

HELP FOR HEALTH

England & Wales · Charity number 1091814

Details

Other names THE HUMBERSIDE CHARITABLE HEALTH TRUST

Status Registered

Legal form Charitable company

Company number [04372703](#)

Registered 2002-04-30

Register [View on the Charity Commission register](#)

Contact

Address Rollits Llp
Citadel House
58 High Street
Hull
HU1 1QE

Phone 01482607200

Email info@helphealth.org.uk

Website www.helphealth.org.uk

Activities

Objects: THE RELIEF OF THE SICK THE MENTALLY OR PHYSICALLY DISABLED IN PARTICULAR BUT WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING IN THE AREAS WITHIN THE ADMINISTRATIVE BOUNDARIES OF THE EAST RIDING OF YORKSHIRE THE CITY OF KINGSTON UPON HULL AND NORTH LINCOLNSHIRE AND NORTH EAST LINCOLNSHIRE BY1. THE PROVISION OF MEDICAL AND HOSPITAL TREATMENT AND CARE NOT REPLACING ANY STATUTE OBLIGATION OF GOVERNMENT.2. THE PROVISION OF MEDICAL AND HOSPITAL FACILITIES EQUIPMENT AND/OR PROVISIONS NOT REPLACING AT STATUTORY OBLIGATIONS OF GOVERNMENT.3. THE PROVISION OF GRANTS AND THE ASSISTANCE OF THE SICK MENTALLY OR PHYSICALLY DISABLED AND THEIR RESPECTIVE RELATIVES DEPENDANTS AND/OR CARERS.4. THE PROVISION OF GRANTS FOR MEDICAL RESEARCH MEDICAL EDUCATION AND MEDICALLY RELATED PROJECTS.

Activities: The charity makes grants for the relief of the sick and mentally and physically disabled

Classification

- **How:** Makes Grants To Organisations, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups

Geography

- **Area of benefit:** THE ADMINISTRATIVE BOUNDARIES OF THE EAST RIDING OF YORKSHIRE, THE CITY OF KINGSTON UPON HULL AND NORTH LINCOLNSHIRE AND NORTH EAST LINCOLNSHIRE
- East Riding Of Yorkshire
- Kingston Upon Hull City
- North East Lincolnshire
- North Lincolnshire

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£121,385	£140,010	-	-
2024-06-30	£103,498	£188,799	-	-
2023-06-30	£54,082	£154,706	-	-
2022-06-30	£27,611	£216,502	-	-
2021-06-30	£227,466	£135,414	-	-

Trustees

Name	Role	Appointed
Dr ANDREW MILNER	Chair	
ANDREW MOULD		
Carol Ann Hargreaves		2019-05-29
David Kenneth Nuttall		2020-07-15
Dr Emma Muriel Pinder		2019-05-29
Rebecca Elizabeth Foster		2023-09-13
Richard Field		2013-03-12
STUART LINDLEY SMITH		
Victoria Winterton		2015-06-03

HELP FOR HEALTH

England & Wales - Charity number 1091814

Accounts

Help For Health
(A company limited by guarantee)

Report and Financial Statements

30 June 2025



SD-0222435-1-6

Help for Health

CONTENTS	Page
Legal and administrative information	1
Report of the Board of Trustees	2 - 4
Report of the Auditors	5 - 7
Statement of financial activities	8
Balance sheet	9
Notes forming part of the financial statements	10 - 14

Help for Health

LEGAL AND ADMINISTRATIVE INFORMATION

STATUS

The organisation is a charitable company limited by guarantee (No. 4372703), incorporated on 13 February 2002 and registered as a charity on 30 April 2002 (No. 1091814). The name was changed from The Humberside Charitable Health Trust on 8 June 2010.

The company was established under a Memorandum of Association which sets out the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Board may be re-elected.

BOARD OF TRUSTEES

The following served as trustees during the year and up to the date of this report:

Dr A Milner	-	Chairman
Mr R Field		
Ms R Foster		
Ms C Hargreaves		
Mr A Mould		
Mr D K Nuttall		
Dr E Pinder		
Mr S L Smith		
Ms V Winterton		

REGISTERED OFFICE

Citadel House, 58 High Street, Hull, HU1 1QE

AUDITORS

Smailes Goldie, Regents Court, Princess Street, Hull, HU2 8BA

BANKERS

Barclays Bank

SOLICITORS

Wilkin Chapman Rollits, Citadel House, 58 High Street, Hull, HU1 1QE

INVESTMENT MANAGERS

Evelyn Partners, Central Suite, 2nd Floor, St Ann's Quay, 122 Quayside, Newcastle upon Tyne, NE1 3BD.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2025. The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

OBJECTIVES AND PUBLIC BENEFIT ACTIVITIES

The company is a charity and is established to deliver grants to relieve the sick and mentally and physically disabled and to support the development of medical research and medical sciences within Kingston upon Hull, East Riding of Yorkshire and North and North East Lincolnshire.

The charity carried out its objectives by inviting applications for grant aid from registered charities and research bodies. As a general rule, the charity does not award grants to individuals.

The Board of Trustees confirm that they have referred to the guidance contained in the Charity Commission's General Guidance on Public benefit when reviewing the aims and objectives and in planning future activities.

REVIEW OF THE YEAR INCLUDING FINANCIAL REVIEW

As with many charities and other organisations holding funds within stock market linked portfolios, Help for Health experienced a turbulent few years with the value of its investment portfolios around the time of the Covid 19 pandemic. This was followed by losses due to further well known world events. The Trustees are pleased to report that the recovery during the two years to 30 June 2024 has continued with further growth in reserves during the current year.

Following agreement between the trustees and the Charity Commission the residue of the Estate of the late Mrs L E Lazenby was transferred to Help for Health. Under the terms of her Will, this was to form a charitable trust to assist residents of the East Riding of Yorkshire with medically related expenses under terms very similar to the objectives of Help for Health. Sums received were invested in a Restricted Fund to ensure they are targeted only at the geographical area of the East Riding of Yorkshire, per her wishes. During the year to 30 June 2025 grants amounting to £5,634 (2024: £20,000) were made from the Lazenby Fund.

Further grants amounting to £83,138, as detailed on page 11, were also made during the year together with contingent commitments of a further £394,300. New funding came mainly from investment income plus realised and unrealised investment gains within the investment portfolio of £166,795 (2024: £404,896) per page 8. A positive net movement in funds of £148,170 (2024: £319,595) has been added to reserves.

As part of their continuing review, the trustees have been considering how they could assist the local area with its shortage of healthcare professionals. For an initial 3 year period it has entered into a venture with two other local charities offering bursaries to local sixth form students contemplating health related degree subjects at University but where financial issues (as defined) may restrict those ambitions. Bursaries of £14,500 (2024: £7,000) (included within the above £83,138) were paid during the year. Continuance of this project is under review before the next university year begins in Autumn 2026.

ORGANISATIONAL STRUCTURE

The full Board of Trustees generally meet bi-monthly and consider all matters relating to the charity.

FUTURE STRATEGY AND RESERVES POLICY

The charity trustees are continuing with a thorough review of their policies and futures strategy. In the meantime, it plans to make grants consistent with its objectives and as the trustees consider appropriate.

Applications are considered for healthcare provision (including facilities and equipment), medical research and medical / health related education.

No grants are made where statutory funding should apply. Trustees normally apply a minimum two year gap between grants being awarded to the same organisation and in general terms the trustees prefer not to be a sole funder of a project.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2025

The trustees are enabled to make loans to charities in appropriate circumstances. By 30 June 2025 no loans had been made, although negotiations have concluded on a loan to a local charity which the trustees now expect to be drawn down during the following year.

It is the trustees' present intention to ensure the charity's life is for at least fifteen years and to maintain reserves at levels to enable it to do so while at the same time fulfilling its objectives. At 30 June 2025, reserves amounted to £5,814,355 (2024: £5,666,185) including restricted funds of £1,023,323 (2024: £991,110).

INVESTMENT POLICY

The Board of Trustees continue to engage Evelyn Partners to manage the investment portfolio within the Evelyn Partners Personalised Investment Management Service. This enables Evelyn a greater involvement in portfolio management. Note 5 (page 12) summarises the performance of the Funds and the charges made.

Advice and guidance is sought from Evelyn Partners to ensure compliance with Charity Commission Guidance on Investment of Capital.

The funds with Evelyn Partners are invested with the aim of furthering the trustees' charitable objectives and purpose. The key investment objective is to invest the charity's longer-term capital to preserve its real value, after inflation. The focus is on investing on a total return basis and on managing the risk with the aim of ensuring, where possible, a relatively consistent return. The trustees accept some fluctuations in the value of the trust's investments, in the shorter term, in order to try and achieve returns higher than those from cash and the level of inflation and as such have invested with a moderate attitude towards risk. This involves investing across a wide range of asset classes in different markets to ensure adequate diversification and may include both active and passive investments. The investment portfolio is reviewed and, if necessary, changed on a regular basis so the agreed risk strategy is maintained. Annual meetings take place with Evelyn Partners and discussions are held from time to time during the year.

The trustees will never knowingly invest directly in a company or fund that promotes products or services which could be considered harmful to health. The base and reporting currency of the investments is Sterling while the balance of funds is held on bank current and deposit accounts.

RISK REVIEW

The Board of Trustees conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. Procedures are in place to ensure that applications for grants are considered fully and made in furtherance of the charity's objectives. The investment policy and performance are reviewed regularly.

RESPONSIBILITIES OF THE TRUSTEES

The trustees (who are also directors of Help for Health Registered Charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accountancy Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2025

The trustees, having considered all available information about their financial reserves and ongoing commitments, have a reasonable expectation that the company has adequate resources to continue its stated objectives and operational existence for a period exceeding 12 months from the date of approval of these financial statements and have therefore prepared the financial statement on a going concern basis.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

MEMBERS OF THE BOARD OF TRUSTEES

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

Trustees are already familiar with the practical work of the charity, most having been involved for a number of years. The policy for recruitment of new trustees is to provide suitable introduction and supporting documents to familiarise them with the charity and its operations. The charity is a member of Yorkshire Funders which offers support and training opportunities for trustees.

Trustees are recruited as needed to ensure that the Board has the appropriate mix of skills and experience.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of such guarantees on 30 June 2025 was 9.

INSURANCE COVER

The Company continues to have insurance, with a limit of £1m, to cover its directors against the cost of defending themselves from any civil legal proceedings taken against them. To the extent permitted by law, the Company also indemnifies its directors who are also trustees. Neither protection applies in the event of fraud or dishonesty.

AUDITORS

Smailes Goldie was re-appointed as the charitable company's auditors at the Annual General Meeting during the year and have expressed their willingness to continue in that capacity.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

The directors who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant information of which the auditors are unaware. Each of the directors have confirmed that they have taken all steps that they ought to have taken as directors to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditors.

