

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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HELPS COUNSELLORS

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

The Trustees submit their report and financial statement for Helps Counsellors (the charity) for the period ended 30th September 2023. 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 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	<u>-</u>	<u>-</u>
Current assets		
Debtors	-	-
Cash at bank and in hand	<u>6,689</u>	<u>7,261</u>
	6,689	7,261
Less: Current Liabilities:		
Creditors: Amount falling due within One year	-	-
	<u>-</u>	<u>-</u>
Net assets	<u>6,689</u>	<u>7,261</u>
Financed BY:		
General - restricted	-	-
General - unrestricted	<u>6,689</u>	<u>7,261</u>
	<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

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
	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>