

KIM

KNOWLEDGE · INSPIRATION · MOTIVATION



ANNUAL REPORT & ACCOUNTS

2024 | 2025

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*"KIM - I appreciate everything they do
and for the help they gave to keep me
alive"*



ABOUT KIM INSPIRE

KIM Inspire: Transforming Lives Through Challenge, Opportunity, and Purpose

At KIM Inspire, we believe that mental health support should be more than just care — it should be a catalyst for transformation. That's why everything we do is built around five powerful principles: Challenge, Opportunity, Change, Learning, and Purpose.

Founded in 2002, KIM began as a gender-specific service supporting women who had experienced domestic abuse. Today, we've grown into an award-winning charity delivering professional, high-quality mental health support for women, men, young people, and whole communities across Flintshire, Denbighshire, and Wrexham.

Challenge - We don't shy away from the hard stuff. Our group-led activities are designed to stretch comfort zones, build resilience, and spark self-belief. We create safe spaces where individuals are supported to face their personal challenges and emerge stronger.

Opportunity - We open doors — to community, to connection, to new experiences. Whether it's through creative workshops, peer support groups, or volunteering, KIM sessions are fun, friendly, and focused on growth. We meet people where they are and walk beside them toward where they want to be.

Change - We know real change doesn't come from a one-size-fits-all solution. That's why we're committed to being flexible, responsive, and inclusive. With each activity, we help individuals rewrite their stories — shifting from struggle to strength, from isolation to inclusion.

Learning - Every session is an invitation to discover, grow, and evolve. Our work fosters a deep sense of self-awareness and skill-building, empowering people to take control of their mental wellbeing and thrive in everyday life.

Purpose - Everything we do is grounded in purpose — to reduce stigma, foster integration, and ensure that every voice is heard. Through community partnerships, meaningful consultations, and a passionate team, we ensure that our participants and volunteers are not just supported, but actively shaping the work we do.

At KIM Inspire, we're more than a charity — we're a movement for mental health empowerment. Through challenge, opportunity, learning, and purpose, we drive meaningful change in the lives of the people and communities we serve.



OUR SERVICES

At KIM Inspire, we believe that mental wellbeing is more than just coping—it's about thriving. It means feeling good about yourself, staying connected to the world around you, and living life on your own terms.

But for many of the incredible individuals we support, everyday activities—like catching a bus or doing the weekly shop—can feel like climbing a mountain. These challenges often lead to isolation, lost confidence, and a decline in self-care, creating a cycle that reinforces loneliness and despair. Many carry the invisible wounds of childhood trauma, and for others, poor physical health adds another layer of difficulty. That's where KIM steps in.

We're proud to work alongside Betsi Cadwaladr University Health Board as part of the inspiring ICAN initiative—a community-focused approach to mental health that makes support accessible, relatable, and real.

Through our ICAN Hubs in Holywell, Wrexham, Prestatyn, and Corwen (in partnership with Canolfan Ni, South Denbighshire Community Partnership), we offer more than just a listening ear — we offer hope, connection, and practical help. Whether someone is struggling with debt, relationship breakdown, addiction, unemployment, grief, housing problems, or simply feeling alone—our team is here to help them take that next step forward.

As an affiliated ICAN provider, KIM is about empowering people to rebuild their lives, rediscover their self-worth, and reconnect with their communities.

Because with the right support, anyone can move from surviving to thriving!

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/Neurodivergent Project for Girls and Young Women

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 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

1117

people during the year

7329

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

Number of volunteers

51



155

Different themes, including: Canal Boat Art, Nature through Nature, Basic DIY, trips to Chester Zoo to learn about conservation and to British Ironworks Centre to inspire creativity

Number of staff

12

WELCOME

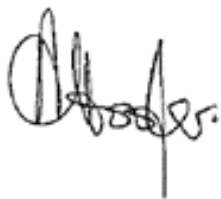
2024 has been a highly successful year with services continuing to grow and a new service set up to support Neuro-diverse young women. This has been an inspiration and has added to the understanding of how creativity enhances involvement and emotional wellbeing.

Most of KIM's work is face-to-face, with some online groups retained to allow greater access for people with geographical or other barriers. These, together with using the 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, and Flintshire County Council, to enable so many people to be 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 - FLINTSHIRE

404 (273 women and 131 men) clients engaged with the service in Flintshire during 2024-2025.

Flintshire has 31 active KIM volunteers supporting our work.

Feedback and regular monitoring show the majority of clients have improved self-esteem and confidence. 32 moved into volunteering roles either within KIM or with other organisations.

34 Flintshire clients completed licensed training in Mental Health First Aid, ASIST suicide intervention training and Emergency First Aid.

In Holywell, our community connections continued with seven community coffee and cake events and plant sales, inviting the local community into KIM volunteer led events, raising funds for KIM and increasing local awareness of our work. 12 volunteers were involved in the events, with between 20-46 people attending each event

HIGHLIGHTS

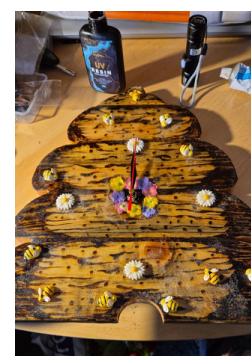
Basic DIY Skills

KIM provides mental health and well-being support through practical DIY sessions in a warm, friendly, and inclusive environment. By teaching individuals how to create items such as planters, bird boxes, spice racks, and bird tables, KIM helps participants build confidence, improve social skills, and experience a sense of accomplishment. There is also a focus on health and safety, offering instruction on the safe use of cordless power tools. Through these hands-on activities, KIM empowers individuals with valuable skills while fostering personal growth, community connection, and improved mental wellness.



Resin for resilience

This session uses KIM's new art space to learn all about the techniques involved in Resin Art. Individuals learn about the use of tools and equipment safety and get creative using a range of shapes, colours and epoxy resin techniques such as clock and jewellery making. These sessions emphasise health and safety, promote wellbeing, and support individuals in managing poor mental health through therapeutic, hands-on activities.



