

HEAD UP CHARITY

England & Wales · Charity number 1195443

Details

Status Registered

Legal form CIO

Registered 2021-08-09

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

Contact

Address Flat 101
12 Skerne Road
Kingston Upon Thames
Surrey

Phone 07909227652

Email info@head-up.org.uk

Website www.head-up.org.uk

Activities

Objects: THE ADVANCEMENT OF HEALTH AND PROMOTION OF THE EFFICIENCY OF THE ARMED FORCES OF THE CROWN, BY ENABLING SERVING PERSONNEL AND VETERANS THAT ARE SHOWING SIGNS OF POOR MENTAL HEALTH:-A) TO ACCESS MENTAL HEALTH FACILITIES AND NON-CLINICAL THERAPY.B) TO INCREASE THE INDIVIDUALÆS AWARENESS AND UNDERSTANDING OF MENTAL HEALTH, ALONG WITH POSITIVE METHODS AND TECHNIQUES THEY CAN USE DAILY TO IMPROVE MENTAL HEALTH ANDC) ON THEIR BEHALF TO IDENTIFY AND ANALYSE OVERARCHING MENTAL HEALTH ISSUES WITHIN THE ARMED FORCES SECTOR THAT ARE NOT BEING ADEQUATELY ADDRESSED AND IMPLEMENT STRATEGIC INITIATIVES TO RAISE SUCH ISSUES TO A HIGHER LEVEL OF AWARENESS, POLICY ATTENTION, AND SYSTEM CHANGE.

Activities: We are developing a 7-day holistic luxury retreat for serving and ex service personnel. Here they will learn multiple ways to enhance their mental health, through a deeper understanding and knowledge of different disciplines they can use in their day to day life.We are currently in a fundraising phase. If you would like to find out more or how to get involved, please visit www.head-up.org.uk

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Armed Forces/emergency Service Efficiency
- **Who:** Other Defined Groups

Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31	£208,465	£112,380	-	-
2023-10-31	£117,530	£66,269	-	-
2022-04-30	£205,105	£27,774	-	-

Trustees

Name	Role	Appointed
Adam George Carrier		2020-01-01
George Alan Dagnall		2020-12-01
Justin Davis		2022-12-07
Paul William Minter		2020-12-01
SIMON GEORGE MOLONEY		2020-12-01

HEAD UP CHARITY

England & Wales - Charity number 1195443

Accounts

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 October 2024
for
HEAD UP CHARITY**

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

HEAD UP CHARITY

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HEAD UP CHARITY

Report of the Trustees for the year ended 31 October 2024

The trustees present their report with the financial statements of the charity for the year ended 31 October 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The advancement of health and promotion of the efficiency of the armed forces of the Crown, by enabling serving personnel and veterans that are showing signs of poor mental health:

- To access mental health facilities and non-clinical therapy.
- To increase the individual's awareness and understanding of mental health, along with positive methods and techniques they can use daily to improve mental health and
- On their behalf to identify and analyse overarching mental health issues within the Armed Forces sector that are not being adequately addressed and implement strategic initiatives to raise such issues to a higher level of awareness, policy attention, and system change.

Significant activities

As we look to develop a residual residence for our beneficiaries, we have spent the past year:

- One-on-one help - We have been conducting help with individuals both virtually and in person.
- Wellness Presentations - We have been giving wellness presentations to multiple Armed Forces Units and organisations with veterans in, across the UK.
- Wellness Workshops - We have delivered multiple workshops to Armed Forces Units, where individuals practice the positive mindset methods we teach.
- Wellness Days - We have held multiple wellness days, where hundreds of individuals have attended.
- Wellness Fairs - We have attended multiple wellness fairs throughout the UK to educate individuals on our mental wellbeing methods and letting them know about our services.
- Head Up journal - We have developed our own guided wellness journal where individuals practice the teachings we deliver. This has been very successful with lots of positive feedback.
- The Head Up Retreat - We were very close to purchasing a 13th Century Abbey, to turn into our Head Up retreat. Sadly, after 7 months of negotiations and planning we had to turn this down due to the high risk of having to spend more money on the upkeep of the building over our beneficiaries. We continue to look for the right location.
- Brand Awareness - We have been continuing the work on publishing our cause through media, events, and social interactions.
- Charity Signposting & Networking - We have continued to network with other charities and organisations that can further help our beneficiaries. We have also been signposting hundreds of individuals in the right direction and following to ensure they have been successful in getting the help they need.
- Fundraising - We have been continuing the work to gather multiple fundraisers to help our cause.
- Grants and Government Funding - We are currently working with a consultancy company to help us grow, develop, and seek funding from grants and government funding.
- Mini-Retreats - We are about to start running 3-day retreats in multiple locations across the UK.

Public benefit

The public has benefited from talking with us, sharing their struggles and problems whilst learning different methods on how they can improve their daily lives. We have also signposted individuals to appropriate charities and organisations they can receive further help.

Volunteers

We have one full-time volunteer.

Caron Claridge - Brand Partnership

FINANCIAL REVIEW

Financial position

The financial position of the charity is healthy, as shown on the balance sheet.

HEAD UP CHARITY

Report of the Trustees for the year ended 31 October 2024

FINANCIAL REVIEW

Reserves policy

We have kept aside £100,000 in our general reserves for the purpose of developing a retreat. £53,000 of this reserve is in way of a grant and donation which can only be used on the development of the retreat. Our main aim is to develop a retreat for our beneficiaries. In these early stages it is imperative we keep money aside to meet our goals and aims. This will be reviewed every 6 months. We will also reserve a maximum of £500 every month for administration costs. This will be reviewed every 3 months.

FUTURE PLANS

We aim to develop a residual retreat for our beneficiaries. Our goal over the next 12 months is to double the amount of Wellness Presentations and Wellness Days. As well as carrying out a minimum of 5 mini retreats a year. More individuals are seeking support from us and due to this increase in work, we will look to grow our team in the near future.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Head Up Charity CIO was registered as a charitable incorporated organisation on 9th August 2021, number 1195443. Its governing document is its constitution which was the basis of its registration and incorporation.

Recruitment and appointment of new trustees

- Apart from the first Charity Trustees, every Trustee must be appointed by a resolution passed at a properly convened meeting of the Charity Trustees.
- In selecting individuals for appointment as Charity Trustees, the Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Risk management

The trustees review at Board meetings the major risks to which the charity is exposed. Procedures are in place to mitigate those risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1195443

Principal address

Flat 101
12 Skerne Road
Kingston Upon Thames
Surrey
KT2 5AD

Trustees

P W Minter
S Moloney
G A Dagnall
A G Carrier
J Davis

Independent Examiner

Thomas Allen
Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

HEAD UP CHARITY

Report of the Trustees
for the year ended 31 October 2024

Approved by order of the board of trustees on 29/08/2025 and signed on its behalf by:



P W Minter - Trustee

**Independent Examiner's Report to the Trustees of
Head Up Charity**

Independent examiner's report to the trustees of Head Up Charity

I report to the charity trustees on my examination of the accounts of Head Up Charity (the Trust) for the year ended 31 October 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Thomas Allen
The Association of Chartered Certified Accountants

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

Date: 29/08/2025

HEAD UP CHARITY

Statement of Financial Activities for the year ended 31 October 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		204,863	-	204,863	117,141
Investment income	2	3,602	-	3,602	389
Total		<u>208,465</u>	<u>-</u>	<u>208,465</u>	<u>117,530</u>
EXPENDITURE ON					
Raising funds	3	47,994	-	47,994	21,399
Charitable activities					
Other		64,386	-	64,386	44,880
Total		<u>112,380</u>	<u>-</u>	<u>112,380</u>	<u>66,279</u>
NET INCOME		96,085	-	96,085	51,251
RECONCILIATION OF FUNDS					
Total funds brought forward		173,842	53,000	226,842	175,591
TOTAL FUNDS CARRIED FORWARD		<u>269,927</u>	<u>53,000</u>	<u>322,927</u>	<u>226,842</u>

