

HIS HELP INFORMATION SUPPORT

England & Wales · Charity number 1190550

Details

Status Registered

Legal form CIO

Registered 2020-07-24

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

Contact

Address Littleholme
Vicarage Road
Yalding
Maidstone
Kent
ME18 6DX

Phone 07785992401

Email info@hischarity.org.uk

Website www.hischarity.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH, IN PARTICULAR BUT NOT LIMITED TO MEN BY PROVIDING HELP AND SUPPORT THROUGH COUNSELLING AND WORKSHOPS IN ORDER TO HELP REDUCE THE SUICIDE RATE AND BY EQUIPPING THEM WITH 24 HOUR HELPLINE, BUDDIE SYSTEM, WELLBEING APP, MONTHLY MEETINGS, SELF DEVELOPMENT COURSES, EDUCATIONAL TALKS AND ACCESS TO ALL THE RESOURCES IN THE AREA SUCH AS MEDICAL PROFESSIONALS, AND OTHER MENTAL HEALTH SUPPORT SERVICES. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008].

Activities: HiS is a male mental health charity aimed at supporting those struggling with their mental & emotional health throughout the UK. We exist because 77% of men said that they have suffered with anxiety and depression & men have a 75% higher suicide rate. We are a Holistic service and community Peer-lead support, offering Online network: Wellbeing- mindfulness workshops.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, Disability, Recreation, Other Charitable Purposes
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£24,343	£24,357	-	-
2024-03-31	£60,819	£60,810	-	-
2023-03-31	£38,399	£37,855	-	-
2022-03-31	£32,456	£34,667	-	-
2021-03-31	£13,247	£7,002	-	-

Trustees

Name	Role	Appointed
Jill Ansell		2022-05-01
Ross Bonner		2026-01-01

HIS HELP INFORMATION SUPPORT

England & Wales - Charity number 1190550

Accounts



Trustees' Annual Report for the period

From Jan 2025 Period start date To Jan 2026 Period end date

Charity name: HIS Help Information Support

Charity registration number: 1190550

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	'HIS': Help Information Support was built to bridge a gap in the mental ill-health service and was founded after losing a dear friend who took his life in 2019. We work with men and young lads from key stage 3 to adulthood, struggling with their mental ill-health throughout London and Kent.
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	HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered: <ul style="list-style-type: none">• Parenting workshops on mental health & SEN children.• Parenting groups for parents that have struggled with their children's mental health• Transitional work with teenage boys.• Men's groups face to face.• Corporate Well-being in the workplace.• Holistic workshops• Suicide prevention training.• Mental health training within schools.• Prevention work on children who struggle in the education system.• Intense retreats for clients that are stuck in their trauma.
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 all received guidance and briefings on services offered and delivered.

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	<p>As a male mental health charity, senior management has regular consultation sessions with Martin Seager, The founder of the first male group in the British psychology association.</p> <p>Martin advises senior government and conducts research for various organisations. These sessions are vital to the organisation. At the beginning of the year, HiS had a documentary made of the charity, which involved some of the team as well as some of the clients themselves. The support we received from our clients was amazing, considering some started off with no confidence at all, only communicating via text. Watching them blossom is definitely our reward.</p> <p>The outcome of the documentary was rather emotional, with not just HIS's story, but the journey of our clients and the viewer's views. Tim's family were overwhelmed with gratitude for the work HIS Charity does. We were ecstatic to be invited to join the government's research paper for the APPG, a boy of today.</p> <p>In June, we did a presentation to parliament officials on the charity. Outlining that as a charity, we do HIS: Help information support. Supporting males with their emotional & mental health, ensuring that they thrive, not just survive, not putting a timeline restriction on somebody's healing, and building a unique care package around their needs. We emphasised how as an organisation, we build a solid system that holds and supports individuals, ensuring they don't fall through the gap. How calibrating holistic therapy and talking therapy can have a profound positive effect on individuals. MP's were interested in setting up a pilot scheme for us, as we don't work in the same format as the NHS.</p>

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	Financials have been submitted
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	No Reserves held
Amount of reserves held	Para 1.22	Zero
Reasons for holding zero reserves	Para 1.22	Self Funding
Details of fund materially in deficit	Para 1.24	Zero
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

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	Self-Funded
Investment policy and objectives including any social investment policy adopted	Para 1.46	Nil
A description of the principal risks facing the charity	Para 1.46	No money due to self funding
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
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	

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	HiS Charity
Other name the charity uses	N/A
Registered charity number	1190550
Charity's principal address	Littleholme Yalding Kent ME18 6DX

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	Mark Greensmith	N/A		
2	Ross Bonner	N/A		
3	Graham Vickers	N/A		

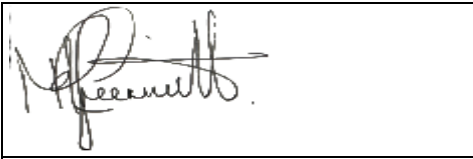
Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	Nil
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	Nil
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	Nil

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mark	Greensmith
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date	28 APR 2026	

HIS HELP INFORMATION SUPPORT

England & Wales - Charity number 1190550

Accounts



Trustees' Annual Report for the period

From Jan 2024 Period start date To Jan 2025 Period end date

Charity name: HIS Help Information Support

Charity registration number: 1190550

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	'HIS': Help Information Support was built to bridge a gap in the mental ill-health service and was founded after losing a dear friend who took his life in 2019. We work with men and young lads from key stage 3 to adulthood, struggling with their mental ill-health throughout London and Kent.
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	HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered: <ul style="list-style-type: none">• Parenting workshops on mental health & SEN children.• Parenting groups for parents that have struggled with their children's mental health• Transitional work with teenage boys.• Men's groups face to face.• Corporate Well-being in the workplace.• Holistic workshops• Suicide prevention training.• Mental health training within schools.• Prevention work on children who struggle in the education system.• Intense retreats for clients that are stuck in their trauma.
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 all received guidance and briefings on services offered and delivered.

