

HELPS COUNSELLORS

England & Wales · Charity number 1140793

Details

Status Registered

Legal form CIO

Registered 2011-03-11

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

Contact

Address 116 Saxonbury Way
Peterborough
PE2 9FB

Phone 07888771793

Email hcounsellors@gmail.com

Website www.helpscounsellors.org

Activities

Objects: (1) TO PROVIDE, FOR THE BENEFIT OF THE PUBLIC, ASSISTANCE THROUGH CONCILIATION FOR COUPLES WHOSE RELATIONSHIPS APPEAR TO BE BREAKING DOWN, AND WHERE SUCH RELATIONSHIPS HAVE ALREADY BROKEN DOWN, TO ADVISE AND HELP IN THE SETTLEMENT OF DIFFERENCES OR POTENTIAL DIFFERENCES OVER ASSOCIATED MATTERS SUCH AS CUSTODY AND ACCESS TO CHILDREN, AND FINANCIAL MATTERS.(2) TO EDUCATE THE PUBLIC, IN LINE WITH THE TEACHINGS OF THE HOLY BIBLE, CONCERNING THE BENEFITS OF SECURE COUPLE RELATIONSHIPS, MARRIAGE AND FAMILY LIFE IN ORDER TO IMPROVE THE EMOTIONAL, SEXUAL AND SPIRITUAL WELL-BEINGS OF INDIVIDUALS WHICH ARE DERIVED FROM COMMITTED RELATIONSHIPS.(3) TO EDUCATE YOUNG PEOPLE, IN LINE WITH THE TEACHINGS OF THE HOLY BIBLE, IN MATTERS OF SEX AND CONTRACEPTION AND TO DEVELOP AMONGST THEM A SENSE OF RESPONSIBILITY IN REGARD TO SEXUAL BEHAVIOUR WITH THE AIM OF PREVENTING AND MITIGATING OF THE SUFFERING CAUSED BY UNWANTED PREGNANCY.(4) TO HELP YOUNG PEOPLE, ESPECIALLY BUT NOT EXCLUSIVELY THROUGH LEISURE TIME ACTIVITIES, SO AS TO DEVELOP THEIR CAPABILITIES THAT THEY MAY GROW TO FULL MATURITY AS INDIVIDUALS AND MEMBERS OF SOCIETY.(5) TO RELIEVE THE MENTAL AND PHYSICAL SICKNESS OF PERSONS RESIDENT IN THE UNITED KINGDOM OR ANY PART OF THE WORLD SUFFERING FROM BEREAVEMENT OR LOSS BY THE PROVISION OF COUNSELLING AND SUPPORT FOR SUCH PERSONS.(6) TO PREVENT OR RELIEVE POVERTY [OR FINANCIAL HARDSHIP] ANYWHERE IN THE WORLD BY PROVIDING: GRANTS, ITEMS AND SERVICES TO INDIVIDUALS IN NEED AND/OR CHARITIES, OR OTHER ORGANISATIONS WORKING TO PREVENT OR RELIEVE POVERTY.

Activities: To provide for the benefit of the public assistance through reconciliation for couples whose relationship are breaking or have broken. To educate the public in line with the teachings of the Holy Bible, concerning the benefits of secure relationships, marriage and family life. Holding seminars and events on family life issues for the benefit of the public.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Prevention Or Relief Of Poverty, Religious Activities, Amateur Sport
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Bexley

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£1,892	£4,739	-	-
2024-09-30	£3,612	£5,302	-	-
2023-09-30	£2,170	£2,741	-	-
2022-09-30	£14,615	£16,353	-	-
2021-09-30	£8,953	£3,854	-	-

Trustees

Name	Role	Appointed
AKINTAYO OJO FCCA		2013-03-22
CATHERINE OLUFUNKE FABOYA RGN		
Dr ABIODUN OLAYINKA OBISESAN		
Elizabeth Eesuola		
SAMUEL ADEBAYO EESUOLA		

