

# **KIM Inspire Annual Report and **Accounts 2021/22****



**“I get on with life thanks to  
everything I have learnt at KIM”**

**[www.kim-inspire.org.uk](http://www.kim-inspire.org.uk)**



## Contents

Our Services	3
KIM's Awards	5
Our year at a glance	5
Welcome	6
KIM 4 Her	7
KIM 4 Him	11
KIM 4 Young People	13
KIM CA Work	15
KIM Volunteering	17
Community Activities	19
How we are Governed	22
Our People	24
Principal Risk and Uncertainties	26
Financial Review	27
Statement of Responsibilities	29
Legal and Administrative Information	30
Independent Examiners Report	31
Statement of Financial Activities	32
Balance Sheet	33
Notes to the Financial Statements	34

At KIM Inspire we believe that mental wellbeing means feeling good about yourself and the world around you and being able to get on with life the way you want to.

**KIM Inspire is an award winning charity providing professional, high quality mental health support.** The charity was established in 2002 to offer a gender specific service to women who were struggling with their mental health after experiencing domestic abuse.

Since the start of the Covid-19 pandemic, KIM Inspire has had to adapt and change it's service delivery. The initial response was to provide an online platform via KIM's new Virtual Hub to allow KIM services to be delivered fully online, with phone support where needed. KIM was the first mental health service in the area to be able to deliver a full service online, after the initial lockdown commenced. As we moved through the pandemic, KIM was able to move back to an increasing element of face to face working in line with Covid restrictions and our risk assessment. Today, KIM is delivering a fully hybrid service with two days per week face to face service in each Hub, together with online sessions on other days allowing greater access for all.

## Our Services

For the individuals we work with, many daily tasks are very daunting i.e. going to the supermarket or taking public transport, resulting in a lack of social interaction, loss of self-belief and poor personal care all of which further reinforces loneliness and despair. The impact of childhood abuse is also prevalent and the effects of this trauma reach far into adulthood. We also work with individuals whose physical ill health impacts on their mental wellbeing.

**KIM 4 Her** Sociable, informative and builds self-reliance. Through a combination of new places, new people and inspiring opportunities, individuals learn about themselves, their responses and their place in their community

**KIM 4 Him** Our men's recovery programme is designed to empower men to recognise and develop their strengths and abilities. Supporting men to improve their wellbeing through activity and engagement.

**KIM eVOLution** Volunteers are at the centre of everything we do from sitting on the Board of Trustees to

supporting and developing our groups and activities. We believe that social inclusion and community participation are pivotal to mental health recovery.

**KIM 4 Young People** Empowers young people to build resilience, boost confidence and manage difficult emotions. Involvement and engagement with our activities increases the capacity to thrive and succeed in life!

**KIM in the Community** One of KIM's main aims is to bring together the community as a whole. We offer a selection of activities to the local community such

## Our Vision

"Enable women, men and young people to improve their mental health and fulfil their potential by making positive changes to their lives"

as community gardening, cooking groups and fundraising events. The benefits of these activities include improved social interaction, greater community resilience and better wellness outcomes for all.

KIM sessions are friendly, fun and always focused on progression and individual development. Our group-led activities are proven and innovative.

We recognize that certain key capabilities make our work unique. Our evaluations show that volunteers, students, staff and visitors find KIM to be a special organisation. Our staff are passionate and enthusiastic, and create an environment which is welcoming and accessible. We operate as flexibly and

## Our Mission Statement

"KIM supports people to improve mental health, coping strategies, social networks and opportunities for training, volunteering, employment and community integration"

responsively as possible and ensure that everyone involved with KIM is treated equally.

We aim to involve our clients and volunteers in all the activities we undertake, and through consultation ensure everyone is appropriately involved in decision making. We also actively encourage our clients and volunteers to become members of KIM, to attend Annual General Meetings and to become Trustees.

We also offer and encourage activities involving the wider local community offering social integration opportunities for our clients and others whilst reducing mental health stigma.

**"I can't believe how much of a difference coming to KIM has made to how I feel"**



*Visit to Erlas Victoria Walled Garden, Wrexham*



## KIM's Awards

We are proud to have been recognised for our work over the past few years.

- **2015** – Care Council of Wales first ever 10 year award for most developed previous winner (we won our first accolade in 2007 for community development)
- **2015** – Lloyds Bank Foundation Valuing Volunteers category for Wales winner (finalists in UK category)
- **2015** – North Wales Police Commissioners Community Award, Third Sector category
- **2016** – GlaxoSmith Kline Impact Awards, finalist
- **2016** – Admin Officer won North Wales Training Customer of the Year award
- **2017** – Social work awards 2017 – British Association of Social Workers Cymru – Practice Teacher Award – Annie Donovan and British Association of Social Workers Cymru – Team Award – Annie Donovan, Andy Matthews, Amy Gray
- **2018** – Radio 2 'All in the Mind' national winner
- **2020** – FLVC Tom Jones Young Volunteer Award to Jack Wilson for outstanding contribution to volunteering with KIM Inspire in Flintshire
- **2021** – ACW Older Person's Award (Personal Development Award) to Linda Bowen for her commitment to volunteering with KIM Inspire online

## Our year at a glance

Number of volunteers

46

Number of staff

15

73

Different themes, including ACT on Anxiety, Animation Creation, Book of You, Real vs Virtual Balance, Resilience, Foraging, Tea and Timber and Personal Development

We worked with

594

people during the year



1192

Group sessions, accredited courses, training, workshops and sessions in partnership with other organisations

# Welcome

## 2021 was a year of change as services evolved with the ebb and flow of the pandemic...

KIM has seen the welcomed return to face-to-face working, whilst still retaining some online groups to allow greater access for people with geographical or other barriers. These, together with using the new concept of hybrid groups, with people accessing the same group either in person or via online access, has ensured that clients are able to access vital mental health support when needed.

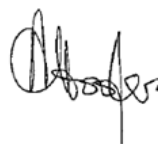
KIM has grown in staff numbers, its services and its geographical spread, with the introduction of new dynamic and innovative services, such as the online Welsh group for Welsh speakers, the first mental health group for Welsh speakers across North Wales. Another new venture has been the partnership with Citizens Advice, which has facilitated KIM's first venture in to the county of Conwy, to provide mental health support alongside the Citizen Advice work.

Services have been expanded and adapted in all the counties of Flintshire, Wrexham and Denbighshire, to meet the increasing demand for mental health services. Our partnerships have been strengthened with other core providers such as Betsi Cadwaladr University Health Board, through the ICAN project. At year-end, Cambrian Credit Union set up within the Holywell Hub to offer services to the residents of Holywell and beyond and this supports KIM's aim to promote a community-based approach to our Hub services, in conjunction with other local organisations.

The staff team again have been incredible showing their continuous dedication to improving peoples' mental health, through their hard work, determination and creativity, continuing to expand KIM's work in varied and exciting ways, for the benefit of all. This has been fully supported by the team of amazing

volunteers, who KIM could not operate without, and who bring so much to the organisation, making a real difference to the belief of clients, that they can and will get better!

On behalf of the Trustee board, I would like to thank you all, the staff, volunteers and clients for everything you do to make KIM such a special place and all the amazing outcomes that you achieve together.



**Anne Hooper**  
Chair

In another uncertain year of working in a difficult external environment, we can reflect on our amazing achievements and recognise the flexibility and determination of KIM's team of staff and volunteers. Everyone has worked so hard to adapt and have delivered the best possible service in response to a myriad of presenting issues and needs.

There have been many times when we have been required, at short notice, to support a new area, project or form a new partnership in response to the pandemic and the ever-changing situations that surrounds us. KIM's team have gone above and beyond to make great things happen in highly problematic circumstances.

We are now facing the repercussions of lockdown on the mental health of our communities and have further unknown challenges ahead of us, but I'm confident that as a team and an organisation, we will continue to adjust, react and deliver the most appropriate and useful support we can.

Well done all, an annual report to be proud of.