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	<p>As a male mental health charity, senior management has regular consultation sessions with Martin Seager, The founder of the first male group in the British psychology association.</p> <p>Martin advises senior government and conducts research for various organisations. These sessions are vital to the organisation. At the beginning of the year, HiS had a documentary made of the charity, which involved some of the team as well as some of the clients themselves. The support we received from our clients was amazing, considering some started off with no confidence at all, only communicating via text. Watching them blossom is definitely our reward.</p> <p>The outcome of the documentary was rather emotional, with not just HIS's story, but the journey of our clients and the viewer's views. Tim's family were overwhelmed with gratitude for the work HIS Charity does. We were ecstatic to be invited to join the government's research paper for the APPG, a boy of today.</p> <p>In June, we did a presentation to parliament officials on the charity. Outlining that as a charity, we do HIS: Help information support. Supporting males with their emotional & mental health, ensuring that they thrive, not just survive, not putting a timeline restriction on somebody's healing, and building a unique care package around their needs. We emphasised how as an organisation, we build a solid system that holds and supports individuals, ensuring they don't fall through the gap. How calibrating holistic therapy and talking therapy can have a profound positive effect on individuals. MPS were interested in setting up a pilot scheme for us, as we don't work in the same format as the NHS.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against the objectives set	Para 1.41	<p>We met and exceeded our objectives in terms of direct client outreach, training sessions delivered, and successful partnerships established with schools, corporate bodies, and local communities. Notably, the launch of our men's therapy field retreat exceeded attendance targets</p>
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		and generated exceptional feedback from participants.
Performance of fundraising activities against the objectives set	Para 1.41	Partner organisations, private donations, and a successful pilot program with BIFFA supported fundraising efforts.
Investment performance against objectives	Para 1.41	We currently have no significant investments outside of our operational assets and hold no speculative financial instruments.
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	0
Reasons for holding zero reserves	Para 1.22	The incomings and outgoings balanced out, meaning no reserves.
Details of fund materially in deficit	Para 1.24	There were no funds in material deficit during the reporting period.
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	There are currently no known risks to the charity continuing as a going concern.

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	<ul style="list-style-type: none"> • Grant funding • Donations from individuals and corporate supporters • Training services provided to external partners
Investment policy and objectives including any social investment policy adopted	Para 1.46	Due to the scale of its income, the charity does not currently operate an investment policy. All funds are directed toward operational delivery.
A description of the principal risks facing the charity	Para 1.46	<ul style="list-style-type: none"> • Funding shortfalls from reduced grant access • Emotional and psychological risk to frontline staff • Reduced engagement due to stigma around men's mental health
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	The charity is governed by its constitution as a Charitable Incorporated Organisation (CIO).
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (CIO)
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	Trustees are recruited through an open nomination process and approved by majority board decision. All new trustees undergo safeguarding and charity governance training.

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	Trustees receive an induction pack including safeguarding, governance, and organisational values. Ongoing training is provided quarterly.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	HiS operates a flat, collaborative structure across program leads and therapists. It works in partnership with educational institutions, public health organisations, and private corporations.
Relationship with any related parties	Para 1.51	No trustees or staff have declared any conflicts of interest or relationships with related organisations during this period.
Other		

Reference and Administrative details

Charity name	HiS: Help Information Support
Other name the charity uses	HiS Charity
Registered charity number	1190550
Charity's principal address	LittleHolme Vicarage Road Yalding Kent ME18 6DX

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	None
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	None
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	None

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)

Mark Greensmith

Full name(s)

Mark

Greensmith

Position (eg Secretary,
Chair, etc)

Chair of Trustees

Date

01/04/2025

HIS HELP INFORMATION SUPPORT

England & Wales - Charity number 1190550

Accounts



Trustees' Annual Report for the period

From 1 April 2022 Period start date To 31 March 23 Period end date

Charity name: HIS Help Information Support

Charity registration number: 1190550

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	'HIS': Help Information Support was built to bridge a gap in the mental ill-health service and was founded after losing a dear friend who took his life in 2019. We work with men and young lads from key stage 3 to adulthood, struggling with their mental ill-health throughout London and Kent.
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	HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered: <ul style="list-style-type: none">• Parenting workshops on mental health & SEN children.• Parenting groups for parents that have struggled with their children's mental health• Transitional work with teenage boys.• Men's groups face to face.• Corporate Well-being in the workplace.• Holistic workshops• Suicide prevention training.• Mental health training within schools.• Prevention work on children who struggle in the education system.• Intense retreats for clients that are stuck in their trauma.
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 all received guidance and briefings on services offered and delivered.

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	<p>As a male mental health charity, senior management has regular consultation sessions with Martin Seager, The founder of the first male group in the British psychology association.</p> <p>Martin advises senior government and conducts research for various organisations. These sessions are vital to the organisation. At the beginning of the year, HiS had a documentary made of the charity, which involved some of the team as well as some of the clients themselves. The support we received from our clients was amazing, considering some started off with no confidence at all, only communicating via text. Watching them blossom is definitely our reward.</p> <p>The outcome of the documentary was rather emotional, with not just HIS's story, but the journey of our clients and the viewer's views. Tim's family were overwhelmed with gratitude for the work HIS Charity does. We were ecstatic to be invited to join the government's research paper for the APPG, a boy of today.</p> <p>In June, we did a presentation to parliament officials on the charity. Outlining that as a charity, we do HIS: Help information support. Supporting males with their emotional & mental health, ensuring that they thrive, not just survive, not putting a timeline restriction on somebody's healing, and building a unique care package around their needs. We emphasised how as an organisation, we build a solid system that holds and supports individuals, ensuring they don't fall through the gap. How calibrating holistic therapy and talking therapy can have a profound positive effect on individuals. MP's were interested in setting up a pilot scheme for us, as we don't work in the same format as the NHS.</p>

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	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

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	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
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	

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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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

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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)		
Full name(s)	Mark	Greensmith
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date		