HELPS COUNSELLORS

England & Wales - Charity number 1140793

Accounts

HELPS COUNSELLORS

FOR THE PERIOD ENDED 30 SEPTEMBER 2025

Charity reg. no: 1140793

**DIRECTORS REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2025**

HELPS COUNSELLORS

TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 SEPTEMBER 2025

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HELPS COUNSELLORS

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY
FOR THE PERIOD ENDED 30 SEPTEMBER 2025

Directors	Pastor Adebayo S. Eesuola Dr Abiodun O. Obisesan Mrs Elizabeth O. Eesuola Mr Akintayo Ojo Mrs Catherine O. Faboya
Charity registered number	1140793
Principal Office	116 Saxonbury Way Peterborough PE2 9FB
Counsellors	Pastor Adebayo S. Eesuola Pastor (Mrs) Elizabeth O. Eesuola
Bankers	Barclays Bank PLC

HELPS COUNSELLORS

TRUSTEES' REPORT FOR THE PERIOD ENDED 30 SEPTEMBER 2025

The Trustees submit their report and financial statement for Helps Counsellors (the charity) for the period ended 30th September 2025. The Trustees confirm that the Trustee's report and the financial statements of the charity comply with current statutory requirements of the charity's governing document and the provisions of Charities Act 2011

Structure, governance and management

Helps Counsellors is a registered CIO. It was registered with Charity Commission England and Wales on 9th April 2019. The charity registration number is 114073

Principal activity

To provide for the benefit of the public assistance through reconciliation for couples whose relationship are breaking or have broken, to advice and help in settlement of differences or potential differences over associated matters such as custody and access to children and financial matters. To educate the public, in line with the teachings of the Holy Bible, concerning the benefits of secure well-beings of individuals which are derived from committed relationships. Educating young people to develop their capabilities as matured members of the society.

Activities during the year

During the year in review, the charity held seminars and talks on issues bothering on family wellbeing and capacity development in homes.

Review of developments and future prospects

The charity hopes to expand its operations in the future.

Appointment or election of Trustees

Trustees are appointed and or co-opted under the terms of the constitution of the charity.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the report and the financial statements in accordance with applicable laws and regulations.

This report have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees' report was approved by the Trustees on 27 April 2026 and signed on their behalf by:

Mr Akintayo Ojo

HELPS COUNSELLORS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 30 SEPTEMBER 2025

	Total Funds 2025 £	Total Funds 2024 £
Incoming resources		
Donations	1,892	3,424
Others	-	188
Total incoming resources	<u>1,892</u>	<u>3,612</u>
Resources expended		
Cost of activities in furtherance of charity's objects	4,739	5,302
Management and governance cost	-	-
Total resources expended	<u>4,739</u>	<u>5,302</u>
Net(outgoing)/incoming resources for the year	- 2,847	- 1,690
Total funds at the start of the year	4,999	6,689
Balance at the end of the year	<u>2,152</u>	<u>4,999</u>

HELPS COUNSELLORS

BALANCE SHEET FOR THE PERIOD ENDED 30 SEPTEMBER 2025

	Total Funds 2025 £	Total Funds 2024 £
Fixed Assets		
Tangible fixed assets	-	-
Current assets		
Debtors	-	-
Cash at bank and in hand	2,152	4,999
	<u>2,152</u>	<u>4,999</u>
Less: Current Liabilities:		
Creditors: Amount falling due within One year	-	-
Net assets	<u>2,152</u>	<u>4,999</u>
Financed BY:		
General - restricted	-	-
General - unrestricted	2,152	4,999
	<u>2,152</u>	<u>4,999</u>

The accounts have been prepared in accordance with the special provision of Statement of Recommended Practice: Accounting and Reporting by Charities (SORP) issued March 2005 as modified for smaller charities

Approved by the Trustees on 27 April 2026 and signed on their behalf by:

Mr Akintayo Ojo
Trustee

HELPS COUNSELLORS
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2025

1. ACCOUNTING POLICIES

(1.1) Basis of preparation of financial statements

These accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) .The financial statements have been prepared with Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities published in March 2005 and applicable accounting standards.

