

KIM

KNOWLEDGE · INSPIRATION · MOTIVATION



ANNUAL REPORT & ACCOUNTS

2023 | 2024

WWW.KIM-INSPIRE.ORG.UK

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"I don't know what I would have done without KIM. Well, I do-and it's not good. I have hope now"



ABOUT KIM INSPIRE

"KIM has been a lifeline. If it wasn't for KIM, I wouldn't be here. I'm certain of that."

KIM Inspire is an award winning charity providing professional, high quality mental health support through learning and activities for people who want to see a positive change in their lives. 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.

KIM has expanded in response to increased need and are delivering much needed mental health support through community-based groups and activities to women, men, young people and the community as a whole, across Flintshire, Denbighshire and Wrexham.

KIM sessions are friendly, fun and always focused on progression and individual development. Our group-led activities are innovative; building resilience, self-determination and a sense of hope for people struggling with poor mental health, through delivering challenging groups and activities, community partnerships and a range of volunteering opportunities. Our team is passionate and enthusiastic, creating an environment which is welcoming and accessible. We operate as flexibly and 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 offer and encourage activities involving the wider local community with social integration opportunities for our clients and others, whilst reducing mental health stigma.



OUR SERVICES

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.

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.

We have been pleased to once again work in partnership with Betsi Cadwaladr University Health Board to deliver mental health support through their ICAN initiative. KIM offers ICAN services in Holywell, Wrexham, and Denbighshire, namely Prestatyn and also Corwen, in partnership with Canolfan Ni, South Denbighshire Community Partnership. ICAN Hubs offer support and advice on a range of issues that may be troubling someone including debt, relationship breakdown, drug or alcohol problems, employment difficulties, bereavement, housing or loneliness. KIM is an affiliated ICAN provider.

KIM 4 Her

Sessions are 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 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 as community gardening, room hire and cake and plant sales. The benefits of these activities include improved social interaction, greater community resilience and better wellness outcomes for all.

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'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
- **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

KIM worked with

893

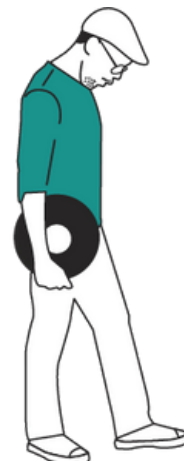
people during
the year

7,851

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

Number of
volunteers

53



134

Different themes, including: Go Green for
Nature; Find Your Voice; KIM's Gym

Number
of staff

14

WELCOME

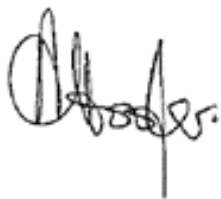
2023 has been a year of change as services have evolved into new and exciting experimental dimensions, with the consideration of support to neuro-diverse young women. This is leading to an appreciation of the current work we have achieved and the possibility of being more creative in the future.

KIM has continued the 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 its services and is continuing to work across three counties with a variety of services delivered in multiple venues. There is an increasing demand for mental health services and our partnerships are key as we work with other core providers such as Betsi Cadwaladr University Health Board, through the ICAN projects, which are seeing many people being supported on their road to recovery.

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!

When I look at the Year End report and see the variety, scope and depth of the service delivery everyone has achieved, I want to record on behalf of the Trustee Board, a heartfelt thank you to 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

HIGHLIGHTS

Start Where You Are Group Flintshire

Supporting new clients, with a gentle introduction to KIM. The group is focussed on building confidence and exploring what is available in the community to support their individual needs for their road to recovery.

Link to Life, Flintshire

Our weekly self-improvement group, aiming to build confidence and explore healthy, innovative, ways to better help overall wellbeing. Motivational sessions to overcome the stresses of everyday life.



"Since joining KIM, this group has had a very positive effect on my mental health. I feel more confident. I look forward to coming to the group every week. Before joining KIM, I would never join any type of social gathering. Just keep doing what you're doing. It has really helped me. Thank you for making me a more positive person on my outlook on life"

"I feel very positive after the group. I have enjoyed every week of the sessions and it's been really nice trying different activities that have been challenging, which I would never have tried before. I would really recommend KIM to my family and friends as it has really helped my mental health."

"Before I joined KIM, I was sad, fed up, dreading each day. Since joining KIM, I feel happier than I did before. It gives me something to look forward to and motivates me to get out of the house. I'm feeling hopeful that I don't go backwards but I go forwards. Being part of KIM has encouraged me to look forward to living"

CASE STUDY

F had been referred to KIM with a history of depression and anxiety after being in an abusive relationship. F had been diagnosed with a neurodevelopmental condition and had a child going through an ND assessment, as they had been unable to attend school. As a result of F's child not being in school, F had not been able to work and had lost all self-confidence due to a marriage breakdown and financial situation.

