



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## 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	<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"><li>• Parenting workshops on mental health &amp; SEN children.</li><li>• Parenting groups for parents that have struggled with their children's mental health</li><li>• Transitional work with teenage boys.</li><li>• Men's groups face to face.</li><li>• Corporate Well-being in the workplace.</li><li>• Holistic workshops</li><li>• Suicide prevention training.</li><li>• Mental health training within schools.</li><li>• Prevention work on children who struggle in the education system.</li><li>• Intense retreats for clients that are stuck in their trauma.</li></ul>
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 &amp; 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>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	<b>0</b>
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"> <li>• Grant funding</li> <li>• Donations from individuals and corporate supporters</li> <li>• Training services provided to external partners</li> </ul>
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"> <li>• Funding shortfalls from reduced grant access</li> <li>• Emotional and psychological risk to frontline staff</li> <li>• Reduced engagement due to stigma around men's mental health</li> </ul>
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



### 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	N/A	N/A
2	Nigel Carpenter	N/A	N/A	N/A
3	Martin Eagle	N/A	N/A	N/A
4	Robert Greensmith	N/A	N/A	N/A

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	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