

DANCE 21

**For children and young adults with Down Syndrome
and their siblings**



Annual Report & Accounts 2024/25



Introducing our dance groups



Chelmsford
Group 1



Chelmsford
Group 2



Woodford
Groups 1 & 2

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Structure and governance

Dance 21 was founded in September 2000 and achieved charity status as a Charitable Incorporated Organisation in February 2020 with the registered Charity Number 1188124. Our governing document is the CIO Foundation model Constitution, which was also signed and agreed in 2020. We will be reviewing it on a regular basis.

In accordance with Charity Commission regulations, we have an elected Board of Trustees, all Volunteers, who are responsible for the governance of the group. Charity trustees are elected on the basis of relevant skills and attributes they possess that enable them to perform important functions within the charity. Trustees who were elected at the Annual General Meeting on 29th September 2024 are:

Mrs. Mary Schultz	Chair and Charity Manager
Mr. Peter Schultz	Treasurer
Mrs. Bev Weeks	Secretary
Mrs. Kim Kemp	Minutes Secretary
Mrs. Rachel Palfreman	
Mrs. Christine Twomey	
Mrs. Kathy Hart	
Mrs. Olivia Gordon	

Dance 21 was formed to meet the need locally for children and young adults with Down Syndrome and their siblings to join a dance group where they can experience opportunities to perform locally and further afield that would not otherwise be available to them. We also go on social outings as a group.

Dance 21 has now expanded to four groups, two in Chelmsford and two in Woodford. All are very well attended.

Through Dance 21, the dancers and parents, their families and friends have also established close friendships and a much needed social network, sharing advice on health and social issues as they arise.

Belonging to Dance 21 helps to motivate our dancers and improve their quality of life by providing exciting opportunities to take part in dancing events, lots of social events and the sense of belonging to the 'Dance 21 family'.



Mission statement

Dance 21 dance group is a unique dance group based in Essex and Woodford for children and young adults with Down Syndrome and their siblings projecting a positive image of disability.

We offer a dynamic, fun, structured environment where everyone has the opportunity to improve their potential through dance and movement.

We develop a variety of skills and each child is valued as an individual and a respected team member.

Our public performances are a delightful opportunity to share our achievements

Our purpose, our values, our services

Dance 21 is committed to providing an excellent and professional service to children and young adults with Down Syndrome and their siblings; comprising affordable, confidence building and dancing opportunities that promote good health, friendships and ultimately raise self esteem.

Chair's annual review

I would like to take this opportunity to thank our parents who give up so much of their time to ferry the dancers here, there and everywhere, to our volunteer team, without whom we wouldn't be able to provide the best support to our dancers and of course our lovely teachers, Jean Hunter, Steven Turner, Hannah Randall, Katie Osborne, Francesca Bradford, Sophie Aston and Chloe Worth who give so generously of their time to attend events. Our committee continues to work very hard to ensure Dance 21 operates at the highest level, promoting a positive image of different abilities in our community.

Over the year we have danced at various events such as QPR Tiger Cubs, Boswells Community Show, Haven House Sparkle Walk, Chigwell Fete, Columbus C Fest, St Hohns Church Fete, The Soothe Show at St Andrews Church, Chigwell Riding Trust Open Day, Chelmsford Community Church, Oaklands Park Community Day, St Giles Summer Fete, All Saints Church Fete, Turning on off Christmas Lights in Barkingside, Ongar Christmas Festival, Columbus Christmas Fayre, Breakaway Holidays Party and the Mad Hatters Christmas Party at Grosvenor House. Our dancers love to show off their talents, all individual in their own way and we are always open to dance at other events.

This year, the Woodford dancers split into two groups to allow all dancers to grow in their ability and techniques. It has proved a great success and there has been so much positive feedback.

Three times a year, we present a Brian Jiggins Award, in memory of one of our

Chelmsford Fathers who tragically passed away. He was such a kind and generous, loving soul so we continue in his memory to share some joy within our dance groups. Each dancer who receives this award feels very proud to have been chosen and the trophy is cherished, as indeed is Brian's memory.

This year, we welcomed SEND PROTECT who gave us several sessions on how we can protect our child's financial future. Each session was very thought provoking and raised many questions. Several of the parents have sought more advice as a result and we are so grateful to SEND PROTECT for taking the time to come and talk to us.

