

HELP 4 YOU

England & Wales · Charity number 1212031

Details

Status Registered

Legal form CIO

Registered 2025-02-05

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

Contact

Address 127-129 Richardson Street
Wallsend
Tyne And Wear
NE28 7PR

Phone 07976849919

Email ESQB1410@YAHOO.COM

Activities

Objects: FOR THE PUBLIC BENEFIT, THE PRESERVATION AND PROTECTION OF GOOD PHYSICAL AND MENTAL HEALTH WITHIN ENGLAND, PRIMARILY THROUGH: 1) PROVIDING SIGNPOSTING MENTAL HEALTH SUPPORT, COUNSELLING AND THERAPUTIC INTERVENTIONS; 2) ORGANISING RECREATIONAL ACTIVITIES THAT PROVIDE AN OPPORTUNITY TO SUPPORT THEIR MENTAL HEALTH AND ACCESS PEER SUPPORT; 3) PROVIDING ACCESS TO MENTAL HEALTH RESOURCES AND INFORMATION; 4) DELIVERING WORKSHOPS ON ASSOCIATED TOPICS TO SUPPORT GOOD MENTAL AND PHYSICAL HEALTH.

Activities: Providing therapies to assist people who suffer anxiety and depression

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Disability
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-06	£5,200	£0	-	-

Trustees

Name	Role	Appointed
Linda Dodds	Chair	2025-02-05
Joanna Tuck		2025-02-05
Julie Walden		2025-02-05

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Accounts

Trustees Report for period ended 6th August 2025

During this period the charity received a grant of £5200.00 towards refurbishment and repairs to the building which it uses for it's activities.

Because the building was deemed to be an electrical hazard, the funds received would be used after the period end to have a rewire on the whole premises.

The charity utilised other free venues to create events for the general public so that awareness would grow in the area.

Signed by Linda Dodds, Chairperson

Linda Dodds

Dated 07/05/26

Profit and Loss

Help 4 You CIO

For the year ended 6 August 2025

Account 2025

Turnover

Funding Received 5,200.00

Total Turnover 5,200.00

Gross Profit 5,200.00

Operating Profit 5,200.00

Profit on Ordinary Activities 5,200.00

Profit after Taxation 5,200.00

Balance Sheet

Help 4 You CIO

As at 6 August 2025

Account Aug 2025

Current Assets

Cash at bank and in hand

Help 4 You 5,200.00

Total Cash 5,200.00

Total Current Assets 5,200.00

Net Current Assets 5,200.00

Total Assets 5,200.00

Net Assets 5,200.00

Capital and Reserves

Current Year 5,200.00

Total Capital and Reserves 5,200.00