

Charity Registration No. 1104186

Company Registered No. 04464874  
(England and Wales)

# **KIM Inspire Annual Report and **Accounts 2022/23****



**“I wouldn’t be the person I have  
become without KIM”**

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



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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.

**"Without KIM, I would still be stuck at home in my flat every day, too scared to go out. Coming has really helped my confidence"**



*Clients and volunteers enjoying a festive trip to Liverpool*

## KIM's Awards

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

- **2015** - Care Council for 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 4 '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

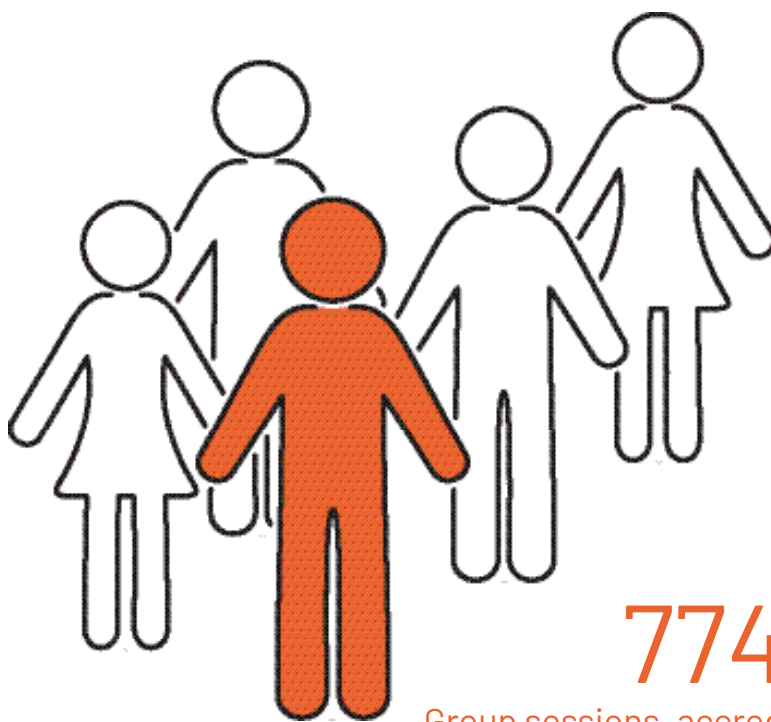
46

Number of staff

15

103

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

804

people during the year

7745

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

# Welcome

## **2022 was a year of change as services have evolved with the reduction of the influence of the pandemic.**

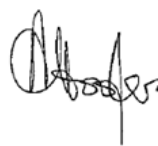
KIM has seen the increased return to face-to-face working, whilst still retaining some online groups to allow greater access for people with geographical or other barriers. These, together with using the new concept of hybrid groups, with people accessing the same group either in person or via online 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 new involvement at Corwen.

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 projects which are currently being reviewed.

The staff team again have been highly committed and with increased professional capacity 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

# KIM 4 Her

## Flintshire

**In Flintshire  
KIM4Her, we  
had some really  
interesting new  
groups.**

Our highlights for this period include 'Start Where You Are', a group for brand new women, to introduce them to KIM and work on gradually increasing their confidence and reducing their social anxiety by connecting them with other women, developing new skills and interests and linking them to community activities in their area. Topics in this group include self-care, working as a team, assertive communication skills and how to increase decision-making abilities.

***"I wouldn't be the person I have become without KIM. Thank you for taking the time to support me on my journey, I had no self-esteem before joining this group."***

'Hair-raising Confidence' took place in Ty Calon, a community building in Queensferry. This group focused on increasing our confidence to make changes to our appearance by identifying and overcoming barriers. This was achieved through role-play, discussions about confidentiality, increasing self-awareness and improving our communication. At the start of the block, the participants told us that they were reluctant to visit a salon because of concerns about feeling



judged and not being able to ask for what they wanted. Outcomes from this group include; increased self-worth and confidence, making appointments for hair consultations and then getting the hairstyle and colour that they wanted.

***"I had never been to a hairdressers' before, I just didn't have the courage so, I used to cut my own hair. Since coming to this group, I've booked a consultation. I can't wait!"***

We used Holywell Leisure Centre for 'KIMeoke' – which was exactly as the name suggests. Initially, group members said that they would come along to watch, but not sing although it didn't take long for this to change! Participants have been singing solos, duets and as a whole group. After each session, they went home and thought about which songs made them feel good and what they'd like to sing the following week. The thing that stood out for everyone was the high level of support in the group, there was absolutely no judgement – just encouragement and fun!



# KIM 4 Her



*"I really enjoy the atmosphere when everyone sings. I'm so much happier in myself now and the people in the group are so kind. I like that I feel included and I've started listening to music at home instead of sitting in silence. I find this helps with my depression, I never thought I'd be singing in front of others too."*

## Achievements

- 201 women received support from KIM 4 Her Flintshire.
- 2510 total attendances of women at KIM 4 Her Flintshire.
- 4 Flintshire women started volunteering in the reporting period.
- KIM 4 Her volunteers facilitated group sessions on mental health first aid boxes, mindfulness journals, drawing skills, self-care meditation and jewellery making.
- Flintshire KIM 4 Her client went on to secured paid employment.

## Case Study

F was referred to KIM by the Community Mental Health Team to rebuild her confidence and to increase her opportunities for social inclusion and participation following her history of serious mental health issues and significant trauma. She initially told us that she didn't see how being in a group would help to improve her mental health.

F said that her anxiety is extremely high and that she experiences panic attacks on a regular basis. She was also experiencing financial difficulties and issues with housing- which we were able to support her with due to our KIMCA link worker's expertise.

F has truly come out of her shell and is really working hard to attend each session, because she recognizes how much it benefits her. When she has difficult days, F thinks about how happy she feels at KIM and how she doesn't want to step back into that negative space. We can see the change in her and that she is now flourishing. F told us that she is so grateful for KIM's support and that she couldn't imagine her life without the groups.



## Wrexham

### Empowering Women's Mental Health

The core mental health support group for women, Kim 4 Her, provided practical assistance, information sessions, and various activities to support clients in achieving positive changes. Recognising the social isolation caused by the Covid-19 pandemic, the group continued both in-person and hybrid sessions to foster community cohesion in the local area. The program included sessions on healthy relationships, self-care, pain management, oral health, financial literacy, anxiety management, resilience, confidence-building, cooking sessions, creative writing, candle making, flower arranging, and gambling support.

***"Without KIM, I would still be stuck at home in my flat every day, too scared to go out. Coming has really helped my confidence"***

The outcomes observed were remarkable, with participants reporting reduced anxiety, improved mood, increased assertiveness, and enhanced confidence. Additionally, there was a decrease in GP visits and an increase in community involvement. The women's project witnessed growth in participation and established partnerships with various organisations and individuals, including the Little Learning Company, The Wellbeing Hub, The Arts Council of Wales, Community Music Wales, Xplore, Keystone Heritage, local artists Natasha Borton and Jenny Cashmore, the Health Improvement Team, and primary and secondary mental health teams. Participants expressed their gratitude for the support received,



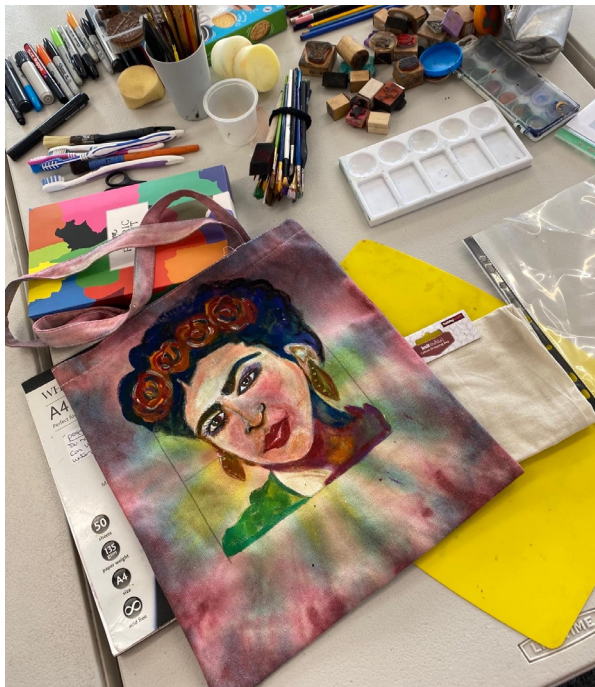
the opportunity to try new things, and the sense of belonging and connection fostered by the group.