We are very grateful for donations from, Chelmsford Community Church, Breakaway Holidays and all the lovely people who used Amazon Smile to ensure we get donations from them periodically. These donations allowed us to continue running all three groups, providing new uniform and costumes and to pay their teachers.

New dancers are always welcome to attend a free taster session at one of our three classes.

For more information about classes, please contact Mary Schultz (contact details on back page).

I am very proud of what we have achieved with Dance 21 over the last 25 years and I am confident our charity will continue to earn recognition in the local community and further afield as a respected and well-established organisation with a strong team of dedicated and friendly trustees and volunteers, not to mention our lovely bunch of dancers, their families/support workers and our dedicated teachers.

Mary Schultz
Chair and Charity Manager.

Our trustees

Mary Schultz

Mary's role as Chair of the Board of Trustees and Charity Manager includes planning and organising all dance and social events, liaison with dance teachers, volunteers and event organisers and overseeing the general running of the Charity.

She is the mother of Ellen, one of the dancers in the Senior group in Chelmsford since it started in 2000. Mary is actively involved in all events across the three groups.



Peter Schultz

Peter's role as Treasurer involves keeping accurate accounts and liaising with our Independent Examiner. As Father of Ellen, he is also actively involved in all events.

Bev Weeks

Bev is the proud mum of Luke, one of the Group 1 dancers in Chelmsford who joined in 2004. She is the Secretary of Dance 21 and also a volunteer in the weekly dance classes, assisting the teachers by helping and encouraging the dancers. Bev also enjoys being part of the events team for public performances.

Kim Kemp

Kim is mother of Sarah, who has been dancing with Chelmsford Group 1 since 2006. Sarah loves to dance and spend time with her friends. Kim enjoys meeting up with other parents to share knowledge and socialise. Her role in Dance 21 is as Minutes Secretary and this involves taking notes at meetings, typing them up and circulating them to the committee. She keeps a record of all the minutes for future reference.

Rachel Palfreman

Rachel is a mother of three, whose youngest daughter, Libby, is in Chelmsford Group 2. She is an excellent seamstress having made many costumes for the shows we perform in..

Her daughter has been dancing for ten years and looks forward to her weekly Dance 21 sessions and the numerous events we are asked to dance at.

Christine Kite

Christine is a full-time working mum with 22 year old twins, one of which, Amber, has Down Syndrome. It was her daughters love of dance which navigated Christine to Dance 21.

She helps run the Woodford group with Kathy and Olivia.

Kathy Hart

Kathy is a mother of two children, the oldest is Lauryn who has Down's syndrome. Lauryn loves to dance and looks forward each week so that she can be with her friends dancing at the Woodford group.

Kathy helps to run the group with Christine and Olivia.

Olivia Gordon

Olivia's eldest son, Ethan, has Down Syndrome and he is a member of the Woodford branch of Dance 21. She helps run the group, is there for the weekly sessions and helps out at dance events.

Report on Dance Groups

Chelmsford Group 1

Once again a great year. We have been fortunate to be invited to dance at many events, some of which stand out in our memories because of their uniqueness. One which springs to mind was the Sooth Show which stretched our dancers in so many ways.

All events have given the dancers the opportunity to show off their fantastic dance ability.

We are grateful to Hamptons Sports & Leisure Centre for hiring us their hall to practice our dances and the cafe for our parents / careers to meet, chat and exchange information.



We very much enjoyed our Dance 21 party this year at the amazing venue - Basildon Sports and Leisure. All 3 groups were there, dancing the night away to music provided by Crazy Martin DJ.

The group continues to learn and evolve thanks to our wonderful teachers Jean & Steven.

They get the very best from our

young people to showcase at our events.

Thank you to a wonderful supportive group of parents and careers that bring their dancer along each week to class.

Looking forward to all our future events.



Chelmsford Group 2

We have continued to practice at Hamptons sport and leisure club, along with Chelmsford Group 1. Everyone has settled in well.

On the odd occasion Group 2 join in with Group 1 in the big hall which everyone enjoys. It's so lovely to see both groups dancing and getting on so well but also learning from each other.