DATE	DESCRIPTION
4/1/2022	Alder Will HIS CHARITY BGC
4/12/2022	CLINIKO AUSTRALIA ON 11 APR BDC
7/29/2022	INFOTECH SOLUTIONS FEB JUNE JULY BBP
8/1/2022	SIMON JOHN WIGLEY RENT STO
8/1/2022	TONY MITCHELL PHONE COSTS STO
8/1/2022	JULIE MORRIS INVOICED BBP
8/1/2022	eBay O*02-08925-68 ON 30 JUL BDC
8/1/2022	ARMADADEALS ON 29 JUL BDC
8/2/2022	Giovanni Nasillo His Help Informati BGC
8/3/2022	Amazon.co.uk*SN96G ON 02 AUG BDC
8/3/2022	Amazon.co.uk*TU6ES ON 02 AUG BDC
8/4/2022	INTEREST CHARGED INTEREST CHARGED
4/12/2022	GOCARDLESS FLEXTEL-CYVBXX487F DDR
8/5/2022	HAMISH MACLEAN HIS CHARITY BBP
8/5/2022	INFOTECH SOLUTIONS AUGUST BBP
8/5/2022	GRATITUDE MUSIC FE SPONSORSHIP BBP
8/8/2022	eBay O*07-08949-10 ON 05 AUG BDC
8/8/2022	Giovanni Nasillo His Help Informati BGC
8/8/2022	eBay O*26-08943-11 ON 05 AUG BDC
8/8/2022	eBay O*18-08945-72 ON 05 AUG BDC
8/8/2022	eBay O*26-08943-11 ON 05 AUG BDC
8/9/2022	GRAHAM VICKERS WEB DESIGN BBP
8/9/2022	EDWARD LOCK EDDIE LOCK BGC
4/13/2022	PAYPAL PPWDL5X4J22243B8R6 BGC
8/10/2022	PENINSULA BUSINESS 000HIS026 DDR
8/11/2022	PENINSULA BUSINESS 000HIS026 DDR
8/12/2022	GOCARDLESS FLEXTEL-CYVBXX487F DDR
8/12/2022	IK9 TRNG LTD FMQ IK9 TRAINING BBP
8/15/2022	AMZNMktplace ON 14 AUG BDC
8/15/2022	eBay O*18-08975-40 ON 13 AUG BDC
8/15/2022	AMZNMktplace ON 14 AUG BDC
8/15/2022	AMZNMktplace ON 14 AUG BDC
8/16/2022	AMZNMktplace ON 15 AUG BDC
8/16/2022	AMZNMktplace ON 15 AUG BDC
4/19/2022	STEVEN HANN EXPENSES FT
8/16/2022	AMZNMktplace ON 15 AUG BDC
8/17/2022	Chirnside Andrew ACHIRNSIDE STO
8/18/2022	Giovanni Nasillo His Help Informati BGC
8/19/2022	UNDER THE CANVAS L GRATITUDE BBP
8/22/2022	Giovanni Nasillo His Help Informati BGC
8/23/2022	SumUp Payments Acc PID176535-SUMUP BGC
8/26/2022	Alder Will HIS CHARITY BGC
8/26/2022	JENNIFER CAMPBELL 10X25 MEDITATION FT

8/26/2022 CANTERBURY HISTORI CHARITY - MILES STO
8/30/2022 ZOOM.US 888-799-96 USA ON 26 AUG BDC
4/19/2022 Chirnside Andrew ACHIRNSIDE STO
9/1/2022 SIMON JOHN WIGLEY RENT STO
9/1/2022 AMZNMktplace ON 31 AUG BDC
9/1/2022 TONY MITCHELL PHONE COSTS STO
9/2/2022 STEVEN RUTHERFORD FESTIVAL EXPENSES FT
9/2/2022 STUART MILES FESTIVAL EXPENSES FT
9/2/2022 NATHAN HILL FESTIVAL EXPENSES FT
9/2/2022 M BRAITHWAITE FESTIVAL EXPENSES FT
9/2/2022 STRAITJACKET PRODU FESTIVAL EXPENSES FT
9/6/2022 eBay O*11-09065-82 ON 05 SEP BDC
9/6/2022 Giovanni Nasillo His Help Informati BGC
4/19/2022 JENNIFER CAMPBELL 2 X 25 MEDITATION FT
9/12/2022 PENINSULA BUSINESS 000HIS026 UNP
9/12/2022 GOCARDLESS FLEXTEL-CYVBXX487F DDR
9/12/2022 PENINSULA BUSINESS 000HIS026 DDR
9/15/2022 The Swan Brasserie SWAN BRASSERIE BGC
9/20/2022 STEVEN HANN EXPENSES BBP
9/20/2022 THE KENWARD TRUST HIS CHARITY BBP
9/20/2022 PAUL NOLAN EXPENSES BBP
9/20/2022 Chirnside Andrew ACHIRNSIDE STO
9/21/2022 PENINSULA BUSINESS 000HIS026 DDR
9/22/2022 SPENCER S S SPENCER FT
4/25/2022 SIMON WELSH FILMINGPETROLEXPEN FT
9/23/2022 Alder Will HIS CHARITY BGC
9/26/2022 Amazon.co.uk*H699D ON 23 SEP BDC
9/26/2022 CANTERBURY HISTORI CHARITY - MILES STO
9/27/2022 ZOOM.US 888-799-96 USA ON 26 SEP BDC
9/29/2022 PAULA MAGEE INVOICED BBP
9/29/2022 JULIE MORRIS INVOICED BBP
9/30/2022 Giovanni Nasillo His Help Informati BGC
10/3/2022 SIMON JOHN WIGLEY RENT STO
10/3/2022 Amazon.co.uk*JM28A ON 30 SEP BDC
10/4/2022 STEVEN HANN EXPENSES/KEVIN BBP
4/25/2022 DART-CHARGE ON 23 APR BDC
10/4/2022 JENNIFER CAMPBELL AUG SEP BBP
10/4/2022 ALISON JONES SEP BBP
10/4/2022 VISA DIRECT PAYMENT PAYPAL*MORRIS JULI ON 04 OCT
10/6/2022 ALISON JONES AUG 22 BBP
10/6/2022 GRAHAM VICKERS WEB DESIGN BBP
10/7/2022 FACEBOOK PAYMENT * 141197*FACEBOOK P* TFR
10/10/2022 PENINSULA BUSINESS 000HIS026 DDR
10/11/2022 PENINSULA BUSINESS 000HIS026 DDR

