

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.

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

[illegible]

PnL

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