



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<p>HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered:</p> <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.</p> <p>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	

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			
2	Jill Ansell			
3	Martin Eagle			
4	Donna Gipson Miller			

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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)

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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 ANSWER 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 COUNTS 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 PETROLEXPERSES 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	
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	Services	
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Phone Costs
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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



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<p>HIS works holistically as one team with key workers, mentors, counsellors and therapists working with constant communication. Services offered:</p> <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.</p> <p>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	

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			
2	Jill Ansell			
3	Martin Eagle			
4	Donna Gipson Miller			

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

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

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)

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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		