# MUSLIM YOUTH HELPLINE

## TRUSTEES' REPORT & FINANCIAL STATEMENT

## FOR THE PERIOD ENDED 31 DECEMBER 2025
## ( 01 April 2025 to 31 December 2025)

## CHARITY REGISTRATION NO: 1108354

## COMPANY REGISTRATION NO: 05239414

**MUSLIM YOUTH HELPLINE**

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**MUSLIM YOUTH HELPLINE**

**TRUSTEES AND PROFESSIONAL ADVISORS**

| | |
|---|---|
| **TRUSTEES:** | Yahya Delair<br>Ibrahim Peeran<br>Zahra Choudhry |
| **BUSINESS ADDRESS:** | International House<br>12 Constance Street<br>LONDON<br>E16 2DQ |
| **BANKERS:** | HSBC<br>P O Box 260<br>46 The Broadway<br>Ealing<br>London<br>W5 5JR |
| **ACCOUNTANTS:** | Zaheer and Company<br>63 Kingsway<br>Burnage<br>Manchester<br>M19 2LL |

# Trustees report – Accounts for 9 months period ended 31 December 2025

## Governance structure and management

Muslim Youth Helpline is a charitable company limited by guarantee and is governed by its memorandum and articles of association. The trustees are also the directors of the company. Trustees are appointed in accordance with the governing document and are responsible for the charity's strategy, finances, risks and compliance. Day-to-day management is delegated to the executive team.

## Objectives and activities

The charity provides free, confidential and faith-sensitive emotional support to young people, particularly young Muslims, through its telephone helpline and online services. The trustees have had regard to the Charity Commission's guidance on public benefit and consider that these activities further the charity's purposes for the public benefit.

## Achievements and performance

During the nine-month period, the charity continued to provide its telephone, chat and email support services through its staff and trained volunteers. The accounts report an average of 11 employees and 51 volunteers during the period. Two volunteer drives ensured continued service provision at the desired level, and we ended 2025 with 68 volunteers.

Between April and December 2025, MYH supported users via our usual channels of Phone, Webchat and Email. We received a total of 11,245 enquires in this time: 4,301 by Phone, 6,141 by Webchat and 801 by Email. We served the UK community with multiple awareness sessions delivered in the community and continued to educate and raise awareness of mental health matters across our social media channels.

We also participated in multiple research projects collaborating with other organizations to ensure that the underserved community we represent has a voice in forums where change can be made. A notable contribution was as part of the Muslim Youth Futures report led by Goldsmiths University London.

## Financial review

The accounts cover the nine-month period from 1 April to 31 December 2025 following the change in accounting reference date from 31 March to 31 December. The comparative figures cover the twelve-month period ended 31 March 2025 and are therefore not directly comparable.

Income for the period was £130,040 and expenditure was £194,513, resulting in a deficit of £64,473. Unrestricted funds reduced from £81,322 to £16,849. Cash at bank on 31 December 2025 was £32,824.

Whilst monthly expenditure remained relatively consistent with historical levels, lower than expected income levels from across fundraising channels led to the unexpectedly large deficit for the year.

### Reserves

The trustees aim to maintain sufficient unrestricted reserves to meet short-term obligations and protect the continuity of the charity's core services. At 31 December 2025, unrestricted reserves were £16,849 and were below the level considered appropriate by the trustees.

The approved reserves target equates to three months of expenses. The trustees and executive team have been working together to build a more sustainable and diversified income strategy, while keeping expenses to a minimum level required to meet the operating needs of the organization.

### Going concern

The charity has continued to operate with limited cash reserves and remains dependent on grants and donations whose timing and amount are uncertain. The trustees have reviewed cash-flow forecasts to 30 September 2027, including reasonably foreseeable downside scenarios, and consider it appropriate to prepare the accounts on a going-concern basis.

However, the uncertainty over the timing and level of future income, together with the charity's limited cash reserves, represents a material uncertainty that may cast significant doubt on the charity's ability to continue as a going concern. The trustees are monitoring cash flow closely and taking steps to secure additional funding, control expenditure and protect the continuity of core services.