(1.2) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is legally entitled to the income and the amount can be reasonably quantified with reasonable accuracy.

(1.3) Resources expended

All expenditures are accounted for on an accrual basis. Management and governance costs are cost incurred in connection with administration and compliance with statutory requirement

(2) Cost of Activities

	Total	Total
	30-Sep	30-Sep
	2025	2024
	£	£
Events	2,901	4,220
Administration	523	379
Training & development	483	-
Travel & Subsistence	238	-
Seminar/conference room hire	-	-
Hospitality	-	-
Subscriptions	90	156
Internet and IT consumables	504	547
Printing & Stationery	-	-
	<u>4,739</u>	<u>5,302</u>

HELPS COUNSELLORS

England & Wales - Charity number 1140793

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HELPS COUNSELLORS

FOR THE PERIOD ENDED 30 SEPTEMBER 2024

Charity reg. no: 1140793

**DIRECTORS REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

HELPS COUNSELLORS

TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 SEPTEMBER 2024

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HELPS COUNSELLORS

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY
FOR THE PERIOD ENDED 30 SEPTEMBER 2024

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Charity registered number	1140793
Principal Office	116 Saxonbury Way Peterborough PE2 9FB
Counsellors	Pastor Adebayo S. Eesuola Pastor (Mrs) Elizabeth O. Eesuola
Bankers	Barclays Bank PLC

HELPS COUNSELLORS

TRUSTEES' REPORT FOR THE PERIOD ENDED 30 SEPTEMBER 2024

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Principal activity

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Activities during the year

During the year in review, the charity held seminars and talks on issues bothering on family wellbeing and capacity development in homes.

Review of developments and future prospects

The charity hopes to expand its operations in the future.

Appointment or election of Trustees

Trustees are appointed and or co-opted under the terms of the constitution of the charity.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the report and the financial statements in accordance with applicable laws and regulations.

This report have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees' report was approved by the Trustees on 15 July 2025 and signed on their behalf by:

Mr Akintayo Ojo

HELPS COUNSELLORS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 30 SEPTEMBER 2024

	Total Funds 2024 £	Total Funds 2023 £
Incoming resources		
Donations	3,424	2,170
Others	188	-
Total incoming resources	<u>3,612</u>	<u>2,170</u>
Resources expended		
Cost of activities in furtherance of charity's objects	5,302	2,741
Management and governance cost	-	-
Total resources expended	<u>5,302</u>	<u>2,741</u>
Net(outgoing)/incoming resources for the year	- 1,690	- 571
Total funds at the start of the year	6,689	7,261
Balance at the end of the year	<u>4,999</u>	<u>6,689</u>

HELPS COUNSELLORS

BALANCE SHEET FOR THE PERIOD ENDED 30 SEPTEMBER 2023

	Total Funds 2023 £	Total Funds 2022 £
Fixed Assets		
Tangible fixed assets	-	-
Current assets		
Debtors	-	-
Cash at bank and in hand	4,999	6,689
	<u>4,999</u>	<u>6,689</u>
Less: Current Liabilities:		
Creditors: Amount falling due within One year	-	-
Net assets	<u>4,999</u>	<u>6,689</u>
Financed BY:		
General - restricted	-	-
General - unrestricted	4,999	6,689
	<u>4,999</u>	<u>6,689</u>

The accounts have been prepared in accordance with the special provision of Statement of Recommended Practice: Accounting and Reporting by Charities (SORP) issued March 2005 as modified for smaller charities

Approved by the Trustees on 15 July 2025 and signed on their behalf by:

Mr Akintayo Ojo
Trustee

HELPS COUNSELLORS
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2024

1. ACCOUNTING POLICIES

(1.1) Basis of preparation of financial statements

These accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) .The financial statements have been prepared with Statement of Recommended Practice (SORP), "Accounting and Reporting by Charities published in March 2005 and applicable accounting standards.