Through KIM's telephone support, F has been referred to Citizens Advice for targeted support with her finances. F can now claim full benefit entitlement, which has led to F maintaining a varied diet and transport for going to appointments. F's rural location meant it was difficult to afford to run the car, something that has now been addressed due to F's recently increased financial stability.

"Being able to get the right support from KIM and receiving the financial advice required, my confidence has grown and I am now more able to manage my child's condition, especially as previously I had been isolating myself from the world and wouldn't have known all this other support existed."

Being able to have one to one support has increased F's confidence and F has been able to learn to reach out, rather than the stress building up in her head. F said having someone at the end of the phone with any questions and having resources to look at, made all the difference. F has managed to understand a lot more about her child's challenges. Since receiving support from KIM, F has now found a new part time job and the hours work well around F's caring role. F's relationship with her child has improved.

"Now that I have a bit of me time, I am a lot happier at home as I'm not looking at 4 walls wondering where our lives are going. My child has been getting the right support at school and my confidence is improving day by day. If it wasn't for support from KIM this wouldn't of been possible. I am very grateful and would highly recommend KIM's service to anyone else who is struggling. Being a single parent can be challenging but now I have the right tools that KIM have supported me with, I will always remember this. Thank you KIM"

KIM 4 HIM

HIGHLIGHTS

Groups promoting woodworking skills at KIM in Denbighshire has helped the men build confidence, which has resulted in some of the men now undertaking joinery courses at college.

After establishing a men's group in Ty Pawb, Wrexham, the group have helped to create a rooftop garden using a variety of different skills, which has resulted in many KIM clients now becoming full time volunteers for Wrexham County Council, to help maintain the garden and promote the area to other services.

After creating a beginner's DIY course in Holywell to help clients learn new skills, one of the men has now collected pallets from his local area and has begun using them to create his own planters at home, which he intends to sell, creating his own business.

"Coming to this group has really helped my mental health, I wasn't expecting it to be like this but I'm really enjoying it."

"I don't think I would be here if it wasn't for the support you have shown me and the guys in the men's zoom group."

"I wasn't feeling my best yesterday but then I remembered I was coming here today which cheered me up and I had something to be excited about."

"Coming here has genuinely changed my life. I'm feeling more confident now and I've started going on walks by myself."

CASE STUDY

M came to the project in October 2022. He was lacking confidence and felt "unwanted" after the break-up in his relationship. M has been working hard to improve in these areas by integrating in groups and taking part in as many social groups KIM has on offer.

M approached staff with a group idea. M had 9 old paraffin lamps dating back from the 1930s, rusted and unkept, sitting in his shed. M wanted to donate the lamps to the group and lead a series of restoration sessions with the group. The idea was put to the Prestatyn Brew and Do group and ideas and plans were put into place to restore the objects with M taking the lead.

M felt anxious leading the group but wanted to challenge himself. As he was familiar with many members, he felt supported by the other members and staff. He also knew he had the knowledge to lead this project and share his experiences. M grew in confidence over the weeks and took a leading role in instructing and purchasing the materials needed by staff. This led to staff approaching M about considering becoming a KIM Inspire ICAN Hub Volunteer. M agreed and was delighted to be asked.

The project was completed by the groups to a high standard, with many taking their lamps home. They had learnt about preparation and cleaning of metal. The correct materials for cleaning and spray painting and the value of making unkept items good.

M is currently completing his volunteer training, which will lead to him supporting staff and clients in future groups.



KIM COMMUNITY WREXHAM

HIGHLIGHTS

Networking in Wrexham with all the PCSO's around all the different outlying areas has been extremely interesting and useful. Lots of new contacts made and being able to get to know local Police Officers has also resulted in them referring people into KIM.

More involvement with the Wrexham volunteers has been positive. Regular meetings with them for feedback and concerns, discussing future training opportunities and being able to work more closely with them. I feel this has benefited the groups greatly and increased the confidence of the volunteers and empowered them to feel more involved in what we do at KIM.

The Wrexham Consultation was a real highlight. It was great to get all the client's and volunteers together and to hear so much positive feedback from them. It was also wonderful to hear lots of ideas for future groups and things we can do going forward.

How do you think coming to KIM has helped you?

"More confidence, feel supported. making friends and feel understood"

"KIM-INSPIRE MAKES ME FEEL....Part of something."

"It has helped me structure my week and is building my confidence in leaving the house."



CASE STUDY

B had been coming to KIM since the start of September 2023. B had become almost a recluse, struggling to leave the house and not wanting to see anyone. This had all stemmed from some problems B had with her University degree which had really knocked B's confidence and after a bereavement and a family breakdown, was the final thing that made B's anxiety take hold. B desperately wanted to be able to get back out and about, make some new friends and find some things to do that B really enjoys.