## Trustees' responsibilities

The trustees' immediate priority is to improve the charity's financial stability while maintaining its core support services.

The trustees are responsible for preparing the Trustees' Report and financial statements in accordance with applicable law and UK accounting standards. They are also responsible for keeping adequate accounting records, safeguarding the charity's assets and taking reasonable steps to prevent and detect fraud and other irregularities. The trustees must prepare the accounts on a going-concern basis unless it is inappropriate to presume that the charity will continue in operation.

## Approval

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the board of trustees on 30/09/2026 and signed on its behalf by:



S I Peeran
Trustee

## INDEPENDENT EXAMINER'S REPORT

## TO THE TRUSTEES OF MUSLIM YOUTH HELPLINE

We report on the accounts of the Muslim Youth Helpline, registered charity number 1108354 for the accounts period ended 31st December 2025 set out on pages 5 to 11.

### RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees are responsible for the preparation for the accounts. The charity's trustees consider that an audit is not required for this year (under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is our responsibility to:

- examine the accounts (under section 145 of the 2011 Act)
- to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to our attention.

### BASIS OF INDEPENDENT EXAMINER'S REPORT:

Our examination was carried out in accordance with the applicable Directions issued by the Charity Commission An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented for the 12-month period with the accounting records available for the current 9-month period. It also includes consideration of the uncertainty referred to in Note 2 to the accounts, relating to the accounting convention and consideration of any explanations provided by the trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required for an audit and, consequently, we do not express an audit opinion on the view given by the accounts.

### INDEPENDENT EXAMINER'S STATEMENT:

In connection with our examination, no matter has come to our attention;

(1) which gives us reasonable cause to believe that in any material respect the requirements

. to keep accounting records in accordance with section 130 of the Charities Act 2011; and

. to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or

(2) to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

**Mr. Qaisar Abbas (FCCA)**
**Zaheer and Company**
Chartered Certified Accountants and Registered Auditors
63 Kingsway
Burnage
Manchester
M19 2LL
Date:

**MUSLIM YOUTH HELPLINE**
**RECEIPTS AND EXPENDITURES ACCOUNT**
**FOR THE PERIOD ENDED 31 DECEMBER 2025**
**( 01 April 2025 to 31 December 2025)**

| | Notes | Dec-25 | | Mar-25 | |
|---|---|---|---|---|---|
| | | £ | £ | £ | £ |
| | | Restricted | Un-restricted | Restricted | Un-restricted |
| Donations and grants | 1 | - | 129,409 | - | 142,894 |
| Other income | 1 | - | 631 | | 3,812 |
| | | - | 130,040 | - | 146,706 |
| EXPENDITURES | 4 | | 194,513 | | 295,136 |
| | | - | 194,513 | - | 295,136 |
| NET INCOME / LOSS FOR THE YEAR | | - | (64,473) | - | (148,430) |
| BALANCE BROUGHT FORWARD | | | 81,322 | | 229,752 |
| BALANCE CARRIED FORWARD | | - | 16,849 | - | 81,322 |

**MUSLIM YOUTH HELPLINE**
**BALANCE SHEET**
**AS AT 31 December 2025**

| | Notes | Dec-25 | | | Mar-25 | | |
|---|---|---|---|---|---|---|---|
| | | £ | £ | £ | £ | £ | £ |
| | | Restricted | Un-restricted | | Restricted | Un-restricted | |
| NON-CURRENT ASSETS | | | | | | | |
| Non Current Assets | 5 | - | 570 | | | 659 | |
| | | | 570 | | | 659 | |
| CURRENT ASSETS | | | | | | | |
| Cash at bank | 6 | | 32,824 | | | 80,293 | |
| Debtors | 7 | - | 5,865 | | - | 20,865 | |
| | | - | 38,689 | | - | 101,158 | |
| CURRENT LIABILITIES | | | | | | | |
| Creditors | 7.1 | - | 22,409 | | - | 20,495 | |
| | | - | 22,409 | | - | 20,495 | |
| NET CURRENT ASSETS | | - | | 16,279 | - | | 80,663 |
| NET ASSETS | | - | | 16,849 | - | | 81,322 |
| CAPITAL AND RESERVES | | | | | | | |
| Reserves b/f | 8 | - | | 81,322 | - | | 229,752 |
| Income of receipts over expenditure for the year | 8 | - | | (64,473) | - | | (148,430) |
| | | - | | 16,849 | - | | 81,322 |

I approve there accounts and confirm that there trustees have made available all the information and explanations for their preparation.



