# KINTSUGI HOPE

England & Wales · Charity number 1175529

## Details

| | |
|---|---|
| **Status** | Registered |
| **Legal form** | CIO |
| **Registered** | 2017-11-02 |
| **Register** | View on the Charity Commission register |

## Contact

| | |
|---|---|
| **Address** | c/o Holy Trinity Church<br>Boar Lane<br>Leeds<br>LS1 6HW |
| **Phone** | 0113 526 8746 |
| **Email** | admin@kintsugihope.com |
| **Website** | http://www.kintsugihope.com |

## Activities

**Objects:** THE OBJECTS OF THE CIO ARE, FOR THE PUBLIC BENEFIT:-1. TO PROMOTE AND PROTECT THE WELLBEING OF PERSONS SUFFERING OR WHO ARE AT RISK OF SUFFERING FROM PHYSICAL, MENTAL AND EMOTIONAL HEALTH CHALLENGES, IN PARTICULAR BUT NOT EXCLUSIVELY, BY WAY OF PRACTICAL SUPPORT AND TRAINING; AND2. TO RELIEVE THE NEEDS OF PERSONS FACING PERSECUTION FOR THEIR FAITH OR THOSE SUFFERING THE EFFECTS OF WAR, CONFLICT AND NATURAL DISASTER, IN PARTICULAR BUT NOT EXCLUSIVELY, BY WAY OF FINANCIAL SUPPORT TO LOCAL, NATIONAL OR INTERNATIONAL CHARITIES.

**Activities:** Kintsugi Hope exists to create safe and supportive spaces for people living with mental and emotional health challenges. We do this by:- Setting up Kintsugi Hope Wellbeing Groups across the country- Starting the conversation about positive wellbeing, signposting on as and when necessary- Advocacy, standing in the gap

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## Classification

- **How:** Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Religious Activities, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

| Period end | Income | Expenditure | Assets | Employees |
|---|---|---|---|---|
| 2025-03-31 | £506,305 | £551,778 | £54,706 | 15 |
| 2024-03-31 | £509,434 | £563,472 | £100,179 | 17 |
| 2023-03-31 | £520,384 | £553,354 | £154,218 | 17 |
| 2022-03-31 | £447,187 | £445,736 | - | - |
| 2021-03-31 | £373,456 | £277,359 | - | - |

## Trustees

| Name | Role | Appointed |
|---|---|---|
| **Ruth Whitaker** | Chair | 2025-08-12 |
| ALEX HERITAGE | | 2025-08-29 |
| Abigail Joy Balachandran | | 2024-11-06 |
| Matt Smith | | 2025-08-12 |

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**KINTSUGI HOPE**

England & Wales - Charity number 1175529

# Accounts

# KINTSUGI HOPE

Charity registration number 1175529

## FINANCIAL STATEMENTS
## FOR THE YEAR ENDED 31 MARCH 2025

**KINTSUGI HOPE**

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kintsugi HOPE

# ANNUAL REPORT

RESTORING HOPE
BUILDING RESILIENCE
TRANSFORMING COMMUNITIES

2025 EDITION

Charity Registration Number: 1175529
HMRC Charities Reference Number: EW89386
Registration Body: Charity Commission for England and Wales
Date of Registration: 02 November 2017

**Registered Address:**
c/o Holy Trinity Church
Boar Lane, Leeds, LS1 6HW

**Principal Office:**
As above

**Trustees as at 31 March 2025:**
Simon Barrington Chair
Judith Lace Vice Chair
Rosemary Braye Treasurer
Howard Satterthwaite
Abigail Balachandran

**Trustees who also served during this period:**

Adam Temple
Ellie Gage
Elizabeth Neep
Sarah Pearmain
Audrey Skervin

**Bankers:**
Santander
Bridle Road
Bootle
L30 4GB

Independent Reviewers of Accounts: Community 360

Acting Chief Executive Officer (Until 31 July 2024): Diane Regan
Chief Executive Officer (From 1 August 2024): Ellie Gage

**Structure Governance and Management**

Kintsugi Hope, founded by Patrick and Diane Regan, registered with the Charity Commission for England and Wales on 2 November 2017, charity number 1175529. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). Trustees are nominated and elected by existing trustees. Trustee meetings occur minimum once a quarter.

In July 2024, Co-Founder Diane Regan stepped down as full time Acting Chief Executive Officer and Ellie Gage became Chief Executive Officer as at 1st August 2024. Patrick Regan OBE and Co-Founder stepped down fully from his role of President.
There was an overall reduction of employees during the year, and as at 31 March 2025, the total number of employed staff was 10, 4 full time and 6 part time.

# A MESSAGE FROM OUR CEO

This year has marked a significant transition for Kintsugi Hope as the co-founders Patrick & Diane Regan moved on halfway through the year, and I took on the role of CEO.
In a time when many feel fractured and alone, Kintsugi Hope has, through its network of partner churches/organisations, continued to offer something rare: safe spaces where people are allowed to be vulnerable, and where healing begins not in isolation, but in community.

From the highlands of Scotland to the streets of London, and from church basements to Zoom calls, the message from our volunteer Wellbeing Group Leaders has remained the same:

We are not alone, and our brokenness does not disqualify us. In fact, it may be the very place where transformation begins.

Thank you for walking with us, praying for us, supporting us, and believing with us that restoration is possible. I hope you are inspired as you read the stories of hope and evidence of impact in this report. With gratitude to all our supporters and hope for all Kintsugi Hope participants,

Ellie



# THE HEART OF OUR WORK: WELLBEING GROUPS

At the core of Kintsugi Hope is a belief that everyone deserves a place to feel safe, seen, and supported. During 2024/5, this vision has taken shape through a growing network of wellbeing groups that meet regularly across the UK. These groups are not counselling sessions they are communities of kindness. They provide space for people to explore topics such as anxiety, shame, resilience and hope, all through the lens of faith and compassion.




**BY THE END OF THE REPORTING PERIOD, 308 ACTIVE GROUPS HAD BEEN RUN, INVOLVING OVER 2,800 PARTICIPANTS.**

**EVERY ONE OF THESE NUMBERS REPRESENTS A STORY, A PERSON WHO DARED TO SHOW UP, AND A JOURNEY OF TRANSFORMATION.**


"I was just surviving, going through the motions.
The group became my anchor. I could finally talk about the pain
I'd carried for years. And I wasn't judged I was embraced."

The number of youth and student wellbeing groups was also encouraging. Over 38 youth groups ran this year, with more than 380 young people engaging with the material in meaningful and life-giving ways.



# STORIES OF TRANSFORMATION: VOICES FROM THE COMMUNITY

"The group gave me the courage to speak about things I've never shared before. I no longer feel alone."
Participant, Chelmsford Diocese

"I came to the group feeling broken. I left feeling seen, heard, and valued. It's changed how I see myself."
Group Member, West Yorkshire

"Our wellbeing group has become a lifeline for so many in our church. It's not just a course; t's a community."
Group Leader, Scotland

"I was nervous to join, but the warmth and honesty of the group helped me open up. I've found hope again."
Youth Participant, Northern Ireland

"Running a group in our school has been one of the most rewarding things I've done. The students are more open, more resilient, and more connected."
Teacher, Kintsugi Youth Group

"The training was excellent. I feel equipped and empowered to support others with compassion and confidence."
New Group Leader, London



# Mark tells us about starting a Men's Wellbeing Group

In early 2024, after having facilitated two previous Kintsugi wellbeing groups, I was conscious that men had been under-represented. I thought to myself this did not seem right. Men also have emotional health needs and challenges. An idea came to set establish a men's only group. Would men then be more likely to sign up?

The group was advertised and within two weeks 12 men had signed up. After some hesitancy in the first few weeks, the conversations opened as we worked through each of the course topics. Honesty, openness, thoughtfulness, challenge, debate, good humour and warmth ensued...along with copious coffee, tea, biscuits and pizza.

The group were from mixed backgrounds in terms of their life experiences. This enriched and widened our understanding of each other, while taking comfort and hope from our common humanity and struggles. All continued through to complete the course. I had been convinced we would lose a few en route but it was not to be. Indeed "What now?" was a common question at the end!

Feedback from the group was positive having appreciated the way the course helps us have a healthier, more hopeful, relationship with our emotions. As a group facilitator, ably assisted with my co-facilitator, the course was deeply fulfilling to run. It is not possible to run the course and not grow in some way yourself. For these 12 weeks, it was my favourite evening of the week!"

# GATHERING, CELEBRATING AND EQUIPPING

This year's highlight for many was our "No Ordinary Hope" Conference. It brought together a diverse family of volunteers, group leaders, staff, and supporters. Over half of the attendees were active group leaders. Through worship, stories, workshops and laughter, we were reminded that hope isn't naïve; it's defiant. It's a light that refuses to go out.

One group leader reflected afterwards:

**"I arrived weary, wondering if I still had anything to give. I left with tears in my eyes and fire in my heart. I remembered why I said yes in the first place."**

Across the year, we also held information sessions, group experience taster events, and regional gatherings to help grow awareness and deepen the sense of connection among our community. Partner events at Spring Harvest, Elim Leaders' Summit, and the Brighter Days Tour allowed us to extend our reach to thousands of people.



# PARTNERSHIP AND PRESENCE ACROSS THE UK

Kintsugi Hope would not be possible without our Partner Organisations; churches, charities, chaplaincies and community groups who carry the vision into their local contexts. This year, we welcomed 31 new partners into the Kintsugi Hope movement and we trained over 150 new volunteer Group Leaders. We're looking forward to seeing this number multiply as we keep pressing forwards to see hope-filled safe spaces in every town and city in the UK.

While we did see a number of partners pause or conclude their involvement reflecting the changing landscape and pressures on the local church, we know there are many who are able to partner with us still and are encouraged by the number of people joining information sessions to find out more.

In Scotland, Northern Ireland and England, our regional teams have continued to spark new opportunities; from training youth workers to equipping social prescribers, from speaking at conventions to writing election-focused case studies on the church's role in mental health care. These regional developments are vital to ensuring our support is relational, contextual, and sustainable.



# YOUNG PEOPLE AND STUDENTS: MEETING THE NEXT GENERATION

Our work with young people has taken bold steps this year. Joel Harris, our Youth Lead, spoke on main stages at national events, including Spring Harvest and Youth Alpha's "Open Generation" conference. We also hosted our own youth retreat, where young people from partner organisations came together for worship, reflection and fun.

In schools, youth groups and churches, Kintsugi Hope Youth is helping young people find words for their struggles and hope for their futures. One teenager told us,

**"I thought I was the only one who felt like this. Now I know I'm not alone, and that changes everything"**



# TELLING OUR STORY AND SPREADING THE WORD

Through newsletters, articles, radio interviews, social media, and national campaigns, we continued to raise awareness and challenge stigma. Our online reach grew by over 100%, with tens of thousands engaging with our content each month. We've published articles for Evangelical Alliance, participated in public debates, and spoken into national conversations around mental health and spirituality.

Our donor newsletter and behind-the-scenes stories reminded people that every gift makes a difference.

# FAITHFUL GIVING AND SUSTAINABLE GROWTH

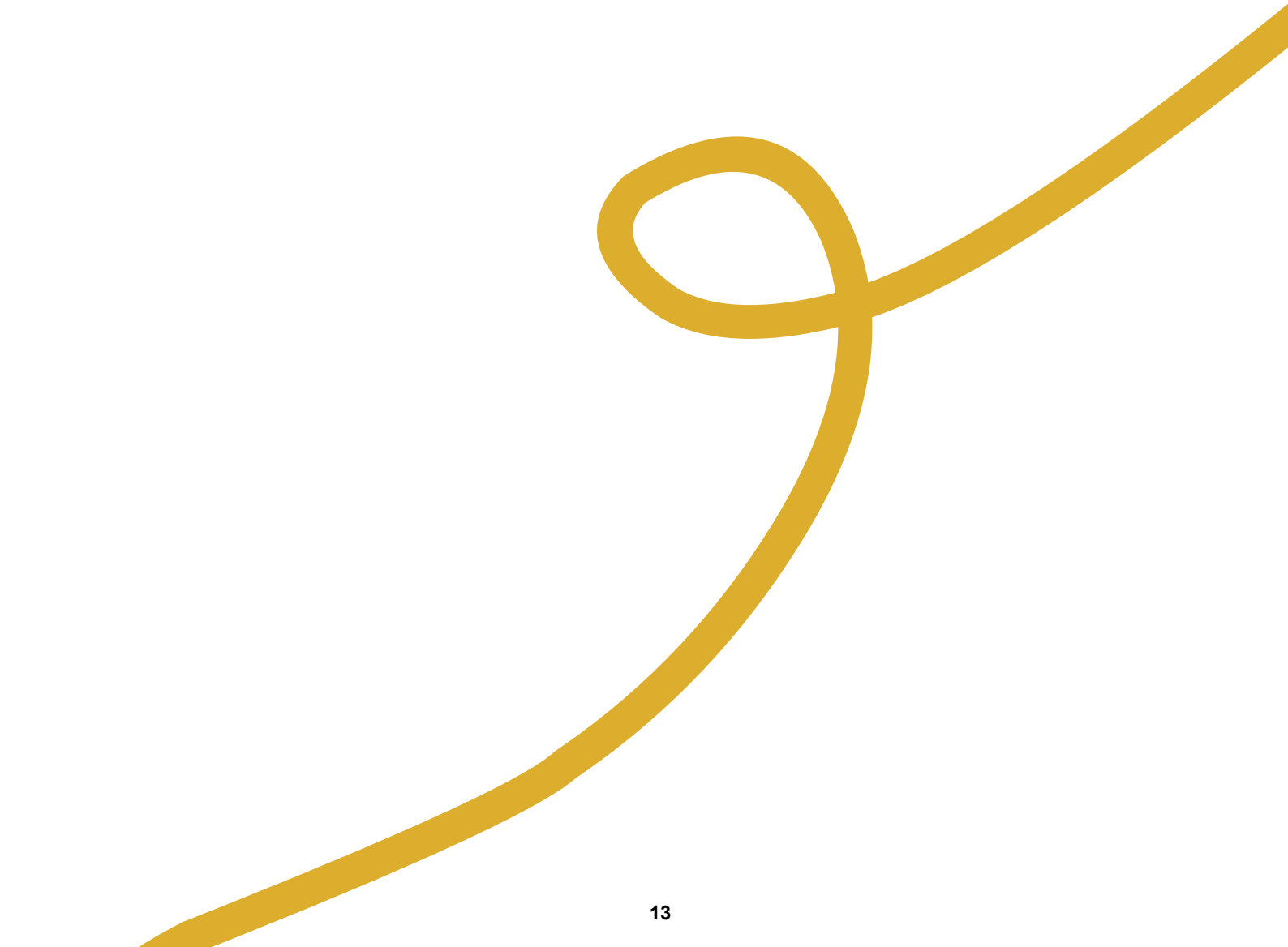
The past year hasn't been without its challenges, including some unexpected funding changes and a dip in recurring contributions. Yet, our community has responded with generosity and faith. We secured new grants and submitted several promising applications with trusted funders.

We also took part in the Big Give Christmas Challenge and continued to invest in digital systems that will strengthen our financial resilience in the years to come.
In total, over £30,000 in new trust applications were submitted, and over 1,000 individuals continued to give through monthly donations.

# A YEAR OF TEAMWORK, TRANSITION AND TRANSFORMATION

Behind every event and every group is a team of people giving their best; often behind the scenes. This year involved leadership transitions, staff changes, system upgrades, and a lot of prayer. From our national conference to our staff retreat, we've worked hard to stay grounded in our values of authenticity, generosity, honesty and relationships.

We welcomed new colleagues, said goodbye to others, and leaned into the deep sense that this is a movement, not a machine. A living, breathing community held together by shared purpose.



# RISK

The risks faced by Kintsugi Hope are reviewed at Trustee meetings. This review includes changes in terms of level or likelihood, steps taken to mitigate risks, and any new risks identified. Current risks identified include:

- Cost of living crisis, reduction in donations
- Lack of cash flow to sustain the organisation
- Organisation growth vs capacity to deliver
- Skills and capacity of Trustees
- Safeguarding
- Reputational risk

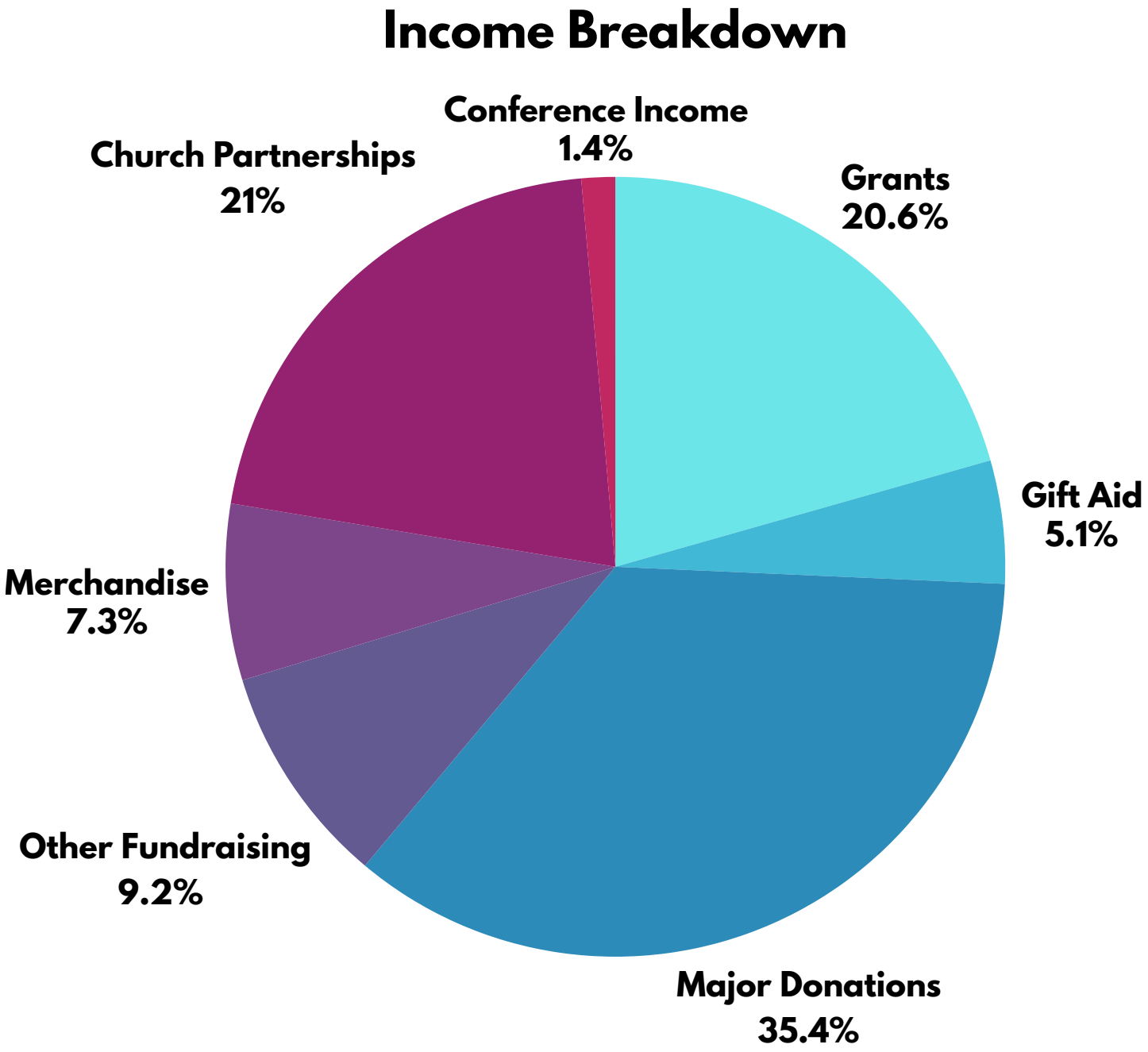
A strategic plan is in place for each area of risk to plan for minimal risk level or likelihood.

# FINANCIAL REVIEW

Financial Review
Group 655834553, Grouped object
This is our seventh period from registration with the Charity Commission running 1 April 2024 through to 31 March 2025.

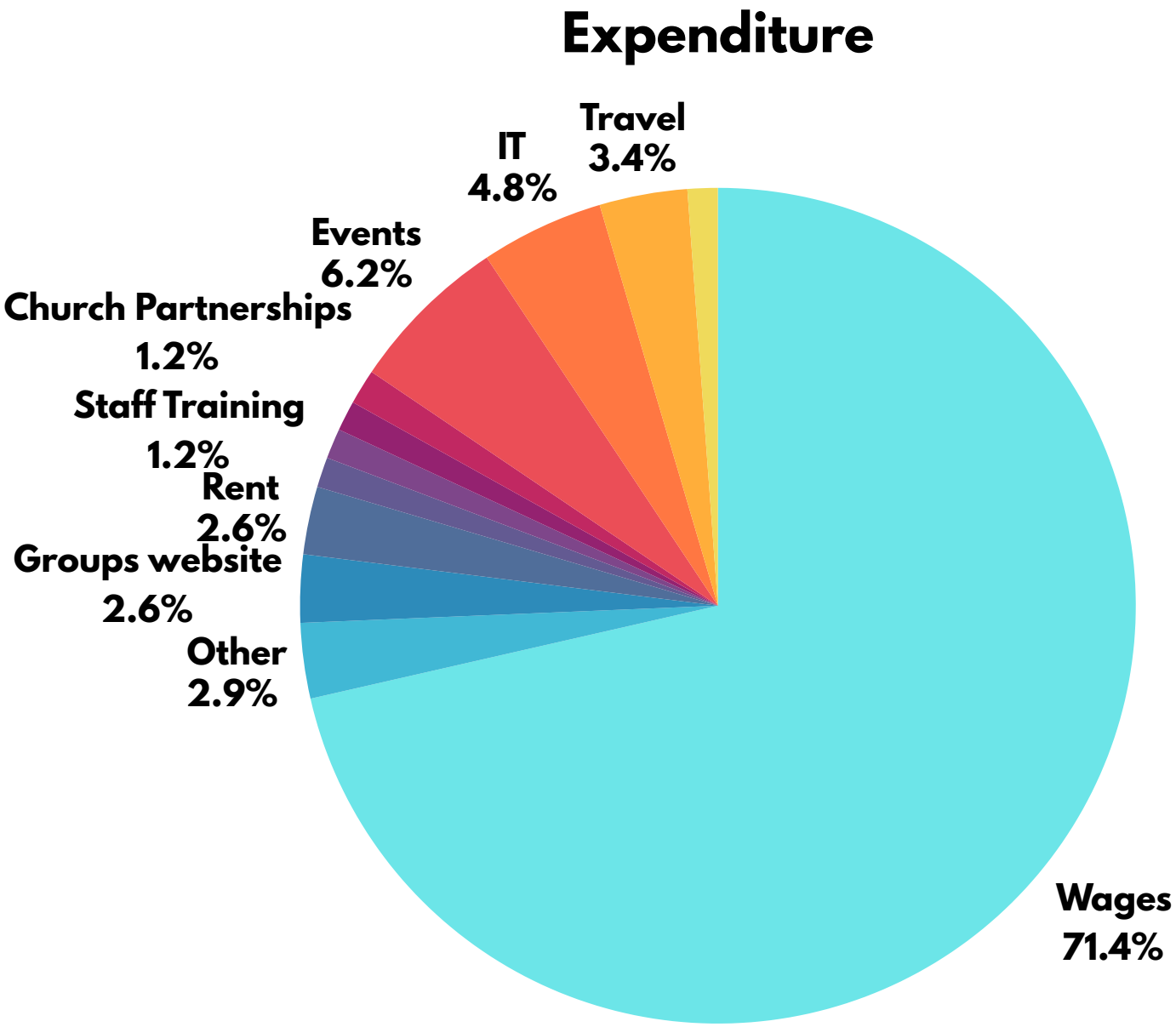
# INCOME

Incoming resources for the period totalled £506,305 (prior period was £509,434 a decrease of >1%).



# EXPENDITURE

During the period, total expenditure decreased by 5% to £547,518 (from £576,841).



# WITH GRATITUDE

Whether you're a donor, a prayer partner, a group leader or someone simply cheering us on; we thank you. You are part of this story. And together, we are helping to write a new one.

"Kintsugi Hope helped me rebuild not just my confidence, but my life.Thank you for believing in broken people like me."
Participant testimonial

To support our work or find out more, please visit www.kintsugihope.com.



kintsugi HOPE

**Discovering treasure in life's scars**

**kintsugihope.com**

## KINTSUGI HOPE

## INDEPENDENT EXAMINER'S REPORT
## FOR THE YEAR ENDED 31 MARCH 2025

I report on the accounts of Kintsugi Hope for the year ended 31st March 2025 which are set out on pages 20 to 27.

**Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

**Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

David Courtier FMAAT AATQB for and on behalf of:
Community360
Winsley's House, High Street, Colchester, Essex  Date 22/01/2026

## KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2025

| | Notes | Unrestricted Funds £ | Restricted Funds £ | 2025 Total £ | 2024 Total £ |
|---|---|---|---|---|---|
| **Incoming resources** | | | | | |
| Donations and legacies | 2 | 242,349 | 67,255 | 309,604 | 295,627 |
| Charitable activities | 3 | 113,168 | - | 113,168 | 103,842 |
| Other trading activities | 4 | 83,533 | - | 83,533 | 109,965 |
| **Total incoming resources** | | **439,050** | **67,255** | **506,305** | **509,434** |
| **Resources expended** | | | | | |
| Charitable activities | 5 | 498,356 | 29,321 | 527,677 | 547,519 |
| Expenditure on raising funds | 6 | 24,101 | - | 24,101 | 15,953 |
| **Total resources expended** | | **522,457** | **29,321** | **551,778** | **563,472** |
| **Net incoming (outgoing) resources** | | (83,407) | 37,934 | (45,474) | (54,039) |
| **Net movement in funds** | | (83,407) | 37,934 | (45,474) | (54,039) |
| **Total funds brought forward** | | 100,179 | - | 100,179 | 154,218 |
| **Total funds carried forward** | | **16,772** | **37,934** | **54,705** | **100,179** |

Notes on pages 23 to 27 form an intergral part of these financial statements.

## KINTSUGI HOPE

## BALANCE SHEET
## AS AT 31 MARCH 2025

| | Notes | 2025 £ | 2025 £ | 2024 £ | 2024 £ |
|---|---|---|---|---|---|
| **Fixed assets** | | | | | |
| Tangible assets | **9** | | - | | 513 |
| **Current assets** | | | | | |
| Stock | | 11,582 | | 14,916 | |
| Debtors and prepayments | **10** | 9,024 | | 5,483 | |
| Cash at bank and in hand | | 64,065 | | 85,415 | |
| **Total current assets** | | 84,671 | | 105,813 | |
| Creditors: amounts falling due within one year | **11** | 5,615 | | 6,147 | |
| **Net current assets/(liabilities)** | | | 79,056 | | 99,666 |
| **Total assets less current liabilities** | | | **79,056** | | **100,179** |
| Long term liabilities | | | 24,349 | | - |
| **Net assets** | | | **54,706** | | **100,179** |
| **Funds of the charity** | | | | | |
| Restricted funds | **12** | | 37,934 | | - |
| Unrestricted funds | **12** | | 16,772 | | 100,179 |
| **Total funds** | | | **54,706** | | **100,179** |

Approved by the trustees on the 19th January 2026 and signed on their behalf by:

Current Chair - Ruth Whitaker

## KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2025

| | Unrestricted funds £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|---|---|---|---|---|
| **Cash flows from operating activities** | | | | |
| ***Net cash provided by (used in) operating activities*** | (59,284) | 37,934 | (21,349) | (62,557) |
| ***Net cash provided by (used in) investing activities*** | - | - | - | - |
| ***Change in cash and cash equivalents in reporting period*** | (59,284) | 37,934 | (21,349) | (62,557) |
| **Cash and cash equivalents at the beginning of the reporting period** | 85,415 | - | 85,415 | 147,972 |
| ***Cash and cash equivalents at the end of the reporting period*** | 26,131 | 37,934 | 64,066 | 85,415 |

**(a) RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES**

| | Unrestricted funds £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|---|---|---|---|---|
| ***Net income/(expenditure) for the reporting period (as per SOFA)*** | (83,407) | 37,934 | (45,473) | (54,039) |
| **Adjustments for non-cash items:** | | | | |
| Depreciation charges | 513 | - | 513 | 1,547 |
| Loss/(profit) on disposal of fixed assets | - | - | - | - |
| (increase)/decrease in stock | 3,334 | - | 3,334 | (5,898) |
| (increase)/decrease in debtors | (3,541) | - | (3,541) | (4,070) |
| Increase/(decrease) in creditors | 23,817 | - | 23,817 | (98) |
| ***Net cash provided by (used in) operating activities*** | (59,284) | 37,934 | (21,350) | (62,558) |

**b) ANALYSIS OF CASH AND CASH EQUIVALENTS**

| | Unrestricted funds £ | Restricted funds £ | Total 2025 £ | Total 2024 £ |
|---|---|---|---|---|
| Cash in hand | 26,130 | 37,934 | 64,065 | 85,415 |
| Notice deposits (less than 3 months) | - | - | - | - |
| **Total cash and cash equivalents** | 26,130 | 37,934 | 64,065 | 85,415 |

# KINTSUGI HOPE

## NOTES TO THE ACCOUNTS
## FOR THE YEAR ENDED 31 MARCH 2025

**1.1 Basis of the preparation of the accounts**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practise 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**1.2 Income recognition**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the granting of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

**1.3 Expenditure recognition**

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis. All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

**1.4 Depreciation**

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected life as follows:

| | |
|---|---|
| Equipment | 20% Straight Line |

**1.5 Fund accounting**

Funds held by the charity are:
Unrestricted general funds - These are funds which can be used in accordance with the charitable objects at the discretion of the Trustees.
Restricted funds - These are funds that 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 restrcited purposes.

**1.6 Going concern**

The accounts have been prepared on a going concern basis.

**2. Donations and legacies**

| | Unrestricted | Restricted | 2025 | 2024 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Major donations | 179,321 | - | 179,321 | 190,461 |
| Royalties | 12 | - | 12 | 6 |
| Gift aid | 25,739 | - | 25,739 | 20,997 |
| Project sponsorship | 217 | - | 217 | 434 |
| Grants | 37,060 | 67,255 | 104,315 | 73,468 |
| Legacy | - | - | - | 10,262 |
| | **242,349** | **67,255** | **309,604** | **295,628** |

Restricted grants totalled £67,255 in 2025, (2024:£49,500) and restricted sponsorship totalled £0 in (2024:£434).

**3. Charitable activities**

| | Unrestricted | Restricted | 2025 | 2024 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Conference income | 7,003 | - | 7,003 | 4,504 |
| Church partnerships | 106,165 | - | 106,165 | 92,982 |
| Tour income | - | - | - | 6,357 |
| | **113,168** | **-** | **113,168** | **103,843** |

**4. Other trading activities**

| | Unrestricted | Restricted | 2025 | 2024 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Fundraising | 46,586 | - | 46,586 | 65,665 |
| Merchandise sale | 36,947 | - | 36,947 | 44,300 |
| | **83,533** | **-** | **83,533** | **109,963** |

| 5. Costs of charitable activities | Unrestricted | Restricted | 2025 | 2024 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Wages | 358,139 | 29,321 | 387,460 | 416,010 |
| Bank fees | 910 | - | 910 | - |
| Marketing | 6,367 | - | 6,367 | 6,788 |
| Travel | 18,233 | - | 18,233 | 13,327 |
| I.T. costs | 25,808 | - | 25,808 | 22,868 |
| Telephone | 4,595 | - | 4,595 | 7,657 |
| Professional charges | 3,542 | - | 3,542 | 9,594 |
| Insurance | 2,336 | - | 2,336 | 1,805 |
| Website | 1,320 | - | 1,320 | 429 |
| Events | 33,531 | - | 33,531 | 20,697 |
| Sundries | 883 | - | 883 | 469 |
| Office expenses | 6,491 | - | 6,491 | 6,829 |
| Staff training and resources | 6,081 | - | 6,081 | 7,164 |
| Rent | 13,040 | - | 13,040 | 14,760 |
| Interest payable | 1,265 | - | 1,265 | - |
| Grant payments | 450 | - | 450 | 1,500 |
| Website Group developments | 14,052 | - | 14,052 | 15,276 |
| Depreciation | 513 | - | 513 | 1,547 |
| | **497,556** | **29,321** | **526,877** | **546,718** |
| **Governance costs:** | | | | |
| Audit and accountancy | 800 | - | 800 | 800 |
| | **800** | **-** | **800** | **800** |
| | **498,356** | **29,321** | **527,677** | **547,518** |

| 6. Expenditure on raising funds | Unrestricted | Restricted | 2025 | 2024 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Merchandise | 24,101 | - | 24,101 | 15,953 |
| | **24,101** | **-** | **24,101** | **15,953** |

**7. Staff costs and emoluments**

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| The average number of employees by head count paid monthly during the period was: | 15 | 17 |

| The aggregate staff costs for the period were: | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Wages and salaries | 352,932 | 377,740 |
| Pensions | 8,683 | 10,452 |
| Social security costs | 25,845 | 27,818 |
| | **387,460** | **416,010** |

One employee earned more than £60,000 per annum.

**Key management personnel**
During the year total remuneration of £122,363 (2024: £109,396) was paid to key management personnel. The remuneration of key management personnel is decided upon and authorised by the trustees.

**8. Trustee expenses**
Trustees were reimbursed for expenses during the year 2025 £0 (2024: £Nil)

**9. Tangible fixed assets**

| | Equip | Total |
|---|---|---|
| **Cost** | £ | £ |
| As at 1st April 2024 | 7,733 | 7,733 |
| Disposals | (7,733) | (7,733) |
| **As at 31st March 2025** | **-** | **-** |
| **Depreciation** | | |
| As at 1st April 2024 | 7,220 | 7,220 |
| Charge for the year | 513 | 513 |
| Disposals | (7,733) | (7,733) |
| **As at 31st March 2025** | **-** | **-** |
| **Net book value** | | |
| **As at 31st March 2025** | **-** | **-** |
| **As at 31st March 2024** | **513** | **513** |

The disposals of tangible fixed assets has been completed upon a review of the register.

# NOTES TO THE ACCOUNTS
# FOR THE YEAR ENDED 31 MARCH 2025

**10. Debtors**

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Trade debtors | 9,024 | 5,483 |
| | **9,024** | **5,483** |

**11. Creditors; amounts falling due within one year**

| | 2025 | 2024 |
|---|---|---|
| | £ | £ |
| Creditors | 4,815 | 5,347 |
| Accruals | 800 | 800 |
| | **5,615** | **6,147** |

The Creditors balance as at 31 March 2025 contains an intercompany creditor balance of £NIL (2024: £1,614) due to the charity's trading subsidiary, BrighterDays.Life Limited.

**12. Fund analysis 2025**

| | Balance at 01/04/2024 | Income resources | Outgoing resources | Transfer | Balance at 31/03/2025 |
|---|---|---|---|---|---|
| **Unrestricted funds** | **101,213** | **439,050** | **(522,457)** | - | **17,806** |
| **Restricted funds** | | | | | |
| Yorkshire Humber | - | 7,500 | (2,708) | - | **4,792** |
| Northern Ireland | - | 19,755 | (5,832) | - | **13,923** |
| North East | - | 10,000 | - | - | **10,000** |
| Youth & Students | - | 20,000 | (13,245) | - | **6,755** |
| Suicide Prevenetion | - | 10,000 | (7,536) | - | **2,464** |
| **Total restricted** | **-** | **67,255** | **(29,321)** | **-** | **37,934** |
| Total funds | **101,213** | **506,305** | **(551,778)** | **-** | **55,740** |

**13. BrighterDays.Life Limited**

The charity seperated with BrighterDays.Life Limited (Company number 15158209 ) in December 2024, in which all BrighterDays.Life Limited shares held by the Charity were transferred to BrighterDays.Life Limited with no consideration paid.

**KINTSUGI HOPE**

England & Wales - Charity number 1175529

# Accounts

# KINTSUGI HOPE

Charity registration number 1175529

## FINANCIAL STATEMENTS
## FOR THE YEAR ENDED 31 MARCH 2024

# KINTSUGI HOPE

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# Annual Report
# For the period 01 April 2023 to 31 March 2024




| | |
|---|---|
| **Charity Registration Number:** | 1175529 |
| **HMRC Charities Reference Number:** | EW89386 |
| **Registration Body:** | Charity Commission for England and Wales |
| **Date of Registration:** | 02 November 2017 |

| | |
|---|---|
| **Registered Address:** | c/o Reprohouse<br>Drakes Lane Industrial Estate<br>Boreham, Essex, CM3 3BE |
| **Principal Office:** | As above |

| | | |
|---|---|---|
| **Trustees as at 31 March 2024:** | Simon Barrington | Chair |
| | Judith Lace | Vice Chair |
| | Adam Temple | Treasurer |
| | Ellie Gage | |
| | Elizabeth Neep | |
| | Sarah Pearmain | |
| | Audrey Skervin | |
| | Howard Satterthwaite | |

**Trustees who also served during this period:**

| | | |
|---|---|---|
| | Joby Easow | Resigned 18 April 2023 |

| | |
|---|---|
| **Bankers:** | Santander<br>Bridle Road<br>Bootle<br>L30 4GB |
| **Independent Reviewers of Accounts:** | Community 360 |
| **Acting Chief Executive Officer:** | Diane Regan |

## Structure, Governance and Management

Kintsugi Hope, founded by Patrick and Diane Regan, registered with the Charity Commission for England and Wales on 2 November 2017, charity number 1175529. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). Trustees are nominated and elected by existing trustees. Trustee meetings occur minimum termly.

In September 2023, Patrick Regan OBE Co-Founder stepped down as full time CEO to take the title of President, working 3 days a week for Kintsugi Hope. Diane Regan Co-Founder became Acting Chief Executive Officer.

There were 2 new appointments during the year including a Regional Manager for Huddersfield. At 31 March 2024, the total number of employed staff was 19, 6 full time and 13 part time.

Kintsugi Hope underwent a year of transition, with Patrick Regan OBE stepping down as CEO in September 2023 to become Kintsugi Hope President, working part time for Kintsugi Hope. The remainder of Patrick's time changed working as a Director for the Private Limited Company Brighter Days, a Kintsugi Hope subsidiary incorporated 23 September 2023 (Company Number 15158209). Diane Regan, Chief of Operations and co-founder of Kintsugi Hope was asked by the Trustees to become Acting CEO for 12 months to maintain stability while a permanent CEO was sourced.

## Objects and Activities

The Objects as outlined in Kintsugi Hope's CIO constitution are, for the public benefit: -

1. To promote and protect the health of persons suffering from physical, mental, and emotional challenges, in particular but not exclusively, by way of practical support and training; and
2. To relieve the needs of persons facing persecution for their faith or those suffering the effects of war, conflict, and natural disaster in particular but not exclusively, by way of financial support to local, national, or international charities.

## Vision

A world where mental and emotional health is accepted and understood, with safe and supportive communities for everyone to grow and flourish.

## Mission

Kintsugi Hope exists to create safe and supportive spaces for those struggling with mental and emotional health challenges.

## Ethos / Values

These values apply to all the work we do at Kintsugi Hope and are demonstrated particularly in our Kintsugi Hope Groups. Kintsugi Hope's ethos is founded on the Christian faith; yet Kintsugi Hope support those of all faith and no faith.

***Authenticity*** - The quality of being real, to be openminded, allowing ourselves to be imperfect and vulnerable in order to show courage where it is needed.

***Generosity*** - A desire to give away what we have, to be openhearted, kind, to give without any expectation of return. This value works out in the way we spend our time, money and how you want to relate to other organisations.

***Honesty*** - To tell the truth; we want to be trustworthy and show integrity in all our actions.

***Relationship*** - We want to be connected, to really get to know others, to invest in meaningful relationships and to put people before programmes and products.

## Outcomes

Desired Outcomes for those who Kintsugi Hope inspire and support:

- Safety and support, where there is no shame and embarrassment in struggling
- An increase in self-worth, confidence, and wellbeing
- A deeper understanding of the reality of God's love for them
- Clear pathways to receive additional support if needed

# Summary of Main Activities and Achievements

## A note from our Founders, Patrick and Diane Regan

Leading a charity as co-founders continues to be a huge privilege. Seeing and hearing the impact first hand will always remain the highlight of being part of Kintsugi Hope, yet we are also immensely proud of our amazing team, who despite financial challenges, have continued to remain devoted to the cause through their time, commitment and passion.

In May we took the opportunity to celebrate our 5th birthday with as many group leaders as we could, following our annual conference. It was a fun and memorable occasion as we gathered with fish and chips, laughing and reminiscing with those who have been with us since the start, and dreaming and planning with those who had just recently been trained as a group leader.

We paid tribute to Jean Allchorne, one of our original Group leaders who helped pilot the wellbeing groups back in 2018 and became our first Volunteer Ambassador in 2020, who sadly passed away in January 2023. As time goes on, we continue to be amazed at the impact of Jean's Kintsugi Legacy. The huge network of people she inspired with hope. We are not surprised that the work of Kintsugi Hope in and around the Bristol area where she lived is thriving and will continue to thrive thanks to the hard work of our regional coordinator based there, Clarie Miles.

Prior to Diane being Acting CEO, Diane was Head of Finance and Operations. With no one to replace her previous role, and the long-term sickness of the Finance Coordinator, it was encouraging to have Jane Daniels join the team as full time Administrator/Office Manager.

We again loved going on tour during the year with two tours, Go Gently with Terry Waite, and Brighter Days, following the launch of Patrick's new book of the same title (launched October 2023). It was wonderful meeting so many group leaders and participants. It feels like we have friends all over the country.

Our regional focus continued to grow, with the appointment of Natasha Jamieson, based in Huddersfield in January 2024. Kintsugi Hope's representation in the North is a focus for growth, and so we were also pleased when Julie Wilson, our Communications Manager maternity cover was also based in the North.

The UK cost of living crisis had an impact on all areas of Kintsugi Hope's income. We had to tighten up some of the processes around costs and contributions relating to providing the training and materials for the wellbeing groups. A number of partner organisations were running groups without contributing any finance to Kintsugi Hope. Through our values of Generosity, Relationship, Honesty and Integrity, as a team we contacted these organisations to understand their position. Many had not realised, some no longer wanted to partner, and for others it remained impossible due to their own financial challenges.

It was a great opportunity to reconnect with many of our partner organisations, and to reevaluate the benefits of partnering with Kintsugi Hope, and we are excited about some new initiatives we are working on to be made available towards the end of 2024/early 2025.

There remains so much to do as we continue working towards our vision. We remain "joyful in hope, patient in affliction, and faithful in prayer." Romans 12:12.

Go gently





Patrick Regan OBE
President and Co-Founder

Diane Regan
Acting CEO and Co-Founder

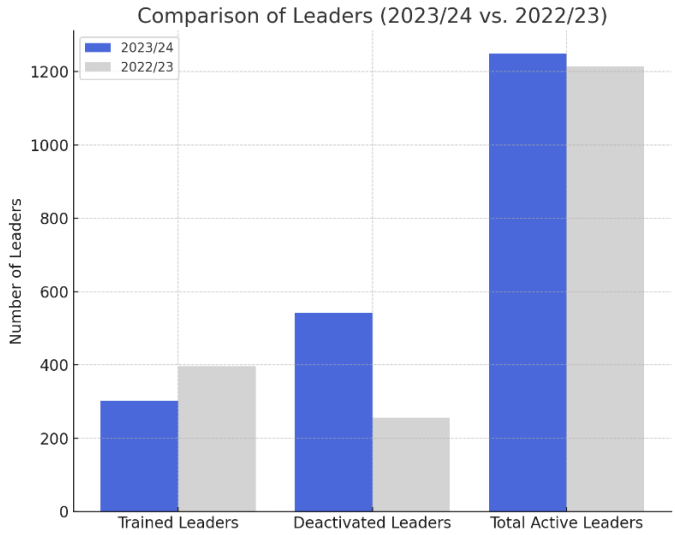
# Kintsugi Hope Wellbeing Groups

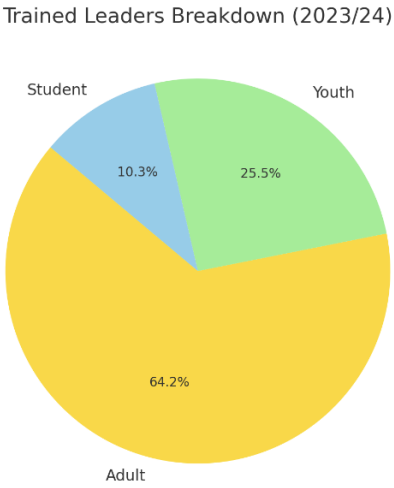
Kintsugi Hope is dedicated to transforming the way we approach mental health and emotional wellbeing. Through raising awareness, breaking stigma, and equipping churches and organisations with practical tools, we empower communities to better understand and support mental health.

At the heart of our mission are **Wellbeing Groups**, facilitated by our partner organisations. These groups are not therapy or counselling but create safe, supportive spaces for open, guided conversations. Over 6 to 12 weeks, participants explore topics like **Honesty, Anxiety, Depression, Shame, Anger, Loss, Forgiveness**, and **Resilience**, gaining self-management tools tailored to seven different learning styles.

Available for adults, youth, and students, these groups offer a lifeline—helping individuals find hope, healing, and the strength to thrive together.

## Group Leaders Training




The chart visualises the comparison between 2023/24 and 2022/23 for Kintsugi Hope Group Leader training statistics:

1. **Bar Chart**:
    a. **Trained Leaders** decreased by 24% overall.
    b. **Deactivated Leaders** increased by 112%, reflecting role transitions.
    c. **Total Active Leaders** rose by 3%.
2. **Pie Chart**:
    a. Breakdown of Trained Leaders in 2023/24:
        i. **Adult**: 194 (64.2%)
        ii. **Youth**: 77 (25.5%)
        iii. **Student**: 31 (10.3%)

This representation highlights trends in Group Leader changes and focus areas for the year.

## Wellbeing Groups & Participants

During the Financial year ending 31 March 2024:

- The number of participants recorded to attend those registered groups were 3,059 for the year ending 31 March 2024, in comparison to 2,774 in prior year, **a 10% increase.**
- 320 wellbeing groups were recorded, in comparison to 325 in the prior year, a 1.5% decrease
- The number of youth wellbeing groups run increased by 5% and **number of participants in these increased by 50%** on prior year

By the end of the financial year ending 31 March 2024:

- 1,205 wellbeing groups were recorded, and 11,351 people were recorded as having attended a wellbeing group across the country
- The number of total **groups run increased by 34% and the total number of participants in Kintsugi Hope wellbeing groups increased by 37%**
- Youth Group Participation grew by 64.6%; Student Group Participation grew by 94%.

## Partnerships & Applications

- Partner Organisations: 530 (+16% from 456 in 2022/23).
- Group Leader Applications: 2,169 (+18% from 1,836 in 2022/23).

These numbers reflect consistent growth in impact despite fewer new leaders trained and slight declines in certain group metrics.

## Kintsugi Hope Wellbeing Group growth

| | YE 31/3/24 | YE 31/3/23 | YE 31/3/22 | YE 31/3/21 | YE 31/3/20 | YE 31/3/19 |
|---|---|---|---|---|---|---|
| Partner Organisations | 422 | 401* | 340 | 236 | 205 | 2 |
| Group Leaders | 1,300 | 1,413* | 1,222 | 809 | 70 | 2 |

* *Change of reporting, to reflect active total, rather than cumulative total.*

## Partner Organisation Breakdown

Kintsugi Hope collaborates with churches across various denominations and organizations:

- **Largest Groups:** Anglican (114), Baptist (56), Independent (45), and Elim (28).
- **Non-Church Partners:** Includes schools, charities (46), businesses, and public sector groups.
- Kintsugi Hope continued to strengthen its links with Scotland and Northern Ireland where the number of partners increased again this year. A sharp decline in the number of partners occurred in the London region.

| Region | 2023-No | 2024-No | Region | 2023-No | 2024-No |
|---|---|---|---|---|---|
| East of England | 65 | 71 | Yorkshire | 16 | 20 |
| Southeast | 83 | 71 | Wales | 15 | 10 |
| Southwest | 65 | 68 | East Midlands | 24 | 22 |
| Northwest | 36 | 33 | Northern Ireland | 21 | 26 |
| London | 28 | 10 | Northeast | 6 | 6 |
| West Midlands | 33 | 31 | Scotland | 9 | 15 |

## Participant Feedback

### Stories:

"I mean to you guys it is probably just a course, but it is not just a course, it has been a life turning event to be honest." -Wellbeing Group Participant

"I have really enjoyed attending the group and have had some real 'lightbulb moments'. I recognise that this is all part of a journey and look forward to spending time reviewing and reflecting on the content, hopefully putting into place some more useful strategies and being kinder to myself." -Wellbeing Group Participant

"Kintsugi Hope Wellbeing Groups are a safe, friendly group, where we recognise that we're all on different life journeys but can share and learn without fear, shame, or stigma." -Wellbeing Group Participant

The Kintsugi Hope wellbeing course has helped me navigate a dark and difficult time in my life, and it has been wonderful to be part of such a kind community of other people who understand. I learned a lot about the importance of self-care, managing our 'stress bucket', as well as the science behind why our brains react in certain ways, and what we can do about it. Altogether I thought it was a really helpful and thought-provoking course. -Wellbeing Group Participant

## Impact of Wellbeing Groups (Key Metrics)

- **Support:** 96% found the group helpful; 94% felt safe and accepted.
- **Coping Tools:** 85% learned strategies to manage overwhelm.
- **Recommendation:** 94% would recommend the groups.
- **Self-Worth & Wellbeing:** 60% reported improved confidence.
- **Understanding God's Love:** 69% agreed it deepened their faith.
- **Pathways for Further Support:** 85% agreed, with ongoing feedback driving improvements.

Kintsugi Hope continues to expand its reach and improve its resources based on participant evaluations, despite some regional challenges.

