



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

### 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 £
<b>A1 Receipts</b>					
Charitable Activities/Donations	95	-	-	95	3,700
Grant Income	-	10,614	-	10,614	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>95</b>	<b>10,614</b>	<b>-</b>	<b>10,709</b>	<b>3,700</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>95</b>	<b>10,614</b>	<b>-</b>	<b>10,709</b>	<b>3,700</b>
<b>A3 Payments</b>					
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
<b>Sub total</b>	<b>505</b>	<b>5,472</b>	<b>-</b>	<b>5,977</b>	<b>5,708</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>505</b>	<b>5,472</b>	<b>-</b>	<b>5,977</b>	<b>5,708</b>
<b>Net of receipts/(payments)</b>	<b>- 410</b>	<b>5,142</b>	<b>-</b>	<b>4,732</b>	<b>- 2,008</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>2,421</b>	<b>-</b>	<b>-</b>	<b>2,421</b>	<b>4,429</b>
<b>Cash funds this year end</b>	<b>2,011</b>	<b>5,142</b>	<b>-</b>	<b>7,153</b>	<b>2,421</b>

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