Fix It Friday is a community-focused weekly repair workshop. Local people can bring broken or tired household items to be repaired by our amazing team of skilled volunteers. Fix it Friday is also an opportunity to learn new repair skills, reduce waste, and help people save money by extending the life of items instead of discarding them.



KIM - FLINTSHIRE



Gardening for Wellbeing

KIM Inspire offers a therapeutic gardening programme designed to support individuals experiencing poor mental health, isolation, and low confidence. Through shared outdoor activity, participants engage in planting, growing, and maintaining garden spaces, helping them to connect with others, build relationships, and experience a sense of purpose and achievement. The programme encourages personal growth, improved wellbeing, and increased confidence in a calm, supportive environment.

KIM is my Jam

This 10-week Community Jamming group is a vibrant space at the Hub, welcoming anyone with an interest in music, singing, or playing instruments. Each Friday morning, participants brought their own songs and instruments, creating a unique and shared musical experience..

The group fostered a fun, friendly, and relaxed atmosphere, emphasising listening and participation at individual comfort levels. Options like singing in smaller groups or solo were available for those feeling anxious. A wide variety of shared instruments ensured everyone could get involved and "jam" together.



Beyond the joy of making music, the course significantly boosted confidence and connection. Many participants have since confidently moved on to community choirs and other musical events, a testament to the group's supportive and enriching environment.

Welcome to KIM

This is a six-week course in achieving small, step-by-step goals in a fun and supportive environment. This course aims to help new participants that have recently joined KIM to: interact with others who are just starting out, boost confidence and reduce anxiety. The course explores new possibilities for the client's future, whether it's learning a new skill or even starting an accredited course. It also offers valuable community resources, including support for financial difficulties and developing essential IT skills and further courses for moving forward with KIM.



KIM secured funding from the UK Government's Levelling Up scheme to enable us to purchase and install a new external workshop space, together with tools and equipment to run the DIY and craft courses. The new workshop has been a fantastic addition at the Hub and provides a dedicated space for these groups.

KIM - FLINTSHIRE

"I'll be honest I wasn't going to come today I really had to push myself to leave the house but I'm really glad I came, I have had a fantastic time it's been great, and I think I have found a new hobby."

"A few months ago, things were really dark in my life, and I didn't really see the point anymore or think that anyone really cared. After being here and seeing how nice everyone is and the amount of support I have received from the staff at KIM, I now look back and think what was I thinking. I'm now looking to the future and making plans."

"When I first joined up for groups at KIM, I had an image in my mind of sitting around in a circle, which I would have hated and not come back. I did not expect to meet so many nice people who made me feel so welcome and I wasn't expecting to come away from KIM with a new hobby. I genuinely do feel a lot happier now and more confident. I don't have any family or support so coming here has been life changing for me."

CASE STUDY

Richard was referred to KIM in January 2025 after experiencing long-term mental health challenges that had led to social withdrawal and low confidence. Over time, he became increasingly isolated, spending most days at home and feeling a lack of purpose or motivation.

Since joining one of KIM's groups, there has been a significant improvement in Richard's confidence and willingness to engage with others. He has become an active and supportive member of the group, contributing positively to sessions and developing new practical and creative skills.

Richard has shared that attending the sessions provides valuable structure and social contact, helping to reduce isolation and bring enjoyment to his week. He now feels able to connect with others again, is spending more time outside of the home, and is planning to continue to develop his new skills further, to provide focus and to maintain his improved mental health.

Overall, the support received from KIM has played a key role in rebuilding Richard's confidence, improving his wellbeing, and fostering meaningful social connections.

(Pseudonym used to protect individual identity)

KIM - WREXHAM

During 2024–25, the Wrexham service supported 215 clients, many of whom reported noticeable boosts in confidence and self-esteem. 14 individuals went on to take up volunteering roles either with KIM or with other local organisations, highlighting the impact of their personal growth. As part of our group activities, 31 clients connected with wider community resources and took part in sessions at partner venues like Groundwork and Xplore!, opening doors to new opportunities and experiences.

HIGHLIGHTS

Connect @ KIM

A weekly group with a focus on exploring Wrexham, the surrounding areas and everything that the city has to offer. In partnership with the Little Learning Company the sessions also included some chair-based exercise with the aim of improving balance, fitness and flexibility. These sessions proved very popular and led to clients accessing community-based exercise sessions.

Comic Book Art

This course gave participants an opportunity to learn art skills, designing their own characters from scratch with a finished project that they could proudly take home – all while connecting, and learning from a local artist.

Come and Cook

A six-week course aimed at improving people's food habits – this included how to cook healthier, nutritious meals to save money and boost mood. The course also supported clients to understand food labels. The sessions involved trying new foods and ingredients and cooking meals to take home and share with their family.

Drosi Bikes

This six week course was an opportunity for people to learn new skills based around bike maintenance. Members were able to learn how to repair a puncture, carry out bike safety checks, and learn about bicycle types, components, and basic tools for bike maintenance.

Multiply project

Fun and engaging sessions with numeracy and practical maths as themes, gently introduced to allow KIM clients to know that maths isn't scary! We delivered two sessions at Xplore! and a bushcraft activity which incorporated practical maths. Participants said the sessions made maths 'fun' 'easier to understand' and 'boosted confidence' when thinking about numbers and maths. One participant has been inspired to re-sit their Maths GCSE saying: 'Maths isn't as difficult as I thought it was, and we use it so much every day without realising'



KIM - WREXHAM

"I can talk to people now and I feel comfortable doing so. It didn't used to be like that. I'd only talk to my close family circle. I'd never talk to strangers. If it wasn't for attending KIM, I wouldn't have had the strength to go out and get my job."