Approved by the Board of Trustees on 18 March 2026 and signed on its behalf by:



A Milner - Chairman

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

Opinion

We have audited the financial statements of Help for Health Registered Charity (the 'charitable company') for the year ended 30 June 2025 which comprise Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 June 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this or other information, we are required to report the fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, tax legislation, data protection, anti-bribery, employment, environmental and health and safety legislation. An understanding of these laws and regulations and the extent of compliance was obtained through discussion with management and inspecting legal and regulatory correspondence.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management and considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

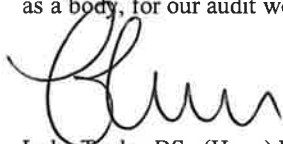
- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance; and
- enquiring of management as to actual and potential litigation and claims.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Luke Taylor BSc (Hons) FCA

Smailes Goldie
Chartered Accountants
Statutory Auditor
Regent's Court
Hull,
East Yorkshire,
HU2 8BA

Help for Health

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 JUNE 2025

	<i>Notes</i>	Unrestricted Funds £	Restricted Funds £	2025 £	2024 £
INCOMING RESOURCES					
Interest and investment income		99,223	19,275	118,498	103,453
Donations		2,887	-	2,887	45
Legacies		-	-	-	-
TOTAL INCOMING RESOURCES		102,110	19,275	121,385	103,498
RESOURCES EXPENDED					
<i>Charitable expenditure</i>					
Grants payable	2	83,138	5,634	88,772	138,432
Management and administration	2	43,942	7,296	51,238	50,367
TOTAL RESOURCES EXPENDED		127,080	12,930	140,010	188,799
NET OUTGOING RESOURCES		(24,970)	6,345	(18,625)	(85,301)
Net realised and unrealised investment gains		140,927	25,868	166,795	404,896
Net movement in funds		115,957	32,213	148,170	319,595
Total funds at 1 July 2024		4,675,075	991,110	5,666,185	5,346,590
Total funds at 30 June 2025		4,791,032	1,023,323	5,814,355	5,666,185

All operations are classed as continuing. All gains and losses recognised in the year are included above.

Help for Health

BALANCE SHEET AS AT 30 JUNE 2025

Company Registration No. 04372703

	<i>Notes</i>	2025 £	2024 £
INVESTMENTS	5	5,739,673	5,698,323
CURRENT ASSETS			
Cash at bank		79,182	6,128
Debtors	6	326	281
		<u>79,508</u>	<u>6,409</u>
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	7	4,826	38,547
NET CURRENT ASSETS / (LIABILITIES)		74,682	(32,138)
CREDITORS: AMOUNTS FALLING DUE IN OVER ONE YEAR		-	-
NET ASSETS	8	<u>5,814,355</u>	<u>5,666,185</u>
UNRESTRICTED FUNDS			
General funds	9	4,791,032	4,675,075
RESTRICTED FUNDS			
Lazenby fund	9	1,023,323	991,110
TOTAL FUNDS		<u>5,814,355</u>	<u>5,666,185</u>

The financial statements have been prepared in accordance with the provisions applicable to charitable companies, subject to the small companies' regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 13 March 2026 and were signed on its behalf by:



A Milner - Director



A Mould - Director

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2025

1 ACCOUNTING POLICIES

- (a) Help for Health is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address is given on page 1 of these financial statements.

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

- (b) Resources expended are recognised in the period in which they are incurred and are accounted for on an accrual basis. Resources expended include attributable VAT which cannot be recovered.
- (c) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (d) Restricted funds are donations and other incoming resources receivable or generated for the objects of the charity that can only be used for the purpose specified by the donor.
- (e) Listed investments are included in the accounts at Market Value. The variance between the valuation of investments at the balance sheet date and the purchase price is shown as unrealised gains or losses in the statement of financial activities.
- (f) Income

Income generally is recognised when the charity has entitlement to the funds and it is probable that the income will be received and the amount can be measured reliably.

Income from grants and legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants and legacies have been met and it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest received on funds held on deposit is included when receivable and the amount can be measured reliably by the charity.

- (g) Debtors and Creditors

Debtors are recorded at transaction price; they relate to income that has been recognised in the accounts but has not been received by the balance sheet date.

Creditors are recorded at transaction price, they relate to expenditure recognised within the accounts because a legal or constructive obligation committing the charity to that expenditure exists, but the liability has not been settled by the balance sheet date. Grants approved and committed by the balance sheet date but not paid to charities are accrued within these accounts.

- (h) Tangible Fixed Assets

Individual tangible fixed assets costing £1,000 or more are capitalised at cost.

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2025

2 TOTAL RESOURCES EXPENDED

	2025	2024
	£	£
Grants payable in furtherance of the charity's objects:		
From unrestricted funds	83,138	118,432
From restricted funds	<u>5,634</u>	<u>20,000</u>
	<u>88,772</u>	<u>138,432</u>
Unrestricted funds		
Hull Churches Home From Hospital	15,500	
Student Bursaries via JVenn	14,500	
Samaritans of Hull	10,000	
Run With It	10,000	
Local Defibrillator project (HANDS partnership)	7,500	
HEY Children's University	5,100	
VANEL	5,000	
City of Hull Street Angels	5,000	
Lincoln & Lindsey Blind Society	3,700	
Other grants of £3,000 or less	<u>6,838</u>	
	<u>83,138</u>	
Restricted funds		
Beverley RUFC Community	<u>5,634</u>	
	<u>5,634</u>	
Management and administration:		
Legal and professional (including Indemnity insurance)	450	313
Audit fee	4,900	3,698
Investment portfolio charges	43,846	42,710
Other administration	<u>2,042</u>	<u>3,646</u>
	<u>51,238</u>	<u>50,367</u>
TOTAL RESOURCES EXPENDED	<u>140,010</u>	<u>188,799</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2025

3 NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2025 £	2024 £
Auditors' remuneration: Audit	4,900	3,698

4 TAXATION

The charitable company is exempt from corporation tax on its charitable activities.

5 INVESTMENTS

	Listed Investments £	Cash and settlements pending £	Total £
Market value as at 30 June 2024	5,645,726	52,597	5,698,323
Additions	1,181,961	(1,181,961)	-
Disposals	(1,367,682)	1,367,682	-
Cash funds in/(out)	-	(200,000)	(200,000)
Charges	-	(43,846)	(43,846)
Investment income	-	118,401	118,401
Gains/(losses) on disposals	86,059	-	86,059
Gains/(losses) on revaluation	80,736	-	80,736
Market value 30 June 2025	5,626,800	112,873	5,739,673

6 DEBTORS

	2025 £	2024 £
Debtors	326	281

7 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Accruals (including grants approved by the balance sheet date)	4,827	38,547

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Fund £	2025 £	2024 £
Investments	4,826,126	913,547	5,739,673	5,698,323
Current assets	(30,268)	109,776	79,508	6,409
Creditors	(4,826)	-	(4,826)	(38,547)
NET ASSETS AT 30 JUNE 2025	4,791,032	1,023,323	5,814,355	5,666,185

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2025

9 MOVEMENTS IN FUNDS

Movements in funds are as follows:

	At 1 July 2024 £	Incoming Resources and investment gains £	Outgoing Resources £	At 30 June 2025 £
UNRESTRICTED FUNDS:				
General funds	<u>4,675,075</u>	<u>243,037</u>	<u>127,080</u>	<u>4,791,032</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>991,110</u>	<u>45,143</u>	<u>12,930</u>	<u>1,023,323</u>

Comparatives for movements in funds are as follows:

	At 1 July 2023 £	Incoming Resources and investment gains £	Outgoing Resources £	At 30 June 2024 £
UNRESTRICTED FUNDS:				
General funds	<u>4,423,685</u>	<u>412,139</u>	<u>160,749</u>	<u>4,675,075</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>922,905</u>	<u>96,255</u>	<u>28,050</u>	<u>991,110</u>

The Lazenby fund is restricted only for projects within the East Riding, not Hull. The main purpose is to assist the residents of the East Riding of Yorkshire with medically related expenses under terms very similar to the objectives of Help for Health.

10 CONTINGENT LIABILITIES

On 30 June 2025 contingent liabilities totalled £394,300. These consist of grants approved subject to certain stated conditions being met.

During a year it is not unusual for the trustees to receive requests for funding towards all manner of charitable projects. If the success of such projects is dependent upon external factors such as third-party grant applications and regulatory issues, the trustees may agree a grant but only as the final tranche of funding required for the project to proceed. A number of such pledges were outstanding on 30 June 2025 but no other funds had been committed at that date with any certainty.

11 TRUSTEES' REMUNERATION AND BENEFITS

No remuneration was paid to the trustees and no payments were made to third parties on behalf of the trustees.

Trustees' expenses

£239 (2024: £312) was paid to 3 trustees (2024 - 1) in respect of travel and administrative expenses. The trustees operate an approved travel expenses policy.

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2025

12 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOMING RESOURCES			
Interest and investment income	83,663	19,790	103,453
Donations and transfers	45	-	45
TOTAL INCOMING RESOURCES	83,708	19,790	103,498
RESOURCES EXPENDED			
Charitable expenditure			
Grants payable	118,432	20,000	138,432
Management and administration	42,317	8,050	50,367
TOTAL RESOURCES EXPENDED	160,749	28,050	188,799
NET OUTGOING RESOURCES			
Investment gains and losses	(77,041)	(8,260)	(85,301)
	328,431	76,465	404,896
Net movement in funds	251,390	68,205	319,595
Total funds brought forward	4,423,685	922,905	5,346,590
Total funds carried forward	4,675,075	991,110	5,666,185

13 RELATED PARTY DISCLOSURE

During the year grants totalling £5,100 (2024: £24,193) were awarded to the HEY Smile Foundation, a charity with a common trustee.

HELP FOR HEALTH

England & Wales - Charity number 1091814

Accounts



Smailes Goldie
CHARTERED ACCOUNTANTS

Charity No. 109181
Company Registration No. 04372703

Help For Health

(A company limited by guarantee)

Report and Financial Statements

30 June 2024



SD-0217749-1-6



'Help for Health

CONTENTS

Page

Legal and administrative information	1
Report of the Board of Trustees	2 - 4
Report of the Auditors	5 - 7
Statement of financial activities	8
Balance sheet	9
Notes forming part of the financial statements	10 - 14

Help for Health

LEGAL AND ADMINISTRATIVE INFORMATION

STATUS

The organisation is a charitable company limited by guarantee (No. 04372703), incorporated on 13 February 2002 and registered as a charity on 30 April 2002 (No. 1091814). The name was changed from The Humberside Charitable Health Trust on 8 June 2010.

The company was established under a Memorandum of Association which sets out the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Board may be re-elected.

BOARD OF TRUSTEES

The following served as trustees during the year and up to the date of this report:

Dr A Milner	-	Chairman
Mr R Field		
Ms R Foster	-	Appointed 13 September 2023
Ms C Hargreaves		
Mr A Mould		
Mr D K Nuttall		
Dr E Pinder		
Mr S L Smith		
Ms V Winterton		

REGISTERED OFFICE

Citadel House, 58 High Street, Hull, HU1 1QE

AUDITORS

Smailes Goldie, Regents Court, Princess Street, Hull, HU2 8BA

BANKERS

Barclays Bank

SOLICITORS

Rollits LLP, Citadel House, 58 High Street, Hull, HU1 1QE

INVESTMENT MANAGERS

Evelyn Partners Financial Planning Limited, Central Suite, 2nd Floor, St Ann's Quay, 122 Quayside, Newcastle upon Tyne, NE1 3BD.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2024. The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

OBJECTIVES AND PUBLIC BENEFIT ACTIVITIES

The company is a charity and is established to deliver grants to relieve the sick and mentally and physically disabled and to support the development of medical research and medical sciences within Kingston upon Hull, East Riding of Yorkshire and North and North East Lincolnshire.

The charity carried out its objectives by inviting applications for grant aid from registered charities and research bodies. As a general rule, the charity does not award grants to individuals.

The Board of Trustees confirm that they have referred to the guidance contained in the Charity Commission's General Guidance on Public benefit when reviewing the aims and objectives and in planning future activities.

REVIEW OF THE YEAR INCLUDING FINANCIAL REVIEW

As with many charities and other organisations holding funds within stock market linked portfolios, Help for Health experienced a significant fall in the value of its investment portfolios immediately following the start of the first Lockdown brought about by the Covid 19 pandemic in March 2020. Although values recovered by the end of the financial year to 30 June 2021, world events outside of our control led to further significant losses experienced during the year to 30 June 2022. We were pleased to see a recovery during the two years to 30 June 2024.