B was referred by the GP but, had heard of KIM before as one of B's friends had been a client many years ago. B was surprised with how quickly KIM got in touch to make an appointment. B thought it would take a lot longer to get support. B is hard of hearing and has been since very young. B finds this very challenging at times, especially in a group situation, as B can become overwhelmed in noisy environments. B was reassured that the group B would be placed in, would not be too noisy and that we could make adjustments so that B felt comfortable.

B said that coming to see someone in person and the room where the groups were held made B feel much more comfortable and less anxious about attending the group.

B has been attending groups and has really enjoyed the art activities we have been doing. B was initially very quiet, but, by the end of the first session, was chatting to a couple of people as if B had known them for a long time. B stayed behind at the end of the first session to say thankyou. B had been so nervous coming in, but everyone made B feel so welcome that B's anxiety melted away and B really enjoyed the activity. B said it felt as if a weight had been lifted off B's shoulders and B felt lighter both in mood and body.

"Because of coming to KIM, I have joined a local craft group at my church, which I wouldn't have even considered doing a few weeks ago. I feel that being listened to and made to feel so welcome, has made such a difference to my mental health. I am so glad that the GP referred me to KIM."

KIM SOUTH DENBIGHSHIRE

HIGHLIGHTS

Establishing KIM groups in South Denbighshire at Canolfan Ni in Corwen and Pengwern in Llangollen, enabling people to be able to improve their lives and outlook.

The success of the 'Winter Warmer' event at Canolfan Ni and Pengwern, giving people in the community the opportunity to come along and find out what services are on offer to support them.

Having a session as requested by the women in the group - an informative talk by Angharad Griffiths, on the menopause and nutrition. The good news for us all is that through a healthy, varied diet and a healthy lifestyle during pre, during and after menopause can help protect our bone density, reduce the risk of heart disease and support healthy weight.

Being able to offer 6 of the women in Corwen the opportunity to become volunteers and offer the volunteer training

"A relaxing and enjoyable few hours to get involved in me doing something different. I feel that each week I look forward to the groups and feel that I am learning new skills and am more able to cope with day-to-day life and any challenges"

"I love coming to learn and do all the different crafts. The atmosphere is friendly, and everyone is welcoming. I feel a different person since I have been coming here"

"My confidence has really grown in the last few weeks, I feel able to address a lot of the challenges and barriers that have prevented me from moving on. I feel supported and more than anything 'not judged'"

"I wish I had known about KIM groups a long time ago - I feel I have suffered on my own, but the KIM groups have given me hope for the first time in years, it feels so welcoming, and I have learnt so much"

"The Welsh course is just what I was looking for. I didn't think at my age I'd be able to learn a new language, so I've surprised myself that I am enjoying the learning"



CASE STUDY

J self-referred to access support in May 2023. J had suffered poor mental health for several years and that the death of two close family members, affected J badly - feeling anxious, sad, angry, shocked, grief-stricken and withdrawn. J found decision making difficult and needed support to gain more confidence in J's abilities to cope from day to day, manage emotions and have a better quality of life.

J was initially offered one to one support to discuss J's challenges and barriers. This worked well for J and soon felt ready to move on to group sessions. The tailored support to meet J's needs enabled J to open new communication channels with the group, foster self-understanding, which in turn enhanced J's relationships with others. J found that expressing complex thoughts and feelings within a group setting can make them seem less overwhelming.

Over time, these shared experiences and discussions made handling mental health challenges more manageable on a day-to-day basis. J completed accredited Welsh Language and Culture courses, Level 1 and 2. J felt proud of this achievement and is now enrolled to undertake an accredited Assertiveness course.

KIM NORTH DENBIGHSHIRE



HIGHLIGHTS

Refocusing the Lens Project

This was a 7 week, weekly, photography course that was delivered to our mixed community group in Prestatyn. Participants learnt new photography skills and were encouraged to use the outdoor environment to incorporate the five ways to wellbeing. This project not only helped improve their photography skills but had a massive impact on their mental health. Many are now much more aware of their surroundings and use the skills learnt as a coping tool to help with their anxiety. We finished with our work going on display in Prestatyn library which gave everyone a great sense of pride and accomplishment.

Photo to Canvas Project – Volunteer led 4-week project

Amazing four-week workshop led by one of our very talented volunteers, Neti. The group was tasked with bringing along a photo of something which meant a great deal to them. We then began the process of painting the image onto canvas. Initially many of the group were quite daunted by the challenge but by following Neti's guidance everyone produced a beautiful image that they were all proud of.

Little terns visit

Great visit to Gronant to see the little terns at the only breeding colony in Wales. The birds are highly protected, so it was very special to get up close to them. It was a great opportunity to get the group out in the fresh air for a few hours and discover things they didn't know were on their own doorstep.

Zines Project

Our Prestatyn Next Step group had the pleasure of working on a “zines” workshop. Everyone got creative making their very own zines, a mini handheld magazine, around the themes of our past, present and future. The sessions were challenging to some when we looked at our past, but we all emphasised the importance of now and our goals for the future.