Signed----------
Trustee

Date:- 30/09/2026

**MUSLIM YOUTH HELPLINE**
**NOTES TO THE ACCOUNTS**
**FOR THE PERIOD ENDED 31 DECEMBER 2025**

**The accounts cover 1 April to 31 December 2025.**
**The comparative period covers 12 months and is therefore not directly comparable**

| | Dec-25 | | | | Mar-25 |
|---|---|---|---|---|---|
| **Note: 1** | | | | | |
| **INCOME AND ENDOWMENTS** | **Un-restricted** | **Restricted** | **Endowment** | **Total** | **Total** |
| | **£** | **£** | **£** | **£** | **£** |
| Donations | 42,503 | - | - | 42,503 | 47,729 |
| Grants | 86,905 | - | - | 86,905 | 95,165 |
| Interest Income | 631 | - | | 631 | 3,812 |
| | **130,040** | - | **-** | **130,040** | **146,706** |

**Note: 2**
**ACCOUNTING POLICIES**

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with Recommended Accounting Practice 2015', (FRS 102 SORP), and in accordance with all applicable law in the charity's jurisdiction of registration, except that the charity has prepared the financial statements in accordance with the FRSSE SORP 2015 in preference to the previous SORP, the SORP 2005, which has been withdrawn, notwithstanding the fact that the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008 refer explicitly to the SORP 2005. This has been done to accord with current best practice.

**Accounting convention**
The financial statements are prepared, on a going concern basis, under the historical cost convention and in accordance with the applicable accounting requirements and the Charities SORP (FRS 102). The charity is mainly dependent on continuing donations and as a consequence the going concern basis is also dependent on the continuing of donations. The trustees have assessed the charity's ability to continue as a going concern and have prepared cash-flow forecasts to 30 September 2027, including reasonably foreseeable downside scenarios. The trustees consider it appropriate to prepare the financial statements on a going-concern basis. However, due to the charity's limited cash reserves and uncertainty over the timing and level of future grant and donation income, a material uncertainty exists which may cast significant doubt on the charity's ability to continue as a going concern. The financial statements do not include any adjustments arising from this uncertainty.

**Incoming resources**
All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the statement of financial activities when receivable. Grants where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included.

**Recognition of liabilities and expenditure**
Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Costs of generating funds comprise the costs associated with attracting voluntary income and the costs of trading for fund raising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect on an appropriate basis.

**Fund accounting**
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal. It is the policy of the Board of Trustees to carefully monitor the application of those funds in accordance with the restrictions placed upon them.

**Note: 2.1**
**LIABILITY TO TAXATION**

As a registered charity, the organisation is exempt from income and corporation tax to the extent that its income and gains are applied towards the charitable objects of the charity and for no other purpose. Value Added Tax is not recoverable by the charity, and is therefore included in the relevant costs in the Statement of Financial Activities.

**Note: 3** **Dec-25** **Mar-25**
**Employees**

| The average numbers of employees during the year were; | **Number** | **Total** | **Total** |
|---|---|---|---|
| Employees | 11 | 11 | 11 |
| Volunteers | 65 | 65 | 71 |

**Note: 3.1**
**TRUSTEES REMUNERATION**

All trustees provide their services to the charity free of charge without any remuneration.
**Note: 3.2**
**RELATED PARTY TRANSACTIONS**

There were no disclosable related party transactions during the period (31-Dec-2025-31-March-2025)