The notes form part of these financial statements

HEAD UP CHARITY

Balance Sheet 31 October 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	6	1,142	-	1,142	-
CURRENT ASSETS					
Debtors	7	204	-	204	464
Cash at bank		274,002	53,000	327,002	232,008
		<u>274,206</u>	<u>53,000</u>	<u>327,206</u>	<u>232,472</u>
CREDITORS					
Amounts falling due within one year	8	(5,421)	-	(5,421)	(5,630)
NET CURRENT ASSETS		<u>268,785</u>	<u>53,000</u>	<u>321,785</u>	<u>226,842</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>269,927</u>	<u>53,000</u>	<u>322,927</u>	<u>226,842</u>
NET ASSETS		<u>269,927</u>	<u>53,000</u>	<u>322,927</u>	<u>226,842</u>
FUNDS	9				
Unrestricted funds				269,927	173,842
Restricted funds				53,000	53,000
TOTAL FUNDS				<u>322,927</u>	<u>226,842</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 29/08/2025..... and were signed on its behalf by:

P Minter

P W Minter - Trustee

HEAD UP CHARITY

Notes to the Financial Statements for the year ended 31 October 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - Straight line over 3 years

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2024	2023
	£	£
Interest receivable	3,602	389

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2024

3. RAISING FUNDS

Raising donations and legacies

	2024	2023
	£	£
Fundraising expenses	16,296	4,196
Merchandise	8,301	5,853
Advertising and PR	9,728	3,009
Fundraising events	5,336	2,606
Support costs	8,333	5,735
	<u>47,994</u>	<u>21,399</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were project management fees paid to Trustee Paul Minter in the year totalling £42,000 (2023: £34,125)

Trustees' expenses

There were no expenses incurred by trustees during the period. (2023: £Nil)

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	61,141	56,000	117,141
Investment income	389	-	389
Total	<u>61,530</u>	<u>56,000</u>	<u>117,530</u>
EXPENDITURE ON			
Raising funds	18,399	3,000	21,399
Charitable activities			
Other	44,880	-	44,880
Total	<u>63,279</u>	<u>3,000</u>	<u>66,279</u>
NET INCOME/(EXPENDITURE)	(1,749)	53,000	51,251
RECONCILIATION OF FUNDS			
Total funds brought forward	175,591	-	175,591
TOTAL FUNDS CARRIED FORWARD	<u>173,842</u>	<u>53,000</u>	<u>226,842</u>

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2024

6. TANGIBLE FIXED ASSETS

	Computer equipment £
COST	
Additions	1,517
DEPRECIATION	
Charge for year	375
NET BOOK VALUE	
At 31 October 2024	1,142
At 31 October 2023	-

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other debtors	204	204
Prepayments and accrued income	-	260
	<u>204</u>	<u>464</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024 £	2023 £
Other creditors	5,421	5,630
	<u>5,421</u>	<u>5,630</u>

9. MOVEMENT IN FUNDS

	At 1.11.23 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	173,842	96,085	269,927
Restricted funds			
Retreat	53,000	-	53,000
TOTAL FUNDS	<u>226,842</u>	<u>96,085</u>	<u>322,927</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	208,465	(112,380)	96,085
TOTAL FUNDS	<u>208,465</u>	<u>(112,380)</u>	<u>96,085</u>

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2024

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	175,591	(1,749)	173,842
Restricted funds			
Retreat	-	53,000	53,000
TOTAL FUNDS	<u>175,591</u>	<u>51,251</u>	<u>226,842</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	61,530	(63,279)	(1,749)
Restricted funds			
Tshirts	3,000	(3,000)	-
Retreat	53,000	-	53,000
	<u>56,000</u>	<u>(3,000)</u>	<u>53,000</u>
TOTAL FUNDS	<u>117,530</u>	<u>(66,279)</u>	<u>51,251</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.11.22 £	Net movement in funds £	At 31.10.24 £
Unrestricted funds			
General fund	175,591	94,336	269,927
Restricted funds			
Retreat	-	53,000	53,000
TOTAL FUNDS	<u>175,591</u>	<u>147,336</u>	<u>322,927</u>

