

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**

<b>Name of Charity</b>	Helping Others (Mental Health)
<b>Charity registration number</b>	CE010780
<b>Principal address</b>	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  
28th 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 £
<b>A1 Receipts</b>					
Donations	1,669	-	-	1,669	18,435
Shop Income	36,909	-	-	36,909	21,641
Grants	35,558	-	-	35,558	18,596
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>74,136</b>	<b>-</b>	<b>-</b>	<b>74,136</b>	<b>58,672</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>74,136</b>	<b>-</b>	<b>-</b>	<b>74,136</b>	<b>58,672</b>
<b>A3 Payments</b>					
Raising Funds	46,569	-	-	46,569	56,518
Charitable Activities	156	-	-	156	3,622
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>46,725</b>	<b>-</b>	<b>-</b>	<b>46,725</b>	<b>60,140</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>46,725</b>	<b>-</b>	<b>-</b>	<b>46,725</b>	<b>60,140</b>
<b>Net of receipts/(payments)</b>	<b>27,411</b>	<b>-</b>	<b>-</b>	<b>26,811</b>	<b>- 1,468</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>12,247</b>	<b>-</b>	<b>-</b>	<b>12,247</b>	<b>13,715</b>
<b>Cash funds this year end</b>	<b>39,658</b>	<b>-</b>	<b>-</b>	<b>39,658</b>	<b>12,247</b>

## 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 £
<b>B1 Cash funds</b>	Cash on Hand	17,738	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	17,738	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
<b>B2 Other monetary assets</b>	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	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	-	-
			-	-
<b>B4 Assets retained for the charity's own use</b>	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	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
<b>B5 Liabilities</b>	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  
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28th April 2022