

HELPING HANDS (RHYMNEY CANCER SELF HELP GROUP)

England & Wales · Charity number 1117260

Details

Status Registered

Legal form Charitable company

Company number 05617885

Registered 2006-12-15

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

Contact

Address 75 High Street
Rhymney
Tredegar
Gwent
NP22 5NB

Phone 01685844888

Email hh92base@btinternet.com

Website www.helpinghandsrhymney.org.uk

Activities

Objects: TO ENSURE THE RELIEF OF PERSONS WITHIN THE UPPER RHYMNEY VALLEY, WHO ARE SUFFERING OR WHO HAVE SUFFERED FROM CANCER AND OTHER SERIOUS ILLNESSES, IN PARTICULAR BY THE PROVISION OF ADVICE, SUPPORT AND LOAN OF HOME COMFORTS EQUIPMENT, FOR SUCH PERSONS, THEIR FRIENDS, FAMILIES AND CARERS.

Activities: HELPING HANDS IS AN INDEPENDENT, NON PROFIT ORGANISATION WHICH EXISTS TO FULFIL AND EXCEED THE EXPECTATIONS OF THE SERIOUSLY ILL RESIDENTS OF THE UPPER RHYMNEY VALLEY BY PROVIDING THE NECESSARY SUPPORT, SERVICES AND FREE LOAN MEDICAL AIDS

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- **Area of benefit:** UPPER RHYMNEY VALLEY
- Caerphilly

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£89,766	£84,983	-	-
2023-12-31	£86,621	£76,590	-	-
2022-12-31	£92,343	£74,667	-	-
2021-12-31	£80,093	£64,456	-	-
2020-12-31	£88,171	£62,091	-	-

Trustees

Name	Role	Appointed
ALISON MARGARET SYMONDS		2025-04-14
CHERYL PATRICIA MERRICK		2019-04-08
DORCAS COX		2022-06-01
EIRLYS PHILPOTT		2022-06-01
MARGARET GREEN		2015-03-31
SONIA OWEN		2025-08-19
mary liverick		2019-04-08

HELPING HANDS (RHYMNEY CANCER SELF HELP GROUP)

England & Wales - Charity number 1117260

Accounts

Registration Charity Number 1117260
Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDING 31ST DECEMBER 2024

(A Company Limited by Guarantee)

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31ST DECEMBER 2024

Officers

Chairperson	Mrs M Liverick
Secretary	Mrs J Gronow
Trustees	Mrs M Green Mrs D Cox Mrs C Merrick Mrs E Philpott

Address

75 High Street
Rhymney
Gwent
NP22 5NB

Accountants

Mears Accountancy Ltd
8 Afon Dar Close
Gadlys
Aberdare
Mid Glam
CF44 8DF

Charity Registration Number 1117260

Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report

The Trustees present their annual report and the statement of accounts for the year ended 31st December 2024.

Members of the management committee who served during the year were:

Mrs M Liverick - Chairperson
Mrs J Gronow - Secretary
Mrs M Green
Mrs D Cox
Mrs E Philpott
Mrs C Merrick

STATUS

Helping Hands is a voluntary organisation with charitable status, Charity Number 1117260 and a company limited by guarantee since 9th November 2005, company no 05617885 registered in England & Wales. On 1st January 2006 all assets and liabilities were transferred from Charity number 1063765.

The charity is constituted by its Memorandum and Articles of Association and its Trustees are appointed at an AGM or extraordinary special meeting.

ORGANISATION

Helping Hands is local organisation known as Rhymney Cancer Self Help Group. The day to day management of Helping Hands is delegated to Derwyn Evans, the Administration Manager.

OBJECTIVES

To ensure the relief of persons within the Upper Rhymney Valley who are suffering or who have suffered from cancer and/or other serious illnesses in particular by the provision of advice, support and loan of home comforts, equipment, for such persons, their friends, families and carers.

The main activities in relation to the objectives are to provide a home comforts free loan service of medical aids for seriously ill residents, transport to hospital for treatment, complimentary therapy and financial assistance.

ACHIEVEMENTS

The charity has assisted over 400 families in the Upper Rhymney Valley with loan of medical aids from our home comforts free loan service. At present we have in excess of £170,000 worth of aids - medical and otherwise, on loan to seriously ill residents and their carers. We have expanded our services into the village of Deri during 2006 and this is now proving very popular and in demand.

In May 2006 the charity was awarded the 'Queens Award for Voluntary Service 2006' and the trustee were invited to a Garden Party at Buckingham Palace.

Our Charity Shop during 2007-8 has undertaken a major refurbishment programme of the external and cellar areas. The cellar will give us additional storage space.

FUTURE PLANS

The organisation purchased their Charity Shop at 74 High Street, Rhymney. This was done with the aid of a grant from CCBC. The Charity has in 2015 refurbished and rent the flat above 74 High Street. Bevlah Chapel was acquired in October 2023 to house the medical equipment.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report (continued)

FINANCIAL REVIEW

The principal source of funds comes from the sale of donated goods sold in our Charity shop. From donations from local residents and businesses. Fundraising events by the general public and from events organised by volunteers of the Charity. We also receive grants for capital and staff overheads.

The Charity invests reserves in short term bonds and instant access accounts.

POLICY ON RESERVES

Funds held by the company are:-

General Unrestricted Funds - these funds which can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted Funds - these are funds which can be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

ACCOUNTING POLICY

The accounts are drawn up to comply with the Companies Act 2006 and Charities SORP 2005 "Accounting and Reporting by Charities".

STATEMENT OF DIRECTORS' AND TRUSTEES' RESPONSIBILITIES

Charity Law and the Companies Acts require the Board to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :

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

The Trustees are also responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the accountants in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts

The trustees, in their capacity as directors, state that the accounts have been prepared in accordance with the special provisions in the Companies Act 2006 relating to small companies.

Approved by the Board of Trustees:-

Dated:- 9.9.25

M. LIVERICK (MARY LIVERICK)
CHAIR PERSON

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

ACCOUNTANTS REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS
OF HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)
FOR THE YEAR ENDED 31ST DECEMBER 2024

We have examined the financial statements of Helping Hands for the year ended 31st December 2024 which comprises the Statement of Financial Activities, the Balance Sheet and the related notes. The financial statements have been prepared in accordance with the accounting policies set out on page 8.

Respective responsibilities of the directors and reporting accountant.

The directors responsibilities for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards are set out in the Statement of Trustee' Responsibilities.

We have been appointed as examiner under the Charities Act 1993 and report in accordance with regulations made under section 43 of that Act. It is our responsibility to form an independent opinion, based on our examination, on those statements and to report to you.

Basis of opinion

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

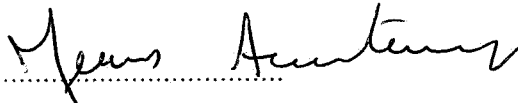
Opinion

In our opinion ,

a - the accounts are in agreement with the accounting records kept by the company under section 386 of the Companies Act 2006 and that no matter has come to our attention which gives me reasonable cause to believe that in any material respect the requirement to keep accounting records and to prepare accounts have not been met; or that attention should be drawn in order to enable a proper understanding of the accounts to be reached.

b - having regard only to, and on the basis of, the information contained in those accounting records:

- I the accounts have been drawn up in a manner consistent with the accounting requirements specified in the Act; and
- ii the company satisfied the conditions for exemption from an audit of the accounts for the year specified in section 477(2) of the Act and did not, at any time within that year, fall within any of the categories of companies not entitled to the exemption specified in section 478(a) to (c).