## Kintsugi Hope: Key Initiatives and Future Plans

### Social Prescribing

A new training module and template letter were introduced to help group leaders connect wellbeing groups with GP surgeries.

### Information Sessions

21 sessions were held for potential partners (April 2023–March 2024), with 308 attendees, made up of Church and Charity leaders, and potential Group Leaders.

## Inspiring Wellbeing Group Pilots: Empowering Communities and Transforming Lives

### Ukrainian Wellbeing Groups

At St Peter & St James Church in Hereford, a powerful pilot wellbeing group was launched, offering support to Ukrainian refugees through the Kintsugi Hope initiative. This new group, which quickly followed with a second session, brought healing and connection to those displaced by conflict. With the help of a dedicated Ukrainian member of the congregation, vital video materials and participant guides were translated, making this valuable resource available to other leaders who wish to extend wellbeing support to Ukrainian refugees in their own communities. This work has been integrated into our broader wellbeing group materials.

### Supporting Young People with Special Educational Needs

At the Lighthouse Futures Trust in Leeds, a wellbeing group tailored for young people with Special Educational Needs, including those on the autism spectrum, brought joy and healing. The positive feedback from participants was overwhelming and plans to expand these groups are already in progress. This initiative has shown how wellbeing support can empower and uplift young people in unique and impactful ways.

### Revitalized Wellbeing Group Materials

In the summer of 2023, we undertook a comprehensive review of our wellbeing group materials, ensuring they are even more relevant and enriching. We expanded resources for group leaders, incorporating specific content tailored for survivors of abuse, refugees, and particularly Ukrainian refugees, in partnership with expert agencies. These enhanced materials are designed to equip leaders to provide the best support possible, helping more people to heal, grow, and flourish.

### Partnership with the Diocese of Chelmsford

In August 2023, Kintsugi Hope was invited to explore the wellbeing needs of clergy. What began as a conversation quickly turned into an exciting partnership. In the coming year, Kintsugi Hope will lead wellbeing support groups across the Diocese of Chelmsford, offering ministers a chance to pause, reflect, and rejuvenate. This trailblazing project will

span 12 months, running from April 2024 to March 2025, marking a new chapter in supporting those who serve others.

These initiatives are just the beginning of our journey to build resilient, compassionate communities. Together, we can empower individuals, foster healing, and create lasting change.

### Future Plans for development of Kintsugi Hope Wellbeing Groups

In line with Kintsugi Hope's vision, the goal is for everyone in the UK to be able to have access to attend a Wellbeing Group. This requires more partners and more group leaders. Kintsugi Hope will continue to promote its wellbeing training and inform and equip churches and other partners to encourage all to take mental and emotional health and wellbeing as a priority outreach.

#### Accessibility

Kintsugi Hope has developed resources for specific groups in order to maximise outreach (Ukrainian material), as well as equipping group leaders and increase their confidence when it comes to running the group in a more accessible manner. Specific training resources are available (i.e module on accessibility) and more talks with the relevant people are taking place to ensure ongoing development of resources in this regard (autistic friendly etc.)

#### Diversity in Engagement

Kintsugi Hope continues to recognise the engagement with groups need to be more diverse and are strategically looking to work with a more diverse community and in particular, further exploring links between racial injustice and mental health. Some more diversity relatable material was added to the wellbeing groups material. This continues as a work in progress.

#### Poverty and Mental Health

Kintsugi Hope recognises that struggles with mental health can be both the cause and result of poverty and want to intentionally support those on the margins of society. Kintsugi Hope continues to work on its outreach to poorer areas.

## Kintsugi Hope National & Regional Development

### Bristol Region Update

- **New Leadership:** Bristol Regional Lead hired in March 2023, focusing on relationship-building, promoting mental health, and leading a Wellbeing Group in Bradley Stoke.
- **Funding Secured:** Funding was received to support activities in Bristol through 2024/25.
- **Community Engagement:** Continued outreach to church leaders and networks

across denominations to strengthen partnerships and promote Kintsugi Hope.

### Story:

"It has been fantastic to see some of our smaller and 'resource poor' churches based in housing estates develop their Kintsugi Hope courses. St Stephen' Church in Southmead were initially sponsored by City Church Bristol, and this year have developed their own group leaders and come into partnership in their own right. Victoria Park Baptist Church were able to access funding to support their partnership, and St Barnabus in Knowle West were supported by an existing partner, Holy Trinity in Nailsea, to start their partnership and run their first group. During this course, the community in Knowle West were tragically affected by knife crime, and we were able to support and lift up our partners in prayer at this difficult time, when so many people needed support."

### North Bristol and Bradley Stoke Focus

- **Strategic Collaboration:** A May 2023 meeting brought KH group and church leaders together to develop a unified strategy for North Bristol and the Stokes.
- **Joint Promotion:** Courses were promoted via social media and the Stoke Gifford KH Facebook page, streamlining signposting across churches.
- **Courses Delivered:** Six courses ran in the area, including the inaugural Bradley Stoke course.

### Story:

"Sept 23 ran our first Kintsugi Hope course in the community in Bradley Stoke. We had 5 guests from the community, 3 of whom have been committed to the end. This has been an amazing time of support and encouragement for everyone on the group and has come at a really important time for each participant. All of our participants are keen to engage with facilitating and inviting friends along to the next course."

### Social Prescribing in Bristol

- Kintsugi Hope is now accessible to social prescribing teams in North Bristol and South Glos, with the first two referrals received.
- Joined the Westbury-on-Trym group to foster collaboration between churches and social prescribers.
- Presented a seminar on social prescribing at the Churchworks for Mental Wellbeing Conference in London.
- Launched a social prescribing training pack and video, available nationwide on the Kintsugi Hope training site.

## Northern Ireland (NI)

Since we appointed a Northern Ireland Lead in 2022, Kintsugi Hope has expanded into new communities, building key relationships in this highly relational region.

### Key Highlights:

- **Brighter Days Tour** (October 2023): Events at Dromore Methodist and Carryduff Elim built relationships with schools and partners, including Dromore High School.
- **Group Leaders Catch-Up** (January 2024): Held at Armagh City Vineyard for updates, prayer, and support.

- **Methodist Women's Annual Meeting** (March 2024): Presented Kintsugi Hope to gain charity partner support.
- **Youth Outreach**: Presented to Down and Dromore youth workers and attended Pioneer and CAP events, strengthening ties with leaders and organizations.
- **New Partnerships**: Partnered with Dromore High School and New Life City Church, with three more churches nearing partnership.

### Story:

"Leading a Kintsugi Hope group within my church has been both a privilege and an adventure. The online Kintsugi Hope platform makes it easier to prepare for each topic and knowing there was extra support available helped build my confidence. During some of the sessions, sharing my own experiences helped build rapport and at times offered hope. All our delegates engaged well with the topics and said they gained new tools to help them navigate their lives better.

Now, I am even more passionate about the value of providing Kintsugi Hope within both my church and local community settings. It is so important that Christians are relevant and real about mental health issues and offer genuine love, hope, and safe spaces to those around us".

Kintsugi Hope Wellbeing Group Leader

### Future Plans:

- Expand partnerships with schools, churches, and the Catholic Church.
- Reintroduce a youth retreat in 2025.
- Collaborate with charities like Flourish and The Lawrence Trust.
- Strengthen support for schools, focusing on teachers and youth workers.

## Scotland

Since January 2023, the National Development Manager has focused on building relationships and expanding Kintsugi Hope's presence in Scotland.

### Key Highlights:

- Established connections with churches, youth trusts, and Christian organizations.
- Delivered **Mental Health Friendly Church training** in Saltcoats and Dundee.
- Partnered with the **Church of Scotland Priority Areas (PA)** team to support up to 10 PA churches.
- Held the "Impacting Your Community" roadshow with TLG and CAP across five venues, fostering new church partnerships.
- Hosted the **Brighter Days Tour** in Edinburgh, North Berwick, and Larkhall, strengthening relationships with supporters and potential partners.
- Promoted Kintsugi Hope at events like the **Scottish Network Churches conference** and **Magnitude**.
- Seven new partners joined, increasing the total to 15, with 18 others exploring partnership.

### Story:

"I've learned to accept my scars, forgive myself and embrace my flaws (we were taught a great phrase – 'flawsome'). I discovered that I should embrace my various scars and instead of looking at them as shameful and reminders of times of extreme distress and trauma, I should see them as signs of strength and resilience. These scars showed that I was able to come through the trials of life and I was repaired and made stronger"

Wellbeing Group Participant – Bethany Christian Trust.

### Future Plans:

- Support existing partners and expand partnerships, especially with underrepresented denominations.
- Attend and present at key events, including the **National Prayer Breakfast for Scotland** and **Cairngorms Convention (June 2024)**.
- Offer **Mental Health Friendly Church training** in Perth (September 2024).
- Develop a **Christian Mental Health Forum for Scotland** with organizations like Renew Wellbeing and the Scottish Bible Society.

## Huddersfield & West Yorkshire

Since appointing the Regional Coordinator in early 2024 they have focused on strengthening partnerships and raising awareness of Kintsugi Hope's vision.

### Key Activities:

- Supported existing Partner Organizations and facilitated positive group stories.
- Conducted **Information and Group Experience sessions** for partners and potential collaborators.
- Secured partnerships with **West Yorkshire Police** and **Kirkheaton Parish Church**.
- Organized a **Wellbeing Group taster session**, with plans to replicate it across West Yorkshire.

### Story:

'We ran our first KHWG at the end of 2023 and the group quickly gelled and relaxed in each other's company. One participant wouldn't come into a church prior to attending the wellbeing group but since the group has finished, he has taken part in Alpha and now attends church on a Sunday.'

### Future Plans:

- Expand church networking through events like the **Elim Leaders' Summit** and **Gather Network**.
- Collaborate with schools to support staff and explore student Wellbeing Groups.
- Host a **fundraising dinner** in October, with potential for replication nationwide.
- Promote Kintsugi Hope at conferences and within local VCFSE networks.
- Run additional **Wellbeing Group Taster Sessions** across the region.

# Kintsugi Hope Youth and Student Highlights

This year 55 Kintsugi Hope Wellbeing Groups ran with 735 young people in the groups, with over 100 more young people within these groups which have shown a theme that our youth wellbeing groups are getting larger.

Now most of our wellbeing groups are running within schools by schools themselves or by churches/Christian organisations.

We have spent a lot of this year developing new resources for our existing partners, eg. Assemblies & Youth Weekend, whilst also strategically developing new resources to help develop Kintsugi Hope's wider vision of seeing everyone with access to wellbeing groups. Through this we have maintained a national presence with the Youth & Students Lead speaking and attending events across the UK. Kintsugi Hope have had a presence across the year at 50 events, speaking to approximately 7,550 people.

One highlight of these events was a training day at Chichester Diocese; a morning for their youth workers, at the end, our Youth & Students Lead spoke about Kintsugi Hope and their denary youth officer then spoke about how they have opened a funding pot up for churches to apply for funding to pay for the cost of partnering with Kintsugi Hope.

### Key Initiatives

- **Youth Weekend:** Partnered with CYM for an activity weekend, attended by 27 young people, with 45% reporting improved wellbeing.
- **School Assemblies:** Developed weekly assembly plans for school-based group leaders.
- **Your Space Pilot:** Piloted a non-faith-based resource in Philip Morant School, Colchester; future plans are paused.

Story:

"Sarah* had been attending one of Kintsugi Hope Youth Wellbeing Groups in one of the local schools we work in. As part of the group, each participant receives one of Kintsugi Hopes "okay" youth participant guides. One day, Sarah was on the field on her lunch break and started to have a panic attack. She remembered the grounding technique she was taught in the previous week in her youth wellbeing group. Due to the panic attack, she couldn't concentrate on reading, so she handed her "okay" participant guide to her friend and got them to go through the grounding technique with her right there on the school field. Taking the steps in the booklet successfully calmed Sarah down and grounded her. " *name changed due to confidentiality

*Youth Wellbeing Group Participant*

### Students

- Limited capacity hindered expansion, but 4 groups with 30 students are active.

# Mental Health Friendly Church (MHFC) Overview

Having been established as a project in April 2021, the three main objectives identified following a major piece of research into attitudes towards mental health and faith continue to drive the activities of the MHFC project (namely to increase training available for church leaders on and around mental health and mental illness; name our position as "the church" on mental health and mental illness with clear language; provide a gentle presence for those struggling).

### Summary

A 3-year strategy for the MHFC Project was prepared and presented to the Executive Team.

However, during 2023 the MHFC Project Manager experienced extended periods of sickness, thus whilst strategic development has been a little delayed, key activities have continued by 2 other members of the team enabling training days to be continued to be booked and delivered and support provided to the wider project.

Kintsugi Hope's National Conference took place on May 20th (during Mental Health week), exploring how to be a gentle presence, to learn about resilience and an opportunity to ask questions to a panel of experts. 208 delegates attended – exploring issues of faith and mental health.

Between April 2023 and end of March 2024, 9 MHFC Training days were held across the UK:

| | |
|---|---|
| England: | Derby, Huddersfield, Bishops Stortford, Wisbech, Poynton |
| Scotland: | Saltcoats, Dundee |
| Northern Ireland: | Lisburn |
| Online | |

### Future Plans

1. Expand MHFC Training Days across England, Northern Ireland, and Scotland.
2. Develop resources on suicide prevention and risk management for churches.

## Kintsugi Hope Communications and Events

### Key Activities

- Reached over 20,000 people through speaking events, including **Spring Harvest, Wildfires Conference, New Wine**, and **Jesus House Men's Conference**.
- Delivered 12 Sunday sermons, participated in radio interviews, and contributed articles to various publications.
- Featured in an **ITV London interview**, significantly boosting visibility.

### Newsletter Growth

- Primary newsletter audience grew to **5,900**, the largest ever.
- Launched a quarterly **"Hope Giver" newsletter** for donors to strengthen engagement.

### Social Media Performance

- **Reach:** Posts reached 33.1k (+107.8%).
- **Engagement:** 564 link clicks (+54.8%).
- **Community:** Follower count grew to **5,800**.

### Future Plans

1. **Website Redesign:** Create a user-friendly, visually appealing website to enhance communication and engagement.
2. **Social Media Strategy:** Broaden reach and deepen impact through refined messaging and platform strategies.
3. **CRM Optimization:** Streamline internal communication and reporting for efficiency, accuracy, and team collaboration.
4. **Audience Engagement:** Expand outreach under new CEO to grow partner organisations and wellbeing groups across the UK.

## Kintsugi Hope Advocacy and Social Justice

### Current Efforts

- **Relationships:** Long-standing connections with policymakers and think tanks on social justice and media issues.
- **Advocacy:** Focused on influencing individuals rather than conducting research, addressing root causes of poor mental health such as poverty, stigma, unemployment, and family breakdown.
- **Westminster Engagement:**
    - Presented on mental health and unemployment to Secretary of State Mel Stride.
    - Employment Minister Jo Churchill MP joined a Kintsugi Wellbeing Group.
    - Meetings with Rt Hon Iain Duncan Smith and Stephen Timms MP, a key advocate for faith groups in Parliament.

### Future Plans

- Continue relational advocacy with politicians and influencers.
- Prioritize **social prescribing** and supporting society's poorest.

## Kintsugi Hope Fundraising

With constant demand on our services and limited capacity, continued strategic development was required, and so fundraising was key over this period. We continued many of our existing fundraising efforts, from highlighting the importance of regular gifts and holding fundraising campaigns, to looking at and evaluating new income streams, such as in memory fundraising and legacy fundraising. Continued work is still necessary to investigate and develop these various income streams, depending on capacity and other priorities within the team.

### Events

- Hosted various events, including a Northern Ireland music concert, sponsored runs/walks, and 5th-anniversary celebrations.
- Participated in the Big Give campaign (Nov/Dec 2023), raising over £15,000 within seven days through match funding.

### Fundraising Approach

- Financial supporters are considered key partners in the mission.
- Ethical practices ensure no coercion or manipulation, with sensitivity to vulnerable circumstances.
- Donors are kept informed through newsletters and events, with clear opt-in and opt-out options.

### Transparency

- Funds raised via partnerships, events, grants, and individual giving, handled entirely by Kintsugi Hope staff—no commercial fundraisers were used.
- No complaints were received this year.

## Strategic Focus and Goals

For the next financial year, Trustees have approved a growth and sustainability strategy with a focus on increasing income and expanding Wellbeing Groups. Key 3-year goals include:

- **Improved Wellbeing**: Empower group participants with tools to flourish beyond the sessions.
- **Organic Growth**: Foster group recommendations by partners and leaders.
- **Group Accessibility**: Enhance the **Groups Management System (GMS)** to ensure at least one group runs online or in-person in every UK region quarterly.
- **Partner Growth**: Expand to 1,000 Partner Organisations, contributing £300k (33% of total income).
- **Participant Engagement**: Drive £50k income through participant resources and events.
- **Social Prescribing Expansion**: Partner with statutory bodies to scale social prescribing and self-referrals.

## Risk

The risks faced by Kintsugi Hope are reviewed at each Trustee meeting. This review includes changes in terms of level or likelihood, steps taken to mitigate risks, and any new risks identified. Current risks identified include:

- Cost of living crisis, reduction in partner organisation financial contributions and individual giving
- Lack of cash flow to sustain the organisation

- Lack of diversity in fundraising
- Lack of diversity of staff team
- Organisation growth vs capacity to deliver
- Skills and capacity of Trustees
- Safeguarding
- Reputational risk
- Reliance on Individual staff members

A strategic plan is in place for each area of risk to plan for minimal risk level or likelihood.

# Financial Review

This is our sixth period from registration with the Charity Commission running 1 April 2023 through to 31 March 2024.

## Income

Incoming resources for the period totalled £509,434 (prior period was £520,384 a decrease of 2%).

## Donations and Legacies

£296,672 of this was through Donations and Legacies (down from £323,866). This included:

- **Major donors of £12,923 (down from £32,539)**
- **One-off donations of £59,394 (up from £49,619)**
- **Corporate donations of £39,020 (up from £28,040)**
- **Gift aid of £20,997 (down from £25,224)**
- **Legacy giving £10,262 (up from £3,028)**
- **Individual regular giving £79,124 (up from £77,080)**
- **Partner Organisation contributions of £92,982 (up from £87,880)**
- **Grants received totalled £93,468 (down from £107,758) and was made up as follows:**

| Description | £ |
|---|---|
| Rose Patterson Trust | 20,000.00 |
| The Jerusalem Trust | 20,000.00 |
| Brooke Benevolent Fund | 13,618.00 |
| Selwood Trust | 10,000.00 |
| Anonymous | 8,000.00 |
| The Jerusalem Trust | 6,000.00 |
| Michael's MAG Grant | 6,000.00 |
| Glyn Macauley Trust | 5,000.00 |
| Halifax Foundation | 3,500.00 |
| Sir Jeremiah Colman Trust | 1,000.00 |
| Costa Family Charitable Trust | 250.00 |
| Shorehill Trust | 100.00 |
| | **93,468.00** |

## Charitable Activities

Income from charitable activities totalled £103,842 (down from £107,247) and included:

- Income from Gentle Presence Conference held in May 2023 at Chelmsford Cathedral £4,504 (down from £5,166)
- Partner Organisation financial contributions towards running wellbeing groups totalling £92,982 (increased from £87,880)
- Go Gently and Bouncing Forwards tour income of £6,357 (down from £10,350).

## Other Activities

Other activities during the year totalled £63,750 (down £89,271). This included

- Patrick Regan OBE's book Brighter Days was launched in October 2023. As a result merchandise sales increased to £44,300 (from £34,653).

- Fundraising and events of £40,598 (slightly down from £40,494 previous year which included the following:

| Description | £ |
|---|---|
| The Big Give | 15,119.00 |
| Campaigns | 10,476.00 |
| Sponsored events | 7,793.00 |
| Other | 7,210.00 |
| | **40,598.00** |

- **Speaking income reduced to £8,440 (from £14,125).**

## Expenditure Overview

During the period, total expenditure increased by 4% to **£563,742** (from £553,354), with key highlights below:

- **Wages**: Up 11% to **£416,010** (from £375,648), reflecting a 5% cost-of-living salary increase and six additional staff members, including:
  - A new regional worker for Huddersfield
  - Full-time Administrator/Office Manager
  - Two fixed-term maternity leave covers
  - Two long-term temps for staff on extended sick leave
- **Governance**: Increased by £6k due to legal costs for establishing the Trading Subsidiary, *Brighter Days*.
- **Merchandise**: £7k additional spend, offset by £10k sales boost from the *Brighter Days* book launch.

## Reduced Expenditures

- IT: **£22,868** (down from £38,625)
- Marketing: **£6,788** (down from £8,932)
- Training/Resources: **£7,164** (up from £5,020)

- Travel: **£13,327** (down from £15,852)
- GMS Development: **£15,276** (down from £34,672)

## Financial Summary

- Operating loss: **£54,039** (up from £32,971)
- Year-end bank balance: **£85,415** (down from £147,972)

## Reserves Policy

Kintsugi Hope aims to maintain reserves covering three months' salary expenditure. However, full reserves were unavailable from September 2023 and are expected to remain so until January 2025. At the end of the financial year reserves were £100,179 representing between two and three months' salary expenditure. This is closely monitored by Trustees and the Executive team. A new income strategy, focusing on partner organisation growth and fundraising, was implemented in October 2023, with final approval in February 2024, with the aim of restoring reserves to three months' salary expenditure by the end of the 2025-2026 financial year.

## KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2024

| | Notes | Unrestricted Funds £ | Restricted Funds £ | 2024 Total £ | 2023 Total £ |
|---|---|---|---|---|---|
| **Incoming resources** | | | | | |
| Donations and legacies | 2 | 245,693 | 49,934 | 295,627 | 323,866 |
| Charitable activities | 3 | 103,842 | - | 103,842 | 107,247 |
| Other trading activities | 4 | 109,965 | - | 109,965 | 89,271 |
| **Total incoming resources** | | **459,500** | **49,934** | **509,434** | **520,384** |
| **Resources expended** | | | | | |
| Charitable activities | 5 | 497,585 | 49,934 | 547,519 | 529,484 |
| Expenditure on raising funds | 6 | 15,953 | - | 15,953 | 23,871 |
| **Total resources expended** | | **513,539** | **49,934** | **563,472** | **553,355** |
| **Net incoming (outgoing) resources** | | (54,039) | - | (54,039) | (32,971) |
| **Net movement in funds** | | (54,039) | - | (54,039) | (32,971) |
| **Total funds brought forward** | | 154,218 | - | 154,218 | 187,189 |
| **Total funds carried forward** | | **100,179** | **-** | **100,179** | **154,218** |

Notes on pages 24 to 28 form an intergral part of these financial statements.

## KINTSUGI HOPE

## BALANCE SHEET
## AS AT 31 MARCH 2024

| | Notes | 2024<br>£ | 2023<br>£ |
|---|---|---|---|
| **Fixed assets** | | | |
| Tangible assets | **9** | 513 | 2,060 |
| **Current assets** | | | |
| Stock | | 14,916 | 9,018 |
| Debtors and prepayments | **10** | 5,483 | 1,413 |
| Cash at bank and in hand | | 85,415 | 147,972 |
| | | 105,813 | 158,403 |
| **Creditors: amounts falling due within one year** | **11** | 6,147 | 6,245 |
| **Net current assets/(liabilities)** | | 99,666 | 152,158 |
| **Net assets** | | **100,179** | **154,218** |
| **Funds of the charity** | | | |
| Restricted funds | **12** | - | - |
| Unrestricted funds | **12** | 100,179 | 154,218 |
| **Total funds** | | **100,179** | **154,218** |

Approved by the trustees on the 26th November 2024 and signed on their behalf by:

Trustee

# KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2024

| | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|---|---|---|---|---|
| **Cash flows from operating activities** | | | | |
| ***Net cash provided by (used in) operating activities*** | (62,557) | - | (62,557) | (36,304) |
| ***Net cash provided by (used in) investing activities*** | - | - | - | - |
| ***Change in cash and cash equivalents in reporting period*** | (62,557) | - | (62,557) | (36,304) |
| **Cash and cash equivalents at the beginning of the reporting period** | 147,972 | - | 147,972 | 184,276 |
| ***Cash and cash equivalents at the end of the reporting period*** | 85,415 | - | 85,415 | 147,972 |

**(a) RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES**

| | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|---|---|---|---|---|
| ***Net income/(expenditure) for the reporting period (as per SOFA)*** | (54,039) | - | (54,039) | (32,971) |
| **Adjustments for non-cash items:** | | | | |
| Depreciation charges | 1,547 | - | 1,547 | 1,547 |
| Loss/(profit) on disposal of fixed assets | - | - | - | - |
| (increase)/decrease in stock | (5,898) | - | (5,898) | (9,018) |
| (increase)/decrease in debtors | (4,070) | - | (4,070) | (1,413) |
| Increase/(decrease) in creditors | (98) | - | (98) | 5,551 |
| ***Net cash provided by (used in) operating activities*** | (62,558) | - | (62,558) | (36,304) |

**b) ANALYSIS OF CASH AND CASH EQUIVALENTS**

| | Unrestricted funds £ | Restricted funds £ | Total 2024 £ | Total 2023 £ |
|---|---|---|---|---|
| Cash in hand | 85,415 | - | 85,415 | 147,972 |
| Notice deposits (less than 3 months) | - | - | - | - |
| **Total cash and cash equivalents** | 85,415 | - | 85,415 | 147,972 |

# KINTSUGI HOPE

## NOTES TO THE ACCOUNTS
## FOR THE YEAR ENDED 31 MARCH 2024

**1.1 Basis of the preparation of the accounts**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practise 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**1.2 Income recognition**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the granting of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

**1.3 Expenditure recognition**

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.
All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

**1.4 Depreciation**

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected life as follows:

| | |
|---|---|
| Equipment | 20% Straight Line |

**1.5 Fund accounting**

Funds held by the charity are:
Unrestricted general funds - These are funds which can be used in accordance with the charitable objects at the discretion of the Trustees.
Restricted funds - These are funds that 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 restrcited purposes.

