

HELPING OTHERS (MENTAL HEALTH)

England & Wales · Charity number 1174268

Details

Other names Helping Others health & wellbeing

Status Registered

Legal form CIO

Registered 2017-08-16

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

Contact

Address 30-32 Pasture Road
Goole
DN14 6EZ

Phone 01405762593

Email Helpingothersmh@yahoo.com

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF MENTAL HEALTH AMONG PEOPLE RESIDING PERMANENTLY OR TEMPORARILY IN GOOLE AND THE SURROUNDING AREA.

Activities: Helping others was created in May 2017 by a Facebook group offering support for people struggling with mental health as a small town there is not enough support . Helping others as grown rapidly and now help homeless, dvap, elderly, people struggling with poverty. Helping others volunteers are all there for there own reasons and can share their stories with people who are finding life difficult .

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body, Other Charitable Activities
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- East Riding Of Yorkshire

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-07-31 | £65,730 | £80,304 | - | - |
| 2024-07-31 | £85,224 | £89,105 | - | - |
| 2023-07-31 | £104,540 | £109,414 | - | - |
| 2022-07-31 | £73,258 | £62,673 | - | - |
| 2021-07-31 | £74,136 | £46,725 | - | - |
| 2020-07-31 | £58,672 | £60,140 | - | - |

Trustees

| Name | Role | Appointed |
|-------------------|------|------------|
| Louise VAUSE | | 2026-04-08 |
| Mandy Masterman | | 2025-11-11 |
| Samantha Anderson | | 2025-11-11 |
| nicola Vause | | 2017-08-16 |

HELPING OTHERS (MENTAL HEALTH)

England & Wales - Charity number 1174268

Accounts



Trustees' Annual Report for the period

| | | | | | | | |
|-------------|-------|-------------------|------|-----------|-----------------|-------|------|
| | | Period start date | | | Period end date | | |
| From | Day01 | Month | Year | To | Day | Month | Year |
| | 01 | 08 | 2024 | | 31 | 07 | 2025 |

Section A Reference and administration details

Charity name Helping Others (Mental Health)

Other names charity is known by

Registered charity number (if any) 1174268

Charity's principal address 30-32 Pasture Road

Goole

East Riding of Yorkshire

Postcode

DN14 6EZ

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|-------------------|-----------------|-----------------------------------|---|
| 1 | NICOLA VAUSE | | | NICOLA VAUSE |
| 2 | SAMANTHA ANDERSON | | 11/11/2025 - | NICOLA VAUSE |
| 3 | MANDY MASTERMAN | | 11/11/2025 - | NICOLA VAUSE |
| 4 | LOUISE VAUSE | | 08/04/2026 - | NICOLA VAUSE |
| 5 | | | | |
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

| Name | Dates acted if not for whole year |
|------|-----------------------------------|
| | |
| | |

Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
| | | |
| | | |
| | | |
| | | |

Name of chief executive or names of senior staff members (Optional information)

| |
|--|
| |
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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

TRUST DEED

How the charity is constituted
(eg. trust, association, company)

UNINCORPORATED

Trustee selection methods
(eg. appointed by, elected by)

NICOLA VAUSE ENTITLED TO APPOINT

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

| |
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The relief of sickness and the preservation of mental health among people residing in Goole and surrounding area

Retail shop

Events

Trustees have had regard to the guidance issued by the Charity Commission on public benefit

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

IT IS NO UNDER-STATEMENT THAT THE CHARITY HAS CONTINUED FROM PREVIOUS YEARS IN SUPPORTING LOCAL PEOPLE AND ENGAGING IN THE LIVES OF HUNDREDS OF PEOPLE.

SALES OF ITEMS ACQUIRED THROUGH DONATIONS HAVE CONTINUED WITH GREATER STRENGTH DUE TO THE ACTUAL COST OF LIVING CRISIS, AND THIS HAS ALLOWED REVENUES TO BE PUT FORWARD TO ASSIST IN HELPING IN GENERAL REPAIRS, PROVISION OF FURTNITURE ITEMS, AND THE BASE IS USED AS A PLACE FOR PEOPLE NEEDING A HELP, IN ANY WAY WE CAN.

THERE HAS BEEN CHANGES IN THE TRUSTEES SEEN IN THE PAST 12 MONTHS, LARGELY BECAUSE OF THE PRESSURE OF TIME, COMMITMENT, AND THE TESTING TIMES SEEN IN EVERYDAY LIFE.

THE NEW TRUSTEES HAVE WORKED HARD FROM THEIR INTRODUCTION TO INCREASE ACTIVITIES TO SUPPORT THE CHARITABLE AIMS AND OBJECTIVES, AND SUPPORT THE SALE OF HOUSEHOLD ITEMS FOR RE-SALE, AS WITNESSED BY THE SOCIAL MEDIA THE CHRAITY RUNS.

WITHOUT THE MAJOR GRANT MONIES ACHIEVED IN PREVIOUS YEARS, THE RESERVES HAVE UNDERSTANDABLE FALLEN BUT THIS WAS NOTICED EARLY IN THE YEAR UNDER REVIEW, AND THE RATE OF FALL HAS BEEN REMEDIED TO ALLOW AND SUSTAIN THE CHARITIES LONG TERM FUTURE.