***"I look forward to KIM each week and have enjoyed all the groups I have attended. I have made new friends and it also has helped me to try other things I may enjoy"***

The program's multifaceted approach to mental health support, empowerment, and addressing financial challenges has resulted in positive outcomes, improved well-being, and increased community involvement among participants.

***"I couldn't have even thought about going back to work without KIM. When I started, I had left my job and my home and didn't see a future. Now, I am back in work, doing something completely different, which I love. None of this would have happened without the confidence boost KIM gave me"***

# KIM 4 Her



## Achievements

- 80 new clients in Wrexham joined the program.
- 169 active clients engaged in various activities and support.
- 971 groups and 1-2-1 appointments were conducted, offering personalised assistance.
- 5 group participants transitioned to become program volunteers.
- 1 participant successfully secured full-time employment.
- 2 participants enrolled in college courses.
- 5 participants approached their GP and began receiving treatment for Menopause-related symptoms.

## Case Study

B joined Wrexham Connect@KIM after relocating from another area and leaving her job due to mental health challenges. Struggling with anxiety and low confidence, she felt isolated and hopeless about her future. Attending weekly group sessions, B gradually participated in discussions and connected with other participants. After three months, she expressed interest in volunteering for KIM, completed the training, and even facilitated a session making polymer clay key rings with the group. She also volunteered at Adferiad Recovery one afternoon per week. B credits KIM for boosting her confidence and enabling her to make positive changes in her life, including finding full-time employment supporting others with mental health issues. She emphasizes that without KIM's support, she would not have had the courage to move forward. Moreover, her relationships with family members have improved, as she now feels comfortable discussing her feelings and concerns.

## Prestatyn

**Throughout 2022/23 KIM4Her Prestatyn 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.**

Due to unforeseen circumstances from September 2022, we are using various locations in Prestatyn as ICAN hubs in partnership with Betsi Cadwaladr University Health Board. Despite these changes the service in Prestatyn has continued to grow from strength to strength. Our services are continuously evolving and adapting to our clients' ever-changing needs.

***"If it wasn't for attending KIM groups, I wouldn't have had the confidence to apply for work and I am now loving my job".***

### **What We Did – Prestatyn**

The groups have been focusing on improving mental health and wellbeing. From self-care to looking at the wider impact this has on our home and social life. To achieve our goal our group sessions, provide a range of topics, from crafts, chair yoga, art, jewellery making, baking and cake decorating. We have also engaged with the wider community with a visit to St Asaph Cathedral joining in with an artist to explore aspects of art taking inspiration from the cathedral. We organized a day trip to Liverpool which was a great success, many of the clients had not

ventured out of Prestatyn before so this was a big achievement.

***"So glad I came to the first group. I have put it off for so long but loved it and I will be back. I felt very safe and there was such a good vibe in the room"***

Particular focus was given to nature for health aiming to improve mental health and wellbeing by offering activities in the natural environment. We introduced the group to Music for Mindfulness as a great way to reduce stress and reconnect with body and breath.

### **Where We Worked – Prestatyn**

Our groups in Prestatyn continued to grow. Our venue in Kings Hall provides a great space for group work and a catering kitchen for cooking sessions. Ty Caradoc also provides a large, light space for group work. We have continued to link in with the community and partnerships have been established with DVSC Countryside Services, Music Council Wales, Prestatyn and Meliden Foodshare, Citizens Advice, Prestatyn Town Council, Keystone Heritage and the Library service.

***"Attending KIM has given me the confidence to start a level 3 teaching assistant course in September".***

# KIM 4 Her



## Achievements

- 56 Women received support from KIM 4 Her Denbighshire.
- 750 total attendances of women at KIM 4 Her Denbighshire.
- 5 clients have gone on to begin volunteer training for KIM.
- 3 clients have moved on to full-time employment.
- 3 clients have facilitated groups at Prestatyn.

## Case Study

B was referred to access KIM's services in February 2022. At point of referral B admitted to having suffered major depression for many years. She stated that she'd started abusing alcohol at the age of 14 and had been drinking on and off since then. B has tried AA as a way to cope with her alcohol abuse but said this did not help in the long term. B was also a carer for her mum for many years and since her mum's death six years ago B feels there is a void in her life she cannot fill as she has no hobbies or other interests. B was referred to KIM by the community MH team. B started attending groups in early March 2022 to improve her confidence and self-esteem, she was keen to learn coping strategies to help her deal with alcohol abuse. The groups were an opportunity for B to learn new skills and interests. A referral was made to CAB for B to discuss benefit entitlement and a blue badge application. In late May 2022 B expressed that she wished to explore getting back into work and a referral was made to ICAN work. With support and guidance B admits to now being in a much better place and is in part-time employment. The support package developed for B has seen a marked improvement in her confidence and attitude to life. She is now in gainful employment, which is a huge achievement.



## Corwen

**Our Corwen service, in partnership with Canolfan Ni, started in January 2023. KIM manage all ICAN referrals and support Canolfan Ni clients if there are extra concerns.**



## Achievements

- Becoming a useful resource to the community of Corwen, a point of contact for all mental health related issues
- 10 attendances in January, growing to 37 in March
- Supported several individuals to gain IT literacy through IT workshops
- Worked with long-term isolated individuals who are now engaging in KIM and community activities
- Referred individuals to specialist support from Citizens Advice, RASASC, DASU and SPOA.

## Flintshire

### What we did

The men's group in Flintshire continued to develop and evolve over the last 12 months. The men were granted £3,000 from Flintshire County Council as part of a recovery fund after Lockdown. The men decided to use the fund to purchase new Tooling for the Brew and Do Group, as well as personal protective clothing.

The Brew & Do group continued to be varied, through collaboration with the group members. We worked on several sessions, designing and making our own Maze games, using tooling and learnt craft skills. This year we also encouraged our service users to take leads in groups, which in turn has increased their confidence and inclusiveness in the groups. We held DJing sessions, led by one of our service users which promoted collaborative work amongst many of the younger members of the group. We also held a series of Art sessions, led by one of our service users, who has now taken up a role as a KIM volunteer. Feedback from evaluations pointed to the positives of the balance between younger members and the more mature members of the group, learning from each other.

### Wrexham

Our Wrexham men's project this year has worked on completing the rooftop garden project 'Maes Parcio' in collaboration with Ty Pawb, Addo, and community artist Marja Bonada. As part of this, clients have given their input into every aspect of the project; from consultation with community members



on what they would like to see, to the actual hand building of a fully functional and powered workshop in the garden. Clients have been thoroughly supported in using power tools and building their confidence with having the freedom to utterly make the space their own. In taking this approach to giving clients the autonomy to work the way they find best, we have seen an improvement in not only the physical health of clients, but their overall mental health too. Men from our Wrexham groups have also been encouraged and supported to join with community opportunities in the area such as the walking group run by the Outdoor Partnership. Sessions were designed with the emphasis on addressing common topics that we see, such as anxiety and depression, therefore the support we have delivered has been tailored to the individual needs of the group. In addition to the sessions we have ran in Wrexham, the guys have also taken trips to Erddig for research on well-aged gardens, spent time with award winning blacksmith Spike Blackhurst for inspiration on their own custom handmade metal furniture, and worked alongside masters students from Wrexham University on research projects. All of our sessions have been delivered at Wrexham's cultural hub Ty

Pawb, making use of their specialist art studios and of course, rooftop garden space.