Following agreement between the trustees and the Charity Commission the residue of the Estate of the late Mrs L. E. Lazenby was able to be transferred to Help for Health. Under the terms of her Will, the residue of her Estate was to form a charitable trust to assist residents of the East Riding of Yorkshire with medically related expenses under terms very similar to the objectives of Help for Health. Sums received are invested in a Restricted Fund to ensure they are targeted only at the geographical area of the East Riding of Yorkshire, per her wishes. During the year to 30 June 2024 grants amounting to £20,000 were made from the Lazenby Fund.

Further grants amounting to £118,432, as detailed on page 11, were also made during the year together with contingent commitments of a further £158,800. New funding came mainly from investment income and realised and unrealised investment gains within the investment portfolio of £404,896 per page 8. A positive net movement in funds of £319,595 has been added to reserves.

As part of their continuing review, the trustees have been considering how they could assist the local area which suffers from a shortage of healthcare professionals. It was therefore delighted to enter into a venture with two other local charities offering bursaries to local sixth form students contemplating health related degree subjects at University but where financial issues (as defined) may restrict those ambitions. Bursaries of £7,000 (included within the above £118,432) were paid during the year and this project is expected to continue in future years.

ORGANISATIONAL STRUCTURE

The full Board of Trustees aim to meet bi-monthly and consider all matters relating to the charity.

FUTURE STRATEGY AND RESERVES POLICY

The charity trustees are continuing with a thorough review of their policies and futures strategy. In the meantime, it plans to make grants consistent with its objectives and as the trustees consider appropriate.

Applications are considered for healthcare provision (including facilities and equipment), medical research and medical / health related education.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2024

No grants are made where statutory funding should apply. Trustees normally apply a minimum two year gap between grants being awarded to the same organisation and in general terms the trustees prefer not to be a sole funder of a project.

During the year the trustees voted unanimously to change its Articles to enable it to make loans to charities in appropriate circumstances. By 30 June 2024 no loans had been made, although negotiations have concluded on a loan to a local charity which the trustees expect to be drawn down during the following year.

It is the trustees' present intention to ensure the charity's life is for at least fifteen years and to maintain reserves at levels to enable it to do so while at the same time fulfilling its objectives. At 30 June 2024, reserves amounted to £5,666,185 (2023: £5,346,590) including restricted funds of £991,110 (2023: £922,905).

INVESTMENT POLICY

The Board of Trustees has continued to engage Evelyn Partners to manage our investment portfolio within the Evelyn Partners Personalised Investment Management Service. This enables Evelyn a greater involvement in our portfolio management over individual fund managers thereby making it easier to manage our requirements. Note 5 summarises the performance of the Funds and the charges made.

Advice and guidance is sought from Evelyn Partners Financial Planning Limited to ensure compliance with Charity Commission Guidance on Investment of Capital.

The funds with Evelyn Partners are invested with the aim of furthering our charitable objectives and purpose. Our key investment objective is to invest the charity's longer-term capital to preserve its real value, after inflation. The focus is on investing on a total return basis and on managing the risk with the aim of ensuring where possible a relatively consistent return. The trustees accept some fluctuations in the value of the trust's investments, in the shorter term, in order to try and achieve returns higher than those from cash and the level of inflation and as such have invested with a moderate attitude towards risk. This involves investing across a wide range of asset classes in different markets to ensure adequate diversification and may include both active and passive investments. The investment portfolio is reviewed and, if necessary, changed on a regular basis so the agreed risk strategy is maintained. Annual meetings take place with Evelyn Partners and discussions are held from time to time during the year.

The trustees will never knowingly invest directly in a company or fund that promotes products or services which could be considered harmful to health. The base and reporting currency of the investments is Sterling while the balance of funds is held on bank current and deposit accounts.

RISK REVIEW

The Board of Trustees conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. Procedures are in place to ensure that applications for grants are considered fully and made in furtherance of the charity's objectives. The investment policy and performance are reviewed regularly.

RESPONSIBILITIES OF THE TRUSTEES

The trustees (who are also directors of Help for Health Registered Charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accountancy Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2024

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees, having considered all available information about their financial reserves and ongoing commitments, have a reasonable expectation that the company has adequate resources to continue its stated objectives and operational existence for a period exceeding 12 months from the date of approval of these financial statements and have therefore prepared the financial statements on a going concern basis.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

MEMBERS OF THE BOARD OF TRUSTEES

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

Trustees are already familiar with the practical work of the charity, most having been involved for a number of years. The policy for recruitment of new trustees is to provide suitable introduction and supporting documents to familiarise them with the charity and its operations. The charity has become a full member of Yorkshire Funders which offers support and training opportunities for trustees.

Trustees are recruited as needed to ensure that the Board has the appropriate mix of skills and experience.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of such guarantees on 30 June 2024 was 9.

INSURANCE COVER

The Company continues to have insurance, with a limit of £1m, to cover its directors against the cost of defending themselves from any civil legal proceedings taken against them. To the extent permitted by law, the Company also indemnifies its directors who are also trustees. Neither protection applies in the event of fraud or dishonesty.

AUDITORS

Smailes Goldie was re-appointed as the charitable company's auditors at the Annual General Meeting during the year and have expressed their willingness to continue in that capacity.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

The directors who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant information of which the auditors are unaware. Each of the directors have confirmed that they have taken all steps that they ought to have taken as directors to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditors.

Approved by the Board of Trustees on 14 March 2025 and signed on its behalf by:



A Milner - Chairman

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

Opinion

We have audited the financial statements of Help for Health Registered Charity (the 'charitable company') for the year ended 30 June 2024 which comprise Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 June 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this or other information, we are required to report the fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, tax legislation, data protection, anti-bribery, employment, environmental and health and safety legislation. An understanding of these laws and regulations and the extent of compliance was obtained through discussion with management and inspecting legal and regulatory correspondence.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management and considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance; and
- enquiring of management as to actual and potential litigation and claims.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Lamb FCA CF (Senior Statutory Auditor)
For and on behalf of Smailes Goldie
Chartered Accountants
Statutory Auditor
Regent's Court
Hull, HU2 8BA

14/3/2025

Help for Health

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 JUNE 2024

	<i>Notes</i>	Unrestricted Funds £	Restricted Funds £	2024 £	2023 £
INCOMING RESOURCES					
Interest and investment income		83,663	19,790	103,453	51,707
Donations		45	-	45	1,375
Legacies		-	-	-	-
Reclaimed grant		-	-	-	1,000
TOTAL INCOMING RESOURCES		83,708	19,790	103,498	54,082
RESOURCES EXPENDED					
<i>Charitable expenditure</i>					
Grants payable	2	118,432	20,000	138,432	117,337
Management and administration	2	42,317	8,050	50,367	37,369
TOTAL RESOURCES EXPENDED		160,749	28,050	188,799	154,706
NET OUTGOING RESOURCES		(77,041)	(8,260)	(85,301)	(100,624)
Net realised and unrealised investment gains		328,431	76,465	404,896	83,795
Net movement in funds		251,390	68,205	319,595	(16,829)
Total funds at 1 July 2023		4,423,685	922,905	5,346,590	5,363,419
Total funds at 30 June 2024		4,675,075	991,110	5,666,185	5,346,590

All operations are classed as continuing. All gains and losses recognised in the year are included above.

Help for Health

BALANCE SHEET AS AT 30 JUNE 2024

Company Registration No. 04372703

	<i>Notes</i>	2024 £	2023 £
INVESTMENTS	5	5,698,323	5,232,754
CURRENT ASSETS			
Cash at bank		6,128	124,265
Debtors	6	281	170
		<u>6,409</u>	<u>124,435</u>
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	7	<u>38,547</u>	<u>10,599</u>
NET CURRENT (LIABILITIES) / ASSETS		(32,138)	113,836
CREDITORS: AMOUNTS FALLING DUE IN OVER ONE YEAR		-	-
NET ASSETS	8	<u>5,666,185</u>	<u>5,346,590</u>
UNRESTRICTED FUNDS			
General funds	9	4,675,075	4,423,685
RESTRICTED FUNDS			
Lazenby fund	9	991,110	922,905
TOTAL FUNDS		<u>5,666,185</u>	<u>5,346,590</u>

The financial statements have been prepared in accordance with the provisions applicable to charitable companies, subject to the small companies' regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 14 March 2025 and were signed on its behalf by:


A Milner - Director


A Mould - Director

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2024

1 ACCOUNTING POLICIES

- (a) Help for Health is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address is given on page 1 of these financial statements.

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)'. Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

- (b) Resources expended are recognised in the period in which they are incurred and are accounted for on an accrual basis. Resources expended include attributable VAT which cannot be recovered.
- (c) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (d) Restricted funds are donations and other incoming resources receivable or generated for the objects of the charity that can only be used for the purpose specified by the donor.
- (e) Listed investments are included in the accounts at Market Value. The variance between the valuation of investments at the balance sheet date and the purchase price is shown as unrealised gains or losses in the statement of financial activities.
- (f) Income

Income generally is recognised when the charity has entitlement to the funds and it is probable that the income will be received and the amount can be measured reliably.

Income from grants and legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants and legacies have been met and it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest received on funds held on deposit is included when receivable and the amount can be measured reliably by the charity.

- (g) Debtors and Creditors

Debtors are recorded at transaction price; they relate to income that has been recognised in the accounts but has not been received by the balance sheet date.

Creditors are recorded at transaction price, they relate to expenditure recognised within the accounts because a legal or constructive obligation committing the charity to that expenditure exists, but the liability has not been settled by the balance sheet date. Grants approved and committed by the balance sheet date but not paid to charities are accrued within these accounts.

- (h) Tangible Fixed Assets

Individual tangible fixed assets costing £1,000 or more are capitalised at cost.

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2024

2 TOTAL RESOURCES EXPENDED

	2024	2023
	£	£
Grants payable in furtherance of the charity's objects:		
From unrestricted funds	118,432	85,040
From restricted funds	<u>20,000</u>	<u>32,297</u>
	<u>138,432</u>	<u>117,337</u>
Unrestricted funds		
Health Stars -- tranche 2	50,000	
HEY Smile Foundation	24,193	
MacMillan Cancer Support	15,000	
Student Bursaries via JVen	7,000	
Local Defibrillator project (HANDS)	6,859	
St Andrew's Hospice	6,000	
Team Teeth Limited	5,000	
Other grants of £2,500 or less	<u>4,380</u>	
	<u>118,432</u>	
Restricted funds		
Mires Beck Nursery -- tranche 2	15,000	
Beverley Community Lift	<u>5,000</u>	
	<u>20,000</u>	
Management and administration:		
Legal and professional (including Indemnity insurance)	313	534
Audit fee	3,698	8,400
Investment portfolio charges	42,710	28,006
Other administration	<u>3,646</u>	<u>429</u>
	<u>50,367</u>	<u>37,369</u>
TOTAL RESOURCES EXPENDED	<u>188,799</u>	<u>154,706</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2024

3 NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2024 £	2023 £
Auditors' remuneration: Audit and accounting services	<u>3,698</u>	<u>8,400</u>

4 TAXATION

The charitable company is exempt from corporation tax on its charitable activities.