**Annie Donovan**  
Chief Executive Officer

# KIM 4 Her

**KIM4HER has continued to offer an interactive, supportive and empathic service for women to support and improve mental health, promote change and a positive outlook on life.**

## What we did

The Covid 19 pandemic brought its challenges for all and the groups have been therapeutic for a number of reasons for the women who attend. Hearing from others with similar issues helping them to see that they are not alone in having challenges, whether it's grappling with panic attacks, depression, or any other mental health issues. Many women say that they get a sense of relief knowing they are not alone.

Women were supported again this year to focus on their personal development of:

- Improving confidence
- Improving self esteem
- Improve resilience
- Better communication skills
- Positive decision making
- Managing emotions
- Healthy relationships
- Nutrition
- Critical and creative thinking

The groups have focused on improving mental health and wellbeing. The women have benefited from a range of activities ranging from specific mental health focused sessions in goal setting, self-care and mindfulness. Other sessions have included crafts, yoga, Zumba, flower arranging, cooking, African drumming, and creative writing.

Our KIM online groups are also open to all clients across the three counties. We continue to offer accredited courses for clients in:



*Top to bottom: Halloween cakes made in-group; beautiful flower arrangements; the group enjoying a 'wet felting' session*

- Improving confidence
- Nutrition
- Resilience
- Assertiveness
- Welsh language and culture
- Mental health and wellbeing
- Personal development - All enjoyed the sessions looking at

the obstacles to developing confidence. All joined in with the discussions and were encouraging of one another, giving each other tips and advice on ways to overcome obstacles in day-to-day life.

- All had a go at their self-esteem bucket



We have also had the added bonus of having Citizens Advice, Foodbank, Credit Union, Prestatyn Leisure Centre and Denbighshire Voluntary Council coming to chat to the groups about their work, how they can offer support and how women can access their services.

## Where we worked

### Holywell

At the Holywell ICAN Hub, the KIM4Her group has offered a variety of support over the last year. With the re-introduction of face to face working within the confines of Covid 19 restrictions, more women have been able to return to in person groups, as well as continuing to access groups online. We have been able to offer a variety of different activities such as making a variety of crafts and art work, mindfulness reflexology workshops, and we have had music workshops where participants could learn African drumming and perform at KIM's 20th Birthday Celebration. These activities and workshops have helped the women be able to come to the hub to socialise and improve their isolation they have had since the pandemic. We have had an excellent number of women who have appreciated our workshops to improve their own mental Health.

***"I feel like a new women since joining KIM and this has helped me get out the house and meet new people , I have met new friends and enjoy the drumming session , I have never played an instrument before."***

***"I love coming to the KIM group. I have no motivation without the groups, I am enjoying the groups so much I have found new hobbies I enjoy in my own time , I didn't do anything before I joined this group, If I didn't have KIM I would be sat on my own in the house"***

### Prestatyn

In 2021, KIM opened up their ICAN hub in Prestatyn and started working across Denbighshire continuing with the established service we have developed in Flintshire and Wrexham.

The ICAN hubs offer further support to the wider community and we have seen an increase in women dropping into the Hub for advice, support and signposting.

Staff and clients alike have coped well with the challenges of the pandemic again, throughout this year and the innovative way KIM were able to continue with groups and support has been of huge benefit to our clients.

The Prestatyn Hub has grown from strength to strength initially starting out with sessions taking place outside in the sunshine due to Covid restrictions. This worked well for the group as women were able to meet up and interact with others in a safe environment.

***"I find this group relaxing, first time I can switch off and forget about everything. Everyone so welcoming. Really enjoyed the session today and I look forward every week to come to the sessions"***

***"I find that this group is relaxing and helps me to forget all about all the bad things that are happening in my life now. All the people are friendly and are supportive. I really enjoy coming to this group every Wednesday morning I enjoy so much."***

***Even came on the bus this morning."***

***"Fun, interesting and welcoming"***





## Wrexham

KIM4Her, Wrexham, works from Ty Pawb, which is a fantastic Community space in the centre of Wrexham. We have the benefit of having office space to use for the KIM4HER group and then the Community space downstairs for our drop in. It is a very vibrant, welcoming space, which our clients feel extremely comfortable visiting. There is always something going on in Ty Pawb which we can link our clients in with and there are also plenty of people we can utilise to help us to facilitate groups for our clients.

This year we were happy to be able to start offering in-person support in the Wrexham community again, in addition to the online groups. We supported our clients through the changes of easing lockdown restrictions and the anxiety of venturing into public spaces again and meeting new people. We are getting more and more referrals and the women's groups are getting busier.

We have been able to offer a variety of different activities now life is opening up again, and we have had lots of guest speakers coming in to visit, together with our first visits to other places as well. With this in mind, group activities have consisted of financial literacy, gambling awareness and financial management sessions, health and nutrition workshops, physical health such as pain management, gentle yoga, sleep hygiene and aromatherapy. Creative sessions have included calligraphy, creative writing, and arts and crafts, while the learning and knowledge sharing sessions comprised sign language sessions, relaxation techniques, Welsh history and culture, and self-care groups.

We are also offering a Connect@KIM Drop-in each week in Ty Pawb. These have been fantastic sessions and we have had other services join us that can offer advice about housing, domestic abuse, finance and much more. In addition, we have had several guest speakers coming in to talk to the group about things on offer in the Wrexham area. We have had Xplore Science, Brymbo Heritage Orchard, Coed Lleol to name a few. We have also had the pleasure of guest facilitators showing the group how to felt, make macramé and one of our own volunteers also taught the group how to make polymer clay beads.

## Case study

'A' joined the KIM 4 Her groups in Wrexham at the beginning of 2022. A suffered a psychotic breakdown as a result of the end of a relationship and pressures brought by the Covid-19 pandemic. Due to this, she lost her house, took a break from work, and moved back in with her parents. A attended KIM groups on a weekly basis, was determined to overcome her struggles, and made great progress in a short amount of time. With support, A decided to change the career she was unhappy with. A took part in the KIM volunteer training and found a new passion in supporting people and creative activities. As a result, A decided to pursue a new career and is now employed as a support worker and activity coordinator in sheltered housing for the elderly. Moreover, A will retrain as an arts therapist and is going to do a course in Madrid this summer.

***"Thank you for existing. I felt so lost in the world before joining the groups. I feel very safe and comfortable here. I did not realise my mental health was so bad until recently and in the short period I have been part of Kim it has already improved."***

***"With the help of Kim, I've gone from feeling apart from the community to a part of the community".***

***"I can't believe I am the person I am today, I've made incredible progress and Kim supported me all the way".***

***"KIM has given me so much confidence and I have done things I would never have dreamed I could do. Without KIM I don't know what I would have done"***

***"KIM has helped me so much over the years, I have learnt a lot coming to KIM and have made friends. It helps to know other people feel like you"***

## Evaluation Feedback from a KIM 4 Her Group

### Has this group made a positive difference to your mental health and wellbeing?

"Yes, it has allowed me to learn to trust people and provides me a safe environment to come."

"It gives me something to look forward to after a long week."

"Yes, it lifts my mood all weekend and I take these ideas away with me and it allows me to create a positive environment at home with family and friends."

"I make extra effort to get up and go out on group days as I spend the rest of the week at home, alone."

"Gives me a reason to get up and get out the house and socialise with other members of the community."

"Yes, it distracts my mind from all my other worries and problems."

"Yes, it makes a positive difference to my week because when I am in a low mood, coming to the group I feel happier."

"Yes, when I don't have anything to do at home, I can use the skills I have gained from KIM and do things at home."

"Yes, allows me to challenge myself without the fear of being judged or questioned."

"Takes me an hour to travel to this group and I try and come each week without fail."

### How long do you feel good for after the session?

"The whole weekend."

"Keeps me going for days and then I look forward to the next session."

### What do you like about this group?

"Distraction from work, I am always helping others and today is a day when I can help my self."



"It is a form of mindfulness."

"I like the fact that no one can control me in this environment, and I can just be me."

"Takes me an hour to travel to this group and I try and come each week without fail."

"Boosts mood to see me capabilities."

"It has allowed me to learn to slow my pace of life down and just sitting for a couple of hours each week is okay."

"This group pushes me to do things I wouldn't usually do."

