

Charity registration number 1160233 (England and Wales)

THE HELIOS FOUNDATION
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2025

THE HELIOS FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr R Baldock
	Mr P McDonnell
	Mr G Branson
	Mr T Thoroe
	Ms D O'Connor
Charity number (England and Wales)	1160233
Principal address	41 Barker Drive
	Camden
	London
	NW1 0JG
Independent examiner	Mitchell Charlesworth
	24 Nicholas Street
	Chester
	CH1 2AU

THE HELIOS FOUNDATION

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THE HELIOS FOUNDATION

TRUSTEES' REPORT

FOR THE YEAR ENDED 30 JUNE 2025

The trustees present their annual report and financial statements for the year ended 30 June 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)".

Objectives and activities

The Helios Centre has supported people living with HIV in London since 1986. We are currently based in temporary accommodation in Kilburn and will shortly be relocating to newly secured premises in Holborn.

Clients come to us from across London and place high value on our unique, holistic model of support. We provide a wide range of therapeutic interventions including counselling and psychotherapy (with trauma-informed approaches), as well as complementary therapies such as osteopathy, acupuncture and therapeutic massage.

Our mission is to improve the physical and mental wellbeing of people living with HIV through therapy, advice, advocacy and emotional support. As part of this work, we have consistently supported clients in maintaining adherence to antiretroviral (ARV) treatments and other prescribed regimens.

Most of our clients live with either a physical disability, a mental health condition, or both. The majority are on low incomes or living below the poverty line, and the typical age range is 45–75. Clients broadly fall into three groups:

1. Long-term HIV-positive clients

These individuals contracted HIV before effective treatments were available and many progressed to AIDS. Their health is often poor, with multiple comorbidities and chronic physical and mental health issues. Our holistic interventions help improve their quality of life, though deteriorating health and mobility challenges remain significant concerns.

2. HIV Women of Colour

This group is often diagnosed late, sometimes only upon hospital admission. Many are refugees or asylum seekers experiencing physical decline, chronic pain, sleep disturbance, emotional isolation and stigma. They frequently require significant support with medication adherence, navigating administrative processes, and managing psychological distress. This group has grown from 25% to 30% of our client base.

3. Volunteers as Service Users

We employ three part-time project staff supported by around 25 volunteers. We have particular expertise in supporting volunteers with mental health challenges who benefit from safe social contact, structured activity, skills development, and increased confidence. This pathway has enabled many to re-engage with community life.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Achievements and performance

Significant activities and achievements against objectives

Our continued monitoring and analysis of client data has helped the staff and therapists fully understand the clients' issues and why certain therapies are most in demand. Our improved structures and programmes, developed prior to Covid, requiring more detailed programme monitoring and oversight than has been needed in the past, are under considerable stress.

The opportunity for clients to see improvement has been very empowering for them. Some outcomes were: 1) improved health, 2) feeling more optimistic, 3) able to manage pain more effectively, 4) being part of a community and feeling supported, 5) improvement in their relationships.

Strengths: The mix of clients from BME women to LGBTQ people has created an inclusive and non-threatening environment that they can feel safe in. Strong networks with local partners and agencies have helped greatly to reach many people new to this kind of treatment. The volunteer team is very committed and costs have been kept to a minimum.

High numbers of clients are served each week. Some come from referral agencies dealing with clients who are not well despite HIV medication. The number of BME HIV+ women attending Helios is encouraging, especially as it was initially difficult to build a relationship with this group due to the stigma associated with HIV. From this strong base, we are now reaching out further into this community.

We have always had strong links with the transgender community, both male-female and female-male. Indeed, our long-standing experience serving the LGBTQ community and our informal surroundings is reassuring to transgender people used to discrimination. Because of our very effective approaches, the number coming here has continued to grow through word of mouth.

We are one of very few London charities in the holistic therapy field with an extensive range of psychological sessions alongside physical treatment. We fill a number of significant gaps in services provided elsewhere. Many other providers limit access by postcode, gender, sexuality or race – and clients are often given a fixed set of sessions before being placed on a waiting list for further treatment. At Helios, we provide ongoing treatment according to need.