5 INVESTMENTS

	Listed Investments £	Cash and settlements pending £	Total £
Market value as at 30 June 2023	4,996,725	236,029	5,232,754
Additions	987,694	(987,694)	-
Disposals	(743,589)	743,589	-
Cash funds in/(out)	-	-	-
Charges	-	(42,710)	(42,710)
Investment income	-	103,383	103,383
Gains/(losses) on disposal/revaluation	404,896	-	404,896
Market value 30 June 2024	<u>5,645,726</u>	<u>52,597</u>	<u>5,698,323</u>

6 DEBTORS

	2024 £	2023 £
Debtors	<u>281</u>	<u>170</u>

7 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Accruals (including grants approved by the balance sheet date)	<u>38,547</u>	<u>10,599</u>

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Fund £	2024 £	2023 £
Investments	4,622,622	1,075,701	5,698,323	5,232,754
Current assets	91,000	(84,591)	6,409	124,435
Creditors	(38,547)	-	(38,547)	(10,599)
NET ASSETS AT 30 JUNE 2024	<u>4,675,075</u>	<u>991,110</u>	<u>5,666,185</u>	<u>5,346,590</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2024

9 MOVEMENTS IN FUNDS

Movements in funds are as follows:

	At 1 July 2023 £	Incoming Resources £	Outgoing Resources £	At 30 June 2024 £
UNRESTRICTED FUNDS:				
General funds	<u>4,423,685</u>	<u>412,139</u>	<u>160,749</u>	<u>4,675,075</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>922,905</u>	<u>96,255</u>	<u>28,050</u>	<u>991,110</u>

Comparatives for movements in funds are as follows:

	At 1 July 2022 £	Incoming Resources £	Outgoing Resources £	At 30 June 2023 £
UNRESTRICTED FUNDS:				
General funds	<u>4,432,179</u>	<u>107,675</u>	<u>116,169</u>	<u>4,423,685</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>931,240</u>	<u>30,202</u>	<u>38,537</u>	<u>922,905</u>

10 CONTINGENT LIABILITIES

On 30 June 2024 contingent liabilities totalled £158,800. These consist of grants approved but not payable until stated conditions have been met.

During a year it is not unusual for the trustees to receive requests for funding towards all manner of charitable projects. If the success of such projects is dependent upon external factors such as third-party grant applications and regulatory issues, the trustees may agree a grant but only as the final tranche of funding required for the project to proceed. A number of such pledges were outstanding on 30 June 2024 but no other funds had been committed at that date with any certainty.

11 TRUSTEES' REMUNERATION AND BENEFITS

No remuneration was paid to the trustees and no payments were made to third parties on behalf of the trustees.

Trustees' expenses

The trustees were reimbursed expenses during the year of £312 (2023 £44). This equates to administrative expenses paid via personal payment cards.

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2024

12 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOMING RESOURCES			
Interest and investment income	41,365	10,342	51,707
Donations and transfers	1,375	-	1,375
Reclaimed grant	1,000	-	1,000
TOTAL INCOMING RESOURCES	43,740	10,342	54,082
RESOURCES EXPENDED			
Charitable expenditure			
Grants payable	85,040	32,297	117,337
Management and administration	31,129	6,240	37,369
TOTAL RESOURCES EXPENDED	116,169	38,537	154,706
NET OUTGOING RESOURCES			
Investment gains and losses	(72,429)	(28,195)	(100,624)
	63,935	19,860	83,795
Net movement in funds	(8,494)	(8,335)	(16,829)
Total funds brought forward	4,432,179	931,240	5,363,419
Total funds carried forward	4,423,685	922,905	5,346,590

13 RELATED PARTY DISCLOSURE

During the year grants totalling £24,193 were awarded to the Hey Smile Foundation, a charity with a common trustee (2023: Nil).

HELP FOR HEALTH

England & Wales - Charity number 1091814

Accounts



Smailes Goldie Group
CREATING ADVANTAGE

Charity No. 1091814
Company Registration No. 04372703

Help For Health

(A company limited by guarantee)

Report and Financial Statements

30 June 2023



SD-0213151-1-6

Help for Health

CONTENTS

Legal and administrative information

Report of the Board of Trustees

Report of the Auditors

Statement of financial activities

Balance sheet

Notes forming part of the financial statements

Help for Health

LEGAL AND ADMINISTRATIVE INFORMATION

STATUS

The organisation is a charitable company limited by guarantee (No. 04372703), incorporated on 13 February 2002 and registered as a charity on 30 April 2002 (No. 1091814). The name was changed from The Humberside Charitable Health Trust on 8 June 2010.

The company was established under a Memorandum of Association which sets out the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Board may be re-elected.

BOARD OF TRUSTEES

The following served as trustees during the year and up to the date of this report:

Dr A Milner	-	Chairman
Mr R Field		
Ms R Foster	-	Appointed 13 September 2023
Ms C Hargreaves		
Professor P W R Lee	-	Resigned 7 December 2022
Mr A Mould		
Mr D K Nuttall		
Dr E Pinder		
Mr S L Smith		
Ms V Winterton		

REGISTERED OFFICE

Citadel House, 58 High Street, Hull, HU1 1QE

AUDITORS

Smailes Goldie, Regents Court, Princess Street, Hull, HU2 8BA

BANKERS

Barclays Bank

SOLICITORS

Rollits LLP, Citadel House, 58 High Street, Hull, HU1 1QE

INVESTMENT MANAGERS

Evelyn Partners Financial Planning Limited, Central Suite, 2nd Floor, St Ann's Quay, 122 Quayside, Newcastle upon Tyne, NE1 3BD.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2023. The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

OBJECTIVES AND PUBLIC BENEFIT ACTIVITIES

The company is a charity and is established to deliver grants to relieve the sick and mentally and physically disabled and to support the development of medical research and medical sciences within Kingston upon Hull, East Riding of Yorkshire and North and North East Lincolnshire.

The charity carried out its objectives by inviting applications for grant aid and considering all those received.

The Board of Trustees confirm that they have referred to the guidance contained in the Charity Commission's General Guidance on Public benefit when reviewing the aims and objectives and in planning future activities.

REVIEW OF THE YEAR INCLUDING FINANCIAL REVIEW

As with many charities and other organisations holding funds within stock market linked portfolios, Help for Health experienced a significant fall in the value of its investment portfolios immediately following the start of the first Lockdown brought about by the Covid 19 pandemic in March 2020. Although values recovered by the end of the financial year to 30 June 2021, world events outside of our control led to further significant losses experienced during the year to 30 June 2022 as detailed in Note 12 to these accounts. We are pleased to see a small recovery during the year to 30 June 2023, considering a cash withdrawal used to pursue our charitable objectives, as detailed in Note 5.

Following agreement between the trustees and the Charity Commission the residue of the Estate of the late Mrs L E Lazenby was able to be transferred to Help for Health. Under the terms of her Will, the residue of her Estate was to form a charitable trust to assist residents of the East Riding of Yorkshire with medically related expenses under terms very similar to the objectives of Help for Health. Sums received are invested in a Restricted Fund to ensure they are targeted only at the geographical area of the East Riding of Yorkshire, per her wishes. During the year to 30 June 2023 grants amounting to £32,297 were made from the Lazenby Fund.

Further grants amounting to £85,040, as detailed on page 11, were also made during the year together with firm commitments of a further £65,000. New funding came from donations and investment income. However, the net outgoing resources for the year amounted to £16,829, per page 8, despite realised and unrealised investment gains within the investment portfolio of £83,795, and this sum has been deducted from reserves.

The Trustees wish to express their gratitude for all donations received.

ORGANISATIONAL STRUCTURE

The full Board of Trustees aim to meet bi-monthly and consider all matters relating to the charity.

FUTURE STRATEGY AND RESERVES POLICY

The charity trustees are continuing with a thorough review of their policies and futures strategy. In the meantime, it plans to make grants consistent with its objectives and as the trustees consider appropriate.

Applications are considered for healthcare provision (including facilities and equipment), medical research and medical education.

No grants are made where statutory funding should apply. Trustees normally apply a minimum two year gap between grants being awarded to the same organisation and in general terms the trustees prefer not to be a sole funder of a project.

During the year the trustees voted unanimously to change its Articles to enable it to make loans to charities in appropriate circumstances. By 30 June 2023 no loans had been made.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2023

It is the trustees' present intention to ensure the charity's life is for at least fifteen years and to maintain reserves at levels to enable it to do so while at the same time fulfilling its objectives. At 30 June 2023, reserves amounted to £5,346,590 (2022: £5,363,419) including restricted funds of £922,905 (2022: £931,240).

INVESTMENT POLICY

Shortly after the commencement of this financial year, under advice from Evelyn Partners, the Board of Trustees switched our investment portfolio from a unitary, "fund of funds" (a discretionary Management Service) to the Evelyn Partners Personalised Investment Management Service. This enables Evelyn a greater involvement in our portfolio management over individual fund managers thereby making it easier to manage our requirements. This led to a disposal of the old fund and an investment in new funds as shown in note 5. Overall fees have fallen although a higher proportion is charged separately and less charged within the funds. This is also shown in note 5 and ensures greater transparency.

Advice and guidance is sought from Evelyn Partners Financial Planning Limited to ensure compliance with Charity Commission Guidance on Investment of Capital.

The funds with Evelyn Partners are invested with the aim of furthering our charitable objectives and purpose. Our key investment objective is to invest the charity's longer-term capital to preserve its real value, after inflation. The focus is on investing on a total return basis and on managing the risk with the aim of ensuring where possible a relatively consistent return. The trustees accept some fluctuations in the value of the trust's investments, in the shorter term, in order to try and achieve returns higher than those from cash and the level of inflation and as such have invested with a moderate attitude towards risk. This involves investing across a wide range of asset classes in different markets to ensure adequate diversification and may include both active and passive investments. The investment portfolio is reviewed and, if necessary, changed on a regular basis so the agreed risk strategy is maintained. Annual meetings take place with Evelyn Partners and discussions are held from time to time during the year.

The trustees will never knowingly invest directly in a company or fund that promotes products or services which could be considered harmful to health. The base and reporting currency of the investments is Sterling while the balance of funds is held on bank current and deposit accounts.

RISK REVIEW

The Board of Trustees conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. Procedures are in place to ensure that applications for grants are considered fully and made in furtherance of the charity's objectives. The investment policy and performance are reviewed regularly.

RESPONSIBILITIES OF THE TRUSTEES

The trustees (who are also directors of Help for Health Registered Charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accountancy Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2023

MEMBERS OF THE BOARD OF TRUSTEES

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

Most trustees are already familiar with the practical work of the charity, having been involved for a number of years. The policy for recruitment of new trustees is to provide suitable introduction and supporting documents to familiarise them with the charity and its operations.

Trustees are recruited as needed to ensure that the Board has the appropriate mix of skills and experience.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of such guarantees on 30 June 2023 was 8.

After 21 years dedicated support, founding trustee Peter Lee, former consultant surgeon, has retired. Peter has made an enormous contribution, to the success of Help for Health, over the 21 years, including being an author of local history books, the profits from which have been given to the charity.

Also, this year saw the retirement of our Secretary to the Board who gave our charity hundreds of volunteer hours during the same 21 years.

Our grateful thanks go out to both with our wishes for a happy retirement.

INSURANCE COVER

The Company continues to have insurance, with a limit of £1m, to cover its directors against the cost of defending themselves from any civil legal proceedings taken against them. To the extent permitted by law, the Company also indemnifies its directors who are also trustees. Neither protection applies in the event of fraud or dishonesty.

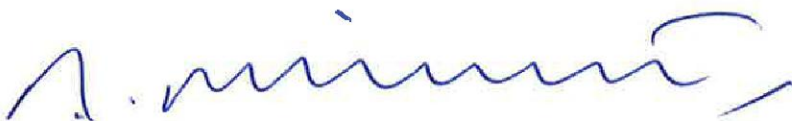
AUDITORS

Smailes Goldie was re-appointed as the charitable company's auditors at the Annual General Meeting during the year and have expressed their willingness to continue in that capacity.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

The directors who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant information of which the auditors are unaware. Each of the directors have confirmed that they have taken all steps that they ought to have taken as directors to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditors.