### Would you recommend KIM to family or friends who are struggling?

"Yes, KIM offer support within a short time frame and can signpost me to other agencies that can also offer me support. It has truly been lifesaving."

"Yes, KIM offers different strategies and approaches to my situation when I am struggling, and I always get offer the best support."

"Yes, the NHS is overwhelmed and have long wait lists for Mental Health services, KIM can provide a lot of additional support without the lengthy waitlists."

"Staff are supportive, kind, compassionate and I always leave with a smile on my face regardless of how I felt when I walked in."

# KIM 4 Him

**Last year KIM 4 Him supported 121 men over 2 counties.**

**A ground-breaking project designed for men. Established in Flintshire in 2014 and Wrexham in 2019, we extended our reach to the county of Denbighshire in 2021. We help reduce barriers to men seeking mental health support through community groups and 1-1 mentoring. Our services are now registered ICAN Hubs, working in partnership with Betsi Cadwaladr University Health Board.**

## **What we did**

The men's service has adapted with the ever-changing nature of the Covid pandemic and lockdowns over the last 12 months. Face-to-face community groups started back again, but were limited to numbers of six participants, in line with Welsh Government advice. Our Virtual Hub continued to be a success over the last year, as we adapted to partial lockdowns in Wales.

As we came out of full lockdown, the men participated in our new 'Brew and Do' group in Denbighshire and Flintshire. A group based on the premise of learning new craft skills, while socialising with other men. The groups proved a success over the two counties, often being at full capacity. The men have worked on projects from design to completion using specialist tools and materials, learning new skills. The space also provides men the opportunity to explore new areas of interest through facilitators, such as



using clay, glass, willow and other arts & crafts.

Our Virtual Hub took a more mental health based focus. Men across North East Wales participated from home, discussing mental health issues, while working on solutions. We also invited facilitators into our group, to speak to the men about specialist subjects, such as housing and financial support as some examples.

Our Wrexham Men's group has continued to grow in both participants and partnerships. During the last 12 months, we have collaborated with the Welsh Arts Council, in the aim of creating a community roof top garden at Ty Pawb – Wrexham. We have also collaborated with the National Trust's Erddig Hall community group, supporting the gardening projects at the Hall.

A new partnership with the 'Outdoor Partnership' was established this year, in conjunction with Cardiff University. The Outdoor partnership works to support people of Wales to take up outdoor adventures in the aim of enhancing people's lives through outdoor activity. All KIM4HIM participants from the three counties can take part in this new venture.



The men have shown resilience to the changes we have faced over the last 12 months. The men continue to share ideas with regard to how we shape KIM4HIM's future. We continue to provide support 5 days a week to the men, with many other mixed gender groups also open to male participants.

*Below: creating a cat house from pallets with fitted carpet ready to give to a neighbour who is struggling financially and right, Holywell Hub Brew and do and gardening group*



**"If it wasn't for the men's zoom each week I don't think I would be here today."**

**"The men's group has really changed my life and given me a new perspective on things. The men's mental health zoom sessions have taught me a new way of thinking."**

**"Coming to the men's group has given me the opportunity to learn new skills meet new people and has improved my confidence when talking to others."**

## Achievements

- 121 Men received support from KIM 4 HIM, across Denbighshire, Flintshire & Wrexham
- 1449 total attendance of men at KIM groups
- 100% Increase in Men's confidence levels after attending KIM groups
- 100% men engaged better with their friends and the wider community after attending KIM groups
- 100% of men report feeling less worried since attending KIM groups
- 90% feel like they have education and employment opportunities
- 100% of men confirm an improvement in their mood since attending KIM groups



# KIM 4 Young People

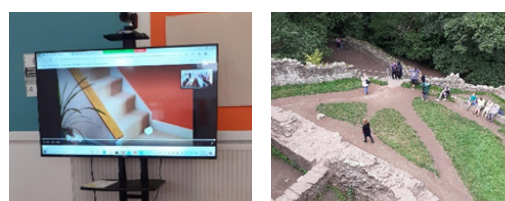
**Our service especially for young people who want to be better able to manage their own emotions and mental health. To address these needs we provide activity based and wellbeing sessions as best suits the individual.**

## **What we did**

Every week for the whole year, except half terms, we provided a dedicated Social Support and Wellbeing Group exclusively for young people. In addition to this, and in response to the needs of our young people, from April to June we provided courses addressing on-line wellbeing and healthy relationships. During July and August we focussed on getting outdoors for weekly 'walk and talks', and piloted a hybrid intro to animation group. From September to December, we extended the animation intro into a Get Reel film making group, and added an extra focus on getting out together to the theatre. Finally from January to March we introduced a Motivational Change group, and set up successful external links with Theatr Clwyd's community workshops. In addition, there have also been year round 121 opportunities for young people, where appropriate and impactful. We have also been able to develop the in-house volunteering skills of a number of young people, and support others into external volunteering, work, training or education.

## **Where we worked**

During this year our work had to constantly adapt to changes in restrictions and risk; navigating through remote provision, into hybrid and face to face, and back again as and when dictated by the virus. Development of our hybrid provision enabled us to



deliver group work simultaneously to young people in person and at home online in a measured response to relaxation in restrictions. This allowed our young people to have agency over their engagement. Those whose mental health would benefit from joining in person could begin to take advantage of that opportunity, whereas those who still had physical or psychological barriers to doing so, could still participate remotely. This flexible platform for accessing social support and mental health learning has become a staple and invaluable part of our provision, and has ensured a continuity of equitable support for our young people. We also ventured outdoors to provide open air support on walks in areas accessible to geographical clusters of young people, in times when only outdoor meetings were allowed, and moved on to visiting indoor community resources when restrictions allowed, helping to overcome anxieties about reintegration together!

In doing all of the above we have been able to work with young people from Flintshire, Wrexham, Denbighshire and even occasionally beyond.

## Achievements

We worked with in excess of 80 young people during the period.

Our project helped these young people to develop a greater understanding of themselves and their emotions, to better connect with others, and to nurture a more hopeful and positive outlook on their lives leading to:

- Improved relationships with friends and family
- Successful engagements with school, college, training courses, university, work experience
- Volunteering opportunities
- Processing of traumatic or challenging life experiences, Covid related or otherwise
- Reductions in self harm and suicidal thoughts
- Increased bravery, confidence and positive risk

**"If it wasn't for you, I would still be incredibly anxious and wouldn't have taken the steps to better my anxiety or do what I love with photographing live shows and making the jump to University."**

**"Thank you so much for all the support and help. I really learnt a lot about how my brain works and how my body responds which allowed me to handle my anxiety better. I've been using some of the breathing mechanisms you taught me and they've been super helpful in stressful situations and have helped me to refocus and calm my anxiety down"**

**"I have applied for the course" complete with HUGE smiley face emoji. This YP went on to text that he was really proud, as he hadn't applied for anything in years!**

**"Thank you for all your help and support, you have really helped and I can say honestly without you I would not be where I am today. Also thank you for all your help with the volunteering, it hasn't been as much as I would have liked it to have been but none the less you have made it extremely enjoyable and a lot less daunting, so thank you.**

**Although I'm off to uni I would still like to help out at KIM when I can but don't know what my commitments are yet, but I would like to go back to helping at the youth zoom, if you would have me? "**

# KIM CA Work

**This project has focused on bringing together mental health support and practical advice to people and communities across North Wales, through connecting a partnership between KIM Inspire and Citizens Advice. This service was initiated during the pandemic and has now been successfully designing and delivering essential support across North Wales for the last year.**

We found, particularly during the pandemic, that many people were struggling with mental ill health due to practical issues that were causing high levels of stress and anxiety e.g. losing their regular income, struggling with the benefits system or the threat of homelessness. In addition to this, we saw a rapid increase of people struggling with energy bills, which, with the energy crisis and increase in cost of living, is exacerbating the stress and anxiety the vulnerable people in our communities are dealing with on a daily basis.

The KIM CA link worker attends a weekly clinic in the food club in Holywell, Flintshire, offering mental health support to people struggling to afford food and referring to Citizens Advice to help them improve their circumstances.

