

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
Drakes Lane Industrial Estate
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
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Bankers: Santander
Bridle Road
Bootle
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

A handwritten signature in black ink, appearing to read 'Patrick Regan' in a cursive script.

Patrick Regan OBE
President and Co-Founder

A handwritten signature in black ink, appearing to read 'Diane Regan' in a cursive script.

Diane Regan
Acting CEO and Co-Founder

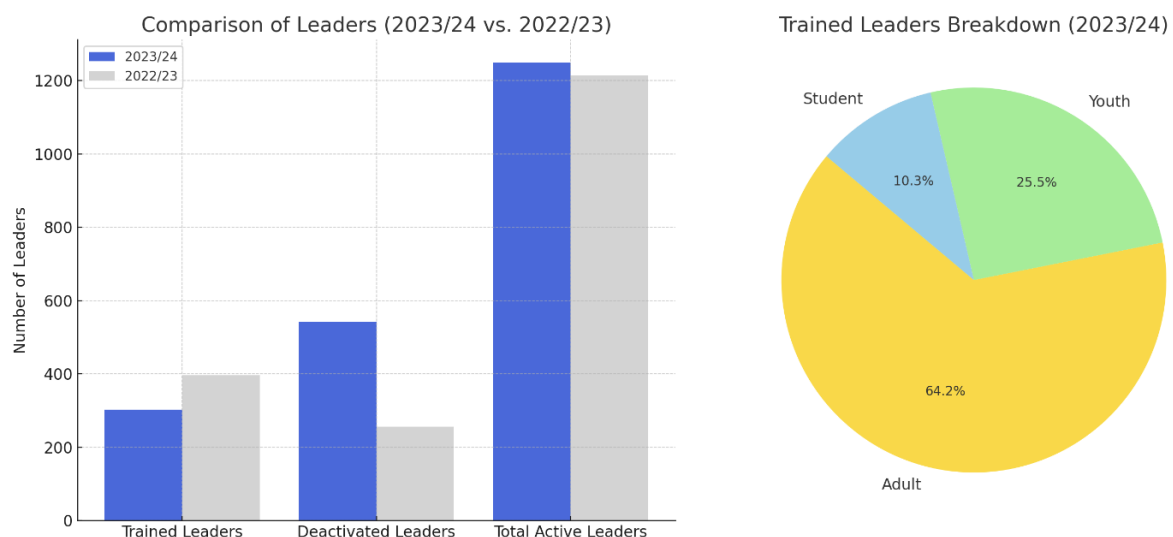
Kintsugi Hope Wellbeing Groups

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 31/3/2 3	YE 31/3/2 2	YE 31/3/2 1	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 diocesan 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 integral part of these financial statements.

KINTSUGI HOPE

BALANCE SHEET AS AT 31 MARCH 2024

		2024	2023
	Notes	£	£
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
		<u>105,813</u>	<u>158,403</u>
Creditors: amounts falling due within one year	11	6,147	6,245
Net current assets/(liabilities)		<u>99,666</u>	<u>152,158</u>
Net assets		<u><u>100,179</u></u>	<u><u>154,218</u></u>
Funds of the charity			
Restricted funds	12	-	-
Unrestricted funds	12	<u>100,179</u>	<u>154,218</u>
Total funds		<u><u>100,179</u></u>	<u><u>154,218</u></u>

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				
<i>Net cash provided by (used in) operating activities</i>	(62,557)	-	(62,557)	(36,304)
<i>Net cash provided by (used in) investing activities</i>	-	-	-	-
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 £
<i>Net income/(expenditure) for the reporting period (as per SOFA)</i>	(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
<i>Net cash provided by (used in) operating activities</i>	(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

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 Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (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
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KINTSUGI HOPE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

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 restricted 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

KINTSUGI HOPE

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

KINTSUGI HOPE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

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

KINTSUGI HOPE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2024

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