Approved by the Board of Trustees on ¹⁰ March 2024 and signed on its behalf by:



A Milner - Director

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

Opinion

We have audited the financial statements of Help for Health Registered Charity (the 'charitable company') for the year ended 30 June 2023 which comprise Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 June 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this or other information, we are required to report the fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, tax legislation, data protection, anti-bribery, employment, environmental and health and safety legislation. An understanding of these laws and regulations and the extent of compliance was obtained through discussion with management and inspecting legal and regulatory correspondence.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management and considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

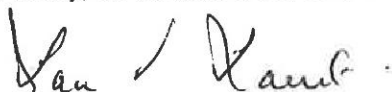
- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance; and
- enquiring of management as to actual and potential litigation and claims.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Lamb FCA CF (Senior Statutory Auditor)
For and on behalf of Smailes Goldie
Chartered Accountants
Statutory Auditor
Regent's Court
Hull, HU2 8BA

10th March, 2024

Help for Health

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 JUNE 2023

	<i>Notes</i>	Un-restricted Funds £	Restricted Funds £	2023 £	2022 £
INCOMING RESOURCES					
Interest and investment income		41,365	10,342	51,707	27,561
Donations		1,375	-	1,375	50
Legacies		-	-	-	-
Reclaimed grant		1,000	-	1,000	-
TOTAL INCOMING RESOURCES		43,740	10,342	54,082	27,611
RESOURCES EXPENDED					
<i>Charitable expenditure</i>					
Grants payable	2	85,040	32,297	117,337	210,401
Management and administration	2	31,129	6,240	37,369	6,101
TOTAL RESOURCES EXPENDED		116,169	38,537	154,706	216,502
NET OUTGOING RESOURCES		(72,429)	(28,195)	(100,624)	(188,891)
Realised and unrealised investment gains and losses		63,935	19,860	83,795	(239,403)
Net movement in funds		(8,494)	(8,335)	(16,829)	(428,294)
Total funds at 1 July 2022		4,432,179	931,240	5,363,419	5,791,713
Total funds at 30 June 2023		4,423,685	922,905	5,346,590	5,363,419

All operations are classed as continuing. All gains and losses recognised in the year are included above.

Help for Health

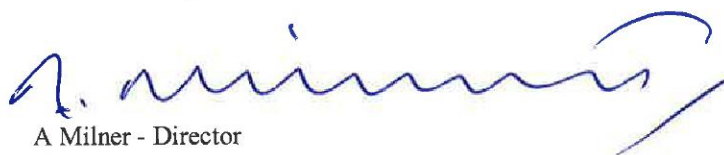
BALANCE SHEET AS AT 30 JUNE 2023

Company Registration No. 4372703

	Notes	2023 £	2022 £
INVESTMENTS	5	5,232,754	5,325,275
CURRENT ASSETS			
Cash at bank		124,265	40,797
Debtors	6	170	-
		<u>124,435</u>	<u>40,797</u>
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	7	<u>10,599</u>	<u>2,653</u>
NET CURRENT ASSETS		113,836	38,144
CREDITORS: AMOUNTS FALLING DUE IN OVER ONE YEAR		-	-
NET ASSETS	8	<u>5,346,590</u>	<u>5,363,419</u>
UNRESTRICTED FUNDS			
General funds	9	4,423,685	4,432,179
RESTRICTED FUNDS			
Lazenby fund	9	<u>922,905</u>	<u>931,240</u>
TOTAL FUNDS		<u>5,346,590</u>	<u>5,363,419</u>

The financial statements have been prepared in accordance with the provisions applicable to charitable companies, subject to the small companies' regime.

The financial statements were approved by the Board of Trustees and authorised for issue on ¹⁰ March 2024 and were signed on its behalf by:



A Milner - Director



A Mould - Director

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2023

1 ACCOUNTING POLICIES

- (a) Help for Health is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address is given on page 1 of these financial statements.

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)'. Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

- (b) Resources expended are recognised in the period in which they are incurred and are accounted for on an accrual basis. Resources expended include attributable VAT which cannot be recovered.
- (c) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (d) Restricted funds are donations and other incoming resources receivable or generated for the objects of the charity that can only be used for the purpose specified by the donor.
- (e) Listed investments are included in the accounts at Market Value. The variance between the valuation of investments at the balance sheet date and the purchase price is shown as unrealised gains or losses in the statement of financial activities.
- (f) Income

Income generally is recognised when the charity has entitlement to the funds and it is probable that the income will be received and the amount can be measured reliably.

Income from grants and legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants and legacies have been met and it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest received on funds held on deposit is included when receivable and the amount can be measured reliably by the charity.

- (g) Debtors and Creditors

Debtors are recorded at transaction price; they relate to income that has been recognised in the accounts but has not been received by the balance sheet date.

Creditors are recorded at transaction price, they relate to expenditure recognised within the accounts because a legal or constructive obligation committing the charity to that expenditure exists, but the liability has not been settled by the balance sheet date. Grants approved and committed by the balance sheet date but not paid to charities are accrued within these accounts.

- (h) Tangible Fixed Assets

Individual tangible fixed assets costing £1,000 or more are capitalised at cost.

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2023

2 TOTAL RESOURCES EXPENDED

	2023	2022
	£	£
Grants payable in furtherance of the charity's objects:		
From unrestricted funds	85,040	129,066
From restricted funds	<u>32,297</u>	<u>81,335</u>
	<u>117,337</u>	<u>210,401</u>
Unrestricted funds		
University of Hull Scholarships	50,000	
Run With It	13,250	
Hull Churches Home from Hospital	8,315	
Downright Special	3,672	
Living Paintings	3,000	
REACT	2,166	
Other grants of £2,000 or less	<u>4,637</u>	
	<u>85,040</u>	
Restricted funds		
Mires Beck Nursery	15,000	
Teenage Cancer Trust (Castle Hill)	8,700	
Linkage Community Trust	8,000	
Other grants of £1,000 or less	<u>597</u>	
	<u>32,297</u>	
Management and administration:		
Legal and professional (including Indemnity insurance)	534	545
Audit fee	8,400	2,766
Investment portfolio charges	28,006	2,760
Other administration	<u>429</u>	<u>30</u>
	<u>37,369</u>	<u>6,101</u>
TOTAL RESOURCES EXPENDED	<u>154,706</u>	<u>216,502</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2023

3 NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2023 £	2022 £
Auditors' remuneration: Audit and accounting services	<u>8,400</u>	<u>2,766</u>

4 TAXATION

The charitable company is exempt from corporation tax on its charitable activities.

5 INVESTMENTS

	Listed Investments £	Cash and settlements pending £	Total £
Market value as at 30 June 2022	5,325,275	-	5,325,275
Additions	5,993,350	(5,993,350)	-
Disposals	(6,405,695)	6,405,695	-
Cash funds in/(out)	-	(200,000)	(200,000)
Charges	-	(28,006)	(28,006)
Investment income	-	51,690	51,689
Gains/(losses) on disposal/revaluation	83,795	-	83,795
	<u>4,996,725</u>	<u>236,029</u>	<u>5,232,754</u>
Market value 30 June 2023	4,996,725	236,029	5,232,754

6 DEBTORS

	2023 £	2022 £
Debtors	<u>170</u>	-

7 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Accruals (including grants approved by the balance sheet date)	<u>10,599</u>	<u>2,653</u>

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Fund £	2023 £	2022 £
Investments	4,245,260	987,494	5,232,754	5,325,275
Current assets	189,024	(64,589)	124,435	40,797
Creditors	(10,599)	-	(10,599)	(2,653)
NET ASSETS AT 30 JUNE 2023	<u>4,423,685</u>	<u>922,905</u>	<u>5,346,590</u>	<u>5,363,419</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2023

9 MOVEMENTS IN FUNDS

Movements in funds are as follows:

	At 1 July 2022 £	Incoming Resources £	Outgoing Resources £	At 30 June 2023 £
UNRESTRICTED FUNDS:				
General funds	<u>4,432,179</u>	<u>107,675</u>	<u>116,169</u>	<u>4,423,685</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>931,240</u>	<u>30,202</u>	<u>38,537</u>	<u>922,905</u>

Comparatives for movements in funds are as follows:

	At 1 July 2021 £	Incoming Resources £	Outgoing Resources £	At 30 June 2022 £
UNRESTRICTED FUNDS:				
General funds	<u>4,740,238</u>	<u>22,756</u>	<u>330,815</u>	<u>4,432,179</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>1,051,475</u>	<u>4,855</u>	<u>125,090</u>	<u>931,240</u>

10 CONTINGENT LIABILITIES

On 30 June 2023 contingent liabilities totalled £65,000. These consist of grants approved to four separate charities but not payable until stated conditions have been met.

During a year it is not unusual for the trustees to receive requests for funding towards all manner of charitable projects. If the success of such projects is dependent upon external factors such as third-party grant applications and regulatory issues, the trustees may agree a grant but only as the final tranche of funding required for the project to proceed. A number of such pledges were outstanding on 30 June 2023 but no other funds had been committed at that date with any certainty.

11 TRUSTEES' REMUNERATION AND BENEFITS

No remuneration was paid to the trustees and no payments were made to third parties on behalf of the trustees.

Trustees' expenses

The trustees were reimbursed expenses during the year of £44 (2022 £21). This equates to administrative expenses paid via a personal payment card.

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2023

12 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOMING RESOURCES			
Interest and investment income	22,706	4,855	27,561
Donations and transfers	50	-	50
Reclaimed grant	-	-	-
TOTAL INCOMING RESOURCES	22,756	4,855	27,611
RESOURCES EXPENDED			
Charitable expenditure			
Grants payable	129,066	81,335	210,401
Management and administration	5,606	495	6,101
TOTAL RESOURCES EXPENDED	134,672	81,830	216,502
NET OUTGOING RESOURCES			
Investment gains and losses	(111,916)	(76,975)	(188,891)
	(196,143)	(43,260)	(239,403)
Net movement in funds	(308,059)	(120,235)	(428,294)
Total funds brought forward	4,740,238	1,051,475	5,791,713
Total funds carried forward	4,432,179	931,240	5,363,419

13 RELATED PARTY DISCLOSURE

There were no related party transactions for the year ended 30 June 2023 (2022: Nil).

HELP FOR HEALTH

England & Wales - Charity number 1091814

Accounts



Smailes Goldie Group
CREATING ADVANTAGE

**Smailes Goldie
Copy**

Help For Health

(A company limited by guarantee)

Financial Statements

30 June 2022

Charity No. 1091814

Company Registration No. 4372703



SD-0208997-1-6

Help for Health

CONTENTS	Page
Legal and administrative information	1
Report of the Board of Trustees	2 - 4
Report of the Auditors	5 - 7
Statement of financial activities	8
Balance sheet	9
Notes forming part of the financial statements	10 - 14

Help for Health

LEGAL AND ADMINISTRATIVE INFORMATION

STATUS

The organisation is a charitable company limited by guarantee (No. 4372703), incorporated on 13 February 2002 and registered as a charity on 30 April 2002 (No. 1091814). The name was changed from The Humberside Charitable Health Trust on 8 June 2010.

The company was established under a Memorandum of Association which sets out the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Board may be re-elected.

BOARD OF TRUSTEES

The following served as trustees during the year:

Dr A Milner	-	Chairman
Mr R Field		
Ms C Hargreaves		
Professor P W R Lee		
Mr A Mould		
Mr D K Nuttall		
Dr E Pinder		
Mr S L Smith		
Ms V Winterton		

REGISTERED OFFICE

Citadel House, 58 High Street, Hull, HU1 1QE

AUDITORS

Smailes Goldie, Regents Court, Princess Street, Hull, HU2 8BA

BANKERS

Barclays Bank

SOLICITORS

Rollits LLP, Citadel House, 58 High Street, Hull, HU1 1QE

INVESTMENT MANAGERS

Evelyn Partners Financial Planning Limited (formerly Tilney Financial Planning Limited), 3rd Floor City Point, 29 King St, Leeds, LS1 2HL.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2022. The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

OBJECTIVES AND PUBLIC BENEFIT ACTIVITIES

The company is a charity and is established to deliver grants to relieve the sick and mentally and physically disabled and to support the development of medical research and medical sciences within Kingston upon Hull, East Riding of Yorkshire and North and North East Lincolnshire.