Mears Accountancy Ltd

Dated

..... 9/1/25

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2024

INCOME AND EXPENDITURE

	Notes	Unrestricted Funds	Restricted Funds	2024 Total	2023 Total
<u>Incoming Resources</u>					
Grants and Donations		0	0	0	0
Fundraising		10,761		10,761	9,169
Activities in furtherance of the charities objects		77,166		77,166	73,488
Interest received		1,840		1,840	3,964
Total Incoming Resources	2	89,766	0	89,766	86,621
<u>Resources Expended</u>					
Direct Charitable Expenditure			0	0	0
Activities in furtherance of the charities objects		84,983		84,983	76,590
Administration				-	-
Total Resources Expended	6	84,983	0	84,983	76,590
<u>Net Incoming Resources before transfers</u>		4,784	0	4,784	10,030
Transfer between funds		-	0	-	-
Net Incoming Resources		4,784	0	4,784	10,030
Balances brought forward		331,837	0	331,837	321,807
Balances Carried forward		336,621	0	336,621	331,837

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

BALANCE SHEET AS AT 31ST DECEMBER 2024

	Note	2024 £	2023 £
Fixed Assets			
Tangible assets	7	101,338	107,396
Current assets			
Debtors	6	0	0
Stock		50	50
Cash at Bank & in hand		235,884	225,041
		235,934	225,091
Creditors - amounts falling due within one year	4	650	650
Net current assets		235,284	224,441
Total assets less current liabilities		336,621	331,837
Net assets		336,621	331,837
Funds			
- Unrestricted		235,283	224,441
- Other			
- Building Fund		101,338	107,396
Funds			
- Restricted		0	0
Total funds		336,621	331,837

For the year ending 31st December 2024 the company was entitled to exemption under section 477 (2) of the Companies Act 2006 and that members have not required an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- i ensuring that the company keeps accounting records which comply with section 386; and
- ii preparing accounts which give a true and fair view of the state of affairs of the company as the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the Board of Trustees on 9.9.25 and signed on its behalf by

..... M. Livenick

MARY LIVENICK
CHAIRPERSON

The notes on page 6-10 form part of these accounts.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDED 31ST DECEMBER 2024**

1) Principal Accounting policies

- 1.1 Basis of Accounting - These financial statements have been prepared under the historical cost convention as modified to incorporate the revaluation of certain assets, in accordance with the Companies Act 1985 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued March 2005
- 1.2 Status - Helping Hands is a registered charity and a company limited by guarantee.
- 1.3 Fund Balance - The balances held by the charity are separated between restricted and unrestricted funds. Balances on restricted funds are subject to specific conditions imposed from the funding source. Unrestricted funds are available to be utilised by the trustees in the furtherance of the general objectives of the charity
- 1.4 Incoming Resources - All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. Voluntary income is received by way of grants and donations and is included in full in the Statement of Financial Activities when receivable.
- 1.5 Fixed Assets - Fixed assets are stated at cost less accumulated depreciation. The charity provides for depreciation on tangible fixed assets based on the estimated useful life of the fixed assets and their anticipated residual value:-
- | | |
|------------------|-------------------------|
| Land & Buildings | 4% straight line basis |
| Equipment | 25% straight line basis |
- 1.6 Stock - is included in the balance sheet at the lower of cost or net realisable value, provisions being made as appropriate against any obsolete or slow moving items. Where stock is held for a specific restricted purpose the relevant incoming resources are held as balances on restricted funds.
- 1.7 Deferred Income - Income or grants received in advance are held as deferred income and carried forward to future accounting periods to be released when the defined purposes of the work or project have been completed, approved or certified.
- 1.8 Gifts in Kind - are included in the income and expenditure account where they are applied in carrying out charitable activities, where the company would otherwise have to purchase the donated facility and the benefit is both quantifiable and material. The quantifiable benefit is shown as both incoming and expended resources within the appropriate funds and full details of the gifts are disclosed in a note.
- 1.9 The charity is exempt from tax on its charitable activities.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

<u>2 Total Incoming Resources</u>	2024	2023
	£	£
Shop	59,263	61,279
Donation	13,984	6,883
Fundraising	10,761	9,169
Misc	3,918	5,325
	<u>87,926</u>	<u>82,657</u>
Interest Received	1,840	3,964
Total incoming resources	<u>89,766</u>	<u>86,621</u>
<u>3 Net Incoming Resources</u>	2024	2023
is stated after charging	£	£
Staff Costs		
Wages & Salaries	36,957	36,114
Social security costs	2,848	2,880
Pension costs	2,108	774
	<u>41,913</u>	<u>39,768</u>
Depreciation on:-		
Tangible owned fixed assets	6,058	6,058
Assets held under finance agreements	0	0
Accounting services	650	650
Average No of employees		
Full time	2	2
Part time	0	0
	<u>2</u>	<u>2</u>

The number of employees is based on full time equivalents

No employee earned £50,000 or more during the period

The trustees/directors did not receive any emoluments or reimbursement of expenses during the year.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

4 Creditors - amounts falling due within one year

	2024	2023
	£	£
Trade creditors & accruals	650	650
Tax & social security	0	0
Other Creditors	0	0
	<u>650</u>	<u>650</u>

All creditors are due in less than one year

5 Debtors

Other Debtors	<u>0</u>	<u>0</u>
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All debtors are due in less than one year

6 Resources expended

	2024	2023
	£	£
Employee Costs	41,913	39,768
Rent	4,920	4,920
Utilities	4,985	2,955
Telephone	1,562	1,456
Medical Equip	4,929	2,015
Stock	2,628	4,383
Shop maintenance	4,358	2,259
Insurance	4,312	4,032
Administration costs	4,812	4,787
Cancer care line	0	0
Travel	2,780	2,555
Other	210	0
Professional fees	650	650
Depreciation	6,058	6,058
Bank charges	865	753
	<u>84,983</u>	<u>76,590</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

<u>7 Tangible Fixed Assets</u>	Land & Building	Plant & Equipment	Total £
Cost			
Brought forward	151,454	29,546	181,000
Acquired in the period	-	-	0
Disposal	-	-	-
As at 31.12.24	<u>151,454</u>	<u>29,546</u>	<u>181,000</u>
Depreciation - Charge for year			
Brought forward	44,058	29,546	73,604
Charged in the period	6,058		6,058
Disposals	-	-	-
Depreciation C/f	<u>50,116</u>	<u>29,546</u>	<u>79,662</u>
Net Book Value at 31 December 2024	<u>101,338</u>	<u>0</u>	<u>101,338</u>
Net Book Value at 31 December 2023	<u>107,396</u>	<u>0</u>	<u>107,396</u>

8 Analysis of Net Assets Between Funds

	General Funds £	2024 Restricted Funds £	Total Funds £
Fixed Assets	101,338	0	101,338
Current Assets	235,933	0	235,933
Current Liabilities	-650	0	-650
	<u>336,621</u>	<u>0</u>	<u>336,621</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2024

9 Movements in Funds

	At 01/01/24	Incoming Resources	Outgoing Resources	Transfers	At 31/12/2024
Restricted Funds :					
Unrestricted Funds	224,441	89,766	78,925	-	235,283
Building Fund	107,396		6,058	-	101,338
	<u>331,837</u>	<u>89,766</u>	<u>84,983</u>	<u>-</u>	<u>336,621</u>

The Building Fund (above) represent the purchase of the building and the balance as at 31 December 2024 represents the asset value of the building.

HELPING HANDS (RHYMNEY CANCER SELF HELP GROUP)

England & Wales - Charity number 1117260

Accounts

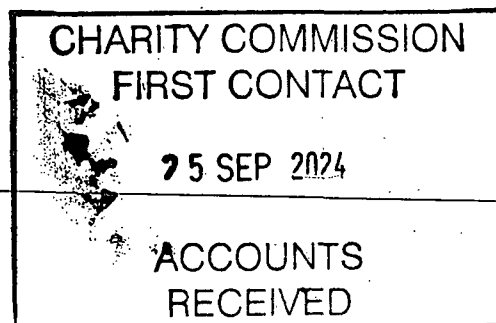
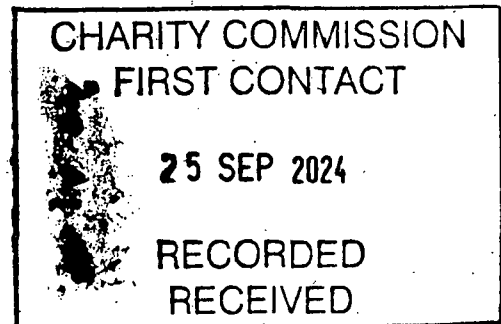
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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31ST DECEMBER 2023