Section E

Financial review

Brief statement of the charity's policy on reserves

AN AMOUNT HAS ALWAYS BEEN MAINTAINED FOR WORKING CAPITAL. THOUGH THE LEVEL AT THE YEAR END REVIEW DATE IS HISTORICALLY ONE OF THE LOWEST, POST DATE ANALYSIS SHOW THE RESERVE LEVELS HAVING IMPROVED.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

ANY AMOUNTS OWING AT THE YEAR END DATE HAVE BEEN REVIEWED AND DISCUSSED, AND THE COURSE OF ACTION FOLLOWED IN THE PAST TEN MONTHS IS WORKING AND IS TO BE MAINTAINED, USING GOOD HOUSE KEEPING MANAGEMENT.

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|--------------|--|
| Signature(s) | | |
| Full name(s) | NICOLA VAUSE | |
| Position (eg Secretary, Chair, etc) | TRUSTEE | |
| Date | 29/05/2026 | |



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
HELPING OTHERS (MENTAL HEALTH)

No (if any)
1174268

CC16a

Receipts and payments accounts

| | | | |
|---------------------|--|----|--|
| For the period from | Period start date 1ST AUG 2024 | To | Period end date 31ST JULY 2025 |
|---------------------|--|----|--|

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| DONATIONS | 775 | - | - | 775 | 300 |
| SHOP INCOME | 58,897 | - | - | 58,897 | 59,214 |
| GRANTS | 5,991 | - | - | 5,991 | 25,710 |
| OTHER INCOME | 67 | - | - | 67 | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 65,730 | - | - | 65,730 | 85,224 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 65,730 | - | - | 65,730 | 85,224 |
| A3 Payments | | | | | |
| RAISING FUNDS | 73,649 | - | - | 73,649 | 89,046 |
| CHARITABLE ACTIVITIES | 6,655 | - | - | 6,655 | 59 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 80,304 | - | - | 80,304 | 89,105 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 80,304 | - | - | 80,304 | 89,105 |
| Net of receipts/(payments) | - 14,574 | - | - | - 14,574 | - 3,881 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 19,367 | - | - | 19,367 | 23,248 |
| Cash funds this year end | 4,793 | - | - | 4,793 | 19,367 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|----------------------|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | CASH ON HAND | 4,793 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 4,793 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |

| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|----------------|------------------------------------|----------------------------------|---------------------------------|
| B2 Other monetary assets | Details | | | |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

| | | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-----------------------------|----------------|--------------------------------|-----------------|-----------------------------|
| B3 Investment assets | Details | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| | | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---|--------------------|--------------------------------|-----------------|-----------------------------|
| B4 Assets retained for the charity's own use | Details | | | |
| | Computer Equipment | Unrestricted Reserves | 3,936 | - |
| | Motor vehicles | Unrestricted Reserves | 4,800 | 1,385 |
| | Stock | Unrestricted Reserves | 2,000 | 6,000 |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |

| | | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------------|---------------------------------|------------------------------------|--------------------------|------------------------|
| B5 Liabilities | Details | | | |
| | Income Tax & National Insurance | Unrestricted Reserves | 7,531 | |
| | | | - | |
| | | | - | |
| | | | - | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|-----------|--------------|------------------|
| | Nicola Vause | |
| | | |



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
HELPING OTHERS (MENTAL HEALTH)

**On accounts for the year
ended**

31ST JULY 2025

**Charity no
(if any)**

1174268

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 07 / 2025.

**Responsibilities and
basis of report**

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

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

**Independent
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 were not 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.

Signed:

[Signature box]

Date:

29/05/2026

Name:

CRAIG LEE WHINCUP – GERRARD'S ACCOUNTANTS

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

26 ARMOURY ROAD, SELBY, NORTH YORKSHIRE YO8 4AY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

HELPING OTHERS (MENTAL HEALTH)

England & Wales - Charity number 1174268

Accounts



Trustees' Annual Report for the period

From **01/08/2023**

Period start date To **31/07/2024**

Period end date

Charity name: Helping Others (Mental Health)

Charity registration number: 1174268

Objectives and Activities

| | SORP reference | |
|--|----------------|--|
| Summary of the purposes of the charity as set out in its governing document | | The relief of sickness and the preservation of mental health among people residing in Goole and surrounding area |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | | Retail shop Events |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit | | Trustees have had regard to the guidance issued by the Charity Commission on public benefit |

Financial Review

| | | |
|--|--|----------------------------------|
| Review of the charity's financial position at the end of the period | | Reviewed by Adaptive Accountancy |
| Statement explaining the policy for holding reserves stating why they are held | | Working capital |
| Amount of reserves held | | £19,367 |
| Reasons for holding zero reserves | | N/A |
| Details of fund materially in deficit | | N/A |
| Explanation of any uncertainties about the charity continuing as a going concern | | N/A |

Structure, Governance and Management

| | | |
|---|--|----------------------------------|
| Description of charity's trusts: | | N/A |
| Type of governing document (trust deed, royal charter) | | |
| How is the charity constituted? (e.g unincorporated association, CIO) | | Unincorporated |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | | Nicola Vause entitled to appoint |

Reference and Administrative details

| | |
|-----------------------------|---|
| Charity name | Helping Others (Mental Health) |
| Other name the charity uses | |
| Registered charity number | 1174268 |
| Charity's principal address | 30-32 Pasture Road Goole East Yorkshire DN14 6EZ |
| | |