### **Men's zoom**

As covid now becomes a thing of the past, we as an organisation have made the decision to keep our weekly men's online group to ensure the support we deliver reaches as many of our clients as possible, who otherwise may struggle to attend in person sessions. For example, one gentleman has limited mobility, therefore being able to receive support from home has been hugely instrumental in his ongoing recovery. Additionally, where we had to close our building in the winter of 2023 due to heavy snow fall, we could continue delivering our support with the use of technology, thus ensuring gaps in support are kept as minimal as possible. Sessions have been varied between psychoeducation such as learning more about generalised anxiety disorder and depression, to lighter weeks where we have hosted 'QI' style groups and talks on the local history of North Wales and its rich heritage. Often, clients will lead groups for us and talk about their chosen topics. These have included talks on the town of Buckley and its part in the brick trade in the region, and discussions on current affairs. When asking members for feedback, we see a trend of gentlemen telling us that they feel more confident to go out and have conversations with other people in their lives about their own mental health and the things they have learnt, as well as spotting the signs of poor mental health in other people's lives. Our aim is to equip group participants with the tools they need to navigate the ever changing dynamics of world around them.

## **Denbighshire**

### **What we did**

The men's service in Denbighshire has continued to grow since its beginnings in 2021. Our now established 'Brew & Do' group has developed with input from the KIM service users. Brew & Do is based on the premise of learning new crafts skill and socialising with men. During the last 12 months, the men worked on restoration projects, using a host of DIY skills. The peer support in the group has been evident, with many of the service users passing on their knowledge to others. This has helped the group feel like they have autonomy within the setting. Many of the men felt that the practical tasks made it easier for them to get involved, opening the opportunity to speak and overcome issues around anxiety and confidence.

This year we also introduced our Denbighshire 'Meet and Eat' group. Born out of a think tank session with the participants. With the cost-of-living crisis, the men wanted to explore ways of cooking on a budget, within this we introduced a mental health theme. The men are involved throughout the process, from shopping for the items to preparation & cooking. We then sit and eat together, while talking about a host of subjects including the best ways, we overcome challenges. The men enjoy the sessions, because many are isolated within their home life. They learn to cook and prepare food, supported by a chef of 40 years and they get the opportunity to talk without judgement.

## Case Study

Z has been attending KIM groups for around 6 months and we have seen an incredible change in both his mental and physical wellbeing. He came to us after arriving in the UK and was referred in for mental health support. We worked with Z to build his confidence socialising with members of our community and introduced him to new resources that were not previously available to him.

Z took a particular interest in making puzzles out of scrap pieces of wood, then decorating them and asking members of the group to solve them. This was a brilliant and intuitive method of involving Z with group-based work and developing his understanding of the English language whilst doing so.

Z has been supported with his mental health in groups and through 1-2-1 based work. We have also done pieces of work with Z surrounding relationship building and work surrounding his anxiety.

## Achievements

- 121 Men received support from KIM4HIM, across Denbighshire, Flintshire and Wrexham
- 1230 total attendance of men at KIM groups
- 100% Increase in Men's Confidence levels after attending KIM groups
- 97% of Men felt a reduction in their anxiety since attending KIM groups
- 100% of Men engaged better with their family, friends and the wider community
- 100% of Men confirm an improvement in their mood since attending KIM groups

## Case Study

C accessed our service after suffering with their mental health whilst being sober. Usually, C turned to drink when they were feeling low in mood, or unable to connect with friends. This would often lead to spiralling behaviours as the result of their low mood mixed with alcohol. C now resides in accommodation where support is on hand should they need it.

Since being sober, C has found it increasingly difficult to maintain their mood without the use of alcohol or recreational drugs. After a referral to our service and some sessions both 1-2-1 and in groups, they have been finding comfort in belonging, something they state has been an issue for some time.

In our Wednesday garden group, C has been calling on skills they learnt from previous jobs before struggling with alcohol abuse. Skills such as wood working, and leadership, have resurfaced and they now play a vital role in maintaining the momentum of our current projects in the rooftop space.

With our support, C has maintained sobriety and is on the right track to living independently again.

"If it wasn't for you [KIM] then I don't know where I'd be. I look forward to the groups and they make my week worth getting through".

C will continue to be offered our support through group delivery and 1-2-1 sessions as, and when, required. They hope to use newly learnt coping mechanisms for when we cannot facilitate groups, such as through the half term, and is going to continue attending our weekly Wednesday & Thursday group.



# KIM 4 Young People

## Where we've worked

- Working in person in Flintshire, in The Hub in Holywell and out and about in community locations
- Working On-line on DISCORD reaching young people with limited access to transport, limited time available, and those further afield than Flintshire
- Working in collaboration with Theatr Clwyd in Mold
- Working one to one with young people on-line and in person to address specific issues or barriers to their mental wellbeing
- Activities out and about in Flintshire and beyond
- Working with young volunteers to develop their skills and opportunities

## What we did

**Our young persons' groups** have given individuals a space to explore themselves and their experiences in an environment where they feel safe and comfortable.

In person, our Connect@K4YP, has provided young people, who elsewhere have felt discriminated against, bullied, isolated, misunderstood, lonely, overwhelmed or just plain unhappy, a place where they feel completely accepted and free from the expectations of others. In this group the young people have supported and championed each other, as well as socialising and connecting over problem solving and recreational games and activities.



*"I don't have to pretend to be ok here, I can be myself and actually be OK."*

*"Just being here allows me the space I can't get at home or at college, I can just be, which gives my brain chance to take time out from worrying about other people or things I can't control."*

**On DISCORD**, our online provision for young people has addressed subjects and themes which have been specifically highlighted as issues by those young people as barriers to thriving and succeeding in life. Issues related to identity, neurodivergence, confidence, healthy relationships, how to make sense of life, thinking about the future etc. Being on DISCORD has encouraged engagement, participation and equity of access; speaking, listening, typing and responding or reacting with other visuals are all equally recognised and valued.

Our Collaboration with Theatr Clwyd, especially with Cwmni 17 has gone



from strength to strength, young people have developed their confidence, their communication skills and their ambitions through this collaboration. They have ownership of this. They are part of an established inclusive theatre community, have performed on the main stages, and some have even gone on to audition for parts in professional or external productions.

*"Thank you for introducing me to Cwmni 17, it's the best thing I have ever done!"*

**Our days out** gave young people the chance to recalibrate and experience things they missed out on during crucial developmental years, due to Covid, and which they might not be able to afford due to the cost of living crisis. They allowed young people to experiment with getting back out to places where there were other people, to overcome anxieties around transport, crowds, public places, and to develop the independence that had been suspended during lockdowns. We went to Chester, to the seaside, the zoo, up Hope Mountain with Pudsey Bear, to parks and public spaces. We put our problem solving into practice navigating public transport and in escaping an escape room. We got in touch with nature at Erddig and in Halkyn Woods, learning to forage, whittle and forest bathe (even in the rain).

*"I had never tasted a courgette before, especially not one I picked for myself!"*

*"I'm really glad I came. I can't believe I stayed all day, even in the rain."*

**Our young volunteers** have also been invaluable to the service and have also made their own incredible progress this year. Being on DISCORD has enabled one to continue volunteering from university in Bangor, another has embarked on getting further qualifications and has finally secured a full time job, and another who is taking a gap year before going to uni, has grown in skills, confidence and emotional wellness.

## Achievements

**KIM has worked with 96 young people during the year. As a result of our work, over 90% of the young people who have engaged with our project:**

- Feel less anxious in everyday life
- Worry less about the future
- Are better able to understand and manage their emotions
- Feel less isolated or lonely

**For these young people this looks like:**

- Significantly reduced incidence and severity of self harm, including those celebrating weeks, months, even a year self harm free
- Transitioning successfully into college, university or into home education
- Starting and maintaining work; full time, part time or work placements
- Volunteering within or outside of KIM
- Developing healthier relationships with family and friends, and taking assertive action to put in place healthy boundaries
- Challenging mental health stereotypes and labels
- Exploring own identity to become happier in their own skin

# KIM CA Work

## The Moondance Foundation

**For a second year, The Moondance Foundation have funded a link worker to bring together mental health support and practical advice to people and communities across North Wales, through a partnership between KIM Inspire and Citizens Advice across North Wales (KIMCA).**

The KIM/CA Co-Ordinator role is unique and the need for this dual aspect support arose due to the isolation, hopelessness, fear, job losses and business closures that came with the pandemic. This support is just as vital today as the current cost of living and energy crisis affects more members of our communities, many of whom continue to be affected as a result of Covid.

