

HEADS UP CIO

England & Wales · Charity number 1170821

Details

Status Registered

Legal form CIO

Registered 2016-12-19

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

Contact

Address 1 Mather Avenue
Prestwich
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Activities

Objects: THE PREVENTION OR RELIEF OF THE PHYSICAL AND MENTAL SICKNESS OF PERSONS IN NEED BY REASON OF ADDICTION, TRAUMA, DISCRIMINATION, FINANCIAL HARDSHIP OR ANY OTHER REASON IN PARTICULAR BY THE PROVISION OF COUNSELLING, SUPPORT, RAISING AWARENESS, CARRYING OUT RESEARCH OR PROVIDING INFORMATION OR ADVICE.

Activities: A charitable organisation building psychological resilience to terrorism and other traumas and providing a fast response and intervention.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31		£0	£330	-
2023-12-31		£0	£238	-
2022-12-31	£10,709	£5,977		-
2021-12-31	£3,700	£5,708		-
2020-12-31	£1,791	£2,055		-

Trustees

Name	Role	Appointed
BRIAN LESLIE MCCALLUM		2016-12-31
Louise Hall		2024-04-05
Talia Nahari		2024-04-05

HEADS UP CIO

England & Wales - Charity number 1170821

Accounts



Annual Report YE 31 December 2024

January to December 2024 – Our Activities During the Period

1. Assisting and Treating Victims of Terror

Throughout 2024, our trained volunteers provided psychological first aid and trauma support to individuals affected by terror incidents. Our response teams worked closely with affected communities to offer immediate and ongoing emotional support, helping victims regain stability and resilience in the aftermath of traumatic events.

2. Training in Cognitive Psychological First Aid

One of our core missions is to equip individuals with the skills to provide psychological support in crisis situations. In 2024, we conducted multiple training sessions for professionals, first responders, and volunteers. These sessions covered:

- The fundamentals of Cognitive Psychological First Aid (CPFA)
- Techniques for stabilising and supporting trauma victims
- Best practices for long-term psychological resilience

The training programmes have not only empowered our volunteers but have also strengthened the capacity of external professionals who engage with trauma survivors.

3. Networking and Cooperation with Like-Minded Organisations

This year, we engaged in extensive networking efforts to foster collaboration with organisations that share our mission. These discussions focused on:

- Joint training initiatives
- Resource sharing
- Strategic partnerships for emergency response

Through these connections, we aim to create a stronger support network for individuals in crisis.

4. Planning a Large Training Certification Event for 2025

A major focus of our strategic planning in 2024 has been the development of a large-scale training certification event, scheduled for 2025. This event will:

- Provide in-depth certification in Cognitive Psychological First Aid
- Bring together experts and practitioners in trauma intervention
- Enhance the skills of volunteers, professionals, and organisations working in crisis response

Looking Ahead to 2025

December 2024 – Trustees annual meeting.

Moving into 2025 –

As we enter 2025, our priorities include:

- Expanding our crisis response capabilities
- Strengthening partnerships for greater impact
- Successfully delivering our certification event
- Continuing to raise awareness about Cognitive Psychological First Aid

We remain committed to our mission of providing essential psychological support in times of crisis and look forward to another year of making a meaningful difference.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heads Up CIO	No (if any)
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/01/2024	To	Period end date 31/12/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Charitable Activities/Donations	-	-	-	-	-
Grant Income	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	-
A3 Payments					
Telephone/Internet	-	-	-	-	-
Advertising & Marketing	-	-	-	-	-
Small value equipment	-	-	-	-	-
Business Rates	-	-	-	-	-
Events & Information	-	-	-	-	21
Publishing & Subscriptions	150	-	-	150	37
Training	-	-	-	-	-
Travel & Subsistence	-	-	-	-	-
Office expenses, Repairs & Maint.	-	-	-	-	-
Legal & Professional	-	-	-	-	-
Consultancy	-	-	-	-	-
Computer Costs	-	-	-	-	-
Accountancy	180	-	-	180	180
Sub total	330	-	-	330	238
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	330	-	-	330	238
Net of receipts/(payments)	- 330	-	-	- 330	- 238
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	1,773	5,142	-	6,915	2,011
Cash funds this year end	1,443	5,142	-	6,585	1,773

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

HEADS UP CIO

England & Wales - Charity number 1170821

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Heads Up CIO	No (if any)
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CC16a