Parents still get together for coffee and cake at Bubu's cafe. It's been lovely to get to know the parents/ carers of group 1.

As every year Dance 21 has had a full calendar of performances.

We had a great night in April partying with both Chelmsford groups and Woodford in Basildon. Lots of dancing, food, making new friends and memories.



Our biggest event of the year was the Boswells Community Show. It is always a great two days which both Chelmsford groups enjoy.

This year we had a raffle to raise money for Children In Need. Lots of people kindly donated raffle prizes and some dancers dressed up in their Pudsey

T-shirts and ears. We raised £110 in total.

We continue to award The Brian Jiggins award which is presented to one dancer from each group termly. Everyone looks forward to this, parents and dancers alike.

Our instagram/facebook pages have taken off

nicely. We are getting more likes and spreading the word of our amazing dancers and all the events they dance at.

Looking forward to another year of new dances and more performances.

Woodford Groups 1 and 2

Woodford dance group continues to go from strength to strength We have expanded to two groups on a Thursday evening. This has allowed both groups to flourish and each dancer has improved and grown in confidence Everyone is happy with the change.

Our parent group also continues to thrive providing great company and support for each other. We arranged two SEND protect sessions on a Thursday evening which presented everyone with useful information on wills & trusts. We started on the 5th April at QPR where we performed in their fan zone and at half time we walked around the pitch to a great welcoming reception We then performed at our annual events like



Haven House Sparkle Walk, Chigwell Riding Trust and the Black Cab Tea Party. For the first time we were invited to perform at two Christmas light switch ons; Barkingside & Ongar which were both very successful.

We are now looking forward to dancing next year at their summer festivals.



What People Say.....

Chelmsford Group 1 continue to hold their sessions at Hamptons Sports and Leisure where the parents and support workers can enjoy the upstairs BuBu's Café.

We have attended and performed at several events throughout the year mainly as their teacher but in June I watched the Soothe Show in Wickford, with my daughter, Adele, as a relaxed member of the audience. I have to say I was extremely proud of our groups who tackled this piece, which had difficult, fast moves, choreography and timings, with enthusiasm and dedication! As a group they had a powerful presence in their new red T shirts and yes the Soothe part was beautiful.

I see this as a result of many years of hard work both in class and performances experiencing many different genres.

They did not hold back in class offering up their own ideas which Dan was encouraging. Especially impressed with the Chelmsford Group 2 who had never done this style of dance before.

They both did Dan and Steven proud in this contemporary style of work and behaved impeccably throughout the rest of the performance.

We continue onwards and upwards with ability, technique, commitment and enthusiasm.

Jean Hunter, Dance Teacher Chelmsford.

Dance 21 Group 2 have had another smashing year!

Our group has grown a little as we have welcomed a few new dancers, therefore building friendships and learning to work with new class members.

Our newest dances One Call Away and Dance The Night have been a hit and well received at the Boswells Community Show. They were a challenge for the dancers to learn but they took it in their stride and smashed it!

It is wonderful to have the studio space most weeks at Hamptons and continue to be on site with Group 1. We have been lucky to connect occasionally which has benefited our dancers as they have learned from the other teachers and navigated different class dynamics.

Hannah Lustig, Dance Teacher Chelmsford.

What an incredible year it has been for Woodford Groups 1 & 2!

These reports seem to come around faster every time — a sign, perhaps, of just how full and rewarding this past year has been at Dance 21. It's been a year of growth, performance, connection and joyful movement.

One of the most impactful changes we've made this year was splitting the group into two smaller groups. This has proven to be a huge success, with every dancer benefitting enormously. The focused environment has allowed each child to thrive — their dancing has improved tenfold and their confidence has soared. Despite now working in separate groups, the warmth and unity of our community remain as strong as ever. The dancers continue to support, encourage and celebrate one another.

We've also had the chance to perform at more events than ever before — both as returning favourites and exciting first-time acts. Every stage we've stepped onto has been met with enthusiasm, pride, and pure joy.

A huge shoutout to my wonderful helper, Chloe — we all absolutely adore her. Her energy, kindness and dedication to the dancers are felt in every session. Chloe, thank you for being such a special part of Dance 21.

