

HELPING LIVES

England & Wales · Charity number 1176559

Details

Status Registered

Legal form CIO

Registered 2018-01-08

Register [View on the Charity Commission register](#)

Contact

Address 46 Hollybush Hill
London
E11 1PS

Phone 07958000318

Email Jasrahsheikh@aol.com

Website <https://www.helpinglives.org.uk>

Activities

Objects: THE RELIEF OF POVERTY, THE ADVANCEMENT OF EDUCATION AND THE PROMOTION AND PROTECTION OF GOOD HEALTH IN THE UNITED KINGDOM AND THROUGHOUT THE WORLD BY THE PROVISION OF HELP, FINANCIAL SUPPORT, MEDICAL HELP AND THE SUPPORT OF BASIC GOODS AND SERVICES.

Activities: GENERAL CHARITABLE PURPOSES, EDUCATION/TRAINING, ADVANCEMENT OF HEALTH OR SAVING OF LIVES, THE PREVENTION OR RELIEF OF POVERTY.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Bangladesh
- India
- Indonesia
- Morocco
- Nepal
- Pakistan
- Rwanda
- South Africa
- Sri Lanka
- Thailand
- Turkey
- Zimbabwe
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-01-31	£12,599	£1,310	-	-
2024-01-31	£7,178	£14,446	-	-
2023-01-31	£11,092	£20,782	-	-
2022-01-31	£12,479	£6,472	-	-
2021-01-31	£50	£17,850	-	-

Trustees

Name	Role	Appointed
Jasrah Sheikh	Chair	2018-02-28
AMJAD IQBAL SHEIKH		2024-01-30
Khadeeja Sheikh		2021-03-04
Lubna Tabassum Ahmadzai		2022-02-10

HELPING LIVES

England & Wales - Charity number 1176559

Accounts

HELPING LIVES

REGISTERED CHARITY NUMBER: 1176559

COMPANY REGISTRATION: 10583839

HELPING LIVES

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2025

HELPING LIVES

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2025

	Page
Reference and administrative information	1
Statement of Financial Activities	2
Balance Sheet	3
Notes to the Financial Statements	4 – 5

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JANUARY 2025**

The Board presents its Trustees' report with the financial statements of the charity for the year ended 31 January 2025. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in March 2005.

OBJECTIVES AND ACTIVITIES

The objectives of the charity are to help and support in the prevention or relief of poverty and saving and improving lives by the grant making to individuals or organisations to help provide the food to poor and needy people across the globe, education/training of children and youth and advancement of health services to patients in need, disable, elderly and old people.

ACHIEVEMENTS AND PERFORMANCE

During the reporting year, the charity focused on completing the projects that it started in the previous year relating to food security and education which were already funded in the previous periods. The charity is working on various new projects that will start soon after the current financial year.

FINANCIAL REVIEW

The charity had an opening balance of £1,477 in general liquid funds and received donations of £11,900 during the year. The closing balance of liquid funds after the spending was £14,667.

PUBLIC BENEFIT

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance on public benefit and fee charging. The Charity relies on the donation income it receives from its donors to cover its costs.

Helping Lives is focusing on providing the basic necessities, including shelter, food, education and health to poor, children, youth, elderly and other vulnerable people.

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

Signed on behalf of the Charity's Trustees

JASRAH SHEIKH

.....

**Jasrah Sheikh
Trustee/Director
15/10/2025**

HELPING LIVES

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name

Helping Lives

Charity registration number

1176559

Company registration number

10583839

Registered Office and operational address

Office 408, Screenworks
22 Highbury Grove
London
N5 2ER

Trustees/Directors

Board of Trustees are Directors of the Company for the purposes of the Companies Act 2011 and Trustees for the purposes of the Charities Act 2011. The following served as Directors during the

Jasrah Sheikh -- Appointed 10th February 2022

Accountant

Accountell Limited
44A Marlands Road, Clayhall,
Redbridge, Essex, IG5 0JL

Bankers

Lloyds Bank

HELPING LIVES**STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 31 JANUARY 2025**

