

# Annual Review

*April 2022 – March 2023*



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## *Our Group's Mission*

As trustees, we all come from different walks of life, but we have one thing in common – we want to make the world a better place for our own children and for all our members.

We aim to help all our young people reach their full potential and have fun along the way with activities and support for all ages, from babies to adults. That support extends to carers and siblings too, and the opportunity to meet regularly is invaluable.

We would like to thank everyone who has helped and supported the group whether by coming along to fundraising events such as the boxing and other activities to raise funds for our groups, or by coming to Babble, Teenzone, dance and the adults group.



## **Contents:**

- 3** Message from the Chair
- 4** Our Achievements
- 5** Highlights of the year
- 9** What we do
- 10** Speech and OT
- 11** Our wonderful members
- 12** Website & Fundraising
- 13** Our Trustees
- 15** Treasurer's Report
- 17** Our Supporters

# MESSAGE FROM THE CHAIR



## Dear Supporter

My name is Laura Tilley and I have been the chair of Peterborough area Down's syndrome group for over 10 years. It's been another successful year for Peterborough area down's syndrome group. We have welcomed lots of new members and seen our babies grow into toddlers and teens into adults. I don't know where the time has gone!

It's always so lovely to see you at our events, especially the annual day out at Wicksteed park. We were so lucky with the weather again. It's just a wonderful day - really relaxed and lots of fun. I particularly enjoyed the Christmas party and, as always, it was very well attended. Always my favourite event! It's just so lovely to see everyone all together dancing and having fun.

We have also had some amazing fundraising support this year. We had charity boxing matches, raffles, and cycle rides to name a few. We appreciate everything that all our supporters do to ensure that we continue to provide everything we already do and more. We even appeared on the One Show!!

We are continuing our dance sessions, speech and language groups and Babble group for our younger members and most recently our teen sessions. If you're looking for support and are not sure where you fit, please get in touch - this is a whole family charity!

On behalf of all trustees and members, I would like to say a heartfelt thank you to both Lynne Faulder and Chris Fitzjohn for their support in their roles as trustees, who have recently decided to step down to spend more time with their family and work commitments. Lynne has been with PADSG for over 10 years and helped with grants, competed in the Insane Terrain to help us raise funds, as well as assisting the other group of trustees get T21 off the ground. Chris has also been a huge support to our group in obtaining grants which have enabled us to provide the Speech and Occupational Therapy to our babies and primary age children. Chris will continue to assist with the management of the charity website and applications for future grants, but in a volunteer capacity.

I just wanted to take this opportunity to thank all the trustees new and old we couldn't do this without you. We are always looking for new trustees so please get in touch if you are interested in a new challenge.

**Laura Tilley**  
PADSG Chairperson

# OUR ACHIEVEMENTS

We had many achievements in 2022-23,  
here are some of the moments  
that made our year:

**31**

Members accessed Speech  
& Language and Occupational  
therapy

**£20,308**

Was received in fundraising,  
grants, donations &  
sponsorship

**£16,734**

Was spent on, therapies  
activities & events for our  
members and their families

**150**

Attended our Christmas Party

**60**

Christmas presents were gifted  
to our members and their  
siblings

[www.padsg.org.uk](http://www.padsg.org.uk)



# HIGHLIGHTS OF THE YEAR 2022-2023

## Teen Group at Birch Tree Cafe



## Wickstead Park – June 2022



# Charity Boxing Night



Following on from last year's exciting exhibition fight between Rhys and Atiq both men had a re-match. Rhys' family and friends, PADSG trustees and members went to watch the fight and cheer Rhys on and he won again!

Y5ive Promotions and Atiq Rehman nominated PADSG to be the chosen charity for the amateur boxing night for the second year and raised an incredible £986 for our group from bucket collections on the night and Just Giving donations.

In the run up to the fight Rhys and members of PADSG were invited to join a local gym for a boxercise work out to help prepare Rhys for his big night and a fun time was had by all!





## Good Deeds 24 & BBC's The One Show



On March 28th we were invited to take part in Good deeds 24, a 24 hour charity event with Atiq Rehman from Unspoken Words, Andrew Thomas and Liam Richardson at the Workout hub. Our members took part in a boxing session which was recorded by the team from the One Show who had been recording the wonderful Good Deeds 24 team for the full 24 hours. We are looking forward to arranging more fitness sessions to help keep our members fit and develop a love of exercise and sports.