10/12/2022 Giovanni Nasillo His Help Informati BGC
10/12/2022 GOCARDLESS FLEXTEL-CYVBXX487F DDR
4/25/2022 LINDA BISHOPP FEBINV-50 FT
10/17/2022 Chirnside Andrew ACHIRNSIDE STO
10/18/2022 AMZNMktplace ON 17 OCT BDC
10/24/2022 PAULA MAGEE ANSVR PAID BACK BBP
10/24/2022 THE KENWARD TRUST INV9339 BBP
10/26/2022 CANTERBURY HISTORI CHARITY - MILES STO
10/26/2022 INFOTECH SOLUTIONS OCT 22 BBP
10/26/2022 Alder Will HIS CHARITY BGC
10/26/2022 JENNIFER CAMPBELL 5 12 19 OCT BBP
10/26/2022 STEVEN JOHN HANN EXPENSES BBP
10/27/2022 ZOOM.US 888-799-96 USA ON 26 OCT CPM
4/25/2022 SIMON WELSH FILMING FT
10/27/2022 INFOTECH SOLUT OCT 22 UNP 0003 Payment Returned:
10/28/2022 ASTON LARK LIMITED INSURANCE BBP
10/31/2022 VISA DIRECT PAYMENT PAYPAL*MORRIS JULI ON 31 OCT
11/1/2022 Giovanni Nasillo His Help Informati BGC
11/1/2022 SIMON JOHN WIGLEY RENT STO
11/2/2022 THE KENWARD TRUST HIS CHARITY BBP
11/4/2022 INTEREST CHARGED INTEREST CHARGED
11/4/2022 JULIE MORRIS FUEL BBP
11/7/2022 ALISON JONES X 4 SESSIONS OCT BBP
11/7/2022 Honor Oak Lodge 19 HONOR OAK BGC
4/1/2022 JENNIFER CAMPBELL 2 X 25 MEDITATION FT
4/26/2022 CANTERBURY HISTORI CHARITY - MILES STO
11/7/2022 JENNIFER CAMPBELL SERVICES BBP
11/7/2022 eBay O*10-09307-27 ON 06 NOV BDC
11/7/2022 JULIE MORRIS FUEL BBP
11/7/2022 eBay O*25-09301-42 ON 06 NOV BDC
11/7/2022 JULIE MORRIS INVOICED BBP
11/7/2022 PAULA MAGEE INSURANCE BBP
11/7/2022 AIR IT LTD INFOTECH BBP
11/7/2022 KATHARINE ALLAN ramble for rich BGC
11/7/2022 GRAHAM VICKERS WEB DESIGN BBP
11/7/2022 PAULA MAGEE INVOICED BBP
4/26/2022 UCHECK HR02776480 ON 25 APR BDC
11/8/2022 AMZNMktplace ON 07 NOV BDC
11/8/2022 STEVEN HANN EXPENSES/KEVIN BBP
11/9/2022 Giovanni Nasillo His Help Informati BGC
11/10/2022 PENINSULA BUSINESS 000HIS026 DDR
11/11/2022 PENINSULA BUSINESS 000HIS026 DDR
11/14/2022 GOCARDLESS FLEXTEL-CYVBXX487F DDR
11/14/2022 SHELL SANDLING ROA ON 12 NOV BDC

11/15/2022 AMAZON EUROPE CORE 4564586977935873 BGC
11/15/2022 TEXACO GANNEL ON 14 NOV CLP
11/17/2022 Chirnside Andrew ACHIRNSIDE STO
4/27/2022 ZOOM.US 888-799-96 USA ON 26 APR BDC
11/22/2022 JENNIFER CAMPBELL 4 X 25 MEDITATION BBP
11/22/2022 Giovanni Nasillo His Help Informati BGC
11/22/2022 AIR IT LTD NOV DEC BBP
11/22/2022 PAULA MAGEE INVOICED BBP
11/22/2022 GRAHAM VICKERS WEB DESIGN PLUG IN BBP
11/22/2022 JULIE MORRIS INVOICED BBP
11/24/2022 Alder Will HIS CHARITY BGC
11/28/2022 ZOOM.US 888-799-96 USA ON 26 NOV CPM
11/28/2022 CANTERBURY HISTORI CHARITY - MILES STO
11/30/2022 NASILLO G GIOVANNI NASILLO BGC
4/28/2022 TATT KR Oliver Ashford BGC
11/30/2022 JULIE MORRIS ADVANCE DECEMBER BBP
11/30/2022 TOTAL JERK LTD CATERING BBP
12/1/2022 JENNIFER CAMPBELL DEC WAGE BBP
12/1/2022 PAULA MAGEE DEC BBP
12/1/2022 GRAHAM VICKERS WEB DEC BBP
12/1/2022 SIMON JOHN WIGLEY RENT STO
12/1/2022 James Maby James Maby BGC
12/12/2022 PENINSULA BUSINESS 000HIS026 DDR
12/12/2022 GOCARDLESS FLEXTEL-CYVBXX487F DDR
12/14/2022 NASILLO G GIOVANNI NASILLO BGC
4/28/2022 JENNIFER CAMPBELL 2 X 25 MEDITATION FT
12/15/2022 Signum Internation Signum BGC
12/16/2022 JENNIFER CAMPBELL 4 X 25 MEDITATION BBP
12/16/2022 STEVEN JOHN HANN EXPENSES BBP
12/16/2022 JENNIFER CAMPBELL JAN WAGE BBP
12/16/2022 PAULA MAGEE INVOICED JAN BBP
12/16/2022 GRAHAM VICKERS WEB DEC BBP
12/16/2022 JULIE MORRIS INVOICED JAN BBP
12/16/2022 R Baker Xmas dinners BGC
12/19/2022 High Street Vouche ON 16 DEC BDC
12/19/2022 Chirnside Andrew ACHIRNSIDE STO
4/28/2022 ROSS BONNER THERAPY FIELD FT
12/19/2022 High Street Vouche ON 16 DEC BDC
12/21/2022 FACEBOOK PAYMENT * 114881*FACEBOOK P* TFR
12/22/2022 Alder Will HIS CHARITY BGC
12/22/2022 Amazon.co.uk*1N823 ON 21 DEC BDC
12/23/2022 AMZNMktplace ON 22 DEC BDC
12/28/2022 ZOOM.US 888-799-96 USA ON 26 DEC CPM
12/28/2022 JULIE MORRIS INVOICED BBP

