



# KIM

KNOWLEDGE · INSPIRATION · MOTIVATION

## Something 4 Everyone April - July 2018

### CO-PRODUCTION DAY:

Many thanks to everyone who came to our lovely Co-Production Day! Mark and Justin gave us some really useful ideas and we are now going to work together in groups to look at KIMs Coproduction / Consultation / Festival of Feedback event to be held later in the year

- How we can give to others, helping good causes, fundraising and helping each other
- Helping to improve mental health awareness through sharing our own interests/skills and delivering training together
- Moving KIM forwards through new ideas and connections
- and anything else you want to do!

Co-Production is working together to achieve the support/activities we want to see happening. Everyone of us has something to offer so please, please get involved. Contact us if you would like to ask anything about Co-Production or the new groups or tick the box on the booking form and we will let you know when and where the meetings will be.

**Inside you will find details of what's on offer for  
the Spring across the whole of KIM Inspire.  
GET INVOLVED in the KIM Community Revolution!**



# Email, post or phone as soon as

[info@kim-inspire.org.uk](mailto:info@kim-inspire.org.uk)

Monday	Tuesday	Wednesday
<b>KIM 4 Him Deeside</b> Shotton 10:00am—12:00pm	<b>KIM Community Choir</b> Holywell 12:30—2:30pm	<b>KIM 4 Her Wrexham</b> Wrexham 10:00am—12:00pm
<b>Come and Cook</b> The Hub, Holywell 11:00am—1:30pm	<b>Game of Life</b> Holywell 4:00—6:00pm	<b>KIM 4 Him Holywell</b> Connah's Quay 10:30am—12:30pm
<b>Thrive Alive</b> Buckley 12:30—2:30pm		<b>KIM 4 Her Deeside</b> Connah's Quay 10:30am—12:30pm
<b>BE Yourself, KNOW Yourself, LOOK After Yourself / Game of Life</b> Buckley 12:30—2:30pm/5:00—7:00pm		<b>Cylch Craft</b> Mold 12:30—2:30pm
<b>Mancraft</b> The Hub, Holywell 1:00—3:00pm		<b>Men's Football S</b> Holywell 12:30—2:30pm
<b>Key</b>	KIM 4 Her Flintshire	KIM 4 Her Wrexham

# through your choices possible!



01352 872189

Wednesday	Thursday	Friday
<p>Wrexham</p> <p>10:00am</p>	<p><b>Bouncing Back Tennis</b> Mold Tennis Club 12:30—2:30pm</p>	<p><b>Scrolling with Scott</b> (I.T. Tuition as requested) The Hub, Holywell 10:00am—12:00pm</p>
<p>Holywell</p> <p>10:00am</p>	<p><b>KIM 4 Her &amp; KIM 4 Him Hospital Groups</b> Heddfan Unit, Wrexham 1:30—3:30pm</p>	<p><b>Men's Shed</b> The Hub, Holywell 10:00am—12:00pm</p>
<p>Wrexham</p> <p>10:00am</p>		<p><b>Welsh for Wellbeing</b> Wrexham 10:30am—12:30pm</p>
		<p><b>Cwtch Cafe</b> The Hub, Holywell 12:00—2:00pm</p>
<p>Wrexham</p> <p>10:00am</p>		<p><b>Don't Fret; Guitar Zero to Hero</b> (Beginners) The Hub, Holywell 2:00—3:00pm</p>
<p>Wrexham</p> <p>10:00am</p>	<p>KIM 4 Him</p>	<p>Community</p>

# KIM 4 Her Flintshire

An established project for women which is sociable, informative and builds self reliance. Through a combination of new places, new people and inspiring opportunities, individuals learn about themselves and their place in the community.

# KIM 4 Her Wrexham

Complementing the service in Flintshire, KIM 4 Her Wrexham is also well established and much valued in the community. Constantly evolving, the projects continue to inspire women to engage and grow. KIM 4 Her also offers a weekly group in Wrexham hospital.

# KIM Betweeners

Especially for young people looking to improve their emotional regulation, confidence and self-esteem. Through positive engagement with a whole range of activities, young people are challenged to become more self aware and resilient. One2One sessions are also available.

# KIM 4 Him

A groundbreaking project designed specifically for men. We help reduce the barriers to men seeking support through 1-1 mentoring and team based group work. If you're interested in photography, themed days, Men's Sheds, Star Wars, cooking and a whole lot more, get in touch.

# Community

We welcome everyone to come along and join in with our community activities. These include our Cwtch Pop-Up Cafe every Friday, the Holywell and District Men's Shed and KIM Community Choir all in Holywell. Other events are regularly posted on our website, Facebook and Twitter accounts.

# Important info...

All courses will be 12 weeks with a break for half term and start the week beginning April 16th although there are some exceptions; please check details when you book. Ongoing events and groups may resume earlier; please check if unsure.

## Don't Forget!:

Planning meetings for a KIM event to be held in the autumn will start taking place in the coming weeks. More information coming soon!

Keep your eye on Facebook and Twitter for other upcoming events yet to be added...



Follow us on  
Facebook and Twitter



If you DO need to talk, the following lines are open 24/7  
CALL (0800 132 737), Samaritans (116 123), Childline (0800 1111)

Other helplines specifically for men, women and young people can be found online via the NHS website.