(1.2) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is legally entitled to the income and the amount can be reasonably quantified with reasonable accuracy.

(1.3) Resources expended

All expenditures are accounted for on an accrual basis. Management and governance costs are cost incurred in connection with administration and compliance with statutory requirement

(2) Cost of Activities

	Total	Total
	30-Sep	30-Sep
	2024	2023
	£	£
Events	4,220	702
Administration	379	460
Training & development	-	-
Travel & Subsistence	-	254
Seminar/conference room hire	-	-
Hospitality	-	200
Subscriptions	156	255
Internet and IT consumables	547	715
Printing & Stationery	-	156
	<u>5,302</u>	<u>2,741</u>

HELPS COUNSELLORS

England & Wales - Charity number 1140793

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HELPS COUNSELLORS

FOR THE PERIOD ENDED 30 SEPTEMBER 2023

Charity reg. no: 1140793

**DIRECTORS REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023**

HELPS COUNSELLORS

TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 SEPTEMBER 2023

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REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY
FOR THE PERIOD ENDED 30 SEPTEMBER 2023

Directors	Pastor Adebayo S. Eesuola Dr Abiodun O. Obisesan Mrs Elizabeth O. Eesuola Mr Akintayo Ojo Mrs Catherine O. Faboya
Charity registered number	1140793
Principal Office	92 Haversham Road Bexleyheath DA7 5BJ
Counsellors	Pastor Adebayo S. Eesuola Pastor (Mrs) Elizabeth O. Eesuola
Bankers	Barclays Bank PLC

HELPS COUNSELLORS

TRUSTEES' REPORT FOR THE PERIOD ENDED 30 SEPTEMBER 2023

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Principal activity

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Activities during the year

During the year in review, the charity held seminars and talks on issues bothering on family wellbeing and capacity development in homes.

Review of developments and future prospects

The charity hopes to expand its operations in the future.

Appointment or election of Trustees

Trustees are appointed and or co-opted under the terms of the constitution of the charity.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the report and the financial statements in accordance with applicable laws and regulations.

This report have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees' report was approved by the Trustees on 22 July 2024 and signed on their behalf by:

Mr Akintayo Ojo

HELPS COUNSELLORS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 30 SEPTEMBER 2023

	Total Funds 2023 £	Total Funds 2022 £
Incoming resources		
Donations	2,170	9,427
Gift Aid	-	5,189
Total incoming resources	<u>2,170</u>	<u>14,615</u>
Resources expended		
Cost of activities in furtherance of charity's objects	2,741	16,353
Management and governance cost	-	-
Total resources expended	<u>2,741</u>	<u>16,353</u>
Net(outgoing)/incoming resources for the year	- 571	- 1,738
Total funds at the start of the year	7,261	8,999
Balance at the end of the year	<u>6,689</u>	<u>7,261</u>

HELPS COUNSELLORS

BALANCE SHEET FOR THE PERIOD ENDED 30 SEPTEMBER 2023

	Total Funds 2023 £	Total Funds 2022 £
Fixed Assets		
Tangible fixed assets	-	-
Current assets		
Debtors	-	-
Cash at bank and in hand	6,689	7,261
	<u>6,689</u>	<u>7,261</u>
Less: Current Liabilities:		
Creditors: Amount falling due within One year	-	-
Net assets	<u>6,689</u>	<u>7,261</u>
Financed BY:		
General - restricted	-	-
General - unrestricted	6,689	7,261
	<u>6,689</u>	<u>7,261</u>

The accounts have been prepared in accordance with the special provision of Statement of Recommended Practice: Accounting and Reporting by Charities (SORP) issued March 2005 as modified for smaller charities

Approved by the Trustees on 22 July 2024 and signed on their behalf by:

Mr Akintayo Ojo
Trustee

HELPS COUNSELLORS
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2023

1. ACCOUNTING POLICIES

(1.1) Basis of preparation of financial statements

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(1.2) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is legally entitled to the income and the amount can be reasonably quantified with reasonable accuracy.

