

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
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 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

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 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

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 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>