

Charity registration number: 1116381

# Ups and Downs South West

Annual Report and Financial Statements

for the year ended 31 January 2020

# Ups and Downs South West

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## **Ups and Downs South West**

### **Reference and Administrative Details**

<b>Trustees</b>	S Dennis, Chair J Shipley (resigned 10 May 2019) S Kelly J Hunt S Flynn (appointed 29 March 2019) L Slapina (appointed 5 July 2019) K Felek (appointed 5 July 2019)
<b>Principal Office</b>	The Old School School Road Westonzoyland Bridgwater Somerset TA7 0LN
<b>Charity Registration Number</b>	1116381
<b>Bankers</b>	Lloyds TSB Bank plc 25 Cornhill Bridgwater Somerset TA6 3AY
<b>Independent Examiner</b>	Mr R Cadwallader FCA Milsted Langdon LLP Chartered Accountants and Statutory Auditors Winchester House Deane Gate Avenue Taunton, TA1 2UH

# **Ups and Downs South West**

## **Trustees' Report**

The trustees present the annual report together with the financial statements of the Charity for the year ended 31 January 2020.

### **Objectives and activities**

#### ***Objects and aims***

The Association is established for the following exclusively charitable purpose:

The relief of families and carers of children who have Down Syndrome exclusively, by providing face to face support as well as any information necessary to enable these children to reach their full potential both educationally and socially and so that their conditions of life may be improved.

#### ***Ensuring our work delivers our aims***

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and in planning our future activities. In particular, the trustees consider how the 3 year development plan will contribute to the aims and objectives they have set.

#### ***How our activities deliver public benefit***

Our main activities and those whom we try to help are described below. All of our charitable activities focus on children who have Down Syndrome, their families and carers.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

### **Achievements and performance**

The year 2019/20 has been an exceptional year for Ups and Downs Southwest. An increased number of families have engaged with us and we have been able to direct them to up-to-date information, help them through challenging milestones in the lives of their children and work alongside them as they develop the skills they need to advocate for their children in the future.

We have organised and delivered training to support our families and the professionals linked to them. We have shared fun and family days and have linked isolated families one with another to extend support networks and share experiences and solutions.

Our three-Year Development Plan continues to guide the direction of our work and the finances we need to apply for; it also establishes a continuing base line so that we can assess our effectiveness against it.

## **Ups and Downs South West**

### **Trustees' Report**

Our expert team:

Joanna Thorn, Director  
Jackie Lawrence, Finance & Administrative Assistant  
Sue Anderson, Team Leader Family Support  
Jackie Sims, Family Support Schools Liaison Worker  
Jackie Andrews, Family Support Worker  
Michelle Sugg, PR and Fundraising Officer  
Maddy Glover, Youth Worker  
Holly Way, Youth Worker  
Libby Lloyd, Youth Worker

The team continues to develop and as we recruit; our appointments have brought an increasing range of professional skills to offer high quality support, up to date information and professional help to our families. We are proud that we continue to deliver this support at the pace each family requires. It is our aim to enable our parents to advocate successfully for their children in the future by sharing the skills they will need. We are diligent in searching for evaluation and feed-back from our service users. This data informs our future practice and ensures we are effective and responsive to the real needs of the families we work alongside.

Quote "I listened to a professional who told me my child would never speak, and then I went to an Ups and Downs Training session on Communication. I learnt to sign and my child lapped it up. He remembered the signs better than me or my husband or the friends who came with me to learn! He may not be able to speak, but he can communicate so well. Ups and Downs made such a difference to our lives I can't thank them enough."

#### **Highlights of 2019/20**

I would like to draw your attention to a number of significant milestones that we have achieved this year.

Ups and Downs Southwest offers a service to all parents who have received a diagnosis of Down Syndrome for either their expected baby or a new arrival. This year we have been there for nine families as they celebrated their child's arrival and came to terms with some significant and unexpected challenges they may meet. Our staff are experienced and professional in their approach and many of our families remember for many years the empathy with which they were supported and held at this time in their lives. This service is unparalleled across the South West and we are very proud of it.