The charity carried out its objectives by inviting applications for grant aid and considering all those received.

The Board of Trustees confirm that they have referred to the guidance contained in the Charity Commission's General Guidance on Public benefit when reviewing the aims and objectives and in planning future activities.

REVIEW OF THE YEAR INCLUDING FINANCIAL REVIEW

As with many charities and other organisations holding funds within stock market linked portfolios, Help for Health experienced a significant fall in the value of its investment portfolios immediately following the start of the first Lockdown brought about by the Covid 19 pandemic in March 2020. By the end of the financial year to 30 June 2021, values had recovered strongly as can be seen in Note 13 to this year's accounts. However, due to world events outside of our control, further significant losses have been experienced during the year to 30 June 2022 as detailed in Note 5.

Following agreement between the trustees and the Charity Commission the residue of the Estate of the late Mrs L E Lazenby was able to be transferred to Help for Health. Under the terms of her Will, the residue of her Estate was to form a charitable trust to assist residents of the East Riding of Yorkshire with medically related expenses under terms very similar to the objectives of Help for Health. Sums received are invested in a Restricted Fund to ensure they are targeted only at the geographical area of the East Riding of Yorkshire, per her wishes. During the year to 30 June 2022 grants amounting to £81,335 were made from the Lazenby Fund.

Further grants amounting to £129,066, as detailed on page 11, were also made during the year together with firm commitments of a further £62,000. New funding came from donations and investment income. However, the net outgoing resources for the year amounted to £428,294 due, in the main, to unrealised gains/losses within the investment portfolio and this sum has been deducted from reserves.

As the impact of Covid-19 spread across the region, the trustees were approached by HEY Smile Foundation ("Smile") on behalf of The East Riding of Yorkshire Council ("ERYC") to join in efforts to provide crisis funding to local charities and similar organisations offering services that fit within their objectives which were reduced or otherwise impacted by the pandemic. As a result, the trustees committed funds from The Lazenby Fund to the Help for Health East Riding Recovery and Resilience Fund administered by Smile. Payments from this Fund (which has now ceased) during the year to 30 June 2022 amounted to £1,345 (included within the above total grants of £81,335 from this Fund).

ORGANISATIONAL STRUCTURE

The full Board of Trustees aim to meet bi-monthly and consider all matters relating to the charity.

FUTURE STRATEGY AND RESERVES POLICY

The charity trustees are continuing with a thorough review of their policies and futures strategy. In the meantime, the charity plans to make grants consistent with its objectives and as the trustees consider appropriate.

Applications are considered for healthcare provision (including facilities and equipment), medical research and medical education.

No grants are made where statutory funding should apply. Trustees normally apply a minimum two year gap between grants being awarded to the same organisation and in general terms the trustees prefer not to be a sole funder of a project.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

It is the trustees' present intention to ensure the charity's life is for at least fifteen years and to maintain reserves at levels to enable it to do so while at the same time fulfilling its objectives. At 30 June 2022, reserves amounted to £5,363,419 (2021: £5,791,713) including restricted funds of £931,240 (2021: £1,051,475).

INVESTMENT POLICY

The Board of Trustees continue to invest available funds with the Evelyn Partners Personalised Investment Management Service, a portfolio of collective investment schemes. Evelyn Partners was formerly known as Tilney.

Advice and guidance is sought from Evelyn Partners Financial Planning Limited to ensure compliance with Charity Commission Guidance on Investment of Capital.

The funds invested with Evelyn Partners Financial Planning Limited for Help for Health are invested with the aim of furthering its charitable objectives and purpose. Our key investment objective is therefore to invest the charity's longer-term capital to preserve its real value, after inflation. The focus is on investing on a total return basis and on managing the risk with the aim of ensuring where possible a relatively consistent return. The trustees are willing to accept some fluctuations in the value of the trust's investments, in the shorter term, in order to try and achieve returns higher than those for cash and the level of inflation and as such we have invested with a moderate attitude towards risk. This should involve investing across a wide range of asset classes in different markets to ensure adequate diversification and may include both active and passive investments. The investment portfolio is reviewed and, if necessary, changed on a regular basis so the agreed risk strategy is maintained. Annual meetings take place with Evelyn Partners and discussions are held from time to time during the year.

The trustees do not currently wish to place any geographic or ethical investment limitations on the investment of the trust fund although this is kept under review. The trustees will never knowingly invest directly in a company or fund that promotes products or services which could be considered harmful to health. The base and reporting currency of the investments is Sterling.

The balance of funds is held on bank current and deposit accounts.

RISK REVIEW

The Board of Trustees conducted its own review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Procedures are in place to ensure that applications for grants are considered fully and made in furtherance of the charity's objectives. The investment policy and performance is reviewed regularly.

RESPONSIBILITIES OF THE TRUSTEES

The trustees (who are also directors of Help for Health Registered Charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accountancy Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2022

MEMBERS OF THE BOARD OF TRUSTEES

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

Most trustees are already familiar with the practical work of the charity, having been involved for several years. The policy for recruitment of new trustees is to provide suitable introduction and supporting documents to familiarise them with the charity and its operations.

Trustees are recruited as needed to ensure that the Board has the appropriate mix of skills and experience.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of such guarantees on 30 June 2022 was 9.

INSURANCE COVER

During the year the Company agreed to take out insurance, with a limit of £1m, to cover its directors against the cost of defending themselves from any civil legal proceedings taken against them. To the extent permitted by law, the Company also indemnifies its directors who are also trustees. Neither protection applies in the event of fraud or dishonesty.

AUDITORS

Smailes Goldie were re-appointed as the charitable company's auditors at the Annual General Meeting during the year and have expressed their willingness to continue in that capacity.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

The directors who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant information of which the auditors are unaware. Each of the directors have confirmed that they have taken all steps that they ought to have taken as directors to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditors.

Approved by the Board of Trustees on 22 March 2023 and signed on its behalf by:



A Milner - Director

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

Opinion

We have audited the financial statements of Help for Health Registered Charity (the 'charitable company') for the year ended 30 June 2022 which comprise Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 June 2022 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this or other information, we are required to report the fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, tax legislation, data protection, anti-bribery, employment, environmental and health and safety legislation. An understanding of these laws and regulations and the extent of compliance was obtained through discussion with management and inspecting legal and regulatory correspondence.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management and considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with the company's legal advisors.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Lamb FCA CF (Senior Statutory Auditor)
For and on behalf of Smailes Goldie
Chartered Accountants
Statutory Auditor
Regent's Court
Hull, HU2 8BA

22/3/2023

Help for Health

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 JUNE 2022

	<i>Notes</i>	Un-restricted Funds £	Restricted Funds £	2022 £	2021 £
INCOMING RESOURCES					
Interest and investment income		22,706	4,855	27,561	127,346
Donations		50	-	50	120
Legacies		-	-	-	-
Reclaimed grant		-	-	-	100,000
TOTAL INCOMING RESOURCES		22,756	4,855	27,611	227,466
RESOURCES EXPENDED					
<i>Charitable expenditure</i>					
Grants payable	2	129,066	81,335	210,401	128,174
Management and administration	2	5,606	495	6,101	7,240
TOTAL RESOURCES EXPENDED		134,672	81,830	216,502	135,414
NET OUTGOING RESOURCES	3	(111,916)	(76,975)	(188,891)	92,052
Realised and unrealised investment gains and losses		(196,143)	(43,260)	(239,403)	436,303
Net movement in funds		(308,059)	(120,235)	(428,294)	528,355
Total funds at 1 July 2021		4,740,238	1,051,475	5,791,713	5,263,358
Total funds at 30 June 2022		4,432,179	931,240	5,363,419	5,791,713

All operations are classed as continuing. All gains and losses recognised in the year are included above.

Help for Health


BALANCE SHEET AS AT 30 JUNE 2022

Company Registration No. 4372703

	<i>Notes</i>	2022 £	2021 £
INVESTMENTS	5	5,325,275	5,689,878
CURRENT ASSETS			
Cash at bank		40,797	104,362
Debtors	6	-	-
		<u>40,797</u>	<u>104,362</u>
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	7	<u>2,653</u>	<u>2,527</u>
NET CURRENT ASSETS		38,144	101,835
CREDITORS: AMOUNTS FALLING DUE IN OVER ONE YEAR		-	-
NET ASSETS		<u>5,363,419</u>	<u>5,791,713</u>
UNRESTRICTED FUNDS			
General funds	9	4,432,179	4,740,238
RESTRICTED FUNDS			
Lazenby fund	9	931,240	1,051,475
TOTAL FUNDS		<u>5,363,419</u>	<u>5,791,713</u>

The financial statements have been prepared in accordance with the provisions applicable to charitable companies, subject to the small companies' regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 22 March 2023 and were signed on its behalf by:



A Milner - Director



A Mould - Director

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2022

1 ACCOUNTING POLICIES

- (a) Help for Health is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address is given on page 1 of these financial statements.

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)'. Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

- (b) Resources expended are recognised in the period in which they are incurred and are accounted for on an accrual basis. Resources expended include attributable VAT which cannot be recovered.
- (c) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (d) Restricted funds are donations and other incoming resources receivable or generated for the objects of the charity that can only be used for the purpose specified by the donor.
- (e) Listed investments are included in the accounts at Market Value. The variance between the valuation of investments at the balance sheet date and the purchase price is shown as unrealised gains or losses in the statement of financial activities.
- (f) Income

Income generally is recognised when the charity has entitlement to the funds and it is probable that the income will be received and the amount can be measured reliably.

Income from grants and legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants and legacies have been met and it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest received on funds held on deposit is included when receivable and the amount can be measured reliably by the charity.

- (g) Debtors and Creditors

Debtors are recorded at transaction price, they relate to income that has been recognised in the account but has not been received by the balance sheet date.

Creditors are recorded at transaction price, they relate to expenditure recognised within the accounts because a legal or constructive obligation committing the charity to that expenditure exists, but the liability has not been settled by the balance sheet date. Grants approved and committed by the balance sheet date but not paid to charities are accrued within these accounts.

- (h) Tangible Fixed Assets

Individual tangible fixed assets costing £1,000 or more are capitalised at cost.

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2022

2 TOTAL RESOURCES EXPENDED

	2022	2021
	£	£
Grants payable in furtherance of the charity's objects:		
From unrestricted funds	129,066	95,055
From restricted funds	<u>81,335</u>	<u>33,119</u>
	<u>210,401</u>	<u>128,174</u>
Unrestricted funds		
University of Hull Research Scholarship	25,000	
Platform (Hull)	21,637	
Welcome House	19,000	
LIVES	16,705	
HEY Children's University	11,560	
Team Teeth	9,000	
Special Stars Foundation	5,712	
Martin House Hospice	5,000	
Preston Road Women's Centre	5,000	
British Liver Trust	4,178	
Downright Special	3,274	
Other grants of £2,000 or less	<u>3,000</u>	
	<u>129,066</u>	
Restricted funds		
Linkage Community Trust	47,000	
Carers Plus Yorkshire	30,000	
Hinge Centre	2,990	
East Riding Recovery & Resilience Fund	<u>1,345</u>	
	<u>81,335</u>	
Management and administration:		
Legal and professional (including Indemnity insurance)	545	13
Audit fee	2,766	2,586
Investment portfolio charges	2,760	4,575
Other administration	<u>30</u>	<u>66</u>
	<u>6,101</u>	<u>7,240</u>
TOTAL RESOURCES EXPENDED	<u>216,502</u>	<u>135,414</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2022

3 NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2022 £	2021 £
Auditors' remuneration: Audit and accounting services	<u>2,766</u>	<u>2,586</u>

4 TAXATION

The charitable company is exempt from corporation tax on its charitable activities.