The CA partnership enables the KIM link worker to refer directly to Citizens Advice so people in mental health crisis can obtain the practical advice and support they need- when they need it- whether it be financial, housing or employment.

In addition to this, the link worker is able to refer/signpost promptly and directly to other organisations, such as Warm Wales, Shelter, Wallich, Local Connections services etc- depending on the circumstances of the person.

### Impact

The KIMCA link worker has continued their work in supporting highly vulnerable people in their communities



*Photos from the Cost of Living Workshop with Flintshire Citizens Advice, other external services and the public*

**'I can't cope with them anymore; they don't follow up with anything and have left me to live like this even when they know it impacts my mental health. They have done nothing to change the situation. I'm not sleeping or eating, I have COPD, Bipolar and borderline personality disorder yet that doesn't make a difference to them. They don't care about you, at least you have listened and taken me seriously. Thank you for that, it means a lot these days.'**

- Client who is having neighbour issues in the complex she is living in with noise disturbances, drug dealing/using/raids, feeling unsafe to leave the home but also not feeling safe in it. Referral made to CA Wrexham and contact made with Housing Association.



who are struggling with a variety of mental health problems and are experiencing a wide range of issues in their lives. We have seen an increase in people becoming distressed, losing hope for their future, higher levels of anxiety and worry and suicidal ideation due to the cost of living, energy and housing crisis with benefits and wages not rising to keep up with costs. The stress, anxiety, fear and worry that comes with living in poverty takes its toll on individuals, parents and their children.

The KIMCA worker has continued to provide emotional support for vulnerable people across North Wales; she has actively listened to them, built positive connections, identified needs and has worked on empowering disenfranchised people to increase their autonomy where possible. She has used her knowledge of appropriate specialist services to ensure that people get the right support, with Citizens Advice being a core part of the support offer. This has been achieved through face-to-face meetings, one-to-one appointments, phone calls, groups and visiting community venues.

## Achievements

In the last 12 months, KIMCA link worker has delivered:

- **171** Referrals into Citizens Advice
- **207** Info/signposting raising awareness meetings
- **123** 1-2-1 support sessions

Out of 501 meetings arranged with individuals, **486 people** attended demonstrating a high uptake and need for this service.



*Photos from an energy session with an Adviser from CA Conwy*

**'She's really good at what she does and is so supportive, it makes you feel that things will be ok and have the confidence to believe it will get sorted'**

**'If it wasn't for you, I wouldn't know about this. Makes me think about others who don't know or miss it. They don't advertise it do they. Thank you so much, this will go a long way.'**



# KIM CA Work

## Case Study

R was referred to KIM via CA. She needed help and support with PIP and financial issues, her mental health was very poor. She had received a diagnosis of Borderline Personality Disorder (BPD) many years ago and had a recent diagnosis of autism, chronic depression and arthritis in her feet, which affects her mobility at times. Her childhood and adult life was very difficult, with severe depression, time in hospital and several suicide attempts. At the time of approaching CA she was again, experiencing suicidal ideation, and mourning the loss of her mother to whom she was very close. Her meetings with CA were difficult as her mental health was so poor. In working with KIM, the link worker was able to build a trusting relationship and from here, R was able to discuss her mental health and struggles and work through her negative thoughts and feelings. She had a number of one-to-one sessions to understand herself better after her autism diagnosis. She was also referred to a specialist agency to better support her neurodivergent needs.

**'It was lovely speaking to you and hearing how similar our 'cubism' is. I believe that this has been very helpful, and I've contacted Lynda again about the post-diagnostic group.'**

- Autism Support



She continues to work with CA on the financial issues and is better able to focus on resolving these problems. The PIP assessment is ongoing and is moving in the right direction, with support from KIM. R has recently started attending KIM groups online, accessing the 'ACT on Anxiety' group and has been using the techniques to better manage her feelings. She has also attended the 'Creative Cloud' group, a space to relax, learn, and have time for herself. She fully participated and found the me time really beneficial.

**'Knowing you're there to help me through this has made it easier to be able to go through with the PIP claim. I have no income of my own coming in and if I'm successful, it will give me some form of independence back!'**



Being able to provide practical support alongside emotional support is proving effective for the overall wellbeing of clients, particularly as waiting times and lists for services have significantly increased due to the longer-term impact of the Covid pandemic.

We are seeing an increase in individuals who are diagnosed neurodivergent, self-identifying as neurodivergent and individuals waiting for an assessment of ND conditions like Autism & ADHD, accessing mental health support, particularly women and girls. With this, we are continuing to work with the Integrated Autism Service to help support the raising awareness of their service and the support they have to offer for individuals seeking an assessment or support. We have held more coffee mornings at our Hub to allow a safe environment for people to come to find out more.

## Digital Support

In December, we were approached by the South Denbighshire Community Partnership to provide some mental health and wellbeing support in the community of Corwen. The link worker, along with members from the KIM team, responded to this by setting up groups in their community venue, Canolfan Ni, focusing on confidence and resilience building, Welsh language & culture and digital support. Digital poverty had been identified as the most in need for support,

especially for older people living in rural communities. Sessions have included looking at how to send text messages, emails, attaching document to an email to send off, understanding the desktop and how to use the recycle bin. We have also looked at joining Zoom to be able to access more opportunities online, copying and pasting, using various packages such as Word, PowerPoint and Adobe while also raising the awareness of their prices, being able to read books online, setting up and connecting your printer to WiFi, laptop and mobile and much more. This has allowed vulnerable, isolated people to keep in touch with family and friends more, opened the door for further opportunities and increased their knowledge of what is available online.

**'I do feel a great sense of achievement today. Being able to sit with you like this who can show me how to do things at my pace, thank you so much. (Previously attended a course in a local college but felt unable to keep up with everyone else who were a lot younger than her)'**

- Client who wanted to understand Microsoft Word and all its capabilities

**'I'm struggling still; I know I'm pressing something because it disappears. I'm following the step by step guide, I am determined I will keep giving it a go!'**

# KIM Volunteering

**Our volunteers continue to be a central part of everything we do at KIM. We have volunteers involved in all groups, in all areas, and we welcome volunteers from all backgrounds and appreciate the wide range of skills and experiences our volunteers bring. Being part of their local community, and helping others to improve their mental health, has a positive impact on the mental health of our volunteers. It is also an excellent way to learn to care for yourself.**

Volunteering at KIM has developed further. Our service in Prestatyn has grown and we have new hub bases in Corwen and Llangollen so we have asked our volunteers to be involved in the development and growth of these groups.

We are still negotiating the after-effects of Covid and our volunteers continue to be part of this. In the in-person groups, we continue to ask our volunteers to support clients who venture out again, after long periods of social isolation. All the while our volunteers continued to: plan; prepare and facilitate sessions; bake for groups; research topics and find 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. 7 new volunteers completed the KIM volunteer training in June 2022. Over this period, the Steve Morgan Foundation funded our volunteering project.

Enabling 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-



*KIM volunteers Christmas lunch, December 2022 (top) and Macmillan coffee morning, September 2022 (above).*

based approach, and flexibility, remains fundamental to our volunteering opportunities.

## D's Story

D joined KIM in 2021 and thrived in the groups, he was lonely and isolated in his role as a carer and joining KIM helped his mental health a great deal. In 2021 it was a natural next step for D to complete the KIM volunteer training and his involvement in the KIM4Him groups was invaluable.

He helped with research and in supporting activities in groups. In 2022 D was diagnosed with a serious physical illness and his mental health took a massive dip. There followed a really difficult period for D who lost his home, a close family member and his support network. KIM was able to support D at this time with both practical support and with his mental health. He is now a thriving, active volunteer and feels his time with KIM keeps his mental health in check.