In addition to this, the link worker has been collaborating and working with a member of staff from Citizens Advice, delivering energy advice in our KIM groups using our hybrid approach. This way, our clients who are in digital poverty still have the same opportunities and accessibility as their peers, which in turn reduces isolation and increases a sense of belonging.



*Photo from an energy advice session with our hybrid approach in full effect*

**'I had no idea this was a thing, they don't tell you about anything. I can breathe easier knowing I've got £140 towards my bills. Thank you ever so much for doing that for me, I'm no good with technology. It's a good job you're here!'**

The KIMCA link worker has increased people's awareness of the warm home discount and the priority service register that their energy provider offers and the winter fuel support scheme, through the Welsh Government. This is in addition to giving practical advice around ways to keep your home warm.

Many people who the link worker has been supporting had no knowledge of these services, and the relief expressed once they knew they had additional funds to keep warm was priceless.

The link worker has also undertaken a variety of modules from the CA general

advice training programme. The training has included support with form filling (such as legal forms, PIP applications etc), using CA tools to better research topics relevant to clients to advise as much as possible, understanding types of benefits and client's entitlement, when/if referrals to other services is needed. This addition could prove vital for members of our communities as waiting times and lists for services have significantly increased due to the impact the Covid pandemic has had over the past 2 years.

Over the past 12 months, the link worker has been able to achieve this and further strengthen connections and relationships through face-to-face meetings, referrals, groups and phone calls. The link worker has delivered:

- **102** Referrals into Citizens Advice
- **121** Info/signposting raising awareness meetings
- **54** 1-2-1 support sessions

This demonstrates a high uptake and need for this service.

**"Having you on the phone has made a 1000% difference, in a good way!"**

As well as referring to Citizens Advice, The KIMCA link worker has been referring & signposting vulnerable people to Warm Wales, NEST and LEAP for energy home improvements. Knowing that these services are free, the anxiety, stress and worries of our vulnerable people decreased immensely.

We have been establishing a number of organisational networks and attending community groups across North Wales to raise awareness of the project. These include Age Connects, MIND, ICAN Ynys Mon, Team around the Family to name a few, in community venues such as Caia Park Wellbeing hub, Pensarn Community centre, Holyhead, Prestatyn library and more.



# KIM Volunteering

**Our volunteers continue to tell us that the best route to learning to care for yourself is to care for others. Our volunteers report a huge improvement in their own mental health by giving time to support people who are struggling with their own mental health or by helping in their own community. We welcome people from all walks of life and appreciate the wide range of skills and experiences our volunteers bring.**

Volunteering at KIM has changed again. In the autumn of 2021 we started to connect again, face to face, and we asked our volunteers to be part of this. In the in-person groups, we asked our volunteers to support clients who had started to venture out again, follow the health and safety guidance and support clients to do the same. All the while our volunteers continued to plan, prepare and facilitate sessions, bake for groups, research topics and resources and support those around them.

We continue to offer a range of opportunities for self-development, accredited training and the opportunity to link with others. Over this period, the Steve Morgan Foundation funded our volunteering project.

Allowing volunteers to 'play to their strengths' while also developing new skills that offer new challenges continues to be how we tailor volunteer roles to the individual. This strengths-based approach, and flexibility, remains fundamental to our volunteering opportunities.

## R's Story

R was very poorly when she started attending KIM groups in 2018. She had to really push herself to attend but attended



*KIM volunteers completing the First Aid at work course. November 2021*

regularly and found plenty of benefit.

During the pandemic, R's natural skills became apparent, as her confidence grew while attending Zoom sessions from her own home. We asked her to consider volunteering.

In June 2021 R attended the KIM volunteer training and her confidence grew each week, getting positive feedback about her written work and verbal contributions felt amazing to R and she finished the training with a new focus and confidence.

Currently, R attends all training offered and participates fully; this is someone who found it difficult to contribute in KIM groups 3 years ago. R attended our volunteer Christmas lunch, a huge step, as she had not socialised outside the home for a long time.

Her children commented 'it feels like they have their Mum back again' and R credits volunteering for helping her.

**"Volunteering has raised my self-esteem. I belong to something important."**

This has spilled over into other areas of my life and I care about myself again. I would not be where I am today had I not said 'Yes' to becoming a KIM volunteer'.

# Achievements

**21 volunteers completed accredited training in the following areas:**

- Mental health and wellbeing
- Level one safeguarding
- Emergency First Aid at work
- Resilience
- Assertiveness
- Welsh language and culture

Additional training in this period included: CBT skills for volunteers, motivational interviewing, ICAN volunteer training, book of you training.

One volunteer has been recognised with a regional award for personal development, from Age Connects. This was for the work she did, on Zoom, during the pandemic.

At Christmas we were able to treat our volunteers to a meal out, to thank them for their commitment and support to KIM. This provided an excellent opportunity for people to socialise and share experiences.

Developing a new Hub in Prestatyn and further building our presence in Wrexham has been fully supported by volunteers. They have helped us get buildings and outside spaces fit for purpose and been flexible in how and where they support KIM.

Our Holywell garden has changed dramatically, with lots of very hard work from KIM volunteers. An award from Keep Wales Tidy meant we had new equipment, plants and sheds all of which has been planned, installed and maintained by our KIM volunteers.

All of our groups benefit from the support of a volunteer. A number of groups have been facilitated by volunteers – creative challenge, creative Thursdays and connect at KIM all relied on volunteers preparing, facilitating and running activities.

**'Volunteering at KIM has raised my self-esteem. I was always terrified, felt inadequate. KIM has confidence in me and encourages me to accept the challenges. I feel valued; I am viewed positively and respectfully. I feel part of a team again'**

**'I get on with life thanks to everything I have learnt at KIM'**

**'Thanks to KIM for believing in me and trusting me, it really gives me confidence in myself'**

**'I never thought that I would be able to do this. I see myself totally differently now'**

**'Being a KIM volunteer has been like gold dust for my studies, such a great opportunity to add depth to my learning..... I am confident to speak to others and feel confident to live away from home and in a new place'**

**'I can't believe how much of a difference coming to KIM has made to how I feel'**

**'Volunteering at KIM has raised my self-esteem. I was always terrified, felt inadequate. KIM has confidence in me and encourage me to accept the challenges. I feel valued; I am viewed positively and respectfully. I feel part of a team again'**

# Community Activities

**It has been wonderful to be able to welcome people back to the Hub this year and have a number of different organisations using the Hub for various meetings, events and activities.**

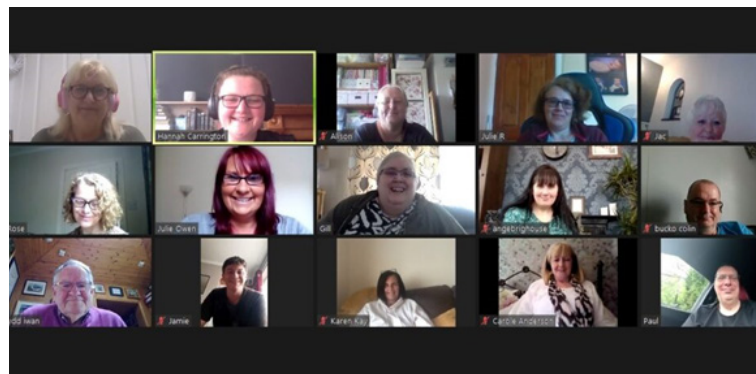
1st Carmel Brownies are meeting weekly at the Hub and enjoying both the indoor and the outdoor space that the Hub has to offer. In addition, Cambrian Credit Union commenced services from the Hub at the end of February, opening 4 days per week and we continue to work very closely with Citizens Advice, with their representatives being based from the Hub at least one day per week.

We are hoping for the return of our weekly Friday pop up café to return in the new financial year and other community based activities. Events and activities are regularly posted on our website at [www.kim-inspire.org.uk](http://www.kim-inspire.org.uk) and Facebook page at [www.facebook.com/kiminspire](https://www.facebook.com/kiminspire).