"If it wasn't for KIM, I don't think I'd be here anymore"

"Because of KIM.....I now have found the confidence to seek out other organisations in order for me to grow and progress. I have been referred to the National Exercise Referral Scheme where I take part in weekly aqua circuit classes that I can attend on my own and be within a larger group of people. I have started groups such as cooking and wellbeing with Groundwork. Lastly, I have registered with Cyfle Cymru at Champions House, where I participate in a range of weekly groups that they provide and they have signed me up with Coleg Cambria to learn Maths and English and progress my education. Without starting at KIM last year, I would never have dreamed of all these opportunities that are out there for me. KIM has given me the confidence that I needed and the push to discover myself."



CASE STUDY

William was referred to KIM by his support worker and was able to attend in-person groups initially. William was suffering poor physical health, which had led to a decline in his mental health, a lack of structure to his week and feelings of social isolation, having had to retire from working. This all contributed to him suffering with anxiety.

William shared that, by being involved in the KIM/ICAN service he has "regained a purpose in life". He commented, "I started enjoying the sessions straight away". Due to a further decline in his physical health, William is now only able to attend online groups, but finds this to be very enjoyable. "I've had good support from these sessions. At the beginning of the block, we're asked what topics we'd like to talk about. I'm feeling more confident and enjoy the conversations with other members. I like the variety and talking about mental health but also enjoy taking part in quizzes".

William has found that, by engaging with the KIM/ICAN project "I feel like I matter again". He again commented that he feels more confident and his anxiety has "lessened".

William mentioned that his wife has "noticed a change in me" and said she had commented on his improved confidence. Despite his restrictions, he now feels comfortable leaving his home (with the support of his wife) for necessities such as shopping, or to visit their children and grandchildren.

(Pseudonym used to protect individual identity)

KIM SOUTH DENBIGHSHIRE

During 2024-25 155 clients engaged with the service in South Denbighshire. Our evaluation shows that the majority reported an increase in confidence, 41 moved into further education (this includes on KIM accredited courses), 9 moved into volunteering roles either within KIM or with other organisations and 7 clients have now gone back into paid employment.

HIGHLIGHTS

KIM4All - Nature 4 Health

The focus in this mixed gender group for this year has been connecting with nature. Focusing and improving on our relationship with nature – how much we notice, think about and appreciate the natural surroundings in our communities. We explored different aspects of nature from foraging to create a beautiful collage of leaves and flowers, making our own herbal teas, walks, sketching landscapes and focusing on the outdoors as a holistic platform to improve mental health and wellbeing. We also enjoyed a session on the dark skies over North Wales. North Wales is home to Snowdonia International Dark Sky Reserve and is consistently voted one of the most beautiful regions in the world. The whole area is a dark sky delight, which we were able to experience in the dome bought along by Denbighshire Leisure. A truly magical experience.



The sessions were all fun and provided a safe environment for clients to flourish and be creative in their own way. Sessions also ensured everyone was involved and the interaction was great to see in the group.

KIM4Her

This group specifically focused on women, wellbeing and healthy living. Sessions focusing on healthy eating and how the food we eat affects our mind and body. We discussed how our brain needs many nutrients to function and keep us well. Eating well helps to reduce the risk of physical health problems like heart disease and diabetes. It also helps with sleeping patterns, energy levels, and your general health. We enjoyed cook and eat sessions where we cooked a wholesome leek and potato soup and all agreed it was tastier than what we get out of a tin and something that everyone said they would try at home. We also tried our hand at baking which was great fun. Groups also focused on ageing well and how ageing starts early on in life which means adopting healthy habits and making positive lifestyle choices that contribute to overall well-being as we age. We all decided it is never too late to adopt healthy habits for positive change.



Movement and Dance

An 8-week course focusing on movement and dance. By engaging in physical activity and moving our bodies, we can boost our mental wellbeing, alleviating stress and anxiety. The sessions were tailored to all abilities and all ages. They were enjoyable, fun and motivating.

KIM SOUTH DENBIGHSHIRE

Out and About

The summer months were ideal to be out and about in North Wales. The community garden in Corwen is an ideal setting to sit and relax. We spent some afternoons in the garden, learning a new skill in peg loom weaving, doing a little gardening and meditation. A visit to the Owain Glyndwr Museum in Corwen was a step back in time to learn a little more about the Prince of Wales in the early 1400's. His life, triumphs and eventual downfall, his legacy deep in the history of Wales. A visit on the steam train from Corwen to Llangollen was a must and we were blessed with lovely weather for the trip.



Creative Writing

This 10-week course was truly a success. Facilitated by Janys Chambers who is a professional script writer, she gently and confidently guided us all through the art of creative writing. Each one who joined gained confidence and the work produced was a joy to see. We even managed to get all the work printed into a book which each one can be proud of.

Courses

We delivered a 4 week Assertiveness course, where 6 women were successful in gaining the qualification and a Resilience course, where a further 6 women were successful in gaining the qualification.

"I do not know what I would have done without KIM support, it has given me my life back"

"I am now, with the support received, able to live a normal life, but always know if things don't go well, I have someone to talk to without fear of being judged"

"The new skills and confidence I now have has enabled me to go back into paid employment"

CASE STUDY

Anna was referred to KIM/ICAN in April 2023 following a significant mental health crisis marked by severe social anxiety, low mood, low motivation, and very poor self-esteem. Initially, her anxiety was so intense that she struggled to speak in group settings. With tailored support and a person-centred approach, Anna gradually began participating in group activities, building confidence and discovering coping strategies that worked for her. Through involvement in KIM/ICAN, she has adopted healthier habits, including regular exercise, improved sleep, healthy eating, and positive thinking.

Over time, Anna has made significant progress in her mental health and overall wellbeing. She has become socially active, more focused, and better able to manage life's challenges. She completed a volunteer training course and now plays an active role in group sessions, helping others and contributing to planning. Notably, she also secured a bursary-supported role in a local theatre.