5 INVESTMENTS

	2022 £	2021 £
Quoted Investments:		
Market value at start of year	5,689,878	5,230,804
Cash funds in/(out)	(150,000)	(100,000)
Net rebates/(Charges)	(2,760)	(4,575)
Reinvested income	27,560	127,346
Gains(losses) on disposal/revaluation	<u>(239,403)</u>	<u>436,303</u>
Market value 30 June 2022	<u>5,325,275</u>	<u>5,689,878</u>
Historical cost 30 June 2022	<u>3,999,049</u>	<u>4,108,537</u>
Analysis of investments: Collective investment schemes	<u>5,325,275</u>	<u>5,689,878</u>

6 DEBTORS

	2022 £	2021 £
Debtors	<u>-</u>	<u>-</u>

7 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Accruals	<u>2,653</u>	<u>2,527</u>

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Fund £	2022 £	2021 £
Investments	4,361,743	963,532	5,325,275	5,689,878
Current assets	73,089	(32,292)	40,797	104,362
Creditors	(2,653)	-	(2,653)	(2,527)
NET ASSETS AT 30 JUNE 2022	<u>4,432,179</u>	<u>931,240</u>	<u>5,363,419</u>	<u>5,791,713</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2022

9 MOVEMENTS IN FUNDS

Movements in funds are as follows:

	At 1 July 2021 £	Incoming Resources £	Outgoing Resources £	At 30 June 2022 £
UNRESTRICTED FUNDS:				
General funds	<u>4,740,238</u>	<u>22,756</u>	<u>330,815</u>	<u>4,432,179</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>1,051,475</u>	<u>4,855</u>	<u>125,090</u>	<u>931,240</u>

Comparatives for movements in funds are as follows:

	At 1 July 2020 £	Incoming Resources £	Outgoing Resources £	At 30 June 2021 £
UNRESTRICTED FUNDS:				
General funds	<u>4,282,338</u>	<u>559,327</u>	<u>101,427</u>	<u>4,740,238</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>981,020</u>	<u>104,442</u>	<u>33,987</u>	<u>1,051,475</u>

10 CONTINGENT LIABILITIES

At 30 June 2022 contingent liabilities totalled £62,000. These consist of grants approved to four separate charities but not payable until stated conditions have been met.

During a year it is not unusual for the trustees to receive requests for funding towards all manner of charitable projects. If the success of such projects is dependent upon external factors such as third-party grant applications and regulatory issues, the trustees may agree a grant but only as the final tranche of funding required for the project to proceed. A number of such pledges were outstanding on 30 June 2022 but no other funds had been committed at that date with any certainty.

11 TRUSTEES' REMUNERATION AND BENEFITS

No remuneration was paid to the trustees and no payments were made to third parties on behalf of the trustees.

Trustees' expenses

The trustees were reimbursed expenses during the year of £21 (2021 £79). This equates to the Registrar of Companies online filing fee and other administrative expenses paid via a personal payment card.

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2022

12 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOMING RESOURCES			
Interest and investment income	103,029	24,317	127,346
Donations and transfers	120	-	120
Reclaimed grant	100,000	-	100,000
TOTAL INCOMING RESOURCES	203,149	24,317	227,466
RESOURCES EXPENDED			
Charitable expenditure			
Grants payable	95,055	33,119	128,174
Management and administration	6,372	868	7,240
TOTAL RESOURCES EXPENDED	101,427	33,987	135,414
NET INCOMING RESOURCES			
Investment gains and losses	101,722	(9,670)	92,052
	356,178	80,125	436,303
Net movement in funds	457,900	70,455	528,355
Total funds brought forward	4,282,338	981,020	5,263,358
Total funds carried forward	4,740,238	1,051,475	5,791,713

13 RELATED PARTY DISCLOSURE

There were no related party transactions for the year ended 30 June 2022 (2021: Nil).

HELP FOR HEALTH

England & Wales - Charity number 1091814

Accounts



Smailes Goldie Group
CREATING ADVANTAGE



Charity No. 1091814

Company Registration No. 04372703

Help For Health

(A company limited by guarantee)

Financial Statements

30 June 2021



SD-0203811-1-6

Help for Health

CONTENTS	Page
Legal and administrative information	1
Report of the Board of Trustees	2 - 4
Report of the Auditors	5 - 7
Statement of financial activities	8
Balance sheet	9
Notes forming part of the financial statements	10 - 14

Help for Health

LEGAL AND ADMINISTRATIVE INFORMATION

STATUS

The organisation is a charitable company limited by guarantee (No. 4372703), incorporated on 13 February 2002 and registered as a charity on 30 April 2002 (No. 1091814). The name was changed from The Humberside Charitable Health Trust on 8 June 2010.

The company was established under a Memorandum of Association which sets out the objects and powers of the charitable company and is governed under its Articles of Association. Under those Articles, the members of the Board may be re-elected.

BOARD OF TRUSTEES

The following served as trustees during the year:

Dr A Milner	-	Chairman
Mr R Field		
Ms C Hargreaves		
Professor P W R Lee		
Mr A Mould		
Mr D K Nuttall		
Dr E Pinder		
Mr S L Smith		
Ms V Winterton		

REGISTERED OFFICE

Two Humber Quays, Wellington Street West, Hull, HU1 2BN

AUDITORS

Smailes Goldie, Regents Court, Princess Street, Hull, HU2 8BA

BANKERS

Barclays Bank

SOLICITORS

Rollits LLP, Citadel House, 58 High Street, Hull, HU1 1QE

INVESTMENT MANAGERS

Tilney Financial Planning Limited, 3rd Floor City Point, 29 King St, Leeds, LS1 2HL

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2021

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 June 2021. The trustees have adopted the provisions of 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 (FRS102) (effective 1 January 2019).

OBJECTIVES AND PUBLIC BENEFIT ACTIVITIES

The company is a charity and is established to deliver grants to relieve the sick and mentally and physically disabled and to support the development of medical research and medical sciences within Kingston upon Hull, East Riding of Yorkshire and North and North East Lincolnshire.

The charity carried out its objectives by inviting applications for grant aid and considering all those received.

The Board of Trustees confirm that they have referred to the guidance contained in the Charity Commission's General Guidance on Public benefit when reviewing the aims and objectives and in planning future activities.

REVIEW OF THE YEAR INCLUDING FINANCIAL REVIEW

As with many charities and other organisations holding funds within stock market linked portfolios, Help for Health experienced a significant fall in the value of its investment portfolios immediately following the start of the first Lockdown brought about by the Covid 19 pandemic in March 2020. By the end of the financial year to 30 June 2020, values had recovered somewhat but not sufficiently to prevent investment losses having to be reported last year. The impact can be seen in Note 13 to this year's accounts. The Trustees are pleased to report a very strong recovery during the year to 30 June 2021 as detailed in Note 5.

Following agreement between the trustees and the Charity Commission the residue of the Estate of the late Mrs L E Lazenby was able to be transferred to Help for Health. Under the terms of her Will, the residue of her Estate was to form a charitable trust to assist residents of the East Riding of Yorkshire with medically related expenses under terms very similar to the objectives of Help for Health. The administration of Mrs Lazenby's Will was completed in December 2019. Sums received are invested in a Restricted Fund to ensure they are targeted only at the geographical area of the East Riding of Yorkshire, per her wishes. During the year to 30 June 2021 grants amounting to £33,119 were made from the Lazenby Fund.

Further grants amounting to £95,055, as detailed on page 11, were also made during the year together with firm commitments of a further £123,238. New funding came from donations and the return of a grant made for a property purchase on which a charge was placed in case of a future sale. The net incoming resources for the year amounted to £528,355 which was added to reserves. This includes the returned grant of £100,000 and unrealised gains/losses within the investment portfolio.

As the impact of Covid-19 spread across the region, the trustees were approached by HEY Smile Foundation ("Smile") on behalf of The East Riding of Yorkshire Council ("ERYC") to join in efforts to provide crisis funding to local charities and similar organisations offering services that fit within their objectives which were reduced or otherwise impacted by the pandemic. As a result, the trustees committed funds from The Lazenby Fund to the Help for Health East Riding Recovery and Resilience Fund administered by Smile. Payments from this Fund during the year to 30 June 2021 amounted to £25,774 (included within the above total grants of £33,119 from this Fund).

Due to the immediate losses suffered on the investment portfolio brought about by Covid-19, ERYC agreed to make a loan to Help for Health of £100,000 to assist with the short term adverse impact on available funds and allow the trustees to commit to help the Covid-19 emergency. This interest free loan was repaid on 16 March 2021.

ORGANISATIONAL STRUCTURE

The full Board of Trustees aim to meet bi-monthly and consider all matters relating to the charity. Due to Covid-19 restrictions all meetings during the year were held via the Zoom meeting platform.

FUTURE STRATEGY

The charity plans to make grants consistent with its objectives and as the trustees consider appropriate.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2021

FUTURE STRATEGY (continued)

Applications are considered for healthcare provision (including facilities and equipment), medical research and medical education.

No grants are made where statutory funding should apply. Trustees normally apply a minimum two year gap between grants being awarded to the same organisation and in general terms the trustees prefer not to be a sole funder of a project.

RESERVES POLICY

It is the trustees' present intention to ensure the charity's life is for at least fifteen years and to maintain reserves at levels to enable it to do so while at the same time fulfilling its objectives. At 30 June 2021, reserves amounted to £5,791,713 (2020: £5,263,358) including restricted funds of £1,051,475 (2020: £981,020). This policy and future strategy is currently under review in readiness for the Charity's 20th anniversary on 30 April 2022.

INVESTMENT POLICY

The Board of Trustees continue to invest available funds with the Tilney Discretionary Investment Management Service, a portfolio of collective investment schemes.

Advice and guidance is sought from Tilney Financial Planning Limited to ensure compliance with Charity Commission Guidance on Investment of Capital.

The funds invested with Tilney Financial Planning Limited for Help for Health are invested with the aim of furthering its charitable objectives and purpose. Our key investment objective is therefore to invest the charity's longer-term capital to preserve its real value, after inflation. The focus is on investing on a total return basis and on managing the risk with the aim of ensuring where possible a relatively consistent return. The trustees are willing to accept some fluctuations in the value of the trust's investments, in the shorter term, in order to try and achieve returns higher than those for cash and the level of inflation and as such we have invested with a moderate attitude towards risk. This should involve investing across a wide range of asset classes in different markets to ensure adequate diversification and may include both active and passive investments. The investment portfolio is reviewed and, if necessary, changed on a regular basis so the agreed risk strategy is maintained. Annual meetings take place with Tilney and discussions are held from time to time during the year.

The trustees do not currently wish to place any geographic or ethical investment limitations on the investment of the trust fund although this is kept under review. The trustees will never knowingly invest directly in a company or fund that promotes products or services which could be considered harmful to health. The base and reporting currency of the investments is Sterling.

The balance of funds are held on bank current and deposit accounts.

RISK REVIEW

The Board of Trustees conducted its own review of the major risks to which the charity is exposed and systems have been established to mitigate those risks. Procedures are in place to ensure that applications for grants are considered fully and made in furtherance of the charity's objectives. The investment policy and performance is reviewed regularly.