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2024

9. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	269,995	(175,659)	94,336
Restricted funds			
Tshirts	3,000	(3,000)	-
Retreat	53,000	-	53,000
	<u>56,000</u>	<u>(3,000)</u>	<u>53,000</u>
TOTAL FUNDS	<u>325,995</u>	<u>(178,659)</u>	<u>147,336</u>

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 October 2024 other than those detailed in note 4 of these accounts.

11. OPERATING LEASE COMMITMENTS

As at the balance sheet date the charity had operating lease commitments totalling £8,605.

HEAD UP CHARITY

Detailed Statement of Financial Activities for the year ended 31 October 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	204,863	117,141
Investment income		
Interest receivable	3,602	389
Total incoming resources	208,465	117,530
EXPENDITURE		
Raising donations and legacies		
Fundraising expenses	16,296	4,196
Merchandise	8,301	5,853
Advertising and PR	9,728	3,009
Fundraising events	5,336	2,606
	39,661	15,664
Charitable activities		
Project management costs	42,000	37,625
Material for beneficiaries	14,141	7,255
Motor expenses	7,760	-
	63,901	44,880
Support costs		
Management		
Insurance	262	336
Legal and professional	8,016	5,210
Computer costs	110	-
Depreciation of computer equipment	375	-
	8,763	5,546
Finance		
Bank charges	55	189
Total resources expended	112,380	66,279
Net income	96,085	51,251

This page does not form part of the statutory financial statements

HEAD UP CHARITY

England & Wales - Charity number 1195443

Accounts

REGISTERED CHARITY NUMBER: 1195443

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 October 2023
for
HEAD UP CHARITY**

Richardson Swift Audit Limited
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HEAD UP CHARITY

Contents of the Financial Statements for the year ended 31 October 2023

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HEAD UP CHARITY

Report of the Trustees for the year ended 31 October 2023

The trustees present their report with the financial statements of the charity for the year ended 31 October 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The advancement of health and promotion of the efficiency of the armed forces of the Crown, by enabling serving personnel and veterans that are showing signs of poor mental health: -

- To access mental health facilities and non-clinical therapy.
- To increase the individual's awareness and understanding of mental health, along with positive methods and techniques they can use daily to improve mental health and
- On their behalf to identify and analyse overarching mental health issues within the Armed Forces sector that are not being adequately addressed and implement strategic initiatives to raise such issues to a higher level of awareness, policy attention, and system change.

Significant activities

As we look to develop a residual residence for our beneficiaries, we have spent the past year:

- Appointment of a new trustee - Justin Davis.
- One-on-one help - We have been conducting help with individual both virtually and in person.
- Wellness Presentations - We have been giving wellness presentations to multiple Armed Forces units and organisations with veterans in, across the UK.
- Wellness Days - We have established a rapport with gym and clothing brand 'GymShark'. Between us we have been conducting wellness days throughout the year with multiple Armed Forces units and veterans.
- Wellness Fairs - We have attended multiple wellness fairs throughout the UK to educate individuals on our mental wellbeing methods and letting them know about our services.
- Retreat Development - We have been working tirelessly to find the right location and organisations to help in the development of our retreat.
- Brand Awareness - We have been continuing the work on publishing our cause through media, events, and social interactions.
- Charity Signposting & Networking - We have continued to network with other charities and organisations that can further help our beneficiaries. We have also been signposting dozens of individuals in the right direction and following to ensure they have been successful in getting the help they need.
- Fundraising - We have been continuing the work to gather multiple fundraisers to help our cause.
- Mini-Retreats - We have found two locations for us to start 3-day retreats in 2024.

