge Business Park, Old Greens Norton Road

Towcester, NN12 \*AX

**Section B**

**Disclosure**

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

Nothing to disclose

Examiner's report on the



**The Ups of  
Downs  
Statement of financial activities  
For the year ended 31 August 2019**

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<b>Net income/(loss) for the year</b>	<u>(3,520)</u>	<u>13,750</u>	<u>10,230</u>
Interest Received	0	0	
<b>Net movement in funds</b>	<u><u>(3,520)</u></u>	<u><u>13,750</u></u>	<u><u>10,230</u></u>
<b>Reconciliation of funds</b>			
Total funds brought forward	41,001	19,500	60,501
<b>Total funds carried forward</b>	<u><u>37,481</u></u>	<u><u>33,250</u></u>	<u><u>70,731</u></u>

**The Ups of Downs**  
**BALANCE SHEET**  
**As at 31/08/2019**

	2019 £	2018 £
<b>FIXED ASSETS</b>		
Tangible assets	0	
<b>CURRENT ASSETS</b>		
Cash	70,731	60,500
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<b>NET CURRENT ASSETS/(LIABILITIES)</b>	70,731	60,500
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	70,731	60,500
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<b>NET ASSETS</b>	70,731	60,500
<b>REPRESENTED BY:</b>		
Unrestricted funds	37,481	41,000
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