Anna is currently completing an accredited course and actively contributes to discussions, showing her continued growth in confidence and assertive communication. Her journey highlights the effectiveness of personalised support in empowering individuals to recover and thrive.

(Pseudonym used to protect individual identity)

KIM NORTH DENBIGHSHIRE

In 2024–25, 161 clients in North Denbighshire took part in our service — and the results speak for themselves.

The vast majority reported a boost in confidence, with many taking bold steps forward:

22 clients progressed into further education, including KIM-accredited courses

5 clients began volunteering — both within KIM and with other community organisations

3 clients made the leap back into paid employment

These outcomes highlight the real-life impact of our work — empowering individuals to grow, contribute, and thrive.

HIGHLIGHTS

Walk & Talks & Llandudno Visit

Over the summer we met up to walk, talk and explore what's on our doorstep in Prestatyn. To finish our summer of explorations, we decided to go a little further. We all met at Prestatyn train station for a day out at Llandudno. Many were nervous about getting on the train, but they overcame the challenge, and we had a very successful day. We enjoyed a walk along the sea front and the length of the pier before having some lunch. Everyone agreed it was great to get out of Prestatyn and explore beautiful North Wales. It has inspired people to overcome their fears and anxieties and try to get out more.

KIM's Got Talent – Scrooge Production

This was a 6-week group that grew from the dance classes we held in Prestatyn. The dance class gave everyone inspiration to express themselves. It started with a discussion between two people but soon grew into a full production with fifteen people taking to the stage singing and acting in front of 30 people. There was a lot of effort from everyone to bring it together, which gave people a purpose and structure to their week. It was great to see the excitement grow each week as we rehearsed. They performed their version of Scrooge to all the other Prestatyn KIM groups in a safe and nonjudgmental environment. It was a huge success which gave them all a great sense of achievement and pride.



Connect @ KIM Prestatyn - Chairs and Planters Project

Over the summer of 2024 we rescued four wooden garden chairs from the skip, and we decided to upcycle them for our outside space. It was very much a team effort with everyone getting involved with sanding the chairs down; this in turn inspired people to do the same at home. Then the group got creative and brought their own personalities to the chairs. Everyone loved that they were free to express themselves. To also improve our outside space, we made planters from old wooden pallets. These were painted before we filled them with beautiful flowers. It was great to be outside, enjoying the fresh air whilst making the area look inviting. The whole project inspired people to get out into their own gardens and a huge sense of pride and accomplishment.

KIM NORTH DENBIGHSHIRE

KIM 4 Her – Time to Move

This was a 7-week group focusing on getting us moving. We focused on breathing techniques, stretches, gentle chair exercises, and guided meditation. The sessions were always fun, interactive and aimed at people of all abilities. It inspired people to become more active in their own time as they felt the benefits of being active. Not only did it improve their physical fitness but also their mental health.



Volunteer Progression

This year the volunteers in Prestatyn have made such amazing progress. Most of our volunteers originally came to us for support, and after receiving that, their self-esteem grew and they wanted to give back to others. Four of our volunteers have gone on to facilitate their own groups this year, sharing their skills with the other KIM participants. It has been amazing to see their confidence grow to a point where they now feel confident enough to do this. It is great to see them flourish and feel empowered.

“If it wasn’t for the KIM groups, I wouldn’t be alive today. I now feel stronger and more optimistic about the future”

“Thanks for always being there to listen. It’s great that KIM provides a safe space and that I never feel judged”

“I have loved all the training provided by KIM – thanks to the groups and support I have received, I am now able and ready to give back and help others.”

“The drama group is all I live for – I am loving being part of it. I feel that I have found a part of me that I had previously lost.”

CASE STUDY

Sue joined KIM/ICAN in February 2023 after fleeing domestic abuse and moving into her own home in the area. Initially quiet, she embraced every challenge and activity in our ‘Welcome to KIM’ and ‘Time to Move’ groups, where she quickly became known for her warm welcome to new members and her empathy towards others. Through regular participation, she built friendships, reconnected with her estranged family, and began to believe in herself again.

KIM supported her through a difficult, traumatic time in her life and after a positive outcome this was a turning point in her journey. Her confidence has grown so much that she now wants to help other women who may be facing difficulties and is preparing to start volunteer training. She is already an integral part of the groups, making others feel comfortable and supported. Sue’s anxiety has improved, her medication dosage has reduced, and she now feels ready to give back to the community that has supported her. Attending KIM/ICAN has helped her rediscover her confidence and look forward to a future she once couldn’t imagine.

(Pseudonym used to protect individual identity)

KIM 4 YOUNG PEOPLE

Our project empowers young people by developing self-awareness and mental health management skills through individual sessions, accredited courses, and group work. This year, four young people completed a Mental Health and Wellbeing course, with some progressing to college and university. Four others gained a Mental Health First Aid qualification. Our "Making Sense of Me" and "Managing Change" sessions equip them with self-care strategies, fostering emotional control and improved decision-making.

The project worked with 64 individuals over the year and was supported by 4 young volunteers. Funding was provided through BBC Children In Need and this year was the final year in a 3 year project.

Key Achievements and Connection

We've seen remarkable individual successes. One young person took a gap year for personal development, returning to education stronger. Our support has helped young people manage overwhelm and burnout, with examples including successful advocacy for remote work after an autism diagnosis and articulating needs to college student services. Another, despite family trauma, completed A-Levels and is thriving at university. Many young girls and women have also begun self-awareness journeys, leading to crucial recognition of neurodiversity needs.

Our project helps young people feel less disconnected by fostering healthier connections. Small steps often lead to significant progress; for instance, a hesitant online participant's engagement led to volunteering and an Open University degree. Another, living independently at 17, found vital support during stressful times.