Public benefit

The public has benefited from talking with us, sharing their struggles and problems. Learning different methods on how they can improve their daily lives. We have also signposted individuals to appropriate charities and organisations they can receive further help.

Volunteers

Currently we do not have any volunteers other than the voluntary work from the trustees.

FINANCIAL REVIEW

Financial position

The financial position of the charity is healthy, as shown on the balance sheet.

Reserves policy

We have kept aside £100,000 in our general reserves for the purpose of developing a retreat. £53,000 of this reserve is in way of a grant and donation which can only be used on the development of the retreat. Our main aim is to develop a retreat for our beneficiaries. In these early stages it is imperative we keep money aside to meet our goals and aims. This will be reviewed every 6 months. We will also reserve a maximum of £500 every month for administration costs. This will be reviewed every 3 months.

HEAD UP CHARITY

Report of the Trustees for the year ended 31 October 2023

FUTURE PLANS

We aim to develop a residual retreat for our beneficiaries in the year of 2024. Our goal over the next 12 months is to double the amount of Wellness Presentations and Wellness Days. As well as carrying out a minimum of two mini-retreats. As more individuals are naturally come to us for personal help and advice, this is also likely to grow in numbers.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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- In selecting individuals for appointment as Charity Trustees, the Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Risk management

The trustees review at Board meetings the major risks to which the charity is exposed. Procedures are in place to mitigate those risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1195443

Principal address

Flat 101
12 Skerne Road
Kingston Upon Thames
Surrey
KT2 5AD

Trustees

P W Minter Trustee
S Moloney Trustee
G A Dagnall Trustee
A G Carrier Trustee
J Davis (appointed 7.12.22)

Independent Examiner

Catherine Edwards
Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

Approved by order of the board of trustees on 29/03/2024 and signed on its behalf by:


P W Minter - Trustee

**Independent Examiner's Report to the Trustees of
Head Up Charity**

Independent examiner's report to the trustees of Head Up Charity

I report to the charity trustees on my examination of the accounts of Head Up Charity (the Trust) for the year ended 31 October 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Catherine Edwards

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

Date: 4/4/24

HEAD UP CHARITY

Statement of Financial Activities for the year ended 31 October 2023

				Year Ended 31.10.23 Total funds £	Period 9.8.21 to 31.10.22 Total funds £
	Notes	Unrestricted fund £	Restricted funds £		
INCOME AND ENDOWMENTS FROM					
Donations and legacies		61,141	56,000	117,141	205,044
Investment income	2	389	-	389	61
Total		<u>61,530</u>	<u>56,000</u>	<u>117,530</u>	<u>205,105</u>
EXPENDITURE ON					
Raising funds	3	18,399	3,000	21,399	29,514
Charitable activities					
Other		44,880	-	44,880	-
Total		<u>63,279</u>	<u>3,000</u>	<u>66,279</u>	<u>29,514</u>
NET INCOME/(EXPENDITURE)		(1,749)	53,000	51,251	175,591
RECONCILIATION OF FUNDS					
Total funds brought forward		175,591	-	175,591	-
TOTAL FUNDS CARRIED FORWARD		<u><u>173,842</u></u>	<u><u>53,000</u></u>	<u><u>226,842</u></u>	<u><u>175,591</u></u>

The notes form part of these financial statements

HEAD UP CHARITY

Balance Sheet 31 October 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Debtors	6	464	-	464	-
Cash at bank		179,008	53,000	232,008	182,567
		<u>179,472</u>	<u>53,000</u>	<u>232,472</u>	<u>182,567</u>
CREDITORS					
Amounts falling due within one year	7	(5,630)	-	(5,630)	(6,976)
NET CURRENT ASSETS		<u>173,842</u>	<u>53,000</u>	<u>226,842</u>	<u>175,591</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		173,842	53,000	226,842	175,591
NET ASSETS		<u>173,842</u>	<u>53,000</u>	<u>226,842</u>	<u>175,591</u>
FUNDS	8				
Unrestricted funds				173,842	175,591
Restricted funds				53,000	-
TOTAL FUNDS				<u>226,842</u>	<u>175,591</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 29/03/2024 and were signed on its behalf by:


P W Minter - Trustee

HEAD UP CHARITY

Notes to the Financial Statements for the year ended 31 October 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	Year Ended 31.10.23 £	Period 9.8.21 to 31.10.22 £
Interest receivable	389	61

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2023

3. RAISING FUNDS

Raising donations and legacies

	Year Ended 31.10.23 £	Period 9.8.21 to 31.10.22 £
Fundraising expenses	4,196	8,695
Merchandise	5,853	5,943
Advertising and PR	3,009	10,367
Fundraising events	2,606	2,310
Support costs	5,735	2,199
	<u>21,399</u>	<u>29,514</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were project management fees paid to Trustee Paul Minter in the year totalling £34,125 (2022: £Nil)

Trustees' expenses

There were no expenses incurred by trustees during the period. (2022: £5,236)

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	205,044	-	205,044
Investment income	<u>61</u>	<u>-</u>	<u>61</u>
Total	<u>205,105</u>	<u>-</u>	<u>205,105</u>
 EXPENDITURE ON			
Raising funds	<u>29,514</u>	<u>-</u>	<u>29,514</u>
 NET INCOME	<u>175,591</u>	<u>-</u>	<u>175,591</u>
 TOTAL FUNDS CARRIED FORWARD	<u>175,591</u>	<u>-</u>	<u>175,591</u>

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2023

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other debtors	204	-
Prepayments and accrued income	260	-
	<u>464</u>	<u>-</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other creditors	5,630	6,976
	<u>5,630</u>	<u>6,976</u>

8. MOVEMENT IN FUNDS

	At 1.11.22 £	Net movement in funds £	At 31.10.23 £
Unrestricted funds			
General fund	175,591	(1,749)	173,842
Restricted funds			
Retreat	-	53,000	53,000
TOTAL FUNDS	<u>175,591</u>	<u>51,251</u>	<u>226,842</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	61,530	(63,279)	(1,749)
Restricted funds			
Tshirts	3,000	(3,000)	-
Retreat	53,000	-	53,000
	<u>56,000</u>	<u>(3,000)</u>	<u>53,000</u>
TOTAL FUNDS	<u>117,530</u>	<u>(66,279)</u>	<u>51,251</u>

Comparatives for movement in funds

	Net movement in funds £	At 31.10.22 £
Unrestricted funds		
General fund	175,591	175,591
TOTAL FUNDS	<u>175,591</u>	<u>175,591</u>

HEAD UP CHARITY

Notes to the Financial Statements - continued for the year ended 31 October 2023

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	205,105	(29,514)	175,591
TOTAL FUNDS	<u>205,105</u>	<u>(29,514)</u>	<u>175,591</u>

9. RELATED PARTY DISCLOSURES

Donations received from Trustees amounted to £Nil for the period. (2022 £15,210)

There were project management fees paid to Trustee Paul Minter in the year totalling £37,625 (2022: £Nil)

HEAD UP CHARITY

Detailed Statement of Financial Activities for the year ended 31 October 2023

	Year Ended 31.10.23 £	Period 9.8.21 to 31.10.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	117,141	155,044
Grants	-	50,000
	<u>117,141</u>	<u>205,044</u>
Investment income		
Interest receivable	389	61
	<u>389</u>	<u>61</u>
Total incoming resources	117,530	205,105
EXPENDITURE		
Raising donations and legacies		
Fundraising expenses	4,196	8,695
Merchandise	5,853	5,943
Advertising and PR	3,009	10,367
Fundraising events	2,606	2,310
	<u>15,664</u>	<u>27,315</u>
Charitable activities		
Project management costs	37,625	-
Material for beneficiaries	7,255	-
	<u>44,880</u>	<u>-</u>
Support costs		
Management		
Insurance	336	-
Postage and stationery	-	236
Legal and professional	5,210	1,790
	<u>5,546</u>	<u>2,026</u>
Finance		
Bank charges	189	173
	<u>189</u>	<u>173</u>
Total resources expended	66,279	29,514
	<u>66,279</u>	<u>29,514</u>
Net income	51,251	175,591
	<u>51,251</u>	<u>175,591</u>