(1.3) Resources expended

All expenditures are accounted for on an accrual basis. Management and governance costs are cost incurred in connection with administration and compliance with statutory requirement

(2) Cost of Activities

	Total	Total
	30-Sep	30-Sep
	2023	2022
	£	£
Events	702	14,682
Administration	460	250
Training & development	-	200
Travel & Subsistence	254	50
Seminar/conference room hire	-	-
Hospitality	200	193
Subscriptions	255	255
Internet and IT consumables	715	723
Printing & Stationery	156	-
	<u>2,741</u>	<u>16,353</u>

HELPS COUNSELLORS

England & Wales - Charity number 1140793

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HELPS COUNSELLORS

FOR THE PERIOD ENDED 30 SEPTEMBER 2022

Charity reg. no: 1140793

**DIRECTORS REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2022**

HELPS COUNSELLORS

TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 SEPTEMBER 2022

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HELPS COUNSELLORS

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY
FOR THE PERIOD ENDED 30 SEPTEMBER 2022

Directors	Pastor Adebayo S. Eesuola Dr Abiodun O. Obisesan Mrs Elizabeth O. Eesuola Mr Akintayo Ojo Mrs Catherine O. Faboya
Charity registered number	1140793
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Bankers	Barclays Bank PLC

HELPS COUNSELLORS

TRUSTEES' REPORT FOR THE PERIOD ENDED 30 SEPTEMBER 2022

The Trustees submit their report and financial statement for Helps Counsellors (the charity) for the period ended 30th September 2022. The Trustees confirm that the Trustee's report and the financial statements of the charity comply with current statutory requirements of the charity's governing document and the provisions of Charities Act 2011

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Activities during the year

During the year in review, the charity held seminars and talks on issues bothering on family wellbeing and capacity development in homes.

Review of developments and future prospects

The charity hopes to expand its operations in the future.

Appointment or election of Trustees

Trustees are appointed and or co-opted under the terms of the constitution of the charity.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the report and the financial statements in accordance with applicable laws and regulations.

This report have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees' report was approved by the Trustees on 7 July 2023 and signed on their behalf by:

Mr Akintayo Ojo

HELPS COUNSELLORS

INDEPENDENT EXAMINER'S REPORT FOR YEAR ENDED 30 SEPTEMBER 2022

TO THE DIRECTORS OF HELPS COUNSELLORS

I report on the accounts of the charity for the year ended 30 September 2022 which is set out on pages 4 to 6.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND THE EXAMINER

As the Charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("The Act")

It is my responsibility to:

I report in respect of my examination of the charity's account carried out under section 145 of 2011 Act and in carrying out my examination, I have followed applicable directions given by the Charity Commission under section 145(5)(b) of the Act

INDEPENDENT EXAMINER'S STATEMENT

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

EXAMINER'S STATEMENT

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that, in any material respect:

- accounting records have not been kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Femi Oguntunde MBA FCCA
Chartered Certified Accountant
Eternal Excellency Limited
20 Elmbourne Drive
Belvedere
Kent
DA17 6JF

DATE: July 2023

HELPS COUNSELLORS

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD ENDED 30 SEPTEMBER 2022

	Total Funds 2022 £	Total Funds 2021 £
Incoming resources		
Donations	9,427	8,953
Gift Aid	5,189	-
Total incoming resources	<u>14,615</u>	<u>8,953</u>
Resources expended		
Cost of activities in furtherance of charity's objects	16,353	3,854
Management and governance cost	-	-
Total resources expended	<u>16,353</u>	<u>3,854</u>
Net(outgoing)/incoming resources for the year	- 1,738	5,099
Total funds at the start of the year	8,999	3,900
Balance at the end of the year	<u>7,261</u>	<u>8,999</u>