## Achievements

- We have 46 active KIM volunteers
- 19 volunteers completed accredited training in the following areas:
  - Mental health and wellbeing
  - Level one safeguarding
  - Resilience
  - Assertiveness
- One volunteer has completed an NVQ in Horticulture, with support from KIM.
- To further support our accredited training delivery, another volunteer has completed a 'train the trainer' level one course.
- 7 volunteers successfully completed the KIM volunteer training in June 2022
- 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. We also provided further training around self-care over Christmas.
- Developing a new Hub in Corwen and further building our presence in Prestatyn has been fully supported by volunteers. They have helped us get groups and sessions established.
- Our Holywell garden has continued to develop and flourish, with lots of very hard work from KIM volunteers. A further award from Keep Wales Tidy meant we had new equipment, trees and plants all of which has been planned, installed and maintained by our KIM volunteers. A visit from Assembly Member, Mark Isherwood, in late 2022 was a great opportunity to showcase our achievements.

*"I've been volunteering with KIM for the last 4 years... I've always known that you will never be judged whatsoever by staff and clients... it's perfect for helping people with mental health issues."*

*"Volunteering really helps my mental health, when I know I've been able to bring some light into someone's day, no matter how small that light may be compared to whatever else they have going on."*

*"Facilitating a group and volunteering at KIM has really helped me grow my confidence."*

*"While volunteering at KIM I've been able to make some great friends with other volunteers and I get a lot of energy from everyone's creativity and positive support."*

*"Volunteering with KIM has given me a great sense of purpose and wellbeing, and I look forward to groups. Saying the group agreement out loud at the beginning of each session has helped increase my level of self-esteem."*

*"Being involved, as a volunteer, in KIM sessions overall has enhanced my social, communication and creative skills. I have loved every minute and will continue to do so."*

*"Volunteering has helped me with my confidence. I've also got a sense of purpose. Not being able to work anymore made me feel like I was worthless."*

*"It's great being part of a team. It also great that I still have the support if I need it."*



# Community Activities

**We continue to see the Hub in Holywell being used by a variety of community based organisation for various meetings, events and activities.**

1st Carmel Brownies continue to meet weekly at the Hub and are enjoying both the indoor and the outdoor space that the Hub has to offer. Cambrian Credit Union continue to operate from the Hub, 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. 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](http://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, available to hire 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

## **Airbus partnership**

A number of the Airbus management team have worked alongside staff and volunteers at the Holywell Hub to carry out our important improvements in the building and garden. The team did some



*Airbus team, staff and volunteers*

painting, tidying and general garden maintenance in June and October 2022.

## **KIM response to the cost of living crisis:**

As well as our work with Citizens Advice we have worked with a number of partners to ensure our clients and volunteers are supported - these include; Warm Wales, deal me out, DVSC and the winter pressures grant and Cambrian Credit Union, who continue to operate from the Hub. We have also delivered courses relating to the use of slow cookers, cook and eat and eat well for less. We also issue food bank vouchers and work closely with local food banks and lunch clubs.

# Community Activities

**The community activities at KIM focus on improving health and wellbeing. Focusing on the wider health benefits of community engagement, such as improved social support and social networks.**

## **Welsh @ KIM**

We pride ourselves at KIM on our achievements promoting the Welsh language. We were able to offer our level 1 accredited course to Citizens Advice staff Gwynedd and Anglesey. The course was held via zoom to accommodate staff from geographically rural areas, ensuring that the course was accessible to all staff. The course accredited by Agored in partnership with Adult Learning Wales ran for 10 weeks, during which we welcomed Liz Saville Roberts, leader of Plaid Cymru in Westminster and Rhun ap Iorwerth member of the Senedd for Ynys Mon and Dafydd Iwan Welsh singer and politician.

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.

We also started a community Welsh group at Canolfan Ni in Corwen. The group was well attended, supporting people to learn Welsh and connecting with their local community.

***"I have loved joining this Welsh group and learning about the history of Wales"***

***"There is such a vast amount of history within the local communities that I was not aware of – very interesting".***

KIM social enterprise cafe - reopened in October 2022. Staff and volunteers have been adaptable and resilient in getting things up and running again. The menu has changed slightly and we have less space available however it's a thriving space with volunteers working across the week to support our staff and the efficient running of the cafe.

## **Community Dungeons and Dragons Group**

This weekly group has been set up at the Hub and is being run by one of our KIM volunteers. It is a very well attended community group, which has grown from strength to strength, with a loyal group of regular participants.

## **Connect @ KIM Prestatyn – Community Group**

Our community group is a way for us to connect and interact with the local community. We have engaged with the local library, walking group, gardening groups all with the hope that our clients will get involved with other organisations. We enjoyed a trip to Penrhyn castle, a local national trust property. Here we admired the beautiful buildings and learnt about the history of the castle and the impact on North Wales.

We have established a great partnership with Jo, the community Arts Project Co-Ordinator at Denbighshire Leisure. This has enabled us to put on a variety of inspiring art projects based around nature and wellbeing.

*"Never even knew there was an established walking group in Prestatyn, will definitely be joining them".*

*"Loving the art session around nature, makes you more aware of your surroundings".*

### **Aimee's Friday Art Group**

We are proud to offer this bespoke community art group that promotes health and wellbeing. This is a well-attended group that allows people to express themselves through different mediums of art. The group is very creative, engaging and fun.



they had about benefits, housing, health care and education services. Many went on to find employment and homes all over the United Kingdom.

### **Ukrainian Refugee Support**

In the summer of 2022, we were asked to support over 200 Ukrainian refugees who were housed at Pontins in Prestatyn. They consisted mainly of mums with young children who fled here having left their partners at home to fight in the war. Once we met them all we soon realised that even though there was a need for mental health support, the main priority was to focus on the children. The parents were worried about their children's education and well-being. We found ourselves engaging with the children doing arts and crafts, playing games and roller skating. This had a huge impact on the parents there whose main concern was for their children to be safe and happy. By engaging with the children, it allowed us to gain the trust of the parents who began to open up about the trauma they'd witnessed back home and their worries about re-settling in the UK. We were on hand to help with any questions





# KIM Community Wrexham

**In collaboration with the Bryntysilio Outdoor Education Centre and supported by the Outdoor Partnership, KIM Inspire offered a 6-month guided walking program focused on mental health.**

The group explored various scenic locations including Erddig, Horseshoe Trail, Panorama Trail, Llandegla, Pen y Coed forest, Chirk Castle, Bellevue Park, and Dinas Bran. The walks aimed to promote mindfulness, emphasising the present moment and the positive impact of nature on mental well-being.

Participants experienced numerous benefits such as visiting new places, engaging in new activities like canoeing and rock climbing, gaining knowledge about nature, and developing peer support and community connections. The program proved transformative for many individuals, boosting their happiness, outlook on life, and confidence in their abilities. One participant overcame health challenges, defying expectations of walking aids use, and experienced genuine happiness and renewed self-belief. The encouragement and belief shown by KIM staff played a significant role in this personal transformation.