	Note	Unrestricted £	Restricted £	2025 Total £	2024 Total £
INCOMING RESOURCES					
Incoming resources from generated funds					
Activities for generating funds	3	12,599	-	12,599	7,178
Total incoming resources		12,599	-	12,599	7,178
RESOURCES EXPENDED					
Costs of generating funds					
Support costs	4	1,310	-	1,310	14,446
Governance costs		-	-	-	-
Total resources expended		1,310	-	1,310	14,446
NET INCOMING/(OUTGOING) RESOURCES		11,289	0	11,289	(7,268)
RECONCILIATION OF FUNDS					
Transfers between funds	6	-	-	-	-
Total funds brought forward		(13,036)	0	(13,036)	(5,768)
TOTAL FUNDS CARRIED FORWARD		(1,747)	0	(1,747)	(13,036)

The notes form part of these financial statements

HELPING LIVES**BALANCE SHEET****AS AT 31 JANUARY 2025**

		2025		2024
	Note	£	£	£
CURRENT ASSETS				
Cash at bank and in hand		14,667		1,476
Other Receivables		<u>12,087</u>		<u>21,389</u>
TOTAL CURRENT ASSETS		26,754		22,865
CURRENT LIABILITIES				
Creditors: amounts falling due within one year	5	<u>(16,502)</u>		<u>(15,902)</u>
Bank Loans due within one year		<u>(8,000)</u>		<u>(8,000)</u>
TOTAL CURRENT LIABILITIES		(24,502)		(23,902)
NET CURRENT ASSETS			<u>2,252</u>	<u>- 1,037</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>2,252</u>	<u>- 1,037</u>
LONG TERM LIABILITIES				
Bank Loans & Overdrafts		<u>(3,999)</u>		<u>(11,999)</u>
NET ASSETS			<u>(1,747)</u>	<u>(13,036)</u>
FUNDS				
Unrestricted funds	6			
General funds			<u>(1,747)</u>	<u>(13,036)</u>
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			<u>(1,747)</u>	<u>(13,036)</u>

For the year ending 31/01/2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

**Approved by the Board of Trustees on 15/10/2025 and signed
on their behalf by**

JASRAH SHEIKH

.....

Jasrah Sheikh

Trustee/Director

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2025

	Unrestricted	Restricted	2025	2024
	£	£	Total	Total
	£	£	£	£
3. INCOMING RESOURCES				
Incoming resources from generated funds				
<i>Voluntary income</i>				
	-	-	-	-
<i>Activities for generating funds</i>				
Fee Income	-	-	-	-
Other Income from Fundraising	11,900	-	11,900	6,979
Interest Income	699	-	699	199
	12,599	-	12,599	7,178
Total incoming resources	12,599	-	12,599	7,178
4. RESOURCES EXPENDED				
<i>Support costs</i>				
IT and Software Costs	-	-	-	-
Bank Charges	183	-	183	241
Professional Fees	205	-	205	18
Postage, printing, stationery & supplies	396	-	396	35
Premises Expenses	-	-	-	2,744
Light, Heat and Power	-	-	-	566
Donations	-	-	-	3,475
Interest Costs	410	-	410	670
Insurance	-	-	-	6,363
Sundry expenses	35	-	35	35
Telephone & broadband	82	-	82	299
Travel	-	-	-	-
	1,310	-	1,311	14,446
<i>Staff costs</i>				
	-	-	-	-
<i>Average number of staff employed</i>			0	0
<i>Governance costs</i>				
Independent examiner fee	-	-	-	-
Book-keeping & payroll	-	-	-	-
	-	-	-	-
Total resources expended	1,310	-	1,311	14,446

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2025

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Trade Creditors	-	-
Other Creditors	16,502	15,902
	<u>16,502</u>	<u>15,902</u>

6. MOVEMENT IN FUNDS

	At the start of the year	Incoming resources	Outgoing resources	Transfers	At the end of the year
	£	£	£	£	£
Unrestricted funds:					
General fund	(13,036)	12,599	(1,310)	-	(1,747)
Total unrestricted funds	<u>(13,036)</u>	<u>12,599</u>	<u>(1,310)</u>	<u>-</u>	<u>(1,747)</u>
Restricted funds:					
	-	-	-	-	-
Total unrestricted funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>(13,036)</u>	<u>12,599</u>	<u>(1,310)</u>	<u>-</u>	<u>(1,747)</u>

Document Details

IP 169.254.254.6
Time stamp 2025-10-20 14:24:19
Email jasrahsheikh@aol.com
Name Helping Lives - Accounts (Charity Template) 2025
Browser &
Version