**1.6 Going concern**

The accounts have been prepared on a going concern basis.

**2. Donations and legacies**

| | Unrestricted | Restricted | 2024 | 2023 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Major donations | 12,923 | - | 12,923 | 32,539 |
| One off donations | 59,394 | - | 59,394 | 49,619 |
| Corporate donations | 39,020 | - | 39,020 | 28,040 |
| Royalties | 6 | - | 6 | 39 |
| Individual giving | 79,124 | - | 79,124 | 77,080 |
| Gift aid | 20,997 | - | 20,997 | 25,224 |
| Project sponsorship | - | 434 | 434 | 539 |
| Grants | 23,968 | 49,500 | 73,468 | 107,758 |
| Legacy | 10,262 | - | 10,262 | 3,028 |
| | **245,693** | **49,934** | **295,627** | **323,866** |

Restricted grants totalled £49,500 in 2024, (2023:£43,413) and restricted sponsorship totalled £434 in (2023:£539).

**3. Charitable activities**

| | Unrestricted | Restricted | 2024 | 2023 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Conference income | 4,504 | - | 4,504 | 5,166 |
| Church partnerships | 92,982 | - | 92,982 | 87,880 |
| Tour income | 6,357 | - | 6,357 | 10,350 |
| Travel & subsistence income | - | - | - | 3,850 |
| | **103,842** | **-** | **103,842** | **107,247** |

**4. Other trading activities**

| | Unrestricted | Restricted | 2024 | 2023 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Fundraising | 57,225 | - | 57,225 | 40,494 |
| Merchandise sale | 44,300 | - | 44,300 | 34,653 |
| Speaking fees | 8,440 | - | 8,440 | 14,125 |
| | **109,965** | **-** | **109,965** | **89,271** |

# NOTES TO THE ACCOUNTS
# FOR THE YEAR ENDED 31 MARCH 2024

| 5. Costs of charitable activities | Unrestricted | Restricted | 2024 | 2023 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Wages | 366,076 | 49,934 | 416,010 | 375,648 |
| Marketing | 6,788 | - | 6,788 | 8,932 |
| Printing | - | - | - | 222 |
| Travel | 13,327 | - | 13,327 | 15,852 |
| I.T. costs | 22,868 | - | 22,868 | 38,625 |
| Telephone | 7,657 | - | 7,657 | 7,058 |
| Professional charges | 9,594 | - | 9,594 | 1,856 |
| Insurance | 1,805 | - | 1,805 | 1,933 |
| Website | 429 | - | 429 | 714 |
| Tour | - | - | - | 11,722 |
| Conference | - | - | - | 3,664 |
| Events | 20,697 | - | 20,697 | 90 |
| Sundries | 469 | - | 469 | 656 |
| Office expenses | 6,829 | - | 6,829 | 4,413 |
| Staff training and resources | 7,164 | - | 7,164 | 5,020 |
| Rent | 14,760 | - | 14,760 | 14,760 |
| Grant payments | 1,500 | - | 1,500 | 1,500 |
| Website Group developments | 15,276 | - | 15,276 | 34,672 |
| Depreciation | 1,547 | - | 1,547 | 1,547 |
| | **496,785** | **49,934** | **546,719** | **528,883** |
| **Governance costs:** | | | | |
| Audit and accountancy | 800 | - | 800 | 600 |
| | **800** | **-** | **800** | **600** |
| | **497,585** | **49,934** | **547,519** | **529,483** |

| 6. Expenditure on raising funds | Unrestricted | Restricted | 2024 | 2023 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Merchandise | 15,953 | - | 15,953 | 16,157 |
| Fundraising costs | - | - | - | 7,714 |
| | **15,953** | **-** | **15,953** | **23,871** |

## 7. Staff costs and emoluments

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| The average number of employees by head count paid monthly during the period was: | 17 | 17 |

| The aggregate staff costs for the period were: | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Wages and salaries | 377,740 | 294,032 |
| Pensions | 10,452 | 8,870 |
| Social security costs | 27,818 | 29,333 |
| | **416,010** | **332,235** |

One employee earned more than £60,000 per annum.

**Key management personnel**
During the year total remuneration of £109,396 (2023: £168,225) was paid to key management personnel. The remuneration of key management personnel is decided upon and authorised by the trustees.

## 8. Trustee expenses

Trustees were reimbursed for expenses during the year 2024 £0 (2023: £103.50)

## 9. Tangible fixed assets

| | Equip | Total |
|---|---|---|
| **Cost** | £ | £ |
| As at 1st April 2023 | 7,733 | 7,733 |
| Additions | - | - |
| **As at 31st March 2024** | **7,733** | **7,733** |
| **Depreciation** | | |
| As at 1st April 2023 | 5,673 | 5,673 |
| Charge for the year | 1,547 | 1,547 |
| **As at 31st March 2024** | **7,220** | **7,220** |
| **Net book value** | | |
| **As at 31st March 2024** | **513** | **513** |
| **As at 31st March 2023** | **2,060** | **2,060** |

**10. Debtors**

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Trade debtors | 5,483 | 1,413 |
| | **5,483** | **1,413** |

**11. Creditors; amounts falling due within one year**

| | 2024 | 2023 |
|---|---|---|
| | £ | £ |
| Creditors | 5,347 | 5,645 |
| Accruals | 800 | 600 |
| | **6,147** | **6,245** |

The Creditors balance as at 31 March 2024 contains an intercompany creditor balance of £1,614 (2023: £nil) due to the charity's trading subsidiary, BrighterDays.Life Limited.

**12. Fund analysis 2024**

| | Balance at 01/04/2023 | Income resources | Outgoing resources | Transfer | Balance at 31/03/2024 |
|---|---|---|---|---|---|
| **Unrestricted funds** | **154,218** | **459,500** | **513,539** | - | **100,179** |
| **Restricted funds** | | | | | |
| Stewardship | - | 434 | 434 | - | **-** |
| Jerusalem Trust | - | 3,500 | 3,500 | - | **-** |
| Halifax Foundation | - | 20,000 | 20,000 | - | **-** |
| St Michaels Church | - | 6,000 | 6,000 | - | **-** |
| Rose Patterson Trust | - | 20,000 | 20,000 | - | **-** |
| **Total restricted** | **-** | **49,934** | **49,934** | **-** | **-** |
| Total funds | **154,218** | **509,434** | **563,473** | **-** | **100,179** |

## KINTSUGI HOPE

## INDEPENDENT EXAMINER'S REPORT
## FOR THE YEAR ENDED 31 March 2023

I report on the accounts of Kintsugi Hope for the year ended 31st March 2023 which are set out on pages 24 to 31.

**Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

**Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shelley-Marie Rudling FMAAT AATQB for and on behalf of
Community360
Winsley's House, High Street, Colchester, Essex Date 11/12/2024

**KINTSUGI HOPE**

England & Wales - Charity number 1175529

# Accounts

# KINTSUGI HOPE

**Charity number 1175529**

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

COMMUNITY 360

*Community Accounts Service*

# KINTSUGI HOPE

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# Annual Report

## For the period 01 April 2022 to 31 March 2023




| | |
|---|---|
| **Charity Registration Number:** | 1175529 |
| **HMRC Charities Reference Number:** | EW89386 |
| **Registration Body:** | Charity Commission for England and Wales |
| **Date of Registration:** | 02 November 2017 |
| **Registered Address:** | c/o Reprohouse<br>Drakes Lane Industrial Estate<br>Boreham, Essex, CM3 3BE |
| **Principal Office:** | As above |

| | | |
|---|---|---|
| **Trustees as at 31 March 2022:** | Simon Barrington | Chair |
| | Judith Lace | Vice Chair |
| | Adam Temple | Treasurer |
| | Elizabeth Neep | |
| | Sarah Pearmain | |
| | Audrey Skervin | |
| | Joby Easow | |

**Trustees who also served during this period:** n/a

**Bankers:**

Santander
Bridle Road
Bootle
L30 4GB

**Independent Reviewers of Accounts:** Community 360

**Chief Executive Officer:** Patrick Regan OBE

# Structure, Governance and Management

Kintsugi Hope, founded by Patrick and Diane Regan, registered with the Charity Commission for England and Wales on 2 November 2017, charity number 1175529. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). Trustees are nominated and elected by existing trustees. Trustee meetings occur minimum termly.

Patrick Regan OBE is the founder and CEO. Diane Regan, wife of Patrick Regan is also the co-founder, working as Operations Manager. Seven part time staff members were recruited, including two National Development Managers, one for Northern Ireland, and one for Scotland. At 31 March 2023, the total number of staff increased to 18 - 5 full time and 8 part time.

Kintsugi Hope continued to enjoy working closely with Prison Fellowship, Thirtyone:Eight, Mind and Soul, Christians Against Poverty, Transformed Lives for Good, Restored and Safe Families as well as forging a new partnership with The Gather Movement.

## Objects and Activities

The Objects as outlined in Kintsugi Hope's CIO constitution are, for the public benefit: -

1. To promote and protect the health of persons suffering from physical, mental, and emotional challenges, in particular but not exclusively, by way of practical support and training; and
2. To relieve the needs of persons facing persecution for their faith or those suffering the effects of war, conflict, and natural disaster in particular but not exclusively, by way of financial support to local, national, or international charities.

## Vision

A world where mental and emotional health is accepted and understood, with safe and supportive communities for everyone to grow and flourish.

## Mission

Kintsugi Hope exists to create safe and supportive spaces for those struggling with mental and emotional health challenges.

## Ethos / Values

These values apply to all the work we do at Kintsugi Hope and are demonstrated particularly in our Kintsugi Hope Groups. Kintsugi Hope's ethos is founded on the Christian faith; yet Kintsugi Hope support those of all faith and no faith.

***Authenticity*** - The quality of being real, to be openminded, allowing ourselves to be imperfect and vulnerable in order to show courage where it is needed.

***Generosity*** - A desire to give away what we have, to be openhearted, kind, to give without any expectation of return. This value works out in the way we spend our time, money and how you want to relate to other organisations.

***Honesty*** - To tell the truth; we want to be trustworthy and show integrity in all our actions.

***Relationship*** - We want to be connected, to really get to know others, to invest in meaningful relationships and to put people before programmes and products.

## Outcomes:

Desired Outcomes for those who Kintsugi Hope inspire and support:

- Safety and support, where there is no shame and embarrassment in struggling
- An increase in self-worth, confidence, and wellbeing
- A deeper understanding of the reality of God's love for them
- Clear pathways to receive additional support if needed

# Summary of Main Activities and Achievements

Kintsugi Hope have had a really positive year of growth and provision. What motivates us to continue working hard are the amazing stories we receive from people who have participated in a wellbeing group, trained as a Group Leader, read one of the books Kintsugi Hope have available as resources or attended an event. Although there is still so much work to be done, the stories we hear are of positive personal change, transforming communities, and growing hope across the country.

Our biggest celebration during this financial year, was reaching our 5th birthday since our launch in February 2018. This was celebrated at an event at the House of Commons, hosted by Sir George Iain Duncan Smith where we were proud to present our first impact report (this was also made available to read on our website).

Our overall goal remains for everyone across the UK to have the opportunity to attend a wellbeing group, and so all our activities are carried out and planned with this goal in mind.

Following are summaries of all the main activities and achievements over the last year, as well as future plans. We are so grateful and blessed to be on this journey with so many partners, friends and supporters, without whom we would not have the opportunity to inspire and help people to know that there is treasure in life's scars.



Patrick Regan OBE

Co-Founder and CEO

# Kintsugi Hope Wellbeing Groups

Kintsugi Hope provides a number of services, from raising awareness of mental health and emotional wellbeing and eradicating stigma, to providing tools for churches and organisations to better understand mental health and emotional wellbeing. It does so through training and events.

Kintsugi Hope's main provision is delivered through wellbeing groups.

The groups are not counselling or therapy but facilitated peer-mentoring using flexible content over a 6 to 12-week period to learn self-management tools. The flexible sessions are offered in 7 different learning styles and cover the following subjects: Honesty, Anxiety, Depression, Shame, Anger, Disappointment and Loss, Perfectionism, Forgiveness, Self-acceptance, Healthy Relationships, and Resilience. The groups are available to be run for Adult, Youth and Students.

## Group Leaders Training

### Adult Group Leaders

On 31 March 2023, there were 934 adult activated group leaders (group leaders who had completed the adult training, and on our records to run wellbeing groups). 256 were activated between 1 April 2022 and 31 March 2023.(an increase of 38%).

### Youth Group Leaders

On 31 March 2023, there were 238 youth activated group leaders (group leaders who had completed the youth training, and on our records to run wellbeing groups). 76 were activated between 1 April 2022 and 31 March 2023. (an increase of 47%).

### Student Group Leaders

On 31 March 2023, there were 40 student activated group leaders (group leaders who had completed the student training, and on our records to run wellbeing groups). 33 were activated between 1 April 2022 and 31 March 2023. (an increase of 370%).

## Groups Registered

### Adult Wellbeing Groups

On 31 March 2023, 419 adult wellbeing groups were registered on the Group Management System (GMS) and another 300 were registered on the database ThankQ (TQ). An estimated number of 719 adult groups had run up to 31 March 2023 since inception. The wellbeing groups registered on the GMS report calculated that 3794 participants attended; we can estimate that around 3000 people attended the groups previously registered on TQ. Since inception to 31 March 2023, an estimated 6794 people have attended an adult wellbeing group.

During the period 1 April 2022 to 31 March 2023, 241 adult groups were registered on the GMS with 2106 participants. (an increase of 29% and 30%)

### Youth Wellbeing Groups

On 31 March 2023, 119 youth wellbeing groups were registered on the GMS and another 47 were registered on TQ. An estimated number of 166 youth groups had run up to 31 March 2023 since inception. The wellbeing groups registered on the GMS report that 956 participants attended. We can estimate that 470 people attended the groups previously registered on TQ Since inception to 31 March 2023, an estimated 1426 people have attended a youth wellbeing group.

During the period 1 April 2022 to 31 March 2023, 77 youth groups were registered on the GMS with 612 participants. (an increase of 46% and 43%)

### Student Wellbeing Groups

On 31 March 2023, 8 student wellbeing groups were registered on the GMS and non on TQ. Those same 8 were registered during the period 1 April 2022 to 31 March 2023 with an estimated 56 participants

## Group Leaders additional resources

Ongoing training development opportunities have been introduced this year for group leaders via regular online training delivery from experts in various fields. This year we have had the following:

- Training on Shame by Heather Churchill in March

- Further training on other topics are planned for the rest of the year (June & September 2023).

## Evaluations from Groups

Participants evaluations continue to show that the wellbeing groups have a positive impact on those who attend:

- 98% of participants report they have found the group to be supportive and helpful.
- 97% confirm they have learned tools and strategies to help cope when overwhelmed.
- 100% recommend attending a Kintsugi Hope Wellbeing Group.

The evaluations also began directly measuring against the 4 Kintsugi Hope outcomes, with results as follows:

1. Safety and support for all who attend the groups, where there is no shame and embarrassment in struggling. All attendees feel welcomed, free from judgement, and become part of a friendly, accepting group.
   *- 97% agreed (2% neither agreed nor disagreed)*
2. An increase in self-worth, confidence, and wellbeing for all who attend the groups.
   *- 81% agreed (19% neither agreed nor disagreed)*
3. All group participants have a deeper understanding of the reality of God's love for them
   *- 76% agreed (22% neither agreed nor disagreed)*
4. Clear pathways to receive additional support if needed.
   *- 79% agreed (19% neither agreed nor disagreed)*

Feedback is monitored closely and assists with the development of the support, material and resources provided.

## Social Prescribing

Much improvement was made on social prescribing, enhanced by our partnership with the 'Gather Movement' and Mark Cowling. In September 2022, we partnered with the Gather Movement in their 'Movement for Recovery' project in developing a guide for churches to help them develop a mental health strategy. The wellbeing groups were listed as one of the signposting platforms to help those struggling with their mental health and with a view to enhance people's wellbeing.

Further development on this included a draft letter to GP's, which could be made available to our group leaders interested in using social prescribing for their groups.

## Group Management System Development (GMS)

Development continued on Kintsugi Hope's bespoke online platform, the Groups Management System (GMS) with various improvements and additions aimed to simplify the way we work. For example, group leaders can now book their group experience, which is an integral part of the training, themselves prompted by an automated email. This saves us time, by not having to do that process manually for individual group leaders who have completed the online training modules.

Additional demographic information on users was also added to capture group leaders age bracket, employment status, ethnicity, gender identification and religious background.

Group Leaders can now access all they need to run the wellbeing groups in one place on the GMS. The wellbeing groups material has been added to the GMS and group leaders no longer need to access this on Facebook. Using the GMS, group leaders can plan their sessions and tailor build their plans taking into consideration a particular setting and audience.

A facility called 'stripe subscription' was also made available on the GMS as a mean for Partner Organisations (POs) to pay their partnership financial contribution. This facility simplifies contributions and is more secure and reliable than other methods.

## Information Sessions

We run regular 'info sessions' to let people know about the wellbeing groups and how to partner with us to access it. Between 1 April 2022 and 31 March 2023, we held 21 info sessions with a total of 405 people booked to attend.

## Pilot Wellbeing Groups

### Chronic fatigue

We piloted a wellbeing group with people who live with a chronic illness and for this reason, do not come out of their home often. It was encouraging and people attending gave very positive feedback. One of the things that they all agree was that it was helpful to be with people sharing similar struggles as they knew they empathised with them.

### Prison

We held 2 pilots in Exeter prison in October to December 2022 and March 2023. We received the following feedback from one of our group leaders and ambassador:

"From my perspective, as a retired GP, I thought that the Kintsugi Hope Wellbeing Groups were revolutionary for the prisoners. I led or supported 2 groups, one of four sessions and another of 5.

The prisoners engaged with the material which included PowerPoint slides, videos, discussion points and written work on various subjects:

- being cautiously honest in sharing their life stories with trusted friends or professionals. Creating a personal timeline for reflection.
- understanding the difference between healthy and unhealthy anxiety, providing tools for self-management, including "grounding" and STOPP.
- recognizing the symptoms and types of depression including being strong for too long. Use of basic CBT.
- tackling the difficult subject of shame and the shame filled life, caused by negative childhood experiences. "It's not your fault" soundbite.
- How anger can be a positive energy but also a very negative one, which can escalate out of control. Ways of stopping the spiral. Signposting.

Prisoners had a safe and supportive environment for the sessions and provided written and oral feedback.

The oral feedback received was universally positive with handshakes and thanks; "really good" and "very helpful".

Some of challenges are:

- acclimatising to the very different culture within a prison

- selection process for prisoners (mentally stable and low risk of violence)
- issues to do with literacy of the prisoners to adjust the material appropriately
- Time sensitive manner of selecting volunteers.

A significant insight gained at Exeter Prison was to do with the length of the wellbeing course and literacy ability. Usually, the course is 12 sessions lasting about an hour and a half each. Because Exeter Prison is a remand centre with very high turnover, no cohesive group of up to 12 participants could be created. The course length was reduced to 4 or 5 sessions with varied participants. The session length was reduced to one hour for optimal attention span. At other prisons with stable populations at 12-week course should be piloted and would be optimal.

I am encouraged as an ambassador for Kintsugi Hope that the Chaplain at Dartmoor prison has invited my colleague and I to do a presentation to all the chaplaincy team (about 15 in all) on the subject of Kintsugi Hope on Wednesday 12th October.

I have no doubt that Kintsugi Hope Wellbeing Groups can be a ground-breaking social prescribing resource in prisons."

## Termly Group Leaders Catch-ups

We continue to hold National Group Leaders' Catch-ups. Since January 2023, we are holding 2 per term instead of 1 to offer group leaders a choice to attend either an evening or daytime catch-up. During the year we had the following catch-ups:

- 3 May 2022 – 91 GL booked
- 27 Sep 2022 – 100 GL booked
- 16 Jan 2023 – 71 GL booked
- 17 Jan 2023 – 66 GL booked

## Key Group Events

| | |
|---|---|
| April 2022 | Additional needs focus group |
| May 2022 | Appointment of Northern Ireland Regional Manager |
| May 2022 | First draft of Partner Organisation packs |
| July 2022 | Stripes financial contribution introduced on the GMS |
| Aug 2022 | Oxfordshire council pilots wellbeing groups |
| Sep 2022 | Chronic fatigue pilot starts |
| Sep 2022 | Kintsugi Hope partners with the Gather Movement |
| Dec 2022 | Started partner welcome meetings with leaders upon application or older partners to re-engage |
| Jan 2023 | Appointment of Scotland Regional Manager |
| Jan 2023 | Local strategy meeting in Chelmsford – first connection between St Stephen Harlow and St James Bishop Stortford |
| Jan 2023 | Northern Ireland group leaders met and wellbeing groups info meetings |
| Jan 2023 | Content review meeting with group leaders |
| Mar 2023 | Teamed up with one of our partners to translate some of our resources into Ukrainian for the wellbeing groups to run with a group of Ukrainian people |

Mar 2023 GMS work on integrating evaluations on the platform start

## Kintsugi Hope Wellbeing Group Growth

| | YE 31/3/23 | YE 31/3/22 | YE 31/3/21 | YE 31/3/20 | YE 31/3/19 |
|---|---|---|---|---|---|
| Partner Organisations | 401* | 340 | 236 | 205 | 2 |
| Group Leaders | 1,413* | 1,222 | 809 | 70 | 2 |

* *Change of reporting, to reflect active total, rather than cumulative total.*

## Analysis of Partner Organisations

Kintsugi Hope Partner Organisations has partnered with churches from several different denominations. In addition Kintsugi Hope had 45 charity partners:

| Organisation | No | Organisation | No |
|---|---|---|---|
| Anglican | 119 | Boiler Room Network | 1 |
| Baptist | 57 | House | 1 |
| Independent | 49 | United Reformed Church | 1 |
| Elim | 28 | Union of Evangelical Churches | 1 |
| Free Evangelical | 1 | Presbyterian | 1 |
| Evangelical | 19 | Regions Beyond | 1 |
| Vineyard | 15 | School | 5 |
| AOG | 14 | Not for profit social enterprise | 1 |
| Methodist | 13 | CIO | 2 |
| New Frontiers | 16 | University | 1 |
| Pioneer | 4 | Business | 2 |
| Free Church | 6 | Charity | 45 |
| Pentecostal | 8 | | |
| Skylark | 3 | | |
| New Testament Church of God | 2 | | |
| Church of Ireland | 3 | | |
| Church of Scotland | 2 | | |

## Regional Growth

Kintsugi Hope continued to strengthen its links with Scotland and Northern Ireland; the appointment of a Northern Ireland Regional Manager in May 2022 and Scotland Regional

Manager in January 2023 strengthened connections with churches and potential partners in those areas.

| Region | No | Region | No |
|---|---|---|---|
| East of England | 65 | Yorkshire | 16 |
| Southeast | 83 | Wales | 15 |
| Southwest | 65 | East Midlands | 24 |
| Northwest | 36 | Northern Ireland | 21 |
| London | 28 | Northeast | 6 |
| West Midlands | 33 | Scotland | 9 |

## Future Plans for development of Kintsugi Hope Wellbeing Groups

In line with Kintsugi Hope's vision, the goal is for everyone in the UK to be able to have access to attend a Wellbeing Group. This requires more partners and more group leaders. Kintsugi Hope will continue to promote its wellbeing training and inform and equip churches and other partners to encourage all to take mental and emotional health and wellbeing as a priority outreach.

### 1. Current and relevant dynamic material

Following feedback from group leaders and in response to ongoing changes in national climate regarding some of the challenges people go through, Kintsugi Hope planned a full review of the wellbeing groups material during the summer of 2023. This will also take Patrick' new book, Brighter Days, into consideration, as it contains some insightful and useful tools which will come as a great additional resource.

### 2. Accessibility

Closed captions will be added to the most used and popular videos of the material to enhance accessibility.

Some of the wellbeing group material will be translated to be used in the Ukrainian community.

### 3. Diversity in Engagement

Kintsugi Hope continues to recognise the engagement with groups need to be more diverse and are strategically looking to work with a more diverse community and in particular, further exploring links between racial injustice and mental health. Some more diversity relatable material was added to the wellbeing groups material. This is a work in progress.