Names of the charity trustees who manage the charity

| | Trustee name | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|----------------|-----------------|-----------------------------------|---|
| 1 | Stacy Ramsker | | | Nicola Vause |
| 2 | David Alder | | | Nicola Vause |
| 3 | Claire Tipping | | | Nicola Vause |
| 4 | Nicola Vause | | | Nicola Vause |
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|----|--|--|--|
| 19 | | | |
| 20 | | | |

Funds held as custodian trustees on behalf of others

| | |
|---|------|
| Description of the assets held in this capacity | None |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects | N/A |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets | N/A |

Exemptions from disclosure

Reason for non-disclosure of key personnel details

| |
|-----|
| N.A |
|-----|

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

| | | |
|--|--------------|--|
| Signature(s) | | |
| Full name(s) | Nicola Vause | |
| Position (eg Secretary, Chair, etc) | Trustee | |
| Date | 11/12/2024 | |



Receipts and payments accounts

| | | | |
|---------------------|------------|----|------------|
| For the period from | 01/08/2023 | To | 31/07/2024 |
|---------------------|------------|----|------------|

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|---|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Donations | 300 | - | - | 300 | 2,144 |
| Shop Income | 59,214 | - | - | 59,214 | 76,551 |
| Grants | 25,710 | - | - | 25,710 | 25,845 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 85,224 | - | - | 85,224 | 104,540 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 85,224 | - | - | 85,224 | 104,540 |
| A3 Payments | | | | | |
| Raising Funds | 89,046 | - | - | 89,046 | 105,414 |
| Charitable Activities | 59 | - | - | 59 | 4,000 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 89,105 | - | - | 89,105 | 109,414 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 89,105 | - | - | 89,105 | 109,414 |
| Net of receipts/(payments) | - 3,881 | - | - | - 3,881 | - 4,874 |
| A5 Transfers between funds | | | | | |
| A6 Cash funds last year end | 23,248 | - | - | 23,248 | 28,122 |
| Cash funds this year end | 19,367 | - | - | 19,367 | 23,248 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Cash on Hand | 19,367 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 19,367 | - | - |
| | (agree balances with receipts and payments account(s)) | OK | OK | OK |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

B3 Investment assets

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|--------------------|-----------------------------|-----------------|--------------------------|
| Computer Equipment | Unrestricted Reserves | 3,936 | - |
| Motor Vehicles | Unrestricted Reserves | 4,800 | 1,730 |
| | | - | - |
| | | - | - |
| | | - | - |

B4 Assets retained for the charity's own use

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---------|-----------------------------|-----------------|--------------------------|
| Stock | Unrestricted Reserves | 8,000 | 8,000 |
| | | | |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |

B5 Liabilities

| Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|---------------------------------|---------------------------------|-----------------------|---------------------|
| Income Tax & National Insurance | Unrestricted Reserves | 4,335 | |
| Accruals | Unrestricted Reserves | 600 | |
| | | - | |
| | | - | |
| | | - | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|-----------|--------------|------------------|
| | Nicola Vause | |
| | | |

During the year, Helping Others (Mental Health) have donated to the public £5,200 worth of items.

Independent examiner's report to the trustees of Helping Others (Mental Health) Charity No. 1174268

I report to the trustees on my examination of the accounts of the Helping Others (Mental Health) for the year ended 31st July 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the *Charities Act 2011* ('the Act').

I report in respect of my examination of the Trust's accounts carried out under s. 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under s. 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or

(2) the accounts do not accord with those records; or

(3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the *Charities (Accounts and Reports) Regulations 2008* other than any requirement that the accounts 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 accounts to be reached.

Signed

Name: Bradley Walker

Relevant professional qualification or body: AAT (Association of Accounting Technicians)

Address: G6, RaisE Business Centre, Goole, DN14 6BS

Date: 11/12/2024

HELPING OTHERS (MENTAL HEALTH)

England & Wales - Charity number 1174268

Accounts

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Check and submit your annual return for year end 2023

Before you complete the declaration and submit the annual return, you should check the content and accuracy of the information you have provided. You can also print a copy for your records by selecting the Print button at the top of this page.

Please note that you will be unable to print a copy of your annual return once you have submitted it.

Income and spending

[Edit](#)

Income £ £ 104540

Spending £ £ 109414

Number of contracts from government

0

[Edit](#)

Number of grants from government

2

[Edit](#)

Value of grants from government

£ 10710

[Edit](#)

Income breakdown

[Edit](#)

Donations and legacies (excluding Endowments Received) £ 2144

Charitable activities £ 76551

Other trading activities £ 25845

Investments £ 0

Other £ 0

| | | |
|---|--|----------------------|
| Corporate donations | £ 2144 | Edit |
| Donations from individuals | £ 2004 | Edit |
| Donations from related parties | £ 0 | Edit |
| Grantmaking | No | Edit |
| Recipients of grants | | Edit |
| Please round all figures to the nearest pound (do not enter decimal points or commas). | £ 1639 | |
| Individuals | | |
| Other charities | £ 0 | |
| Other organisations that are not charities | £ 0 | |
| Grant recipients related parties | No | Edit |
| Trustee payments | | Edit |
| Excluding out of pocket expenses, for what were any of the trustees paid during the financial period for this return? | e. None of the trustees have been paid | |
| Did any of the trustees resign and take up employment with your charity in the financial period of this return? | No | |
| Income from outside the UK | No | Edit |
| Delivering activities outside the United Kingdom | No | Edit |
| Spending outside England & Wales | No | Edit |
| Subsidiaries | No | Edit |