The service also offers distance support, and this may be the way parents make their first contact with the team or seek help in a crisis or a challenging situation which may seem unsolvable at the time.

This year has seen three hundred and twenty-two such telephone calls. Some queries may be dealt with quickly and effectively, some may lead to a more long-term and complex involvement with the service through the work of a named Family Support Worker. Although disabled children may have rights and entitlements, it is a sad fact that these do not always come automatically and many parents have to struggle and even fight for the rights of their child. Our team is there to support this struggle with years of experience behind us.

This year we have supported families in the completion of:

33 DLA forms  
19 EHCP forms  
10 other applications for entitlements

The team has planned and presented five training sessions for parents and the professionals who work with them. These are often oversubscribed and always well-received. Again, the families and professionals we work with guide us to provide the training they need.

## **Ups and Downs South West**

### **Trustees' Report**

Quote "This session has really opened my eyes to the different sensory processing needs and how we, as a school can help meet those needs for our two pupils, thank you so much."

Our newly created Schools Liaison Team have been very busy this year. They all have professional experience and are not only qualified teachers, but also have experience as Special Needs Advisory Teachers, so they know their stuff. Schools appreciate this professionalism and difficult situations are dealt with efficiently and more importantly, to the advantage of the child concerned. The team have completed 125 direct pieces of work with schools this year.

Quote "It has made such a difference working with a member of the Ups and Downs team in settling (J) into our setting. We felt well prepared and know that if any new challenges arise, (worker) is just at the end of the phone and is more than happy to come in, great value for money."

In May we delivered a 'Communication for All' training course in Shepton Mallet. This was generously hosted by Costa Coffee and financed by Shepton Mallet Town Council. We had a record number of people attending and what made this one special was multiple family members, close friends and providers of our children and young people with Down Syndrome. We were also thrilled that at the completion of the course, the certificates were presented by Chris Inchley, the chairman of the Town Council.

A parent said: "Because we all did the course, his signing has come on so well. Granny and Grandad can sign as well as me and my husband, and the childminder, and my friends who come to the house. We all do it and it's made such a difference. He's just not so frustrated anymore."

Again, in May, four of our young people with Down Syndrome made it over the finishing line of the Ten Tors Jubilee Challenge on Dartmoor. Following months of training and detailed preparation by JC Adventures, they covered nearly eight miles of rough Dartmoor terrain. This was a massive achievement for these young people. The whole experience enabled them to develop their leadership skills, to problem solve and work together as a team. These are valuable life skills helping them to work towards an independent future.

Throughout the year we have also run an exciting programme of events and activities through our two Youth Clubs, one in Weston-super-Mare and one in Sherborne, Dorset.

#### **The Board of Trustees**

The Board of Trustees oversees the governance of Ups and Downs Southwest. It is comprised of a group of volunteers who bring a wide range of skills and experiences to the running of the service.

Ups and Downs Southwest receives no government funding or statutory monies. Securing funding to continue this work, constantly occupies a portion of the Board of Trustees time.

Throughout 2019/20 we have received funding from:

The Henry Smith Charity  
HPC (Hinckley Point) Community Fund  
Children in Need  
Somerset Community Fund

We are continually grateful to these groups. We also appreciate the work of all our volunteers and fundraisers who work throughout the year in small, but hugely significant ways to raise funds for us. Whether it be by packing bags at supermarkets, helping at events, running raffles, wearing odd socks, baking cakes or running, jumping and abseiling, we are grateful to you all. Thank you.

The future looks exciting. We know that we have just been successful in obtaining a Lottery grant to replicate the Ups and Downs Southwest service in Bristol. We have been receiving more and more enquiries from families in that area in recent years and will now be able to deliver the service they deserve.

