

# HELPING FAMILIES

England & Wales · Charity number 1200245

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2022-09-01

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

## Contact

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**Address** 47 Buckleigh Avenue  
London  
SW20 9LD

**Phone** 07778820761

**Email** [helpingfamiliescharity@gmail.com](mailto:helpingfamiliescharity@gmail.com)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF INDIVIDUALS WITH A PROGRESSIVE DISEASE (SUCH AS CANCER, ARTHRITIS AND DEMENTIA) AND BY EXTENSION THEIR FAMILIES AND CARERS IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF:- ASSISTANCE AND SUPPORT WITH SHOPPING, CLEANING AND OTHER DAY TO DAY TASKS.- COUNSELLING SESSIONS AND SUPPORT GROUPS.- TARGETED GRANTS TO FAMILIES WHERE FAMILY MEMBERS ARE FINANCIALLY DEPENDENT ON THE LOVED ONE WHO IS GOING THROUGH PROGRESSIVE DISEASE.

**Activities:** For the public benefit to relieve the needs of individuals with a progressive disease (such as cancer, arthritis and dementia) and by extension their families and carers in particular but not exclusively by the provision of:- Assistance and support with shopping, cleaning and other day to day tasks.- Counselling sessions and support groups.- Targeted grants to families where family members

## Classification

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- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Other Charities Or Voluntary Bodies, Other Defined Groups

## Geography

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- Pakistan
- Throughout England

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-08-15		£40	£600	-
2023-08-15		£2,000	£1,081	-

## Trustees

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Name	Role	Appointed
Mohammad Nasir	Chair	2023-09-15
Ayesha Khalil FACP		2022-09-01
Muhammad Waqas Zafar Malik		2022-09-01
SHEHRYAR AZHAR		2024-01-01

**HELPING FAMILIES**

England & Wales - Charity number 1200245

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# Accounts

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# Charity Commission Annual Return 2024

HELPING FAMILIES

Charity registration number: 1200245

**Most of the information you give in this form will become publicly available on the Register of Charities. Any field that the Charity Commission will not display will be clearly marked.**

**This document is a record of the information provided in the Annual Return 2024.**

## PART A - Charity information

### Financial period

**Financial period start date**

16/08/2023

**Financial period end date**

15/08/2024

### Income and spending

**Income £**

£ 40

**Spending £**

£ 600

### Number of contracts from government

**How many contracts (other than grant agreements) did your charity receive from central government or a local authority during the financial period for this return?**

0

### Number of grants from government

**How many grants did your charity receive from central government or a local authority during the financial period for this return?**

0

### Income breakdown

**Donations and legacies (excluding Endowments Received)**

£ 40

**Charitable activities**

£ 0

**Other trading activities**

£ 0

**Investments**

£ 0

Other

£ 0

## Grantmaking

**Is grant making the main way your charity carries out its purposes?**

No

## Recipients of grants

Please round all figures to the nearest pound (do not enter decimal points or commas).

**Individuals**

£ 0

**Other charities**

£ 0

**Other organisations that are not charities**

£ 0

## Trustee payments

**Excluding out of pocket expenses, for what were any of the trustees paid during the financial period for this return?**

e. None of the trustees have been paid

**Did any of the trustees resign and take up employment with your charity in the financial period of this return?**

No

## Income from outside the UK

**Did your charity receive income from outside of the United Kingdom in the financial period of this return?**

No

## Delivering activities outside the United Kingdom

**Did your charity deliver charitable activities outside of the United Kingdom in the financial period of this return?**

No

## Spending outside of the United Kingdom

**Did your charity spend funds outside of the United Kingdom in the financial period of this return?**

No

**Total Spending outside of the United Kingdom**

£

## Trading subsidiaries

**Does the charity have any trading subsidiaries?**

No

## Charity contact details correct

**Is the contact address displayed from the Register of Charities, correct?**

Yes

## Charity headquarters details correct

**Is this the same address that you use as your charity's administrative headquarters?**

Yes

## Charity contact address

**Address Line 1**

47 Buckleigh Avenue

**Address Line 2**

LONDON

**Address Line 3**

**Address Line 4**

**Address Line 5**

**Postcode**

SW20 9LD

**Country**

## Charity Headquarters address

**Address Line 1**

12 CONNAUGHT HEIGHTS

**Address Line 2**

2 AGNES GEORGE WALK

**Address Line 3**

LONDON

**Address Line 4**

**Address Line 5**

**Postcode**

E16 2FP

**Country**

## Membership type

**Is your charity part of a wider group structure with a parent body and subsidiary bodies?**

no, the charity is not part of a wider group structure

## Employment contract types

**People were permanently employed by your charity**

0

**People were on fixed-terms contracts with your charity**

0

**Self-employed people were working for your charity****Governance policies****Internal charity financial controls policy and procedures****Safeguarding policy and procedures****Financial reserves policy and procedures****Complaints policy and procedures****Serious incident reporting policy and procedures****Internal risk management policy and procedures****Trustee expenses policy and procedures****Trustee conflicts of interest policy and procedures****Investing charity funds policy and procedures****Campaigns and political activity policy and procedures****Bullying and harassment policy and procedures****Social media policy and procedures****Engaging external speakers at charity events policy and procedures****Safeguarding****Has your charity provided services to children and/or adults at risk in the financial period of the return?****External risk and impact****Donations****Other income - grants****Other income - contracts****Other income - investment****Expenditure on charitable activities**