| | | |
|---|--|----------------------|
| Charity contact details correct | Yes | Edit |
| Charity headquarters details correct | Yes | Edit |
| Charity contact address | | Edit |
| Address Line 1 | 30-32 Pasture Road | |
| Address Line 2 | GOOLE | |
| Postcode | DN14 6EZ | |
| Charity Headquarters address | | Edit |
| Address Line 1 | 30-32 Pasture Road | |
| Address Line 2 | GOOLE | |
| Postcode | DN14 6EZ | |
| Membership type | no, the charity is not part of a wider group structure | Edit |
| Employment contract types | | Edit |
| People were permanently employed by your charity | 3 | |
| People were on fixed-terms contracts with your charity | 0 | |
| Self-employed people were working for your charity | 0 | |
| Total overseas employees | 0 | Edit |
| Total employee payroll | £ 61070 | Edit |
| Employees' salaries | No | Edit |
| Governance policies | | Edit |

| | | |
|--|-----------------------------------|----------------------|
| Internal charity financial controls policy and procedures | Yes | |
| Safeguarding policy and procedures | Yes | |
| Financial reserves policy and procedures | Yes | |
| Complaints policy and procedures | Yes | |
| Serious incident reporting policy and procedures | Yes | |
| Internal risk management policy and procedures | Yes | |
| Trustee expenses policy and procedures | Yes | |
| Trustee conflicts of interest policy and procedures | Yes | |
| Investing charity funds policy and procedures | Yes | |
| Campaigns and political activity policy and procedures | Yes | |
| Bullying and harassment policy and procedures | Yes | |
| Social media policy and procedures | Yes | |
| Engaging external speakers at charity events policy and procedures | Yes | |
| Safeguarding | Yes + | Edit |
| Serious Incidents | There were no incidents to report | Edit |
| External risk and impact | | Edit |
| Donations | Unknown/No Change/Not Applicable | |
| Other income - grants | Unknown/No Change/Not Applicable | |
| Other income - contracts | Unknown/No Change/Not Applicable | |
| Other income - investment | Unknown/No Change/Not Applicable | |

| | |
|--------------------------------------|----------------------------------|
| Expenditure on charitable activities | Unknown/No Change/Not Applicable |
| Expenditure on overheads | Unknown/No Change/Not Applicable |
| Number of volunteers | Unknown/No Change/Not Applicable |
| Number of employees | Unknown/No Change/Not Applicable |
| Number of trustees | Unknown/No Change/Not Applicable |
| Fundraising activities | Unknown/No Change/Not Applicable |
| Capacity to deliver services | Unknown/No Change/Not Applicable |
| Total service demand | Unknown/No Change/Not Applicable |

Volunteers

5

[Edit](#)**Declaration****Your role at the charity (select one):**

- Trustee
- Employee
- Advisor
- Other

Given names

Family name

Telephone number

Email

Date submitted

It is a criminal offence under section 60 of the Charities Act 2011 for anyone to knowingly or recklessly provide false or misleading information to the commission; this includes suppressing, concealing or destroying documents.

I can confirm that:

- I am authorised by the charity trustees to submit this information;
- The information I have provided in this service is to the best of my knowledge true and correct; and
- I have read the Charity Commission's [privacy notice \(/web/annual-return-2023/privacy-notice\)](/web/annual-return-2023/privacy-notice).

When you submit the return, we will send an acknowledgement to the charity email address.

If you enter an email address in the declaration different to the one we have recorded for the charity, we will send a copy to that email address as well.

This is the last opportunity to print or save your annual return before you submit.

[Print or save your annual return \(/group/annual-return-2023/print\)](/group/annual-return-2023/print) then submit it using the button below.

Submit



Receipts and payments accounts

| | | | |
|---------------------|------------|----|------------|
| For the period from | 01/08/2022 | To | 31/07/2023 |
|---------------------|------------|----|------------|

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|---|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Donations | 2,144 | - | - | 2,144 | 2,333 |
| Shop Income | 76,551 | - | - | 76,551 | 69,475 |
| Grants | 25,845 | - | - | 25,845 | 1,450 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 104,540 | - | - | 104,540 | 73,258 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 104,540 | - | - | 104,540 | 73,258 |
| A3 Payments | | | | | |
| Raising Funds | 105,414 | - | - | 105,414 | 62,053 |
| Charitable Activities | 4,000 | - | - | 4,000 | 620 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 109,414 | - | - | 109,414 | 62,673 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 109,414 | - | - | 109,414 | 62,673 |
| Net of receipts/(payments) | - 4,874 | - | - | - 4,874 | 10,585 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | - 4,874 | - | - | - 4,874 | 10,585 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Cash on Hand | 21,523 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 21,523 | - | - |
| | (agree balances with receipts and payments account(s)) | Agreement Error | OK | OK |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

B3 Investment assets

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|--------------------|-----------------------------|-----------------|--------------------------|
| Computer Equipment | Unrestricted Reserves | 3,939 | 1,016 |
| Motor Vehicles | Unrestricted Reserves | 4,800 | 2,307 |
| | | - | - |
| | | - | - |
| | | - | - |

B4 Assets retained for the charity's own use

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---------|-----------------------------|-----------------|--------------------------|
| Stock | Unrestricted Reserves | 8,000 | 8,000 |
| | | | |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |

B5 Liabilities

| Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|---------------------------------|---------------------------------|-----------------------|---------------------|
| Income Tax & National Insurance | Unrestricted Reserves | 3,170 | |
| Accruals | Unrestricted Reserves | 600 | |
| | | - | |
| | | - | |
| | | - | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|-----------|--------------|------------------|
| | Nicola Vause | 03/07/2024 |

During the year, Helping Others (Mental Health) have donated to the public £4,000 worth of items.

