

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
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Receipts and payments accounts

For the period from	01/08/2021	To	31/07/2022
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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		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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
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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