Warm Wales visit

A very informative and interactive session with Aled from Warm Wales. Aled was available to supply some of the women who were struggling financially with instant credit on their meters. He also helped one woman who had the worries of an estimated £2,300 bill from British Gas get it reduced to just £300.

KIM NORTH DENBIGHSHIRE

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

"If it wasn't for attending KIM, I wouldn't have had the strength to go out and get my job."

"Thanks for what you both do in Prestatyn – You've saved me".

"Honestly can't thank you enough for including me – I feel so safe and welcome in the group".

"Coming to KIM gives me time for me. My support worker has said she can see the difference the group makes to me."



CASE STUDY

E came to KIM feeling extremely anxious, suffering from PTSD and depression. E's anxiety was so extreme E could not walk into the room without her trusty fidget toys, to help ease E's anxieties. E's goal was to work on self-confidence to help E socialise and meet new people. Over the months we have seen E grow in confidence and engage with the group and all activities. E has formed a friendship with another member of the group, and they now meet up for meals out together. E is very creative and was keen to share E's talents with the other women. With E's new confidence and encouragement from the rest of the group and KIM staff, E has just facilitated a group for KIM. E led a group of 14 through a very relaxing session where everyone made a beautiful feather wall hanging.

"I really enjoyed leading the group and it wasn't as scary as I thought it would be".

E is also taking part in a healthy eating course, something she would never have engaged with prior to attending KIM sessions. The change in E's outlook on life has been amazing in the short eight months we have been working together. E is determined to keep up this momentum and continue to work on her confidence and insecurities.

KIM 4 YOUNG PEOPLE

HIGHLIGHTS

Criw Celf art project in collaboration with Theatr Clwyd during May half term. The artwork created, the connections made and the joy experienced during that week have a lasting legacy in our garden and offices.

The whole summer programme brought together young people from different groups and areas, many of whom had never met in person. The willingness of those young people to take a leap of faith to come to Comic Con in Manchester, or to try ice skating or golf, or to cook and try exotic food at Up a Yard, was amazing.

Seeing young people who have had a really challenging time in school or college develop authentic healthy connections with others through the support of our groups, and then go on to thrive in other social and educational settings. Young people having friends, having hobbies, having wider connections and having hope.

Driving lessons and driving has been an unexpected highlight this year, so many young people have been inspired to learn to drive this year and have been sharing their experiences and enthusiasm in groups in person and on line. The peer support and encouragement has been a big part of this.

The amazing turn out from the whole KIM community and beyond for our Children in Need Kimaoke Cake Sale!

"I look forward to You-Nique each week and feel more comfortable with myself. When I do get overwhelmed in situations I don't feel like I'm just over-reacting for no reason anymore. I am accepting myself more."

"I am MUCH better since joining. Lots has improved. I now look at things with more optimism and happiness. I think KIM was the first step in improving my life!"

"KIM makes me feels validated and listened to, and has helped me learn about myself. It's comforting."

"I feel like I mean something here!"



CASE STUDY

From a parent - "My son was badly self harming and had also tried to end his life on 2 occasions. He was under CAMHS but it wasn't really helping. My friend whose son had similar experiences to mine highly recommended KIM. When I got in touch we managed to see someone within a week.

He has been attending weekly for around 12 months. He has met some nice people and has a very good and trusting relationship with Rachel. She has helped me understand my son more also and has also been a great support to me.

KIM has helped facilitate my son into a local training scheme. Although we still have ups and downs I'm grateful KIM offers my son a safe place that he can be himself. I would hate for KIM not to be available as my son enjoys attending.

It's a wonderful initiative and has a wonderful way, not only with the young people but also their wider family. I wish there were more in this world because KIM's Youth Service really is remarkable and makes a huge difference when you think you've lost hope."

KIM ND 4 GIRLS

HIGHLIGHTS

A new pilot project, funded by the Neumark Foundation, to assess and support the needs of neurodivergent girls and young women age 13-24 years. By talking to caregivers and ND girls/young women, the project aims to gain a deeper understanding of their issues and together, work to identify solutions where possible, but ultimately, to offer a non-judgemental space in which to listen to and validate their experiences.

We work with the girls/young women directly to help them understand their needs and strengths and to learn more about what they need, in order to stay safe and well. We look at sensory needs, environmental adaptations and different methods of energy accounting, so that Neurodivergent girls can grow into women who know themselves and their worth. We also work with their caregivers to support an increased understanding of and responsiveness to their daughters skills and difficulties.

'Thank you so much for your help. I never would have been able to do this by myself; it's too overwhelming and so much to think about. This has taken a lot of pressure off.'