Impact on Wider Life

The connections made within our project translate into significant strides in young people's wider lives. One, previously isolated due to burnout, now has a fulfilling job. Another, whose connection with us sparked a passion for filmmaking, has gone from withdrawn to thriving, even co-producing a film for our organisation. Having experienced loneliness and isolation, our young people are now part of theatre groups, pursuing leadership awards, engaging with higher education, building friendships, holding jobs, and actively sharing their understanding of healthy connection with others.

CASE STUDY

Lesley joined our project after a recommendation from another young person. They were overwhelmed, feeling invisible at home and school, and struggling with mental health, social anxiety, and gender identity.

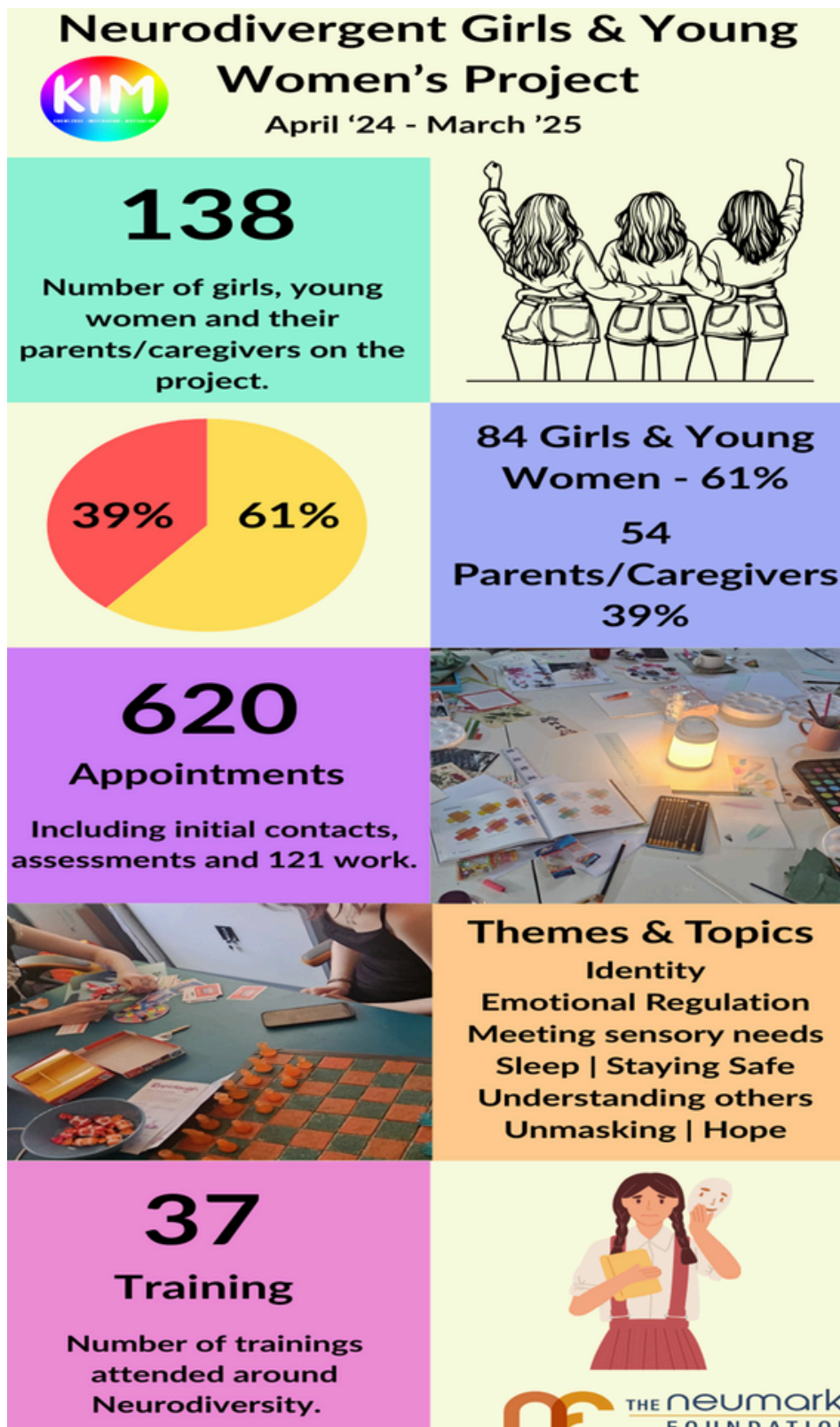
As a carer for two autistic siblings, their own needs were often overlooked.

Our youth group gave Lesley a safe space to be themselves and feel accepted. They began to understand their own neurodivergence and slowly unmasked, both in our group and in daily life. With support, they applied to university, received an unconditional offer for their chosen subject, and is now living independently and thriving.

Lesley says:

"I feel safer, more sociable, and finally have hope for the future. The KIM service is the only support that's truly helped me."

(Pseudonym used to protect individual identity)



KIM ND 4 GIRLS

HIGHLIGHTS

- Being able to respond to so many girls, young women and their families
- Building positive relationships with the girls, increasing their feelings of trust. Using humour and warmth to connect with them and them feeling safe enough to gradually remove their 'masks' around us
- Such positive feedback from those who access support, whether from the girls themselves or their caregivers
- Seeing self-understanding and insight developing
- Being part of supporting people to find their own solutions, through a process of trial and error, in the adjustments that participants have made
- Seeing acceptance and appreciation for their unique brains and a focus on further developing their strengths
- Watching the interaction with each other, during the group, and how they so quickly became settled and more comfortable around others
- Accessing interesting and useful training
- The responses that we have had from other services, their level of interest and appreciation for this work

"I feel so much better knowing that it's not just us. It's not just our family. And it's not our fault, but we can do things differently now" (Parent who felt completely isolated and like her family was the only one in this situation).