## Facilities for hire

Part of our income generation strategy for the charity is to hire out rooms at the Hub. We have a fantastic selection of recently redecorated rooms from one to one meeting rooms and hot desking space to meeting rooms which accommodate up to 60 people, which we can hire out to outside organisations. The Hub has full disability access, WIFI and parking, plus a fantastic garden which can be used for outside activities.

Many external organisations use the Hub either regularly or for one off events and meetings and we value the links we have with partner organisations who utilise the Hub.



## Welsh at KIM

KIM has continued to offer Welsh Language and Culture courses both Level 1 and 2 in partnership with Adult Learning Wales and Agored. Continuing with the online sessions encompassing teaching and learning virtually all the while coming up with ways to involve learners and create a dynamic virtual learning experiences. We have at KIM been successful in doing just this while the Welsh Language groups continue to be a popular choice with our clients.

We ran four 10-week courses this year for clients and one course for Conwy CAB staff.

As always, personal aspirations are fulfilled when clients are able to learn a new language and greet each other in Welsh. Learners soon learn that the Welsh language is a living language and becoming increasingly popular to learn the Welsh language. It is also a way to open doors to new opportunities and experiences. Also of course benefiting the families of our clients who have young children at home – now clients can help with Welsh homework.



The highlight this year was when Huw Edwards joined a special Welsh group on 4th July 2021. Huw Edwards is a Welsh journalist, presenter, and newsreader. He is the lead presenter of Britain's most watched news programme for BBC News and has presented major breaking news in the United Kingdom.

Huw Edwards talked about the importance of learning about Wales, its history and how the preservation of the Welsh language is important.

It was great to hear Huw talk about the impact of the Welsh football team, in the Euro 2020 championships, on global awareness of our amazing language and culture – Cymru.

### **Welsh Language Zoom**

Early in 2022, we started an innovative bespoke Welsh Language zoom drop-in. The sessions specifically for Welsh speakers where they can come along to a session and speak in their own language – Welsh.

The group looks at different aspects of improving mental health and well-being while introducing culture, history, current affairs and music to the sessions. Cooking sessions where everyone learns a new skill or hears of a new recipe they can try. As always the cooking sessions proving popular, this group focusing of course on popular Welsh recipes such as Bara Brith, Lobsnows and pwddin reis.

Dafydd Iwan, Welsh folk singer and politician joined all four courses to talk about his vision for Wales; he also shared some of his experiences over the years and the importance of unity in diversity in our communities today.

**"It is so good to be able to come along to a group and speak in Welsh, there is no other group across North Wales where this is possible in zoom"**

**"Thank you so much for inviting me to join the Welsh zoom group – I can't believe that I am involved in a group where I can speak Welsh and be proud to be Welsh"**

**"I thoroughly enjoyed this course. I enjoyed learning to speak the language and about the history of the country I live in."**

**"The learning was delivered at the right pace, I never felt that I was being overtaken by other participants, and every session I learned something new! Gwych!"**

**"Really interesting and informative course. Great tutor who was able to support the whole group, as well as encouraging the individuals. Really glad I was encouraged to enjoy all that Wales has to offer, and I am now back exploring the castles of North Wales with my nieces and nephew."**

**"I enjoyed the course, and I am hoping that we will be enrolled on level 2. We discussed vast topics, and explored the Welsh culture and history along with Welsh language."**



Liz Saville Roberts Plaid Cymru leader in Westminster and Mabon AP Gwynfor Plaid Cymru member in the Senedd for Dwyfor/Meirionnydd also joined us in the group for great inspirational sessions where we heard about their work in Westminster and the Senedd and how they are able to safeguard the interests of Wales.

### **Symyd Ymlaen – Moving Forward**

KIM Active Inclusion project tackles unemployment that is managed by WCVA supported by funding from European Structural and Investment Funds.

The aim of the project is to reduce economic inactivity in Wales and improve the employability of disadvantaged people.

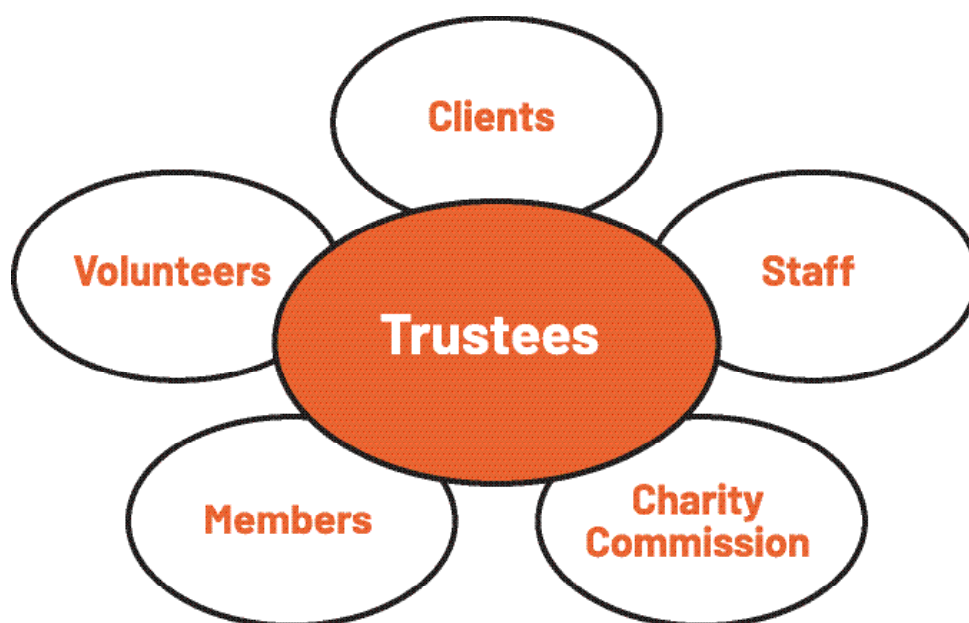
We at KIM are able to support providing training and qualifications for participants of the project. The project started in February 2020 and although we initially hit all targets, the Covid pandemic and lockdown in March 2020 had an impact on the project.

Staff have worked hard throughout to keep the momentum of the project going.

At the end of the project in February, we had:

- 121 participants
- 9 achieving a full accreditation
- 3 achieving a part qualification
- 83 work relevant certificates
- 102 positive outcomes
- 14 engaging in a job search
- 16 entering volunteering
- 14 entering further learning
- 3 entering employment

# How we are governed



## Our Structure

KIM Inspire is a company limited by guarantee (incorporated 19 June 2002, registered number 4464874) and is a registered charity in England and Wales (charity number 1104186). The charity's constitution is its Articles of Association.

## Our Trustees

The directors of the company are also known as Trustees.

The Board of Trustees seeks to ensure that KIMs beneficiary groups are reflected through the diversity of the board. KIM has sought to identify existing and previous individuals who have received KIMs support who would be willing to become members of the Board and use their own experience to assist the charity.

We try to maintain a broad skill mix on the board. The boards skills are

recorded, reviewed and monitored with gaps in skills identified. Potential new trustees are invited and encouraged to join the board based on the overall skill set and rotation of members.

## Subsidiary

The charity has a wholly owned subsidiary as at 31 March 2022, KIM Inspire Social Enterprises Ltd which is registered in England and Wales (incorporated 1 February 2011, registered number 07908511) as a company limited by shares. We raise some of the funds needed to run KIM Inspire through the trading activities of this subsidiary, however the cafes have been closed for the entire financial year due to the Covid 19 pandemic.

## Organisational structure

The Board of Trustees is responsible for the strategic direction and policy of the charity. At present, the Board has four members from a variety of

professional backgrounds, with one further potential Trustee progressing through the induction process at year end. The Board meets on a two monthly basis to discuss current and future work, financial and funding issues and other relevant general matters. Under the requirements of the Memorandum and Articles of Association, one third of the trustees are subject to retirement by rotation at each Annual General Meeting, after which they may be re-elected, if the resulting vacancy is not filled.

### **Induction and training of new trustees**

All potential new Trustees are provided with a comprehensive package of information regarding the charity as part of their Induction process. Each potential Trustee will be asked to attend three Trustee meetings following which they will be interviewed by two members of the Board to ensure suitability for the position. If successful, the individual is co-opted onto the Trustee board until the next Annual General Meeting.