Another big thank you goes to Lynne and Liz, who run the back room so smoothly and with so much care. You keep everything ticking behind the scenes and your support means the world to us all.

Olivia Gordon, thank you for running our Instagram with such creativity, consistency and heart. You've captured so many beautiful moments and helped tell our story to a wider audience — we're so grateful.

To all my dancers: thank you for turning up every week with smiles, enthusiasm and determination. Your passion and positivity light up every room we dance in.

To the amazing parents and carers: your trust, support and commitment — not just on Thursdays, but throughout all our performances and events — is deeply appreciated. A special mention to Christine and Kathy, who work tirelessly behind the scenes to organise the Woodford group and keep Dance 21 going strong. Your leadership and love do not go unnoticed.

Here's to another year of dancing, growing, and sharing this beautiful journey together.

Francesca Bradford, Dance Teacher Woodford.

I was delighted to join Dance 21 for their joyful celebration party at Basildon Sports & Leisure Club. It was great to see such polished and enthusiastic performances from the groups attending. Thanks to Jean for inviting me and the wonderful dancers who really put on a great show, also thanks to the dedicated staff who all worked so hard with these inspiring young people. I hope to see you all again soon.

Linda Mascot
Mayor of Chelmsford

I just wanted to say, thank you so much to Dance 21 for performing and for leading our warm-up at our Sparkle Walk event on Friday, the group were all wonderful and we received such lovely feedback.

Sophie at Haven House

From Dancers

I loved the Soothe Show in Wickford and having our new teacher, Dan, for a little while. I enjoyed doing the new dance.

Dan is so friendly and was nice to chat to. He was very kind to us all.

I love dancing with everyone together and I love different dance events

Conor Hickey

I love the friendships we have within the dance group, it makes me feel I am surrounded by good friends all the time.

Sam Medler

I love going dancing because I love learning new songs and moves for the Boswells show. Which is my favourite. I like seeing my dancing gang every Thursday.

Hannah and Katie make dancing fun. I love both of you.

Libby

I have been at dance 21 for many years now. It is a truly successful team for me and I always look forward to more dance events.

I'm so proud of Conor who is my partner as a solo together .

Hannah

I have made lots of friends in dance 21, they're so friendly and caring people they are bunch of talented dancers. Some of us have danced together since we are were five years old. We all have different personalities and have good laughs/ jokes together. We have each other backs too.

Michael

I have been with Dance 21 since it started and really enjoy our dance classes and all the events we dance at. I have made lots of friends there and we have a great social life together.

Dance 21 means a lot to me.

Ellen

From Parents and Carers

Dance21 has made such a difference to my daughter's life, to mine and society in general. It supports her physical health and wellbeing. She loves music and dancing and has made lots of friends through the group - and I have too. She enjoys performing and their shows help the public see just what people with down syndrome are capable of given time and attention.

Catherine

Dance 21 has been a huge part of Conors life for over 25 years. He has attended almost every session without fail because he just loves it! They have performed on many many occasions at invitations from organisations across Essex and in London .His teachers Jean and Stephen are dedicated to all the needs of the group and bring out the absolute best from them. The members have all become firm friends and all are such a big part of their individual lives. I can't imagine life without Dance 21 for Conor!

Anne

I enjoy a Thursday catch up with the Dance 21 Mums in Bubu's café with a cuppa, sharing stories with other Mums.

Rachel

Tom has been going to dance 21 for the last 19 years. He has always enjoyed his time there.

He loves learning the dances and performing them and the teachers and helpers are lovely.

He has made lots of friends there over the years.

I would recommend Dance 21 to everyone.

Teresa

Orla really looks forward to going to Dance 21 each week. Being part of the group has given her the chance to make lovely friendships with others who share her enthusiasm. She has so much fun dancing, and it's wonderful to see her being so creative and expressive. Performing at community events has been a real highlight for her – she absolutely loves being on stage and sharing what she's learned. Most of all, we've seen her confidence grow so much since joining. Dance 21 has become a very special part of Orla's life.