Independent examiner's report to the trustees of Helping Others (Mental Health) Charity No. 1174268

I report to the trustees on my examination of the accounts of the Helping Others (Mental Health) for the year ended 31st July 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the *Charities Act 2011* ('the Act').

I report in respect of my examination of the Trust's accounts carried out under s. 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under s. 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or

(2) the accounts do not accord with those records; or

(3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the *Charities (Accounts and Reports) Regulations 2008* other than any requirement that the accounts 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 accounts to be reached.

Signed 

Name: Bradley Walker

Relevant professional qualification or body: AAT (Association of Accounting Technicians)

Address: G6, RaisE Business Centre, Goole, DN14 6BS

Date: 10/07/2024

HELPING OTHERS (MENTAL HEALTH)

England & Wales - Charity number 1174268

Accounts

Helping Others (Mental Health)
Report of the Trustees
For the year ended 31 July 2022

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 July 2022. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|------------------------------------|---|
| Name of Charity | Helping Others (Mental Health) |
| Charity registration number | CE010780 |
| Principal address | 30-32 Pasture Road Goole East Yorkshire DN14 6EZ |

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Nicola Vause
Stacy Ramsker
David Alder
Clare Tipping

Independent examiners

Adaptive Accountancy Ltd
4 Innovation Drive
Newport
Brough
HU15 2FW

Approved by the Board of Trustees and signed on its behalf by



20/03/2023

.....
Nicola Vause

Helping Others (Mental Health)
Independent Examiners Report to the Trustees
For the year ended 31 July 2022

I report to the trustees on my examination of the accounts of the charity for the year ended 31 July 2022

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiners statement

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 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.



.....
Bradley Walker
MAAT
Adaptive Accountancy Ltd
4 Innovation Drive
Newport
Brough
HU15 2FW

| | |
|-------------------------|--|
| Title | Trustee Report |
| File name | Trustees report.pdf |
| Document ID | 77d2dd1939ff828f224cd4134bcb9a60d3298e6a |
| Audit trail date format | MM / DD / YYYY |
| Status | ● Signed |

Document history

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Receipts and payments accounts

| | | | |
|---------------------|------------|----|------------|
| For the period from | 01/08/2021 | To | 31/07/2022 |
|---------------------|------------|----|------------|

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|---|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Donations | 2,333 | - | - | 2,333 | 1,669 |
| Shop Income | 69,475 | - | - | 69,475 | 36,909 |
| Grants | 1,450 | - | - | 1,450 | 35,558 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 73,258 | - | - | 73,258 | 74,136 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 73,258 | - | - | 73,258 | 74,136 |
| A3 Payments | | | | | |
| Raising Funds | 62,053 | - | - | 62,053 | 46,569 |
| Charitable Activities | 620 | - | - | 620 | 156 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 62,673 | - | - | 62,673 | 46,725 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 62,673 | - | - | 62,673 | 46,725 |
| Net of receipts/(payments) | 10,585 | - | - | 10,585 | 27,411 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | 10,585 | - | - | 10,585 | 27,411 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|--|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | Cash on Hand | 4,891 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 4,891 | - | - |
| | (agree balances with receipts and payments account(s)) | Agreement Error | OK | OK |
| B2 Other monetary assets | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

B3 Investment assets

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|--------------------|-----------------------------|-----------------|--------------------------|
| Computer Equipment | Unrestricted Reserves | 3,939 | 1,354 |
| Motor Vehicles | Unrestricted Reserves | 4,800 | 3,075 |
| | | - | - |
| | | - | - |
| | | - | - |


B4 Assets retained for the charity's own use

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|---------------|-----------------------------|-----------------|--------------------------|
| Prepayments | Unrestricted Reserves | 800 | 800 |
| Other Debtors | Unrestricted Reserves | 429 | 429 |
| Stock | Unrestricted Reserves | 20,000 | 20,000 |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |

B5 Liabilities

| Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
|-----------------|---------------------------------|-----------------------|---------------------|
| Other Creditors | | - | |
| | | - | |
| | | - | |
| | | - | |
| | | - | |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|---|--------------|------------------|
|  | Nicola Vause | 20/03/2023 |

During the year, Helping Others (Mental Health) have donated to the public £2,500 worth of items.

| | |
|-------------------------|--|
| Title | 2022 Accounts |
| File name | 2022 Charity Accounts.pdf |
| Document ID | d157fc8919aee4cb6f5c79ae8ff44a073b7709a7 |
| Audit trail date format | MM / DD / YYYY |
| Status | ● Signed |

Document history



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03 / 19 / 2023
20:50:54 UTC

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IP: 79.69.142.77



COMPLETED

03 / 19 / 2023
20:50:54 UTC

The document has been completed.