HELPS COUNSELLORS

BALANCE SHEET FOR THE PERIOD ENDED 30 SEPTEMBER 2022

	Total Funds 2022 £	Total Funds 2021 £
Fixed Assets		
Tangible fixed assets	-	-
Current assets		
Debtors	-	375
Cash at bank and in hand	7,261	8,624
	<u>7,261</u>	<u>8,999</u>
Less: Current Liabilities:		
Creditors: Amount falling due within One year	-	-
Net assets	<u>7,261</u>	<u>8,999</u>
Financed BY:		
General - restricted	-	-
General - unrestricted	7,261	8,999
	<u>7,261</u>	<u>8,999</u>

The accounts have been prepared in accordance with the special provision of Statement of Recommended Practice: Accounting and Reporting by Charities (SORP) issued March 2005 as modified for smaller charities

Approved by the Trustees on 7 July 2023 and signed on their behalf by:

Mr Akintayo Ojo
Trustee

HELPS COUNSELLORS
NOTES TO THE FINANCIAL STATEMENT
FOR THE YEAR ENDED 30 SEPTEMBER 2022

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(1.2) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is legally entitled to the income and the amount can be reasonably quantified with reasonable accuracy.

(1.3) Resources expended

All expenditures are accounted for on an accrual basis. Management and governance costs are costs incurred in connection with administration and compliance with statutory requirements.

(2) Cost of Activities

	Total	Total
	30-Sep	30-Sep
	2022	2021
	£	£
Events	14,682	-
Administration	250	26
Training & development	200	-
Travel & Subsistence	50	-
Seminar/conference room hire	-	2,669
Hospitality	193	100
Subscriptions	255	251
Internet and IT consumables	723	636
Printing & Stationery	-	172
	<u>16,353</u>	<u>3,854</u>

HELPS COUNSELLORS

England & Wales - Charity number 1140793

Accounts

HELPS COUNSELLORS

Charity reg. no: 1140793

**DIRECTORS REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2021**

HELPS COUNSELLORS

TRUSTEES REPORT AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 30 SEPTEMBER 2021

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HELPS COUNSELLORS

REFERENCE AND ADMINISTRATIVE DETAILS OF THE CHARITY
FOR THE YEAR ENDED 30 SEPTEMBER 2021

Directors	Pastor Adebayo S. Eesuola Dr Abiodun O. Obisesan Mrs Elizabeth O. Eesuola Mr Akintayo Ojo Mrs Catherine O. Faboya
Charity registered number	1140793
Principal Office	100 Midhurst Hill Bexleyheath DA6 7NL
Counsellors	Pastor Adebayo S. Eesuola Pastor (Mrs) Elizabeth O. Eesuola
Bankers	Barclays Bank PLC Erith Branch Erith Kent

HELPS COUNSELLORS

TRUSTEES' REPORT FOR THE YEAR ENDED 30 SEPTEMBER 2021

The Trustees submit their report and financial statement for Helps Counsellors (the charity) for the period ended 30th September 2021. The Trustees confirm that the Trustee's report and the financial statements of the charity comply with current statutory requirements of the charity's governing document and the provisions of Charities Act 2011

Structure, governance and management

Helps Counsellors is incorporated in England and Wales as a charitable company. The Company is limited by guarantee with company registration number is 07373001. It is registered with the Charity Commission as a charity in England and Wales and the registration number is 1140793. Following a resolution by the board of directors, the charity was converted to a CIO on 9th April 2019.

Principal activity

To provide for the benefit of the public assistance through reconciliation for couples whose relationship are breaking or have broken, to advice and help in settlement of differences or potential differences over associated matters such as custody and access to children and financial matters. To educate the public, in line with the teachings of the Holy Bible, concerning the benefits of secure well-beings of individuals which are derived from committed relationships. Educating young people to develop their capabilities as matured members of the society.