## Christmas fun!

We had another successful Christmas Party at Peterborough United Football Ground with around 150 guests, as well as Mr & Mrs Claus who helped us hand out 60 gifts. There was also a trip to the theatre for our Babble Group members and a carol service which saw our dancers from Chloe's Dance Group give a performance. We were also lucky to receive a donation of gifts for our members from Unspoken and David Lloyd's Health Club.



## Dance Group with Chloe's Dance Company



The weekly dance classes continue at the John Mansfield Campus in Dogsthorpe, Peterborough on Thursdays, 5-6pm. In addition to performing a dance at the Duddington Christmas Carol's Service, our stars performed at the Easton on The Hill village Talent Show in June 2022.

In preparation for our AGM, our Teen and Adult members who attend Hayley's speech and language therapy groups all said that dancing with Chloe is one of their favourite things they enjoy as members of PADSG. Thank you Chloe for the fun dance sessions and the wonderful opportunities you have provided our members to have a chance to shine!



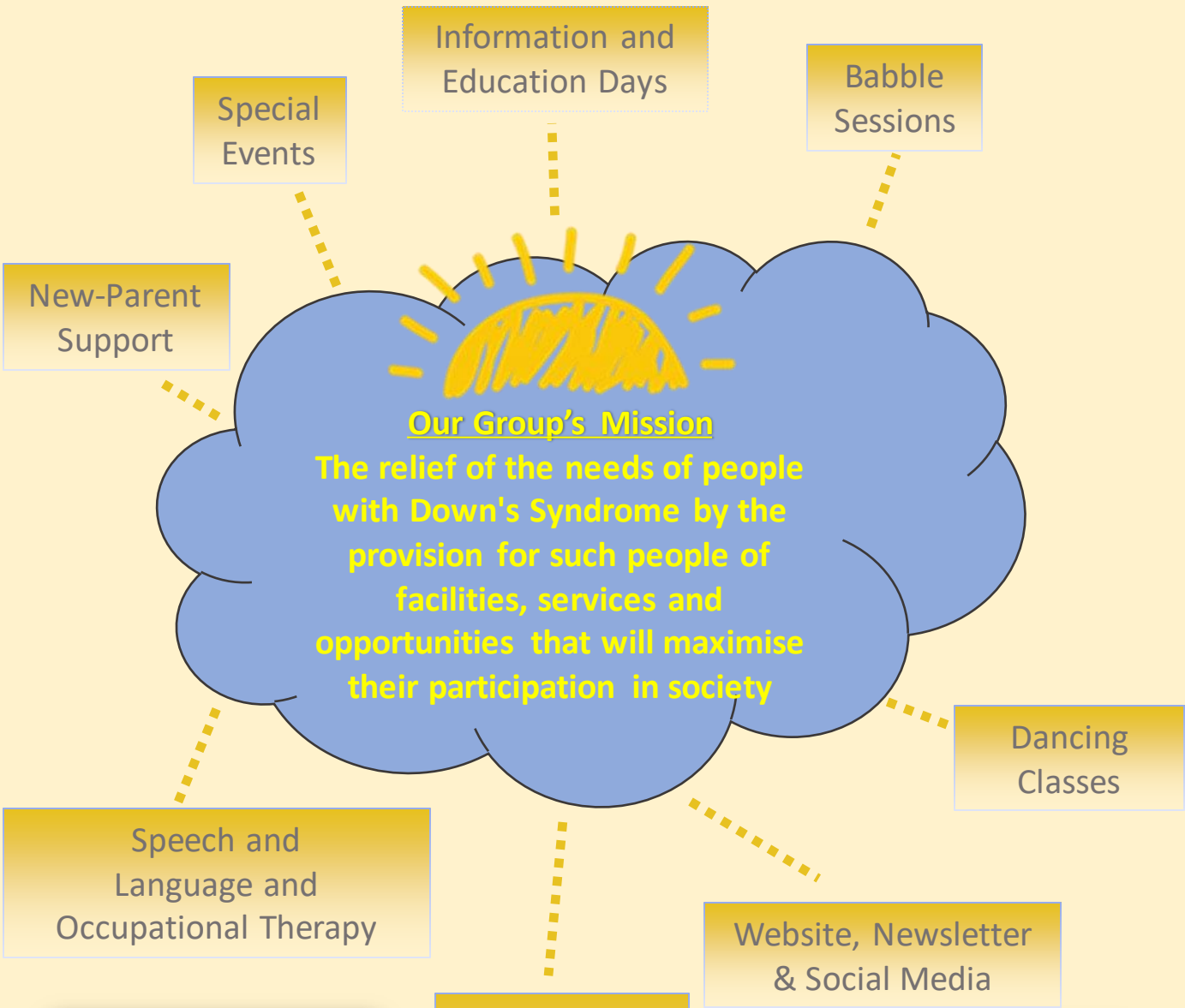




# WHAT WE DO



**The group has a modest profile but makes a big impact on the lives of its members...**



# Speech, Language & Occupational Therapy (SPOT)



Peterborough Area Down's Group recognises that speech and language therapy is one of the most important interventions for our members if they are to reach their potential in their social and cognitive development. Individuals with Down's Syndrome can have varying degrees of difficulty in their speech and language skills, with many presenting with a complex speech and language disorder associated with their diagnosis of Down's Syndrome which requires specialist support.

Academic progress and socialisation is significantly undermined when these communication difficulties are not effectively addressed. Sadly, we are finding that locally commissioned services are not always able to provide the specialised speech and language therapy that our members need. We also have a number of members that have sensory processing needs that require additional support.

PADSG prides itself on providing speech and language therapy to its members for over almost 15 years. We do not charge for this service as we want to ensure that it is accessible to all our members, regardless of income. We are very fortunate to have a specialist speech and language therapist and an occupational therapist specialising in sensory processing to work with our younger members and their parents and TAs in small group sessions on a monthly basis. These groups are constantly growing and changing, enabling the therapists and families to get the most from the sessions, we are currently welcoming 12 families to these groups. We are pleased to have added a new group to these sessions, welcoming 4 new families, with the youngest member being just 9 months old.

