

HELPING HANDS CIO

England & Wales · Charity number 1195695

Details

Status Registered

Legal form CIO

Registered 2021-09-02

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

Contact

Address 42 Balaam Street
London
E13 8AQ

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Activities

Objects: THE OBJECT OF THE CIO IS TO PROMOTE ANY CHARITABLE PURPOSE FOR THE BENEFIT OF THE RESIDENT OF THE LONDON BOROUGH OF NEWHAM, ESPECIALLY THE PLAISTOW AREA, AND IN PARTICULAR, THE PROTECTION OF HEALTH, THE ADVANCEMENT OF EDUCATION, THE RELIEF OF THE ELDERLY IN NEED AND THE RELIEF OF POVERTY, SICKNESS AND DISTRESS.

Activities: TO PROMOTE ANY CHARITABLE PURPOSE FOR THE BENEFIT OF THE RESIDENTS OF THE LONDON BOROUGH OF NEWHAM ESPECIALLY THE PLAISTOW AREA AND IN PARTICULAR THE PROTECTION OF HEALTH THE ADVANCEMENT OF EDUCATION THE RELIEF OF THE ELDERLY IN NEED AND THE RELIEF OF POVERTY, SICKNESS, AND DISTRESS.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, 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, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Newham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£17,800	£12,440	-	-
2024-03-31	£19,042	£15,775	-	-
2023-03-31	£19,265	£11,115	-	-
2022-03-31	£19,530	£11,130	-	-

Trustees

Name	Role	Appointed
Alison Samantha Clarke		2020-01-01
Carole Davison		2020-01-01
Jonny Adams		2020-01-01
Laurence Roberts		2020-01-01
Mark Idahosa		2020-01-01
PETER DAVISON		2020-01-01
Syed Fayaz M Rizvi		2020-01-01

HELPING HANDS CIO

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Accounts

Helping Hands exists to benefit the residents of the London Borough of Newham (particularly the Plaistow area). Our aims are the protection of health, advancement of education, relief of the elderly in need, and relief of poverty, sickness and distress.

Plaistow continues to be home to many struggling in poverty, and suffering various forms of chronic illness (physical and mental). We offer a befriending service to neighbours isolated in their own homes, and a welcome here at Helping Hands, where people find sanctuary, peace and social support.

We are helped by local volunteers coming forward to offer time and skills. The reception team continue to flourish, to deal with the ever increasing demand for food and practical assistance.

We have active links with the Public Health team in Newham, and act as a distribution centre for Vitamin D.

Local schools and colleges send students for work experience, and we are grateful for their skills and enthusiasm.

We receive food supplies on a daily basis, from various supermarkets, food outlets, and many well wishers. The value of this food and other gifts in kind, is the main part of what we give.

We have run special events for people who are street homeless, in collaboration with other local community groups, particularly 'Lola's Homeless'.

Other information We receive voluntary financial donations.

Helping Hands remained financially stable during the year. The organization earned enough income to cover all its expenses and achieved a small surplus.

**Helping Hand
Balance Sheet
As at 31 March 2025**

		2025		2024	
		£		£	
Fix Assets	Property	<u>380000</u>	380000	<u>380000</u>	380000
Debtors	Anita			0	
Bank accounts	Current account	218165		212885	
	Deposit account	83198		83198	
	Pettycash	<u>60</u>		<u>60</u>	
			301423		296143
Liabilities	Accruals	<u>-78</u>	-78	<u>-158</u>	-158
Net assets		<u>681345</u>		<u>675985</u>	
		£		£	
Beneficiaries	Capital account	397896		397896	
	Income account	278089		274822	
	Net profit	<u>5360</u>		<u>3267</u>	
			681345		675985
Total funds		<u>681345</u>		<u>675985</u>	

Helping Hand
Profit And Loss Account
For the year ended 31 March 2025

		2025	2024
		£	£
Income	Donations	17,800	19,042
	Interest	<u> </u>	<u> 0</u>
		17,800	19,042
Expenses	Bank charges		0
	Donation		0
	Household		0
	Insurance	(1,284)	(2,386)
	Office		0
	Other professional fees		(2,781)
	Property Maintenance	(1,950)	(2,916)
	Rent	(6,000)	(6,000)
	Rates	(1,386)	(141)
	Telephones & Internet	(1,346)	(1,370)
	Miscellaneous	<u> (474)</u>	<u> (181)</u>
		<u> (12,440)</u>	<u> (15,775)</u>
		5,360	3,267

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Plaistow continues to be home to many struggling in poverty, and suffering various forms of chronic illness (physical and mental). We offer a befriending service to neighbours isolated in their own homes, and a welcome here at Helping Hands, where people find sanctuary, peace and social support.