Independent examiner's report to the trustees of Helping Others (Mental Health) Charity No. 1174268

I report to the trustees on my examination of the accounts of the Helping Others (Mental Health) for the year ended 31st July 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the *Charities Act 2011* ('the Act').

I report in respect of my examination of the Trust's accounts carried out under s. 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under s. 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material 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 Trust as required by section 130 of the Act; or

(2) the accounts do not accord with those records; or

(3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the *Charities (Accounts and Reports) Regulations 2008* other than any requirement that the accounts 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 accounts to be reached.

Signed 

Name: Bradley Walker

Relevant professional qualification or body: AAT (Association of Accounting Technicians)

Address: 4 Innovation Drive, Newport, HU15 2FW

Date: 19/03/2023

HELPING OTHERS (MENTAL HEALTH)

England & Wales - Charity number 1174268

Accounts

Helping Others (Mental Health)
Report of the Trustees
For the year ended 31 July 2021

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 July 2020. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|------------------------------------|---|
| Name of Charity | Helping Others (Mental Health) |
| Charity registration number | CE010780 |
| Principal address | 30-32 Pasture Road Goole East Yorkshire DN14 6EZ |

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Nicola Vause
Lisa Myers
Clare Fallowfield
Brooke Gibbon
Clare Tipping

Independent examiners

ADAPTIVE ACCOUNTANCY LTD
4 INNOVATION DRIVE
NEWPORT
EAST YORKSHIRE
HU15 2FW

Approved by the Board of Trustees and signed on its behalf by

N. Vause

.....
Nicola Vause

28/04/22

Helping Others (Mental Health)
Independent Examiners Report to the Trustees
For the year ended 31 July 2021

I report to the trustees on my examination of the accounts of the charity for the year ended 31 July 2021

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiners statement

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 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.



.....
Bradley Walker
MAAT
Adaptive Accountancy Ltd
4 Innovation Drive
Newport
East Riding of Yorkshire
HU15 2PW
25th April 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Helping Others (Mental Health)

1174268

Receipts and payments accounts

CC16a

| | | | |
|---------------------|------------|----|------------|
| For the period from | 01/08/2020 | To | 31/07/2021 |
|---------------------|------------|----|------------|

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|---|--|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Donations | 1,669 | - | - | 1,669 | 18,435 |
| Shop Income | 36,909 | - | - | 36,909 | 21,641 |
| Grants | 35,558 | - | - | 35,558 | 18,596 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 74,136 | - | - | 74,136 | 58,672 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 74,136 | - | - | 74,136 | 58,672 |
| A3 Payments | | | | | |
| Raising Funds | 46,569 | - | - | 46,569 | 56,518 |
| Charitable Activities | 156 | - | - | 156 | 3,622 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 46,725 | - | - | 46,725 | 60,140 |
| A4 Asset and investment purchases. (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 46,725 | - | - | 46,725 | 60,140 |
| Net of receipts/(payments) | 27,411 | - | - | 26,811 | - 1,468 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | 12,247 | - | - | 12,247 | 13,715 |
| Cash funds this year end | 39,658 | - | - | 39,658 | 12,247 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---|--|--|----------------------------------|---------------------------------|
| B1 Cash funds | Cash on Hand | 17,738 | - | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 17,738 | - | - |
| | (agree balances with receipts and payments account(s)) | Agreement Error | OK | OK |
| B2 Other monetary assets | Details | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | Computer Equipment | Unrestricted Reserves | 1,806 | - |
| | Motor Vehicles | Unrestricted Reserves | 2,100 | - |
| | | Unrestricted Reserves | - | - |
| | | - | - | - |
| B4 Assets retained for the charity's own use | Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | Prepayments | Unrestricted Reserves | 800 | - |
| | Other Debtors | Unrestricted Reserves | 407 | - |
| | Stock | Unrestricted Reserves | 20,000 | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B5 Liabilities | Details | Fund to which liability relates | Amount due (optional) | When due (optional) |
| | Other Creditors | Unrestricted Reserves | 3,191 | - |
| | | - | - | - |
| | | - | - | - |

Signed by one or two trustees on behalf of all the trustees

| Signature | Print Name | Date of approval |
|--------------|--------------|------------------|
| Nicola Vause | Nicola Vause | 28/04/2022 |
| | | |

During the year, Helping Others (Mental Health) have donated to the public £13,980 of items.

Helping Others (Mental Health)
Report of the Trustees
For the year ended 31 July 2021

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 July 2020. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|------------------------------------|---|
| Name of Charity | Helping Others (Mental Health) |
| Charity registration number | CE010780 |
| Principal address | 30-32 Pasture Road Goole East Yorkshire DN14 6EZ |

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Nicola Vause
Lisa Myers
Clare Fallowfield
Brooke Gibbon
Clare Tipping

Independent examiners

ADAPTIVE ACCOUNTANCY LTD
4 INNOVATION DRIVE
Newport
EAST YORKSHIRE
HU15 2FW

Approved by the Board of Trustees and signed on its behalf by



.....
Nicola Vause

28/04/22

Helping Others (Mental Health)
Independent Examiners Report to the Trustees
For the year ended 31 July 2021

I report to the trustees on my examination of the accounts of the charity for the year ended 31 July 2021

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiners statement

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 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.