Receipts and payments accounts

For the period from	Period start date 01/01/2023	To	Period end date 31/12/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Charitable Activities/Donations	-	-	-	-	95
Grant Income	-	-	-	-	10,614
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	-	-	-	-	10,709
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	-	-	-	-	10,709
A3 Payments					
Telephone/Internet	-	-	-	-	-
Advertising & Marketing	-	-	-	-	614
Small value equipment	-	-	-	-	-
Business Rates	-	-	-	-	-
Events & Information	21	-	-	21	-
Publishing & Subscriptions	37	-	-	37	414
Training	-	-	-	-	-
Travel & Subsistence	-	-	-	-	88
Office expenses, Repairs & Maint.	-	-	-	-	21
Legal & Professional	-	-	-	-	426
Consultancy	-	-	-	-	3,964
Computer Costs	-	-	-	-	-
Accountancy	180	-	-	180	450
Sub total	238	-	-	238	5,977
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	238	-	-	238	5,977
Net of receipts/(payments)	- 238	-	-	- 238	4,732
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,011	5,142	-	7,153	2,421
Cash funds this year end	1,773	5,142	-	6,915	7,153

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Annual Report YE 31 December 2023

January 2023 – December 2023

Heads Up have undertaken a quiet year. As the UK comes back to full volume with COVID finally out of the way and the recession scare back in the correct direction we have spent time ensuring our foundations remain strong ready for new projects and to enable us to bring our mission into a larger light over the next few years.

We have made minor updates to the website and continued to post regular live videos ensuring to grow awareness of the available first aid that can be undertaken when struggling from trauma.

December 2023 – Trustees annual meeting.

HEADS UP CIO

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I am pleased to present the Yearly Heads Up CIO Report for the year 2022, in conjunction with our financial accounts for the same year. This report highlights our continued commitment to improving the lives of individuals and communities through innovative projects, with a particular focus on the successful TONIC "Caring for their Carers" initiative.

Financial Overview:

As of the end of 2022, Heads Up CIO maintained a strong financial position, thanks to the support of our donors and prudent financial management. Our accounts for 2022 are attached herewith for your reference. This financial stability has enabled us to embark on important projects that make a significant impact on the well-being of vulnerable individuals.

TONIC "Caring for their Carers" Project:

Our flagship project for the year, the TONIC "Caring for their Carers" initiative, was a resounding success. This project was initiated in response to the challenges faced by care home staff in dealing with the after-effects of the COVID-19 pandemic. The project aimed to provide much-needed support and resources to care home staff, ensuring their well-being while they continued to care for some of the most vulnerable members of our society.

Key Achievements:

1. **Extensive Primary Background Research:** In collaboration with a team of dedicated experts, we conducted comprehensive primary background research. This research aimed to understand the specific needs and challenges faced by care home staff, particularly in the wake of the COVID-19 pandemic. Our research involved surveys, interviews, and data analysis, providing invaluable insights.
2. **Protocol Development:** Based on the research findings, we developed a tailored protocol to address the unique needs of care home staff. This protocol outlined strategies for mental health support, stress management, and access to resources to cope with the emotional toll of their work.
3. **Partnership with Bury Council:** We were delighted to collaborate with Bury Council in Greater Manchester to roll out the TONIC project to care homes in

Bury. This partnership was instrumental in ensuring the successful implementation of our protocol and providing immediate support to care home staff in the region.

Outcomes:

The TONIC "Caring for their Carers" project yielded several positive outcomes:

- Improved mental health and well-being among care home staff in Bury.
- Enhanced resilience and coping mechanisms for staff dealing with the effects of the pandemic.
- Increased awareness and support for the mental health of care workers in the broader community.
- Strengthened collaboration between Heads Up CIO and local authorities in addressing pressing social issues.

Conclusion:

In summary, 2022 was a year of impactful initiatives for Heads Up CIO, with the TONIC "Caring for their Carers" project standing out as a testament to our dedication to making a difference. We remain committed to our mission of improving lives and will continue to innovate and collaborate to address pressing societal challenges.

We extend our gratitude to the UK Charity Commission for their ongoing support and guidance. We look forward to continued collaboration in the years to come.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Heads Up CIO

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date 01/01/2022	To	Period end date 31/12/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Charitable Activities/Donations	95	-	-	95	3,700
Grant Income	-	10,614	-	10,614	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	95	10,614	-	10,709	3,700
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	95	10,614	-	10,709	3,700
A3 Payments					
Telephone/Internet	-	-	-	-	-
Advertising & Marketing	-	614	-	614	887
Small value equipment	-	-	-	-	131
Business Rates	-	-	-	-	2,762
Events & Information	-	-	-	-	71
Publishing & Subscriptions	24	390	-	414	-
Training	-	-	-	-	1,027
Travel & Subsistence	-	88	-	88	-
Office expenses, Repairs & Maint.	21	-	-	21	-
Legal & Professional	360	66	-	426	161
Consultancy	-	3,964	-	3,964	-
Computer Costs	-	-	-	-	569
Accountancy	100	350	-	450	100
Sub total	505	5,472	-	5,977	5,708
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	505	5,472	-	5,977	5,708
Net of receipts/(payments)	- 410	5,142	-	4,732	- 2,008
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	2,421	-	-	2,421	4,429
Cash funds this year end	2,011	5,142	-	7,153	2,421

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	

HEADS UP CIO

England & Wales - Charity number 1170821

Accounts



January - September – Heads Up have created daily live video community service sessions delivered on social media and zoom throughout the year presented by Dov Benyaacov-Kurtzman to help the public and professionals cope with then lockdown and pandemic. Leading Psychologists were also recruited to be on the community sessions to offer their expertise and wisdom.