Activities

Our link with Germany (the Evangelical Church of the Rhineland) , sending volunteers to us for over 20 years, has ended. This is due to a lack of volunteers in Germany. We miss their contribution, and look back with gratitude for all that has been given and achieved since 2003.

We are helped by more local volunteers coming forward to offer time and skills. The reception team continue to flourish, to deal with the ever increasing demand for food and practical assistance.

Our Legal Advice Service concluded at the end of 2023, when our volunteer solicitor moved to different paid employment.

We have active links with the Public Health team in Newham, and act as a distribution centre for Vitamin D.

Local schools and colleges send students for work experience, and we are grateful for their skills and enthusiasm.

We receive food supplies on a daily basis, from various supermarkets, food outlets, and many well wishers. The value of this food, and other gifts in kind, is the main part of what we give.

We have run special events for people who are street homeless, in collaboration with other local community groups, particularly 'Lola's Homeless'.

Other information

We receive voluntary financial donations.

We are aware that the lease of the rented premises where we are based ends in mid 2025.
We continue to look at options for the future.

Balance Sheet

	A	B	C	D	E	F	G	H	I	J
5						2024			2023	
6						£			£	
7	Fix Assets	Property			380,000					
8						380,000				
9										
10	Debtors	Anita			-			92		
11									92	
12	Bank accounts	Current account			212,885			589,318		
13		Deposit account			83,198			83,198		
14		Pettycash			60			110		
15						296,143			672,626	
16										
17	Liabilities	Accruals			(158)					
18						(158)				
19										
20										
21	Net assets					675,985			672,718	
22										
23										
24								£		
25	Beneficiaries	Capital account			397,896.00			397,896		
26		Income account			274,822.00			263,707		
27		Net profit			3,267.00			11,115		
28						675,985			672,718	
29										
30	Total funds					675,985			672,718	
31										

PnL

1	Helping Hand						
2	Profit And Loss Account						
3	For the year ended 31 March 2024						
4							
5					2024		2023
6					£		£
7	Income	Donations	19,042			19,265	
8		Interest	0			0	
9				19,042			19,265
10	Expenses	Bank charges	0			0	
11		Donation	0			0	
12		Household	0			0	
13		Insurance	(2,386)			(335)	
14		Office	0			0	
15		Other professional fees	(2,781)			0	
16		Property Maintenance	(2,916)			0	
17		Rent	(6,000)			(6,000)	
18		Rates	(141)			0	
19		Telephones & Internet	(1,370)			(1,815)	
20		Miscellaneous	(181)			0	
21				(15,775)			(8,150)
22				3,267			11,115
23							

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Helping Hands exists to benefit the residents of the London Borough of Newham (particularly the Plaistow area). Our aims are the protection of health, advancement of education, relief of the elderly in need, and relief of poverty, sickness and distress.

In April 2022 we began to emerge from the pandemic. People with multiple health issues (physical and mental), people suffering bereavement, and people experiencing social isolation turned to Helping Hands for support and understanding. We were able to offer the sanctuary of the house and garden where people could find peace and friendship.

Activities

Our three volunteers from Germany were replaced by one, so we continued our visiting service with reduced capacity. We were helped by more local volunteers coming forward to offer time and skills. The reception team increased in size and capacity, to deal with the ever increasing demand for food and practical assistance.

We began a Legal Advice Service with the help of a local solicitor.

Our link with local schools and colleges, to provide work experience, came back to pre Covid levels, and thrives.

We have food supplies on a daily basis, from various supermarkets, food outlets, and many well wishers. The value of this food, and other gifts in kind, is the main part of what we give.

Other Information

We receive voluntary financial donations.

We are aware that the lease of the rented premises where we are based ends in mid 2025. We continue to look at options for the future.