.....
Bradley Walker
MAAT
Adaptive Accountancy Ltd
4 Innovation Drive
Newport
East Riding of Yorkshire
HU15 2PW
25th April 2022

HELPING OTHERS (MENTAL HEALTH)

England & Wales - Charity number 1174268

Accounts

Helping Others (Mental Health)

Report of the Trustees and Unaudited Financial Statements

For the year ended 31 July 2020

Helping Others (Mental Health)
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For the year ended 31 July 2020

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Helping Others (Mental Health)
Report of the Trustees
For the year ended 31 July 2020

The Trustees have pleasure in presenting their report and the financial statements for the charity for the year ended 31 July 2020. The Trustees have adopted the provisions of 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 the Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The trustees have considered the Charity Commission's guidance on public benefit, including the guidance 'public benefit: running a charity (PB2)'.

REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|------------------------------------|---|
| Name of Charity | Helping Others (Mental Health) |
| Charity registration number | CE010780 |
| Principal address | 30-32 Pasture Road Goole East Yorkshire DN14 6EZ |

Trustees

The trustees and officers serving during the year and since the year end were as follows:

Nicola Vause
Lisa Myers
Clare Fallowfield
Brooke Gibbon
Clare Tipping

Independent examiners

Adaptive Accountancy Ltd
28 Carrfields
Goole
East Riding of Yorkshire
DN14 6YH

Approved by the Board of Trustees and signed on its behalf by



.....
Nicola Vause

09 November 2020

Helping Others (Mental Health)
Independent Examiners Report to the Trustees
For the year ended 31 July 2020

I report to the trustees on my examination of the accounts of the charity for the year ended 31 July 2020.

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent examiners statement

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 2011 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts 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 accounts to be reached.



.....
Bradley Walker
MAAT
Adaptive Accountancy Ltd
28 Carrfields
Goole
East Riding of Yorkshire
DN14 6YH

07 November 2020

Helping Others (Mental Health)
Statement of Financial Activities
For the year ended 31 July 2020

| | Notes | Unrestricted funds £ | 2019 £ |
|------------------------------------|-------|----------------------------|-----------------|
| Income and endowments from: | | | |
| Donations and legacies | 2 | 18,435 | 11,508 |
| Other trading activities | 3 | 21,641 | 13,254 |
| Other income | 4 | 18,596 | - |
| Total | | 58,672 | 24,762 |
| Expenditure on: | | | |
| Raising funds | 5/6 | (56,518) | (13,733) |
| Charitable activities | 7/8 | (3,622) | (250) |
| Total | | (60,140) | (13,983) |
| Net income/expenditure | | (1,468) | 10,779 |
| Reconciliation of funds | | | |
| Total funds brought forward | | 13,715 | 2,936 |
| Total funds carried forward | | 12,247 | 13,715 |

Helping Others (Mental Health)
Statement of Financial Position
As at 31 July 2020

| | Notes | 2020 £ | 2019 £ |
|---|-------|---------------|---------------|
| Fixed assets | | | |
| Tangible assets | 12 | 1,969 | 2,625 |
| | | 1,969 | 2,625 |
| Current assets | | | |
| Debtors | 13 | 800 | 800 |
| Cash at bank and in hand | | 12,362 | 13,174 |
| | | 13,162 | 13,974 |
| Creditors: amounts falling due within one year | 14 | (2,884) | (2,884) |
| Net current assets | | 10,278 | 11,090 |
| Total assets less current liabilities | | 12,247 | 13,715 |
| Net assets | | 12,247 | 13,715 |
| The funds of the charity | | | |
| Unrestricted income funds | 15 | 12,247 | 13,715 |
| Total funds | | 12,247 | 13,715 |

The financial statement were approved and authorised for issue by the Board and signed on its behalf by:



Nicola Vause
Trustee

09 November 2020

Helping Others (Mental Health)
Notes to the Financial Statements
For the year ended 31 July 2020

1. Accounting Policies

Basis of accounting

The financial statements have been prepared under the historical cost convention, except for investments which are included at market value and the revaluation of certain fixed assets and in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), and the Charities Act 2011.

Helping Others (Mental Health) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

2. Income from donations and legacies

| | 2020 | 2019 |
|---------------------------|---------------|---------------|
| | £ | £ |
| Unrestricted funds | | |
| Donations received | 18,435 | 11,508 |
| | 18,435 | 11,508 |
| | 18,435 | 11,508 |

3. Income earned from other activities

| | 2020 | 2019 |
|---------------------------|---------------|---------------|
| | £ | £ |
| Unrestricted funds | | |
| Shop income | 21,641 | 13,254 |
| | 21,641 | 13,254 |
| | 21,641 | 13,254 |

4. Other income

| | 2020 | 2019 |
|---------------------------|---------------|------|
| | £ | £ |
| Unrestricted funds | | |
| Other income 1 | 8,596 | - |
| Other income 2 | 10,000 | - |
| | 18,596 | - |
| | 18,596 | - |

Helping Others (Mental Health)
Notes to the Financial Statements Continued
For the year ended 31 July 2020

5. Expenditure on generating donations and legacies

| | 2020 | 2019 |
|-----------|------|------|
| | £ | £ |
| Donations | - | 284 |
| | - | 284 |
| | - | 284 |

6. Expenditure on other trading activities

| | 2020 | 2019 |
|---------------------------|---------------|---------------|
| | £ | £ |
| Unrestricted funds | | |
| Fund raising events | 56,518 | 13,449 |
| | 56,518 | 13,449 |
| | 56,518 | 13,449 |