RESPONSIBILITIES OF THE TRUSTEES

The trustees (who are also directors of Help for Health Registered Charity for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accountancy Standards (United Kingdom Generally Accepted Accounting Practice).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

Help for Health

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 30 JUNE 2021

RESPONSIBILITIES OF THE TRUSTEES (continued)

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

MEMBERS OF THE BOARD OF TRUSTEES

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

Most trustees are already familiar with the practical work of the charity, having been involved for a number of years. The policy for recruitment of new trustees is to provide suitable introduction and supporting documents to familiarise them with the charity and its operations.

Trustees are recruited as needed to ensure that the Board has the appropriate mix of skills and experience.

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up. The total number of such guarantees at 30 June 2021 was 9.

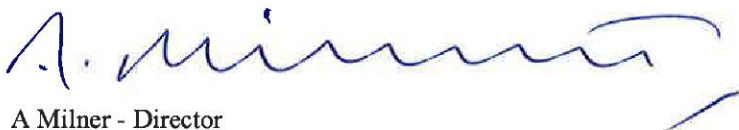
AUDITORS

Smailes Goldie were re-appointed as the charitable company's auditors at the Annual General Meeting during the year and have expressed their willingness to continue in that capacity.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITORS

The directors who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant information of which the auditors are unaware. Each of the directors have confirmed that they have taken all steps that they ought to have taken as directors to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditors.

Approved by the Board of Trustees on 9/2/22 and signed on its behalf by:



A Milner - Director

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

Opinion

We have audited the financial statements of Help for Health Registered Charity (the 'charitable company') for the year ended 30 June, 2021 which comprise Statement of Financial Activities, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 June 2021 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this or other information, we are required to report the fact. We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including the Companies Act 2006, tax legislation, data protection, anti-bribery, employment, environmental and health and safety legislation. An understanding of these laws and regulations and the extent of compliance was obtained through discussion with management and inspecting legal and regulatory correspondence.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by making enquiries of management and considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

Help for Health

INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF HELP FOR HEALTH

(Continued)

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with the company's legal advisors.

Due to the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the directors and other management and the inspection of regulatory and legal correspondence, if any.

The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission, or misrepresentation.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Ian Lamb FCA CF (Senior Statutory Auditor)

For and on behalf of Smailes Goldie

Chartered Accountants

Statutory Auditor

Regent's Court

Hull, HU2 8BA

26/3/2022

Help for Health

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 30 JUNE 2021

	<i>Notes</i>	Un-restricted Funds £	Restricted Funds £	2021 £	2020 £
INCOMING RESOURCES					
Interest and investment income		103,029	24,317	127,346	72,372
Donations		120	-	120	2,611
Legacies		-	-	-	42,495
Reclaimed grant		100,000	-	100,000	-
TOTAL INCOMING RESOURCES		203,149	24,317	227,466	117,478
RESOURCES EXPENDED					
<i>Charitable expenditure</i>					
Grants payable	2	95,055	33,119	128,174	131,190
Management and administration	2	6,372	868	7,240	7,456
TOTAL RESOURCES EXPENDED		101,427	33,987	135,414	138,646
NET INCOMING RESOURCES	3	101,722	(9,670)	92,052	(21,168)
Realised and unrealised investment gains and losses		356,178	80,125	436,303	(88,316)
Net movement in funds		457,900	70,455	528,355	(109,484)
Total funds at 1 July 2020		4,282,338	981,020	5,263,358	5,372,842
Total funds at 30 June 2021		4,740,238	1,051,475	5,791,713	5,263,358

All operations are classed as continuing. All gains and losses recognised in the year are included above.

Help for Health

BALANCE SHEET AS AT 30 JUNE 2021

Company Registration No. 4372703

	<i>Notes</i>	2021 £	2020 £
INVESTMENTS	5	5,689,878	5,230,804
CURRENT ASSETS			
Cash at bank		104,362	125,009
Debtors	6	-	10,000
		<u>104,362</u>	<u>135,009</u>
CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	7	<u>2,527</u>	<u>2,455</u>
NET CURRENT ASSETS		101,835	132,554
CREDITORS: AMOUNTS FALLING DUE IN OVER ONE YEAR	9	-	100,000
NET ASSETS	8	<u>5,791,713</u>	<u>5,263,358</u>
UNRESTRICTED FUNDS			
General funds	10	4,740,238	4,282,338
RESTRICTED FUNDS			
Lazenby fund	10	<u>1,051,475</u>	<u>981,020</u>
TOTAL FUNDS		<u>5,791,713</u>	<u>5,263,358</u>

The financial statements have been prepared in accordance with the provisions applicable to charitable companies, subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 9/2/22 and were signed on its behalf by:


A Milner - Director


A Mould - Director

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2021

1 ACCOUNTING POLICIES

- (a) Help for Health is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address is given on page 1 of these financial statements.

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)'. Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention, with the exception of investments which are included at market value, as modified by the revaluation of certain assets.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest pound.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

- (b) Resources expended are recognised in the period in which they are incurred and are accounted for on an accrual basis. Resources expended include attributable VAT which cannot be recovered.
- (c) Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.
- (d) Restricted funds are donations and other incoming resources receivable or generated for the objects of the charity that can only be used for the purpose specified by the donor.
- (e) Listed investments are included in the accounts at Market Value. The variance between the valuation of investments at the balance sheet date and the purchase price is shown as unrealised gains or losses in the statement of financial activities.
- (f) Income

Income generally is recognised when the charity has entitlement to the funds and it is probable that the income will be received and the amount can be measured reliably.

Income from grants and legacies is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants and legacies have been met and it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest received on funds held on deposit is included when receivable and the amount can be measured reliably by the charity.

- (g) Debtors and Creditors

Debtors are recorded at transaction price, they relate to income that has been recognised in the account but has not been received by the balance sheet date.

Creditors are recorded at transaction price, they relate to expenditure recognised within the accounts because a legal or constructive obligation committing the charity to that expenditure exists, but the liability has not been settled by the balance sheet date. Grants approved and committed by the balance sheet date but not paid to charities are accrued within these accounts.

- (h) Tangible Fixed Assets

Individual tangible fixed assets costing £1,000 or more are capitalised at cost.

Help for Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2021

2 TOTAL RESOURCES EXPENDED

	2021 £	2020 £
Grants payable in furtherance of the charity's objects:		
From unrestricted funds	95,055	45,990
From restricted funds	<u>33,119</u>	<u>85,200</u>
	<u>128,174</u>	<u>131,190</u>
Unrestricted funds		
Tigers Sport & Education Trust	20,000	
HEY Children's University	11,560	
Combat Stress	10,000	
HEY Mind	10,000	
St Andrews Hospice	10,000	
Run with It	6,072	
Downright Special	5,517	
CPR in the Community	5,416	
North Hull Community Garden	4,927	
Hull 4 Heroes	4,750	
Covid Vaccine Volunteer Support (Hull)	3,345	
Other grants under £2,000	<u>3,468</u>	
	<u>95,055</u>	
Restricted funds		
East Riding Recovery & Resilience Fund	25,774	
Cherry Tree Community Centre	4,000	
Covid Vaccine Volunteer Support (East Riding)	<u>3,345</u>	
	<u>33,119</u>	
Management and administration:		
Legal and professional	13	13
Audit fee	2,586	2,584
Investment portfolio charges	4,575	4,560
Other administration	<u>66</u>	<u>299</u>
	<u>7,240</u>	<u>7,456</u>
TOTAL RESOURCES EXPENDED	<u>135,414</u>	<u>138,646</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2021

3 NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:

	2021 £	2020 £
Auditors' remuneration: Audit and accounting services	<u>2,586</u>	<u>2,584</u>

4 TAXATION

The charitable company is exempt from corporation tax on its charitable activities.

5 INVESTMENTS

	2021 £	2020 £
Quoted Investments:		
Market value at start of year	5,230,804	5,251,310
Cash funds in/(out)	(100,000)	-
Net rebates/(Charges)	(4,575)	(4,560)
Reinvested income	127,346	72,371
Gains(losses) on disposal/revaluation	<u>436,303</u>	<u>(88,317)</u>
Market value 30 June 2021	<u>5,689,878</u>	<u>5,230,804</u>
Historical cost 30 June 2021	<u>4,108,537</u>	<u>4,192,904</u>
Analysis of investments: Collective investment schemes	<u>5,689,878</u>	<u>5,230,804</u>

6 DEBTORS

	2021 £	2020 £
Debtors	-	10,000

7 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accruals	<u>2,527</u>	<u>2,455</u>

8 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Fund £	2021 £	2020 £
Investments	4,687,446	1,002,432	5,689,878	5,230,804
Current assets	55,319	49,043	104,362	135,009
Creditors and loan	(2,527)	-	(2,527)	(102,455)
NET ASSETS AT 30 JUNE 2021	<u>4,740,238</u>	<u>1,051,475</u>	<u>5,791,713</u>	<u>5,263,358</u>

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2021

9 AMOUNTS FALLING DUE IN OVER 1 YEAR

As detailed on page 2 of these accounts, the charity was granted an interest free loan of £100,000, to assist its support of Covid-19 affected charities, by East Riding of Yorkshire Council. This was repaid in full on 16 March 2021.

10 MOVEMENTS IN FUNDS

Movements in funds are as follows:

	At 1 July 2020 £	Incoming Resources £	Outgoing Resources £	At 30 June 2021 £
UNRESTRICTED FUNDS:				
General funds	<u>4,282,338</u>	<u>559,327</u>	<u>101,427</u>	<u>4,740,238</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>981,020</u>	<u>104,442</u>	<u>33,987</u>	<u>1,051,475</u>

Comparatives for movements in funds are as follows:

	At 1 July 2019 £	Incoming Resources £	Outgoing Resources £	At 30 June 2020 £
UNRESTRICTED FUNDS:				
General funds	<u>4,345,201</u>	<u>61,163</u>	<u>124,026</u>	<u>4,282,338</u>
RESTRICTED FUNDS:				
Lazenby Fund	<u>1,027,641</u>	<u>56,315</u>	<u>102,936</u>	<u>981,020</u>

11 CONTINGENT LIABILITIES

At 30 June 2021 contingent liabilities totalled £123,238. These consist of grants approved to five separate charities but not payable until stated conditions have been met.

During a year it is not unusual for the trustees to receive requests for funding towards all manner of charitable projects. If the success of such projects is dependent upon external factors such as third party grant applications and regulatory issues, the trustees may agree a grant but only as the final tranche of funding required for the project to proceed. A number of such pledges were outstanding at 30 June 2021 but no other funds had been committed at that date with any certainty.

12 TRUSTEES' REMUNERATION AND BENEFITS

No remuneration was paid to the trustees and no payments were made to third parties on behalf of the trustees.

Trustees' expenses

The trustees were reimbursed expenses during the year of £79 (2020 £63). This equates to the Registrar of Companies online filing fee and other administrative expenses paid via a personal credit card.

Help For Health

NOTES FORMING PART OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED
30 JUNE 2021

13 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total Funds £
INCOMING RESOURCES			
Interest and investment income	58,552	13,820	72,372
Donations and transfers	2,611	-	2,611
Legacies	-	42,495	42,495
TOTAL INCOMING RESOURCES	61,163	56,315	117,478
RESOURCES EXPENDED			
Charitable expenditure			
Grants payable	45,990	85,200	131,190
Management and administration	6,585	871	7,456
TOTAL RESOURCES EXPENDED	52,575	86,071	138,646
NET INCOMING RESOURCES			
Investment gains and losses	8,588	(29,756)	(21,168)
	(71,451)	(16,865)	(88,316)
Net movement in funds	(62,863)	(46,621)	(109,484)
Total funds brought forward	4,345,201	1,027,641	5,372,842
Total funds carried forward	4,282,338	981,020	5,263,358

14 RELATED PARTY DISCLOSURE

There were no related party transactions for the year ended 30 June 2021 (2020: Nil).