## **Assertiveness Course: Empowering Effective Communication**

In response to client feedback, a 10-week "Assert your Assertiveness" course was offered. The course covered various aspects of human communication, including triggers, passiveness, assertiveness, aggressiveness, non-verbal communication, body language,



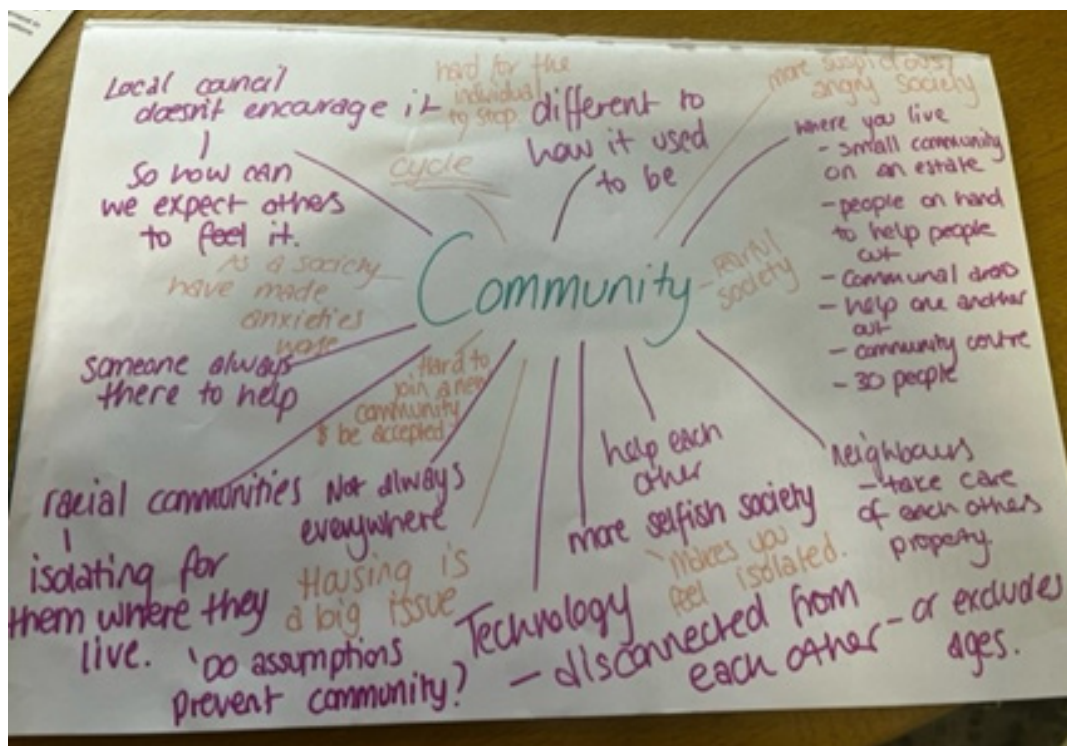
empathetic listening, and establishing boundaries.

The outcomes of the course were remarkable, resulting in increased confidence, resilience, improved communication skills, and enhanced situational awareness. Attendees reported heightened self-awareness and confidence, highlighting the positive impact of KIM's support and the sense of belonging within the group.

## **Cost of Living: Mitigating Financial Challenges**

Recognising the impact of financial issues on mental health and well-being, the program offered various forms of support. With the assistance of the Winter Pressures Fund, clients received tablets to stay connected, bus tickets for accessing support, and essential items like blankets, hot water bottles, thermal socks, hats, and scarves. Collaborations with Citizens Advice and Warm Wales facilitated financial support, while the Health Improvement Team organised "come and cook" sessions. Furthermore, the Haywire Theatre Company collaborated with the program to raise awareness of food poverty and the cost of living crisis through a powerful play.





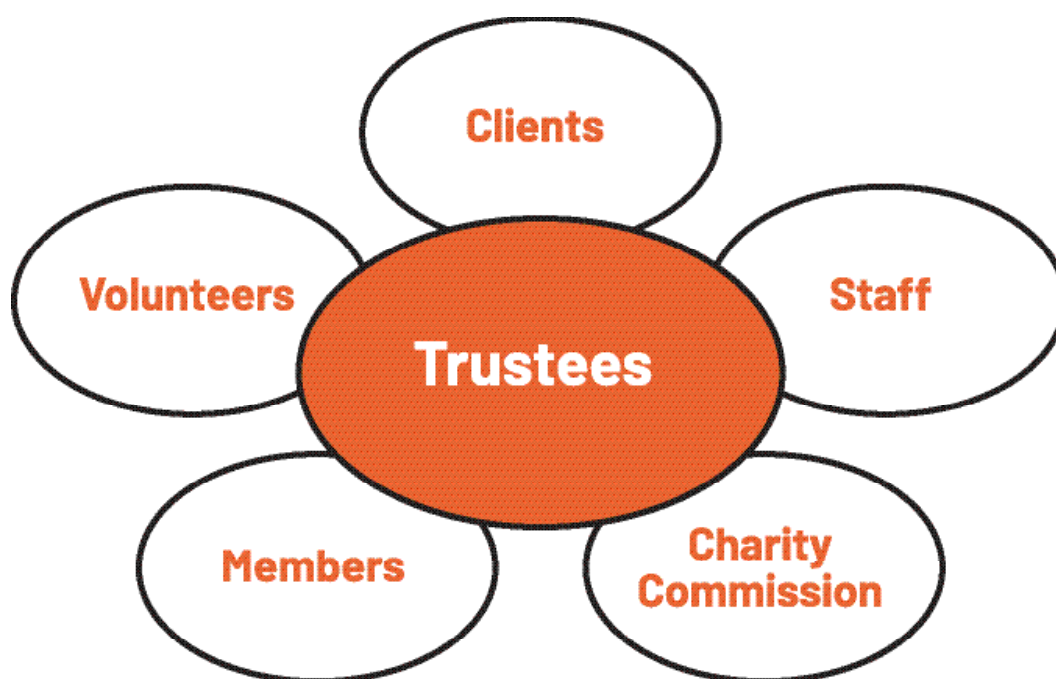
### Additional Program Highlights

- “Singing for Wellbeing” group: This group provided a safe space for individuals lacking self-confidence and belief, promoting mindfulness and stress reduction.
- Co-production of a play: Collaborating with the Haywire Theatre Company, the program conducted workshops and sessions focusing on food insecurity, resulting in a powerful play addressing the cost of living crisis and its impact on individuals. The sessions encouraged open conversations about available support and access to resources.
- Collaboration with Erddig house: Through a partnership with the resident artist at Erddig house, the program facilitated visits to the

location, engaging participants in activities such as photography, video recording, sound recording, and creative writing. These sessions aimed to make Erddig accessible to all, regardless of physical limitations, fostering a sense of connection to nature and the outdoors.

- “Embrace the Change” group: A well-attended 6-week group centered around the Menopause, providing support and information about its effects. Participants gained confidence to discuss their experiences with loved ones and healthcare professionals, resulting in improved understanding and proactive measures to address symptoms.

# How we are governed



## Our Structure

KIM Inspire is a company limited by guarantee (incorporated 19 June 2002, registered number 04464874) and is a registered charity in England and Wales (charity number 1104186). The charity's constitution is its Memorandum and 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 2023, 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 we were only given permission to re-open the café within the Heddfan Unit of Wrexham Maelor hospital in October 2022 and

have been trading since. The Trustees and management decided not to re-open the café within the Law Courts in Mold due to changes in the procedures at the Courts since the pandemic, leading to a reduction in footfall through the building.

### **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 two further potential Trustees progressing through the induction process, both of whom have since been appointed. 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, as outlined by the Social Services and Well-Being Act (Wales) 2014. We endeavour to address the inequality and stigma experienced by people with mental illness and poor mental health in line with the Welsh Government's 10-year strategy 'Together for Mental Health'-implemented in 2012. As this is now coming to an end, KIM has been an active part of the ongoing consultation process for the creation and implementation of the 2023 Mental Health Strategy.

The charity works closely with statutory services such as Local Authorities, Betsi Cadwaladr University Health Board and Community Mental Health Teams. These partnerships and KIM's links with organisations such as CA, RASASC and DASU prove invaluable to the charity in ensuring that we can offer a service which strives to meet the needs of clients and volunteers. Our relationships with Glyndwr University Wrexham and Palacký University Czechia provide an opportunity to share our practice with students both locally and internationally. Collaborative working also supports KIM's knowledge and understanding of relevant policy developments, up to date research and prospective projects and funding for identified gaps in service provision for our communities.

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 18 staff of which 11 are full time. The full time equivalent is 15. 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.

## Tom's Story

"I first learned of KIM not long after moving to a new area. I felt isolated to be away from so much of what I knew and KIM was an opportunity to speak with someone and to participate in group activities and discussions. This was in the summer of 2019 and by the end of that year, I think my confidence had improved tenfold. I took on training



provided by KIM to become a volunteer.