### **Strategic Partnerships, national policy and direction**

KIM is guided by both local and national policy and works to a model of utilising community resources to encourage social integration and co-production in order to provide our service. The Social Services and Well-Being Act (Wales) 2014 has highlighted this approach as the way forward. We also endeavour to address the inequality and stigma for people who have mental illness in line with the Welsh Governments' 10-year strategy 'Together for Mental Health' implemented in 2012 and the Mental

Health (Wales) Measure, 2010.

Representatives of the charity participate in mental health and voluntary sector network meetings. The charity has close links with local organisations such as Flintshire County Council, the Betsi Cadwaldr University Health Board, the Community Mental Health teams, the Drug and Alcohol Teams, the Glyndwr and Swansea Universities.

Such partnerships prove invaluable to the charity in establishing improved links and referral processes within the community and in identifying relevant policy developments, up to date research and prospective projects and funding.

In preparing this report, the Trustees have had regard to the Charity Commission's guidance on public benefit.

# Our people

**Our volunteers and employees are truly remarkable, and we're committed to helping them succeed in every aspect of their roles.**

## Staff Team

The paid staff of KIM comprises of 15 staff of which 11 are full time. The full time equivalent is 14. Being a social care organisation, all members of staff are frontline for some aspects of their role as all the team work with volunteers and clients in a variety of ways to increase skills and knowledge. The staff team are highly qualified with a breadth of experience and skills from a wide range of diverse backgrounds.

## Volunteer Team

One of our Operational Managers has responsibility for the volunteers and recruits, trains and supports them in being involved in all aspects of KIM's work. Our volunteers get involved in: gardening, as cafe assistants, cooking, administration, group support and group facilitation. Volunteering roles at KIM are shaped to suit individuals, their interests and skills. We fully support people, from any background and experience, to be involved as a volunteer. The Volunteer team for the year included 46 volunteers.

## Karen's Story

Karen joined KIM4Her in Flintshire in August 2018. She had experienced a period of poor mental health after unexpected redundancy and feeling like life had stopped.

Karen made contact with KIM and, despite finding it hard due to her poor mental health, regularly attended groups. She enjoyed the range of



activities on offer. Her confidence grew slowly, but surely, and she made excellent links in the group. Karen's skills soon became apparent. Karen always welcomed new group members and supported staff and facilitators in the sessions. When we ran the accredited KIM volunteer training in June 2019, Karen was asked to attend.

Karen thrived on the volunteer training and her confidence grew further, she soon became involved in groups as a volunteer and was very reliable and supportive to clients. Karen also volunteered at the KIM café in Mold Crown Court and this experience, with a different group of KIM volunteers, in a customer-facing role, further developed her self-esteem. During the pandemic Karen became involved in online Zoom groups and was always willing to attend training and volunteer meetings, all of this helped her to stay well.



Our Prestatyn ICAN hub opened in the summer of 2021 and Karen has been a committed and central part of building our KIM groups there. She has organised facilitators and welcomed new clients to groups, with reassurance and kindness. Karen is now a member of the KIM team, in a support worker role.

Karen says: When I started volunteering in the café at the Crown Courts, I was so nervous and anxious. However, it turned out to be one of the best things that I've ever done. It gave me a purpose and routine once again and my confidence grew day by day there.

I also volunteered in the Connahs Quay group and when Covid struck I got involved with as many online groups as possible.

In May 2022 I saw the advertisement for a hub support worker in the Prestatyn hub. Once again, self-doubt crept in but I just knew that I had to apply. It still feels surreal to now be working with the team at KIM, but I believe that I am proof that KIM works and I only hope that I can now go on to help others to improve their mental wellbeing and quality of life.

## Looking after our People

### Safeguarding

**KIM believes that no child, young person or adult should ever experience abuse of any kind. We have a responsibility to promote the welfare of all individuals and to keep them safe. We are committed to practice in a way that protects them.**

We all have a responsibility to safeguard the welfare of the individuals we work with, their carers, family members and children.

It's important everyone at KIM Inspire understands their responsibilities and the steps they should take if they have any concerns for the safety of a vulnerable person.

### What is safeguarding?

Safeguarding is about protecting and supporting people so that they can live free from harm, abuse and neglect.

To do this, we have put in place processes designed to protect those people including a comprehensive Safeguarding Policy and mandatory Safeguarding training for all staff and volunteers, which is updated on a regular basis.

### Why is it important?

Safeguarding needs to be considered in all KIM Inspire settings and activities that may involve vulnerable people, its staff and volunteers.

We have a moral and legal responsibility to support the welfare and safety of vulnerable people.

### Who is responsible for safeguarding?

We strive to proactively safeguard and promote the welfare of the individuals we work with, our staff and volunteers. We are always mindful of the fact that safeguarding issues could arise and the primary need is for all staff and volunteers to be vigilant and open-minded about these risks.

KIM Inspire's Chief Executive Officer has overarching responsibility for safeguarding across the charity and holds the position of Safeguarding Officer. In addition, there is a Deputy Safeguarding Officer and a Trustee who has safeguarding responsibilities.

In addition, all staff and volunteers are expected to read, understand and follow our Safeguarding Policy and the guidance and procedures within it.

# Principal Risks & Uncertainties

**The Board of Trustees has overall responsibility for risk management for KIM Inspire and its subsidiary. This includes setting the risk appetite for the charity, ensuring that there are reasonable procedures in place for the prevention and detection of major risks, including fraud risk and other irregularities, and ensuring that risk procedures are reviewed when issues arise.**

## **Risk Management**

The Board of Trustees, along with all members of staff, hold an Annual Planning Meeting, to discuss KIM Inspire's current and future service provision and direction.

Risk Assessments of the charity and of specific projects and activities are carried out as appropriate. A risk register has been established, which is updated at least annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces.

Significant external risks to funding have led to the development of a strategic plan, which will allow for the diversification of funding and activities. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects, including a comprehensive financial procedures policy.

Procedures are in place to ensure compliance with health and safety of staff, volunteers, individuals and visitors to the offices and venues used by the charity.

All members of staff, volunteers and members of the Management Committee who may have significant contact with individuals are required to undergo appropriate DBS checks.

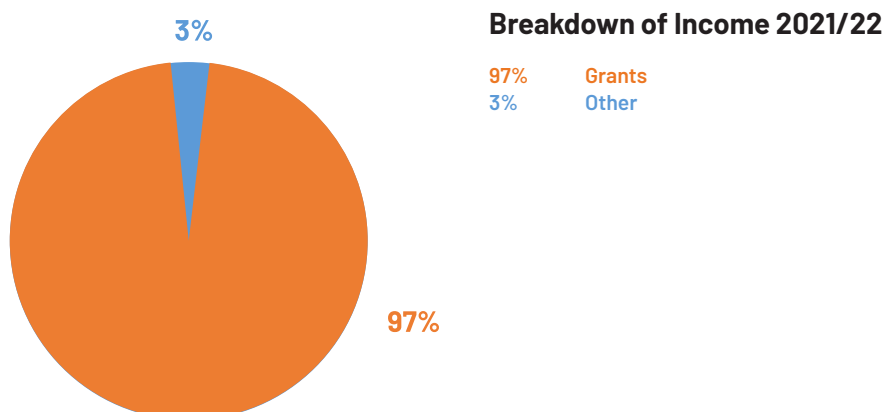
# Financial Review

The result for 2021/22 was a surplus of £10,160. The breakdown is as follows:

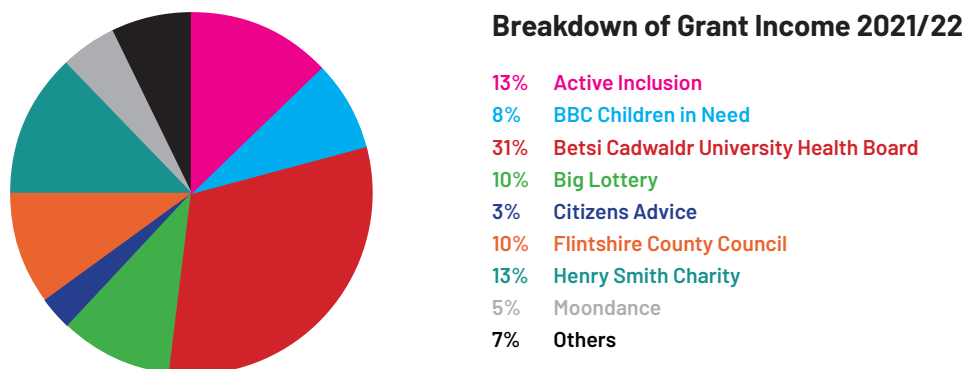
	31 March 2020	31 March 2021	31 March 2022
<b>Income</b>	£423,829	£418,892	£539,732
<b>Expenditure</b>	£412,543	£407,951	£529,572
<b>Surplus/(Deficit)</b>	£11,286	£10,941	£10,160
<b>Unrestricted funds</b>	£89,017	£98,026	£98,686
<b>Total funds</b>	£295,566	£306,507	£316,667

## Funding sources

The funding sources for the charity during the year were split as follows:



Revenue Grant funding remains the most significant source of funding and is split as follows:



## **Reserves policy**

KIM Inspire's reserves are generated from unrestricted sources i.e. payment for services, fundraising, room hire and donations, and are reviewed annually. The Board of Trustees have reviewed the Reserves policy. Ideally, to meet all potential financial commitments over a period of up to 6 months in the event of a loss of funding, unrestricted reserves should be £134,200. The level of unrestricted reserves at year end was below this however the Trustees have agreed and accepted that the risk is mitigated by the spread of income received and the very low likelihood that all funding would be lost at once. This year the Trustees have agreed that Designated reserves have been increased to £25,000: Replacement heating system £5,000 (up £1,500); Redundancy costs £10,000 (up £3,000) and Garden Wall replacement £10,000 (up £5,000).

## **Investment policy and objectives**

Aside from retaining a prudent amount in reserves each year, most of the charity's funds are to be spent in the short term so there are few funds for long term investment. In addition to the Bank current account, the Charity also operates an instant access deposit account with HSBC and a high interest deposit account with Santander.



# Statement of responsibilities

## **Statement of responsibilities of the Trustees of KIM Inspire in respect of the Trustees' Annual Report and the financial statements**

The Trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and regulations.

Company and charity law requires the Trustees to prepare financial statements for each financial year. Under that law they are required to prepare the company financial statements in accordance with UK Accounting Standards and applicable law (UK Generally Accepted Accounting Practice), including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the excess of income over expenditure for that period. In preparing each of the charitable company financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently
- make judgements and estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- assess the group's and the charitable company's ability to continue as a going concern, disclosing, as

applicable, matters related to going concern

- use the going concern basis of accounting unless they either intend to liquidate the group or the charitable company or to cease operations, or have no realistic alternative but to do so.

The Trustees are responsible for keeping adequate and proper accounting records that are sufficient to show and explain the charitable company's transactions, disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that its financial statements comply with the Companies Act 2006.

They are responsible for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error, and have general responsibility for taking such steps as are reasonably open to them to safeguard the assets of the group and to prevent and detect fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

# Legal and Administrative Information

## Trustees

Rev. A Hooper  
Dr M Ghisoni  
Rev DC Cawdell (Appointed 11 November 2021)  
Mr Lee Brown (Appointed 11 August 2021)  
Dr. Jacqui Pattie (Resigned 12 November 2021)  
Ms. Lynda Carter (Resigned 14 September 2021)

## Secretary

Wendy Jones-Booth

**Charity number**  
**Company number**

1104186  
4464874

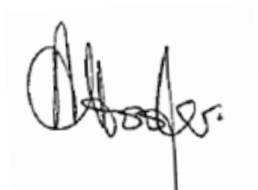
## Principal address

The Hub  
Park Lane  
Holywell  
Flintshire  
United Kingdom  
CH8 7UR

## Independent examiner

Azets  
Brynford House  
21 Brynford Street  
Holywell  
Flintshire  
United Kingdom  
CH8 7RD

The trustees report was approved by the Board of Trustees.



**Rev A Hooper - Trustee**  
**Dated: 1 September 2022**

# Independent Examiner's Report to the Trustees of KIM Inspire

## **Independent examiner's report to the trustees of KIM Inspire ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

### **Responsibilities and basis of report**

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### **Independent examiner's statement**

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no 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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or

3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

**Melanie Langton-Davies ACA, FCCA**  
**Azets Audit Services Limited**

Brynford House  
21 Brynford Street  
Holywell  
Flintshire  
CH8 7RD  
United Kingdom

**Dated: 1 September 2022**

# Statement of Financial Activities for the year ended 31 March 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
<b><u>Income from:</u></b>							
Grants and donations	2	23,386	509,001	532,387	9,161	407,496	416,657
Charitable activities		-	-	-	1,320	-	1,320
Other trading activities	3	4,459	-	4,459	513	-	513
Investments	4	2,886	-	2,886	402	-	402
<b>Total income</b>		<b>30,731</b>	<b>509,001</b>	<b>539,732</b>	<b>11,396</b>	<b>407,496</b>	<b>418,892</b>
<b><u>Expenditure on:</u></b>							
Charitable activities	5	20,571	509,001	529,572	387	407,564	407,951
<b>Net incoming resources before transfers</b>		<b>10,160</b>	<b>-</b>	<b>10,160</b>	<b>11,009</b>	<b>(68)</b>	<b>10,941</b>
Gross transfers between funds		(9,500)	9,500	-	(2,000)	2,000	-
<b>Net income for the year/ Net movement in funds</b>		<b>660</b>	<b>9,500</b>	<b>10,160</b>	<b>9,009</b>	<b>1,932</b>	<b>10,941</b>
Fund balances at 1 April 2021		98,026	208,481	306,507	89,017	206,549	295,566
<b>Fund balances at 31 March 2022</b>		<b>98,686</b>	<b>217,981</b>	<b>316,667</b>	<b>98,026</b>	<b>208,481</b>	<b>306,507</b>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.



# Balance Sheet

## as at 31 March 2022

	Notes	2022 £	£	2021 £	£
<b>Fixed assets</b>					
Tangible assets	8	192,981		192,981	
Investments	9	1		1	
		<u>192,982</u>		<u>192,982</u>	
<b>Current assets</b>					
Debtors	10	12,367		50,939	
Cash at bank and in hand		340,293		220,683	
		<u>352,660</u>		<u>271,622</u>	
<b>Creditors: amounts falling due within one year</b>	11	(228,975)		(158,097)	
Net current assets		<u>123,685</u>		<u>113,525</u>	
<b>Total assets less current liabilities</b>		<u>316,667</u>		<u>306,507</u>	
<b>Income funds</b>					
Restricted funds - general	12	217,981		208,481	
Unrestricted funds		98,686		98,026	
		<u>316,667</u>		<u>306,507</u>	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2022.

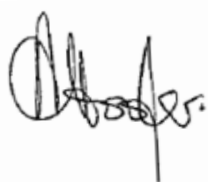
The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The financial statements were approved by the Trustees on 1 September 2022



Rev. A Hooper  
Trustee



Rev DC Cawdell  
Trustee

Company Registration No. 4464874

# Notes to the Financial Statements for the year ended 31 March 2022

## 1 Accounting policies

### 1.1 Basis of preparing the financial statements

The financial statements of the charitable company, 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 Companies Act 2006. The financial statements have been prepared under the historical cost convention.

### 1.2 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

### 1.3 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.

### 1.4 Tangible fixed assets

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

Freehold land and buildings	4% on cost
Plant and equipment	25% on cost and 20% on cost
Fixtures and fittings	25% on cost
Computers	25% on cost

### 1.5 Taxation

The charity is exempt from corporation tax on its charitable activities.

### 1.6 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.

### 1.7 Pension costs and other post-retirement benefits

The charitable company pays an employer's contribution into the employees own stakeholder pension schemes. Contributions payable by the charitable company are charged to the Statement of Financial Activities in the period to which they relate.