This page does not form part of the statutory financial statements

HEAD UP CHARITY

England & Wales - Charity number 1195443

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Period 9 August 2021 to 31 October 2022
for
HEAD UP CHARITY

Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

HEAD UP CHARITY

Contents of the Financial Statements for the period 9 August 2021 to 31 October 2022

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Statement of Financial Activities	4
Balance Sheet	5
Notes to the Financial Statements	6 to 8
Detailed Statement of Financial Activities	9

HEAD UP CHARITY

Report of the Trustees for the period 9 August 2021 to 31 October 2022

The trustees present their report with the financial statements of the charity for the period 9 August 2021 to 31 October 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The advancement of health and promotion of the efficiency of the armed forces of the Crown, by enabling serving personnel and veterans that are showing signs of poor mental health:

- To access mental health facilities and non-clinical therapy.
- To increase the individual's awareness and understanding of mental health, along with positive methods and techniques they can use daily to improve mental health.
- On their behalf to identify and analyse overarching mental health issues within the Armed Forces sector that are not being adequately addressed and implement strategic initiatives to raise such issues to a higher level of awareness, policy attention, and system change.

Significant activities

As we look to develop a residual residence for our beneficiaries, we have spent the past year:

- Market research - We have travelled all over the UK, speaking with thousands of Armed Forces personnel, veterans, and their families. Gathering information first hand on the help they want and require and how best to facilitate these needs.
- Talks - We have given wellness talks to dozens of Armed Forces establishments, Businesses with veterans and groups of veterans.
- Wellness events - We have attended wellness events in the Armed Forces, showing different ways individuals can improve their day-to-day lives.
- Brand Awareness - We have worked hard to get our name into the public, so people know who we are and how they can use our services. We have achieved this through gaining over 100 national and public media platforms, giving talks, fundraising events.
- Charity interaction - We have worked on networking and making connections with multiple charities which can be used as signposting of beneficiaries.
- Fundraising - We have been gaining traction with fundraising through multiple networks.
- Retreat Development - We have found a company willing to design and develop our retreat.
- Ongoing beneficiary support - We have found places to host short retreats in the interim of our retreat being developed. These will start to take effect in early 2023.

Public benefit

The public has benefited from talking with us, sharing their struggles and problems. Learning different methods on how they can improve their daily lives. We have also signposted individuals to appropriate charities and organisations they can receive further help.

FINANCIAL REVIEW

Financial position

The financial position of the charity is healthy, as shown on the balance sheet.

Reserves policy

We intend on using 30% of our money on ongoing retreats for beneficiaries. Our reserve will be 50% until the retreat is developed. 20% is likely to be used on administrative, legal and insurance for the retreat and the costs towards the retreat itself.

FUTURE PLANS

We aim to develop a residual retreat for our beneficiaries. We have a company that will design, develop, and help with all the ground work required. We are currently in the process of finding land for this development. In the meantime, we will be hosting smaller retreats at different locations.

HEAD UP CHARITY

Report of the Trustees for the period 9 August 2021 to 31 October 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Head Up Charity CIO was registered as a charitable incorporated organisation on 9th August 2021, number 1195443. Its governing document is its constitution which was the basis of its registration and incorporation.

