

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			14,175	31,922
TOTAL ASSETS LESS CURRENT LIABILITIES			14,175	31,922
LONG TERM LIABILITIES				
Bank Loans & Overdrafts		<u>(19,943)</u>		<u>(28,000)</u>
NET ASSETS			(5,768)	3,922
FUNDS	6			
Unrestricted funds				
General funds			(5,768)	3,922
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			(5,768)	3,922

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 Total	2022 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

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><u>3,922</u></u>	<u><u>11,092</u></u>	<u><u>(20,782)</u></u>	<u><u>-</u></u>	<u><u>(5,768)</u></u>