Sue

Dance 21 is literally the highlight of my daughter Emmy's week! Without these classes both Emmy and myself wouldn't have the friends and support that we appreciate so much. From the dancers, to the parents, to the teachers and even Lynn and Liz who help out every week in the kitchen we have built up such a lovely community of people and I am truly grateful. The dance shows that the dancers get to perform at are just an added bonus where everyone gets to witness how amazing they are and make this group so so special x

Sally

Dance 21 continues to grow from strength to strength. It started over 25 years ago in Chelmsford from a handful of cheeky dancers and a few dedicated professionals who pulled it all together. Dance 21 became so popular that a 2nd class was started in South Woodford, where my daughter, Charlotte, now attends. Where to next?! The difference Dance 21 has made to Charlotte's confidence, wellbeing and sense of belonging is immeasurable and immense. My family's life would be a poorer place without Dance 21. Long may it continue. A big thank you to all the organisers of Dance 21, and a special thank you must go to Jean and Mary whose dedication started what must be the happiest dance group in the world.

Kate Bissell, Proud mum

My son who is now 17 years old, has been a part of the Woodford group for more than 7 years.

Dance 21 is a inviting, warm, safe, fun and friendly group.

Myles loves taking part in the weekly dance sessions and the performances. He has made so many friends.

Organisers & other parents make everyone feel so welcomed, and are so supportive.

I can honestly say that over the years, taking part in this group has changed Myles in such a positive way.

Thank you Dance 21

Rosemarie & Myles

Since joining Dance 21, Molly's self belief and confidence have soared. Molly has formed the most wonderful and true friendships and watching her and her friends interact the way they do, is something I never dreamed possible. There really isn't a day that goes by, where Molly isn't watching videos of dance shows she has performed in, or indeed practicing a routine taught to her by the wonderful (and extremely patient) Fran and Chloe. As her mum, Dance 21 has at times been a lifeline for me, I too have formed friendships with parents that relate to me on just about every level and there really is no time limit on sharing milestones, having a rant, or indeed a cry. Thank you Dance 21 for giving Molly this opportunity to shine through dance.'

Chantal

Special thanks to our benefactors

Many thanks to

- People who donated via Paypal Justgiving and Amazon Prime
- The Co-op Community Fund
- Breakaway Holidays

Treasurers Report

Dance 21 are in the enviable position where our income from class fees over the three dance groups covers all of our regular costs for hall hire, dance teachers and assistants as well as Dance 21 uniform as and when needed. Whilst we may on occasion fund raise for specific exceptional expenses there is generally no need for additional fund raising.

This year our accounts show a deficit of just over £4,000 which is almost entirely accounted for by the decision taken by the committee, after consultation with parents/carers and dancers, to have another party at the Basildon Sports & Leisure Centre. The previous party had been a huge success and it was the one occasion when we were able to bring all three groups together to 'show off' their dances and to have a really good time.

This year our only major donation was £150 from Breakaway Holidays in Chelmsford. We had the pleasure of dancing for them at their annual party and are very grateful for the generous donation.

This year we carry forward a bank balance of £16,147.38. There are no outstanding invoices or other debts. This has been another successful and rewarding year for Dance 21. Thanks as always to all of our dancers, teachers, parents, support workers and to all of the others in the wider community that support us throughout the year.



Receipts & Payments account

for the year ended 31 March 2025

RECEIPTS AND PAYMENTS ACCOUNT FOR YEAR ENDING 31ST MARCH 2025

	2024/2025	2023/2024
<u>Receipts</u>		
Subscriptions	15,167.00	13,792.00
Donations & Fundraising	245.00	726.88
Events	554.05	493.61
Uniform	34.00	NIL
Sundries	410.67	18.00
	<hr/>	<hr/>
Total Receipts	16,410.72	15,030.49
	<hr/>	<hr/>
<u>Expenditure</u>		
Dance Teachers	6,980.00	9,008.00
Uniform/Costumes	149.58	2,872.07
Hall Hire	2,495.57	2,300.10
CVS & DBS Checks	135.00	10.00
Printing	138.00	157.64
Events	8,070.27	1,807.51
Refunds on Class Fees	402.00	NIL
New PA's	823.59	NIL
Trophies & Medals	445.34	NIL
Other Expenses	801.18	886.78
	<hr/>	<hr/>
Total Expenditure	20,440.53	17,022.10
	<hr/>	<hr/>
Surplus (deficit) for year	(4,029.81)	(1,991.61)
Bank Bal. b/f	20,177.19	
Bank Bal. c/f	16,147.38	