Helping Hand
Profit And Loss Account
For the year ended 31 March 2023

			2023		2022
			£		£
Income	Donations	19,265		19,025	
	Interest	-		505	
			19,265		19,530
Expenses	Bank charges	-		(24)	
	Donation	-		(1,120)	
	Household	-		(629)	
	Insurance	(335)		(332)	
	Office	-		(70)	
	Other professional fees	-		(2,320)	
	Rent	(6,000)		(6,000)	
	Telephones & Internet	(1,815)		(637)	
			(8,150)		(11,132)
			11,115		8,398
Net profit			11,115		8,398

Helping Hand
Balance Sheet
As at 31 March 2023

			2023		2022
			£		£
Debtors	Anita	92		-	
			92		-
Bank accounts	Current account	589,318		578,295	
	Deposit account	83,198		83,198	
	Pettycash	110		110	
			672,626		661,603
Net assets			672,718		661,603
			£		£
Beneficiaries	Capital account	397,896		397,896	
	Income account	263,707		255,309	
	Net profit	11,115		8,398	
			672,718		661,603
Total funds			672,718		661,603

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Helping Hands Work Trustee Annual Report 2021 - 2022

Helping Hands exists to benefit the residents of the London Borough of Newham (particularly the Plaistow area). Our aims are the protection of health, advancement of education, relief of the elderly in need, and relief of poverty, sickness and distress.

In April 2021 Newham, along with other parts of the country, had endured many impacts from the Covid pandemic. People with multiple health issues (physical and mental), people suffering bereavement, and people experiencing social isolation all turned to Helping Hands for support and understanding.

Whenever possible we opened the house and garden for people to find peace, friendship and sanctuary.

Activities

We were blessed by the presence of three full time volunteers from Germany who visited many people in their own homes, offering practical help, and regular social contact. This was a significant boost to our outreach complimenting the regular team of local volunteers.

Our local children were struggling with home learning, and we assisted in the provision of electronic devices.

From October we were able to restart work experience placements for local school and college students.

Up to 100 people come by Helping Hands every day, looking for food. We have supplied provisions on a daily basis. Food is given to us for distribution, from various supermarkets, food outlets, and many well wishers. The value of this food, and other gifts in kind, is the main part of what we give.

Other Information

[We receive voluntary financial donations.

We are aware of our rental lease, for use of premises, lasting until mid 2025. We are exploring options, and have engaged professional services regarding properties. There is no practical outcome at this stage.

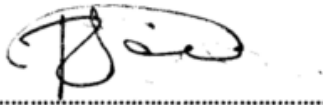
REPORT OF THE INDEPENDENT EXAMINER

TO THE MEMBERS OF HELPING HANDS

ACCOUNT CONVENTION

The accounts have been prepared under the historical convention

We have independently examined the books of the Helping Hands Organisation and certify that these accounts show a true and fair view of the state of the group's affairs as of 31st March 2022



PHYLLIS DIKE

(INDEPENDENT EXAMINER)

6th January 2023

Helping Hand
Balance Sheet
As at 31 March 2022

		2022 £	2021 £
Debtors	Anita	<u>-</u>	<u>1,214</u>
		-	1,214
Bank accounts	Current account	578,295	448,612
	Deposit account	83,198	203,198
	Pettycash	<u>110</u>	<u>180</u>
		661,603	651,991
Net assets		<u><u>661,603</u></u>	<u><u>653,205</u></u>
		£	£
Beneficiaries	Capital account	397,896	397,896
	Income account	255,309	237,353
	Net profit	<u>8,399</u>	<u>17,956</u>
		661,603	653,205
Total funds		<u><u>661,603</u></u>	<u><u>653,205</u></u>

Helping Hand
Profit And Loss Account
For the year ended 31 March 2022

		2022 £	2021 £
Income	Donations	19,025	26,563
	Interest	<u>505</u>	<u>-</u>
		19,530	26,563
Expenses	Bank charges	(24)	-
	Donation	(1,120)	-
	Household	(629)	(47)
	Insurance	(332)	(312)
	Office	(70)	-
	Other professional fees	(2,320)	(2,160)
	Rent	(6,000)	(4,500)
	Telephones & Internet	<u>(637)</u>	<u>(1,588)</u>
		(11,131)	(8,607)
		<u>8,399</u>	<u>17,956</u>
Net profit		<u><u>8,399</u></u>	<u><u>17,956</u></u>