### 4. Poverty and Mental Health

Kintsugi Hope recognises that struggles with mental health can be both the cause and result of poverty and want to intentionally support those on the margins of society. Kintsugi Hope has made some progress on reaching out to poorer areas. Numbers of partners in less privileged regions increased slightly. Our number of partners increased from 31 to 36 in the Northwest, from 27 to 33 in the West Midlands, from 12 to 24 in the East Midlands and from 12 to 16 in Yorkshire.

### 5. Prison

Following a number of pilots in prison, Kintsugi Hope, in partnership with group leaders experienced in working in prisons, is planning to refine its material to make a more structured and appropriate version of the wellbeing groups for this demographic.

### 6. Other pilots

Kintsugi Hope is exploring running pilots with other specific groups of people i.e autistic young adults, potentially in Leeds from September 2023.

# Kintsugi Hope Youth

This year 77 Kintsugi Hope Wellbeing Groups ran with 605 young people in the groups.

We have seen a growing interest in groups being held in schools. with now over two thirds of all our youth wellbeing groups being in a school. Typically, these groups are run either by an outside organisation, such as a school's work charity, or by a pastoral team.

An example of this working well is in Andover college where St Marys church has started running wellbeing groups. The college have reflected on the impact these groups have had and have made them part of the curriculum.

One school let us know this story from a group in a school:

"Sarah* had been attending a Kintsugi Hope Youth Wellbeing Group in one of the local schools we work in. As part of the group, each participant receives one of Kintsugi Hopes "okay" youth participant guides. One day, Sarah was on the field on her lunch break and started to have a panic attack. She remembered the grounding technique she was taught in the previous week in her youth wellbeing group. Due to the panic attack, she couldn't concentrate on reading, so she handed her "okay" participant guide to her friend and got them to go through the grounding technique with her right there on the school field. Taking the steps in the booklet successfully calmed Sarah down and grounded her."

**name changed due to confidentiality*

An exciting new place we have seen youth wellbeing groups run this year is in pupil referral units.

## Key Youth Events

| | |
|---|---|
| April 2022 | Spring Harvest, assisting at youth team at Skegness and Speak Honestly at Minehead |
| May 2022 | Kintsugi Hope spent 4 days in Wales connecting with potential group leaders |
| June 2022 | Bouncing Forwards Tour |
| Aug 2022 | Summer Festivals |
| Oct 2022 | Talking to young people about the cost-of-living at an online event |
| Oct 2022 | Weekend in Northern Ireland making connections for youth, speaking at Autumn Soul |

| | |
|---|---|
| Nov 2022 | Weekend in Northern Ireland making connections for youth speaking at Mind Matters |
| Jan 2023 | Speaking at YFC national conference |

## Intern

In September 2023 we introduced a youth intern. Their job was to create a social media presence for young people to be equipped to look after their emotional health. Alongside this they also helped to connect with group leaders who have finished their youth wellbeing groups. Finally, they supported the administration of Kintsugi Hope Youth.

## Future Plans

- Church youth groups are reaching a small % of young people in the UK today through paid youth workers and that number is diminishing. We need to find a solution to be able to fulfil our vison statement.
- We would hope to see our Kintsugi Hope Youth Weekends expanding in size and locations, aiming to run one in Northern Ireland next year.
- The expansion of our services at Kintsugi Hope Youth into assemblies and training days are important projects in the next year.

## Students

Over the past year students has been harder to keep up with due to universities not wanting to be seen as prioritising one faith above another. Due to this we have only had 8 groups running with 54 students attending.

# Mental Health Friendly Church (MHFC)

In April 2021, Kintsugi Hope appointed Rachael Newham, formerly from Think Twice, to start up and manage the Kintsugi Hope's Mental Health Friendly Church Project. Think tank Theos were commissioned in June to research the landscape in which it is based, and better understand the link between church and mental health to find out how best to support churches to become mental health friendly. Initial findings of the research were presented at two Kintsugi Hope National Conferences in October, one in Bristol and one in Northern Ireland. The three main recommendations were:

1. Increase training available for church leaders on and around mental health and mental illness (91% of church leaders had not received any prior training in these issues).
2. Name our position as "the church" on mental health and mental illness with clear language (there was no clear position)
3. Provide a ministry of gentle presence for those struggling (we are called to love, not to fix).

The research was supported by Christians Against Poverty, Mind and Soul Foundation, Care for the Family, Evangelical Alliance, Thirtyone:Eight, Church of England, Prison Fellowship, Transformed Lives for Good and Welcome Churches.

**Summary:** During 2022 Clarie Miles joined the MHFC team working one day per week helping to organise, write and deliver Mental Health Friendly Church Training Days and support the wider project.

Since then, we have launched and piloted three MHFC Training Days in late 2022, which were well received. Upon completing these, the material and content was assessed, before delivering further training in 2023. A theology paper was published in early 2023 and attracted positive feedback and media coverage from TWR, Premier Woman Alive and Premier News. At the National Conference in May 2023, the Gentle Presence resource was published.

## Detailed Activities

In continuing to respond to the needs outlined in the research findings, Kintsugi Hope continues to offer training and plan the creation of resources to further support churches in becoming more mental health friendly.

### Go Gently Conference May 2022

Following the initial findings presented at the national conference in October 2021, Kintsugi Hope's National Conference took place on May 20th (during Mental Health week), exploring how to be a gentle presence, to learn about resilience and an opportunity to ask questions to a panel of experts. 208 delegates attended – exploring issues of faith and mental health.

### Mental Health Friendly Church Training

Between April 2022 and end of March 2023, 6 MHFC Training days were held across England; delegate numbers included in brackets:

Marple (46); Lincoln (24); Bristol (64); Chelmsford (57); Milton Keynes (41); Kidderminster (27)

### Mental Health and Theology

A paper was developed outlining a basic introduction towards adopting a theology of mental health, the intention being to address needs outlined in the previous research conducted in 2021 for the church to name its position on numerous matters pertaining to mental health and elevate a biblical based understanding to help inform practice.

The theology has also been presented as a lecture to undergraduate students at Cliff College and the London School of Theology.

## Future Plans

- Gentle Presence National Conference May 2023 – to continue to draw together those interested in faith and mental health to continue to elevate understanding and reduce stigma, provide opportunity for learning and support, and encourage churches to offer a gentle presence to those struggling with their mental health.
- Further MHFC Training days are planned in England, NI and Scotland
- A small group resource on the theme of Gentle Presence will be written and released.
- Sermon outlines will be prepared to enable churches to present teaching on areas of faith and mental health.

- Preparation of small group training for partner churches - initial topics: Exploring the nature of Mental Health, A Theology of Mental Health and Offering a Gentle Presence
- A 3-year strategy for the MHFC Project will be prepared and presented to the Executive Team.

# Kintsugi Hope Communications and Events

Kintsugi Hope participated in 181 speaking events (online and in person) and reached more than 25,000. Highlights included:

| | |
|---|---|
| Apr 22 | Spring Harvest |
| May 22 | National Conference Go Gently |
| Jun 22 | Bouncing Forwards Tour England – 9 dates |
| Jul 22 | New Wine |
| Jul 22 | Continuation of Bouncing Forwards Tour in Scotland and Northern Ireland |
| Oct 22 | London Virtual Marathon |
| Nov 22 | Jubilee Plus Conference and T3 Conference |
| Nov 22 | Mental Health Summit |
| Dec 22 | Encounter Enfield |
| Jan 23 | YFC Conference/ Cliff College Lecture/ DTI Leaders Retreat |
| Feb 23 | TWR Time to Talk |
| Feb 23 | Kintsugi Hope Retreat |
| Mar 23 | House of Commons Breakfast |
| Mar 23 | Rock UK Conference |

Kintsugi Hope also participated in numerous radio interviews, articles in journals, magazines, and newspapers.

The Newsletter reach continued to grow, and a monthly podcast was added to the content, on themes linked to the Wellbeing Groups, such as shame, perfectionism, and forgiveness.

## Future Plans

Our Future Plans centre around Patrick's new book Brighter Days which we believe will trigger a huge interest in Kintsugi Hope and the need for 100's more groups around the UK.

- Spring Harvest April 2023, Both Skegness and Minehead mental health streams and late-night events.
- Kintsugi Hope National Conference – May 2023.
- Wildfires Conference – May 23
- Youth festivals and conferences (New Wine, Elim, DTI) across the UK July and August 2023
- Brighter Days Book Launch – Oct 23
- NECN National Conference – Sept 23
- Brighter Days National Tour – 12 dates across the UK in October and November 2023

- Mainstream Interviews promoting Brighter Days
- Brighter Days Retreat – Feb 24
- Christmas Big Give week
- Continued offering of Online Kintsugi Hope Wellbeing Sessions
- Termly Group Leader Catch ups
- Regional Engagement Meetings, online and in person
- Mental Health Friendly Church Training Events
- Donor Journey and engagement strategy comms
- Providing speakers for Sunday Church Services
- Contributing to Mental Health Forums, Conferences and Events

Communications are a key area for Kintsugi Hope, in all that it does, the hope is that every interaction, either in person, online, through social media, through reading articles and books, or attending a Kintsugi Hope Wellbeing Groups, people leave feeling more hopeful and inspired than before.

# Kintsugi Hope Advocacy

Kintsugi Hope is in a fortunate position to have long standing relationships with policy makers and political think tanks on the issues of Social Justice and the media. Kintsugi Hope will develop these relationships to represent the lives we are serving through our wellbeing groups and project work. Our goal is to tell the stories of those we represent.

Kintsugi Hope's approach to advocacy is not to build a research capability, but to build relationship to influence key individuals on issues of Justice that are impacting peoples mental and emotional wellbeing. Poverty, stigma, exclusion, high unemployment, and family breakdown has huge effect on people's mental health. Often alleviating pain and poverty is less difficult in many ways than rooting out and addressing the drivers that cause poor mental health in the first place.

If we want to see a new kind of society, we can't stand on the side-lines and grumble and complain, we need to elevate the debate away from personalities and onto the real issues that are causing people to suffer; we need to point to solutions that can bring about long-term strategic change.

During this year Rt Hon Iain Duncan Smith Hosted a breakfast for Kintsugi Hope at the House of Commons. Patrick is looking at how Kintsugi Hope could work with the DWP in providing wellbeing groups for those who are absent from work due to poor mental health. Kintsugi Hope continues to enjoy a good relationship with the Centre for Social Justice, which is an independent think tank, putting social justice back at the heart of politics. This year we have seen an increase interest from the media in Kintsugi Hope around these issues.

## Future Plans

Our Approach continues to be relational, through existing relationships with politicians, influencers and other organisations. This year the focus will be in the area of social prescribing and working with the poorest in our society.

# Kintsugi Hope Fundraising

With constant demand on our services and limited capacity, continued strategic growth was required, and this meant fundraising was key over this period. We continued many of our existing fundraising efforts, from sponsored events such as the virtual marathon and highlighting the importance of regular gifts, and as well as well as starting to look at and evaluate new income streams, such as in memory fundraising and legacy fundraising. Continued work is still necessary to investigate and develop these various income streams, depending on capacity and other priorities within the team.

## Fundraising Events

We participated in the London virtual marathon, which was held in October 2022, allowing people the opportunity to take part in completing 26.2 miles, from anywhere in the country. Kintsugi Hope managed to secure 25 spaces with the amount raised at £15,352. Even though the total raised was less than previous years due to less take up in the 25 places, camaraderie among the participants was high, as well as positive engagement with Kintsugi Hope, which was lovely to see. This will also hopefully have an impact on the participants' engagement and loyalty overall, which will hopefully lead to increased giving.

At the end of November/early December 2022, Kintsugi Hope participated in the Big Give, a match funding campaign where, thanks to a generous pledger and champion, over £20,000 was raised, meaning we hit our target within 4 days of the 7-day online campaign.

## Fundraising Statement

Kintsugi Hope recognises its financial supporters as core partners in its mission to create safe and supportive spaces for those struggling with mental and emotional wellbeing. We appreciate each gift we receive. We communicate our work with supporters and give them the choice to join us, through their giving, in supporting this. We never coerce or manipulate anyone to support Kintsugi Hope. We are sensitive to people in vulnerable circumstances, always ensuring they have the mental capacity to donate. If this isn't the case, we will politely refuse their donation. We keep our donors up to date with information about the impact their gifts are making through our monthly newsletter and all speaking engagements and events online or in-person.

Kintsugi Hope gives everyone the opportunity to sign up to receive communications from us either directly through our website or by individuals providing their contact details (and consent) at events. In the spirit of transparency and choice, it is clear what they will receive, and how they can be removed from our mailing lists. We raise funds through church partnerships, events, sponsored activities, and individual giving.

All our fundraising was carried out by the Kintsugi Hope employees – we did not use the services of commercial fundraisers. We always seek to respond to any complaints from our supporters. This year we received no complaints.

# Regions

## Bristol

In March 2023, Clarie Miles took on the role of Bristol Regional Lead. She will be focusing on:

1. Building relationships and promoting mental health across the Bristol region with KH partners, other church leaders, 3rd sector and statutory services.
2. Developing a strategy within N Bristol, including beginning a new community based Kintsugi hope course in Bradley Stoke.
3. Developing social prescribing.

## Northern Ireland (NI)

Since appointing our NI Lead in May 2022, we have seen relationships grow throughout Northern Ireland and Kintsugi Hope expand into new communities, cities, and towns.

The key goal when our NI lead began was to build relationships; NI is very much a relational region and having strong connections and relations with others allows further development. Our NI Lead spent the first few month's meeting Group Leaders and our 15 partners, learning where they were with Kintsugi Hope and what support they needed. Furthermore, the role involves networking and communicating with new organisations to build relationships.

In July 22 Kintsugi Hope had a presence at important conferences across NI including New Wine, Sligo, and Elim Wondrous Conference. With the presence of Patrick speaking, Kintsugi Hope grew further. We were able to build relationships with 31:8, CAP and others.

We ran our first ever NI Kintsugi hope group leaders' event at Carrickfergus Vineyard followed by an evening where Patrick was able to speak and share the message of Kintsugi Hope. Bringing our leaders together was exciting as we saw movement between people, the stories being shared and support between leaders.

Over the past year our NI Lead has continually reached out to new church leaders to share the message of Kintsugi Hope and looked for new churches/organisations to partner.

In October 22, we were invited to lead our first Seminar for Autumn Soul, a youth event ran by the Irish Methodist Youth and Children's Department. This weekend was used to focus on the Youth within NI and how to develop further links for Kintsugi Hope Youth/Students. We were able to meet with John Kee, organiser of Summer Madness, Alpha Youth as well as leading a session for young people in Limavady Methodist. From these meetings we were invited to Summer Madness 2023 to speak. With a focus on Youth and putting in strategy's, our NI lead reached out to our current partners looking for anyone connected to schools, from this we were invited to speak at Dromore High and Carrickfergus Community School.

In November, the Bouncing Forwards tour came to NI and was extremely successful not only for the tour but meeting new connections including Bishop Andrew Foster of Derry & Raphoe, David Smyth of EA, Simon Genoe of New Wine and Leah McFall.

Bouncing Forwards took place in 4 locations including some of our partners and others we hope will partner, they included Derry Methodist Churches, Ballynahinch Methodist, Shankhill Parish and Carrickfergus Vineyard.

Kintsugi Hope have built great connections with CAP across NI, we ran our first event with CAP in Armagh to build further connections with church leaders within the area. The event was extremely successful, and we had group leader from NI share their stories and their journeys.

Throughout the following months we continued to further relationships with new organisations including Christian Police Association, Redeeming Our Communities NI as well as seeking advice from 31:8 on our safeguarding for Northern Ireland.

Our NI lead has the opportunity of attending the first Kintsugi Hope Youth Retreat Weekend in April where they were able to see the weekend running on the ground and how we could duplicate this for NI. We have now had further conversations and have booked our first ever NI Kintsugi Hope Youth retreat weekend in April 2024 in Castlewellan Castle.

Below you can see the following new partners that have applied for Kintsugi Hope over the past year and are now running groups:

- Armagh Vineyard – June 22
- Causeway Coast Vineyard – August 22
- Seymour Street Methodist Church - October 22
- Bangor Vineyard - December 22
- Mothers Union Ireland - January 23
- NW Mission Derry – March 23
- Ballyclare United Parish – May 23

## Future Plans

- We want to continually look and reach out for new partners and develop further relationships with churches and organisations.
- We have had much interest with churches over the border partnering - our NI lead is keen to register for Charity status in ROI. With so many organisations working across all Ireland and it not being a hard border this seems like a plan that would be beneficial to the growth of Kintsugi Hope across all Ireland.
- With Patricks new book "Brighter Days" coming out in October 2023 it would be exciting to have part of his book tour in NI, possibly October/November time.
- Our NI lead is keen to run another Church leader's conversation day with CAP in the Northwest. This would be an event for other organisations to attend, to have conversations with church leaders and what church can look like outside the building.
- We already have our Kintsugi Hope Youth Retreat weekend in the diary, but future plans will be speaking with churches, partners to engage youth groups as well as planning and preparing.

## Scotland

The National Development Manager for Scotland was employed in January 2023. This year has been an important time for developing relationships and increasing understanding of Kintsugi Hope's vision and values across this region.

Some of the key activities since the appointment have been:

- Engaged in training and support to partner organisations, in person, online and through digital communications.

- Reached out to national Christian organisational/denominational leads to develop understanding of Christian landscape in Scotland and the place of Kintsugi Hope in this landscape.
- Invitation to Transforming Scotland review and event and an opportunity to engage with Haldane Trust as funders for post.
- Reached out to several Christian youth trusts with information about Kintsugi Hope youth.
- First Scottish date for Mental Health Friendly Church training day planned and will be hosted by South Beach Baptist Church later in 2023.
- Attended Scottish Network Churches conference to promote Kintsugi Hope.
- Started planning a roadshow entitled "Impacting your community, bringing light, love and hope in challenging situations" in partnership with TLG and CAP in 5 venues across Scotland. Aimed at church leaders, it will be an opportunity to showcase the work of Kintsugi Hope. Scheduled for autumn of 2023.
- Start of 2023 there were 8 partner organisations. An additional 7 are at early stages of considering Kintsugi Hope as partner.

## Future Plans

- Deliver Mental Health Friendly Church training day in Saltcoats. We have another church interested in hosting the next date which will likely be in early 2024.
- Promotion of KH at several national gatherings such as Canopy (Baptist Union of Scotland conference), and CAP conference, as well as attending Magnitude and Refuel.
- *Impacting your community* roadshow dates and venues secured for 30 Oct – 2 Nov.
- Planning Brighter Days tour in Spring 2024.
- Kintsugi Hope Youth weekend away in Scotland for Scottish partners in September 2024.

# Strategic Goals for Kintsugi Hope

As we head into the next financial year, the Trustees have set the following goals for the next three years:

## 1. Go local to go national

- Develop local Kintsugi Hope Hubs/Safe Places in 20-25 towns and cities.
- Each Hub to bring together Churches, local authorities, NHS in partnership.
- Each Hub (eg Bristol, Chelmsford) to have a strategic plan for mental health, and town/city wide coverage of KH Wellbeing groups
- Access local funding
- Grow number of KH Wellbeing groups
- Ultimate goal is "find a group near you" national coverage.

## 2. Enabling Churches to be more missional

- Church is central to all that we do at KH and we want to keep Christian faith and Churches central whilst diversifying and brining greater accessibility
- Equipping Churches to support communities with mental health
- KH to become the equivalent of Alpha or CAP in terms of reach and impact.

## 3. Accessibility for all

- Enable Kintsugi Hope wellbeing groups to be run in a variety of contexts including Schools and businesses.
- Build out capacity to run KH Wellbeing groups in businesses and schools.
- To increase the level of diversity of places in which groups are run, diversity of staffing and diversity of approach.
- For groups to be accessible by people of faith and no-faith

## 4. Learn how to collaborate well with statutory partners

- Develop the capacity and capability to work well with Job Centres, GP surgeries, NHS, social prescribing and others.
- Enable Churches and KH Hubs to engage with other Voluntary Sector and statutory partners to co-create mental health interventions.

# Financial Review

This is our fifth period from registration with the Charity Commission running 1 April 2022 through to 31 March 2023.

## Income

Incoming resources for the period totalled £520,384 (prior period was £447,187, an increase of 16%).

- £323,877 of this was through Donations and Legacies.
- This included major donors of £32,539 (down from £39,185)
- One-off donations of £49,619 (up from £22,160)
- Gift aid of £25,224 (up from £18,309)
- Legacy giving £3,028 (up from £150)
- Individual regular giving £77,080 (down from £85,875)

Grants received totalled £107,758 (up from £93,508) and was made up as follows:

| Description | £ |
|---|---|
| The Jerusalem Trust | 22,000 |
| Benefact Trust | 21,300 |
| Anonymous | 15,000 |
| Haldane Trust | 10,000 |
| Northern Ireland Community Fund | 9,000 |

| | |
|---|---|
| Anchor Foundation | 7,500 |
| Stewardship Rapid Response Fund | 7,000 |
| GF Macaulay Charitable Trust | 5,000 |
| Goodnews Evangelical Mission | 5,000 |
| Anonymous donations | 3,508 |
| Provide - Workplace grant | 2,000 |
| Costa Family Charitable Trust | 250 |
| The West Charitable Trust | 100 |
| Shorehill Charitable Trust | 100 |
| | 107,758.00 |

Income from charitable activities totalled £107,247 (increased from £90,584) and included:

- Income from Gentle Presence Conference held in May 2022 at Chelmsford Cathedral (£5,166)
- Partner Organisation financial contributions towards running wellbeing groups totalling £87,880 (increased from £78,630)
- Bouncing Forwards tour income of £10,350

Other activities during the year totalled £89,271 (down from £96,511. This included fundraising and events of £40,494 (down from £66,374 previous year) made up as follows:

| **Description** | **£** |
|---|---|
| The Big Give | 20,768 |
| Facebook Fundraising | 1,538 |
| Virtual Marathon | 15,352 |
| Ride London | 1,224 |
| Other | 1,612 |
| | 40,494 |

Merchandise sales increased to £40,494 (from £34,653) and speaking fees rose to £14,125 (from £5,261).

## Expenditure

Payments made during the period were £553,354 (up from £445,736 an increase of 24%).

The largest portion of expenditure were wages to employ 18 staff, totalling £375,648 (previously £281,624). This increase was due to 7 new staff members including a National Development Manager for Northern Ireland, and also for Scotland.

The year saw significant investment into the GMS (Groups Management System) totalling £34,672 (down from £46,367) to continue to build its capacity to scale groups and support the Group Leaders and Partner Organisations to manage their groups.

As invitations and opportunities for the speaking team increased, so did the travel and subsistence costs increase to £15,852 (up from £4,640).

IT costs rose significantly to £38,625 (from £2,610) due to moving to an outsourcing organisation, Arc Systems, to increase security and future planning needs. This expenditure also included the increased requirements of our CRM system as well as additional laptops for new staff members.

As a result of the above, Kintsugi Hope generated an operating loss of £32,971 (previous year surplus of £1,451). Total in the bank at the year-end was £154,218 (down from £187,189).

## Reserves Policy

Kintsugi Hope have income pledged through supporters giving regularly. This funding helps Kintsugi Hope to plan financially. The policy for Kintsugi Hope is to hold 3 months' salary expenditure in reserve. Throughout this period, there was a surplus in excess of this value, however the charity is still at early stage of development and has active plans to expand the operations of the charity.

## Risk

The risks faced by Kintsugi Hope are reviewed at each Trustee meeting. This review includes changes in terms of level or likelihood, steps taken to mitigate risks, and any new risks identified. Current risks identified include:

- Cost of living crisis, reduction in partner organisation financial contributions and individual giving
- Diversity in fundraising
- Organisation growth vs capacity to deliver
- Skills and capacity of Trustees (due to members leaving)
- Safeguarding
- Reputational risk
- Reliance on individual staff members

A strategic plan is in place for each area of risk to plan for minimal risk level or likelihood.

Approved by the trustees on the 28/11/23 2023 and signed on their behalf by:



Trustee

# KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2023

| | Notes | Unrestricted Funds £ | Restricted Funds £ | 2023 Total £ | 2022 Total £ |
|---|---|---|---|---|---|
| **Incoming resources** | | | | | |
| Donations and legacies | 2 | 279,914 | 43,952 | 323,866 | 260,092 |
| Charitable activities | 3 | 107,247 | - | 107,247 | 90,584 |
| Other trading activities | 4 | 89,271 | - | 89,271 | 96,511 |
| **Total incoming resources** | | **476,432** | **43,952** | **520,384** | **447,187** |
| **Resources expended** | | | | | |
| Charitable activities | 5 | 485,532 | 43,952 | 529,484 | 402,647 |
| Expenditure on raising funds | 6 | 23,871 | - | 23,871 | 43,088 |
| **Total resources expended** | | **509,403** | **43,952** | **553,354** | **445,736** |
| **Net incoming (outgoing) resources** | | (32,971) | - | (32,971) | 1,451 |
| **Net movement in funds** | | (32,971) | - | (32,971) | 1,451 |
| **Total funds brought forward** | | 187,189 | - | 187,189 | 185,738 |
| **Total funds carried forward** | | **154,218** | **-** | **154,218** | **187,189** |

Notes on pages 27 to 31 form an intergral part of these financial statements.

