



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)

Receipts and payments accounts

CC16a

For the period
from

Period start date
01/01/2024

To

Period end date
31/12/2024

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	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
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	