CASE STUDY

When talking about school's response and social services involvement with their family, one parent told us that they feel that -

'They don't understand my child. They don't understand what I'm trying to do. They want me to force her into a place where she is unsupported and dysregulated, and then she is punished for being dysregulated- when it feels like they haven't even tried to meet her needs before it all escalates to that point. Then I have to manage the impact of all that, when she gets home. I've done so much reading - and learning from her.

I've found the right strategies, they work, but I can't control what happens in school. And then, they wonder why I'm struggling so much, to make sure she is ok. And to make sure that everyone else in the house is ok. And then they think I can't manage to parent. But I can. I know her and I know what she needs - it would just be so much easier if she was supported properly in school, then I wouldn't have so much of this to try and repair when she's at home.'

KIM 4 COMMUNITY

HIGHLIGHTS

The continued use of the Hub in Holywell by a variety of community based organisations such as Cambrian Credit Union, Citizens Advice, RASASC, 1st Carmel Brownies, Slimming World and many other organisations that use the Hub for meetings and hot desking.

KIM continues to provide room hire facilities at the Hub, with a selection of one-to-one rooms and larger meeting rooms available, with the capacity to accommodate up to 60 people. The Hub has full disability access, WIFI, parking and a fantastic garden which can be used for outside activities.

Several community coffee mornings have been held during the year, encouraging the wider community into the Hub for some lovely homemade cakes provided by our clients, volunteers and staff. We have had a fantastic response, with well attended events bringing people together in a social environment to chat.

KIM continues to promote the Welsh language, heritage and culture in Wales by offering Welsh Language and Culture groups in our hubs and online. Learners gained accredited qualifications at Level 1 and Level 2 on the courses KIM provides.

KIM operates a social enterprise cafe through it's social enterprise subsidiary, at the Heddfan Unit in Wrexham Maelor hospital. It is a thriving space, giving patients the opportunity to get off the wards into more of a social environment. Volunteers work across the week to support staff and the efficient running of the cafe. which is highly thought of by patients and staff alike.

The Community Dungeons and Dragons group, set up and operated by a KIM volunteer, continues, with a loyal group of regular participants.

In partnership with Aimee Colville, local artist, KIM supports a weekly art class in Prestatyn for the wider community, which is well attended and growing in numbers. The group allows individuals to express themselves through different mediums of art. The group is very creative, engaging and fun.

In February 2024, three members of staff became Mental Health First Aid Training Instructors, allowing KIM to be able to offer MHFA courses to the wider community and other local organisations.

Three of the staff team have a Level 3 in Education and Training, which in collaboration with Adult Learning Wales, allows them to deliver accredited courses both internally and externally. Accredited courses provided this year include Mental Health and Well Being, Assertiveness and Welsh Language and Culture courses.



KIM VOLUNTEERING

HIGHLIGHTS

Supporting people to complete accredited training, watching their confidence grow as they explore and learn about new subjects in different ways.

Training new volunteers and watching them grow in confidence as they embark on their volunteering journey.

The coffee and cake community events, a genuine opportunity for volunteers to lead and deliver a social event. The bustle and interaction in the Hub is enjoyable for all. Great to have the wider community in the building.

"The course was so eye opening and insightful. The tutors were fabulous and made the course so much better. I enjoyed the breakout room discussions. I enjoyed Linda's quizzes and riddles. It was all such a pleasant experience, thank you "

"Being a volunteer at KIM has given me the courage to follow my dreams. H's helped me to help others. KIM has changed my life"

"Being invited to become a KIM volunteer has been life changing for me. It took all my courage to jump in and I still have to be brave but my self esteem is growing. Thank you KIM!"



CASE STUDY

E has volunteered at the KIM café, at Heddfan since 2018. When E started her confidence was low and she was struggling with very low mood and anxiety. She was isolated and felt unable to consider any kind of paid employment. In her time at the café she has progressed from doing some limited tasks (clearing tables and making sandwiches behind the scenes) to being able to do all tasks in the café – serving customers, working on the till and preparing all food and drinks. She even supports new volunteers who join the café team. E credits the support she received from KIM staff to be able to do the things she does now. She has always felt supported and appreciated, and the warm welcome she gets each week has boosted her confidence.

"I was really shy when I first started working here but KIM staff have helped me to feel confident, happy and like I can do anything"

As E's confidence has grown, her mental health has improved and enabled her to do things differently in her wider life. In late 2023, E saw a job vacancy and with gentle support from KIM staff she applied for the part-time role. She was nervous but the staff words 'you can do this!' kept her focussed and she was offered the job. KIM staff gave her the confidence to apply. Now E is employed in a role that she loves. She works 5 evenings a week so can continue in her volunteering role, something she is very keen to do. E loves volunteering in the café and this keeps her well-being topped up. E has also joined a local gym and attends several times a week. She has made new friends, improved her fitness and lost weight – all of which had been long standing goals. Having increased her confidence by volunteering in the café she felt able to try new things that had previously felt too daunting.

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.

