



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  
01/01/2023

To

Period end date  
31/12/2023

### 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
Grant Income	-	-	-	-	10,614
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	-	-	-	-	10,709
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total receipts</b>	-	-	-	-	10,709
<b>A3 Payments</b>					
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
<b>Sub total</b>	238	-	-	238	5,977
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	-	-	-	-	-
<b>Total payments</b>	238	-	-	238	5,977
<b>Net of receipts/(payments)</b>	- 238	-	-	- 238	4,732
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	2,011	5,142	-	7,153	2,421
<b>Cash funds this year end</b>	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 £
<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>	



## **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.