**Expenditure on overheads**

Unknown/No Change/Not Applicable

**Number of volunteers**

Unknown/No Change/Not Applicable

**Number of employees**

Unknown/No Change/Not Applicable

**Number of trustees**

Unknown/No Change/Not Applicable

**Fundraising activities**

Unknown/No Change/Not Applicable

**Capacity to deliver services**

Unknown/No Change/Not Applicable

**Total service demand**

Unknown/No Change/Not Applicable

**Volunteers**

**Excluding trustees, provide an estimate of the number of volunteers who carried out charitable activities on behalf of your charity in the United Kingdom during the financial period of this return?**

0

**Privacy statement**

**Any information you give us will be held securely and processed only in accordance with the rule on data protection. We will not disclose your personal details to anyone unconnected to the Charity Commission unless:**

- **you have consented to their release; or**
- **we are legally obliged to disclose them; or**
- **we regard disclosure as either (a) necessary so that we can properly carry out our statutory functions or (b) necessary in the public interest.**

**We may share and disclose information about you with relevant public authorities, regulatory bodies and agencies, outside the Charity Commission but only if:**

- **we can lawfully do so; and**
- **we decide that disclosure is necessary for national security, crime detection, prevention, and law enforcement, or other issues in the public interest**

**Information we collect about you**

**We will use this information:**

**To enable us to carry out our statutory functions and duties;**

**This will include the following actions:**

**(a) update, consolidate, and improve the accuracy of our records;**

**(b) undertake crime detection and prevention and law enforcement and assist the third parties specified above to investigate or prevent crime and carry out law enforcement;**

**(c) data analysis, testing, research, statistical and survey purposes**

**Information we receive from other sources.**

**Information we receive from other sources**

**We may combine this information with information you give to us and information we collect about you.**

**We may use this information and the combined information for the purposes set out above (depending on the types of information we receive).**

**We will ensure that any such disclosure and use is proportionate; considers your right to respect for your private life; and is done fairly and lawfully in accordance with the data protection principles of the Data Protection Act.**

**The Data Protection Act 1998 regulates the use of 'personal data', which is essentially any information, however stored, about identifiable living individuals.**

**As a 'data controller' under the Act, the Charity Commission must comply with it. Any changes we may make to our privacy statement in the future will be set out in the replacement version of this form.**

**Please check back frequently to see any updates or changes to our privacy policy.**

#### Declaration

**This annual return has not been submitted and no Declaration has been made**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name <b>HELPING FAMILIES</b>	No (if any)
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**CC16a**

<b>Receipts and payments accounts</b>			
For the period from	Period start date 16/08/2022	To	Period end date 15/08/2024

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donation	40	-	-	40	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>40</b>	<b>-</b>	<b>-</b>	<b>40</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
Cash balance C/f	919	-	-	919	-
	-	-	-	-	-
<b>Sub total</b>	<b>919</b>	<b>-</b>	<b>-</b>	<b>919</b>	<b>-</b>
<b>Total receipts</b>	<b>959</b>	<b>-</b>	<b>-</b>	<b>959</b>	<b>-</b>
<b>A3 Payments</b>					
Other Charities	540	-	-	540	-
Bank Charges	60	-	-	60	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>600</b>	<b>-</b>	<b>-</b>	<b>600</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>600</b>	<b>-</b>	<b>-</b>	<b>600</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>359</b>	<b>-</b>	<b>-</b>	<b>359</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>359</b>	<b>-</b>	<b>-</b>	<b>359</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		359	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>359</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Mohammad Nasir		27/05/2025

**HELPING FAMILIES**

England & Wales - Charity number 1200245

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# Accounts

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# Charity Commission Annual Return 2023

HELPING FAMILIES

Charity registration number: 1200245

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**This document is a record of the information provided in the Annual Return 2023.**

## PART A - Charity information

### Financial period

**Financial period start date**

01/09/2022

**Financial period end date**

15/08/2023

### Income and spending

**Income £**

£ 2,000

**Spending £**

£ 1,081

### Number of contracts from government

**How many contracts (other than grant agreements) did your charity receive from central government or a local authority during the financial period for this return?**

0

### Number of grants from government

**How many grants did your charity receive from central government or a local authority during the financial period for this return?**

0

### Income breakdown

**Donations and legacies (excluding Endowments Received)**

£ 2,000

**Charitable activities**

£ 0

**Other trading activities**

**Investments****Other****Grantmaking****Is grant making the main way your charity carries out its purposes?****Recipients of grants**

Please round all figures to the nearest pound (do not enter decimal points or commas).