## **Ups and Downs South West**

### **Trustees' Report**

New work is always stimulating, but we will never lose sight of the fact that although we have been in place for twenty years, whenever a family receives a diagnosis of Down Syndrome, it is new for them, and it may be frightening and is certainly un-planned and challenging. We want to be there for each and every family who feels they need us.

We plan to continue to work alongside families and professionals, to challenge inequality, to promote inclusion and to make sure that the voices of children and young people with Down Syndrome are heard and never ignored. Ups and Downs Southwest can and will make a positive difference to the lives and achievements of all our children and young people with Down Syndrome across the south west.

#### **Financial review**

Income was up £19,744 on the previous year, mainly due to an increase in donations received although a decrease in events income offset this slightly. Total costs increased by £1,496 from 2019.

The balance sheet has increased and remains healthy. Net current assets stand at £98,048 (2019: £86,372).

The free reserves of the Charity (being the unrestricted funds of the Charity not currently invested in fixed assets) at 31 January 2020 were £56,672 (2019: £57,773). The reserves policy of three months running costs is therefore being exceeded currently but this is considered prudent given the pressures on grant-making trusts from large numbers of charities at present.

#### **Structure, governance and management**

##### ***Legal information***

Ups and Downs South West, "the Association", was formed in January 1997 and is governed by its constitution. The Association became a registered charity on 13 October 2006. The Charity's registered number is 1116381 and it is controlled and administered by the Management Committee.

##### ***Recruitment and appointment of trustees***

One third, or the number nearest one third, of the Management Committee members shall retire by rotation annually but may be re-elected. The Trustees are members of the Management Committee of the Charity, and those who have served during the year are detailed on page 1.

The Management Committee may from time to time appoint any member of the Association as a member of the Management Committee to fill a casual vacancy or by way of addition provided that the maximum prescribed in clause 6 of the constitution is not exceeded. Any interested member may put their name forward for consideration, or when a vacancy arises the Management Committee may approach an individual who has the necessary skills to fulfil the particular vacancy.

New members of the Management Committee will first be interviewed by the Chair of the Committee, and will then be briefed by the Chair and Operations and Business Development Manager on the aims and duties of the Committee, as well as the broader aims and history of the Charity.

Trustees receive copies of previous committee minutes and a copy of the Trust Deed and are directed to the Charity Commission website for further details on Trustee duties.

##### **Reappointment of independent examiner**

A resolution to reappoint Mr R Cadwallader of Milsted Langdon LLP as independent examiner will be proposed at the annual general meeting.

## Ups and Downs South West

### Trustees' Report

#### Statement of Trustees' Responsibilities

The trustees are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of the incoming resources and application of resources of the Charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the Charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the Charity on 15.6.20 and signed on its behalf by:



S Dennis  
Trustee



## Ups and Downs South West

### Independent Examiner's Report to the trustees of Ups and Downs South West

I report to the Charity trustees on my examination of the accounts of the Charity for the year ended 31 January 2020 which are set out on pages 8 to 20.

#### Respective responsibilities of trustees and examiner

As the Charity's trustees of Ups and Downs South West you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

Having satisfied myself that the accounts of the Charity are not required to be audited and are eligible for independent examination, I report in respect of my examination of the Ups and Downs South West'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 giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Ups and Downs South West as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting 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.

*RJ Cadwallader*

R Cadwallader FCA  
Milsted Langdon LLP  
Chartered Accountants and Statutory Auditors  
Winchester House  
Deane Gate Avenue  
Taunton, TA1 2UH