# KINTSUGI HOPE

## BALANCE SHEET
## AS AT 31 MARCH 2023

| | Notes | 2023 £ | 2022 £ |
|---|---|---|---|
| **Fixed assets** | | | |
| Tangible assets | 9 | 2,060 | 3,607 |
| **Current assets** | | | |
| Stock | | 9,018 | - |
| Debtors and prepayments | 10 | 1,413 | - |
| Cash at bank and in hand | | 147,972 | 184,276 |
| | | 158,403 | 184,276 |
| **Creditors: amounts falling due within one year** | 11 | 6,245 | 694 |
| **Net current assets/(liabilities)** | | 152,158 | 183,582 |
| **Net assets** | | **154,218** | **187,189** |
| **Funds of the charity** | | | |
| Restricted funds | 12 | - | - |
| Unrestricted funds | 12 | 154,218 | 187,189 |
| **Total funds** | | **154,218** | **187,189** |

Approved by the trustees on the 28/11/23 2023 and signed on their behalf by:



Trustee

## KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

| | Unrestricted funds £ | Restricted funds £ | Total 2023 £ | Total 2022 £ |
|---|---|---|---|---|
| **Cash flows from operating activities** | | | | |
| ***Net cash provided by (used in) operating activities*** | (36,304) | - | (36,304) | 5,889 |
| ***Net cash provided by (used in) investing activities*** | - | - | - | - |
| ***Change in cash and cash equivalents in reporting period*** | (36,304) | - | (36,304) | 5,889 |
| **Cash and cash equivalents at the beginning of the reporting period** | 184,276 | - | 184,276 | 178,387 |
| ***Cash and cash equivalents at the end of the reporting period*** | 147,972 | - | 147,972 | 184,276 |

### (a) RECONCILIATION OF NET INCOME/(EXPENDITURE) TO NET CASH FLOW FROM OPERATING ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total 2023 £ | Total 2022 £ |
|---|---|---|---|---|
| ***Net income/(expenditure) for the reporting period (as per SOFA)*** | (32,971) | - | (32,971) | 1,451 |
| **Adjustments for non-cash items:** | | | | |
| Depreciation charges | 1,547 | - | 1,547 | 1,364 |
| Loss/(profit) on disposal of fixed assets | - | - | - | - |
| (increase)/decrease in stock | (9,018) | - | (9,018) | - |
| (increase)/decrease in debtors | (1,413) | - | (1,413) | 2,800 |
| Increase/(decrease) in creditors | 5,551 | - | 5,551 | 274 |
| ***Net cash provided by (used in) operating activities*** | (36,304) | - | (36,304) | 5,889 |

### b) ANALYSIS OF CASH AND CASH EQUIVALENTS

| | Unrestricted funds £ | Restricted funds £ | Total 2023 £ | Total 2022 £ |
|---|---|---|---|---|
| Cash in hand | 147,972 | - | 147,972 | 184,276 |
| Notice deposits (less than 3 months) | - | - | - | - |
| **Total cash and cash equivalents** | 147,972 | - | 147,972 | 184,276 |

# KINTSUGI HOPE

## NOTES TO THE ACCOUNTS
## FOR THE YEAR ENDED 31 MARCH 2023

**1.1 Basis of the preparation of the accounts**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practise applicable to charities preparing their accounts in accordance with the Financial Reporti 1-23
(FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**1.2 Income recognition**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the granting of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

**1.3 Expenditure recognition**

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.
All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

**1.4 Depreciation**

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected life as follows:

| | |
|---|---|
| Equipment | 20% Straight Line |

# NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2023

**1.5 Fund accounting**

Funds held by the charity are:
Unrestricted general funds - These are funds which can be used in accordance with the charitable objects at the discretion of the Trustees.
Restricted funds - These are funds that 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 restrcited purposes.

**1.6 Going concern**

The accounts have been prepared on a going concern basis.

**2. Donations and legacies**

| | Unrestricted | Restricted | 2023 | 2022 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Major donations | 32,539 | - | 32,539 | 39,185 |
| One off donations | 49,619 | - | 49,619 | 22,160 |
| Corporate donations | 28,040 | - | 28,040 | - |
| Royalties | 39 | - | 39 | 71 |
| Individual giving | 77,080 | - | 77,080 | 85,876 |
| Gift aid | 25,224 | - | 25,224 | 18,309 |
| Project sponsorship | - | 539 | 539 | 833 |
| Grants | 64,345 | 43,413 | 107,758 | 93,508 |
| Legacy | 3,028 | - | 3,028 | 150 |
| | **279,914** | **43,952** | **323,866** | **260,092** |

Restricted grants totalled £43,413 in 2023, (2022:£27,736) and restricted sponsorship totalled £539 in 2023.

**3. Charitable activities**

| | Unrestricted | Restricted | 2023 | 2022 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Conference income | 5,166 | - | 5,166 | 5,756 |
| Church partnerships | 87,880 | - | 87,880 | 78,630 |
| Tour income | 10,350 | - | 10,350 | 6,198 |
| Travel & subsistence income | 3,850 | - | 3,850 | - |
| | **107,247** | **-** | **107,247** | **90,584** |

**4. Other trading activities**

| | Unrestricted | Restricted | 2023 | 2022 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Fundraising | 40,494 | - | 40,494 | 66,374 |
| Merchandise sale | 34,653 | - | 34,653 | 24,876 |
| Speaking fees | 14,125 | - | 14,125 | 5,261 |
| | **89,271** | **-** | **89,271** | **96,511** |

## NOTES TO THE ACCOUNTS
## FOR THE YEAR ENDED 31 MARCH 2023

| 5. Costs of charitable activities | Unrestricted | Restricted | 2023 | 2022 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Wages | 332,235 | 43,413 | 375,648 | 281,624 |
| Marketing | 8,932 | - | 8,932 | 4,072 |
| Printing | 222 | - | 222 | 354 |
| Travel | 15,852 | - | 15,852 | 4,640 |
| I.T. costs | 38,625 | - | 38,625 | 2,610 |
| Telephone | 7,058 | - | 7,058 | 6,189 |
| Professional charges | 1,856 | - | 1,856 | 360 |
| Insurance | 1,933 | - | 1,933 | 1,344 |
| Website | 714 | - | 714 | 844 |
| Tour | 11,722 | - | 11,722 | 9,979 |
| Conference | 3,664 | - | 3,664 | 4,539 |
| Events | 90 | - | 90 | 27 |
| Sundries | 656 | - | 656 | 1,013 |
| Office expenses | 4,413 | - | 4,413 | 2,710 |
| Staff training and resources | 5,020 | - | 5,020 | 2,356 |
| Rent | 14,760 | - | 14,760 | 11,495 |
| Grant payments | 961 | 539 | 1,500 | 1,500 |
| MHFC Research costs | - | - | - | 18,660 |
| Website Group developments | 34,672 | - | 34,672 | 46,368 |
| Depreciation | 1,547 | - | 1,547 | 1,364 |
| | **484,932** | **43,952** | **528,884** | **402,047** |
| **Governance costs:** | | | | |
| Audit and accountancy | 600 | | 600 | 600 |
| | **600** | **-** | **600** | **600** |
| | **485,532** | **43,952** | **529,484** | **402,647** |

| 6. Expenditure on raising funds | Unrestricted | Restricted | 2023 | 2022 |
|---|---|---|---|---|
| | £ | £ | £ | £ |
| Merchandise | 16,157 | - | 16,157 | 24,538 |
| Fundraising costs | 7,714 | - | 7,714 | 18,550 |
| | **23,871** | **-** | **23,871** | **43,088** |

## 7. Staff costs and emoluments

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| The average number of employees by head count paid monthly during the period was: | 17 | 11 |

| The aggregate staff costs for the period were: | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Wages and salaries | 294,032 | 253,795 |
| Pensions | 8,870 | 6,268 |
| Social security costs | 29,333 | 21,561 |
| | **332,235** | **281,624** |

One employee earned more than £60,000 per annum.

**Key management personnel**
During the year total remuneration of £168,225 (2022: £139,484) was paid to key management personnel. The remuneration of key management personnel is decided upon and authorised by the trustees.

## 8. Trustee expenses

Trustees were reimbursed for expenses during the year 2023 £103.50 (2022: £339)

## 9. Tangible fixed assets

| | Equip | Total |
|---|---|---|
| **Cost** | £ | £ |
| As at 1st April 2022 | 7,733 | 7,733 |
| Additions | - | - |
| **As at 31st March 2023** | **7,733** | **7,733** |
| **Depreciation** | | |
| As at 1st April 2022 | 4,126 | 4,126 |
| Charge for the year | 1,547 | 1,547 |
| **As at 31st March 2023** | **5,673** | **5,673** |
| **Net book value** | | |
| **As at 31st March 2023** | **2,060** | **2,060** |
| **As at 31st March 2022** | **3,607** | **3,607** |

# NOTES TO THE ACCOUNTS
# FOR THE YEAR ENDED 31 MARCH 2023

## 10. Debtors

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Trade debtors | 1,413 | - |
| | **1,413** | **-** |

## 11. Creditors; amounts falling due within one year

| | 2023 | 2022 |
|---|---|---|
| | £ | £ |
| Creditors | 5,645 | 94 |
| Accruals | 600 | 600 |
| | **6,245** | **694** |

## 12. Fund analysis 2023

| | Balance at 01/04/2022 | Income resources | Outgoing resources | Transfer | Balance at 31/03/2023 |
|---|---|---|---|---|---|
| **Unrestricted funds** | **187,189** | **476,432** | **509,403** | **-** | **154,218** |
| **Restricted funds** | | | | | |
| Community Fund | - | 9,000 | 9,000 | - | - |
| Stewardship | - | 9,539 | 9,539 | | - |
| Carryduff Elim | - | 2,508 | 2,508 | - | - |
| Anonymous donor | - | 7,905 | 7,905 | - | - |
| Haldane Trust | - | 10,000 | 10,000 | - | - |
| Goodnews | - | 5,000 | 5,000 | - | - |
| **Total restricted** | **-** | **43,952** | **43,952** | **-** | **-** |
| Total funds | **187,189** | **520,384** | **553,355** | **-** | **154,218** |

## KINTSUGI HOPE

## INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 March 2023

I report on the accounts of Kintsugi Hope for the year ended 31st March 2023 which are set out on pages 24 to 31.

**Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

**Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

David Courtier FMAAT AATQB for and on behalf of:
Community360
Winsley's House, High Street, Colchester, Essex Date 7/12/2023

**KINTSUGI HOPE**

England & Wales - Charity number 1175529

# Accounts

# KINTSUGI HOPE

Charity registration number 1175529

## FINANCIAL STATEMENTS
## FOR THE YEAR ENDED 31 MARCH 2022

# KINTSUGI HOPE

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kintsugi HOPE

Discovering treasure in life's scars

# Annual Report and Accounts

## For the period 01 April 2021 to 31 March 2022



| | |
|---|---|
| **Charity Registration Number:** | 1175529 |
| **HMRC Charities Reference Number:** | EW89386 |
| **Registration Body:** | Charity Commission for England and Wales |
| **Date of Registration** | 02 November 2017 |
| **Registered Address:** | c/o Reprohouse<br>Drakes Lane Industrial Estate<br>Boreham, Essex, CM3 3BE |

| | | |
|---|---|---|
| **Principal Office:** | As above | |
| **Trustees as at 31 March 2022** | Simon Barrington | Chair |
| | Judith Lace | Vice Chair |
| | Adam Temple | Treasurer |
| | Elizabeth Neep | |
| | Sarah Pearmain | |
| | Audrey Skervin | |
| | Joby Easow | |

**Trustees who also served during this period:**

| | | |
|---|---|---|
| | Erin Docherty | Resigned 12 October 2021 |

**Bankers:**

Santander
Bridle Road
Bootle
L30 4GB

**Independent Reviewers of Accounts:** Community 360

**Chief Executive Officer:** Patrick Regan OBE



## Structure, Governance and Management

Kintsugi Hope, founded by Patrick and Diane Regan, registered with the Charity Commission for England and Wales on 2 November 2017, charity number 1175529. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). Trustees are nominated and elected by existing trustees. Trustee meetings occur minimum termly.

Patrick Regan OBE is the founder and CEO working full time for Kintsugi Hope. Diane Regan, wife of Patrick Regan is also the co-founder, working full time as Operations Manager. During this period, two part time staff members were recruited, and one part time employee became full time, bringing the total number of staff to 12, 4 full time and 8 part time.

Kintsugi Hope continued to enjoy a partnership with Waverley Abbey College and Resources (formerly CWR) and have continued to work closely with Prison Fellowship, Thirtyone:Eight, Mind and Soul, Christians against Poverty and Transformed Lives for Good, and new relationships with Restored and Safe Families.

## Objects and Activities

The Objects as outlined in Kintsugi Hope's CIO constitution are, for the public benefit: -

1. To promote and protect the health of persons suffering from physical, mental, and emotional challenges, in particular but not exclusively, by way of practical support and training; and
2. To relieve the needs of persons facing persecution for their faith or those suffering the effects of war, conflict, and natural disaster in particular but not exclusively, by way of financial support to local, national, or international charities.

### Vision

A world where mental and emotional health is accepted and understood, with safe and supportive communities for everyone to grow and flourish.

### Mission

Kintsugi Hope exists to create safe and supportive spaces for those struggling with mental and emotional health challenges

### Ethos / Values

These values apply to all the work we do at Kintsugi Hope and are demonstrated particularly in our Kintsugi Hope Groups. Kintsugi Hope's ethos is founded on the Christian faith, yet Kintsugi Hope support those of all faith and no faith.

Authenticity - The quality of being real, to be openminded, allowing ourselves to be imperfect and vulnerable in order to show courage where it is needed

Generosity - A desire to give away what we have, to be openhearted, kind, to give without any expectation of return. This value works out in the way we spend our time, money and how you want to relate to other organisations

Honesty - To tell the truth, we want to be trustworthy and show integrity in all our actions

Relationship - We wanted to be connected to really get to know others, to invest in meaningful relationships to put people before programmes and products.

Desired Outcomes for those who Kintsugi Hope inspire and support:

- Safety and support where there is no shame and embarrassment in struggling
- An increase in self-worth, confidence, and wellbeing
- A deeper understanding of the reality of God's love for them
- Clear pathways to receive additional support if needed




*Example invitation for Group Leaders to use to invite people to their wellbeing group.*

# Summary of Main Activities and Achievements

## Kintsugi Hope Wellbeing Groups

The wellbeing groups continue to be the main focus of Kintsugi Hope. Every other activity is either pointing towards increasing the number of groups or supporting the existing group leaders.

Development continued on Kintsugi Hope's bespoke online platform, the Groups Management System ("GMS") to onboard all Partner Organisations and Group Leaders who had applied through the paper-based system. Work also began on moving the paper-based content material onto the GMS, allowing Group Leaders to build their own session plans, depending upon the context they are running a group in, and this was successfully launched in September 2021. As well as being able to plan their sessions easier, it also helps with keeping the material dynamic, up to date and responsive to external events as updates and additions are immediately seen by Group Leaders.

The decision was made to permanently move training online, allowing the continued growth of partner organisations and group leaders. The online training that was quickly filmed and created at the start of Covid, was therefore revamped and refilmed. The new training also included the newly launch stream for Students and made training for more than one stream easier. The training also included new resource modules for example how to make groups more accessible for people with disabilities and/or learning difficulties and engaging with community.

Termly Group Leader online catch ups continued with high levels of engagement, and regional support as well as specific youth and/or student catch ups were introduced.

Participant and Group Leader Evaluations continued to be received with that 1/3 of participants are currently from outside of the host organisation.

- 98% of participants report they have found the group to be supportive and helpful.
- 97% confirm they have learned tools and strategies to help cope when overwhelmed.
- 100% recommend attending a Kintsugi Hope Wellbeing Group.

The evaluations also began directly measuring against the 4 Kintsugi Hope outcomes, with results as follows:

1. Safety and support for all who attend the groups, where there is no shame and embarrassment in struggling. All attendees feel welcomed, free from judgement, and become part of a friendly, accepting group.
   - 97% agreed (2% neither agreed nor disagreed)

2. An increase in self-worth, confidence, and wellbeing for all who attend the groups.
   - 81% agreed (19% neither agreed nor disagreed)

3. All group participants have a deeper understanding of the reality of God's love for them
   - 76% agreed (22% neither agreed nor disagreed)

4. Clear pathways to receive additional support if needed.
   - 79% agreed (19% neither agreed nor disagreed)

Feedback is monitored closely and assists with the development of the support, material and resources provided. One example of this was the creation of a participant guide for Group Leaders to purchase for their group members. These were designed and printed in house.

The interest in Kintsugi Hope Wellbeing Group continues to grow and in response to demand for more information, in June 2021 regular live online hour-long information sessions that anyone could book in to join started. The sessions cover what a group is, and is not, how to partner, the application process and support available. Kintsugi Hope staff stay on as long as necessary to answer any further questions. These have proved extremely productive. Since starting in June 2021, 355 people have participated in an info session and 24% of these attendees to date have since applied to run Kintsugi Hope Wellbeing Groups.

### Key events

| | |
|---|---|
| April 2021 | 838 Group Leaders, 249 Partner Organisations |
| May 2021 | Updated and re-filmed the Group Leader training to become a permanent solution |
| | 1,000th Group Leader application received. |
| June 2021 | Began running regular online information sessions about Kintsugi Hope Wellbeing Groups |
| July 2021 | Online Groups Management System made live for all Group Leaders who applied and trained prior to the online system set up |
| | Student Wellbeing Groups Launched |
| Aug 2021 | My Wellbeing Journey, Participant Guide Launched |
| Sept 2021 | Content material moved to GMS from paper version. |
| | Groups Intern joined |
| Nov 2021 milestone | Reached 300 Partner Organisations |
| Feb 2022 | Youth and Student Participant Guide/journal launched. |
| March 2022 | 1,222 Group Leaders, 340 Partner Organisations |




### Kintsugi Hope Wellbeing Group Growth

| | YE 31/3/22 | YE 31/3/21 | YE 31/3/20 | YE 31/3/19 |
|---|---|---|---|---|
| Partner Organisations | 340 | 236 | 205 | 2 |
| Group Leaders | 1,222 | 809 | 70 | 2 |

## Partner Organisations

By 31 March 2022, Kintsugi Hope Partner Organisations represented 28 different church denominations, and 38 charities, across 12 different regions.

| Organisation | *No* | Organisation | *No* |
|---|---|---|---|
| Anglican | *105* | Boiler Room Network | *1* |
| Baptist | *50* | Congregational | *1* |
| Independent | *40* | House | *1* |
| Elim | *25* | United Reformed Church | *2* |
| Charity | *36* | Union of Evangelical Churches | *1* |
| Evangelical | *13* | Presbyterian | *1* |
| Vineyard | *11* | Regions Beyond | *1* |
| AOG | *11* | Relational Mission | *1* |
| Methodist | *11* | Catch the Fire | *1* |
| New Frontiers | *11* | Salvation Army | *1* |
| Pioneer | *6* | University | *1* |
| Free Church | *1* | Business | *1* |
| Pentecostal | *7* | School | *3* |
| Skylark | *2* | Not for profit social enterprise | *1* |
| New Testament Church of God | *2* | Free Evangelical | *1* |
| Church of Ireland | *2* | Apostolic | *1* |
| Church of Scotland | *1* | CIO | *1* |

## Regional Growth

Kintsugi Hope intentionally visited Scotland and Northern Ireland to create and develop relationships with key networks and churches. Funding was received from the Northern Ireland National Fund Community Lottery towards the salary of a Country Development Coordinator for Northern Ireland. Interviews have taken place and the appointed person will be starting 5 May 2022.

| Region | No | Region | No |
|---|---|---|---|
| East of England | 63 | Yorkshire | 12 |
| Southeast | 71 | Wales | 10 |
| Southwest | 60 | East Midlands | 12 |
| Northwest | 31 | Northern Ireland | 15 |
| London | 27 | Northeast | 6 |
| West Midlands | 27 | Scotland | 4 |

## What is a Kintsugi Hope Wellbeing Group?

The groups are not counselling or therapy but facilitated peer-mentoring using flexible content over a 6 - 12-week period to learn self-management tools. The flexible sessions are offered in 7 different learning styles and cover the following subjects: Honesty, Anxiety, Depression, Shame, Anger,

Disappointment and loss, Perfectionism, Forgiveness, Self-acceptance, Healthy relationships, and resilience. The groups are now available to be run for Adult, Youth and Students.

## Mental Health Friendly Church

In April 2021, Kintsugi Hope appointed Rachael Newham, formerly from Think Twice, to start up and manage the Kintsugi Hope's Mental Health Friendly Church Project. Think tank Theos were commissioned in June to research landscape in which it is based, and better understand the link between church and mental health in order to find out how best to support churches to become mental health friendly. Initial findings of the research were presented at two Kintsugi Hope National Conferences in October, one in Bristol and one in Northern Ireland. The three main recommendations were:

1. Increase training available for church leaders on and around mental health and mental illness (91% of church leaders had not received any prior training in these issues).

2. Name our position as "the church" on mental health and mental illness with clear language (there was no clear position)

3. Provide a ministry of gentle presence for those struggling (we are called to love, not to fix).

The research was supported by Christians Against Poverty, Mind and Soul Foundation, Care for the Family, Evangelical Alliance, Thirtyone:Eight, Church of England, Prison Fellowship, Transformed Lives for Good and Welcome Churches.



## Kintsugi Hope Communications and Events

Online events continued due to Covid-19 legislation, until July 2021, where Kintsugi Hope began a managed return to in person events with a very stripped back socially distanced Bouncing Forwards 3-day tour. During the year Kintsugi Hope participated in 116 speaking events (online and in person) and reached more than 25,000. Highlights included:

- Spring Harvest at home, Online, April 2021
- TBN, TV, May 2021
- Engaging our communities, Online, April 2021
- Resilience and Students, Online, April 2021
- Refugees, Justice and Jesus, Online June 2021
- Bouncing Forwards 3 dates tour, In Person, July 2021
- Mental Health and Wales, Online, September 2021
- Go Gently KH National Conference, In Person - Bristol, October 2021
- Go Gently KH National Conference, In Person – Northern Ireland, October 2021
- Bouncing Forwards 12 date tour, In Person – November 2021
- Fragile Courage, Online – November 2021




Kintsugi Hope also participated in numerous radio interviews, articles in journals, magazines, and newspapers

The Newsletter reach continued to grow, and a monthly podcast was added to the content, on themes linked to the Wellbeing Groups, such as shame, perfectionism, and forgiveness.

All the above events focussed on starting difficult conversations about mental and emotional wellbeing, inspiring and encouraging people who struggle, as well as providing information on running wellbeing groups. This included events for partners, group leaders and the general public.

### Fundraising Events

The London Marathon was delayed due to Covid; however a virtual marathon was run in October 2021, allowing people the opportunity to take part in completing 26.2 miles, from anywhere in the country. Kintsugi Hope managed to secure 25 spaces, and as a result, £24,000 was raised.

In November/December 2021, Kintsugi Hope participated in the Big Give, a match funding event, where thanks to a generous pledger and champion, over £20,000.

## Kintsugi Hope Advocacy

Kintsugi Hope is in a fortunate position to have long standing relationships with policy makers, political think tanks on the issues of Social Justice and the media. Kintsugi Hope will develop those

relationships to represent the lives we are serving through our wellbeing groups and project work. Our goal is to tell the stories of those we represent.

Kintsugi Hope's approach to advocacy is not to build a research capability but to build relationship in order to influence key individuals on issues of Justice that are impacting peoples mental and emotional wellbeing. Poverty, stigma, exclusion, high unemployment, family breakdown has huge effect on people's mental health. Often alleviating pain and poverty is less difficult in many ways than rooting out and addressing the drivers that cause poor mental health in the first place.

If we want to see a new kind of society we can't stand on the side-lines and grumble and complain we need to elevate the debate off personalities and onto the real issues that are causing people to suffer, we need to point to solutions that can bring about long-term strategic change.

During this year, Patrick Regan, CEO continued the conversation through meeting and networking with senior politicians and advisers on issues of mental and emotional health and wellbeing, particularly looking at the Social Prescribing, and responding to findings in the Kruger report. In addition, Kintsugi Hope created and hosted the online event "The Big Conversation – Refugees, Justice and Mental Health", with Welcome Churches.

## Kintsugi Hope Fundraising

With constant demand on services and limited capacity, strategic growth was required, and this meant fundraising was key. In September 2021 a Fundraising Manager was appointed to introduce additional funding streams and to oversee the integrity of fundraising across the charity. Other steps included becoming members of the Fundraising Regulator, and a vulnerable people and fundraising policy was created and approved.

Kintsugi Hope enjoyed having 25 people taking part in the virtual marathon, and this is something we are planning to repeat.



# Future Plans

## Kintsugi Hope Groups

In line with Kintsugi Hope's vision, the ultimate goal is for everyone in the UK to be able to have access to attend a Wellbeing Group. This requires more partners and more group leaders. Although growth has been achieved, there are 50,000 churches in the UK and therefore not even 1% partnering with Kintsugi Hope. This is an ambitious goal, and Kintsugi Hope are pleased there are other initiatives supporting Churches to engage with their congregations and communities' mental and emotional wellbeing. Kintsugi Hope are therefore focusing on the following:

- Current and relevant dynamic material

  Kintsugi Hope's unique offer to enable partners to run groups in any context with agile and dynamic material continues to be key. Having moved the group content to the GMS, Kintsugi Hope are committed to more regular reviewing, adding, and updating the material for the adult, youth and student streams respond timely to current events.

- Diversity in Engagement

  Kintsugi Hope recognise the engagement with groups need to be more diverse and are strategically looking to work with a more diverse community and in particular, further exploring links between racial injustice and mental health.

- Poverty and Mental Health

  Kintsugi Hope recognise that struggles with mental health can be both the cause and result of poverty and want to intentionally support those on the margins of society. Kintsugi Hope have a desire to support and work with poorest people in the UK and therefore are going to be looking into mapping where Kintsugi Hope are currently working, and how they can do more.

- Accessible for all

  Since covid, many of those in the additional needs community have struggled as many services return to being in person. Kintsugi Hope want to explore how to be more accessible to those who still cannot access groups in person, and to look into more ways material can be more accessible for all needs.

## Mental Health Friendly Church Project

Following the research carried out with Theos, Kintsugi Hope over the next year will be further analysis and responding to findings creating resources and further support to help churches become more mental health friendly. This currently includes the following plans:

- Go Gently Conference May 2022

  Following the initial findings presented at the national conference in October 2021, Kintsugi Hope's National Conference will take place around the Mental health week, exploring how to be a gentle presence, to learn about resilience and an opportunity to ask questions to a panel of experts.

- Mental Health Friendly Church Training

  Creating a day's training for churches to understand more about mental illness and wellbeing, in particular how churches can respond and support those in their congregations and communities.

- Mental Health and Theology

  Further research into topics of mental health and wellbeing in the Bible, collaborating with other theological experts to provide sermon and written resources.

## Regions

Kintsugi Hope's updated goal for groups to be available for everyone, has further motivated our plan for coordinators to be appointed for each region in the country, as well as country development coordinators for Northern Ireland, Scotland, and Wales. The first appointment has already been made for Northern Ireland who will be starting 5 May 2022.

## Kintsugi Hope Advocacy

Our Approach continues to be relational, through existing relationships with politicians, influencers, other organisations. This year the focus will be in the area of social prescribing.

## Kintsugi Hope Events and Communications

With the lifting of Covid social distancing legislation, Kintsugi Hope will be hosting and taking part in a variety of in person events as well as continuing to participate and host online events. All events will continue to inspire and inform people towards positive mental and emotional wellbeing and resilience. Events planned include as follows:

- Spring Harvest April 2022, Both Skegness and Minehead mental health streams and late-night events.
- Kintsugi Hope National Conference – Go Gently in May 2022.
- Youth festivals and conferences across the UK July and August 2022
- Bouncing Forwards National Tour – 12 dates across the UK in July and November 2022
- Mental Health and Racial Injustice online event, October 2022
- Continued offering of Online Kintsugi Hope Wellbeing Sessions
- Termly Group Leader Catch ups
- Regional Engagement Meetings, online and in person

- Mental Health Friendly Church Training Events
- Providing speakers for Sunday Church Services
- Contributing to Mental Health Forums, Conferences and Events

Kintsugi Hope Youth are going to be taking on an intern in September 2022 who will be looking into establishing their a Kintsugi Hope presence and brand in social media.

Communications are a key area for Kintsugi Hope, in all that it does, the hope is that every interaction, either in person, online, through social media, through reading articles and books, or attending a Kintsugi Hope Wellbeing Groups, people leave feeling more hopeful and inspired than before.

Following the success of this year, Kintsugi Hope will again be participating in the Virtual Marathon 2022 and will apply to be part of the Christmas Big Give too. Other fundraising and challenge events will be added to the calendar too.

# Financial Review

This is our fourth period from registration with the Charity Commission running 1 April 2021 through to 31 March 2022.

## Income

Incoming resources for the period totalled £447,187 (prior period was £373,456). £260,092 of this was through Donations and Legacies. This included major donors of £39,185 (down from £41,070), one off donations of £22,160 (down from 34,866), royalties £71 (previously £107), gift aid of £18,309 (down from £21,544), Project sponsorship of £833 (£889 previous year), and legacy giving £150 (formerly £1,3040. It also included Individual regular giving received in the year which totalled £85,875 (up from £69,075 previous year). Grants were also included totalling £93,508 and was made up as follows: Garfield Westfield Foundation - £20,000, Allchurches (third of three-year funding through Transformational Grant programme) - £11,739, Rose Patterson Trust - £20,000, Selwood Trust - £5,000, partnership grant from Waverley Abbey Resources - £5,000, Macaulay Trust - £2,000, Esme Mitchell Trust - £1,000, Beatrice Hankey Foundation - £500, Stewardship Rapid Response Fund - £5,269 and Anonymous - £10,000. For Northern Ireland, £13,000 was received from Northern Ireland Community Fund National Lottery - £9,500 and the Halifax Foundation - £3,500

Charitable activities totalled £90,584 (increased from £56,432 prior year) and included income from the two Kintsugi Hope National Conferences in October 2021 of £5,756, and Partner Organisation financial contributions (listed as Partner Churches) towards running wellbeing groups totalling £78,630 (increased from £55,017 previous year).

Other trading activities during the year totalled £66,374 (up from £35,893) Included in this sum was fundraising, merchandise sales and speaking fees. Fundraising included £9,297 through the Your

Neighbour campaign held in Lent 2021. £9,000 of which was forwarded on to 4 partner churches supporting mental health projects in their communities. We also had a very successful return from 25 volunteers running, walking, or skipping the virtual London marathon in October 2021, generating over £24k. Merchandise sales totalled £24,876 (up from £16,822). This increase was due to returning in person events, and the publishing of Patrick Regan's new book "Bouncing Forwards". Speaking Fees also increased to £5,261 (from £4,562).

## Expenditure

Payments made during the period were £445,736 (up from £277,359). The largest portion of these payments were wages to employ 11 staff, totalling £281,624 (previously £171,717). This increase was due to 3 new staff members, and 5 part time staff increasing their hours.

The year saw significant investment into the GMS (Groups Management System) totalling £46,367 (up from £21,487), to build its capacity to scale groups and support the Group Leaders and Partner Organisations to manage their groups.

With the return to the office following Covid and the growth in number of staff, in September 2021 Kintsugi Hope doubled the space rented, doubling the cost of rent from £5,510 to £11,495.

Although Kintsugi Hope were delighted to be back to in person events, in particular the tour, the costs were significantly higher due to the requirement to hire a vehicle, and increased necessity for paid accommodation (rather than staying with hosts from church venues). This resulted in the tours costing £9,979 (£1,534 previously). Travel generally increased too, from £2,271 to £4,640.

An additional expense was the research carried out by Think Tank Theos - £18,660 which helped structure the resources required for the new Mental Health Friendly Church programme.

As a result of the above, Kintsugi Hope generated an operating surplus of £1,451 (significantly reduced from £96,096 in previous year) but retained a similar total cash in the bank at the year-end of £187,189 (£185,738 in the previous year).

## Reserves Policy

Kintsugi Hope have income pledged through supporters giving regularly. This funding helps Kintsugi Hope to plan financially. The policy for Kintsugi Hope is to hold 3 months' salary expenditure in reserve. Throughout this period, there was a surplus in excess of this value, however the charity is still at early stage of development and has active plans to expand the operations of the charity.

## Fundraising Statement

Kintsugi Hope recognises its financial supporters as core partners in its mission to create safe and supportive spaces for those struggling with mental and emotional wellbeing. We appreciate each gift

we receive. We communicate our work with supporters and give them the choice to join us, through their giving, in supporting this. We never use coerce or manipulate anyone to support Kintsugi Hope. We are sensitive to people in vulnerable circumstances, always ensuring they have the mental capacity to donate. If this isn't the case, we will politely refuse their donation. We keep our donors up to date with information about the impact their gifts are making through our monthly newsletter and all speaking engagements and events online or in-person.

Kintsugi Hope gives everyone the opportunity to sign up to receive communications from us either directly through our website or by individuals providing their contact details (and consent) at events. In the spirit of transparency and choice, it is clear what they will receive, and how they can be removed from our mailing lists.

We raise funds through church partnerships, events, sponsored activities, and individual giving.

All our fundraising was carried out by the Kintsugi Hope employees – we did not use the services of commercial fundraisers. We always seek to respond to any complaints from our supporters. This year we received no complaints.

# KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2022

| | Notes | Unrestricted Funds £ | Restricted Funds £ | 2022 Total £ | 2021 Total £ |
|---|---|---|---|---|---|
| **Incoming resources** | | | | | |
| Donations and legacies | 2 | 232,353 | 27,739 | 260,092 | 281,131 |
| Charitable activities | 3 | 90,584 | - | 90,584 | 56,432 |
| Other trading activities | 4 | 96,511 | - | 96,511 | 35,893 |
| **Total incoming resources** | | **419,448** | **27,739** | **447,187** | **373,456** |
| **Resources expended** | | | | | |
| Charitable activities | 5 | 329,128 | 73,519 | 402,647 | 261,763 |
| Expenditure on raising funds | 6 | 43,088 | - | 43,088 | 15,596 |
| **Total resources expended** | | **372,217** | **73,519** | **445,736** | **277,359** |
| **Net incoming (outgoing) resources** | | 47,231 | - 45,780 | 1,451 | 96,096 |
| **Transfer between funds** | | - | 0 | - | - |
| **Net movement in funds** | | 47,231 | - 45,780 | 1,451 | 96,096 |
| **Total funds brought forward** | | 139,958 | 45,780 | 185,738 | 89,642 |
| **Total funds carried forward** | | **187,189** | **-** | **187,189** | **185,738** |

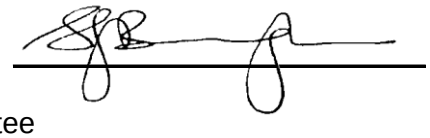
Notes on pages 16 to 22 form an intergral part of these financial statements.

# KINTSUGI HOPE

## BALANCE SHEET
## AS AT 31 MARCH 2022

| | Notes | 2022<br>£ | 2021<br>£ |
|---|---|---|---|
| **Fixed assets** | | | |
| Tangible assets | **8** | 3,607 | 2,534 |
| **Current assets** | | | |
| Debtors and prepayments | | - | 2,800 |
| Cash at bank and in hand | **9** | 184,276 | 180,824 |
| | | 184,276 | 183,624 |
| **Creditors: amounts falling due within one year** | **10** | 694 | 420 |
| **Net current assets/(liabilities)** | | 183,582 | 183,204 |
| **Net assets** | | **187,189** | **185,738** |
| **Funds of the charity** | | | |
| Restricted funds | | - | 45,780 |
| Unrestricted funds | | 187,189 | 139,958 |
| **Total funds** | | **187,189** | **185,738** |

Approved by the trustees on the 5th October 2022 and signed on their behalf by:



Trustee

**1.1 Basis of the preparation of the accounts**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practise 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) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**Cash Flow**

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 "Cash flow statements".

**1.2 Income recognition**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the granting of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

**1.3 Expenditure recognition**

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.

All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

**1.4 Depreciation**

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected life as follows:

Equipment

**1.5 Fund accounting**

Funds held by the charity are:

Unrestricted general funds — These are funds which can be used in accordance with the charitable objects at the discretion of the Trustees.

**1.6 Reporting period**

This accounts cover 12 months.

**2. Donations and legacies**

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Major donations | 39,185 | 41,070 |
| One off donations | 22,160 | 34,866 |
| Royalties | 71 | 107 |
| Individual giving | 85,876 | 69,075 |
| Gift aid | 18,309 | 21,544 |
| Project sponsorship | 833 | 889 |
| Grants | 93,508 | 112,275 |
| Legacy | 150 | 1,304 |
| | **260,092** | **281,131** |

Restricted grants totalled £27,736 in 2022, (2021:£58,455)

**3. Charitable activities**

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Conference income | 5,756 | - |
| Church partnerships | 78,630 | 55,017 |
| Tour income | 6,198 | 1,415 |
| | **90,584** | **56,432** |

**4. Other trading activities**

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Fundraising | 66,374 | 14,509 |
| Merchandise sale | 24,876 | 16,822 |
| Speaking fees | 5,261 | 4,562 |
| | **96,511** | **35,893** |

# NOTES TO THE ACCOUNTS
# FOR THE YEAR ENDED 31 MARCH 2022

| 5. Costs of charitable activities | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| **Costs directly allocated to activities:** | | |
| Wages | 281,624 | 199,653 |
| Marketing | 4,072 | 1,484 |
| Printing | 354 | 112 |
| Travel | 4,640 | 2,271 |
| I.T. costs | 2,610 | 8,111 |
| Telephone | 6,189 | 4,938 |
| Professional charges | 360 | 346 |
| Insurance | 1,344 | 818 |
| Website | 844 | 391 |
| Tour | 9,979 | 1,534 |
| Conference | 4,539 | - |
| Events | 27 | 1,012 |
| Sundries | 1,013 | 2,152 |
| Office expenses | 2,710 | 6,528 |
| Staff training and resources | 2,356 | 938 |
| Rent | 11,495 | 5,510 |
| Grant payments | 1,500 | 3,000 |
| MHFC Research costs | 18,660 | - |
| Website Group developments | 46,368 | 21,487 |
| Depreciation | 1,364 | 1,059 |
| | **402,047** | **261,343** |
| **Governance costs:** | | |
| Audit and accountancy | 600 | 420 |
| | **600** | **420** |
| | **402,647** | **261,763** |

| 6. Expenditure on raising funds | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Merchandise | 24,538 | 14,537 |
| Fundraising costs | 18,550 | 1,059 |
| | **43,088** | **15,596** |

## 7. Staff costs and emoluments

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| The average number of employees by head count paid monthly during the period was: | 11 | 8 |

| The aggregate staff costs for the period were: | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Wages and salaries | 253,795 | 171,717 |
| Pensions | 6,268 | 4,557 |
| Social security costs | 21,561 | 23,379 |
| | **281,624** | **199,653** |

One employee earned more than £60,000 per annum.
5 employees increased their contracted number of hours during the year.
Trustees were reimbursed for expenses during the year 2022 £339 (2021: None)

## 8. Tangible fixed assets

| | Equip | Total |
|---|---|---|
| **Cost** | £ | £ |
| As at 1st April 2021 | 7,733 | 7,733 |
| Additions | - | - |
| **As at 31st March 2022** | **7,733** | **7,733** |
| **Depreciation** | | |
| As at 1st April 2021 | 2,762 | 2,762 |
| Charge for the year | 1,364 | 1,364 |
| **As at 31st March 2022** | **4,126** | **4,126** |
| **Net book value** | | |
| **As at 31st March 2022** | **3,607** | **3,607** |
| **As at 31st March 2021** | **4,971** | **4,971** |

## 9. Analysis of cash and cash equivalents

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Cash at bank and in hand | 184,276 | 180,824 |
| | **184,276** | **180,824** |

# NOTES TO THE ACCOUNTS
# FOR THE YEAR ENDED 31 MARCH 2022

**10. Creditors; amounts falling due within one year**

| | 2022 | 2021 |
|---|---|---|
| | £ | £ |
| Creditors | 94 | - |
| Accruals | 600 | 420 |
| | **694** | **420** |

**Fund analysis 2022**

| | Balance at 01/04/2021 | Income resources | Outgoing resources | Transfer | Balance at 31/03/2022 |
|---|---|---|---|---|---|
| **Unrestricted funds** | 139,958 | **419,448** | **372,217** | - | **187,189** |
| **Restricted funds** | - | | | - | **-** |
| Selwood Trust | - | 5,000 | 5,000 | - | **-** |
| Good News Evangelic | 334 | - | 334 | - | **-** |
| Anonymous donor | 10000 | 10,000 | 20,000 | - | **-** |
| Esme Mitchell Trust | | 1,000 | 1,000 | - | **-** |
| The Jerusalem Trust | 9881 | - | 9,881 | - | **-** |
| All Churches Trust | 25,565 | 11,739 | 37,304 | - | **-** |
| **Total restricted** | **25,565** | **27,739** | **73,519** | **-** | **-** |

**11. Endowment funds**

The Charity has no endowment funds during the period.

**12. Key management personnel**

During the year total remuneration of £139,484 (2021: £130,485) was paid to key management personnel. The remuneration of key management personnel is decided upon and authorised by the trustees.

## KINTSUGI HOPE CIO

## INDEPENDENT EXAMINER'S REPORT
## FOR THE YEAR ENDED 31 March 2022

I report on the accounts of Kintsugi Hope CIO for the year ended 31st March 2022 which are set out on pages 16 to 22.

**Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

**Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shelley-Marie Rudling FMAAT AATQB for and on behalf of:
Community360
Winsley's House, High Street, Colchester, Essex Date 07/11/2022

**KINTSUGI HOPE**

England & Wales - Charity number 1175529

# Accounts

# KINTSUGI HOPE

Charity registration number 1175529

## FINANCIAL STATEMENTS
## FOR THE YEAR ENDED 31 MARCH 2021

# KINTSUGI HOPE

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| Independent Examiner's Report | 22 |

kintsugi HOPE

Discovering treasure in life's scars

# Annual Report and Accounts

## For the period 01 April 2020 to 31 March 2021



| | |
|---|---|
| **Charity Registration Number:** | 1175529 |
| **HMRC Charities Reference Number:** | EW89386 |
| **Registration Body:** | Charity Commission for England and Wales |
| **Date of Registration** | 02 November 2017 |
| **Registered Address:** | c/o Reprohouse<br>Drakes Lane Industrial Estate<br>Boreham, Essex, CM3 3BE |

| | | |
|---|---|---|
| **Principal Office:** | As above | |
| **Trustees as at 31 March 2021** | Simon Barrington | Chair |
| | Adam Temple | Treasurer |
| | Erin Docherty | |
| | Elizabeth Neep | |
| | Judith Lace | |
| | Sarah Pearmain | Appointed 16 July 2020 |
| | Audrey Skervin | Appointed 24 November 2020 |
| | Joby Easow | Appointed 24 November 2020 |
| **Trustees who also served during this period:** | | |
| | Sarah Davis | Resigned 23 January 2021 |
| **Bankers:** | Santander<br>Bridle Road<br>Bootle<br>L30 4GB | |
| **Independent Reviewers of Accounts:** | Community 360 | |
| **Chief Executive Officer:** | Patrick Regan OBE | |



## Structure, Governance and Management

Kintsugi Hope, founded by Patrick and Diane Regan, registered with the Charity Commission for England and Wales on 2 November 2017, charity number 1175529. The charity is governed under a constitution and operates as a Charitable Incorporated Organisation (CIO). Trustees are nominated and elected by existing trustees. Trustee meetings occur minimum termly.

Patrick Regan OBE is the founder and CEO working full time for Kintsugi Hope. Diane Regan, wife of Patrick Regan is also the co-founder, working part-time as Operations Manager. During this period, Kintsugi Hope had in their employment an additional 7 members of staff; 2 full time, and 5 part-time. One member of staff was furloughed and subsequently made redundant as the role was no longer required due to COVID.

Kintsugi Hope have continued to enjoy a partnership with Waverley Abbey College and Resources (formerly CWR) and work closely with Prison Fellowship, Thirtyone:Eight, Mind and Soul, Christians against Poverty and Transformed Lives for Good.

## Objects and Activities

The Objects as outlined in Kintsugi Hope's CIO constitution are, for the public benefit: -

1. To promote and protect the health of persons suffering from physical, mental and emotional challenges, in particular but not exclusively, by way of practical support and training; and
2. To relieve the needs of persons facing persecution for their faith or those suffering the effects of war, conflict and natural disaster in particular but not exclusively, by way of financial support to local, national or international charities.

**Vision**
A world where mental and emotional health is accepted and understood, with safe and supportive communities for everyone to grow and flourish.

**Mission**
Kintsugi Hope exists to create safe and supportive spaces for those struggling with mental and emotional health challenges

**Ethos / Values**
These values apply to all the work we do at Kintsugi Hope and are demonstrated particularly in our Kintsugi Hope Groups. Kintsugi Hope's ethos is founded on the Christian faith, yet Kintsugi Hope support those of all faith and no faith.

Authenticity - The quality of being real, to be openminded, allowing ourselves to be imperfect and vulnerable in order to show courage where it is needed

Generosity - A desire to give away what we have, to be openhearted, kind, to give without any expectation of return. This value works out in the way we spend our time, money and how you want to relate to other organisations

Honesty - To tell the truth, we want to be trustworthy and show integrity in all our actions

Relationship - We wanted to be connected, to really get to know others, to invest in meaningful relationships to put people before programmes and products.

**Desired Outcomes for those who Kintsugi Hope inspire and support:**

- Safety and support where there is no shame and embarrassment in struggling
- An increase in self-worth, confidence, and wellbeing
- A deeper understanding of the reality of God's love for them
- Clear pathways to receive additional support if needed



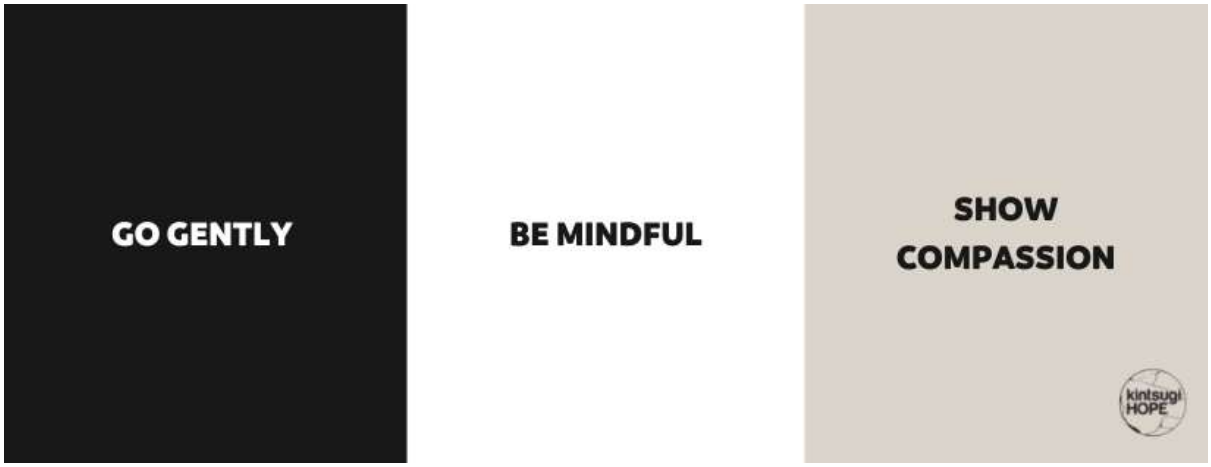
*Figure 1 Picture from online Group Leaders Meeting*

# Summary of Main Activities and Achievements

## Covid-19

As lockdown started, Kintsugi Hope prepared for loss of income and reduction, or stopping of activities. In May the United Nations acknowledged "the COVID-19 epidemic is causing widespread psychological distress". Originally set up to tackle the two top social issues of the day, loneliness/social isolation and poor mental health, the importance of organisations such as Kintsugi Hope became more evident. Kintsugi Hope quickly transitioned activities and events online as demand for our services increased.

Kintsugi Hope paid particular attention to listen and in response to the Governments communication of the 3 phrases "Stay at home. Protect the NHS. Save lives", Kintsugi Hope delivered the simple message:




It has previously been estimated that 1 in 4 of us will experience a mental health problem in any given year, and whilst we cannot yet measure the long-term impact of covid on mental health, studies have shown that 67% believed that the pandemic will have a long-term negative effect on their mental health and there were 80,226 more under-18s referred to NHS mental health services in England between April and December 2020 than the same period in 2019.

These rises are particularly concerning as, whilst one of the greatest fears at the height of the pandemic was that doctors would be forced to choose which patients to treat, the reality is that this has been happening in mental health settings for a number of years; for example, those with eating disorders (including anorexia which has the highest mortality rate for any mental illness) are refused treatment because they are not unwell enough to qualify for treatment

## Kintsugi Hope Talks




*Figure 2 Patrick Regan interviewing Steven Ita for TBN Studio Production of Bouncing Forwards, January 2021*

Due to COVID, all planned in-person events were cancelled. On 13 April Kintsugi Hope were part of "Spring Harvest at Home", the first large Christian Festival to move all activities online. The success of this event encouraged Kintsugi Hope to plan online events including 6 new TV episodes with TBN. Online events allowed Kintsugi Hope to reach more people without boundaries of geography and access difficulties. Viewing numbers continue to increase but at time of writing this report, events and talks reached a minimum of 107,000 at 160 different speaking engagements. These included: :

- Spring Harvest at home, April 2020
- TBN, May 2020
- Elim Leaders' Summit, May 2020
- The Big Debate, Poverty, Justice and Mental Health, June 2020
- The Big Conversation, Race, Justice and Mental Health, July 2020
- Speak Honestly events, November 2020
- Providing 12 online sermons, July 2020 to March 2021.

Kintsugi Hope also participated in numerous radio interviews, articles in journals, magazines, and newspapers

All the above events focussed on starting difficult conversations about mental and emotional wellbeing, inspiring and encouraging people who struggle, as well as providing information on running wellbeing groups. This included events for partners, group leaders and the general public,

## Kintsugi Hope Wellbeing Groups

Development started on a bespoke online platform, the Groups Management System ("GMS") to facilitate online applications for Kintsugi Partner Organisations and Kintsugi Hope Wellbeing Group Leaders.

The year's training event calendar was cancelled, while applications to train increased. In response the Kintsugi Hope Wellbeing Group Leader training was re-written, filmed and rolled out online, ready for delegates by the end of April.

Support for Wellbeing Group Leaders increased to include further training and information to run online groups, running "zoomability" sessions. Online gatherings for Group Leaders were set up to encourage, inspire and share knowledge and ideas. It was found that for many, online groups worked better than in-person as people were now able to participate due to removal of barriers such as babysitting, access and health issues. Attempts were made to individually check in with all Group Leaders. Kintsugi Hope communicate during the training of Wellbeing Group Leaders, that they are not just a number in a database.

**Key events**

| | |
|---|---|
| April 2020 | - 187 Group Leaders, 40 Partner Organisations<br>– Training rewritten for online, modules filmed. |
| May 2020 | - Online training opened |
| | - Online Group Management System ("GMS") Development started. |
| | - Kintsugi Hope Youth launched |
| | - Regular Online group leader events start, to encourage, inspire and inform |
| | - Zoomability sessions started |
| | - All group leaders contacted to check in on them, see what support they needed. |
| June 2020 | - Regional Group Leader meetings begin |
| Nov 2020 | – Relationship Manager Appointed |
| | - Friends in a Room meeting (Patron, Key Partners and Champions) |
| Jan 2021 | - 10 new Volunteer Ambassadors appointed |
| Feb 2021 | - GMS launched for online application process |
| March 2021 | - 800+ Group Leaders, 236 Partner Organisations |

Between March 2020 (UK Lockdown) and February 2021, demand grew by 455% as Partner Organisations continued to seek to support their congregations and community's wellbeing. Kintsugi Hope moved all the Wellbeing Group Leader training and resources online and by the end of March 2021, had trained more than 800 Group Leaders across the UK to invest in their community's mental and emotional wellbeing.

All Wellbeing Group participants are invited to complete anonymous evaluations at the start and end of attending a Kintsugi Hope Wellbeing Group. The data received during this time showed:

- By the end of week 12 (adult groups), 100% would recommend attending a Wellbeing Group and reported an increase in self-worth and confidence.

- 98% of participants agreed they learned tools and strategies to cope in times of overwhelment.

- 30% of Group Participants are not members of their host church and have been invited from the local community (this figure is increasing monthly).

**Kintsugi Hope Wellbeing Group Growth**

| | YE 31/3/21 | YE 31/3/20 | YE 31/3/19 |
|---|---|---|---|
| Partner Organisations | 236 | 70 | 2 |
| Group Leaders | 809 | 205 | 2 |

**Partner Organisations**

By 31 March 2021, Kintsugi Hope Partner Organisations represented 27 different church denominations, and 17 charities, across 12 different regions.

| Denomination | No |
|---|---|
| Anglican | 59 |
| Baptist | 42 |
| Independent | 28 |
| Elim | 20 |
| Charity | 17 |
| AOG | 9 |
| Evangelical | 9 |
| Methodist | 8 |
| New Frontiers | 8 |
| Vineyard | 8 |
| Pioneer | 6 |
| Free Church | 4 |
| Pentecostal | 4 |
| Church of Ireland | 2 |
| New Testament Church of God | 2 |
| Skylark | 2 |
| Boiler Room Network | 1 |
| Congregational | 1 |
| House | 1 |
| Presbyterian | 1 |
| Regions Beyond | 1 |
| Relational Mission | 1 |
| United Reformed Church | 1 |
| Union of Evangelical Churches | 1 |
| Brethren | 0 |

| | |
|---|---|
| New Wine | 0 |
| Salt & Light | 0 |
| Ignite Network | 0 |

| Region | No |
|---|---|
| East of England | 51 |
| Southeast | 46 |
| Southwest | 45 |
| Northwest | 23 |
| London | 22 |
| West Midlands | 13 |
| Yorkshire | 11 |
| Wales | 8 |
| East Midlands | 7 |
| Northern Ireland | 6 |
| Northeast | 3 |
| Scotland | 1 |

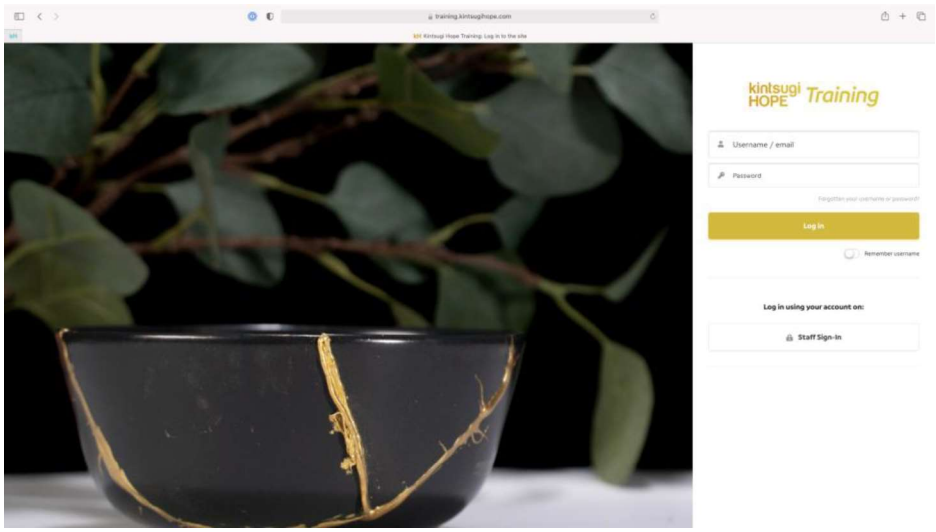



*Figure 2 Kintsugi Hope Wellbeing Group Leader Training - login page*

**What is a Kintsugi Hope Wellbeing Group?**

The groups are not counselling or therapy but facilitated peer-mentoring using flexible content over a 6 - 12-week period to learn self-management tools. The flexible sessions are offered in 7 different learning styles and cover the following subjects: Honesty, Anxiety, Depression, Shame, Anger, Disappointment and loss, Perfectionism, Forgiveness, Self-acceptance, Healthy relationships, and resilience.

In November 2020 Kintsugi Hope appointed a Relationship Manager to focus on the support and development of Wellbeing Group Leaders. In February 2021 Kintsugi Hope recruited 10 new Volunteer Ambassadors.

## Kintsugi Hope Advocacy

Kintsugi Hope is in a fortunate position to have long standing relationships with policy makers, political think tanks on the issues of Social Justice and the media. Kintsugi Hope will develop those relationships to represent the lives we are serving through our wellbeing groups and project work. Our goal is to tell the stories of those we represent.

Kintsugi Hope's approach to advocacy is not to build a research capability but to build relationship in order to influence key individuals on issues of Justice that are impacting peoples mental and emotional wellbeing. Poverty, stigma, exclusion, high unemployment, family breakdown has huge effect on people's mental health. Often alleviating pain and poverty is less difficult in many ways than rooting out and addressing the drivers that cause poor mental health in the first place.

If we want to see a new kind of society we can't stand on the side-lines and grumble and complain we need to elevate the debate off personalities and onto the real issues that are causing people to suffer, we need to point to solutions that can bring about long-term strategic change.

**Key activities:**

During this year, Patrick Regan, CEO continued the conversation through meeting and networking with senior politicians and advisers on issues of mental and emotional health and wellbeing, In addition, Kintsugi Hope created and hosted two online events:

- The Big Debate – Poverty, Justice and Mental Health hosted by Nina Hussain from ITV news and included an interview with Rt Hon Sir Iain Duncan Smith.

- The Big Conversation – Race, Justice and Mental Health, with Reverence Les Isaac OBE, Founder of Street Pasters and CEO of Ascension Trust.

Both events were well attended and a positive springboard to deeper conversations and connections.




*Figure 3 Advert for The Big Debate event*

# Future Plans

## Mental Health Friendly Church Project

**Introduction:**

In November 2020, Kintsugi Hope hosted a "Friends in a Room" event on Zoom with friends and partnering organisations with a view to exploring how the church could help respond to the impact and effects of the coronavirus pandemic, and the emerging reports that it would be followed with a "tsunami" of mental health problems resulting from lockdown, school closures and social isolation.

One member of the meeting commented that whilst it was amazing that Kintsugi Hope Wellbeing Groups were safe and supportive spaces, what would happen should the church itself not be a safe or supportive space for someone living with mental health issues.

This comment, alongside other conversations with partners, both alerted and reminded us that many of our churches are in desperate need for a robust theology of mental health so that leaders and congregants alike know how to approach and speak about mental health in the church and community whilst understanding the biblical mandate for mental and emotional wellbeing.

Over the months that followed, it became clear that if our churches long/are to be safe and supportive spaces, there was a need to help improve the understanding and attitudes to mental health wellbeing and illness.

**The plan:**

A Mental Health Friendly Church Project Manager is to be recruited to commission a research project surveying the landscape of the UK Church's understanding and care for mental health issues and wellbeing. This research will then be utilised to produce resources to support the findings, and reduce stigma and misunderstanding

We want the findings of the research and subsequent resources to encourage church to be safe and supportive spaces, with an elevated understanding of mental health issues and the eradication of stigma against mental illness. The research, when commissioned, will seek to discover the impact of attitudes to mental illness and the reasons behind the anticipated range in these attitudes.

## Kintsugi Hope Advocacy

- Our Approach continues to be relational, through existing relationships with politicians, influencers, other organisations.
- Seek to maximise opportunities to influence and inform.
- Draw on others' expertise to then shape policy, approach, interventions.

## Kintsugi Hope Groups

- To carry out an in-depth review of all safeguarding procedures
- To continue to develop the Wellbeing Adult and Youth Streams, and launch Student Stream
- Replace temporary group leader training with a new permanent and updated version.
- Develop and pilot social prescribing referral systems
- Groups Management System ("GMS") development to include
    - Group tracker
    - Wellbeing group content - session planning facility (all streams)
    - Add-on content filters for specific groups, eg accessibly or victims of abuse.
    - Automatic enrolment to training following approval of application
    - Participant and Group Leader feedback and evaluation function
    - Online contribution
    - "Find a group near me" external search function
    - Further development of reporting ability
- To recruit more Volunteer Ambassadors to represent Kintsugi Hope to local churches and to support new Group Leaders.
- To develop Regional Coordinators to connect Ambassadors, Group Leaders and Church Partners at a local level, to access local funding and identify opportunities.
- To consider international opportunities.
- To continue to work closely with experts to further develop material provided to Group Leaders and for further expert support and advice.

## Kintsugi Hope Projects

- Grant of £3,000 approved by Kintsugi Hope Trustees towards the cost of a Mental Health Counsellor at the Operation Restoration School, Trenchtown, Jamaica.

## Kintsugi Hope Talks

- Subject to Covid restrictions, to return to in-person events by the end of 2021, as well as continue with online.
- To develop regular podcast materials along subjects from the Wellbeing Groups.
- Hold events, including launch of Bouncing Forwards, book by Patrick Regan OBE and a national conference, to present findings from Mental Health Friendly Church research.
- To further develop a team of speakers, internal and external.
- To continue to create opportunities and speak where invited, at church services, events, conferences, festivals, media (TV, radio, newspaper, magazines).
- To continue to develop a network of Kintsugi Hope Partner Churches (regionally and nationally), to inspire, engage and support the local church to provide safe and supportive spaces for their congregation and communities.
- To continue to expand the resources currently available, in particular to develop short films on topics such as anxiety and perfectionism.
- To continue to develop signposting information and resources online.
- To further develop Kintsugi Hope's social media presence to encourage and bring hope to its growing audience.

# Financial Review

This is our third period from registration with the Charity Commission running 1 April 2020 through to 31 March 2021.

Incoming resources for the period totalled £373,456 (prior period was £254,127). £281,131 of this was through Grants and donations, including £112,275 from Grants, (£45,525 from Allchurches Trust, £30,525 of which was second of three-year funding through their Transformational Grant programme, and £10,000 through their Hope Beyond programme). £41,070 was from Major Donors, and individual regular giving totalled £69,075. Gift Aid claimed was £21,544. Despite no in-person events, merchandise sales generated £16,822, a reduction from £38,834 the year before. It is important to note however, that all merchandise sales during this financial year were generated through Kintsugi Hope's online shop, which last year totalled £3,747. Kintsugi Hope also received £34,866 through generous one-off donations, and £14,509 through fundraising activities (up from £1,303 previous year). Financial contributions from Partner Organisations (mostly Churches, with a few charities) to run Kintsugi Hope Wellbeing Groups increased from £21,307 (40 Partners) to £55,017 (280 partners). Last year £4,990 was generated through the Group Leader training events, however all training moved online and provided at no cost.

Payments made over the same period were £277,359. The largest portion of these payments were wages to employ 8 staff, totalling £199,654. £21,487 towards the creating and development of bespoke online Group Management System ("GMS"). Last year travel costs were £12,974, this year this was reduced to £2,271. Merchandise costs totalled £14,537 which included purchase of 1,000 copies of Patrick Regan OBE's new book "Bouncing Forwards". IT costs of £8,111 which included purchase of new laptops and annual payment for the CRM. Office costs of £6,528 included postage for online sales, equipment required for home working, and an acoustic absorbing curtain for use in the office. A grant of £3,000 was paid by Kintsugi Hope to Operation Restoration School in Trenchtown Jamaica

As a result of the above, Kintsugi Hope generated an operating surplus of £96,096, and a total of £180,824 cash in the bank at the year-end 31 March 2021.

**Reserves Policy**

Kintsugi Hope have income pledged through supporters giving regularly. This funding helps Kintsugi Hope to plan financially. The policy for Kintsugi Hope is to hold 3 months' salary expenditure in reserve. Throughout this period, there was a surplus in excess of this value, however the charity is still at early stage of development and has active plans to expand the operations of the charity.

**Fundraising Statement**

Kintsugi Hope recognises its financial supporters as core partners in its mission to create safe and supportive spaces for those struggling with mental and emotional wellbeing. We appreciate each gift we receive. We communicate our work with supporters and give them the choice to join us, through their giving, in supporting this. We never use coerce or manipulate anyone to support Kintsugi Hope. We are sensitive to people in vulnerable circumstances, always ensuring they have the mental capacity to donate. If this isn't the case, we will politely refuse their donation. We keep our donors up to date with information about the impact their gifts are making through our monthly newsletter and all speaking engagements and events online or in-person.

Kintsugi Hope gives everyone the opportunity to sign up to receive communications from us either directly through our website or by individuals providing their contact details (and consent) at events. In the spirit of transparency and choice, it is clear what they will receive, and how they can be removed from our mailing lists.

We raise funds through church partnerships, trusts and foundations, events, sponsored activities, and individual giving.

All our fundraising was carried out by the Kintsugi Hope employees – we did not use the services of commercial fundraisers. We always seek to respond to any complaints from our supporters. This year we received no complaints.



## KINTSUGI HOPE

## STATEMENT OF FINANCIAL ACTIVITIES
## FOR THE YEAR ENDED 31 MARCH 2021

| | Notes | Unrestricted Funds £ | Restricted Funds £ | 2021 Total £ | 2020 Total £ |
|---|---|---|---|---|---|
| **Incoming resources** | | | | | |
| Donations and legacies | 2 | 220,606 | 60,525 | 281,131 | 168,387 |
| Charitable activities | 3 | 56,432 | - | 56,432 | 38,534 |
| Other trading activities | 4 | 35,893 | - | 35,893 | 47,206 |
| **Total incoming resources** | | **312,931** | **60,525** | **373,456** | **254,127** |
| **Resources expended** | | | | | |
| Charitable activities | 5 | 210,203 | 51,560 | 261,763 | 219,339 |
| Expenditure on raising funds | 6 | 15,596 | - | 15,596 | 23,840 |
| **Total resources expended** | | **225,799** | **51,560** | **277,359** | **243,179** |
| **Net incoming (outgoing) resources** | | 87,131 | 8,965 | 96,096 | 10,949 |
| **Transfer between funds** | | 194 | (194) | - | - |
| **Net movement in funds** | | 87,325 | 8,771 | 96,096 | 10,949 |
| **Total funds brought forward** | | 52,633 | 37,009 | 89,642 | 78,693 |
| **Total funds carried forward** | | **139,958** | **45,780** | **185,738** | **89,642** |

Notes on pages 10 to 14 form an intergral part of these financial statements.

## KINTSUGI HOPE

## BALANCE SHEET
## AS AT 31 MARCH 2021

| | Notes | 2021<br>£ | 2020<br>£ |
|---|---|---|---|
| **Fixed assets** | | | |
| Tangible assets | 8 | 2,534 | 3,593 |
| **Current assets** | | | |
| Debtors and prepayments | | 2,800 | - |
| Cash at bank and in hand | 9 | 180,824 | 86,469 |
| | | 183,624 | 86,469 |
| **Creditors: amounts falling due within one year** | 10 | 420 | 420 |
| **Net current assets/(liabilities)** | | 183,204 | 86,049 |
| **Net assets** | | **185,738** | **89,642** |
| **Funds of the charity** | | | |
| Restricted funds | | 45,780 | 194 |
| Unrestricted funds | | 139,958 | 89,448 |
| **Total funds** | | **185,738** | **89,642** |

Approved by the trustees on the 10th December 2021 and signed on their behalf by:

Trustee

# KINTSUGI HOPE

## NOTES TO THE ACCOUNTS
## FOR THE YEAR ENDED 31 MARCH 2021

**1.1 Basis of the preparation of the accounts**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement on Recommended Practise 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

**Cash Flow**

The financial statements do not include a cash flow statement because the charity, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 "Cash flow statements".

**1.2 Income recognition**

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donations, are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that those conditions will be fulfilled in the reporting period.

Legacy gifts are recognised on a case by case basis following the granting of probate when the administrator/executor for the estate has communicated in writing both the amount and settlement date. In the event that the gift is in the form of an asset other than cash or a financial asset traded on a recognised stock exchange, recognition is subject to the value of the gift being reliably measurable with a degree of reasonable accuracy and the title to the asset having been transferred to the charity.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

**1.3 Expenditure recognition**

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 settlement will be required and the amount of the obligation can be measured reliably. All expenditure is accounted for on an accruals basis.
All expenses including support costs and governance costs are allocated or apportioned to the applicable expenditure headings.

**1.4 Depreciation**

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost less estimated residual value of each asset over its expected life as follows:

Equipment

**1.5 Fund accounting**

Funds held by the charity are:

| | |
|---|---|
| Unrestricted general funds | These are funds which can be used in accordance with the charitable objects at the discretion of the Trustees. |

**1.6 Reporting period**

This accounts cover 12 months.

**2. Donations and legacies**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Major donations | 41,070 | 11,570 |
| One off donations | 34,866 | 5,072 |
| Royalties | 107 | 424 |
| Individual giving | 69,075 | 60,794 |
| Gift Aid | 21,544 | 25,056 |
| Sponsorship | 889 | 621 |
| Grants | 112,275 | 64,850 |
| Legacy | 1,304 | - |
| | **281,131** | **168,387** |

Restricted grants totalled £58,455 in 2021, (2020:£0)

**3. Charitable activities**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Conference income | - | 2,812 |
| Church partnerships | 55,017 | 21,307 |
| Training | - | 4,990 |
| Tour income | 1,415 | 9,426 |
| | **56,432** | **38,534** |

**4. Other trading activities**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Fundraising | 14,509 | 1,303 |
| Merchandise sale | 16,822 | 38,834 |
| Speakers | 4,562 | 7,068 |
| | **35,893** | **47,206** |

| 5. Costs of charitable activities | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| **Costs directly allocated to activities:** | | |
| Wages | 199,653 | 160,887 |
| Marketing | 1,484 | 1,246 |
| Printing | 112 | 3,131 |
| Travel | 2,271 | 12,974 |
| I.T. costs | 8,111 | 14,036 |
| Telephone | 4,938 | 2,736 |
| Professional charges | 346 | - |
| Insurance | 818 | 968 |
| Website | 391 | 342 |
| Tour | 1,534 | 3,686 |
| Conference | - | 1,298 |
| Events | 1,012 | 373 |
| Sundries | 2,152 | 259 |
| Office expenses | 6,528 | 2,957 |
| Staff training and resources | 938 | 1,260 |
| Rent | 5,510 | 3,260 |
| Grant payments | 3,000 | 6,000 |
| Group expenses | - | 604 |
| Group Training | - | 1,821 |
| Website Group developments | 21,487 | - |
| Depreciation | 1,059 | 977 |
| | **261,343** | **218,814** |
| **Governance costs:** | | |
| Audit and accountancy | 420 | 526 |
| | **420** | **526** |
| | **261,763** | **219,339** |

| 6. Expenditure on raising funds | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Merchandise | 14,537 | 22,920 |
| Fundraising costs | 1,059 | 920 |
| | **15,596** | **23,840** |

## NOTES TO THE ACCOUNTS
## FOR THE YEAR ENDED 31 MARCH 2021

**7. Staff costs and emoluments**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| The average number of employees by head count paid monthly during the period was: | 8 | 5 |

| The aggregate staff costs for the period were: | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Wages and salaries | 171,717 | 141,348 |
| Pensions | 4,557 | 5,045 |
| Social security costs | 23,379 | 14,494 |
| | **199,653** | **160,887** |

One employee earned more than £60,000 per annum.

None of the Trustees (or any person connected with them) were reimbursed for expenses during the year.

**8. Tangible fixed assets**

| | Equip | Total |
|---|---|---|
| **Cost** | £ | £ |
| As at 1st April 2020 | 5,296 | 5,296 |
| Additions | - | - |
| **As at 31st March 2021** | **5,296** | **5,296** |
| **Depreciation** | | |
| As at 1st April 2020 | 1,703 | 1,703 |
| Charge for the year | 1,059 | 1,059 |
| **As at 31st March 2021** | **2,762** | **2,762** |
| **Net book value** | | |
| **As at 31st March 2021** | **2,534** | **2,534** |
| **As at 31st March 2020** | **3,593** | **3,593** |

**9. Analysis of cash and cash equivalents**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Cash at bank and in hand | 180,824 | 86,469 |
| | **180,824** | **86,469** |

# NOTES TO THE ACCOUNTS
# FOR THE YEAR ENDED 31 MARCH 2021

**10. Creditors; amounts falling due within one year**

| | 2021 | 2020 |
|---|---|---|
| | £ | £ |
| Accruals | 420 | 420 |
| | **420** | **420** |

**11. Fund analysis 2020 restated**

| | Balance at 31/03/2019 | Income resources | Outgoing resources | Transfer | Balance at 31/12/2020 |
|---|---|---|---|---|---|
| **Unrestricted funds** | 78,499 | 212,877 | 238,744 | - | 52,633 |
| **Restricted funds** | 194 | | | - | 194 |
| All Churches Trust | | 41,250 | 4,435 | - | 36,815 |
| **Total restricted** | **-** | 41,250 | 4,435 | - | 36,815 |

The above funds have been restated due to funds needing to be restricted for all churches.

**Fund analysis 2021**

| | Balance at 31/03/2020 | Income resources | Outgoing resources | Transfer | Balance at 31/12/2021 |
|---|---|---|---|---|---|
| **Unrestricted funds** | 52,633 | **312,931** | **225,799** | **194** | **139,958** |
| **Restricted funds** | 194 | | | (194) | **-** |
| Selwood Trust | | 5,000 | 5,000 | - | **-** |
| Good News Evangelical Mission | | 5,000 | 4,666 | - | **334** |
| Anonymous donor | | 10,000 | - | - | **10,000** |
| The Jerusalem Trust | | 10,000 | 119 | - | **9,881** |
| All Churches Trust | 36,815 | 30,525 | 41,775 | - | **25,565** |
| **Total restricted** | **37,009** | **60,525** | **51,560** | **-** | **45,780** |

**12. Endowment funds**

The Charity has no endowment funds during the period.

**13. Key management personnel**

During the year total remuneration of £130,485 (2020: £128,458) was paid to key management personnel. The remuneration of key management personnel is decided upon and authorised by the trustees.

## KINTSUGI HOPE CIO

## INDEPENDENT EXAMINER'S REPORT
## FOR THE YEAR ENDED 31 March 2021

I report on the accounts of Kintsugi Hope CIO for the year ended 31st March 2021 which are set out on pages 15 to 21.

**Respective responsibilities of trustees and examiner**

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year (under section 144 (2) of the Charities Act 2011 (The Act) but that an independent examination is needed. The charities gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of Association of Accounting Technicians.

It is my responsibility to:

- Examine the accounts under section 145 of the Charities Act,
- To follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 145(5)(b) of the Charities Act, and
- To state whether particular matters have come to my attention.

**Basis of independent examiner's Statement**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes considerations of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In the course of my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of the accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Shelley-Marie Rudling FMAAT AATQB for and on behalf of:
Community360
Winsley's House, High Street, Colchester, Essex Date 10/12/2021