12/28/2022	CANTERBURY HISTORI CHARITY - MILES STO
1/3/2023	James Maby Dec James Maby BGC
1/3/2023	SIMON JOHN WIGLEY RENT STO
4/28/2022	STEVEN HANN EXPENSES FT
1/3/2023	NASILLO G GIOVANNI NASILLO BGC
1/5/2023	FACEBOOK PAYMENT * 100783*FACEBOOK P* TFR
1/6/2023	GRAHAM VICKERS WEB FEB BBP
1/9/2023	JULIE MORRIS PETROL BBP
1/9/2023	INTEREST CHARGED INTEREST CHARGED
1/10/2023	TRAINLINE.COM ON 08 JAN BDC
1/10/2023	PENINSULA BUSINESS 000HIS026 DDR
1/10/2023	AIR IT LTD INFOTECH BBP
1/11/2023	BREWERS FAYRE 4101 ON 10 JAN CLP
1/11/2023	ALDI STORES LTD ON 10 JAN CLP
4/28/2022	ALISON JONES 6 X COUNSELLING FT
1/12/2023	B & Q 1150 ON 11 JAN CLP
1/12/2023	DOCUSIGN INC 2MVXR4M DDR
1/12/2023	CO-OP GROUP PETROL ON 11 JAN CLP
1/12/2023	THE WALNUT TREE ON 11 JAN BDC
1/12/2023	PENINSULA BUSINESS 000HIS026 DDR
1/12/2023	THE WALNUT TREE ON 11 JAN CLP
1/16/2023	JULIE MORRIS INVOICED BBP
1/17/2023	JESSICA CADE-PARNE GRATITUDE LOAN BBP
1/17/2023	AMZNMktplace ON 16 JAN BDC
1/17/2023	Chirnside Andrew ACHIRNSIDE STO
4/29/2022	DOMINGO M A M A DOMINGO FT
1/17/2023	PAULA MAGEE INVOICED BBP
1/18/2023	AMZNMktplace ON 17 JAN BDC
1/18/2023	NASILLO G GIOVANNI NASILLO BGC
1/18/2023	www.groupon.co.uk IRELAND ON 17 JAN BDC
1/19/2023	PAULA MAGEE INSURANCE BBP
1/20/2023	STEVEN HANN EXPENSES BBP
1/24/2023	Alder Will HIS CHARITY BGC
1/25/2023	Giovanni Nasillo His Help Informati BGC
1/25/2023	JULIE MORRIS PETROL BBP
1/25/2023	JENNIFER CAMPBELL SERVICES BBP
5/3/2022	K HUMPHRIES KEV HUMPHRIES COUN STO
1/26/2023	CANTERBURY HISTORI CHARITY - MILES STO
1/27/2023	AKANEL A ADEM BGC
1/30/2023	ZOOM.US 888-799-96 USA ON 27 JAN CPM
1/31/2023	AMAZON EUROPE CORE 6474339464673743 BGC
1/31/2023	James Maby Jan James Maby BGC
1/31/2023	NASILLO G GIOVANNI NASILLO BGC
2/1/2023	JOSHUA R DUNK LAP TOP BBP

2/1/2023	SIMON JOHN WIGLEY RENT STO
2/1/2023	DOREEN HEWITT ACCOUNTS BBP
2/1/2023	JULIE MORRIS INVOICED BBP
4/1/2022	K HUMPHRIES KEV HUMPHRIES COUN STO
5/3/2022	Alder Will HIS CHARITY BGC
2/6/2023	AIR IT LTD INFOTECH BBP
2/6/2023	INTEREST CHARGED INTEREST CHARGED
2/6/2023	STEVEN JOHN HANN EXPENSES BBP
2/6/2023	HFL ADVISOR LTD NO HFL DONATION BBP
2/7/2023	Giovanni Nasillo His Help Informati BGC
2/9/2023	THE KENWARD TRUST X 3 MONTH BBP
2/9/2023	WWW.PLASTICPODS.CO ON 08 FEB BDC
2/10/2023	PENINSULA BUSINESS 000HIS026 DDR
2/13/2023	GOCARDLESS FLEXTEL-CYVBXX487F DDR
2/13/2023	PENINSULA BUSINESS 000HIS026 DDR
5/3/2022	TONY MITCHELL PHONE COSTS STO
2/16/2023	STEVEN HANN EXPENSES BBP
2/17/2023	Chirnside Andrew ACHIRNSIDE STO
2/17/2023	JENNIFER CAMPBELL 5 X 25 MEDITATION BBP
2/21/2023	NASILLO G GIOVANNI NASILLO BGC
2/22/2023	UBER* EATS ON 20 FEB BDC
2/24/2023	Alder Will HIS CHARITY BGC
2/24/2023	AMZNMktplace ON 23 FEB BDC
2/27/2023	CANTERBURY HISTORI CHARITY - MILES STO
2/27/2023	ZOOM.US 888-799-96 USA ON 26 FEB CPM
2/28/2023	NASILLO G GIOVANNI NASILLO BGC
5/9/2022	AMAZON EUROPE CORE 5338884899459698 BGC
3/1/2023	James Maby Feb James Maby BGC
3/1/2023	SIMON JOHN WIGLEY RENT STO
5/10/2022	PENINSULA BUSINESS 000HIS026 DDR
5/11/2022	PENINSULA BUSINESS 000HIS026 DDR
5/12/2022	GOCARDLESS FLEXTEL-CYVBXX487F DDR
5/17/2022	Chirnside Andrew ACHIRNSIDE STO
5/17/2022	STEVEN HANN EXPENSES BBP
5/18/2022	JENNIFER CAMPBELL 2 X 25 MEDITATION FT
5/19/2022	INFOTECH SOLUTIONS 66165APR 68670MAY FT
4/1/2022	TONY MITCHELL PHONE COSTS STO
5/19/2022	ROSS BONNER CREATIVE INV HC3 FT
5/19/2022	ALISON JONES 4 X COUNSELLING FT
5/24/2022	DART-CHARGE ON 23 MAY BDC
5/24/2022	Alder Will HIS CHARITY BGC
5/26/2022	CANTERBURY HISTORI CHARITY - MILES STO
5/27/2022	ZOOM.US 888-799-96 USA ON 26 MAY BDC
6/1/2022	TONY MITCHELL PHONE COSTS STO