1 July 2020

## Ups and Downs South West

### Statement of Financial Activities for the Year Ended 31 January 2020

	Note	Unrestricted funds £	Restricted funds £	Total 2020 £	Total 2019 £
<b>Income and Endowments from:</b>					
Donations and legacies	2	14,747	132,683	147,430	110,256
Charitable activities	3	761	-	761	-
Other trading activities	4	34,082	-	34,082	52,273
Investment income	5	6	-	6	6
<b>Total income</b>		<u>49,596</u>	<u>132,683</u>	<u>182,279</u>	<u>162,535</u>
<b>Expenditure on:</b>					
Raising funds	6	7,048	10,493	17,541	15,370
Charitable activities	6	44,099	110,257	154,356	155,031
<b>Total expenditure</b>		<u>51,147</u>	<u>120,750</u>	<u>171,897</u>	<u>170,401</u>
<b>Net (expenditure)/income</b>		<u>(1,551)</u>	<u>11,933</u>	<u>10,382</u>	<u>(7,866)</u>
<b>Net movement in funds</b>		(1,551)	11,933	10,382	(7,866)
<b>Reconciliation of funds</b>					
<b>Total funds brought forward</b>		<u>59,381</u>	<u>31,974</u>	<u>91,355</u>	<u>99,221</u>
<b>Total funds carried forward</b>	14	<u>57,830</u>	<u>43,907</u>	<u>101,737</u>	<u>91,355</u>

All of the Charity's activities derive from continuing operations during the above two periods.

The funds breakdown is shown in note 14.

**Ups and Downs South West**  
**(Registration number: 1116381)**  
**Balance Sheet as at 31 January 2020**

	Note	2020 £	2019 £
<b>Fixed assets</b>			
Tangible assets	10	3,689	4,983
<b>Current assets</b>			
Debtors	11	-	2,675
Cash at bank and in hand		<u>103,751</u>	<u>88,815</u>
		103,751	91,490
<b>Creditors: Amounts falling due within one year</b>	12	<u>(5,703)</u>	<u>(5,118)</u>
<b>Net current assets</b>		<u>98,048</u>	<u>86,372</u>
<b>Net assets</b>		<u>101,737</u>	<u>91,355</u>
<b>Funds of the Charity:</b>			
<b>Restricted funds</b>		43,907	31,974
<b>Unrestricted income funds</b>			
Unrestricted funds		<u>57,830</u>	<u>59,381</u>
<b>Total funds</b>	14	<u>101,737</u>	<u>91,355</u>

The financial statements on pages 8 to 20 were approved by the trustees, and authorised for issue on ~~15.6.20~~ and signed on their behalf by:



S Dennis  
Trustee

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### 1 Accounting policies

##### **Statement of compliance**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

##### **Basis of preparation**

Ups and Downs South West meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

##### **Exemption from preparing a cash flow statement**

The Charity has taken advantage of the exemption available and has therefore not included a cash flow statement in these financial statements.

##### **Going concern**

The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

##### **Income and endowments**

All income is recognised when the Charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

##### ***Donations and legacies***

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured. No gifts in kind were received during the year (2018 £nil).

##### ***Investment income***

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the bank.

##### ***Charitable activities***

Income from charitable trading activities is recognised when earned.

##### **Expenditure**

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs. Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### ***Raising funds***

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

#### ***Charitable activities***

Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Tangible fixed assets**

Individual fixed assets costing £150 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

#### **Depreciation and amortisation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Fixtures, fittings and equipment	25% reducing balance
Motor vehicles	25% reducing balance

#### **Trade debtors**

Debtors are amounts due from clients for services performed in the ordinary course of the Charity's activities.

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### **Cash and cash equivalents**

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

#### **Trade creditors and provisions**

Creditors and provisions are recognised where the Charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the Charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the Charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

#### Pensions

The Charity provides an auto-enrolment scheme for staff. All employees are entitled to join the scheme and will receive the appropriate company contributions, in line with the auto-enrolment legislation. The pension charge recorded in these accounts is the amount of contributions payable in the accounting year.

#### Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recorded at transaction value and subsequently measured at the carrying value plus accrued interest less repayments.