*"Better than any counsellor I've ever seen' were the first words out of her mouth! And 'Thanks for organising that mum, I found it really helpful'. Thanks so much."
(Feedback from a Mum, following an initial assessment with a 17yo and her mum)*

*"I hadn't even thought of it like that, until you mentioned it. And now you've said it, that makes so much sense! I've been looking at this wrong because I just didn't know"
(Parent of a teenage girl, after we discussed the build-up of anxiety and expectations throughout the school day and suggested some energy accounting techniques to try).*

CASE STUDY

Sarah did not meet the criteria for ADHD when under CAMHS, and autism was not considered at that time. She found school particularly hard, especially socially, which led to friendship problems, emotional struggles, feeling isolated, and exhausted. At university, she experienced a mental health crisis and had to pause her final year. Her mum contacted our service for support, alongside reaching out to 111, the GP, and being referred to the Community Mental Health Team.

In the first session, it became clear that she showed signs of autism, so we referred her for an autism assessment. We explored what autism means, including her strengths, challenges, and personal interests. We used neuro-affirming language to support a positive view of neurodivergence and build self-acceptance. We introduced tools like "energy accounting" and "spoon theory" to help her manage daily energy levels and avoid burnout. This included talking to her parents about reducing demands at home. We used role-play and examples to encourage flexible thinking and problem-solving. We also focused on understanding her sensory differences to help manage overwhelm in different situations.

Over time, she started using these strategies and noticed positive changes—less exhaustion and better emotional regulation. She returned to university in September and did very well, earning a 2:1 degree. She has now joined a partner organisation to build social skills that suit her neurotype, where she is making friends and engaging well. She's doing really well, gaining confidence, and taking opportunities she once felt unable to.
(Pseudonym used to protect individual identity)

KIM 4 COMMUNITY AND VOLUNTEERS

HIGHLIGHTS

The continued use of the Hub in Holywell by a variety of community based organisations such as Cambrian Credit Union, Citizens Advice, RASASC, 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 and plant sales have been held during the year by volunteers, encouraging the wider community into the Hub and Prestatyn, for some lovely homemade cakes provided by our clients, volunteers and staff. These events build stronger community connections and challenge mental health stigma. We have had a fantastic response, with well attended events bringing people together in a social environment to chat.

Welsh Language and Culture

We have had three Welsh Language and Culture courses running this year. Two of the courses in zoom and one face to face in Prestatyn. The courses are always well attended and in this year 23 clients have gained a qualification.

A requirement of the Welsh Language and Culture course is to visit a place of interest in Wales – as a group we visited Greenfield Valley, Erddig and Bodnant Gardens.

KIM Cymraeg

We started a brand new community group in Corwen for the Welsh speakers in the community. KIM Cymraeg has been going from strength to strength. Meetings are held once a month and we have been privileged to welcome some Welsh celebrities to the group - Gwyneth Glyn and Sian James.

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 regarded 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.

Mental Health First Aid (MHFA) has been delivered both in person and on Zoom in this period. We have trained 45 individuals including KIM volunteers, KIM clients, KIM staff and staff from partner agencies. We also delivered the course to 8 community artists who work within a local authority.

MHFA is a licensed course, with a focus on early intervention, giving learners the tools to ask the right questions and support individuals to the correct mental health support.

"A really important course - small interventions with big impacts"



KIM 4 COMMUNITY AND VOLUNTEERING

In May 2024, three KIM staff members embarked on an intense 5 day train the trainer course in Liverpool so that they could deliver ASIST (Applied Suicide Intervention Skills Training). This powerful training equips people with life-saving tools to recognise when someone may be at risk of suicide and how to support them with confidence and care.

Since the training we have successfully delivered the workshop at our hubs in Holywell, Prestatyn and Wrexham to thirty people. Each of those people put in the commitment to strive to make suicide safer communities. They are each now more prepared and confident to make an intervention with someone with thoughts of suicide. Together we're helping to build a stronger, more connected community where no one has to struggle alone.



CASE STUDY

'Volunteering gives me a sense of being needed, it makes me motivated to do things. I love seeing others develop and find happiness'

Megan was initially reluctant to become a volunteer as she had achieved so much from attending groups and accredited training and from making positive social connections, she didn't want things to change. Life had been difficult before joining KIM, with communication difficulties and severe anxiety symptoms. In 2024 with the clear goal of getting paid work, as a support worker, Megan agreed to become a KIM volunteer. She thrived in the training and stepped into the volunteering role with confidence and commitment. Alongside this Megan completed accredited training in Assertiveness and Resilience and credits these courses as changing how she communicated. She is currently involved in a KIM volunteer led group – planning sessions, supporting clients, organising activities and all this entails. This group has seen clients thrive and develop their confidence. Megan says that her whole life has changed after joining KIM and volunteering. She is 'active, has friends, meaning, has built herself up.' She can now deal with difficult situations with ease and confidence and wants to achieve her goal of gaining paid work, in the next few years.

Recently Megan completed ASIST suicide intervention and Mental Health First Aid courses, further developing her skills and confidence. She says **'what KIM does is fantastic'**.

(Pseudonym used to protect individual identity)

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 2025, 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 five members from a variety of professional backgrounds. 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, at which the formal appointment will be agreed by the Members.

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 2024/25

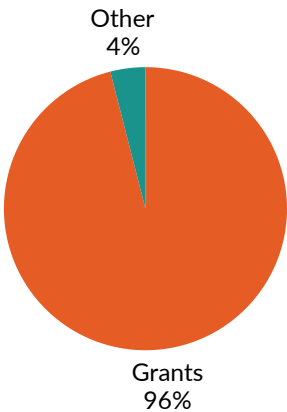
	31 March 2023	31 March 2024	31 March 2025
Income	£588,743	£589,015	£589,172
Expenditure	£587,423	£562,980	£563,694
Surplus/(Deficit)	£1,320	£26,035	£25,478
Unrestricted funds	£100,006	£121,041	£146,519
Total funds	£317,987	£344,022	£369,500

