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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		Edit
	0	
Number of grants from government		Edit
	2	
Value of grants from government		Edit
	£ 10710	
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

nicola

Family name

Vause

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

CC16a

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