We also support our older members with the help of another expertly qualified and experienced therapist with a speech and language therapy groups for our teens and young adults, focusing on building their skills and confidence in their social

skills, supporting them to build on existing and new relationships and for inclusion in education, the workplace and the community. These sessions are a great addition to the life skills our teenagers and young adults are learning. We currently have 2 groups for different age groups, which proves beneficial. These sessions have also enabled our members to give some great feedback about what they get from our wonderful charity.

Speech, language and occupational therapy accounts for a significant proportion of PADSG's annual expenditure and we are very grateful to those individuals and organisations that have been generous with their grants, fundraising and donations. Without this funding we would not be able to continue providing these valuable services to our members. If you know of any grants or funding opportunities that we may be able to access to keep this valuable service going, please let us know! We are also very thankful to children's charity, Spurgeons, for their generosity in allowing us to use their Honeyhill Centre in Peterborough to provide the sessions. We are also grateful to Birch Tree Cafe for allowing us to use the space for free, for our younger members sessions.

*Tammy*



# Our wonderful members of PADSG!

## ***MP Christmas Card competition winner***



Through school, Kitty entered a competition to design the official Christmas card for the local MP, Sir John Hayes. Kitty was very pleased and proud to be chosen as a winner. Sir John Hayes and his wife Susan met Kitty and her family to congratulate her and photos were taken which were published in the local newspaper.



## **Public speaking at a prestigious event**



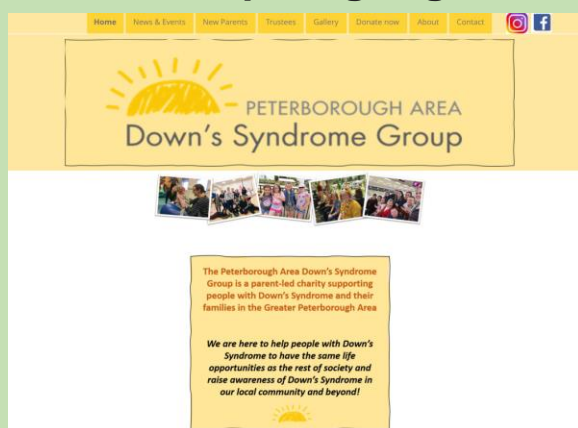
Ruby did a wonderful job in December when she did a lovely reading for the Christmas service at St John the Baptist Church in Peterborough in front of 250 people – a daunting experience for many and she smashed it, her family and friends at PADSG are very proud of her.