#### 2 Income from donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2020 £	Total 2019 £
Donations	14,747	132,683	147,430	110,256
	<u>14,747</u>	<u>132,683</u>	<u>147,430</u>	<u>110,256</u>

The income from donations and legacies was £147,430 (2019: £110,256) of which £14,747 was unrestricted (2019: £37,247) and £132,683 was restricted (2019: £73,009).

#### 3 Income from charitable activities

	Unrestricted funds £	Total 2020 £	Total 2019 £
	761	761	-
	<u>761</u>	<u>761</u>	<u>-</u>

The income from charitable activities was £761 (2019: £nil) of which £761 was unrestricted (2019: £nil) and £nil was restricted (2019: £nil).

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### 4 Income from other trading activities

	Unrestricted funds £	Total 2020 £	Total 2019 £
Fundraising and events	30,769	30,769	48,955
50/50 club income	3,313	3,313	3,318
	<u>34,082</u>	<u>34,082</u>	<u>52,273</u>

The income from other trading activities was £34,082 (2019: £52,273) of which £34,082 was unrestricted (2019: £52,273) and £nil was restricted (2019: £nil).

#### 5 Investment income

	Unrestricted funds £	Total 2020 £	Total 2019 £
Interest receivable on bank deposits	<u>6</u>	<u>6</u>	<u>6</u>

The income from investments was £6 (2019: £6) of which £6 was unrestricted (2019: £6) and £nil was restricted (2019: £nil).

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### 6 Expenditure

##### Expenditure on raising funds

	Basis of allocation	Unrestricted funds £	Restricted funds £	Total 2020 £	Total 2019 £
Events	Direct	7,048	10,493	17,541	15,370

##### Expenditure on charitable activities

	Basis of allocation	Unrestricted funds £	Restricted funds £	Total 2020 £	Total 2019 £
Employment costs	Direct	27,371	102,117	129,488	126,513
Recruitment	Direct	1,234	-	1,234	551
Staff training	Direct	319	242	561	887
Establishment costs	Direct	5,256	1,405	6,661	6,340
Printing, postage and stationery	Direct	1,189	700	1,889	2,340
Sundry	Direct	212	-	212	334
Computer equipment and leasing	Direct	2,600	1,048	3,648	4,829
Motor and travel expenses	Direct	1,418	3,160	4,578	5,508
Subsistence	Direct	41	-	41	136
Telephone	Usage	1,852	741	2,593	2,631
Accountancy fees and independent examination	Usage	1,774	-	1,774	2,294
Legal and professional costs	Usage	316	-	316	908
Bank charges	Usage	32	-	32	32
Depreciation of tangible fixed assets	Usage	385	844	1,229	1,663
Loss on disposal of tangible assets	Usage	65	-	65	30
Trade subscriptions	Usage	35	-	35	35
		44,099	110,257	154,356	155,031

The expenditure on raising funds was £17,541 (2019: £15,370) of which £7,048 was unrestricted (2019: £6,462) and £10,493 was restricted (2019: £8,908).

The expenditure on charitable activities was £154,356 (2019: £155,031) of which £44,099 was unrestricted (2019: £102,259) and £110,257 was restricted (2019: £52,772).



## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### 7 Trustees' remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the Charity during the year.

#### 8 Taxation

The Charity is a registered charity and is therefore potentially exempt from taxation. No tax charges have arisen in the year.

#### 9 Employees' remuneration

The aggregate payroll costs were as follows:

	2020 £	2019 £
<b>Staff costs during the year were:</b>		
Wages and salaries	121,953	120,556
Social security costs	5,842	4,907
Pension costs	1,693	1,050
	<u>129,488</u>	<u>126,513</u>

The monthly average number of persons (including senior management team) employed by the Charity during the year expressed as full time equivalents was as follows:

	2020 No	2019 No
Charitable activities	<u>9</u>	<u>9</u>

No employee received emoluments of more than £60,000 during the year.

The total employee benefits of the key management personnel of the Charity were £37,250 (2019 - £36,805).