Document History

Document Helping Lives - Accounts (Charity Template) 2025 created.	13-10-2025 17:29
Signer Jasrah Sheikh added to the document Helping Lives - Accounts (Charity Template) 2025.	13-10-2025 17:29
Reminder set to the document Helping Lives - Accounts (Charity Template) 2025.	13-10-2025 17:29
Document has sent for signature to Jasrah Sheikh(jasrahsheikh@aol.com).	13-10-2025 17:29

HELPING LIVES

England & Wales - Charity number 1176559

Accounts

HELPING LIVES

REGISTERED CHARITY NUMBER: 1176559

COMPANY REGISTRATION: 10583839

HELPING LIVES

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2024

HELPING LIVES

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2024

	Page
Reference and administrative information	1
Statement of Financial Activities	2
Balance Sheet	3
Notes to the Financial Statements	4 – 5

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 JANUARY 2024**

The Board presents its Trustees' report with the financial statements of the charity for the year ended 31 January 2024. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in March 2005.

OBJECTIVES AND ACTIVITIES

The objectives of the charity are to help and support in the prevention or relief of poverty and saving and improving lives by the grant making to individuals or organisations to help provide the food to poor and needy people across the globe, education/training of children and youth and advancement of health services to patients in need, disable, elderly and old people.

ACHIEVEMENTS AND PERFORMANCE

During the reporting year, the charity focused on two main objectives of food security and education for people-in-need. The charity funded education for many children as well as provided financial support to various food banks to help combat hunger.

FINANCIAL REVIEW

The charity had an opening balance of £11,886 in general liquid funds and received donations of £6,979 during the year. The closing balance of liquid funds after the spending was £1,477.

PUBLIC BENEFIT

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance on public benefit and fee charging. The Charity relies on the donation income it receives from its donors to cover its costs.

Helping Lives is focusing on providing the basic necessities, including shelter, food, education and health to poor, children, youth, elderly and other vulnerable people.

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

Signed on behalf of the Charity's Trustees

J Sheikh
.....
Jasrah Sheikh
Trustee/Director
30/10/2024

HELPING LIVES

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name

Helping Lives

Charity registration number

1176559

Company registration number

10583839

Registered Office and operational address

Office 408, Screenworks

22 Highbury Grove

London

N5 2ER

Trustees/Directors

Board of Trustees are Directors of the Company for the purposes of the Companies Act 2011 and Trustees for the purposes of the Charities Act 2011. The following served as Directors during the

Jasrah Sheikh -- Appointed 10th February 2022

Accountant

Accountell Limited

44A Marlands Road, Clayhall,

Redbridge, Essex, IG5 0JL

Bankers

Lloyds Bank

HELPING LIVES**STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 31 JANUARY 2024**

	Note	Unrestricted £	Restricted £	2024 Total £	2023 Total £
INCOMING RESOURCES					
Incoming resources from generated funds					
Activities for generating funds	3	7,178	-	7,178	11,092
Total incoming resources		7,178	-	7,178	11,092
RESOURCES EXPENDED					
Costs of generating funds					
Support costs	4	14,446	-	14,446	20,782
Governance costs		-	-	-	-
Total resources expended		14,446	-	14,446	20,782
NET INCOMING/(OUTGOING) RESOURCES		(7,268)	0	(7,268)	(9,690)
RECONCILIATION OF FUNDS					
Transfers between funds	6	-	-	-	-
Total funds brought forward		(5,768)	0	(5,768)	3,922
TOTAL FUNDS CARRIED FORWARD		(13,036)	0	(13,036)	(5,768)

The notes form part of these financial statements

HELPING LIVES

BALANCE SHEET

AS AT 31 JANUARY 2024

		2024		2023
	Note	£	£	£
CURRENT ASSETS				
Cash at bank and in hand		1,476		11,886
Other Receivables		<u>21,389</u>		<u>26,189</u>
TOTAL CURRENT ASSETS		22,865		38,075
CURRENT LIABILITIES				
Creditors: amounts falling due within one year	5	<u>(15,902)</u>		<u>(15,900)</u>
Bank Loans due within one year		<u>(8,000)</u>		<u>(8,000)</u>
TOTAL CURRENT LIABILITIES		(23,902)		(23,900)
NET CURRENT ASSETS			<u>(1,037)</u>	<u>14,175</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(1,037)</u>	<u>14,175</u>
LONG TERM LIABILITIES				
Bank Loans & Overdrafts		<u>(11,999)</u>		<u>(19,943)</u>
NET ASSETS			<u>(13,036)</u>	<u>(5,768)</u>
FUNDS				
Unrestricted funds	6			
General funds			<u>(13,036)</u>	<u>(5,768)</u>
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			<u>(13,036)</u>	<u>(5,768)</u>