Subsidiary

The charity has a wholly owned subsidiary as at 31 March 2024, 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 operating a social enterprises cafe within the Heddfan Unit of Wrexham Maelor hospital, called Cafe KIM.

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.

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. 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 reselected, 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 the Chair 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.

HOW WE ARE GOVERNED

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 All-Age Mental Health and Wellbeing Strategy 2024-2034. 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 Citizens Advice, 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 the Open University and Wrexham University provide an opportunity to share our practice with students, creating links with future practitioners. 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.

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, regularly hold strategic planning meetings, 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 and volunteers who may have significant contact with individuals are required to undergo appropriate DBS checks.

HOW WE ARE GOVERNED

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 adequately trained, vigilant and openminded 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.

FINANCIAL REVIEW

Information and breakdown about the result for 2023/24

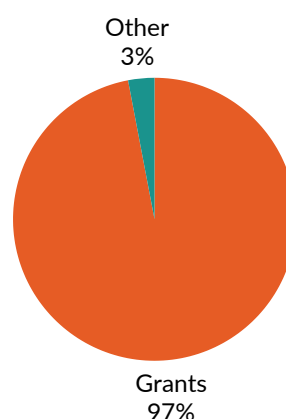
	31 March 2022	31 March 2023	31 March 2024
Income	£539,732	£588,743	£589,015
Expenditure	£529,572	£587,423	£562,980
Surplus/(Deficit)	£10,160	£1,320	£26,035
Unrestricted funds	£98,686	£100,006	£121,041
Total funds	£316,667	£317,987	£344,022

FUNDING SOURCES

THE FUNDING SOURCES FOR THE CHARITY DURING THE YEAR WERE SPLIT AS FOLLOWS:

Breakdown of Total Income 2023/24

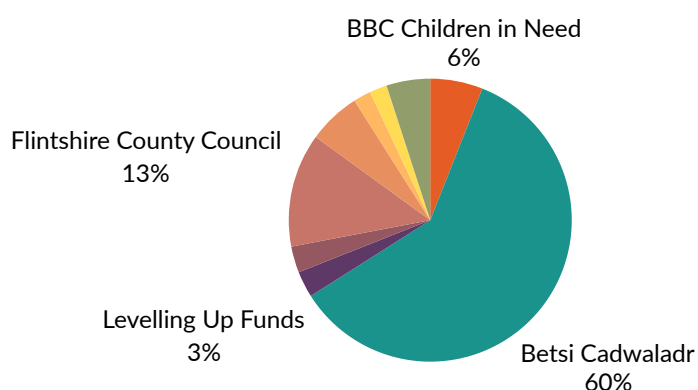
97% Grants
3% Other



REVENUE GRANT FUNDING REMAINS THE MOST SIGNIFICANT SOURCE OF FUNDING AND IS SPLIT AS FOLLOWS:

Breakdown of Grant Income 2023/24

6% BBC Children in Need
60% Betsi Cadwaladr University Health Board
3% The Waterloo Foundation
13% Flintshire County Council
6% Steve Morgan Foundation
2% Neumark Foundation
5% Covid Community Support Hub
3% Levelling Up Funds
2% Others



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 identified, over a period of up to 6 months in the event of the loss of all funding, unrestricted reserves should be above £145,800, however we do hold a designated reserve of £20,000 for redundancy costs, reducing the unrestricted reserve requirement to £125,800. The level of unrestricted reserves at year end was in line with this at £126,041, however the Trustees have agreed to increase the designated reserve on the replacement heating system to £10,000 (up £5,000), reducing the unrestricted reserves to £121,041, which is marginally below the required level. The Trustees have agreed and accepted that the risk is mitigated by the overall 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 2024 SHOULD BE AS FOLLOWS:

- Replacement Heating System - £10,000 (up £5,000)
- Redundancy costs - £20,000 (unchanged)
- **Total Designated Reserves - £30,000**

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
Rev DC Cawdell (Resigned 30 April 2024)
Mr Lee Brown
Ms M Jones (Resigned 9 November 2023)
Ms L Bowen (Appointed 15 June 2023)
Mr N Acott (Appointed 13 September 2023)

SECRETARY

Wendy Jones-Booth

CHARITY NUMBER

1104186

COMPANY NUMBER

04464874

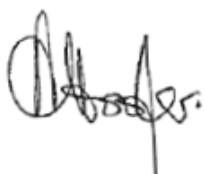
PRINCIPAL ADDRESS

The Hub
Park Lane
Holywell
Flintshire
United Kingdom
CH8 7UR

INDEPENDENT EXAMINER

AM Wyatt & Co Ltd
Adlink House
86 The Highway
Hawarden
Flintshire
CH5 3DJ

The trustees report was approved by the Board of Trustees.