7. Costs of charitable activities by fund type

| | 2020 | 2019 |
|---------------------------|-------|------|
| | £ | £ |
| Unrestricted funds | | |
| Activity 1 | 3,622 | 250 |

8. Costs of charitable activities by activity type

| | 2020 | 2019 |
|---------------------------------------|-------|------|
| | £ | £ |
| Activities undertaken directly | | |
| Activity 1 | 3,622 | 250 |

9. Net income/(expenditure) for the year

This is stated after charging/(crediting):

| | 2020 | 2019 |
|------------------------------------|------|------|
| | £ | £ |
| Depreciation of owned fixed assets | 656 | 875 |
| | 656 | 875 |
| | 656 | 875 |

Helping Others (Mental Health)
Notes to the Financial Statements Continued
For the year ended 31 July 2020

10. Staff costs and emoluments

Total staff costs for the year ended 31 July 2020 were:

| | 2020 | 2019 |
|--------------------|---------------|--------------|
| | £ | £ |
| Salaries and wages | 31,626 | 3,805 |
| | 31,626 | 3,805 |
| | 31,626 | 3,805 |

11. Comparative for the Statement of Financial Activities

The comparative year values on the Statement of Financial Activities are for unrestricted funds.

12. Tangible fixed assets

| Cost or valuation | Motor Vehicles |
|--------------------------|-----------------------|
| | £ |
| At 01 August 2019 | 3,500 |
| At 31 July 2020 | 3,500 |
| Depreciation | |
| At 01 August 2019 | 875 |
| Charge for year | 656 |
| At 31 July 2020 | 1,531 |
| Net book values | |
| At 31 July 2020 | 1,969 |
| At 31 July 2019 | 2,625 |

13. Debtors

| | 2020 | 2019 |
|-------------------------------------|------------|------------|
| | £ | £ |
| Amounts due within one year: | | |
| Prepayments and accrued income | 800 | 800 |
| | 800 | 800 |
| | 800 | 800 |

Helping Others (Mental Health)
Notes to the Financial Statements Continued
For the year ended 31 July 2020

14. Creditors: amounts falling due within one year

| | 2020 | 2019 |
|-----------------|--------------|--------------|
| | £ | £ |
| Other creditors | 2,884 | 2,884 |
| | 2,884 | 2,884 |

15. Movement in funds

Unrestricted Funds

| | Balance at 01/08/2019 | Incoming resources | Outgoing resources | Balance at 31/07/2020 |
|----------------|--------------------------|-----------------------|-----------------------|--------------------------|
| | £ | £ | £ | £ |
| <i>General</i> | | | | |
| General | 13,715 | 58,672 | (60,140) | 12,247 |
| | 13,715 | 58,672 | (60,140) | 12,247 |

Unrestricted Funds - Previous year

| | Balance at 01/08/2018 | Incoming resources | Outgoing resources | Balance at 31/07/2019 |
|----------------|--------------------------|-----------------------|-----------------------|--------------------------|
| | £ | £ | £ | £ |
| <i>General</i> | | | | |
| General | 2,936 | 24,762 | (13,983) | 13,715 |
| | 2,936 | 24,762 | (13,983) | 13,715 |

Purpose of unrestricted Funds

General

The relief of sickness and preservation of mental health among people residing permanently or temporarily in Goole and the surrounding area.

16. Analysis of net assets between funds

| | Tangible fixed assets | Net current assets / (liabilities) | Net Assets |
|---------------------------|--------------------------|--|---------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| <i>General</i> | | | |
| General | 1,969 | 10,278 | 12,247 |
| | 1,969 | 10,278 | 12,247 |

Helping Others (Mental Health)
Notes to the Financial Statements Continued
For the year ended 31 July 2020

Previous year

| | Tangible fixed assets | Net current assets / (liabilities) | Net Assets |
|---------------------------|--------------------------|--|---------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| <i>General</i> | | | |
| General | 2,625 | 11,090 | 13,715 |
| | 2,625 | 11,090 | 13,715 |
| | 2,625 | 11,090 | 13,715 |

Helping Others (Mental Health)
Detailed Statement of Financial Activities
For the year ended 31 July 2020

| | 2020 £ | 2019 £ |
|---------------------------------------|-----------------|-----------------|
| INCOME AND ENDOWMENT | | |
| Donations and legacies | | |
| Donations | 18,435 | 11,508 |
| | 18,435 | 11,508 |
| Other trading activities | | |
| Shop income | 21,641 | 13,254 |
| | 21,641 | 13,254 |
| Other income | | |
| Other income 1 | 8,596 | - |
| Other income 2 | 10,000 | - |
| | 18,596 | - |
| Total incoming resources | 58,672 | 24,762 |
| EXPENDITURE | | |
| Raising donations and legacies | | |
| Donations | - | (284) |
| | - | (284) |
| Other trading activities | | |
| Fund raising events costs | (56,518) | (13,449) |
| | (56,518) | (13,449) |
| Charitable activities | | |
| Cost of direct charitable activity | (3,622) | (250) |
| | (3,622) | (250) |
| Total resources expended | (60,140) | (13,983) |
| Net Expenditure | (1,468) | 10,779 |

| | |
|--------------------------------|--|
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| FILE NAME | Helping Others (M...th)31-07-2020.pdf |
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