(A Company Limited by Guarantee)



HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31ST DECEMBER 2023

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Secretary	Mrs J Gronow
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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report

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Mrs M Liverick - Chairperson
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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report (continued)

FINANCIAL REVIEW

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Approved by the Board of Trustees:-

Dated:- 17.9.24

M. LIVERICK (MARY LIVERICK)
Chair person.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

ACCOUNTANTS REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS
OF HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)
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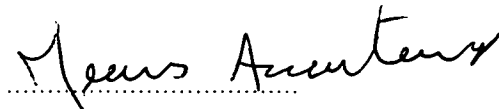
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Mears Accountancy Ltd

Dated

18/9/24

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2023

INCOME AND EXPENDITURE

	<u>Notes</u>	<u>Unrestricted</u>	<u>Restricted</u>	<u>2023</u>	<u>2022</u>
<u>Incoming Resources</u>		<u>Funds</u>	<u>Funds</u>	<u>Total</u>	<u>Total</u>
Grants and Donations		0	0	0	0
Fundraising		9,169		9,169	8,080
Activities in furtherance of the charities objects		73,488		73,488	84,147
Interest received		3,964		3,964	116
Total Incoming Resources	2	86,621	0	86,621	92,343
 <u>Resources Expended</u>					
Direct Charitable Expenditure			0	0	0
Activities in furtherance of the charities objects		76,590		76,590	74,667
Administration				-	-
Total Resources Expended	6	76,590	0	76,590	74,667
 <u>Net Incoming Resources before transfers</u>		 10,030	 0	 10,030	 17,676
Transfer between funds		-	0	-	-
Net Incoming Resources		10,030	0	10,030	17,676
Balances brought forward		321,807	0	321,807	304,132
Balances Carried forward		331,837	0	331,837	321,807

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

BALANCE SHEET AS AT 31ST DECEMBER 2023

	Note	2023 £	2022 £
Fixed Assets			
Tangible assets	7	107,396	57,000
Current assets			
Debtors	6	0	0
Stock		50	50
Cash at Bank & in hand		225,041	265,406
		<u>225,091</u>	<u>265,456</u>
Creditors - amounts falling due within one year	4	650	650
Net current assets		<u>224,441</u>	<u>264,806</u>
Total assets less current liabilities		<u>331,837</u>	<u>321,807</u>
Net assets		<u>331,837</u>	<u>321,807</u>
Funds			
- Unrestricted		224,442	264,807
- Other			
- Building Fund		107,396	57,000
Funds			
- Restricted		0	0
Total funds		<u>331,837</u>	<u>321,807</u>

For the year ending 31st December 2023 the company was entitled to exemption under section 477 (2) of the Companies Act 2006 and that members have not required an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- i ensuring that the company keeps accounting records which comply with section 386; and
- ii preparing accounts which give a true and fair view of the state of affairs of the company as ~~the financial year and of its profit or loss for the financial year~~ in accordance with the requirements of section 393, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the Board of Trustees on 17.9.24 and signed on its behalf by

M. Hiverick (MARY HIVERICK)
Chair Person

The notes on page 6-10 form part of these accounts.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2023

1) Principal Accounting policies

- 1.1 Basis of Accounting - These financial statements have been prepared under the historical cost convention as modified to incorporate the revaluation of certain assets, in accordance with the Companies Act 1985 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued March 2005
- 1.2 Status - Helping Hands is a registered charity and a company limited by guarantee.
- 1.3 Fund Balance - The balances held by the charity are separated between restricted and unrestricted funds. Balances on restricted funds are subject to specific conditions imposed from the funding source. Unrestricted funds are available to be utilised by the trustees in the furtherance of the general objectives of the charity
- 1.4 Incoming Resources - All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. Voluntary income is received by way of grants and donations and is included in full in the Statement of Financial Activities when receivable.
- 1.5 Fixed Assets - Fixed assets are stated at cost less accumulated depreciation. The charity provides for depreciation on tangible fixed assets based on the estimated useful life of the fixed assets and their anticipated residual value:-
- | | |
|------------------|-------------------------|
| Land & Buildings | 4% straight line basis |
| Equipment | 25% straight line basis |
- 1.6 Stock - is included in the balance sheet at the lower of cost or net realisable value, provisions being made as appropriate against any obsolete or slow moving items. Where stock is held for a specific restricted purpose the relevant incoming resources are held as balances on restricted funds.
- 1.7 Deferred Income - Income or grants received in advance are held as deferred income and carried forward to future accounting periods to be released when the defined purposes of the work or project have been completed, approved or certified.
- 1.8 Gifts in Kind - are included in the income and expenditure account where they are applied in carrying out charitable activities, where the company would otherwise have to purchase the donated facility ~~and the benefit is both quantifiable and material. The quantifiable benefit is shown as both incoming and expended resources within the appropriate funds and full details of the gifts are disclosed in a note.~~
- 1.9 The charity is exempt from tax on its charitable activities.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

<u>2 Total Incoming Resources</u>	2023	2022
	£	£
Shop	61,279	58,540
Donation	6,883	13,443
Fundraising	9,169	8,080
Misc	5,325	12,165
	<u>82,657</u>	<u>92,227</u>
Interest Received	3,964	116
Total incoming resources	<u>86,621</u>	<u>92,343</u>

3 Net Incoming Resources
is stated after charging

	2023	2022
	£	£
Staff Costs		
Wages & Salaries	36,114	34,642
Social security costs	2,880	2,868
Pension costs	774	1,002
	<u>39,768</u>	<u>38,513</u>
Depreciation on:-		
Tangible owned fixed assets	6,058	3,800
Assets held under finance agreements	0	0
Accounting services	650	650
Average No of employees		
Full time	2	2
Part time	0	0
	<u>2</u>	<u>2</u>

The number of employees is based on full-time equivalents

No employee earned £50,000 or more during the period

The trustees/directors did not receive any emoluments or reimbursement of expenses during the year.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

4 Creditors - amounts falling due within one year

	2023	2022
	£	£
Trade creditors & accruals	650	650
Tax & social security	0	0
Other Creditors	0	0
	<u>650</u>	<u>650</u>

All creditors are due in less than one year

5 Debtors

Other Debtors	<u>0</u>	<u>0</u>
---------------	----------	----------

All debtors are due in less than one year

6 Resources expended

	2023	2022
	£	£
Employee Costs	39,768	38,513
Rent	4,920	4,813
Utilities	2,955	2,095
Telephone	1,456	1,256
Medical Equip	2,015	110
Stock	4,383	5,146
Shop maintenance	2,259	697
Insurance	4,032	3,583
Administration costs	4,787	4,025
Cancer care line	0	0
Travel	2,555	2,990
Other	0	6,275
Professional fees	650	670
Depreciation	6,058	3,800
Bank charges	753	694
	<u>76,590</u>	<u>74,668</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2022

<u>7 Tangible Fixed Assets</u>	Land & Building	Plant & Equipment	Total £
Cost			
Brought forward	95,000	29,546	124,546
Acquired in the period	56,454	-	56,454
Disposal	-	-	-
As at 31.12.23	<u>151,454</u>	<u>29,546</u>	<u>181,000</u>
Depreciation - Charge for year			
Brought forward	38,000	29,546	67,546
Charged in the period	6,058	-	6,058
Disposals	-	-	-
Depreciation C/f	<u>44,058</u>	<u>29,546</u>	<u>73,604</u>
Net Book Value at 31 December 2023	<u>107,396</u>	<u>0</u>	<u>107,396</u>
Net Book Value at 31 December 2022	<u>57,000</u>	<u>0</u>	<u>57,000</u>

8 Analysis of Net Assets Between Funds

	General Funds £	2023 Restricted Funds £	Total Funds £
Fixed Assets	107,396	-	107,396
Current Assets	225,091	-	225,091
Current Liabilities	-650	-	-650
	<u>331,837</u>	<u>0</u>	<u>331,837</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2023

9 Movements in Funds

	At 01/01/23	Incoming Resources	Outgoing Resources	Transfers	At 31/12/2023
Restricted Funds :					
Unrestricted Funds	264,807	86,621	70,532 -	56,454	224,441
Building Fund	57,000		6,058	56,454	107,396
	<u>321,807</u>	<u>86,621</u>	<u>76,590</u>	<u>-</u>	<u>331,837</u>

The Building Fund (above) represent the purchase of the building and the balance as at 31 December 2023 represents the asset value of the building.

