

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

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**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	(16,502)		(15,902)
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><u>(1,747)</u></u>	<u><u>(13,036)</u></u>
FUNDS	6			
Unrestricted funds				
General funds			(1,747)	(13,036)
Restricted funds			<u>-</u>	<u>-</u>
TOTAL FUNDS			<u><u>(1,747)</u></u>	<u><u>(13,036)</u></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

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Jasrah Sheikh

Trustee/Director

HELPING LIVES

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2025

	Unrestricted	Restricted	2025 Total	2024 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

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>

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