2020 was a heavy blow, as it was to everyone, but with the KIM virtual hub I was able to maintain communication and tackle the isolation I was feeling. As time went on I took on more responsibilities and with the support of KIM staff, I had gained a level of confidence I had never known before.

Becoming a volunteer before so much of the world shut down due to Covid meant that I still had some form of structure during a time when I otherwise would not. In the following year or so, I was involved in KIM online delivery, on Zoom and Discord. After Covid, getting back into the world was a new learning experience. KIM were a great help in providing a safe place to be amongst other people again, after so long.

I began looking for paid work in the summer of 2022, and it was the encouragement of the staff, that gave me the confidence to start applying for



jobs. I applied, and got my job, thanks in no small part to the people at KIM helping me to reach my aspirations and take those next steps for myself.

From my experience, I cannot downplay the positive impact KIM has had for me and for those I have met in groups. I am grateful for the opportunities and memories I have with the entire KIM community"

Tom continues to be involved with KIM, as a volunteer, around his work commitments. He regularly supports our Brew and Do group and runs and organises the weekly Dungeons and Dragons community group.

## 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.

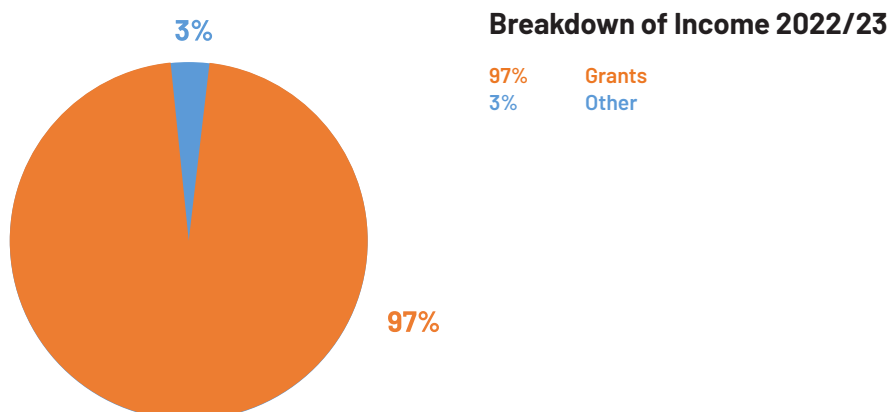
# Financial Review

The result for 2022/23 was a surplus of £1,320. The breakdown is as follows:

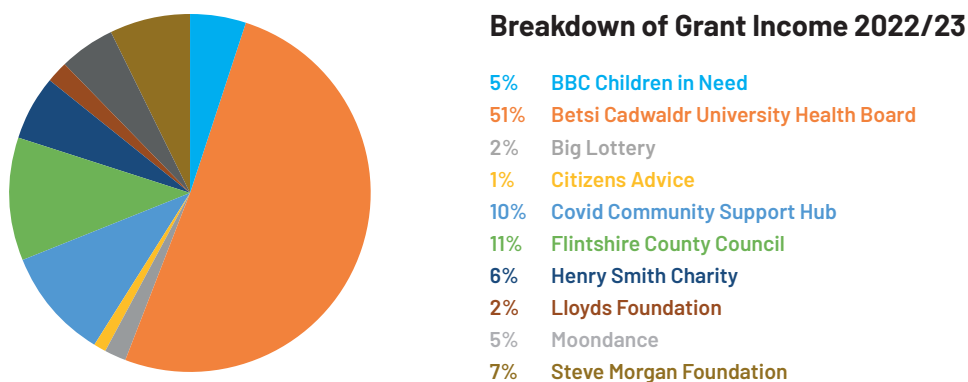
	31 March 2021	31 March 2022	31 March 2023
<b>Income</b>	£418,892	£539,732	£588,743
<b>Expenditure</b>	£407,951	£529,572	£587,423
<b>Surplus/(Deficit)</b>	£10,941	£10,160	£1,320
<b>Unrestricted funds</b>	£98,026	£98,686	£100,006
<b>Total funds</b>	£306,507	£316,667	£317,987

## 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:



# Financial Review (Continued)

## 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 £144,950, however there is already designated reserves in place to redundancy costs of £10,000, which would reduce the unrestricted requirement to £134,950. 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 the proposed Designated

Reserves for financial year end 31 March 2023 should be as follows:

- Replacement heating system £5,000 (unchanged)
- Redundancy costs £20,000 (up from £10,000)
- Total Designated Reserves £25,000

## 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 (Resigned 6 December 2022)  
Rev DC Cawdell  
Mr Lee Brown  
Ms M Jones (Appointed 15 March 2023)  
Ms L Bowen (Appointed 15 June 2023)  
Mr N Acott (Appointed 13 September 2023)

## Secretary

Wendy Jones-Booth

## Charity number Company number

1104186  
04464874

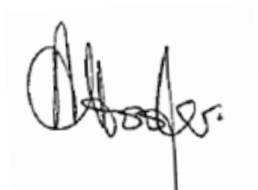
## Principal address

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.

A handwritten signature in black ink, appearing to read 'A Hooper', is shown within a light grey rectangular box.

**Rev A Hooper - Trustee**  
**Dated: 25 October 2023**

# KIM INSPIRE

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF KIM INSPIRE

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I report to the trustees on my examination of the financial statements of KIM Inspire (the charity) for the year ended 31 March 2023.

### 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 ICAEW, 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.



Susanna Cassey FCA  
Azets Audit Services Limited

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

Dated: 19 December 2023

# KIM INSPIRE

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

**FOR THE YEAR ENDED 31 MARCH 2023**

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
	Notes						
<b><u>Income from:</u></b>							
Grants and donations	2	1,991	572,737	574,728	23,386	509,001	532,387
Charitable activities	3	3,800	-	3,800	-	-	-
Other trading activities	4	2,741	-	2,741	4,459	-	4,459
Investments	5	7,474	-	7,474	2,886	-	2,886
<b>Total income</b>		<u>16,006</u>	<u>572,737</u>	<u>588,743</u>	<u>30,731</u>	<u>509,001</u>	<u>539,732</u>
<b><u>Expenditure on:</u></b>							
Charitable activities	6	<u>14,686</u>	<u>572,737</u>	<u>587,423</u>	<u>20,571</u>	<u>509,001</u>	<u>529,572</u>
Gross transfers between funds		-	-	-	(9,500)	9,500	-
<b>Net income for the year/ Net movement in funds</b>		1,320	-	1,320	660	9,500	10,160
Fund balances at 1 April 2022		<u>98,686</u>	<u>217,981</u>	<u>316,667</u>	<u>98,026</u>	<u>208,481</u>	<u>306,507</u>
<b>Fund balances at 31 March 2023</b>		<u><u>100,006</u></u>	<u><u>217,981</u></u>	<u><u>317,987</u></u>	<u><u>98,686</u></u>	<u><u>217,981</u></u>	<u><u>316,667</u></u>

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.



# KIM INSPIRE

## BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
<b>Fixed assets</b>					
Tangible assets	10		192,981		192,981
Investments	12		1		1
			<u>192,982</u>		<u>192,982</u>
<b>Current assets</b>					
Debtors	11	59,685		12,367	
Cash at bank and in hand		265,292		340,293	
		<u>324,977</u>		<u>352,660</u>	
<b>Creditors: amounts falling due within one year</b>	13	(199,972)		(228,975)	
Net current assets			<u>125,005</u>		<u>123,685</u>
<b>Total assets less current liabilities</b>			<u><u>317,987</u></u>		<u><u>316,667</u></u>
<b>Income funds</b>					
Restricted funds - general	14		217,981		217,981
Unrestricted funds			100,006		98,686
			<u>317,987</u>		<u>316,667</u>

# KIM INSPIRE

## BALANCE SHEET (CONTINUED)

**AS AT 31 MARCH 2023**

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 2023.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

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.