HELPING HANDS (RHYMNEY CANCER SELF HELP GROUP)

England & Wales - Charity number 1117260

Accounts

Registration Charity Number 1117260
Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31ST DECEMBER 2022

(A Company Limited by Guarantee)

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31ST DECEMBER 2022

Officers

Chairperson	Mrs M Liverick
Secretary	Ms S Davies
Trustees	Mrs M Green Mrs D Cox Mrs C Merrick Mrs E Philpott

Address

75 High Street
Rhymney
Gwent
NP22 5NB

Accountants

Mears Accountancy Ltd
8 Afon Dar Close
Gadlys
Aberdare
Mid Glam
CF44 8DF

Charity Registration Number 1117260

Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

<u>Contents</u>	<u>Page</u>
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Auditors Report	3
Statement of Financial Activities	4
Balance Sheet	5
Notes to the Accounts	6 - 10

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report

The Trustees present their annual report and the statement of accounts for the year ended 31st December 2022.

Members of the management committee who served during the year were:

Mrs M Liverick - Chairperson
Ms S Davies - Secretary
Mrs M Green
Mrs D Cox
Mrs E Philpott
Mrs C Merrick

STATUS

Helping Hands is a voluntary organisation with charitable status, Charity Number 1117260 and a company limited by guarantee since 9th November 2005, company no 05617885 registered in England & Wales. On 1st January 2006 all assets and liabilities were transferred from Charity number 1063765.

The charity is constituted by its Memorandum and Articles of Association and its Trustees are appointed at an AGM or extraordinary special meeting.

ORGANISATION

Helping Hands is local organisation known as Rhymney Cancer Self Help Group. The day to day management of Helping Hands is delegated to Derwyn Evans, the Administration Manager.

OBJECTIVES

To ensure the relief of persons within the Upper Rhymney Valley who are suffering or who have suffered from cancer and/or other serious illnesses in particular by the provision of advice, support and loan of home comforts, equipment, for such persons, their friends, families and carers.

The main activities in relation to the objectives are to provide a home comforts free loan service of medical aids for seriously ill residents, transport to hospital for treatment, complimentary therapy and financial assistance.

ACHIEVEMENTS

The charity has assisted over 400 families in the Upper Rhymney Valley with loan of medical aids from our home comforts free loan service. At present we have in excess of £170,000 worth of aids - medical and otherwise, on loan to seriously ill residents and their carers. We have expanded our services into the village of Deri during 2006 and this is now proving very popular and in demand.

In May 2006 the charity was awarded the 'Queens Award for Voluntary Service 2006' and the trustee were invited to a Garden Party at Buckingham Palace.

Our Charity Shop during 2007-8 has undertaken a major refurbishment programme of the external and cellar areas. The cellar will give us additional storage space.

FUTURE PLANS

The organisation purchased their Charity Shop at 74 High Street, Rhymney. This was done with the aid of a grant from CCBC. The Charity has in 2015 refurbished and rent the flat above 74 High Street. 75 High Street continues as a Clothes shop and Drop in Centre.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report (continued)

FINANCIAL REVIEW

The principal source of funds comes from the sale of donated goods sold in our Charity shop. From donations from local residents and businesses. Fundraising events by the general public and from events organised by volunteers of the Charity. We also receive grants for capital and staff overheads.

The Charity invests reserves in short term bonds and instant access accounts.

POLICY ON RESERVES

Funds held by the company are:-

General Unrestricted Funds - these funds which can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted Funds - these are funds which can be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

ACCOUNTING POLICY

The accounts are drawn up to comply with the Companies Act 2006 and Charities SORP 2005 "Accounting and Reporting by Charities".

STATEMENT OF DIRECTORS' AND TRUSTEES' RESPONSIBILITIES

Charity Law and the Companies Acts require the Board to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :

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

The Trustees are also responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the accountants in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts

The trustees, in their capacity as directors, state that the accounts have been prepared in accordance with the special provisions in the Companies Act 2006 relating to small companies.

Approved by the Board of Trustees:-

Dated:- 19.9.23

M. Kiverick (MARY. KIVERICK)
CHAIRPERSON

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

ACCOUNTANTS REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS
OF HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)
FOR THE YEAR ENDED 31ST DECEMBER 2022

We have examined the financial statements of Helping Hands for the year ended 31st December 2022 which comprises the Statement of Financial Activities, the Balance Sheet and the related notes. The financial statements have been prepared in accordance with the accounting policies set out on page 8.

Respective responsibilities of the directors and reporting accountant.

The directors responsibilities for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards are set out in the Statement of Trustee' Responsibilities.

We have been appointed as examiner under the Charities Act 1993 and report in accordance with regulations made under section 43 of that Act. It is our responsibility to form an independent opinion, based on our examination, on those statements and to report to you.

Basis of opinion

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

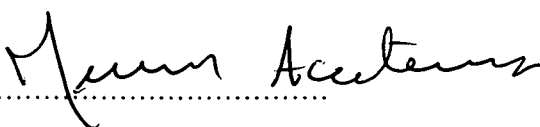
Opinion

In our opinion ,

a - the accounts are in agreement with the accounting records kept by the company under section 386 of the Companies Act 2006 and that no matter has come to our attention which gives me reasonable cause to believe that in any material respect the requirement to keep accounting records and to prepare accounts have not been met; or that attention should be drawn in order to enable a proper understanding of the accounts to be reached.

b - having regard only to, and on the basis of, the information contained in those accounting records:

- I the accounts have been drawn up in a manner consistent with the accounting requirements specified in the Act; and
- ii the company satisfied the conditions for exemption from an audit of the accounts for the year specified in section 477(2) of the Act and did not, at any time within that year, fall within any of the categories of companies not entitled to the exemption specified in section 478(a) to (c).


.....

Mears Accountancy Ltd

Dated

..... 19/12/23

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2022

INCOME AND EXPENDITURE

	<u>Notes</u>	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>2022</u> <u>Total</u>	<u>2021</u> <u>Total</u>
<u>Incoming Resources</u>					
Grants and Donations		0	0	0	16,503
Fundraising		8,080		8,080	8,132
Activities in furtherance of the charities objects		84,147		84,147	55,302
Interest received		116		116	157
Total Incoming Resources	2	92,343	0	92,343	80,093
<u>Resources Expended</u>					
Direct Charitable Expenditure			0	0	0
Activities in furtherance of the charities objects		74,667		74,667	64,456
Administration				-	-
Total Resources Expended	6	74,667	0	74,667	64,456
<u>Net Incoming Resources before transfers</u>		17,676	0	17,676	15,637
Transfer between funds		-	0	-	-
Net Incoming Resources		17,676	0	17,676	15,637
Balances brought forward		304,132	0	304,132	288,495
Balances Carried forward		321,807	0	321,807	304,132

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

BALANCE SHEET AS AT 31ST DECEMBER 2022

	Note	2022 £	2021 £
Fixed Assets			
Tangible assets	7	57,000	60,800
Current assets			
Debtors	6	0	0
Stock		50	50
Cash at Bank & in hand		265,406	243,932
		<u>265,456</u>	<u>243,982</u>
Creditors - amounts falling due within one year	4	650	650
		<u>264,806</u>	<u>243,332</u>
Net current assets			
		<u>264,806</u>	<u>243,332</u>
Total assets less current liabilities			
		<u>321,807</u>	<u>304,132</u>
Net assets			
		<u>321,807</u>	<u>304,132</u>
Funds			
- Unrestricted		264,807	243,332
- Other			
- Building Fund		57,000	60,800
Funds - Restricted			
		0	0
Total funds			
		<u>321,807</u>	<u>304,132</u>

For the year ending 31st December 2022 the company was entitled to exemption under section 477 (2) of the Companies Act 2006 and that members have not required an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- i ensuring that the company keeps accounting records which comply with section 386; and
- ii preparing accounts which give a true and fair view of the state of affairs of the company as the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the Board of Trustees on 19.9.23 and signed on its behalf by M. Hiverick.