6/6/2022	ROSS BONNER CREATIVE CULTIVATI BBP
6/6/2022	STEVEN HANN EXPENSES BBP
6/7/2022	CONOR GARNER DBS BGC
4/7/2022	AMZNMktplace ON 07 APR BDC
6/10/2022	PENINSULA BUSINESS 000HIS026 DDR
6/13/2022	PENINSULA BUSINESS 000HIS026 UNP
6/13/2022	GOCARDLESS FLEXTEL-CYVBXX487F DDR
6/13/2022	PENINSULA BUSINESS 000HIS026 DDR
6/16/2022	Signum Internation 100 BGC
6/17/2022	Chirnside Andrew ACHIRNSIDE STO
6/20/2022	ROSS BONNER CREATIVE CULTI HC5 BBP
6/20/2022	SKYLINE PROMOTIONS SKYDIVE PF24026106 BBP
6/20/2022	JULIE MORRIS COSTS ULEZ/BUSLANE BBP
6/20/2022	JENNIFER CAMPBELL 8 X 25 MEDITATION FT
4/11/2022	PENINSULA BUSINESS 000HIS026 DDR
6/22/2022	PENINSULA BUSINESS 000HIS026 DDR
6/22/2022	PAULA MAGEE INSURANCE BBP
6/22/2022	PAUL NOLAN PARKING EXPENSES BBP
6/27/2022	ZOOM.US 888-799-96 USA ON 26 JUN BDC
6/27/2022	CANTERBURY HISTORI CHARITY - MILES STO
6/27/2022	ROSS BONNER THERAPY FIELD BBP
6/27/2022	AGILEABILITY LTD FILM EXPENSES BBP
6/27/2022	Alder Will HIS CHARITY BGC
6/29/2022	PAYPAL PPWDL5X4J2222ZZXZQ BGC
6/30/2022	THE KENWARD TRUST INV9339 FT
4/11/2022	AMZNMktplace ON 08 APR BDC
6/30/2022	INFOTECH SOLUTIONS KEN68670 FT
7/1/2022	TONY MITCHELL PHONE COSTS STO
7/4/2022	ROSS BONNER THERAPY FIELD BBP
7/4/2022	ROSS BONNER THERAPY FIELD BBP
7/4/2022	INTEREST CHARGED INTEREST CHARGED
7/7/2022	STEVEN JOHN HANN PETROL FUNDS BBP
7/8/2022	POST OFFICE COUNT E ON 07 JUL CLP
7/8/2022	PAYPAL PPWDL5X4J22243328J BGC
7/8/2022	DART-CHARGE ON 07 JUL BDC
7/11/2022	eBay O*25-08838-89 ON 09 JUL BDC
4/12/2022	DOREEN HEWITT PETROLEXPENSES FT

Payee**Category or Match****VAT**

Charitable activites
Services
Computer Costs
Travel and Accommodation
Phone Costs
Other Professional Services
Fixtures and Fittings Cost
Advertising/Promotional
Services
Office/General Administrative Expenses
Office/General Administrative Expenses
Interest Payable
Raising funds
Charitable activites
Computer Costs
Advertising/Promotional
Office/General Administrative Expenses
Services
Office/General Administrative Expenses
Office/General Administrative Expenses
Office/General Administrative Expenses
Advertising/Promotional
Services
Services
Other Professional Services
Other Professional Services
Raising funds
Services
Office/General Administrative Expenses
Office/General Administrative Expenses
Office/General Administrative Expenses
Office/General Administrative Expenses
Office/General Administrative Expenses
Office/General Administrative Expenses
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Travel and Accommodation
Office/General Administrative Expenses
Services
Services
Advertising/Promotional
Services
Services
Charitable activites
Other Professional Services

Services
Computer Costs
Services
Travel and Accommodation
Office/General Administrative Expenses
Phone Costs
Other Professional Services
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Travel and Accommodation
Raising funds
Office/General Administrative Expenses
Services
Other Professional Services
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Charitable activities
Office/General Administrative Expenses
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Other Professional Services
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Advertising/Promotional
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Raising funds
Other Professional Services

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Raising funds
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Other Professional Services
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Travel and Accommodation

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Raising funds
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Travel and Accommodation
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Raising funds
Travel and Accommodation

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Raising funds
Services
Travel and Accommodation
Raising funds
Services
Charitable activites
Office/General Administrative Expenses
Office/General Administrative Expenses
Computer Costs
Other Professional Services

Services
Donations and legacies
Travel and Accommodation
Travel and Accommodation
Services
Services
Other Professional Services
Travel and Accommodation
Interest Payable
Travel and Accommodation
Other Professional Services
Computer Costs
Computer Costs
Office/General Administrative Expenses
Other Professional Services
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Computer Costs
Travel and Accommodation
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Other Professional Services
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Other Professional Services
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Office/General Administrative Expenses
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Other Professional Services
Office/General Administrative Expenses
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Advertising/Promotional
Insurances
Other Professional Services
Charitable activities
Services
Travel and Accommodation
Other Professional Services
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Computer Costs
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Donations and legacies
Services
Travel and Accommodation

