

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
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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

3. Income earned from other activities

	2020	2019
	£	£
Unrestricted funds		
Shop income	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	-

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
	<u>-</u>	<u>284</u>

6. Expenditure on other trading activities

	2020	2019
	£	£
Unrestricted funds		
Fund raising events	56,518	13,449
	<u>56,518</u>	<u>13,449</u>

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

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

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

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
	<u>2,884</u>	<u>2,884</u>

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
	<u>13,715</u>	<u>58,672</u>	<u>(60,140)</u>	<u>12,247</u>

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
	<u>2,936</u>	<u>24,762</u>	<u>(13,983)</u>	<u>13,715</u>

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
	<u>1,969</u>	<u>10,278</u>	<u>12,247</u>

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

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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