MARY. HIVERICK CHAIRPERSON

The notes on page 6-10 form part of these accounts.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDED 31ST DECEMBER 2022**

1) Principal Accounting policies

- 1.1 Basis of Accounting - These financial statements have been prepared under the historical cost convention as modified to incorporate the revaluation of certain assets, in accordance with the Companies Act 1985 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued March 2005
- 1.2 Status - Helping Hands is a registered charity and a company limited by guarantee.
- 1.3 Fund Balance - The balances held by the charity are separated between restricted and unrestricted funds. Balances on restricted funds are subject to specific conditions imposed from the funding source. Unrestricted funds are available to be utilised by the trustees in the furtherance of the general objectives of the charity
- 1.4 Incoming Resources - All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. Voluntary income is received by way of grants and donations and is included in full in the Statement of Financial Activities when receivable.
- 1.5 Fixed Assets - Fixed assets are stated at cost less accumulated depreciation. The charity provides for depreciation on tangible fixed assets based on the estimated useful life of the fixed assets and their anticipated residual value:-
- | | |
|------------------|-------------------------|
| Land & Buildings | 4% straight line basis |
| Equipment | 25% straight line basis |
- 1.6 Stock - is included in the balance sheet at the lower of cost or net realisable value, provisions being made as appropriate against any obsolete or slow moving items. Where stock is held for a specific restricted purpose the relevant incoming resources are held as balances on restricted funds.
- 1.7 Deferred Income - Income or grants received in advance are held as deferred income and carried forward to future accounting periods to be released when the defined purposes of the work or project have been completed, approved or certified.
- 1.8 Gifts in Kind - are included in the income and expenditure account where they are applied in carrying out charitable activities, where the company would otherwise have to purchase the donated facility and the benefit is both quantifiable and material. The quantifiable benefit is shown as both incoming and expended resources within the appropriate funds and full details of the gifts are disclosed in a note.
- 1.9 The charity is exempt from tax on its charitable activities.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2022

<u>2 Total Incoming Resources</u>	2022	2021
	£	£
Welsh Church Fund - CCBC	-	-
CCBC Lockdown Grant	-	7,000
HMRC Furlough	-	9,503
Shop	58,540	45,338
Donation	13,443	8,584
Fundraising	8,080	8,132
Misc	12,165	1,380
	<u>92,227</u>	<u>79,937</u>
Interest Received	116	157
Total incoming resources	<u><u>92,343</u></u>	<u><u>80,093</u></u>
<u>3 Net Incoming Resources</u>		
is stated after charging		
	2022	2021
	£	£
Staff Costs		
Wages & Salaries	34,642	33,535
Social security costs	2,868	2,640
Pension costs	1,002	1,703
	<u>38,513</u>	<u>37,878</u>
Depreciation on:-		
Tangible owned fixed assets	3,800	4,749
Assets held under finance agreements	0	0
Accounting services	650	650
Average No of employees		
Full time	2	2
Part time	0	0
	<u>2</u>	<u>2</u>

The number of employees is based on full time equivalents

No employee earned £50,000 or more during the period

The trustees/directors did not receive any emoluments or reimbursement of expenses during the year.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2022

4 Creditors - amounts falling due within one year

	2022	2021
	£	£
Trade creditors & accruals	650	650
Tax & social security	0	0
Other Creditors	0	0
	<u>650</u>	<u>650</u>

All creditors are due in less than one year

5 Debtors

Other Debtors	<u>0</u>	<u>0</u>
---------------	----------	----------

All debtors are due in less than one year

6 Resources expended

	2022	2021
	£	£
Employee Costs	38,513	37,878
Rent	4,813	3,676
Utilities	2,095	1,806
Telephone	1,256	1,200
Medical Equip	110	929
Stock	5,146	3,018
Shop maintenance	697	1,204
Insurance	3,583	3,301
Administration costs	4,025	2,573
Cancer care line	0	0
Travel	2,990	2,852
Other	6,275	0
Professional fees	670	650
Depreciation	3,800	4,749
Bank charges	694	620
	<u>74,668</u>	<u>64,455</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2022

7 Tangible Fixed Assets

	Land & Building	Plant & Equipment	Total £
Cost			
Brought forward	95,000	29,546	124,546
Acquired in the period	-	-	0
Disposal	-	-	-
As at 31.12.22	<u>95,000</u>	<u>29,546</u>	<u>124,546</u>
Depreciation - Charge for year			
Brought forward	34,200	29,546	63,746
Charged in the period	3,800	-	3,800
Disposals	-	-	-
Depreciation C/f	<u>38,000</u>	<u>29,546</u>	<u>67,546</u>
Net Book Value at 31 December 2022	<u>57,000</u>	<u>0</u>	<u>57,000</u>
Net Book Value at 31 December 2021	<u>60,800</u>	<u>0</u>	<u>60,800</u>

8 Analysis of Net Assets Between Funds

	General Funds £	2022 Restricted Funds £	Total Funds £
Fixed Assets	57,000	-	57,000
Current Assets	265,456	-	265,456
Current Liabilities	-650	-	-650
	<u>321,807</u>	<u>0</u>	<u>321,807</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2022

9 Movements in Funds

	At 01/01/22	Incoming Resources	Outgoing Resources	Transfers	At 31/12/2022
Restricted Funds :					
Unrestricted Funds	243,332	92,343	70,867	-	264,807
Building Fund	60,800		3,800	-	57,000
	<u>304,132</u>	<u>92,343</u>	<u>74,667</u>	<u>-</u>	<u>321,807</u>

The Building Fund (above) represent the purchase of the building and the balance as at 31 December 2022 represents the asset value of the building.

HELPING HANDS (RHYMNEY CANCER SELF HELP GROUP)

England & Wales - Charity number 1117260

Accounts

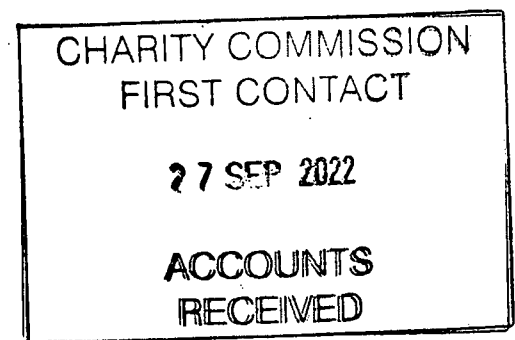
Registration Charity Number 1117260
Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31ST DECEMBER 2021

(A Company Limited by Guarantee)



HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

LEGAL AND ADMINISTRATIVE INFORMATION FOR THE YEAR ENDED 31ST DECEMBER 2021

Officers

Chairperson Mrs M Liverick

Secretary Ms S Davies

Trustees
Mrs B Hook
Mrs M Green
Mrs C Merrick

Address

75 High Street
Rhymney
Gwent
NP22 5NB

Accountants

Mears Accountancy Ltd
8 Afon Dar Close
Gadlys
Aberdare
Mid Glam
CF44 8DF

Charity Registration Number 1117260

Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

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Balance Sheet	5
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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report

The Trustees present their annual report and the statement of accounts for the year ended 31st December 2021.

Members of the management committee who served during the year were:

Mrs M Liverick - Chairperson
Miss S Davies - Secretary
Mrs B Hook
Mrs M Green
Mrs C Merrick

STATUS

Helping Hands is a voluntary organisation with charitable status, Charity Number 1117260 and a company limited by guarantee since 9th November 2005, company no 05617885 registered in England & Wales. On 1st January 2006 all assets and liabilities were transferred from Charity number 1063765.

The charity is constituted by its Memorandum and Articles of Association and its Trustees are appointed at an AGM or extraordinary special meeting.

ORGANISATION

Helping Hands is local organisation known as Rhymney Cancer Self Help Group. The day to day management of Helping Hands is delegated to Derwyn Evans, the Administration Manager.