**Note: 4**
**EXPENDITURE ON RAISING FUNDS**

| | Basis of allocation | Un-restricted £ | Restricted £ | Endowment £ | Total £ | Total £ |
|---|---|---|---|---|---|---|
| Advertising | Usage | 19,299 | - | - | 19,299 | 4,729 |
| Marketing | Usage | 7,700 | - | | 7,700 | 29,426 |
| Other Fundraising | Usage | 842 | - | - | 842 | 23,369 |
| Consultancy Fees | Usage | 5,918 | - | | 5,918 | 17,610 |
| | | **33,759** | **-** | **-** | **33,759** | **75,134** |

**Note: 4.1**
**EXPENDITURE ON CHARITABLE ACTIVITIES**

| | | Dec-25 | | | | Mar-25 |
|---|---|---|---|---|---|---|
| Volunteer Costs | Usage | 1,196 | | | 1,196 | 3067 |
| Accountancy fee | Usage | 2,160 | - | - | 2,160 | 2160 |
| Bank Charges | Usage | 20 | - | - | 20 | 63 |
| **SUPPORT COSTS:** | | | | | | |
| Insurance | Usage | 308 | - | - | 308 | 274 |
| Legal & Professional | Usage | 1,189 | - | - | 1,189 | 5,402 |
| Subscription | Usage | 1,719 | - | | 1,719 | 1,627 |
| Depreciation | Usage | 89 | - | - | 89 | 145 |
| Telephone & Internet | Usage | 756 | - | - | 756 | 1,399 |
| Ground Rent | Usage | - | - | - | - | 500 |
| Stationery and printing | Usage | 351 | - | | 351 | 389 |
| Staff Training & welfare | Usage | 490 | | | 490 | 772 |
| General Expenses | Usage | 3,432 | - | - | 3,432 | 5,099 |
| | | **11,711** | **-** | **-** | **11,711** | **20,897** |

**Note: 4.1a**
**Employment Cost**

| | | | | | | |
|---|---|---|---|---|---|---|
| Wages and salaries | Usage | 140,663 | - | - | 140,663 | 189,857 |
| Social security costs | Usage | 7,471 | - | - | 7,471 | 9,203 |
| Other pension costs | Usage | 909 | - | - | 909 | 44 |
| | | | | - | | |
| **Total** | | **149,043** | **-** | **-** | **149,043** | **199,104** |

**Note: 5**

| **TANGIBLE ASSETS:** | **Computer Equipment** | **Fixtures & Fittings** | **Total** |
|---|---|---|---|
| **Cost** | | | |
| At 1st April 2025 | 6,342 | 1,345 | 7,687 |
| Addition | | | |
| At 31st December 2025 | **6,342** | **1,345** | **7,687** |
| **Depreciation** | | | |
| At 1st April 2025 | 5,683 | 1,345 | 7,028 |
| Charge for the year | 89 | | 89 |
| At 31st December 2025 | **5,772** | **1,345** | **7,117** |
| **Net Book Value** | | | |
| At 31st December 2025 | **570** | **-** | **570** |
| At 31st March 2025 | **659** | **-** | **659** |

| **Note: 6** | **Dec-25** | **Mar-25** |
|---|---|---|
| Current Account | 31,051 | 78,818 |
| Deposit Account 1 | 554 | 368 |
| Deposit Account 2 | 1,219 | 1,107 |
| | **32,824** | **80,293** |

**Note: 7**
**Debtors:**

| | | |
|---|---|---|
| Prepayments and accrued income | 5,865 | 20,865 |
| | **5,865** | **20,865** |

**Note: 7.1**
**CREDITORS: Amount falling due within one year**

| | | |
|---|---|---|
| Other taxation and social security | 18,589 | 18,705 |
| Other creditors | (452) | (452) |
| Accruals and deffered income | 4,271 | 2,241 |
| | **22,409** | **20,495** |

| Note: 8<br>ACCUMULATED FUNDS | Dec-25<br>Un-restricted | Restricted | Endowment | Total | | Mar-25<br>Total |
|---|---|---|---|---|---|---|
| Opening Funds as at 01/04/2025 | 81,322 | - | - | 81,322 | - | 229,752 |
| Net income/expenditure | (64,473) | - | - | (64,473) | - | (148,429) |
| Closing funds as at 31/12/2025 | **16,849** | **-** | **-** | **16,849** | | **81,322** |