FUNDING SOURCES

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

Breakdown of Total Income 2024/25

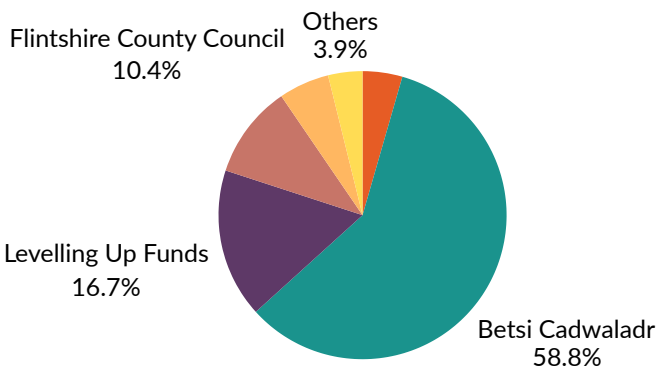
96% Grants
4% Other



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

Breakdown of Grant Income 2024/25

4% BBC Children in Need
59% Betsi Cadwaladr University Health Board
10% Flintshire County Council
6% Neumark Foundation
17% Levelling Up Funds
4% 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 £172,207, however we do hold a designated reserve of £20,000 for redundancy costs, reducing the unrestricted reserve requirement to £152,207. The level of unrestricted reserves at year end were £146,519 which is only marginally short of the required amount. 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 2025 SHOULD BE AS FOLLOWS:

- Replacement Heating System - £10,000 (unchanged)
- 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.

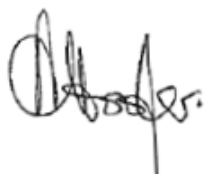
They are responsible for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error, and have general responsibility for taking such steps as are reasonably open to them to safeguard the 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 D C Cawdell (Resigned 30 April 2024) Mr Lee Brown (Resigned 11 April 2025) Ms L Bowen Mr N Acott Mr S Dykins (Appointed 10 October 2024) Rev A S Grimwood (Appointed 26 November 2024)
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 September 2025

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 2025.

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: 3rd September 2025

KIM INSPIRE

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
		2025	2025	2025	2024	2024	2024
	Notes	£	£	£	£	£	£
Income from:							
Grants and donations	2	4,529	562,418	566,947	12,310	561,911	574,221
Charitable activities	3	8,800	-	8,800	3,600	-	3,600
Other trading activities	4	9,866	-	9,866	7,220	-	7,220
Investments	5	3,559	-	3,559	3,974	-	3,974
Total income		<u>26,754</u>	<u>562,754</u>	<u>589,172</u>	<u>27,104</u>	<u>561,911</u>	<u>589,015</u>
Expenditure on:							
Charitable activities	6	1,276	562,418	563,694	1,069	561,911	562,980
		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Gross transfers between funds					-5000	5000	-
Net income for the year/ New movement in funds		<u>25,478</u>	<u>-</u>	<u>25,478</u>	<u>26,035</u>	<u>-</u>	<u>26,035</u>
Fund balances at 1 April 2024		<u>121,041</u>	<u>222,981</u>	<u>344,022</u>	<u>100,006</u>	<u>217,981</u>	<u>317,987</u>
Fund balances at 31 March 2025		<u>146,519</u>	<u>222,981</u>	<u>369,500</u>	<u>121,041</u>	<u>222,981</u>	<u>344,022</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 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		192,981		192,981
Investments	12		1		1
			192,982		192,982
Current assets					
Debtors	11	8,427		16,731	
Cash at bank and in hand		253,848		247,166	
		262,275		263,897	
Creditors: amounts falling due within one year	13	(85,757)		(112,857)	
Net current assets			176,518		151,040
Total assets less current liabilities			369,500		344,022
Income funds					
Restricted funds – general	14		222,981		222,981
Unrestricted funds	15		146,519		121,041
			369,500		344,022

KIM INSPIRE

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2025

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 2025.

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 September 2025



Rev A Hooper

Trustee

Company Registration number 04464874

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025

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 2025

2. Grants and donations

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	general 2025	2025	2024	general 2024	2024
	£	£	£	£	£	£
Donations and gifts	4,529	-	4,529	9,810	-	9,810
Grants	-	562,418	562,418	2,500	561,911	564,411
	<u>4,529</u>	<u>562,418</u>	<u>566,947</u>	<u>12,310</u>	<u>561,911</u>	<u>574,211</u>
Grants receivable for core activities						
BBC Children in Need	-	25,084	25,084	-	31,868	31,868
Betsi Cadwaladr University Health Board	-	328,683	328,683	-	336,375	336,375
Wrexham CBC Multicultural hub	-	-	-	-	2,000	2,000
The Screwfix Foundation	-	5,000	5,000	-	-	-
Citizens Advice	-	-	-	-	2,750	2,750
The Waterloo Foundation	-	-	-	-	20,000	20,000
Flintshire County Council	-	58,500	58,500	-	74,500	74,500
The National Autistic Society	-	6,800	6,800	-	-	-
Lloyds Foundation	-	1,000	1,000	-	4,890	4,890
DVSC Welsh Churches	-	-	-	-	450	450
Moondance	-	-	-	-	570	570
Steve Morgan Foundation	-	-	-	-	36,240	36,240
Neumark Foundation	-	32,000	32,000	-	10,997	10,997
Covid Community Support hub	-	-	-	-	25,599	25,599
Denbighshire Key fund	-	16,720	16,720	-	8,280	8,280
Flintshire Key fund	-	17,589	17,589	-	7,393	7,393
Wrexham Key Fund -Craft & Fitness	-	16,006	16,006	-	-	-
Wrexham Key Fund - Mulitply	-	43,430	43,140	-	-	-
KIM Inspire Social Enterprises Ltd	-	4,396	4,396	-	-	-
Other	4,529	-	4,529	12,310	-	-
	<u>4,529</u>	<u>562,418</u>	<u>566,947</u>	<u>12,310</u>	<u>561,911</u>	<u>574,221</u>