Risks and challenges: Our reliance on unpaid senior positions. Though there is a high degree of commitment and a good pool of effective volunteers at that level, we have not yet been able to establish one paid top full-time managerial post.

The increasing and shifting needs of many clients. The demand for increased advocacy, to support the more vulnerable clients with issues such as housing, welfare, withdrawal of care and finance is escalating. Our advocacy remains informal so we do need extra resources for this area to be more consistently implemented in the future.

Further funds are also needed for a more inclusive LGBT counselling and psychotherapy programme. Helios has seen a marked increase in clients unable to manage the system and in crisis.

Financial review

Reserves policy

The unrestricted reserves are £139,299, which represents approximately 70% of annual running costs, based on an average annual expenditure of £200,000. The Trustees consider this level of reserves to be appropriate and in line with their expectations, providing sufficient financial resilience to manage operational risks. Some planned use of reserves is anticipated in the coming year to support the transition into the new centre.

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Plans for future periods

After 22 years in Kings Cross, we relocated to temporary premises in Kilburn provided free of charge by ASTOP. These are interim arrangements while we prepare to move to new permanent premises in Holborn, where Camden Council will act as landlord.

The Holborn building requires significant renovation but offers substantial benefits. Owing to its condition, the rent is relatively low at £38,000 per annum. The capital project cost of £346,000 represents a long-term investment that will create a modern, fully accessible and environmentally sustainable facility. The new premises will be 20% larger and more adaptable, enabling us to expand our services and better serve London's HIV+ and LGBT+ communities. All capital funds have been secured through grants and donations.

Structure, governance and management

The charity is a charitable trust and registered as a charity on 12th July 1982. A memorandum of association establishes the objects and the power of the trust and is governed under its Articles of Association.

Type of governing document	Trust deed dated 13 August 1982
How the charity is constituted	By trust
Trustee selection methods	By appointment

The trustees who served during the year and up to the date of signature of the financial statements were:

Mr R Baldock

Mr P McDonnell

Mr G Branson

Mr T Thoroe

Ms D O'Connor

THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

Organisational structure

Trustees

The charity is governed by a Board of five Trustees who collectively sustain the organisation's mission, fulfil statutory responsibilities, and oversee strategic and financial management. The Trustees hold the charity's assets, income and funds for the public benefit with the objective of advancing the study and practice of the arts and sciences associated with holistic health.

Management Committee

The Trustees are supported by a Management Committee comprising eight members, primarily clients and therapists. This committee provides recommendations and practical insight that inform both operational and strategic decisions.

Staff Team

The charity employs three paid part-time members of staff:

1. Centre and Bookings Manager
2. Project Manager
3. Finance Manager

Therapists

The Centre works with 31 carefully selected therapists, chosen for their professional skill and high standards of practice. Many have been with the organisation for a considerable number of years, providing valuable continuity for service users.

Volunteers

We benefit from the commitment of 26 volunteers, many of whom are current or former service users. They work across all areas of the organisation and act as the backbone of our operations. Volunteers also include jobseekers seeking work experience and retired individuals wishing to remain active. The volunteer programme offers opportunities to gain confidence, develop IT and organisational skills, and work collaboratively as part of a team. Volunteers may claim travel and lunch expenses. Retention remains excellent, with some volunteers serving for over 20 years.

Our reception area illustrates our inclusive ethos: Women of colour, gay men, trans people and many others come together in a safe and supportive space. Our volunteer cohort reflects this diversity, helping to challenge and reduce the stigma surrounding HIV.

FSI Evaluation

We recently underwent a full FSI evaluation these are some of their findings.