For the year ending 31/03/2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

**Approved by the Board of Trustees on 30/10/2024 and signed
on their behalf by**

J Sheikh
.....
Jasrah Sheikh
Trustee/Director

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2024

	Unrestricted	Restricted	2024 Total	2023 Total
	£	£	£	£
3. INCOMING RESOURCES				
Incoming resources from generated funds				
<i>Voluntary income</i>				
	-	-	-	-
<i>Activities for generating funds</i>				
Fee Income	-	-	-	-
Other Income from Fundraising	6,979	-	6,979	9,903
Interest Income	199	-	199	1,189
	7,178	-	7,178	11,092
Total incoming resources	7,178	-	7,178	11,092
4. RESOURCES EXPENDED				
<i>Support costs</i>				
IT and Software Costs	-	-	-	367
Bank Charges	241	-	241	247
Professional Fees	18	-	18	2,032
Postage, printing, stationery & supplies	35	-	35	144
Premises Expenses	2,744	-	2,744	-
Light, Heat and Power	566	-	566	619
Donations	3,475	-	3,475	1,449
Interest Costs	670	-	670	478
Insurance	6,363	-	6,363	-
Sundry expenses	35	-	35	34
Telephone & broadband	299	-	299	682
Travel	-	-	-	-
	14,446	-	14,446	6,052
<i>Staff costs</i>				
	-	-	-	-
<i>Average number of staff employed</i>			0	0
<i>Governance costs</i>				
Independent examiner fee	-	-	-	420
Book-keeping & payroll	-	-	-	-
	-	-	-	420
Total resources expended	14,446	-	14,446	6,472

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2024

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade Creditors	-	201
Other Creditors	15,902	15,699
	<u>15,902</u>	<u>15,900</u>

6. MOVEMENT IN FUNDS

	At the start of the year	Incoming resources	Outgoing resources	Transfers	At the end of the year
	£	£	£	£	£
Unrestricted funds:					
General fund	(5,768)	7,178	(14,446)	-	(13,036)
Total unrestricted funds	<u>(5,768)</u>	<u>7,178</u>	<u>(14,446)</u>	<u>-</u>	<u>(13,036)</u>
Restricted funds:					
	-	-	-	-	-
Total unrestricted funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>(5,768)</u>	<u>7,178</u>	<u>(14,446)</u>	<u>-</u>	<u>(13,036)</u>

Document Details

IP 169.254.254.5
Time stamp 2024-11-29 17:11:04
Email jasrahsheikh@aol.com
Name Helping Live - Charity Accounts - 2024
Browser &
Version

Document History

Document Helping Live - Charity Accounts - 2024 created.	29-11-2024 17:08
Signer Jasrah Sheikh added to the document Helping Live - Charity Accounts - 2024.	29-11-2024 17:09
Reminder set to the document Helping Live - Charity Accounts - 2024.	29-11-2024 17:10
Document has sent for signature to Jasrah Sheikh(jasrahsheikh@aol.com).	29-11-2024 17:10

HELPING LIVES

England & Wales - Charity number 1176559

Accounts

HELPING LIVES

REGISTERED CHARITY NUMBER: 1176559

COMPANY REGISTRATION: 10583839

HELPING LIVES

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2023

HELPING LIVES

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2023

	Page
Trustees Report	1
Reference and administrative information	2
Statement of Financial Activities	3
Balance Sheet	4
Notes to the Financial Statements	5 – 6

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 JANUARY 2023

The Board presents its Trustees' report with the financial statements of the charity for the year ended 31 January 2023. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) Accounting and Reporting by Charities' issued in March 2005.

OBJECTIVES AND ACTIVITIES

The objectives of the charity are to help and support in the prevention or relief of poverty and saving and improving lives by the grant making to individuals or organisations to help provide the food to poor and needy people across the globe, education/training of children and youth and advancement of health services to patients in need, the disabled and the elderly.

ACHIEVEMENTS AND PERFORMANCE

During the reporting year, the charity focused on the establishment of a food bank to help combat the basic food needs of the poor.

FINANCIAL REVIEW

The charity had an opening balance of £48,491 in general liquid funds and received donations of £11,092 during the year. The closing balance of liquid funds after the spending was £11,886.

