

# **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**

<b>CONTENTS</b>	<b>PAGE</b>
Reference and administrative details	1.
Directors report	2.
Statement of Income & Expenditure	3.
Balance sheet	4.
Notes to the financial statements	5.

## HELPS COUNSELLORS

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

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

## **HELPS COUNSELLORS**

### **TRUSTEES' REPORT FOR THE PERIOD ENDED 30 SEPTEMBER 2024**

The Trustees submit their report and financial statement for Helps Counsellors (the charity) for the period ended 30th September 2024. 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 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

	<b>Total Funds 2024 £</b>	<b>Total Funds 2023 £</b>
<b>Incoming resources</b>		
Donations	3,424	2,170
Others	188	-
Total incoming resources	<b><u>3,612</u></b>	<b><u>2,170</u></b>
 <b>Resources expended</b>		
Cost of activities in furtherance of charity's objects	5,302	2,741
Management and governance cost	-	-
Total resources expended	<b><u>5,302</u></b>	<b><u>2,741</u></b>
 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	<b><u>4,999</u></b>	<b><u>6,689</u></b>

## HELPS COUNSELLORS

### BALANCE SHEET FOR THE PERIOD ENDED 30 SEPTEMBER 2023

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

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**

	<b>Total</b>	<b>Total</b>
	<b>30-Sep</b>	<b>30-Sep</b>
	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
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
	<b><u>5,302</u></b>	<b><u>2,741</u></b>