Helios' approach makes these changes possible, because:

- Their flexible and person-centred approach. The client is in control; alongside discussions with staff of their treatment plan and can choose how often to attend and when. There is no fixed limit in contrast to many services which are limited to e.g. 12 weekly sessions at the same time.
- A wide range of therapies are on offer.
- Affordable treatments. Therapies are provided on a 'pay what you can' basis, which makes them much more accessible to clients on low wage, disability benefits, or unemployed.
- Welcoming atmosphere and energy. 97% of clients responding to the survey feel welcome with friendly and non-judgmental staff and volunteers. For some clients, the experience of being welcomed at Helios was described as "healing in itself".
- Client base: 65% Male 35% Female is in line with the proportion of women with HIV in the UK (31%)

Improvements:

- Continue refining their impact measurement framework.
 - Continue to improve booking and monitoring systems.
 - Review the journey for new clients, to ensure that everyone receives that same welcoming feeling.
 - Explore needs for other forms of support, funding dependent, such as social events or groups, advocacy support.
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THE HELIOS FOUNDATION

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

The trustees' report was approved by the Board of Trustees.

robin baldock

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Mr R Baldock

Thomas Thoroe

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Mr T Thoroe

17/02/2026
Date:

THE HELIOS FOUNDATION

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE HELIOS FOUNDATION

I report to the trustees on my examination of the financial statements of The Helios Foundation (the charity) for the year ended 30 June 2025.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011.

I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011. In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the Charities Act 2011.

Independent examiner's statement

Since the charity's gross income exceeded £250,000, the independent examiner must be a member of a body listed in section 145 of the Charities Act 2011. I confirm that I am qualified to undertake the examination because I am a member of FCCA, which is one of the listed bodies.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Charities Act 2011.
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a true and fair view, which is not a matter considered as part of an independent examination.

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

Mitchell Charlesworth

Alex Makinson, FCCA

Mitchell Charlesworth

24 Nicholas Street

Chester

CH1 2AU

Dated: 17/02/2026

THE HELIOS FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 30 JUNE 2025

	Notes	Unrestricted funds general 2025 £	Unrestricted funds designated 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds general 2024 £	Unrestricted funds designated 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:									
Donations and legacies	2	146,669	-	139,095	285,764	116,344	-	68,275	184,619
Charitable activities	3	1,995	-	-	1,995	8,441	-	-	8,441
Investments	4	3,361	-	-	3,361	5,509	-	-	5,509
Total income		152,025	-	139,095	291,120	130,294	-	68,275	198,569
Expenditure on:									
Charitable activities	5	5,698	-	158,450	164,148	(505)	-	226,910	226,405
Total expenditure		5,698	-	158,450	164,148	(505)	-	226,910	226,405
Net income/(expenditure)		146,327	-	(19,355)	126,972	130,799	-	(158,635)	(27,836)
Transfers between funds		(103,450)	-	103,450	-	(158,635)	-	158,635	-
Net movement in funds		42,877	-	84,095	126,972	(27,836)	-	-	(27,836)
Reconciliation of funds:									
Fund balances at 1 July 2024		96,422	66,000	122,005	284,427	124,258	66,000	122,005	312,263
Fund balances at 30 June 2025		139,299	66,000	206,100	411,399	96,422	66,000	122,005	284,427

THE HELIOS FOUNDATION

**STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDED 30 JUNE 2025

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

THE HELIOS FOUNDATION

BALANCE SHEET

AS AT 30 JUNE 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		116,484		-
Current assets					
Debtors	11	28,500		50,000	
Cash at bank and in hand		269,726		237,506	
		298,226		287,506	
Creditors: amounts falling due within one year	12	(3,311)		(3,079)	
Net current assets			294,915		284,427
Total assets less current liabilities			411,399		284,427
The funds of the charity					
Restricted income funds	13		206,100		122,005
Unrestricted funds - general	15		139,299		96,422
Unrestricted funds - designated	14		66,000		66,000
			411,399		284,427

The financial statements were approved by the trustees on 17/02/2026

robin baldock

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Mr R Baldock

Thomas Thoroe

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Mr T Thoroe

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

Charity information

The Helios Foundation is a charitable trust, incorporated and registered as a charity on 12th July 1982. The principle address is 41 Barker Dr, Camden, London, NW1 0JG.

