



CHARITY COMMISSION
FOR ENGLAND AND WALES

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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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

CC16a

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					
	23,248	-	-	23,248	28,122
A6 Cash funds last year end					
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
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
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