

HELP4MIND

England & Wales · Charity number 1205961

Details

Status Registered

Legal form CIO

Registered 2023-11-29

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

Contact

Address Siba & Co Chartered Accountants
308 High Street
Croydon
CR0 1NG

Phone 02086684949

Email info@help4mind.org.uk

Website www.help4mind.org.uk

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD MENTAL HEALTH FOR ADULTS SUFFERING FROM MODERATE TO MODERATELY SEVERE ANXIETY AND/OR DEPRESSION IN PARTICULAR, BUT NOT EXCLUSIVELY, BY THE PROVISION OF ONLINE COGNITIVE BEHAVIOURAL THERAPY.

Classification

- **How:** Provides Services
- **What:** Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05		£0	£0	-

Trustees

Name	Role	Appointed
Christian Homatas	Chair	
ALEXANDER DAVID HOMATAS		
Daniel Anandrajmohan		

HELP4MIND

England & Wales - Charity number 1205961

Accounts



Trustees' Annual Report for the period

From 29/11/2023 Period start date

To 05/04/2025 Period end date

Charity name: HELP4MIND

Charity registration number: 1205961

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The purpose of HELP4MIND is to promote and protect the mental health and wellbeing of individuals by providing low-cost CBT counselling services to those experiencing moderate (to moderately severe) anxiety/depression.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	During this financial period, the charity has remained dormant. As such, no direct counselling services, projects, or public-facing activities were undertaken. Trustees' activities were limited to: establishing the legal and administrative framework of the charity, ensuring compliance with Charity Commission requirements, and developing the future service delivery model and internal governance policies.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have complied with their duty to have due regard to the Charity Commission's public benefit guidance when planning future activities.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by	Para 1.38	

volunteers		
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	During this period, the charity has been in a dormant state. The primary focus of the trustees has been on establishing the foundational governance and administrative framework required to support future operations.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity received £0 in total income and incurred £0 in total expenditure; the charity holds no assets and no liabilities. The closing balance of cash at bank and in hand is £0. Moreover, there are no restricted or endowment funds. All records indicate a nil balance for unrestricted funds.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No reserves are currently held.
Amount of reserves held	Para 1.22	£0
Reasons for holding zero reserves	Para 1.22	As there has been no financial activity or operational overhead to date, the charity has no immediate financial risks or debts.
Details of fund materially in deficit	Para 1.24	£0
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are no ongoing financial obligations or overheads that the charity cannot meet at present.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO – Charitable Incorporated Organisation.
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Other trustees (up to a maximum total of five) would be appointed through a resolution passed at a duly convened meeting of the charity trustees, taking into account the skills, knowledge, and experience required for the charity's effective governance.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	HELP4MIND
Other name the charity uses	
Registered charity number	1205961
Charity's principal address	308 High Street, Croydon, Surrey, England CR0 1NG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Christian Homatas			
2	Daniel Anandrajmohan			
3	Alexander Homatas			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	No assets held
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Not applicable
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Not applicable

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

Not applicable

Other optional information


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Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Christian Homatas	
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Position (eg Secretary,
Chair, etc)

Chair	
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Date

10/03/2026



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name HELP4MIND	No (if any) 1205961
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Receipts and payments accounts

For the period from	Period start date 29/11/2023	To	Period end date 05/04/2025
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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 £
A1 Receipts					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	-	-	-	-	-
Net of receipts/(payments)	-	-	-	-	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	-	-	-	-	-

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 £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(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 £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

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

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

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

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	CHRISTIAN HOMATAS	10/03/2025