Recruitment and appointment of new trustees

- Apart from the first Charity Trustees, every Trustee must be appointed by a resolution passed at a properly convened meeting of the Charity Trustees.
- In selecting individuals for appointment as Charity Trustees, the Charity Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1195443

Principal address

Flat 101
12 Skerne Road
Kingston Upon Thames
Surrey
KT2 5AD

Trustees

P W Minter Trustee (appointed 9.8.21)
S Moloney Trustee (appointed 9.8.21)
G A Dagnall Trustee (appointed 9.8.21)
A G Carrier Trustee (appointed 9.8.21)

Independent Examiner

Catherine Edwards
FCA
Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

16/03/2023

Approved by order of the board of trustees on and signed on its behalf by:

Paul Minter

.....
P W Minter - Trustee

**Independent Examiner's Report to the Trustees of
Head Up Charity**

Independent examiner's report to the trustees of Head Up Charity

I report to the charity trustees on my examination of the accounts of Head Up Charity (the Trust) for the period 9 August 2021 to 31 October 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Catherine Edwards
FCA
Richardson Swift Audit Limited
11 Laura Place
Bath
BA2 4BL

Date: 21/3/23

HEAD UP CHARITY

Statement of Financial Activities for the period 9 August 2021 to 31 October 2022

	Notes	Unrestricted fund £
INCOME AND ENDOWMENTS FROM		
Donations and legacies		205,044
Investment income	2	61
Total		<u>205,105</u>
EXPENDITURE ON		
Raising funds	3	29,514
NET INCOME		<u>175,591</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>175,591</u></u>

The notes form part of these financial statements

HEAD UP CHARITY

Balance Sheet 31 October 2022

	Notes	Unrestricted fund £
CURRENT ASSETS		
Cash at bank		182,567
CREDITORS		
Amounts falling due within one year	5	(6,976)
NET CURRENT ASSETS		<u>175,591</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		175,591
NET ASSETS		<u>175,591</u>
FUNDS	6	
Unrestricted funds		<u>175,591</u>
TOTAL FUNDS		<u>175,591</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16/03/2023 and were signed on its behalf by:

Paul Minter

.....
P W Minter - Trustee

HEAD UP CHARITY

Notes to the Financial Statements for the period 9 August 2021 to 31 October 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

Interest receivable

£
61

HEAD UP CHARITY

Notes to the Financial Statements - continued for the period 9 August 2021 to 31 October 2022

3. RAISING FUNDS

Raising donations and legacies

	£
Fundraising expenses	8,695
Merchandise	5,943
Advertising and PR	10,367
Fundraising events	2,310
Support costs	2,199
	<u>29,514</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 October 2022.

Trustees' expenses

There were expenses incurred by trustees of £5,236 during the period. These expenses will be reimbursed after the balance sheet date.

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	£
Other creditors	<u>6,976</u>

6. MOVEMENT IN FUNDS

	Net movement in funds £	At 31.10.22 £
Unrestricted funds		
General fund	175,591	175,591
	<u>175,591</u>	<u>175,591</u>
TOTAL FUNDS	<u>175,591</u>	<u>175,591</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	205,105	(29,514)	175,591
	<u>205,105</u>	<u>(29,514)</u>	<u>175,591</u>
TOTAL FUNDS	<u>205,105</u>	<u>(29,514)</u>	<u>175,591</u>

HEAD UP CHARITY

Notes to the Financial Statements - continued for the period 9 August 2021 to 31 October 2022

7. RELATED PARTY DISCLOSURES

Donations received from Trustees amounted to £15,210 for the period.

At the balance sheet date P W Minter was owed £5,236 for expenses incurred during fundraising activities. The trustees agreed that the expenses were to be repaid on 1st December 2022.

HEAD UP CHARITY

Detailed Statement of Financial Activities for the period 9 August 2021 to 31 October 2022

£

INCOME AND ENDOWMENTS

Donations and legacies

Donations	155,044
Grants	50,000
	205,044

Investment income

Interest receivable	61

Total incoming resources	205,105
---------------------------------	----------------

EXPENDITURE

Raising donations and legacies

Fundraising expenses	8,695
Merchandise	5,943
Advertising and PR	10,367
Fundraising events	2,310
	27,315

Support costs

Management

Postage and stationery	236
Legal and professional	1,790
	2,026

Finance

Bank charges	173

Total resources expended	29,514

Net income	175,591