Travel and Accommodation
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Charitable activities
Computer Costs
Interest Payable
Other Professional Services
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Advertising/Promotional
Other Professional Services
Raising funds
Raising funds
Phone Costs
Other Professional Services
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Other Professional Services
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Raising funds
Charitable activities
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Computer Costs
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Donations and legacies
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Computer Costs
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Phone Costs

Travel and Accommodation
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Raising funds
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Computer Costs
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Travel and Accommodation
Advertising/Promotional
Charitable activities
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Other Professional Services
Office/General Administrative Expenses
Computer Costs
Phone Costs
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Travel and Accommodation
Interest Payable
Travel and Accommodation
Office/General Administrative Expenses
Services
Interest Payable
Office/General Administrative Expenses
Travel and Accommodation

SPENT**RECEIVED**

0	£60.00
0	£259.00
£55.60	0
£100.00	0
£9.00	0
£300.00	0
£105.99	0
£79.94	0
£0.00	£20.00
£11.19	0
£11.99	0
£0.06	0
£1.00	0
£100.00	0
£27.60	0
£2,500.00	0
£29.95	0
£0.00	£20.00
£29.95	0
£29.95	0
£29.95	0
£200.00	0
£0.00	£2,340.00
£0.00	£287.38
£114.10	0
£125.58	0
£2.60	0
£0.00	£200.00
£8.99	0
£10.77	0
£13.99	0
£6.28	0
£7.41	0
£28.99	0
£14.30	0
£8.99	0
£0.00	£50.00
£0.00	£20.00
£2,130.00	0
£0.00	£20.00
£0.00	£1,121.71
£0.00	£60.00
£225.00	£0.00

£0.00	£60.00
£14.39	£0.00
£0.00	£50.00
£100.00	£0.00
£139.00	£0.00
£9.00	£0.00
£200.00	£0.00
£200.00	£0.00
£200.00	£0.00
£200.00	£0.00
£200.00	£0.00
£15.00	£0.00
£0.00	£20.00
£50.00	£0.00
£0.00	£239.68
£3.62	£0.00
£239.68	£0.00
£0.00	£450.00
£40.60	£0.00
£200.00	£0.00
£82.70	£0.00
£0.00	£50.00
£239.68	£0.00
£0.00	£1,835.00
£20.01	£0.00
£0.00	£60.00
£49.00	£0.00
£0.00	£60.00
£14.39	£0.00
£300.00	£0.00
£300.00	£0.00
£0.00	£20.00
£100.00	£0.00
£26.89	£0.00
£17.30	£0.00
£5.00	£0.00
£125.00	£0.00
£120.00	£0.00
£0.00	£834.92
£150.00	£0.00
£170.00	£0.00
£0.00	£122.00
£114.10	£0.00
£125.58	£0.00

£0.00	£20.00
£1.83	£0.00
£750.00	£0.00
£0.00	£50.00
£47.99	£0.00
£1,000.00	£0.00
£99.00	£0.00
£0.00	£60.00
£27.60	£0.00
£0.00	£60.00
£75.00	£0.00
£12.50	£0.00
£14.39	£0.00
£20.01	£0.00
£0.00	£27.60
£65.00	£0.00
£0.00	£201.76
£0.00	£20.00
£100.00	£0.00
£99.00	£0.00
£0.03	£0.00
£40.00	£0.00
£120.00	£0.00
£0.00	£727.00
£50.00	£0.00
£0.00	£10.00
£520.00	£0.00
£19.95	£0.00
£41.09	£0.00
£12.50	£0.00
£520.00	£0.00
£1,000.00	£0.00
£27.60	£0.00
£0.00	£6,050.00
£520.00	£0.00
£520.00	£0.00
£11.60	£0.00
£4.99	£0.00
£40.30	£0.00
£0.00	£20.00
£114.10	£0.00
£125.58	£0.00
£2.24	£0.00
£100.02	£0.00

£0.00	£14.16
£80.00	£0.00
£0.00	£50.00
£14.39	£0.00
£100.00	£0.00
£0.00	£20.00
£55.20	£0.00
£120.00	£0.00
£400.00	£0.00
£120.00	£0.00
£0.00	£60.00
£14.39	£0.00
£0.00	£80.00
£0.00	£20.00
£0.00	£240.00
£620.00	£0.00
£250.00	£0.00
£500.00	£0.00
£500.00	£0.00
£500.00	£0.00
£100.00	£0.00
£0.00	£60.00
£239.68	£0.00
£1.00	£0.00
£0.00	£20.00
£50.00	£0.00
£0.00	£15,000.00
£100.00	£0.00
£34.80	£0.00
£770.00	£0.00
£1,120.00	£0.00
£790.00	£0.00
£1,120.00	£0.00
£0.00	£500.00
£50.00	£0.00
£0.00	£50.00
£60.00	£0.00
£50.00	£0.00
£0.00	£100.78
£0.00	£60.00
£34.45	£0.00
£28.94	£0.00
£14.39	£0.00
£60.29	£0.00

£0.00	£80.00
£0.00	£40.00
£100.00	£0.00
£45.70	£0.00
£0.00	£20.00
£0.00	£92.79
£520.00	£0.00
£52.76	£0.00
£0.04	£0.00
£108.54	£0.00
£114.10	£0.00
£27.60	£0.00
£33.91	£0.00
£38.92	£0.00
£180.00	£0.00
£11.41	£0.00
£240.00	£0.00
£86.73	£0.00
£53.35	£0.00
£125.58	£0.00
£13.55	£0.00
£620.00	£0.00
£232.95	£0.00
£49.99	£0.00
£0.00	£50.00
£0.00	£50.00
£620.00	£0.00
£29.80	£0.00
£0.00	£20.00
£51.96	£0.00
£1,000.00	£0.00
£71.80	£0.00
£0.00	£60.00
£0.00	£20.00
£44.80	£0.00
£520.00	£0.00
£0.00	£20.00
£0.00	£80.00
£0.00	£80.00
£14.39	£0.00
£0.00	£7.56
£0.00	£80.00
£0.00	£20.00
£100.00	£0.00

