

LOOKING UP CIO

England & Wales · Charity number 1218713

Details

Status Registered

Legal form CIO

Registered 2026-07-02

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

Contact

Address Looking Up CIO
South Place
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Lancaster
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Activities

Objects: TO ADVANCE HEALTH, IN PARTICULAR MENTAL HEALTH, FOR THE PUBLIC BENEFIT BY PROVIDING INDIVIDUAL AND GROUP PSYCHOTHERAPY, MENTAL HEALTH DISCUSSION GROUPS AND MENTAL HEALTH SKILLS GROUPS.TO RELIEVE THE NEEDS OF YOUNG PEOPLE AND ADULTS EXPERIENCING TRAUMA, COMPLEX MENTAL HEALTH CONDITIONS AND SOCIAL OR ECONOMIC DISADVANTAGE BY IMPROVING ACCESS TO EVIDENCE-BASED THERAPEUTIC SERVICES FOR THE PUBLIC BENEFIT.

Activities: The charity is based Lancaster UK. The charity will provide:- Individual psychotherapy (pay what you can afford, longer term)- Group psychotherapy (specialist, longer term)- Psycho-educational, mental health skills and discussion groups- The charity prioritises young people and adults who have experienced trauma, complex mental health conditions and social or economic disadvantage.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Lancashire

Trustees

Name	Role	Appointed
PAUL IRELAND	Chair	2025-12-18
Bernie Slater		2025-12-18
Jackie Williams		2025-12-18