

HELPING LIVES

REGISTERED CHARITY NUMBER: 1176559

COMPANY REGISTRATION: 10583839

HELPING LIVES

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2024

HELPING LIVES

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**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	(15,902)		(15,900)
Bank Loans due within one year		<u>(8,000)</u>		<u>(8,000)</u>
TOTAL CURRENT LIABILITIES		(23,902)		(23,900)
NET CURRENT ASSETS			(1,037)	14,175
TOTAL ASSETS LESS CURRENT LIABILITIES			(1,037)	14,175
LONG TERM LIABILITIES				
Bank Loans & Overdrafts		<u>(11,999)</u>		<u>(19,943)</u>
NET ASSETS			(13,036)	(5,768)
FUNDS	6			
Unrestricted funds				
General funds			(13,036)	(5,768)
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			(13,036)	(5,768)

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

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>

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