£100.00	£0.00
£300.00	£0.00
£100.00	£0.00
£0.00	£20.00
£0.00	£60.00
£27.60	£0.00
£0.07	£0.00
£28.30	£0.00
£0.00	£130.00
£0.00	£20.00
£300.00	£0.00
£3,799.00	£0.00
£114.10	£0.00
£1.00	£0.00
£125.58	£0.00
£9.00	£0.00
£27.65	£0.00
£0.00	£50.00
£125.00	£0.00
£0.00	£20.00
£22.69	£0.00
£0.00	£60.00
£32.29	£0.00
£0.00	£80.00
£14.39	£0.00
£0.00	£20.00
£0.00	£7.29
£0.00	£40.00
£100.00	£0.00
£114.10	£0.00
£125.58	£0.00
£3.34	£0.00
£0.00	£50.00
£39.55	£0.00
£50.00	£0.00
£55.20	£0.00
£9.00	£0.00
£60.00	£0.00
£120.00	£0.00
£2.50	£0.00
£0.00	£60.00
£0.00	£10.00
£14.39	£0.00
£9.00	£0.00

£90.00	£0.00
£26.10	£0.00
£0.00	£44.00
£5.29	£0.00
£114.10	£0.00
£0.00	£125.58
£9.38	£0.00
£125.58	£0.00
£0.00	£2,500.00
£0.00	£50.00
£45.00	£0.00
£200.00	£0.00
£225.00	£0.00
£100.00	£0.00
£239.68	£0.00
£125.58	£0.00
£1,000.00	£0.00
£67.90	£0.00
£14.39	£0.00
£0.00	£10.00
£80.00	£0.00
£441.67	£0.00
£0.00	£60.00
£0.00	£181.68
£99.99	£0.00
£41.84	£0.00
£27.60	£0.00
£9.00	£0.00
£113.81	£0.00
£60.00	£0.00
£0.03	£0.00
£10.00	£0.00
£9.15	£0.00
£0.00	£1,754.72
£5.00	£0.00
£5.49	£0.00
£80.00	£0.00
38398.75	£37,854.61



Trustees' Annual Report for the period

From 1 April 2022 Period start date To 31 March 23 Period end date

Charity name: HIS Help Information Support

Charity registration number: 1190550

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	'HIS': Help Information Support was built to bridge a gap in the mental ill-health service and was founded after losing a dear friend who took his life in 2019. We work with men and young lads from key stage 3 to adulthood, struggling with their mental ill-health throughout London and Kent.
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	HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered: <ul style="list-style-type: none">• Parenting workshops on mental health & SEN children.• Parenting groups for parents that have struggled with their children's mental health• Transitional work with teenage boys.• Men's groups face to face.• Corporate Well-being in the workplace.• Holistic workshops• Suicide prevention training.• Mental health training within schools.• Prevention work on children who struggle in the education system.• Intense retreats for clients that are stuck in their trauma.
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 all received guidance and briefings on services offered and delivered.

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	<p>As a male mental health charity, senior management has regular consultation sessions with Martin Seager, The founder of the first male group in the British psychology association.</p> <p>Martin advises senior government and conducts research for various organisations. These sessions are vital to the organisation. At the beginning of the year, HiS had a documentary made of the charity, which involved some of the team as well as some of the clients themselves. The support we received from our clients was amazing, considering some started off with no confidence at all, only communicating via text. Watching them blossom is definitely our reward.</p> <p>The outcome of the documentary was rather emotional, with not just HIS's story, but the journey of our clients and the viewer's views. Tim's family were overwhelmed with gratitude for the work HIS Charity does. We were ecstatic to be invited to join the government's research paper for the APPG, a boy of today.</p> <p>In June, we did a presentation to parliament officials on the charity. Outlining that as a charity, we do HIS: Help information support. Supporting males with their emotional & mental health, ensuring that they thrive, not just survive, not putting a timeline restriction on somebody's healing, and building a unique care package around their needs. We emphasised how as an organisation, we build a solid system that holds and supports individuals, ensuring they don't fall through the gap. How calibrating holistic therapy and talking therapy can have a profound positive effect on individuals. MP's were interested in setting up a pilot scheme for us, as we don't work in the same format as the NHS.</p>

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	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

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	
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	
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	

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	
Other name the charity uses	
Registered charity number	
Charity's principal address	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
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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

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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)		
Full name(s)	Mark	Greensmith
Position (eg Secretary, Chair, etc)	Chair of Trustees	
Date		

HIS HELP INFORMATION SUPPORT

England & Wales - Charity number 1190550

Accounts



Trustees' Annual Report for the period

From Jan 2020 Period start date To Jan 2021 Period end date

Charity name: HIS Help Information Support

Charity registration number: 1190550

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	'HIS': Help Information Support was built to bridge a gap in the mental ill-health service and was founded after losing a dear friend who took his life in 2019. We work with men and young lads from key stage 3 to adulthood, struggling with their mental ill-health throughout London and Kent.
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	HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered: <ul style="list-style-type: none">• Parenting workshops on mental health & SEN children.• Parenting groups for parents that have struggled with their children's mental health• Transitional work with teenage boys.• Men's groups face to face.• Corporate Well-being in the workplace.• Holistic workshops• Suicide prevention training.• Mental health training within schools.• Prevention work on children who struggle in the education system.• Intense retreats for clients that are stuck in their trauma.
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 all received guidance and briefings on services offered and delivered.

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	SORP reference	
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Additional information (optional)

You may choose to include further statements where relevant about:

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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	

Additional information (optional)

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Registered charity number	
Charity's principal address	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

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)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

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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)

--	--

Full name(s)

Mark

Greensmith

Position (eg Secretary,
Chair, etc)

Chair of Trustees

Date

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