OBJECTIVES

To ensure the relief of persons within the Upper Rhymney Valley who are suffering or who have suffered from cancer and/or other serious illnesses in particular by the provision of advice, support and loan of home comforts, equipment, for such persons, their friends, families and carers.

The main activities in relation to the objectives are to provide a home comforts free loan service of medical aids for seriously ill residents, transport to hospital for treatment, complimentary therapy and financial assistance.

ACHIEVEMENTS

The charity has assisted over 400 families in the Upper Rhymney Valley with loan of medical aids from our home comforts free loan service. At present we have in excess of £170,000 worth of aids - medical and otherwise, on loan to seriously ill residents and their carers. We have expanded our services into the village of Deri during 2006 and this is now proving very popular and in demand.

In May 2006 the charity was awarded the 'Queens Award for Voluntary Service 2006' and the trustee were invited to a Garden Party at Buckingham Palace.

Our Charity Shop during 2007-8 has undertaken a major refurbishment programme of the external and cellar areas. The cellar will give us additional storage space.

FUTURE PLANS

The organisation purchased their Charity Shop at 74 High Street, Rhymney. This was done with the aid of a grant from CCBC. The Charity has in 2015 refurbished and rent the flat above 74 High Street. 75 High Street continues as a Clothes shop and Drop in Centre.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report (continued)

FINANCIAL REVIEW

The principal source of funds comes from the sale of donated goods sold in our Charity shop. From donations from local residents and businesses. Fundraising events by the general public and from events organised by volunteers of the Charity. We also receive grants for capital and staff overheads.

The Charity invests reserves in short term bonds and instant access accounts.

POLICY ON RESERVES

Funds held by the company are:-

General Unrestricted Funds - these funds which can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted Funds - these are funds which can be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

ACCOUNTING POLICY

The accounts are drawn up to comply with the Companies Act 2006 and Charities SORP 2005 "Accounting and Reporting by Charities".

STATEMENT OF DIRECTORS' AND TRUSTEES' RESPONSIBILITIES

Charity Law and the Companies Acts require the Board to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :

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

The Trustees are also responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the accountants in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts

The trustees, in their capacity as directors, state that the accounts have been prepared in accordance with the special provisions in the Companies Act 2006 relating to small companies.

Approved by the Board of Trustees:-

Susan Davies (SUSAN DAVIES) (SECRETARY)

Dated:- 16/9/22.....

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

ACCOUNTANTS REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS
OF HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)
FOR THE YEAR ENDED 31ST DECEMBER 2021

We have examined the financial statements of Helping Hands for the year ended 31st December 2021 which comprises the Statement of Financial Activities, the Balance Sheet and the related notes. The financial statements have been prepared in accordance with the accounting policies set out on page 8.

Respective responsibilities of the directors and reporting accountant.

The directors responsibilities for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards are set out in the Statement of Trustee' Responsibilities.

We have been appointed as examiner under the Charities Act 1993 and report in accordance with regulations made under section 43 of that Act. It is our responsibility to form an independent opinion, based on our examination, on those statements and to report to you.

Basis of opinion

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

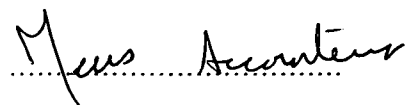
Opinion

In our opinion ,

a - the accounts are in agreement with the accounting records kept by the company under section 386 of the Companies Act 2006 and that no matter has come to our attention which gives me reasonable cause to believe that in any material respect the requirement to keep accounting records and to prepare accounts have not been met; or that attention should be drawn in order to enable a proper understanding of the accounts to be reached.

b - having regard only to, and on the basis of, the information contained in those accounting records:

- i the accounts have been drawn up in a manner consistent with the accounting requirements specified in the Act; and
- ii the company satisfied the conditions for exemption from an audit of the accounts for the year specified in section 477(2) of the Act and did not, at any time within that year, fall within any of the categories of companies not entitled to the exemption specified in section 478(a) to (c).



Mears Accountancy Ltd

Dated16/9/22.....

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2021

INCOME AND EXPENDITURE

	<u>Notes</u>	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>2021</u> <u>Total</u>	<u>2020</u> <u>Total</u>
<u>Incoming Resources</u>					
Grants and Donations		16,503	0	16,503	42,436
Fundraising		8,132		8,132	7,682
Activities in furtherance of the charities objects		55,302		55,302	37,738
Interest received		157		157	315
Total Incoming Resources	2	80,093	0	80,093	88,171
<u>Resources Expended</u>					
Direct Charitable Expenditure			0	0	0
Activities in furtherance of the charities objects		64,456		64,456	62,091
Administration				-	-
Total Resources Expended	6	64,456	0	64,456	62,091
<u>Net Incoming Resources before transfers</u>		15,637	0	15,637	26,080
Transfer between funds		-	0	-	-
Net Incoming Resources		15,637	0	15,637	26,080
Balances brought forward		288,495	0	288,495	262,414
Balances Carried forward		304,132	0	304,132	288,495

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

BALANCE SHEET AS AT 31ST DECEMBER 2021

	Note	2021 £	2020 £
Fixed Assets			
Tangible assets	7	60,800	65,549
Current assets			
Debtors	6	0	0
Stock		50	50
Cash at Bank & in hand		243,932	223,546
		243,982	223,596
Creditors - amounts falling due within one year	4	650	650
Net current assets		243,332	222,946
Total assets less current liabilities		304,132	288,495
Net assets		304,132	288,495
Funds			
- Unrestricted		243,331	223,895
- Other - Building Fund		60,800	64,600
Funds - Restricted		0	0
Total funds		304,132	288,495

For the year ending 31st December 2021 the company was entitled to exemption under section 477 (2) of the Companies Act 2006 and that members have not required an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- i ensuring that the company keeps accounting records which comply with section 386; and
- ii preparing accounts which give a true and fair view of the state of affairs of the company as the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the Board of Trustees on 16/9/22 and signed on its behalf by

Susan Davies (SUSAN DAVIES) (SECRETARY)

The notes on page 6-10 form part of these accounts.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS **FOR THE YEAR ENDED 31ST DECEMBER 2021**

1) Principal Accounting policies

- 1.1 Basis of Accounting - These financial statements have been prepared under the historical cost convention as modified to incorporate the revaluation of certain assets, in accordance with the Companies Act 1985 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued March 2005
- 1.2 Status - Helping Hands is a registered charity and a company limited by guarantee.
- 1.3 Fund Balance - The balances held by the charity are separated between restricted and unrestricted funds. Balances on restricted funds are subject to specific conditions imposed from the funding source. Unrestricted funds are available to be utilised by the trustees in the furtherance of the general objectives of the charity
- 1.4 Incoming Resources - All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. Voluntary income is received by way of grants and donations and is included in full in the Statement of Financial Activities when receivable.
- 1.5 Fixed Assets - Fixed assets are stated at cost less accumulated depreciation. The charity provides for depreciation on tangible fixed assets based on the estimated useful life of the fixed assets and their anticipated residual value:-
- | | |
|------------------|-------------------------|
| Land & Buildings | 4% straight line basis |
| Equipment | 25% straight line basis |
- 1.6 Stock - is included in the balance sheet at the lower of cost or net realisable value, provisions being made as appropriate against any obsolete or slow moving items. Where stock is held for a specific restricted purpose the relevant incoming resources are held as balances on restricted funds.
- 1.7 Deferred Income - Income or grants received in advance are held as deferred income and carried forward to future accounting periods to be released when the defined purposes of the work or project have been completed, approved or certified.
- 1.8 Gifts in Kind - are included in the income and expenditure account where they are applied in carrying out charitable activities, where the company would otherwise have to purchase the donated facility and the benefit is both quantifiable and material. The quantifiable benefit is shown as both incoming and expended resources within the appropriate funds and full details of the gifts are disclosed in a note.
- 1.9 The charity is exempt from tax on its charitable activities.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2021

2 Total Incoming Resources

	2021	2020
	£	£
Welsh Church Fund - CCBC	-	-
CCBC Lockdown Grant	7,000	27,000
HMRC Furlough	9,503	15,436
Shop	45,338	25,990
Donation	8,584	7,548
Fundraising	8,132	7,682
Misc	1,380	4,200
	<u>79,937</u>	<u>87,855</u>
Interest Received	157	315
Total incoming resources	<u>80,093</u>	<u>88,171</u>

