

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>
		(12,440)	(15,775)
		<u>5,360</u>	<u>3,267</u>