Rev A Hooper - Trustee
Dated: 3rd October 2024

KIM INSPIRE INDEPENDENT EXAMINERS REPORT TO THE TRUSTEES OF KIM INSPIRE

I report to the trustees on my examination of the financial statements of KIM Inspire (the charity) for the year ended 31 March 2024.

Responsibilities and basis of report

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

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ACCA, 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 Standards 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 proper understanding of the financial statements to be reached.



Alex Wyatt
AM Wyatt & Co Ltd

Adlink House
86 The Highway
Hawarden
Flintshire
CH5 3DJ

Dated: 28 November 2024

KIM INSPIRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
		2024	2024	2024	2023	2023	2023
	Notes	£	£	£	£	£	£
Income from:							
Grants and donations		12,310	561,911	574,221	1,991	572,737	574,728
Charitable activities		3,600	-	3,600	3,800	-	3,800
Other trading activities		7,220	-	7,220	2,741	-	2,741
Investments		3,974	-	3,974	7,474	-	7,474
Total income		27,104	561,911	589,015	16,006	572,737	588,743
Expenditure on:							
Charitable activities		1,069	561,911	562,980	14,686	572,737	587,423
		-5,000	5,000	-	-	-	-
Gross transfers between funds							
Net income for the year/ New movement in funds		26,035	-	26,035	1,320	-	1,320
Fund balances at 1 April 2023		100,006	217,981	317,987	98,686	217,981	316,667
Fund balances at 31 March 2024		121,041	222,981	344,022	100,006	217,981	317,987

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 2024

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Tangible assets			192,981		192,981
Investments			1		1
			192,982		192,982
Current assets					
Debtors		16,731		59,685	
Cash at bank and in hand		247,166		265,292	
		263,897		324,977	
Creditors: amounts falling due within one year		(112,857)		(199,972)	
Net current assets			151,040		125,005
Total assets less current liabilities			344,022		317,987
Income funds					
Restricted funds – general			222,981		217,981
Unrestricted funds			121,041		100,006
			344,022		317,987

KIM INSPIRE

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2024

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 2024.

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 3 October 2024



Rev A Hooper

Trustee

Company Registration number 04464874

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

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 2024

2. Grants and donations

	Unrestricted funds	Restricted funds general	Total	Unrestricted funds	Restricted funds general	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	9,810	-	9,810	1,991	-	1,991
Grants	2,500	561,911	564,411	-	572,737	572,737
	12,310	561,911	574,221	1,991	572,737	574,728
Grants receivable for core activities						
BBC Children in Need	-	31,868	31,868	-	30,526	30,526
Betsi Cadwaladr University Health Board	-	336,375	336,375	-	291,099	291,099
Wrexham CBC Multicultural hub	-	2,000	2,000	-	-	-
Big Lottery	-	-	-	-	11,188	11,188
Citizens Advice	-	2,750	2,750	-	5,000	5,000
The Waterloo Foundation	-	20,000	20,000	-	-	-
Flintshire County Council	-	74,500	74,500	-	61,991	61,991
Henry Smith 2019-2022	-	-	-	-	39,006	39,006
Lloyds Foundation	-	4,890	4,890	-	10,000	10,000
DVSC Welsh Churches	-	450	450	-	-	-
Moondance	-	570	570	-	24,430	24,430
Steve Morgan Foundation	-	36,240	36,240	-	40,080	40,080
Neumark Foundation	-	10,997	10,997	-	59,401	59,401
Covid Community Support hub	-	25,599	25,599	-	-	-
Denbighshire Key fund	-	8,280	8,280	-	-	-
Flintshire Key fund	-	7,393	7,393	-	-	-
Other	-	-	-	-	16	16
	-	561,911	561,911	-	572,737	572,737

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

3. Charitable activities

	Charitable Income 2024 £	Charitable Income 2023 £
Student fees	3,600	3,800

4. Other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising events	735	2,741

5. Investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Rental income	6,485	6,542
Interest receivable	3,974	932
	10,459	7,474

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6. Charitable activities

	2024	2023
	£	£
Staff costs	440,961	457,377
Purchases	9,474	5,802
Premises costs	12,727	12,661
Insurance	3,464	2,928
Employment services	1,893	1,968
Donations made	175	10,029
Administrative expenses	16,548	15,719
Direct project costs	8,020	6,761
Repairs and renewals	7,231	20,132
Fundraising events costs	236	264
Staff and volunteer expenses	24,874	14,917
Medicash and BUPA	723	641
Beneficiary costs	36,510	38,097
Bank charges	144	127
	<u>562,980</u>	<u>587,423</u>
	<u>562,980</u>	<u>587,423</u>
Analysis by fund		
Unrestricted funds	1,069	14,686
Restricted funds – general	561,911	572,737
	<u>562,980</u>	<u>587,423</u>

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2023: none).

Employees

8.