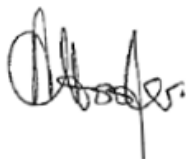
The trustees acknowledge their responsibilities for

(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 18 December 2023

Rev A Hooper  
Trustee



Rev D Cawdell  
Trustee



**Company registration number 04464874**

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

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### 1 Accounting policies

#### Charity information

KIM Inspire is a private company limited by guarantee incorporated in England and Wales. The registered office is The Hub, Park Lane, Holywell, Flintshire, CH8 7UR, United Kingdom.

#### 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	Not depreciated
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 and auto enrolment scheme. 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.

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

#### 2 Grants and donations

	Unrestricted funds	Restricted funds general	Total	Unrestricted funds	Restricted funds general	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	1,991	-	1,991	10,875	-	10,875
Grants receivable	-	572,737	572,737	12,511	509,001	521,512
	<u>1,991</u>	<u>572,737</u>	<u>574,728</u>	<u>23,386</u>	<u>509,001</u>	<u>532,387</u>
<b>Grants receivable for core activities</b>						
BBC Children in Need	-	30,526	30,526	-	32,296	32,296
Betsi Cadwaldr University Health Board	-	291,099	291,099	-	109,883	109,883
Big Lottery	-	11,188	11,188	-	44,332	44,332
Citizens Advice	-	5,000	5,000	-	14,500	14,500
Flintshire County Council	-	61,991	61,991	-	43,477	43,477
Henry Smith 2019-2022	-	39,006	39,006	-	56,230	56,230
Lloyds Foundation	-	10,000	10,000	-	-	-
Moondance	-	24,430	24,430	-	23,000	23,000
Steve Morgan Foundation	-	40,080	40,080	-	76,418	76,418
Neumark Foundation	-	59,401	59,401	-	-	-
Other	-	16	16	12,511	108,865	121,376
	<u>-</u>	<u>572,737</u>	<u>572,737</u>	<u>12,511</u>	<u>509,001</u>	<u>521,512</u>



# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 3 Charitable activities

	Charitable Income 2023 £	Charitable Income 2022 £
Student fees	3,800	-

### 4 Other trading activities

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Fundraising events	2,741	4,459

### 5 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Rental income	6,542	2,857
Interest receivable	932	29
	7,474	2,886

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 6 Charitable activities

	2023 £	2022 £
Staff costs	457,377	429,497
Purchases	5,802	400
Premises costs	12,661	11,396
Insurance	2,928	2,504
Employment services	1,968	1,792
Donations made	10,029	7,360
Administrative expenses	15,719	12,851
Direct project costs	6,761	6,187
Repairs and renewals	20,132	11,410
Fundraising events costs	264	236
Staff and volunteer expenses	14,917	9,673
Medicash and BUPA	641	615
Beneficiary costs	38,097	35,609
Bank charges	127	42
	<u>587,423</u>	<u>529,572</u>
	<u>587,423</u>	<u>529,572</u>
<b>Analysis by fund</b>		
Unrestricted funds	14,686	20,571
Restricted funds - general	<u>572,737</u>	<u>509,001</u>
	<u>587,423</u>	<u>529,572</u>

### 7 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2022: none).

### 8 Employees

The average monthly number of employees during the year was:

2023 Number	2022 Number
<u>16</u>	<u>15</u>

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 8 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	436,215	408,132
Other pension costs	21,162	21,365
	<u>457,377</u>	<u>429,497</u>

There were no employees whose annual remuneration was more than £60,000.

### 9 Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

### 10 Tangible fixed assets

	Freehold land and buildings £	Plant and equipment £	Fixtures and fittings £	Computers £	Total £
<b>Cost</b>					
At 1 April 2022	201,517	15,220	10,667	13,599	241,003
At 31 March 2023	<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 2022	8,536	15,220	10,667	13,599	48,022
At 31 March 2023	<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 2023	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>
At 31 March 2022	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>

### 11 Debtors

Amounts falling due within one year:	2023 £	2022 £
Other debtors	4,037	3,000
Prepayments and accrued income	55,648	9,367
	<u>59,685</u>	<u>12,367</u>

### 12 Fixed asset investments

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 12 Fixed asset investments

(Continued)

	Other investments
<b>Cost or valuation</b>	
At 1 April 2022 & 31 March 2023	1
<b>Carrying amount</b>	
At 31 March 2023	1
At 31 March 2022	1

	2023 £	2022 £
Other investments comprise:		
Shares in group undertakings	1	1

### 13 Creditors: amounts falling due within one year

	2023 £	2022 £
Other taxation and social security	310	(14)
Deferred income	181,865	201,495
Trade creditors	-	(3)
Other creditors	-	54
Accruals	17,797	27,443
	199,972	228,975



# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

#### 14 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 1 April 2021	Incoming resources	Resources expended	Transfers	Balance at 1 April 2022	Incoming resources	Resources expended	Balance at 31 March 2023
	£	£	£	£	£	£	£	£
Active Inclusion 2020-2022	-	55,099	(55,099)	-	-	-	-	-
BBC Children in Need	-	32,296	(32,296)	-	-	30,526	(30,526)	-
Betsi Cadwaldr University Health Board	-	109,883	(109,883)	-	-	291,099	(291,099)	-
Big Lottery	-	44,332	(44,332)	-	-	11,188	(11,188)	-
Big Lottery - Capital Fund	192,981	-	-	-	192,981	-	-	192,981
Covid Community Support Hub	-	-	-	-	-	59,401	(59,401)	-
CFIW - Wales Coronavirus Resilience Fund	-	4,298	(4,298)	-	-	-	-	-
Citizens Advice	-	14,500	(14,500)	-	-	5,000	(5,000)	-
Designated Fund	15,500	-	-	9,500	25,000	-	-	25,000
Flintshire County Council (FCC)	-	43,477	(43,477)	-	-	61,991	(61,991)	-
Henry Smith 2019-2022	-	56,230	(56,230)	-	-	39,006	(39,006)	-
Local Mental Health Scheme	-	25,398	(25,398)	-	-	-	-	-
Lloyds Foundation	-	-	-	-	-	10,000	(10,000)	-
Steve Morgan Foundation	-	-	-	-	-	40,080	(40,080)	-
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)	-	-	24,430	(24,430)	-
Neighbourly - Virgin Media O2 Together Fund	-	1,000	(1,000)	-	-	-	-	-
Other grants	-	2,670	(2,670)	-	-	15	(15)	-
	<u>208,481</u>	<u>432,583</u>	<u>(432,583)</u>	<u>9,500</u>	<u>217,981</u>	<u>572,736</u>	<u>(572,736)</u>	<u>217,981</u>

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE YEAR ENDED 31 MARCH 2023

---

#### 14 Restricted funds

(Continued)

The Trustees have agreed that Designated funds should be put in place to cover the following:  
Replacement heating system £5,000 and Redundancy costs £20,000.

BBC Children in Need - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Betsi Cadwaldr University Health Board - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Big Lottery - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Big Lottery Capital Fund - is the unexpended balance of grant funding towards use of the building. The unexpended balance is equal to the net book value of the building in tangible fixed assets.

Citizens Advice - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Flintshire County Council - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Henry Smith Charity - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Lloyds Foundation - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Moondance - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Steve Morgan Foundation - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

Covid Community Support Hub - was a grant received to fund specific activities provided by the Charity. The Charity expended all funding on the specified activities in the current year.

# KIM INSPIRE

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 15 Analysis of net assets between funds

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Tangible assets	-	192,981	192,981	-	192,981	192,981
Investments	1	-	1	1	-	1
Current assets/(liabilities)	100,005	25,000	125,005	98,685	25,000	123,685
	<u>100,006</u>	<u>217,981</u>	<u>317,987</u>	<u>98,686</u>	<u>217,981</u>	<u>316,667</u>

### 16 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:

	2023 £	2022 £
Within one year	600	600
Between two and five years	1,350	1,950
	<u>1,950</u>	<u>2,550</u>

### 17 Capital commitments

As at 31 March 2023 the charity had no capital commitments (2022 - none).

### 18 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

### 19 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.

### 20 Pension cost

At the year end, the Charity made contributions to a defined contribution pension scheme for 15 (2022; 9) of its employees. The charge for the year totalled £21,162 (2022; £21,365). 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.



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