PUBLIC BENEFIT

In shaping our objectives for the year and planning our activities, the Trustees have considered the Charity Commission's guidance on public benefit, including the guidance on public benefit and fee charging. The Charity relies on the donation income it receives from its donors to cover its costs.

Helping Lives is focusing on providing the basic necessities, including shelter, food, education and health to poor, children, youth, elderly and other vulnerable people.

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

Signed on behalf of the Charity's Trustees

J Sheikh
.....

**Jasrah Sheikh
Trustee/Director
18/10/2023**

HELPING LIVES

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name

Helping Lives

Charity registration number

1176559

Company registration number

10583839

Registered Office and operational address

Office 408, Screenworks
22 Highbury Grove
London
N5 2ER

Trustees/Directors

Board of Trustees are Directors of the Company for the purposes of the Companies Act 2011 and Trustees for the purposes of the Charities Act 2011. The following served as Directors during the

Javeed Akhtar -- Resigned 10th February 2022

Jasrah Sheikh -- Appointed 10th February 2022

Accountant

Accountell Limited
44A Marlands Road, Clayhall,
Redbridge, Essex, IG5 0JL

Bankers

Lloyds Bank

HELPING LIVES**STATEMENT OF FINANCIAL ACTIVITIES****FOR THE YEAR ENDED 31 JANUARY 2023**

	Note	Unrestricted £	Restricted £	2023 Total £	2022 Total £
INCOMING RESOURCES					
Incoming resources from generated funds					
Activities for generating funds	3	11,092	-	11,092	12,479
Total incoming resources		11,092	-	11,092	12,479
RESOURCES EXPENDED					
Costs of generating funds					
Support costs	4	20,782	-	20,782	6,052
Governance costs		-	-	-	420
Total resources expended		20,782	-	20,782	6,472
NET INCOMING/(OUTGOING) RESOURCES		(9,690)	0	(9,690)	6,007
RECONCILIATION OF FUNDS					
Transfers between funds	6	-	-	-	-
Total funds brought forward		3,922	0	3,922	(2,085)
TOTAL FUNDS CARRIED FORWARD		(5,768)	0	(5,768)	3,922

The notes form part of these financial statements

HELPING LIVES

BALANCE SHEET

AS AT 31 JANUARY 2023

		2023		2022
	Note	£	£	£
CURRENT ASSETS				
Cash at bank and in hand		11,886		48,491
Other Receivables		<u>26,189</u>		<u> </u>
TOTAL CURRENT ASSETS		38,075		48,491
CURRENT LIABILITIES				
Creditors: amounts falling due within one year	5	(15,900)		(8,569)
Bank Loans due within one year		<u>(8,000)</u>		<u>(8,000)</u>
TOTAL CURRENT LIABILITIES		(23,900)		(16,569)
NET CURRENT ASSETS			<u>14,175</u>	<u>31,922</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>14,175</u>	<u>31,922</u>
LONG TERM LIABILITIES				
Bank Loans & Overdrafts		<u>(19,943)</u>		<u>(28,000)</u>
NET ASSETS			<u><u>(5,768)</u></u>	<u><u>3,922</u></u>
FUNDS				
Unrestricted funds	6			
General funds			(5,768)	3,922
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			<u><u>(5,768)</u></u>	<u><u>3,922</u></u>

For the year ending 31/03/2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

**Approved by the Board of Trustees on 18/10/2023 and signed
on their behalf by**

J Sheikh
.....
Jasrah Sheikh
Trustee/Director

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2023

	Unrestricted	Restricted	2023	2022
	£	£	Total	Total
	£	£	£	£
3. INCOMING RESOURCES				
Incoming resources from generated funds				
<i>Voluntary income</i>				
	-	-	-	-
<i>Activities for generating funds</i>				
Fee Income	-	-	-	-
Other Income from Fundraising	9,903	-	9,903	12,479
Interest Income	1,189	-	1,189	-
	11,092	-	11,092	12,479
Total incoming resources	11,092	-	11,092	12,479
4. RESOURCES EXPENDED				
<i>Support costs</i>				
IT and Software Costs	-	-	-	367
Bank Charges	255	-	255	247
Professional Fees	-	-	-	2,032
Postage, printing, stationery & supplies	2	-	2	144
Premises Expenses	9,300	-	9,300	-
Light, Heat and Power	4,693	-	4,693	619
Donations	-	-	-	1,449
Interest Costs	750	-	750	478
Insurance	4,788	-	4,788	-
Sundry expenses	292	-	292	34
Telephone & broadband	702	-	702	682
Travel	-	-	-	-
	20,782	-	20,782	6,052
<i>Staff costs</i>				
	-	-	-	-
<i>Average number of staff employed</i>			0	0
<i>Governance costs</i>				
Independent examiner fee	-	-	-	420
Book-keeping & payroll	-	-	-	-
	-	-	-	420
Total resources expended	20,782	-	20,782	6,472