**Individuals****Other charities****Other organisations that are not charities****Grant recipients related parties****Are any of the grant recipients related parties to the charity?****Trustee payments**

**Excluding out of pocket expenses, for what were any of the trustees paid during the financial period for this return?**

a. Paid for being a trustee

**Did any of the trustees resign and take up employment with your charity in the financial period of this return?**

**Income from outside the UK**

**Did your charity receive income from outside of the United Kingdom in the financial period of this return?**

**Delivering activities outside the United Kingdom**

**Did your charity deliver charitable activities outside of the United Kingdom in the financial period of this return?**

**Spending outside England & Wales**

**Did your charity spend funds outside of the United Kingdom in the financial period of this return?**

**Total Spending outside England & Wales**

£

**Trading subsidiaries**

**Does the charity have any trading subsidiaries?**

No

**Charity contact details correct**

**Is the contact address displayed from the Register of Charities, correct?**

Yes

**Charity headquarters details correct**

**Is this the same address that you use as your charity's administrative headquarters?**

Yes

**Charity contact address**

**Address Line 1**

12 CONNAUGHT HEIGHTS

**Address Line 2**

2 AGNES GEORGE WALK

**Address Line 3**

LONDON

**Address Line 4**

**Address Line 5**

**Postcode**

E16 2FP

**Country**

**Charity Headquarters address**

**Address Line 1**

12 CONNAUGHT HEIGHTS

**Address Line 2**

2 AGNES GEORGE WALK

**Address Line 3**

LONDON

**Address Line 4**

**Address Line 5**

**Postcode**

**Country****Membership type****Is the charity part of a wider group structure with a parent body and subsidiary bodies?****Employment contract types****People were permanently employed by your charity****People were on fixed-terms contracts with your charity****Self-employed people were working for your charity****Governance policies****Internal charity financial controls policy and procedures****Safeguarding policy and procedures****Financial reserves policy and procedures****Complaints policy and procedures****Serious incident reporting policy and procedures****Internal risk management policy and procedures****Trustee expenses policy and procedures****Trustee conflicts of interest policy and procedures****Investing charity funds policy and procedures****Campaigns and political activity policy and procedures****Bullying and harassment policy and procedures****Social media policy and procedures****Engaging external speakers at charity events policy and procedures**

Not applicable

## Safeguarding

**Has your charity provided services to children and/or adults at risk in the financial period of the return?**

No

## External risk and impact

### Donations

Unknown/No Change/Not Applicable

### Other income - grants

Unknown/No Change/Not Applicable

### Other income - contracts

Unknown/No Change/Not Applicable

### Other income - investment

Unknown/No Change/Not Applicable

### Expenditure on charitable activities

Unknown/No Change/Not Applicable

### Expenditure on overheads

Unknown/No Change/Not Applicable

### Number of volunteers

Unknown/No Change/Not Applicable

### Number of employees

Unknown/No Change/Not Applicable

### Number of trustees

Unknown/No Change/Not Applicable

### Fundraising activities

Unknown/No Change/Not Applicable

### Capacity to deliver services

Unknown/No Change/Not Applicable

### Total service demand

Unknown/No Change/Not Applicable

## Volunteers

**Excluding trustees, provide an estimate of the number of volunteers who carried out charitable activities on behalf of your charity in the United Kingdom during the financial period of this return?**

0

## Privacy statement

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**We will use this information:**

**To enable us to carry out our statutory functions and duties;**

**This will include the following actions:**

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**(b) undertake crime detection and prevention and law enforcement and assist the third parties specified above to investigate or prevent crime and carry out law enforcement;**

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**Information we receive from other sources.**

**Information we receive from other sources**

**We may combine this information with information you give to us and information we collect about you.**

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**Please check back frequently to see any updates or changes to our privacy policy.**



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Charity Name  
**HELPING FAMILIES** No (if any)

## Receipts and payments accounts

CC16a

For the period from 01/09/2022 To 15/08/2023

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donation	2,000	-	-	2,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>2,000</b>	<b>-</b>	<b>-</b>	<b>2,000</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>2,000</b>	<b>-</b>	<b>-</b>	<b>2,000</b>	<b>-</b>
<b>A3 Payments</b>					
Other Charities	1,050	-	-	1,050	-
Bank Charges	31	-	-	31	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>1,081</b>	<b>-</b>	<b>-</b>	<b>1,081</b>	<b>-</b>
<b>A4 Asset and investment purchases. (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>1,081</b>	<b>-</b>	<b>-</b>	<b>1,081</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>919</b>	<b>-</b>	<b>-</b>	<b>919</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>919</b>	<b>-</b>	<b>-</b>	<b>919</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>		919	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>919</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Mohammad Nasir		03/06/2024