February 2021 – Christian Wakeford MP – Bury South initial meeting to discuss 4th emergency service 'TONIC' project offering bespoke COVID Aid across care homes.

May 2021 – Dov Benyaacov-Kurtzman was nominated and accepted as a fellow of the Royal Society of Arts.

August 2021 – Trustees meeting to further discuss Kirklees council giving the prospective interest in the COVID AID project.

October – December 2021 – Further meetings with Bury council and Kirklees care home to discuss COVID Aid project pilot.

December 2021 – Trustees annual meeting.



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Heads Up CIO

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	3,700	-	-	3,700	1,791
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	3,700	-	-	3,700	1,791
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	3,700	-	-	3,700	1,791
A3 Payments					
Telephone/Internet	-	-	-	-	15
Advertising & Marketing	887	-	-	887	14
Small value equipment	131	-	-	131	315
Business Rates	2,762	-	-	2,762	-
Events & Information	71	-	-	71	333
Books & Stationery	-	-	-	-	347
Training	1,027	-	-	1,027	-
Legal & Professional	161	-	-	161	360
Computer Costs	569	-	-	569	139
Accountancy	100	-	-	100	532
Sub total	5,708	-	-	5,708	2,055
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	5,708	-	-	5,708	2,055
Net of receipts/(payments)	- 2,008	-	-	- 2,008	- 264
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,429	-	-	4,429	4,693
Cash funds this year end	2,421	-	-	2,421	4,429

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval

HEADS UP CIO

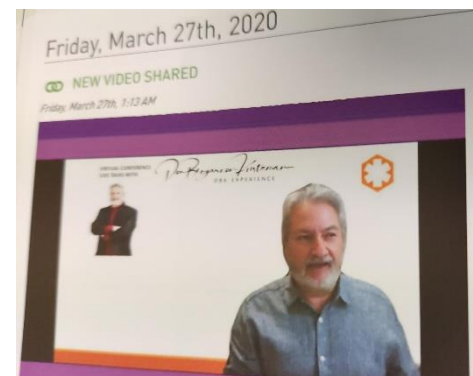
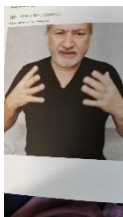
England & Wales - Charity number 1170821

Accounts



2020 – Annual Report

1. 2020 was a difficult year worldwide – Corona Pandemic hit everyone hard and Heads Up CIO was no exception.
2. **January 2020** – Community workshop – in person – From Trauma to Triumph given by Dov Benyaacov-Kurtzman and Malcom Firth
3. **February 2020** – Dov Benyaacov-Kurtzman participated in NHS training – Co-Production – Getting it right.
4. **February** – New executive steering group was created
5. **March – December** - daily live video community service sessions created and delivered on social media and zoom by Dov Benyaacov-Kurtzman to help the public and professionals cope with then lockdown and pandemic. Leading Psychologists were also recruited to be on the community sessions to offer their expertise and wisdom.
6. **June 2020** - Christian Wakeford MP – Bury South recognises Heads Up activity on his website.
7. **October** – A mental health virtual talk/workshop given to BIG -Bury Involvement Group
8. **December 2020** – Trustees Annual Meeting





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Heads Up CIO

No (if any)

Receipts and payments accounts

CC16a

For the period from	Period start date	To	Period end date
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
	1,791	-	-	1,791	183
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,791	-	-	1,791	183
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,791	-	-	1,791	183
A3 Payments					
Telephone/Internet	15	-	-	15	15
Advertising & Marketing	14	-	-	14	442
Small value equipment	315	-	-	315	-
Travel & Subsistence	-	-	-	-	483
Events & Information	333	-	-	333	247
Books & Stationery	347	-	-	347	26
Legal & Professional	360	-	-	360	2,454
Computer Costs	139	-	-	139	71
Accountancy	532	-	-	532	749
Sub total	2,055	-	-	2,055	4,487
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	2,055	-	-	2,055	4,487
Net of receipts/(payments)	- 264	-	-	- 264	- 4,304
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,693	-	-	4,693	8,997
Cash funds this year end	4,429	-	-	4,429	4,693

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	