The average number of employees during the year was:

	2024	2023
	Number	Number
	14	16
	<u>14</u>	<u>16</u>

Employment costs	2024 £	2023 £
Wages and salaries	418,912	436,215
Other pension costs	22,049	21,162
	<u>440,961</u>	<u>457,377</u>

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 £
Cost					
At 1 April 2023	201,517	15,220	10,667	13,599	241,003
At 31 March 2024	<u>201,517</u>	<u>15,220</u>	<u>10,667</u>	<u>13,599</u>	<u>241,003</u>
Depreciation and impairment					
At 1 April 2023	8,536	15,220	10,667	13,599	48,022
At 31 March 2024	<u>8,536</u>	<u>15,220</u>	<u>10,667</u>	<u>13,599</u>	<u>48,022</u>
Carrying amount					
At 31 March 2024	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>
At 31 March 2023	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>

11. Debtors

Amounts falling due within one year:	2024 £	2023 £
Other debtors	2,999	4,037
Prepayments and accrued income	13,732	55,648
	<u>16,731</u>	<u>69,685</u>

12. Fixed asset investments

	Other investments	
Cost or valuation		
At 1 April 2023 & 31 March 2024		1
Carrying amount		
At 3 March 2024		1
At 31 March 2023		1
	2024	2023
	£	£
Other investments comprise:		
Shares in group undertakings	1	1

13. Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	438	310
Deferred income	98,016	181,865
Trade creditors	-	-
Other creditors	-	-
Accruals	14,403	17,797
	112,857	199,972

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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 2022	Incoming resources	Resources expended	Transfers	Balance at 1 April 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024	
	£	£	£	£	£	£	£	£	£	
Wrexham CBC Multicultural hub project	-	-	-	-	-	2,000	(2,000)	-	-	
BBC Children in Need	-	30,526	(30,526)	-	-	31,868	(31,868)	-	-	
Betsi Cadwaldr University Health Board	-	291,099	(291,099)	-	-	336,375	(336,375)	-	-	
Big Lottery	-	11,188	(11,188)	-	-	-	-	-	-	
Big Lottery - Capital Fund	192,981	-	-	-	192,981	-	-	-	192,981	
Covid Community Support Hub	-	59,401	(59,401)	-	-	25,599	(25,599)	-	-	
Citizens Advice	-	5,000	(5,000)	-	-	-	-	-	-	
Designated Fund	25,000	-	-	-	25,000	-	-	5,000	30,000	
Flintshire County Council (FCC)	-	61,991	(61,991)	-	-	74,500	(74,500)	-	-	
Henry Smith 2019-2022	-	39,096	(39,096)	-	-	-	-	-	-	
Local Mental Health Scheme	-	-	-	-	-	-	-	-	-	
Lloyds Foundation	-	10,000	(10,000)	-	-	4,890	(4,890)	-	-	
Steve Morgan Foundation	-	40,080	(40,080)	-	-	36,239	(36,239)	-	-	
Denbighshire Key fund	-	-	-	-	-	8,280	(8,280)	-	-	
Flintshire Key fund	-	-	-	-	-	7,393	(7,393)	-	-	
Citizens advice	-	-	-	-	-	2,750	(2,750)	-	-	
Neumark Foundation	-	15	(15)	-	-	10,997	(10,997)	-	-	
DVSC Welsh Churches	-	-	-	-	-	450	(450)	-	-	
Moondance	-	24,430	(24,430)	-	-	570	(570)	-	-	
The Waterloo Foundation	-	-	-	-	-	20,000	(20,000)	-	-	
Other grants	-	-	-	-	-	-	-	-	-	
	<u>217,981</u>	<u>572,736</u>	<u>(572,736)</u>	<u>-</u>	<u>217,981</u>	<u>561,911</u>	<u>(561,911)</u>	<u>5,000</u>	<u>222,981</u>	

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

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

Replacement heating system £10,000 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.

The Waterloo 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.

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 2024

15. Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Fund balances at 31 March 2024 are represented by:						
Tangible assets	-	192,981	192,981	-	192,981	192,981
Investments	1	-	1	1	-	1
Current assets/(liabilities)	121,040	30,000	151,040	100,005	25,000	125,005
	<u>121,041</u>	<u>222,981</u>	<u>344,022</u>	<u>100,006</u>	<u>217,981</u>	<u>317,987</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:

	2024 £	2023 £
Within one year	300	600
Between two and five years	0	1,350
	<u>300</u>	<u>1,950</u>

17. Capital Commitments

As at 31 March 2024 the charity had no capital commitments (2023 - none).

18. Related party transactions

There were no disclosable related party transactions during the year (2023 - 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 14 (2023: 16) of its employees. The charge for the year totaled £22,049 (2023: £21,162). There were no costs prepaid or due at year end.

KIM

KNOWLEDGE • INSPIRATION • MOTIVATION



Thank you

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

WWW.KIM-INSPIRE.ORG.UK