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2025

3. Charitable activities

	Charitable Income 2025 £	Charitable Income 2024 £
Student fees	8,800	3,600

4. Other trading activities

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Training income	985	-
Fundraising events	2,914	735
Rental Income	5,967	6,485
	9,866	7,220

5. Investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	3,559	3,974
	3,559	3,974

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

6. Charitable activities

	2025	2024
	£	£
Staff costs	383,713	440,961
Staff and volunteering training	17,093	9,677
Purchases	602	9,474
Premises costs	24,593	12,727
Insurance	4,078	3,464
Employment services	1,841	1,893
Donations made	-	175
Administrative expenses	18,198	16,548
Direct project costs	6,211	8,020
Repairs and renewals	7,480	7,231
Fundraising events costs	276	236
Staff and volunteer expenses	13,315	15,197
BUPA	705	723
Beneficiary costs	85,433	36,510
Bank charges	156	144
	563,694	562,980
Analysis by fund		
Unrestricted funds	1,276	1,063
Restricted funds – general	562,418	561,911
	563,694	562,980

7. Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year (2024: none).

8. Employees

	2025	2024
	Number	Number
The average number of employees during the year was:	14	14

Employment costs	2025 £	2024 £
Wages and salaries	361,459	418,912
Other pension costs	22,254	22,049
	<u>383,713</u>	<u>440,961</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 2024	201,517	15,220	10,667	13,599	241,003
At 31 March 2025	<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 2024	8,536	15,220	10,667	13,599	48,022
At 31 March 2025	<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 2025	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>
At 31 March 2024	<u>192,981</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>192,981</u>

11. Debtors

Amounts falling due within one year:	2025 £	2024 £
Other debtors	2,999	2,999
Prepayments and accrued income	5,428	13,732
	<u>8,427</u>	<u>16,731</u>

12. Fixed asset investments

	Other investments	
Cost or valuation		
At 1 April 2024 & 31 March 2025		1
Carrying amount		
At 3 March 2025		1
At 31 March 2024		1
	2025	2024
	£	£
Other investments comprise:		
Shares in group undertakings	1	1

13. Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	345	438
Deferred income	71,775	98,016
Trade creditors	7	-
Other creditors	-	-
Accruals	13,630	14,403
	85,757	112,857

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

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 2023	Incoming resources	Resources expended	Transfers	Balance at 1 April 2024	Incoming resources	Resources expended	Transfers	Balance at 31 March 2025
	£	£	£	£	£ -	£	£	£	£
Wrexham CBC Multicultural hub project	-	2,000	(2,000)	-	-	-	-	-	-
BBC Children in Need	-	31,868	(31,868)	-	-	25,084	(25,084)	-	-
Betsi Cadwaldr University Health Board	-	336,375	(336,375)	-	-	328,683	(328,683)	-	-
Actif North Wales Enabling fund	-	-	-	-	-	7,500	(7,500)	-	-
Big Lottery – Capital Fund	192,981	-	-	-	192,981	-	-	-	192,981
Covid Community Support Hub	-	25,599	(25,599)	-	-	-	-	-	-
The Screwfix Foundation	-	-	-	-	-	5,000	(5,000)	-	-
Designated Fund	25,000	-	-	5,000	30,000	-	-	-	30,000
Flintshire County Council (FCC)	-	74,500	(74,500)	-	-	58,500	(58,500)	-	-
The National Autistic Society	-	-	-	-	-	6,800	(6,800)	-	-
Lloyds Foundation	-	4,890	(4,890)	-	-	1,000	(1,000)	-	-
Steve Morgan Foundation	-	36,239	(36,239)	-	-	-	-	-	-
Denbighshire Key fund	-	8,280	(8,280)	-	-	16,720	(16,720)	-	-
Flintshire Key fund	-	7,393	(7,393)	-	-	17,588	(17,588)	-	-
Citizens advice	-	2,750	(2,750)	-	-	-	-	-	-
Neumark Foundation	-	10,997	(10,997)	-	-	32,000	(32,000)	-	-
Key Fund Wrexham – Craft & Fitness	-	-	-	-	-	16,006	(16,006)	-	-
Key Fund Wrexham – Multiply	-	-	-	-	-	43,140	(43,140)	-	-
KIM Inspire Social Enterprises Ltd	-	-	-	-	-	4,396	(4,396)	-	-
DVSC Welsh Churches	-	450	(450)	-	-	-	-	-	-
Moondance	-	570	(570)	-	-	-	-	-	-
The Waterloo Foundation	-	20,000	(20,000)	-	-	-	-	-	-
Other grants	-	-	-	-	-	-	-	-	-
	217,981	561,911	(561,911)	5,000	222,981	562,418	(562,418)	-	222,981

KIM INSPIRE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

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.

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.

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.

Actif North Wales Enabling Fund - 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 Screwfix 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.

The National Autistic Society - 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.

Denbighshire Key Fund - 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 Key Fund - 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.

Neumark 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.

Key Fund Wrexham - Craft & Fitness - 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.

Key Fund Wrexham - Multiply - 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 Social Enterprises Ltd - 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 2025

15. Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Fund balances at 31 March 2025 are represented by:						
Tangible assets	-	192,981	192,981	-	192,981	192,981
Investments	1	-	1	1	-	1
Current assets/(liabilities)	146,518	30,000	176,518	121,040	30,000	151,040
	<u>146,519</u>	<u>222,981</u>	<u>369,500</u>	<u>121,041</u>	<u>222,981</u>	<u>344,022</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:

	2025 £	2024 £
Within one year	590	300
Between two and five years	2,067	-
	<u>2,657</u>	<u>300</u>

17. Capital Commitments

As at 31 March 2025 the charity had no capital commitments (2024 - none).

18. Related party transactions

There were no disclosable related party transactions during the year (2024 - 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 (2024: 14) of its employees. The charge for the year totalled £22,254 (2024: £22,049). There were no costs prepaid or due at year end.

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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.

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