



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

From 01.09.19 (Period start date) To 31.08.20 (Period end date)

Charity name: The Ups of Downs

Charity registration number: 1141359

## Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<ol style="list-style-type: none"><li>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.</li><li>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:<ol style="list-style-type: none"><li>A Providing a play scheme and support and education services to enable the children to develop and gain new skills.</li><li>B providing recreational facilities and opportunities for the children and parents</li><li>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;</li></ol></li><li>3. To advance the education of children with Down syndrome and the public in the subject of Down syndrome.</li><li>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".</li></ol>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the	Para 1.17 and 1.19	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.

activities, projects or services identified in the accounts.		<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. 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. The Early Development Groups for pre-school children are proving very successful and are full. 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>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	<p>The charity carries out a wide range of activities in pursuit of its charitable aims. The trustees consider that these activities, summarised below, provide benefit both to those within the Down syndrome community in South Warwickshire and surrounding areas:</p> <p>Sing and Sign groups for the families of our youngest members.</p> <p>Early Development Groups for children aged 2-5 years.</p> <p>Speech and Language sessions for those aged 3 – 16 years.</p> <p>Saturday activity groups for primary school aged children with drama, sport, dance, yoga etc.</p> <p>Youth Club for our secondary school aged children incorporating SmiLe Therapy sessions.</p> <p>Social Inclusion Champions initiative for the older teenagers.</p> <p>Together with peer support and training for parents, family and professionals involved with children with Down syndrome.</p> <p>The year since Christmas 2019 has been particularly challenging with Covid19 related lock downs and social isolation. We have met this challenge by moving on-line and offering most of our groups in an on-line format together with many more offers so that most of our children were able to access between 3 and 6 sessions a week.</p>

#### **Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
	Para 1.38	No grants are made

Policy on grant making		
Policy on social investment including program related investment	Para 1.38	No investments are made
Contribution made by volunteers	Para 1.38	The work of our volunteers is crucial in delivering our range of services, from the Trustees who all give their time freely to parents arranging providers timetables and relatives fund raising. Volunteers who work directly with the children are DBS checked.
Other		

## Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our main achievement this year has been to move our services on-line and continue to engage with the children we support ensuring they have some structure to their week and contact with other people and their peers outside of their family. This has been crucial in maintaining good mental health for the children and their parents.

### Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	

Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Because of the pandemic much of our spending shifted to on-line resources rather than traditional providers. The pandemic has also meant that we have been unable to progress some of the projects that we have reserved funds for.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The only one of our projects that has a reserved fund that we have managed to action this year is the Social Inclusion Champions which have been very positively received. Other monies reserved are all for identified needs.
Amount of reserves held	Para 1.22	The amount of reserves held equates to a one year budget to action the initiative they are held against.
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

### Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The vast majority of our income comes from the fundraising initiatives of our members and their families. We generate a small amount by charging for some of the services we offer.
Investment policy and objectives including any social investment policy adopted	Para 1.46	We have no investments, all our money is held as cash in a current account.
A description of the principal risks facing the charity	Para 1.46	n/a
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Association
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selected by the members

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

## Reference and Administrative details

Charity name	The Ups of Downs
Other name the charity uses	None
Registered charity number	1141359
Charity's principal address	5 Hill Close Leamington Spa Warwickshire 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	Kelly Porcas			
4				
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20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### 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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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information


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## Declarations

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)		
Date	23 <sup>rd</sup> June 2021	



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#### 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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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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## Declarations

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)		
Date	23 <sup>rd</sup> June 2021	



Section A

Independent Examiner's Report

Report to the trustees/  
members of

THE UPS OF DOWNS

On accounts for the year  
ended

31 AUGUST 2020

Charity no  
(if any)

1141359

Set out on pages

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

Responsibilities and  
basis of report

As the charity trustees of the Trust, you are responsible for the preparation  
of the accounts in accordance with the requirements of the Charities Act  
2011 ("the Act").

Independent  
examiner's statement

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 the applicable Directions given by the Charity Commission  
under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have  
come to my attention (~~other than that disclosed below~~\*) in connection with  
the examination which gives me cause to believe that in, any material  
respect:

- accounting records were not kept in accordance with section 130 of  
the Act or
- the accounts do not accord with the accounting records

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

\* Please delete the words in the brackets if they do not apply.

Signed:

Date:

30/05/2021

Name:

HASHMITA PALA

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

MEMBER OF ICAEW  
MEMBERSHIP NUMBER - 9143130

Address:

29 MOREALL MEADOWS  
COVENTRY  
CV4 7HL