

**HELPING LIVES**

REGISTERED CHARITY NUMBER: 1176559

COMPANY REGISTRATION: 10583839

**HELPING LIVES**

**FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 JANUARY 2022**

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## 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 £
<b>CURRENT ASSETS</b>			
Cash at bank and in hand		<u>48,491</u>	<u>45,792</u>
<b>TOTAL CURRENT ASSETS</b>		<b>48,491</b>	<b>45,792</b>
<b>CURRENT LIABILITIES</b>			
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>	
<b>TOTAL CURRENT LIABILITIES</b>		<b>(16,569)</b>	
<b>NET CURRENT ASSETS</b>		<b><u>31,922</u></b>	<b><u>37,915</u></b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<b><u>31,922</u></b>	<b><u>37,915</u></b>
<b>LONG TERM LIABILITIES</b>			
Bank Loans & Overdrafts		<u>(28,000)</u>	(40,000)
<b>NET ASSETS</b>		<b><u>3,922</u></b>	<b><u>(2,085)</u></b>
<b>FUNDS</b>	6		
Unrestricted funds			
General funds		<b>3,922</b>	<b>(2,085)</b>
Restricted funds		<u>-</u>	<u>-</u>
<b>TOTAL FUNDS</b>		<b><u>3,922</u></b>	<b><u>(2,085)</u></b>

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

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
	£	£	£	£
<b>3. INCOMING RESOURCES</b>				
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	-	-	-	-
	<b>12,479</b>	<b>-</b>	<b>12,479</b>	<b>50</b>
<b>Total incoming resources</b>	<b>12,479</b>	<b>-</b>	<b>12,479</b>	<b>50</b>
<b>4. RESOURCES EXPENDED</b>				
<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
	<b>6,052</b>	<b>-</b>	<b>6,052</b>	<b>17,430</b>
<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	-	-	-	-
	<b>420</b>	<b>-</b>	<b>420</b>	<b>420</b>
<b>Total resources expended</b>	<b>6,472</b>	<b>-</b>	<b>6,472</b>	<b>17,850</b>

# 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
	£	£	£	£	£
<b>Unrestricted funds:</b>					
General fund	(2,085)	12,479	( 6,472)	-	3,922
<b>Total unrestricted funds</b>	<u>(2,085)</u>	<u>12,479</u>	<u>( 6,472)</u>	<u>-</u>	<u>3,922</u>
<b>Restricted funds:</b>					
	-	-	-	-	-
<b>Total unrestricted funds</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>TOTAL FUNDS</b>	<u>(2,085)</u>	<u>12,479</u>	<u>( 6,472)</u>	<u>-</u>	<u>3,922</u>