Approved on behalf of committee by : Chair M. J. Smith Date 30-6-25

Treasurer P. S. Date 30/6/25

Independent examiner's report

I report on the accounts of Dance 21 charity no 1188124 for the year ended 31 March 2025 which are set out on page 14

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

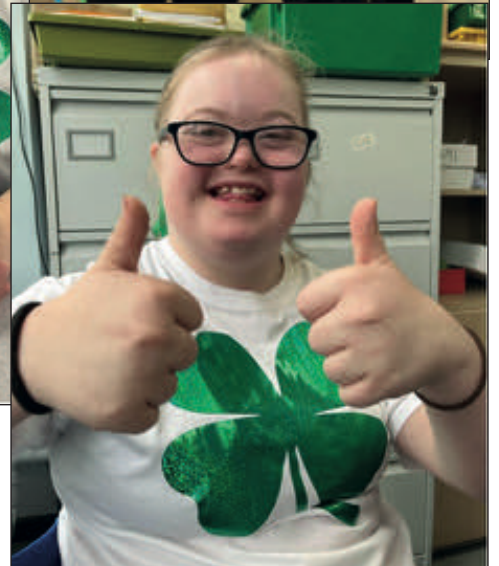
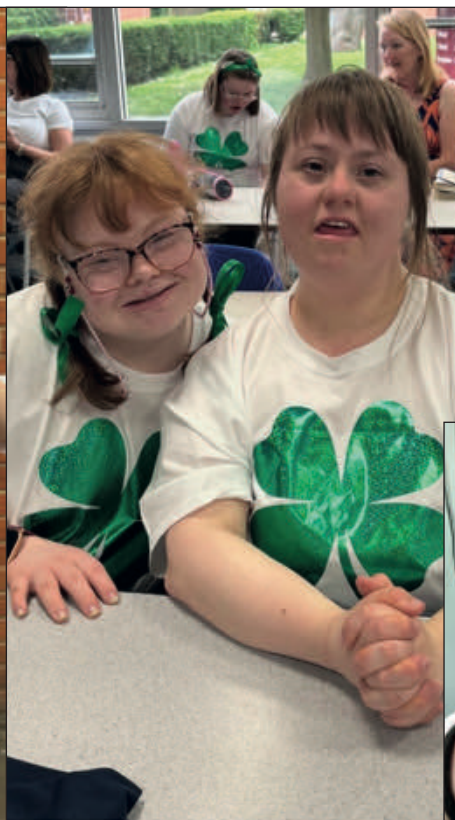
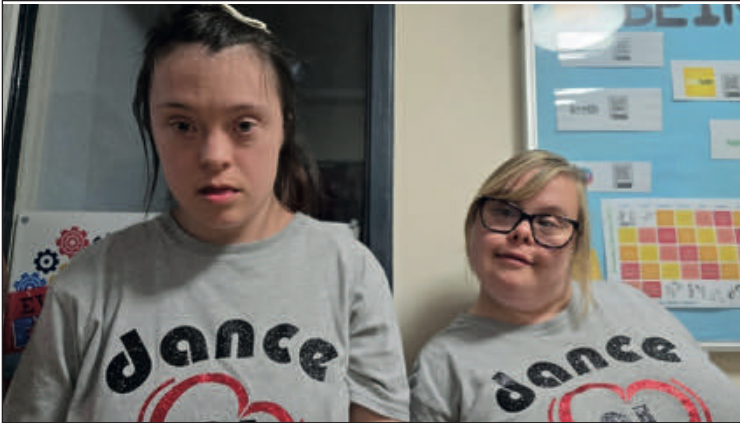
In connection with my examination, no material matters have come to my attention which gives me cause to believe that, in any material respect:

- accounting records were not kept in accordance with section 130 of the Charities 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.



Robert Andrews MA, ACIB, FCIE
3 Swards End, Wickford, SS12 9PB
12 September 2025







For children and young adults with Down Syndrome
and their siblings

Dance 21

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Registered Charity Number: 1188124

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www.facebook.com/Dance21

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