3 Net Incoming Resources

is stated after charging

	2021	2020
	£	£
Staff Costs		
Wages & Salaries	33,535	33,924
Social security costs	2,640	1,652
Pension costs	1,703	1,660
	<u>37,878</u>	<u>37,236</u>
Depreciation on:-		
Tangible owned fixed assets	4,749	4,749
Assets held under finance agreements	0	0
Accounting services	650	650
Average No of employees		
Full time	2	2
Part time	0	0
	<u>2</u>	<u>2</u>

The number of employees is based on full time equivalents

No employee earned £50,000 or more during the period

The trustees/directors did not receive any emoluments or reimbursement of expenses during the year.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2021

4 Creditors - amounts falling due within one year

	2021	2020
	£	£
Trade creditors & accruals	650	650
Tax & social security	0	0
Other Creditors	0	0
	<u>650</u>	<u>650</u>

All creditors are due in less than one year

5 Debtors

Other Debtors	<u>0</u>	<u>0</u>
---------------	----------	----------

All debtors are due in less than one year

6 Resources expended

	2021	2020
	£	£
Employee Costs	37,878	37,236
Rent	3,676	3,640
Utilities	1,806	1,765
Telephone	1,200	1,084
Medical Equip	929	894
Stock	3,018	2,039
Shop maintenance	1,204	1,684
Insurance	3,301	3,123
Administration costs	2,573	2,036
Cancer care line	0	0
Travel	2,852	2,832
Other	0	0
Professional fees	650	650
Depreciation	4,749	4,749
Bank charges	620	360
	<u>64,455</u>	<u>62,091</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2021

<u>7 Tangible Fixed Assets</u>	Land & Building	Plant & Equipment	Total £
Cost			
Brought forward	95,000	29,546	124,546
Acquired in the period	-	-	0
Disposal	-	-	-
As at 31.12.21	<u>95,000</u>	<u>29,546</u>	<u>124,546</u>
Depreciation - Charge for year			
Brought forward	30,400	28,597	58,997
Charged in the period	3,800	949	4,749
Disposals	-	-	-
Depreciation C/f	<u>34,200</u>	<u>29,546</u>	<u>63,746</u>
Net Book Value at 31 December 2021	<u>60,800</u>	<u>0</u>	<u>60,800</u>
Net Book Value at 31 December 2020	<u>64,600</u>	<u>949</u>	<u>65,549</u>

8 Analysis of Net Assets Between Funds

	General Funds £	2021 Restricted Funds £	Total Funds £
Fixed Assets	60,800	-	60,800
Current Assets	243,982	-	243,982
Current Liabilities	-650	-	-650
	<u>304,132</u>	<u>0</u>	<u>304,132</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

9 Movements in Funds

	At 01/01/21	Incoming Resources	Outgoing Resources	Transfers	At 31/12/2021
Restricted Funds :					
Unrestricted Funds	223,895	80,093	60,656	-	243,332
Building Fund	64,600		3,800	-	60,800
	<u>288,495</u>	<u>80,093</u>	<u>64,456</u>	<u>-</u>	<u>304,132</u>

The Building Fund (above) represent the purchase of the building and the balance as at 31 December 2021 represents the asset value of the building.

HELPING HANDS (RHYMNEY CANCER SELF HELP GROUP)

England & Wales - Charity number 1117260

Accounts

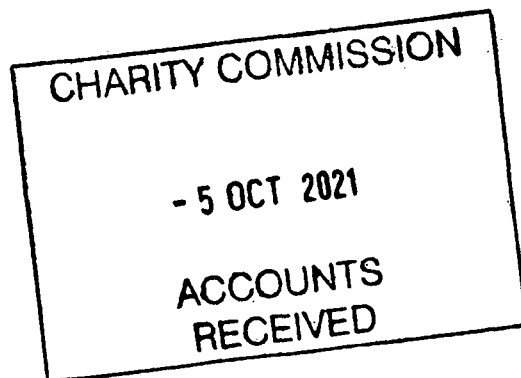
Registration Charity Number 1117260
Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDING 31ST DECEMBER 2020

(A Company Limited by Guarantee)



HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR ENDED 31ST DECEMBER 2020

Officers

Chairperson	Miss D Shurmer
Secretary	Ms S Davies
Trustees	Mrs A Darlington Mrs B Hook Mrs M Green Mrs C Merrick Mrs M Liverick

Address

75 High Street
Rhydney
Gwent
NP22 5NB

Accountants

Mears Accountancy Ltd
8 Afon Dar Close
Gadlys
Aberdare
Mid Glam
CF44 8DF

Charity Registration Number 1117260

Company Registration Number 05617885

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report

The Trustees present their annual report and the statement of accounts for the year ended 31st December 2020.

Members of the management committee who served during the year were:

Miss D Shurmer - Chairperson
Miss S Davies - Secretary
Mrs A Darlington
Mrs B Hook
Mrs M Green
Mrs C Merrick
Mrs M Liverick

STATUS

Helping Hands is a voluntary organisation with charitable status, Charity Number 1117260 and a company limited by guarantee since 9th November 2005, company no 05617885 registered in England & Wales. On 1st January 2006 all assets and liabilities were transferred from Charity number 1063765.

The charity is constituted by its Memorandum and Articles of Association and its Trustees are appointed at an AGM or extraordinary special meeting.

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The charity has assisted over 400 families in the Upper Rhymney Valley with loan of medical aids from our home comforts free loan service. At present we have in excess of £170,000 worth of aids - medical and otherwise, on loan to seriously ill residents and their carers. We have expanded our services into the village of Deri during 2006 and this is now proving very popular and in demand.

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HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

The Trustees Report (continued)

FINANCIAL REVIEW

The principal source of funds comes from the sale of donated goods sold in our Charity shop. From donations from local residents and businesses. Fundraising events by the general public and from events organised by volunteers of the Charity. We also receive grants for capital and staff overheads.

The Charity invests reserves in short term bonds and instant access accounts.

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STATEMENT OF DIRECTORS' AND TRUSTEES' RESPONSIBILITIES

Charity Law and the Companies Acts require the Board to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :

- select suitable accounting policies and then apply them consistently;
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- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed , subject to any material departures disclosed and explained in the financial statements;

The Trustees are also responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the responsibility of the accountants in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts

The trustees, in their capacity as directors, state that the accounts have been prepared in accordance with the special provisions in the Companies Act 2006 relating to small companies.

Approved by the Board of Trustees:-

Dated:- 20/9/21.....

.....*Susan Davies*..... (SUSAN DAVIES)
(SECRETARY)

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

**ACCOUNTANTS REPORT TO THE TRUSTEES ON THE UNAUDITED ACCOUNTS
OF HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)
FOR THE YEAR ENDED 31ST DECEMBER 2020**

We have examined the financial statements of Helping Hands for the year ended 31st December 2020 which comprises the Statement of Financial Activities, the Balance Sheet and the related notes. The financial statements have been prepared in accordance with the accounting policies set out on page 8.

Respective responsibilities of the directors and reporting accountant.

The directors responsibilities for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards are set out in the Statement of Trustee' Responsibilities.

We have been appointed as examiner under the Charities Act 1993 and report in accordance with regulations made under section 43 of that Act. It is our responsibility to form an independent opinion, based on our examination, on those statements and to report to you.

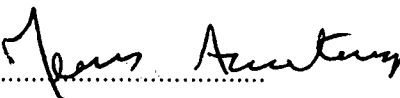
Basis of opinion

Our examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters.

Opinion

In our opinion ,

- a - the accounts are in agreement with the accounting records kept by the company under section 386 of the Companies Act 2006 and that no matter has come to our attention which gives me reasonable cause to believe that in any material respect the requirement to keep accounting records and to prepare accounts have not been met; or that attention should be drawn in order to enable a proper understanding of the accounts to be reached.
- b - having regard only to, and on the basis of, the information contained in those accounting records:
 - i the accounts have been drawn up in a manner consistent with the accounting requirements specified in the Act; and
 - ii the company satisfied the conditions for exemption from an audit of the accounts for the year specified in section 477(2) of the Act and did not, at any time within that year, fall within any of the categories of companies not entitled to the exemption specified in section 478(a) to (c).