Activities during the year

During the second part of the year under reporting, there was an outbreak of Corona Virus worldwide. The government of United Kingdom imposed a lockdown and restriction on all group gatherings. In compliance to government restrictions, part of the charity's yearly activities were put on hold while other were held virtually.

Review of developments and future prospects

The charity hopes to expand its operations in the future.

Appointment or election of Trustees

Trustees are appointed and or co-opted under the terms of the constitution of the charity.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the report and the financial statements in accordance with applicable laws and regulations.

This report have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The Trustees' report was approved by the Trustees on 25 June 2022 and signed on their behalf by:

Mr Akintayo Ojo

HELPS COUNSELLORS

STATEMENT OF FINANCIAL ACTIVITIES FOR YEAR ENDED 30 SEPTEMBER 2021

	Total Funds 2021 £	Total Funds 2020 £
Incoming resources		
Donations	8,953	3,088
Gift Aid	-	-
Total incoming resources	<u>8,953</u>	<u>3,088</u>
Resources expended		
Cost of activities in furtherance of charity's objects	3,854	4,497
Management and governance cost	-	-
Total resources expended	<u>3,854</u>	<u>4,497</u>
Net(outgoing)/incoming resources for the year	5,099	- 1,409
Total funds at the start of the year	3,900	5,309
Balance at the end of the year	<u>8,999</u>	<u>3,900</u>

HELPS COUNSELLORS

BALANCE SHEET AS AT 30 SEPTEMBER 2021

	Total Funds 2021 £	Total Funds 2020 £
Fixed Assets		
Tangible fixed assets	-	-
Current assets		
Debtors	375	1,875
Cash at bank and in hand	8,624	2,025
	<u>8,999</u>	<u>3,900</u>
Less: Current Liabilities:		
Creditors: Amount falling due within One year	-	-
Net assets	<u>8,999</u>	<u>3,900</u>
Financed BY:		
FOR THE YEAR ENDING 30 SEPTEMBER 2020		
General - restricted	-	-
General - unrestricted	8,999	3,900
	<u>8,999</u>	<u>3,900</u>

The accounts have been prepared in accordance with the special provision of Statement of Recommended Practice: Accounting and Reporting by Charities (SORP) issued March 2005 as modified for smaller charities

Approved by the Trustees on 25 June 2022 and signed on their behalf by:

Mr Akintayo Ojo
Trustee

HELPS COUNSELLORS
 NOTES TO THE FINANCIAL STATEMENT
 FOR THE YEAR ENDED 30 SEPTEMBER 2021

1. ACCOUNTING POLICIES

(1.1) Basis of preparation of financial statements

These accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). The financial statements have been prepared with Statement of Recommended Practice (SORP), "Accounts and Reporting by Charities published in March 2005 and applicable accounting standards.

(1.2) Incoming resources

All incoming resources are included in the statement of financial activities when the charity is legally entitled to the income and the amount can be reasonably quantified with reasonable accuracy.

(1.3) Resources expended

All expenditures are accounted for on an accrual basis. Management and governance costs are costs incurred in connection with administration and compliance with statutory requirements.

(2) Cost of Activities

	Total 30-Sep 2021 £	Total 30-Sep 2020 £
Events	-	814
Charity donations	-	-
Administration	26	443
Training & development	-	26
Travel & Subsistence	-	337
Insurance	-	-
Seminar/conference room hire	2,669	1,507
Hospitality	100	-
Subscriptions	251	370
Internet and IT consumables	636	859
Printing & Stationery	172	140
	-	-
	<u>3,854</u>	<u>4,497</u>

(2) Management & Governance Costs

	Total 30-Sep 2021 £	Total 30-Sep 2020 £
Independent examiner's fee	-	-
	<u>-</u>	<u>-</u>