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2023

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade Creditors	201	8,569
Other Creditors	15,699	-
	<u>15,900</u>	<u>8,569</u>

6. MOVEMENT IN FUNDS

	At the start of the year	Incoming resources	Outgoing resources	Transfers	At the end of the year
	£	£	£	£	£
Unrestricted funds:					
General fund	3,922	11,092	(20,782)	-	(5,768)
Total unrestricted funds	<u>3,922</u>	<u>11,092</u>	<u>(20,782)</u>	<u>-</u>	<u>(5,768)</u>
Restricted funds:					
	-	-	-	-	-
Total unrestricted funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>3,922</u>	<u>11,092</u>	<u>(20,782)</u>	<u>-</u>	<u>(5,768)</u>

HELPING LIVES

England & Wales - Charity number 1176559

Accounts

HELPING LIVES

REGISTERED CHARITY NUMBER: 1176559
COMPANY REGISTRATION: 10583839

HELPING LIVES

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2022

HELPING LIVES

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2022

	Page
Reference and administrative information	1
Statement of Financial Activities	2
Balance Sheet	3
Notes to the Financial Statements	4 – 5

HELPING LIVES

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name

Helping Lives

Charity registration number

1176559

Company registration number

10583839

Registered Office and operational address

46 Hollybush Hill

London

E11 1PS

Trustees/Directors

Board of Trustees are Directors of the Company for the purposes of the Companies Act 2011 and Trustees for the purposes of the Charities Act 2011. The following served as Directors during the

Javeed Akhtar -- Resigned 10th February 2022

Jasrah Sheikh -- Appointed 10th February 2022


Accountant

Accountell Limited

44A Marlands Road, Clayhall,

Redbridge, Essex, IG5 0JL

Bankers

Lloyds Bank

**HELPING LIVES
BALANCE SHEET**

AS AT 31 JANUARY 2022

	Note	2022		2021
		£	£	£
CURRENT ASSETS				
Cash at bank and in hand		<u>48,491</u>		<u>45,792</u>
TOTAL CURRENT ASSETS		48,491		45,792
CURRENT LIABILITIES				
Creditors: amounts falling due within one year	5	<u>(8,569)</u>		<u>(7,877)</u>
Bank Loans due within one year		<u>(8,000)</u>		
TOTAL CURRENT LIABILITIES		(16,569)		
NET CURRENT ASSETS			<u>31,922</u>	<u>37,915</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>31,922</u>	<u>37,915</u>
LONG TERM LIABILITIES				
Bank Loans & Overdrafts		<u>(28,000)</u>		(40,000)
NET ASSETS			<u>3,922</u>	<u>(2,085)</u>
FUNDS				
Unrestricted funds	6			
General funds			3,922	(2,085)
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			<u>3,922</u>	<u>(2,085)</u>

For the year ending 31/03/2022 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

**Approved by the Board of Trustees on 20/10/2022 and signed
on their behalf by**



Jasrah Sheikh
Trustee/Director

HELPING LIVES

STATEMENT OF FINANCIAL ACTIVITIES

FOR THE YEAR ENDED 31 JANUARY 2022

	Note	Unrestricted £	Restricted £	2022 Total £	2021 Total £
INCOMING RESOURCES					
Incoming resources from generated funds					
Activities for generating funds	3	12,479	-	12,479	50
Total incoming resources		12,479	-	12,479	50
RESOURCES EXPENDED					
Costs of generating funds					
Support costs	4	6,052	-	6,052	17,430
Governance costs		420	-	420	420
Total resources expended		6,472	-	6,472	17,850
NET INCOMING/(OUTGOING)		6,007	0	6,007	(17,800)
RECONCILIATION OF FUNDS					
Transfers between funds	6	-	-	-	-
Total funds brought forward		(2,085)	0	(2,085)	18,490
TOTAL FUNDS CARRIED FORWARD		3,922	0	3,922	690