1.1 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

(Continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

Expenditure is recognised when it is incurred and is recorded gross of related income.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Leasehold improvements	20 years straight line from commencement of lease
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

1 Accounting policies

(Continued)

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	146,669	55,095	201,764	116,344	68,275	184,619
Grants	-	84,000	84,000	-	-	-
	<u>146,669</u>	<u>139,095</u>	<u>285,764</u>	<u>116,344</u>	<u>68,275</u>	<u>184,619</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

2 Income from donations and legacies

(Continued)

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts						
Funding - Mill Hill Trust	-	-	-	-	30,000	30,000
Lottery	-	-	-	-	18,275	18,275
G Branson	110,000	-	110,000	61,856	-	61,856
Gilead Science	-	20,000	20,000	-	-	-
The Talent Fund	-	30,000	30,000	-	-	-
Big Geoff Overseas Limited	-	5,000	5,000	-	-	-
Client donation	36,669	-	36,669	54,488	-	54,488
Other	-	95	95	-	20,000	20,000
	<u>146,669</u>	<u>55,095</u>	<u>201,764</u>	<u>116,344</u>	<u>68,275</u>	<u>184,619</u>
Grants						
The Talent Fund	-	30,000	30,000	-	-	-
The Foyle Foundation	-	10,000	10,000	-	-	-
London Borough of Camden Council	-	44,000	44,000	-	-	-
	<u>-</u>	<u>84,000</u>	<u>84,000</u>	<u>-</u>	<u>-</u>	<u>-</u>

3 Income from charitable activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income		
Sale of goods	<u>1,995</u>	<u>8,441</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

4 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	3,361	5,509

5 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Consultancy fees	2,274	7,560
Volunteer training	1,181	-
Remedies	2,605	1,831
Staff costs	71,321	72,277
Therapist	69,710	88,874
Rent	1,903	204
Light & heat	(95)	3,297
Office expenses	6,972	12,755
Rates	-	954
Repairs and renewals	1,715	38,714
Telephone	2,046	444
	159,632	226,910
Share of support and governance costs (see note 6)		
Governance	4,516	(505)
	164,148	226,405
Analysis by fund		
Unrestricted funds - general	5,698	(505)
Restricted funds	158,450	226,910
	164,148	226,405

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

6 Support costs allocated to activities

	2025 £	2024 £
Governance costs	4,516	(505)
	<u>4,516</u>	<u>(505)</u>
Analysed between:		
Charitable activities	4,516	(505)
	<u>4,516</u>	<u>(505)</u>

7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Total	3	4
	<u>3</u>	<u>4</u>

No employees received total employee benefits of more than £60,000 in the year.

There were no employees whose annual remuneration was more than £60,000.

There are no key management personnel

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Leasehold improvements £
Cost	
Additions	116,484
	<u>116,484</u>
At 30 June 2025	116,484
	<u>116,484</u>
Carrying amount	
At 30 June 2025	116,484
	<u>116,484</u>

THE HELIOS FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 30 JUNE 2025

11 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Other debtors	28,500	-
Prepayments and accrued income	-	50,000
	<u>28,500</u>	<u>50,000</u>

12 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	765	160
Other creditors	342	322
Accruals and deferred income	2,204	2,597
	<u>3,311</u>	<u>3,079</u>

13 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

	At 1 July 2024	Incoming resources	Resources expended	Transfers	At 30 June 2025
	£	£	£	£	£
Investments	2,005	-	-	-	2,005
The Talent Fund	-	60,000	(30,000)	-	30,000
London Borough of Camden	-	44,000	-	-	44,000
The Foyle Foundation	-	10,000	-	-	10,000
Gilead Science	-	20,000	(20,000)	-	-
Property fund	120,000	-	-	-	120,000
Big Geoff Overseas Limited	-	5,000	(5,000)	-	-
Other	-	95	-	-	95
Transfers between funds	-	-	(103,450)	103,450	-
	<u>122,005</u>	<u>139,095</u>	<u>(158,450)</u>	<u>103,450</u>	<u>206,100</u>