

HEADSTART MENTAL HEALTH AND WELLBEING

England & Wales · Charity number 1215792

Details

Status Registered

Legal form CIO

Registered 2025-11-17

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

Contact

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Website <https://sites.google.com/view/headstart-mental-health/home>

Activities

Objects: THE RELIEF OF SICKNESS AND THE PRESERVATION OF HEALTH AMONG PEOPLE EXPERIENCING MENTAL ILLNESS OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS IN MERSEYSIDE AND THE SURROUNDING AREAS THROUGH THE PROVISION OF OR ASSISTANCE IN PROVIDING FACILITIES TO ENABLE INDIVIDUALS TO PARTICIPATE IN FOOTBALL, OTHER SPORTING ACTIVITIES AND OTHER RECREATIONAL ACTIVITIES.

Activities: HeadStart is a community-driven initiative dedicated to promoting mental and physical wellbeing. We provide regular football sessions designed to support individuals who are experiencing, or are at risk of, mental ill-health. Our activities tackle social isolation, build confidence and enhance both physical and mental health.

Classification

- **How:** Provides Services
- **What:** Disability, Amateur Sport
- **Who:** Other Defined Groups

Geography

- Halton
- Knowsley
- Lancashire
- Liverpool City
- Sefton
- St Helens
- Wirral

Trustees

Name	Role	Appointed
Shaun Whittle	Chair	2025-07-28
Josef Eaves		2025-07-28
Laura Whittle		2025-11-30
Matthew Groom		2026-05-15