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### 10 Tangible fixed assets

	Fixtures, fittings and equipment £	Motor vehicles £	Total £
<b>Cost</b>			
At 1 February 2019	8,114	9,384	17,498
Disposals	(326)	-	(326)
At 31 January 2020	<u>7,788</u>	<u>9,384</u>	<u>17,172</u>
<b>Depreciation</b>			
At 1 February 2019	4,383	8,132	12,515
Charge for the year	916	313	1,229
Eliminated on disposals	(261)	-	(261)
At 31 January 2020	<u>5,038</u>	<u>8,445</u>	<u>13,483</u>
<b>Net book value</b>			
At 31 January 2020	<u>2,750</u>	<u>939</u>	<u>3,689</u>
At 31 January 2019	<u>3,731</u>	<u>1,252</u>	<u>4,983</u>

#### 11 Debtors

	2020 £	2019 £
Other debtors	<u>-</u>	<u>2,675</u>

#### 12 Creditors: amounts falling due within one year

	2020 £	2019 £
Other taxation and social security	2,639	2,360
Other creditors	506	359
Accruals	<u>2,558</u>	<u>2,399</u>
	<u>5,703</u>	<u>5,118</u>

#### 13 Pension and other schemes

##### Defined contribution pension scheme

The Charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the Charity to the scheme and amounted to £1,693 (2019 - £1,050).

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

#### 14 Funds

Funds - current year	Balance at 1 February 2019 £	Incoming resources £	Resources expended £	Balance at 31 January 2020 £
<b>Unrestricted funds</b>				
Unrestricted fund	59,381	49,596	(51,147)	57,830
<b>Restricted funds</b>				
Wooden Spoon Fund	1,252	-	(313)	939
Sponsorship of youth clubs	1,050	6,795	(7,333)	512
Family support team salaries	20,000	20,500	(40,500)	-
Volunteer training	782	-	(782)	-
New Baby Home visits	1,213	-	(1,213)	-
Office refurbishment	2,123	-	(531)	1,592
Family days	1,460	-	(1,460)	-
WDSAD Promotional video	1,757	-	(1,757)	-
Coffee mornings	1,337	-	(1,337)	-
Family support - Taunton	1,000	-	(1,000)	-
Hinkley Point	-	49,092	(49,092)	-
Shepton Mallet Town Council	-	860	(860)	-
Persimmon	-	1,000	(1,000)	-
Yorkshire Building Society	-	1,000	(1,000)	-
Sobell Foundation	-	10,000	(6,667)	3,333
Awards for all/Big lottery	-	7,839	(774)	7,065
SCF - Somerset West & Taunton	-	-	-	-
VCS small grants	-	798	(798)	-
One Family Foundation	-	4,799	-	4,799
Foot Anstey	-	2,000	-	2,000
Henry Smith Foundation - continuation funding	-	26,000	(4,333)	21,667
Bjorgolfsson	-	1,000	-	1,000
McCarthy	-	1,000	-	1,000
<b>Total restricted funds</b>	<u>31,974</u>	<u>132,683</u>	<u>(120,750)</u>	<u>43,907</u>
<b>Total funds</b>	<u>91,355</u>	<u>182,279</u>	<u>(171,897)</u>	<u>101,737</u>

