



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	08	2024		31	07	2025

Section A

Reference and administration details

Charity name Helping Others (Mental Health)

Other names charity is known by

Registered charity number (if any) 1174268

Charity's principal address 30-32 Pasture Road

Goole

East Riding of Yorkshire

Postcode

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	NICOLA VAUSE			NICOLA VAUSE
2	SAMANTHA ANDERSON		11/11/2025 -	NICOLA VAUSE
3	MANDY MASTERMAN		11/11/2025 -	NICOLA VAUSE
4	LOUISE VAUSE		08/04/2026 -	NICOLA VAUSE
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	TRUST DEED
How the charity is constituted (eg. trust, association, company)	UNINCORPORATED
Trustee selection methods (eg. appointed by, elected by)	NICOLA VAUSE ENTITLED TO APPOINT

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The relief of sickness and the preservation of mental health among people residing in Goole and surrounding area

Retail shop

Events

Trustees have had regard to the guidance issued by the Charity Commission on public benefit

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

IT IS NO UNDER-STATEMENT THAT THE CHARITY HAS CONTINUED FROM PREVIOUS YEARS IN SUPPORTING LOCAL PEOPLE AND ENGAGING IN THE LIVES OF HUNDREDS OF PEOPLE.

SALES OF ITEMS ACQUIRED THROUGH DONATIONS HAVE CONTINUED WITH GREATER STRENGTH DUE TO THE ACTUAL COST OF LIVING CRISIS, AND THIS HAS ALLOWED REVENUES TO BE PUT FORWARD TO ASSIST IN HELPING IN GENERAL REPAIRS, PROVISION OF FURTNITURE ITEMS, AND THE BASE IS USED AS A PLACE FOR PEOPLE NEEDING A HELP, IN ANY WAY WE CAN.

THERE HAS BEEN CHANGES IN THE TRUSTEES SEEN IN THE PAST 12 MONTHS, LARGELY BECAUSE OF THE PRESSURE OF TIME, COMMITMENT, AND THE TESTING TIMES SEEN IN EVERYDAY LIFE.

THE NEW TRUSTEES HAVE WORKED HARD FROM THEIR INTRODUCTION TO INCREASE ACTIVITIES TO SUPPORT THE CHARITABLE AIMS AND OBJECTIVES, AND SUPPORT THE SALE OF HOUSEHOLD ITEMS FOR RE-SALE, AS WITNESSED BY THE SOCIAL MEDIA THE CHRAITY RUNS.

WITHOUT THE MAJOR GRANT MONIES ACHIEVED IN PREVIOUS YEARS, THE RESERVES HAVE UNDERSTANDABLE FALLEN BUT THIS WAS NOTICED EARLY IN THE YEAR UNDER REVIEW, AND THE RATE OF FALL HAS BEEN REMEDIED TO ALLOW AND SUSTAIN THE CHARITIES LONG TERM FUTURE.

Section E Financial review

Brief statement of the charity's policy on reserves

AN AMOUNT HAS ALWAYS BEEN MAINTAINED FOR WORKING CAPITAL. THOUGH THE LEVEL AT THE YEAR END REVIEW DATE IS HISTORICALLY ONE OF THE LOWEST, POST DATE ANALYSIS SHOW THE RESERVE LEVELS HAVING IMPROVED.

Details of any funds materially in deficit

N/A

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

ANY AMOUNTS OWING AT THE YEAR END DATE HAVE BEEN REVIEWED AND DISCUSSED, AND THE COURSE OF ACTION FOLLOWED IN THE PAST TEN MONTHS IS WORKING AND IS TO BE MAINTAINED, USING GOOD HOUSE KEEPING MANAGEMENT.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s)

Position (eg Secretary, Chair, etc)

Date

NICOLA VAUSE		
TRUSTEE		

29/05/2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
HELPING OTHERS (MENTAL HEALTH)

No (if any)
1174268

CC16a

Receipts and payments accounts

For the period
from

Period start date
1ST AUG 2024

To

Period end date
31ST JULY 2025

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	775	-	-	775	300
SHOP INCOME	58,897	-	-	58,897	59,214
GRANTS	5,991	-	-	5,991	25,710
OTHER INCOME	67	-	-	67	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	65,730	-	-	65,730	85,224
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	65,730	-	-	65,730	85,224
A3 Payments					
RAISING FUNDS	73,649	-	-	73,649	89,046
CHARITABLE ACTIVITIES	6,655	-	-	6,655	59
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	80,304	-	-	80,304	89,105
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	80,304	-	-	80,304	89,105
Net of receipts/(payments)	- 14,574	-	-	- 14,574	- 3,881
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	19,367	-	-	19,367	23,248
Cash funds this year end	4,793	-	-	4,793	19,367

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	4,793	-	-
		-	-	-
		-	-	-
	Total cash funds	4,793	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Computer Equipment	Unrestricted Reserves	3,936	-
	Motor vehicles	Unrestricted Reserves	4,800	1,385
	Stock	Unrestricted Reserves	2,000	6,000
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Income Tax & National Insurance	Unrestricted Reserves	7,531	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Nicola Vause	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
HELPING OTHERS (MENTAL HEALTH)

**On accounts for the year
ended**

31ST JULY 2025

**Charity no
(if any)**

1174268

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 07 / 2025.

**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 section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 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 which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

29/05/2026

Name:

CRAIG LEE WHINCUP – GERRARD'S ACCOUNTANTS

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

26 ARMOURY ROAD, SELBY, NORTH YORKSHIRE YO8 4AY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.