

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	
		<u> </u>	19,265	<u> </u>	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)	
		<u> </u>	(8,150)	<u> </u>	(11,132)
			<u>11,115</u>		<u>8,398</u>
Net profit			<u>11,115</u>		<u>8,398</u>

Helping Hand
Balance Sheet
As at 31 March 2023

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