The notes form part of these financial statements

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2022

	Unrestricted	Restricted	2022	2021
	£	£	Total	Total
	£	£	£	£
3. INCOMING RESOURCES				
Incoming resources from generated funds				
<i>Voluntary income</i>				
	-	-	-	-
<i>Activities for generating funds</i>				
Fee Income	-	-	-	-
Other Income from Fundraising	12,479	-	12,479	50
Interest Income	-	-	-	-
	12,479	-	12,479	50
Total incoming resources	12,479	-	12,479	50
4. RESOURCES EXPENDED				
<i>Support costs</i>				
IT and Software Costs	367		367	633
Bank Charges	247		247	127
Postage, printing, stationery &	144	-	144	460
Professional fee	2,032		2,032	-
Light, Heat and Power	619		619	-
Donations	1,449		1,449	15,995
Interest Costs	478		478	-
Sundry expenses	34		34	35
Telephone & broadband	682	-	682	78
Travel	-	-	-	103
	6,052	-	6,052	17,430
<i>Staff costs</i>				
	-	-	-	-
<i>Average number of staff employed</i>			0	0
<i>Governance costs</i>				
Independent examiner fee	420	-	420	420
Book-keeping & payroll	-	-	-	-
	420	-	420	420
Total resources expended	6,472	-	6,472	17,850

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2022

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade Creditors	8,569	7,877
	<u>8,569</u>	<u>7,877</u>

6. MOVEMENT IN FUNDS

	At the start of the year	Incoming resources	Outgoing resources	Transfers	At the end of the year
	£	£	£	£	£
Unrestricted funds:					
General fund	(2,085)	12,479	(6,472)	-	3,922
Total unrestricted funds	<u>(2,085)</u>	<u>12,479</u>	<u>(6,472)</u>	<u>-</u>	<u>3,922</u>
Restricted funds:					
	-	-	-	-	-
Total unrestricted funds	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>(2,085)</u>	<u>12,479</u>	<u>(6,472)</u>	<u>-</u>	<u>3,922</u>

HELPING LIVES

England & Wales - Charity number 1176559

Accounts

HELPING LIVES

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01 February 2020

End date: 31 January 2021

HELPING LIVES
Contents Page
For the year ended 31 January 2021

Company information	3
Directors' report	4
Income statement	5
Statement of financial position	6

HELPING LIVES
Company Information
For the year ended 31 January 2021

Directors	Javeed Akhtar Janed Sheikh
Registered Number	10583839
Registered Office	46 Holybush Hill London Greater London E11 1PS
Accountants	KINO & CO Stewart House 56 Longbridge Road BARKING IG11 8RW

HELPING LIVES
Directors' Report
For the year ended 31 January 2021

The directors present their annual report and the financial statements for the year ended 31 January 2021.

Directors

The directors who served the company throughout the year were as follows:

Javeed Akhtar

Janed Sheikh

This report was approved by the board and signed on its behalf by:

Javeed Akhtar
Director

Date approved: 27 September 2021

HELPING LIVES
Income Statement
For the year ended 31 January 2021

	2021	2020
	£	£
Turnover	50	0
Other charges	(17,850)	(2,041)
Profit/(Loss) for the financial year	(17,800)	(2,041)

HELPING LIVES
Statement of Financial Position
As at 31 January 2021

		2021		2020
	£	£	£	£
Current assets	45,792		22,292	
Creditors: amount falling due within one year	(47,877)		(840)	
Net current liabilities		(2,085)		21,452
Total assets less current liabilities		(2,085)		21,452
Creditors: amount falling due after more than one year		0		(5,737)
Net liabilities		(2,085)		15,715
Capital and reserves		(2,085)		15,715

NOTES TO THE ACCOUNTS

General Information

Helping Lives is a private company, limited by guarantee, registered in England and Wales, registration number 10583839, registration address 46 Holybush Hill, London, Greater London, E11 1PS.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 105 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

2. Average number of employees

Average number of employees during the year was 2 (2020 : 2).

HELPING LIVES
Statement of Financial Position
As at 31 January 2021

3. Company Limited by Guarantee

The company is limited by guarantee and therefore has no shares.

For the year ended 31 January 2021 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Directors' Responsibilities:

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105, the financial reporting standard applicable to the micro-entities regime.

The financial statements were approved by the board of directors on 27 September 2021 and were signed on its behalf by:

Javeed Akhtar
Director