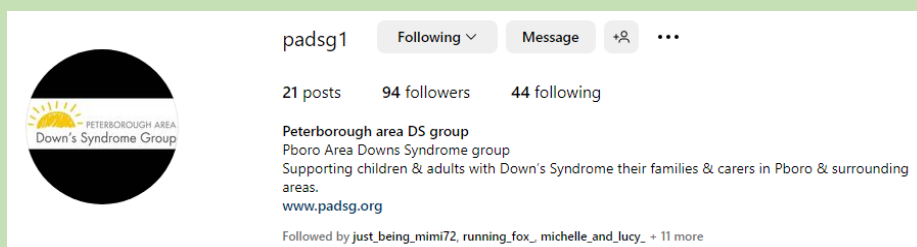
# Website, social media and fundraising

There are many ways that you can keep up to date with news relating to our group's regular activities, events and updates on local and national policies and news relating to people with Down's Syndrome:

[www.padsg.org](http://www.padsg.org)



facebook



There are also many ways that you can make a donation to help us continue providing valuable support to our members:

**JustGiving™**

**PayPal**

 **InvestMyCommunity**

# OUR TRUSTEES

**Miranda Rock**  
(Patron)



Miranda is the House Director of Burghley House Preservation Trust and a Deputy Lieutenant of Cambridgeshire. She is a Governor of Stamford Endowed Schools and Trustee and Patron of a number of charities in her local community that support the elderly and the vulnerable. She and her family are active members of the Peterborough Area Down's Syndrome Group and she is the mother of Cosmo who has Down's Syndrome. Cosmo is 21 and has ambitions to be a spy, a film producer and a drummer in a rock band.

**Laura Tilley**  
(Chairperson)



Laura has chaired the Peterborough Area Down's Syndrome Group for over 10 years, during a period of significant growth and evolution for the group. She is mum to Hannah, Ruby and Gracie. Ruby has Down's Syndrome and Laura and her family are very active members of the Peterborough Area Down's Syndrome group, taking great pride in their family.

**Laura Kelsey**  
(Secretary)



Laura is married to Robert and mother to Gabriella and Jules. Laura has been a trustee of PADSG for 13 years since Gabriella was a year old. As a family they have benefitted from the activities and support the group has provided them for many years and understand too well the challenges that families face, which is why Laura has been a trustee for many years to help pay back to the group as well and support others, before becoming charity Secretary. Laura has experience of the SEND tribunal process and is happy to share her experience and offer advice to other families who are facing challenges in getting the right support for their child.

**Lucy Naylor**



Lucy is our current treasurer and has been in this role since August 2022. She is mum to two girls, Kuki and Rudi. Lucy heard about the group a few months after Rudi was born with Down's Syndrome 16 years ago, found its supportive and nurturing environment a great help to her family, and has become more involved as her family grew.

**Lynne Faulder**  
(Trustee)



Lynne is a mum of four, the youngest are Kitty and Emily, identical twins who both have Down's Syndrome. Lynne and her family have benefited from the support and opportunities provided by Peterborough Area Down's Syndrome Group.

Chris Fitzjohn  
(Trustee)



Chris have been involved with the group since the arrival of Henry the youngest of his three children. The importance of the support of a group like this in the early years was astounding. That's what made him want to become a trustee. He has been concentrating on accessing funding for the amazing work the group does.

Johanna Roberts  
(Trustee)



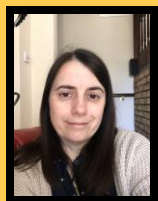
Johanna used to be a GP but now works part time as a chiroprapist. William, her middle child has Down Syndrome. Joh also runs a learning disability swimming club, PSOSG. She became involved several years ago with the PADSG through the young adults speech therapy group.

Tammy Fitzjohn  
(Trustee)



Tammy is a Mum, with 3 children, has previously run signing groups at her local library and now works as a Teaching Assistant at a local Primary School. Henry, her youngest has Down's Syndrome. She has been utilising the PADSG from early on. Tammy has been a trustee for four years. Tammy organises the groups speech therapy and SPOT sessions and co-runs the Babble group for the group's youngest members and their families.

Michelle Gray  
(Trustee)



Michelle became trustee for PADSG four years ago. She runs the Babble group with Tammy. This is held once a month for all our youngest members. She is also involved in fundraising and has held coffee mornings, 'Boozy bingos' and raffles. She found PADSG when her daughter Lucy was 3 weeks old. Lucy was diagnosed at birth with Downs Syndrome.