### 1.8 Investments

Shares in the subsidiary company are shown at cost.

# Notes to the Financial Statements

## for the year ended 31 March 2022 (Continued)

### 2 Grants and donations

	Unrestricted funds	Restricted funds general	Total	Unrestricted funds	Restricted funds general	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Donations and gifts	10,875	-	10,875	9,161	-	9,161
Grants receivable	12,511	509,001	521,512	-	407,496	407,496
	<u>23,386</u>	<u>509,001</u>	<u>532,387</u>	<u>9,161</u>	<u>407,496</u>	<u>416,657</u>

### 3 Other trading activities

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Fundraising events	<u>4,459</u>	<u>513</u>

### 4 Investments

	Unrestricted funds	Unrestricted funds
	2022	2021
	£	£
Rental income	2,857	280
Interest receivable	29	122
	<u>2,886</u>	<u>402</u>

# Notes to the Financial Statements for the year ended 31 March 2022 (Continued)

<b>5 Charitable activities</b>	<b>2022 £</b>	<b>2021 £</b>
Staff costs	429,497	355,185
Depreciation and impairment	-	68
Opening stock	-	31
Purchases	400	-
Premises costs	11,396	6,686
Insurance	2,504	2,233
Employment services	1,792	1,898
Donations made	7,360	-
Administrative expenses	12,851	10,592
Direct project costs	6,187	7,968
Repairs and renewals	11,410	7,253
Fundraising events costs	236	236
Staff and volunteer expenses	9,673	2,621
Medicash and BUPA	615	544
Beneficiary costs	35,609	12,636
Bank charges	42	-
	<u>529,572</u>	<u>407,951</u>
	<u>529,572</u>	<u>407,951</u>
<b>Analysis by fund</b>		
Unrestricted funds	20,571	387
Restricted funds - general	509,001	407,564
	<u>529,572</u>	<u>407,951</u>

## **6 Trustees**

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

## **7 Employees**

The average monthly number of employees during the year was:

<b>2022 Number</b>	<b>2021 Number</b>
<u>15</u>	<u>14</u>



# Notes to the Financial Statements for the year ended 31 March 2022 (Continued)

## 7 Employees

(Continued)

Employment costs	2022	2021
	£	£
Wages and salaries	408,132	336,930
Other pension costs	21,365	18,255
	<u>429,497</u>	<u>355,185</u>

## 8 Tangible fixed assets

	Freehold land and buildings £	Plant and equipment £	Fixtures and fittings £	Computers £	Total £
<b>Cost</b>					
At 1 April 2021	201,517	15,220	10,667	13,599	241,003
At 31 March 2022	<u>201,517</u>	<u>15,220</u>	<u>10,667</u>	<u>13,599</u>	<u>241,003</u>
<b>Depreciation and impairment</b>					
At 1 April 2021	8,536	15,220	10,667	13,599	48,022
At 31 March 2022	<u>8,536</u>	<u>15,220</u>	<u>10,667</u>	<u>13,599</u>	<u>48,022</u>
<b>Carrying amount</b>					
At 31 March 2022	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>
At 31 March 2021	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>

## 9 Fixed asset investments

	Other investments
<b>Cost or valuation</b>	
At 1 April 2021 & 31 March 2022	<u>1</u>
<b>Carrying amount</b>	
At 31 March 2022	<u>1</u>
At 31 March 2021	<u>1</u>

	Notes	2022 £	2021 £
Other investments comprise:			
Shares in group undertakings		<u>1</u>	<u>1</u>

# Notes to the Financial Statements for the year ended 31 March 2022 (Continued)

## 10 Debtors

	2022	2021
	£	£
<b>Amounts falling due within one year:</b>		
Other debtors	3,000	3,000
Prepayments and accrued income	9,367	47,939
	<u>12,367</u>	<u>50,939</u>

## 11 Creditors: amounts falling due within one year

	2022	2021
	£	£
<b>Notes</b>		
Other taxation and social security	(14)	36
Deferred income	201,495	143,852
Trade creditors	(3)	60
Other creditors	54	54
Accruals	27,443	14,095
	<u>228,975</u>	<u>158,097</u>

# Notes to the Financial Statements for the year ended 31 March 2022 (Continued)

## 12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds				Movement in funds				Balance at 31 March 2022 £
	Balance at 1 April 2020 £	Incoming resources £	Resources expended £	Transfers £	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Transfers £	
Active Inclusion 2020-2022	-	44,460	(44,460)	-	-	55,099	(55,099)	-	-
BBC Children in Need	-	36,361	(36,361)	-	-	32,296	(32,296)	-	-
Betsi Cadwaldr University Health Board	-	12,969	(12,969)	-	-	109,883	(109,883)	-	-
Big Lottery - 2018-2021	-	61,888	(61,888)	-	-	44,332	(44,332)	-	-
Big Lottery - Capital Fund	193,049	-	(68)	-	192,981	-	-	-	192,981
Big Lottery - Community Fund	-	1,634	(1,634)	-	-	-	-	-	-
CFIW - Wales Coronavirus Resilience Fund	-	4,891	(4,891)	-	-	4,298	(4,298)	-	-
Citizens Advice	-	14,500	(14,500)	-	-	14,500	(14,500)	-	-
Designated Fund	13,500	-	-	2,000	15,500	-	-	9,500	25,000
Flintshire County Council (FCC)	-	55,594	(55,594)	-	-	43,477	(43,477)	-	-
Henry Smith 2019-2022	-	62,327	(62,327)	-	-	56,230	(56,230)	-	-
Local Mental Health Scheme	-	28,949	(28,949)	-	-	25,398	(25,398)	-	-
Lloyds Foundation	-	14,374	(14,374)	-	-	-	-	-	-
Steve Morgan Foundation	-	69,550	(69,550)	-	-	-	-	-	-
AVOW BCU Winter Pressures	-	-	-	-	-	9,000	(9,000)	-	-
British Gas (via Citizens Advice)	-	-	-	-	-	9,500	(9,500)	-	-
DVSC 2022	-	-	-	-	-	1,900	(1,900)	-	-
Moondance	-	-	-	-	-	23,000	(23,000)	-	-
Neighbourly - Virgin Media O2 Together Fund	-	-	-	-	-	1,000	(1,000)	-	-
Welsh Government - Loneliness & Social Isolation Fund	-	-	-	-	-	2,670	(2,670)	-	-
	206,549	407,497	(407,565)	2,000	208,481	432,583	(432,583)	9,500	217,981

## 12 Restricted funds

The Trustees have agreed that Designated funds should be put in place to cover the following:

Replacement heating system £5,000 (up from £3,500); Redundancy costs £10,000 (up 7,000); and Garden wall replacement £10,000 (£5,000)

# Notes to the Financial Statements for the year ended 31 March 2022 (Continued)

## 13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021	2021
	£	£	£	£	£	£
Fund balances at 31 March 2022 are represented by:						
Tangible assets	192,981	-	192,981	192,981	-	192,981
Investments	1	-	1	1	-	1
Current assets/ (liabilities)	123,685	-	123,685	(93,362)	206,887	113,525
	<u>316,667</u>	<u>-</u>	<u>316,667</u>	<u>99,620</u>	<u>206,887</u>	<u>306,507</u>

## 14 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2022	2021
	£	£
Within one year	600	1,700
Between two and five years	1,950	-
	<u>2,550</u>	<u>1,700</u>

## 15 Capital commitments

As at 31 March 2022 the charity had no capital commitments (2021 - none).

## 16 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

## 17 Legal status of the charity

The charity is a company limited by guarantee and has no share capital.

Every member promises, if the charity is dissolved while they remain a member of within 12 months of their resignation as a member, to pay up to £1 towards the costs of dissolution and the liabilities incurred by the charity.

## 18 Pension cost

The company makes contributions to a defined contribution pension scheme for 9 (2021; 10) of its employees. The charge for the year totalled £21,365 (2021; £18,255). There were no costs prepaid or due at year end.





# Thank you

We want to say a big thank you to all our funders, supporters, fundraisers, volunteers, partners, referrers, customers and our individuals who inspire us to do the work we do.



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