HELP THE MENTAL HEALTH CHARITY

Charity Commission
Redgrave Court
Merton Road
Merseyside
L20 7HS

29th September 2026

Dear Sirs

Re Trustees Report – Year Ended 31st December 2025

The Charity opened a second shop at 10 – 12 Whitefriargate, Hull, HU1 2HP with this expansion sales and donations rose from £61,113 in 2024 to £103,030 in 2025, the donations to other charities who provide services in the field of mental health and direct donations to people affected or suffering from mental illness imcreased from £6,894 in 2024 to £7000 in 2025.

The charity also provided direct services to people (and their families) suffering from mental illness on a day-to-day basis at their charity shop's. This assistance includes, personal counselling, along with donations of clothes, furniture and other goods.

The charity produced an excess of £8,453 for the year ended 31st December 2025, part of this surplus will be used in 2026 to continue and expand the direct services to people (and their families) suffering from mental illness and its effects.

To help the charity to grow turnover in 2026, we are lookinf forward to providing even more help to those suffering due to mental illness.

Yours faithfully,

Mandy McDermott

Trustee

12-18 Dunstall Street
Scunthorpe, DN15 6LD
Registered Charity No. 1165116

HELP - The Mental Health Charity

Income and Expenditure Account for the year ended 31st December 2025

2024			2025	
		Income		
58206		Sales		93872.00
0		House Clearances		2645.00
565		Recycling		2324.18
2342		Donations & sundries		4188.75
61113		**Total Receipts**		103029.93
		Less - Expenditure		
0		Packing & Wrapping	142.56	
21744		Rent & Rates	44415.69	
1145		Lighting & Heating	1390.36	
2081		Post, Printing, Stationery & Adverts	3612.67	
316		Telephone	336.51	
0		Parking Fees	1176.17	
10397		Motor Expenses	11984.00	
1459		Insurance	3105.32	
1080		Equipment Hire	2160.28	
756		Professional Fees	1725.00	
414		Repairs & Renewals	4033.73	
0		Sundry Expenses	1728.27	
0		Loss on sale	2305.00	
6894		Donations	7000.00	
5735	52021	Depreciation	9461.25	94576.81
£9,092		**Excess of Income over Expenditure**		£8,453.12

HELP - The Mental Health Charity

Balance Sheet as at the 31st December 2025

2024				2025
		Fixed Assets		
		Motor Vehicles	15154.00	
		Less – Sales	2705.00	
		Add Additions	19995.00	
			32444.00	
	15154	Less – Depreciation	8111.00	24333.00
		Plant & Machinery	233.25	
	0	Less – Depreciation	58.25	175.00
		Fixtures, Fittings & Equipment	1822.00	
		Additions	2644.00	
			4466.00	
	1822	Less - Depreciation	1116.00	3350.00
		Computer Equipment	227.00	
		Additions	479.00	
			706.00	
	227	Less – depreciation	176.00	530.00
	17203			28388.00
		Current Assets		
0		VAT	1725.13	
100		Cash in Hand	100.00	
118795	118895	Cash at bank	114438.26	116263.39
	136098	**Total Assets**		144651.39
		Less - Current Liabilities		
1235		Loans	1235.17	
500	1735	Sundry Creditors & Provisions	600.00	1835.17
	£134,363	**Net Assets**		£142,816.22
		Accumulated Fund		
	125271	Balance Brought Forward		134363.10
	9092	Add - Excess of Income over Expenditure		8453.12
	£134,363	**Balance 31/12/25 carried forward**		£142,816.22

To Glover & Co

we accept these accounts and confirm that we have submitted to you all relevant records and information for there preparation.

Signed .....

Mandy McDermott