.....

Mears Accountancy Ltd

Dated

..... 22/9/21

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2020

INCOME AND EXPENDITURE

	<u>Notes</u>	<u>Unrestricted</u> <u>Funds</u>	<u>Restricted</u> <u>Funds</u>	<u>2020</u> <u>Total</u>	<u>2019</u> <u>Total</u>
<u>Incoming Resources</u>					
Grants and Donations		42,436	0	42,436	8,675
Fundraising		7,682		7,682	9,344
Activities in furtherance of the charities objects		37,738		37,738	67,650
Interest received		315		315	567
Total Incoming Resources	2	88,171	0	88,171	86,236
<u>Resources Expended</u>					
Direct Charitable Expenditure			0	0	10,000
Activities in furtherance of the charities objects		62,091		62,091	66,641
Administration				-	-
Total Resources Expended	6	62,091	0	62,091	76,641
<u>Net Incoming Resources before transfers</u>		26,080	0	26,080	9,596
Transfer between funds		-	0	-	-
Net Incoming Resources		26,080	0	26,080	9,596
Balances brought forward		262,414	0	262,414	252,819
Balances Carried forward		288,495	0	288,495	262,414

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

BALANCE SHEET AS AT 31ST DECEMBER 2020

	Note	2020 £	2019 £
Fixed Assets			
Tangible assets	7	65,549	70,298
Current assets			
Debtors	6	0	0
Stock		50	50
Cash at Bank & in hand		223,546	192,716
		223,596	192,766
Creditors - amounts falling due within one year	4	650	650
Net current assets		222,946	192,116
Total assets less current liabilities		288,495	262,414
Net assets		288,495	262,414
Funds			
- Unrestricted		223,895	194,014
- Other - Building Fund		64,600	68,400
Funds - Restricted		0	0
Total funds		288,495	262,414

For the year ending 31st December 2020 the company was entitled to exemption under section 477 (2) of the Companies Act 2006 and that members have not required an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- i ensuring that the company keeps accounting records which comply with section 386; and
- ii preparing accounts which give a true and fair view of the state of affairs of the company as the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime.

Approved by the Board of Trustees on 20/9/21 and signed on its behalf by

.....*Susan Davies* (SUSAN DAVIES SECRETARY)

The notes on page 6-10 form part of these accounts.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

1) Principal Accounting policies

- 1.1 Basis of Accounting - These financial statements have been prepared under the historical cost convention as modified to incorporate the revaluation of certain assets, in accordance with the Companies Act 1985 and the Statement of Recommended Practice : Accounting and Reporting by Charities issued March 2005
- 1.2 Status - Helping Hands is a registered charity and a company limited by guarantee.
- 1.3 Fund Balance - The balances held by the charity are separated between restricted and unrestricted funds. Balances on restricted funds are subject to specific conditions imposed from the funding source. Unrestricted funds are available to be utilised by the trustees in the furtherance of the general objectives of the charity
- 1.4 Incoming Resources - All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. Voluntary income is received by way of grants and donations and is included in full in the Statement of Financial Activities when receivable.
- 1.5 Fixed Assets - Fixed assets are stated at cost less accumulated depreciation. The charity provides for depreciation on tangible fixed assets based on the estimated useful life of the fixed assets and their anticipated residual value:-
- | | |
|------------------|-------------------------|
| Land & Buildings | 4% straight line basis |
| Equipment | 25% straight line basis |
- 1.6 Stock - is included in the balance sheet at the lower of cost or net realisable value, provisions being made as appropriate against any obsolete or slow moving items. Where stock is held for a specific restricted purpose the relevant incoming resources are held as balances on restricted funds.
- 1.7 Deferred Income - Income or grants received in advance are held as deferred income and carried forward to future accounting periods to be released when the defined purposes of the work or project have been completed, approved or certified.
- 1.8 Gifts in Kind - are included in the income and expenditure account where they are applied in carrying out charitable activities, where the company would otherwise have to purchase the donated facility and the benefit is both quantifiable and material. The quantifiable benefit is shown as both incoming and expended resources within the appropriate funds and full details of the gifts are disclosed in a note.
- 1.9 The charity is exempt from tax on its charitable activities.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

<u>2 Total Incoming Resources</u>	2020	2019
	£	£
Welsh Church Fund- CCBC	-	8,675
CCBC Lockdown Grant	27,000	-
HMRC Furlough	15,436	-
Shop	25,990	54,356
Donation	7,548	8,776
Fundraising	7,682	9,344
Misc	4,200	4,518
	<u>87,855</u>	<u>85,669</u>
Interest Received	315	567
Total incoming resources	<u>88,171</u>	<u>86,236</u>

3 Net Incoming Resources
is stated after charging

	2020	2019
	£	£
Staff Costs		
Wages & Salaries	33,924	32,830
Social security costs	1,652	1,779
Pension costs	1,660	1,532
	<u>37,236</u>	<u>36,141</u>
Depreciation on:-		
Tangible owned fixed assets	4,749	4,749
Assets held under finance agreements	0	0
Accounting services	650	650
Average No of employees		
Full time	2	2
Part time	0	0
	<u>2</u>	<u>2</u>

The number of employees is based on full time equivalents

No employee earned £50,000 or more during the period

The trustees/directors did not receive any emoluments or reimbursement of expenses during the year.

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

4 Creditors - amounts falling due within one year

	2020	2019
	£	£
Trade creditors & accruals	650	650
Tax & social security	0	0
Other Creditors	0	0
	<u>650</u>	<u>650</u>

All creditors are due in less than one year

5 Debtors

Other Debtors	<u>0</u>	<u>0</u>
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All debtors are due in less than one year

6 Resources expended

	2020	2019
	£	£
Employee Costs	37,236	36,141
Rent	3,640	3,640
Utilities	1,765	2,714
Telephone	1,084	1,133
Medical Equip	894	97
Stock	2,039	1,683
Shop maintenance	1,684	12,916
Insurance	3,123	3,012
Administration costs	2,036	1,640
Cancer care line	0	0
Travel	2,832	3,869
Other	0	3,653
Professional fees	650	650
Depreciation	4,749	4,749
Bank charges	360	744
	<u>62,091</u>	<u>76,641</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

7 Tangible Fixed Assets

	Land & Building	Plant & Equipment	Total £
Cost			
Brought forward	95,000	29,546	124,546
Acquired in the period	-	-	0
Disposal	-	-	-
As at 31.12.20	<u>95,000</u>	<u>29,546</u>	<u>124,546</u>
Depreciation - Charge for year			
Brought forward	26,600	27,648	54,248
Charged in the period	3,800	949	4,749
Disposals	-	-	-
Depreciation C/f	<u>30,400</u>	<u>28,597</u>	<u>58,997</u>
Net Book Value at 31 December 2020	<u>64,600</u>	<u>949</u>	<u>65,549</u>
Net Book Value at 31 December 2019	<u>68,400</u>	<u>1,898</u>	<u>70,298</u>

8 Analysis of Net Assets Between Funds

	General Funds £	2020 Restricted Funds £	Total Funds £
Fixed Assets	65,549	-	65,549
Current Assets	192,766	-	192,766
Current Liabilities	-650	-	-650
	<u>257,665</u>	<u>0</u>	<u>257,665</u>

HELPING HANDS (RHYMNEY CANCER SELF-HELP GROUP)

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31ST DECEMBER 2020

9 Movements in Funds

	At 01/01/20	Incoming Resources	Outgoing Resources	Transfers	At 31/12/2020
Restricted Funds :					
Unrestricted Funds	194,014	88,171	58,291	-	223,895
Building Fund	68,400		3,800	-	64,600
	<u>262,414</u>	<u>88,171</u>	<u>62,091</u>	<u>-</u>	<u>288,495</u>

The Building Fund (above) represent the purchase of the building and the balance as at 31 December 2020 represents the asset value of the building.