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

	Balance at 1 February 2018 £	Incoming resources £	Resources expended £	Balance at 31 January 2019 £
<b>Funds - prior year</b>				
<b>Unrestricted funds</b>				
Unrestricted fund	78,576	89,526	(108,721)	59,381
<b>Restricted funds</b>				
EDF Fund	19	-	(19)	-
Wooden Spoon Fund	1,670	-	(418)	1,252
Sponsorship of youth clubs	3,996	7,122	(10,068)	1,050
Family support team salaries	-	40,500	(20,500)	20,000
Sponsorship of family clinics	3,657	-	(3,657)	-
Volunteer training	1,780	-	(998)	782
New Baby Home visits	3,000	-	(1,787)	1,213
Office refurbishment	2,928	-	(805)	2,123
Co-Op	3,195	-	(3,195)	-
Direct family support	-	500	(500)	-
Hours to support in the community	-	2,000	(2,000)	-
Family support - Sedgemoor	-	9,990	(9,990)	-
Ten Tors challenge	-	2,250	(2,250)	-
Family days	-	1,780	(320)	1,460
Bridgwater Town Council youth grant	400	-	(400)	-
Theatre workshop	-	398	(398)	-
Schools liaison worker	-	2,500	(2,500)	-
Total Communication course	-	1,550	(1,550)	-
WDSAD Promotional video	-	2,082	(325)	1,757
Coffee mornings	-	1,337	-	1,337
Family support - Taunton	-	1,000	-	1,000
<b>Total restricted funds</b>	<u>20,645</u>	<u>73,009</u>	<u>(61,680)</u>	<u>31,974</u>
<b>Total funds</b>	<u>99,221</u>	<u>162,535</u>	<u>(170,401)</u>	<u>91,355</u>

## **Ups and Downs South West**

### **Notes to the Financial Statements for the Year Ended 31 January 2020**

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

EDF Fund - funding towards the cost of video equipment.

The Wooden Spoon Fund - the grant of a van to support the Charity's activities.

Sponsorship of youth clubs - to help support the running of youth clubs.

Family support team salaries - to help pay for the salaries of staff involved in family support work.

Sponsorship of family clinics - to help with the running of the Exeter and Bridgwater clinics.

Volunteer training - to support the training of volunteers.

New Baby Home visits - to support home visits.

Office refurbishment - to support the costs of refurbishing the office.

Co-op - to help support the running of family days.

Norman Charitable Trust - direct family support.

Quartet Community Foundation - Hours to support in the community.

Sedgemoor Pitch your Project - Family support (Sedgemoor).

Viridor Charitable Donation - Ten Tors challenge 2018.

Rotary club of Bridgwater - Ten Tors challenge 2018.

Greggs Foundation - To support family days.

Bridgwater Town Council Youth Grant - Theatre workshop.

St. James' Place - Schools Liaison worker.

Somerset Community Foundation - Total communication course.

Higos - Ten Tors challenge 2018.

Bridgwater Town Council - WDSAD Promotional video.

Somerset Community Foundation - Coffee mornings.

Sedgemoor District Council - WDSAD Promotional video.

Taunton Deane Borough Council - Family support Taunton area.

Hinkley Point - HP Mitigation Somerset only - Over 2 years.

Shepton Mallet Town Council - Total Communication Course.

## Ups and Downs South West

### Notes to the Financial Statements for the Year Ended 31 January 2020

Persimmon - Mendip Activity Day

Yorkshire Building Society - Family days

Sobell Foundation - School Liason Work

Awards for All/Big Lottery - New volunteer training programme

SCF Somerset West & Taunton VCS Small Grants - Assertiveness training for parents and carers

One Family Foundation - Ten Tors training and family days

Foot Anstey - WDSAD film 2020

Henry Smith Foundation - Family support

Bjorgolfsson - Ten Tors 2020

McCarthy - Ten Tors 2020

#### 15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
<b>Current year</b>			
Tangible fixed assets	1,158	2,531	3,689
Current assets	62,375	41,376	103,751
Current liabilities	(5,703)	-	(5,703)
<b>Total net assets</b>	<u>57,830</u>	<u>43,907</u>	<u>101,737</u>

	Unrestricted funds £	Restricted funds £	Total Funds £
<b>Prior year</b>			
Tangible fixed assets	1,608	3,375	4,983
Current assets	62,891	28,599	91,490
Current liabilities	(5,118)	-	(5,118)
<b>Total net assets</b>	<u>59,381</u>	<u>31,974</u>	<u>91,355</u>