



4 HIM

For further information about KIM and how to access our service please contact us
THE HUB, PARK LANE, HOLYWELL, CH8 7UR

Tel: 01352 872189

E-mail: info@kim-inspire.org.uk

Website: www.kim-inspire.org.uk

KIM offers a variety of activities that includes amongst many others:

5-a-side football
Music club
Cooking
Geocaching
Walking
'Postcards from the edge'

Computer skills SOS
RAF Valley behind the scenes tour
Photography: 'close up' 'portrait' 'around town'



Get cooking with Chef Mike. We make our own food product range that is sold locally.

Information from community resources
Links to access leisure centres, colleges and more...

For full details ask for KIM's latest newsletter



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'KNOWLEDGE, INSPIRATION, MOTIVATION'

KIM Inspire
Providing mental health support

Working in partnership with Flintshire Community Mental Health Services to provide a creative and responsive service

KIM Inspire is committed to achieving equal opportunities.

Funded by Flintshire Social Services, Welsh Assembly Government, Big Lottery Fund, Comic Relief, Changing Lives, The Morgan Foundation, Austin & Hope Pilkington Trust, St James's Place Foundation.

We hold the Quality Mark of: Investors in People and Investing in Volunteers.

Registered in England and Wales Company Limited by Guarantee: 4464874

Registered Charity No. 1104186 VAT No. 129 9538 70



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Supporting Male Mental Health

**KNOWLEDGE
INSPIRATION
MOTIVATION**

GENERAL INFORMATION



KIM 4 HIM
**PROVIDING ROUTES TO
EMOTIONAL WELL BEING
FOR MEN**

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ABOUT KIM

KIM is a voluntary organisation that provides gender specific positive support through one-to-one sessions and group work

Our aim is to help you recognise and develop your strengths and skills, which in turn will help you to cope

We provide a variety of social opportunities that aim to increase your confidence, self awareness and motivation

You can choose to go to different groups, courses, workshops & drop in's. We are always open to new ideas for activities

All the activities, courses and social events are relaxed and informal.

CLIENT FEEDBACK

"I've not had the opportunity to play sports for 7 years"

"Everything was explained clearly and I was able to understand for the first time"

"I am now doing more activities during the day"

"It feels like I've been able to lift the lid off my bottled up frustrations"

"I never had the confidence to go to a football game before"



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5-A-WEEK PLAN

CONNECT

Make time for your family, speak to someone new, have lunch with a colleague, visit a friend.

BE ACTIVE

Play sports, go walking, join a gym.

KEEP LEARNING

Cook a new dish, visit somewhere new, sign up for a course, DIY, rediscover an old hobby.

GIVE TO OTHERS

Say thank you to someone, phone a friend who needs company, lend a hand if you see someone struggling.

TAKE NOTICE

Be aware of your surroundings, notice the natural beauty of North Wales, 'mindfulness' programmes.