

Get In Touch

KIM
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Welcome to KIM

Award winning charity providing professional, high quality mental health support in the community. Our group led activities are proven and innovative. KIM sessions are friendly, fun and always focused on progression and individual development. Below is a brief overview of what we offer:

KIM 4 Her

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, their responses and their place in their community. KIM 4 Her also offers a weekly group in Wrexham Hospital.

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, Mens Sheds, Star Wars, cooking, monthly brunch and a whole lot more, get in touch.

KIM Betweeners

Especially for young people who are struggling with social anxiety, depression, self harm or other mental health problems. We offer 1-1 support and you can meet others in fun groups that are safe and friendly.

Volunteer

We welcome people from all walks of life to support others, fundraise, help with catering and office work. We offer opportunities for self development, accredited training, work experience and a great way to socialise. If you are considering volunteering we'd love to hear from you.

Community Activities

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

Social Enterprises

Our cafes are run by staff and volunteers in Mold Crown Court and the Heddfan Unit, Wrexham Hospital. They are open to everyone for lunches and snacks. Cafe KIM always welcomes new volunteers who receive full training and support. All profits support KIM's charitable aims.

Facilities For Hire

We value the links we have with partner organisations who utilise the Hub. We have a number of meeting rooms for hire at The Hub as well as office space and hot desking opportunities. Please contact us for details, availability and costs.