## New Trustees



Do you have experience of applying for grants, organising events, have lots of fun and creative ideas or like to fundraise? If so, we would love to hear from you! Anyone interested in getting involved with our group, no matter your age, level of experience, how much time you can commit and whether you have a family member with DS or not – you will be warmly welcomed onto the board of trustees or as a volunteer. If you would like to get involved or to find out more, please email Laura Kelsey at [Imkelsey81@gmail.com](mailto:Imkelsey81@gmail.com)



# TREASURER'S REPORT

Lucy Naylor



## Governance and Treasurer's Report

### Governing Document

Peterborough Area Down Syndrome Group is constituted as a registered charity with the Charity Commission. It is governed by a constitution.

### Organisation Structure

The charity was registered as a Charitable Incorporated Organisation (CIO) on 10th March 2021. The charity trustees are responsible for the general control and management of the charity. The trustees give their time freely and receive no remuneration or other financial benefits.

The trustees meet together as a body quarterly and are responsible for all decisions taken in relation to the running of the charity.

### New Trustees

The existing trustees are responsible for the recruitment of new trustees. In appointing new trustees we seek people who are part of our local community. Potential trustees are invited to trustees' meetings or to meet with the chairperson to learn more about the charity's aims and objectives. If all trustees agree they are proposed as new trustees. New trustees are required to complete a DBS check and given a three month trial. This process allows due consideration of the person's eligibility, personal competence, specialist knowledge and skills.

Trustee Name	Office (if any)	Dates acted if not for whole year
Laura Tilley	Chair	
Laura Kelsey	Secretary	
Lucy Naylor	Treasurer	From August 2022
Miranda Rock		
Lynne Faulder		
Tammy Fitzjohn		
Christopher Fitzjohn		
Johanna Roberts		
Michelle Gray		

# TREASURER'S REPORT

Continued.....

Since 2021, the PADSG charity no 1096976 transferred to a more robust structure in the form of a Charitable Incorporated Organisation (CIO) charity no 1193764 to enable the continued development of the good work accomplished by our previous charity.

We continue to be in a secure financial position, at our year end 31st March 2023, holding £7,457 and £33,656 in our current and deposit accounts, respectively. We have no restricted funds.

As a volunteer run charity, with much of our time dedicated to running events and weekly groups it has been deemed prudent to have a reserve fund of £10,000 to ensure the group can run activities for a year.

***Lucy Naylor***

**PADSG Treasurer**

## IT'S ALL THANKS TO YOU!

We are so grateful to everyone who has supported us over this past and previous years

We owe a huge thank you to every single person, group or business that has helped us to support our PADSG community. In particular we would like to thank the following supporters:

### OUR PATRON

Miranda Rock

### OUR TRUSTEES

Laura Tilley  
Laura Kelsey  
Joh Roberts  
Tammy Fitzjohn  
Michelle Gray  
Chris Fitzjohn  
Lynne Faulder  
Lucy Naylor

### OUR SUPPORTERS

Lee O'Connor  
Birch Tree Café  
Maggie Scott  
Kim Richardson  
Atiq Rehman, Unspoken  
Y5Promotions  
Andrew Thomas  
The Work Out Hub  
Sawtry Village College  
David Lloyd Peterborough  
Academy Leisure  
Michael Sheeran  
Stamford Kiwanis

Stamford Rotary Club (St Martins)  
Cambridgeshire Community foundation  
Rutland Outdoor Education Centre  
Mohammed Jangher  
Living Sport  
Maxey social club  
Hair Care salon  
Bikewise  
Maxey Car Club  
Maxey Community Association  
Blue Boar Ladies Night  
Whirlpool  
Outhwaite Trust  
B Gipp  
Bluebell  
Rackham Primary School  
Joe Scott  
Lesley Cunningham  
Rob Goodwin  
Trudy Bollons  
Jane Jeffries  
Peterborough United FC  
Councillors John & Judy Fox  
Julia Heppel  
Ally McComb  
Sue Bowyer  
CDC Dance



**The Peterborough Area Down's Syndrome Group is a parent-led charity supporting people with Down's Syndrome and their families in the Greater Peterborough Area**

**We are here to help people with Down's Syndrome to have the same life opportunities as the rest of society and raise awareness of Down's Syndrome in our local community and beyond**

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**REGISTERED CHARITY**

Peterborough Area Down's Syndrome Group (PADSG) is a UK registered CIO charity. Registered address is 117 Coniston Road, Gunthorpe, Peterborough, PE4 7GU

**Charity Number:** 1193764

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Designed by Lee O'Connor and produced Laura Kelsey

**GET IN TOUCH.....**

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[Treasurer@padsg.org](mailto:Treasurer@padsg.org)

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES