



kintsugi
HOPE

wellbeing groups

Discovering treasure in life's scars

Join our movement to set up
safe and supportive communities
for people to grow and flourish



Discovering
treasure
in life's scars



A personal note

Following a series of life-changing events including loss, illness and lots of surgery, life became increasingly overwhelming. This had a major impact on my emotional and mental health. My 'man up' self-talk didn't work and I ended up suffering with anxiety and depression. I felt broken and filled with shame. However, when I opened up to share my brokenness, I found I wasn't alone. I learnt that being honest about my struggles not only helped me, but also helped open the door for many others to be honest too. It is so much easier facing difficult situations with others than on our own.

I then discovered Kintsugi – the Japanese art of mending broken pots with golden glue. The gold makes a feature of the cracks instead of hiding them. All of us have broken pieces, but instead of hiding them, we can learn from them. We can discover treasure in our scars.

Why 'Kintsugi Hope'?

The stress and demands of modern living and recent events are taking their toll on our mental health and wellbeing. Author Brené Brown believes that we live in 'the most medicated, addicted, overweight cohort of history'. The majority of us may feel the affect, but don't fully understand the cause. Many of us don't even feel comfortable talking about our mental wellbeing.

When journalist Johann Hari was researching depression, he found that alongside basic physical needs (food, water, shelter), we also have basic psychological needs – including the need to belong. He concluded that 'we have become disconnected from the things we really need, and this deep disconnection is driving this epidemic of depression and anxiety all around us.' Other research has indicated that the physical impact of loneliness is equivalent to smoking 15 cigarettes a day and can significantly increase the risk of premature death, while more than three-quarters of GPs see between one and five lonely people a day. The facts are not comfortable, but they are real. Each number is a person. In too many cases, it's a person not knowing where to go for help, feeling completely alone, in our communities.

There are churches and charities in every community across this country. They will outlast government schemes and are committed to people's wellbeing – physical, emotional, mental and spiritual. Kintsugi Hope Groups work in communities through local churches and charities with an attitude of humility – not to judge, fix or rescue, but to come alongside and love one another. We are all broken in some ways and we can all learn from each other.

Kintsugi Hope is not just a charity. We have a vision of starting a movement of Kintsugi Hope Groups where people can experience:

- 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.

Come and join us!

Patrick Regan, OBE

Kintsugi Hope CEO and CoFounder

What is a Kintsugi Hope Group?

A Kintsugi Hope Group is a safe and supportive space for anyone who feels or has felt overwhelmed, providing tools for self-management in a facilitated peer mentoring style setting.

We offer a structured yet flexible series of 12 weeks of content, which includes group and individual activities designed to help participants to accept themselves, to understand their value and worth, and grow towards a more resilient and hopeful future.

The role of the Group Leader is to facilitate the sessions using the material available, signposting people if necessary to further help and support. It can feel vulnerable and scary starting a group, but the benefit of a Kintsugi Hope Group is that Group Leaders are not on their own.

For Adults

“Patrick and Diane have their finger on the pulse of what’s required in this time – hope! It’s my privilege to recommend *Kintsugi Hope* as a community of transformation. *Broken and whole* – the beautiful gospel story.”

Danielle Strickland

– Speaker, Author and Advocate

“*Kintsugi Hope* is a vital ministry that’s so desperately needed and will bring healing, restoration and hope to so many. Get behind this work in whatever way you possibly can. It’s a ministry for our time.”

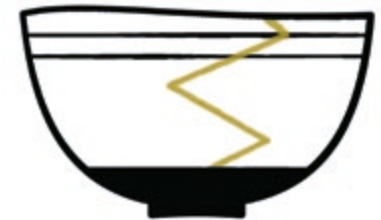
Gavin Calver – Director of Mission,

Evangelical Alliance

What is covered each week?

THEME	TITLE	AIMS
1. Honesty	Life is a journey	<ul style="list-style-type: none">• Creating a welcoming, safe and supportive space• Understanding vulnerability, accepting your starting point, being real• It’s OK not to be OK
2. Anxiety	Who cares?	<ul style="list-style-type: none">• Discovering what anxiety is• How to measure levels of anxiety• Discovering skills and strategies to overcome anxiety
3. Depression	Strong for too long	<ul style="list-style-type: none">• Recognising signs and symptoms• Exploding myths about depression• Finding hope and helpful strategies
4. Shame	Discovering the treasure	<ul style="list-style-type: none">• Understanding the difference between shame and guilt• Recognising that we are enough
5. Anger	Boiling point	<ul style="list-style-type: none">• Understanding causes of anger• Learning a practical approach to handling anger
6. Disappointment and loss	God’s silence doesn’t mean God’s absence	<ul style="list-style-type: none">• Understanding causes and effects of disappointment and loss• Realising God’s silence is not God’s absence• Learning how to find new strength and hope

THEME	TITLE	AIMS
7. Perfectionism	Beyond reach or reason	<ul style="list-style-type: none"> • Understanding what perfectionism is and how it develops • Learning to find a balanced perfectionism • Developing ability to rest and find confidence
8. Forgiveness	Living with our scars	<ul style="list-style-type: none"> • Finding freedom from the past • Seeing how living a life of forgiveness brings release and freedom
9. Self-acceptance	I am flawsome	<ul style="list-style-type: none"> • Recognising the self-critic • Understanding our unique value • Learning gratitude
10. Healthy relationships	Stay connected	<ul style="list-style-type: none"> • Understanding the characteristics of a healthy relationship and the dangers of unhealthy relationships • The importance of relationship with self, others and God
11. Resilience	Strength to carry on	<ul style="list-style-type: none"> • Creating a present and future hope • Seeing growth in darkness • Tools and resources to keep going
12. Review	Continuing the journey	<ul style="list-style-type: none"> • Reflection and review • Maintenance and using tools learned



“ Now is our opportunity to be known to be supporting people’s mental and emotional wellbeing. It is one of the crucial issues of our time. What Kintsugi Hope are doing by creating safe and supportive spaces is vital if we are to care for the whole person.”

Les Isaac OBE

– CEO, Honorary Ecumenical Canon,
Southwark Cathedral, CEO Street
Pastors and Ascension Trust

For Students

From the pilot phase, we've found one of the ways to start a group is to run the first one from within an existing homegroup/small group setting. This way you already have an existing structure to invite people into. The group can think of friends and family they can invite, and afterwards people can decide to stay on as part of the homegroup – which is a great way to follow up with new people.

Towards the end of the 12 weeks, participants are invited to train as a Group Leader to run their own Kintsugi Hope Group in their own workplace/community/coffee shop as they have been through it themselves. The feedback so far has been amazing. Some of the groups that have already taken place as part of the pilot phase were asked to describe the groups:

“ A group for broken people helping others who are broken to lead fulfilling lives and support each other ”

“ Non-threatening, non-judgmental, positive, encouraging ”

“ A safe, secure and fun place to be ”

A Kintsugi Hope Student Wellbeing Group is a safe and supportive space where students can come have conversations around their emotional and mental wellbeing as well as learning ways to look after their own wellbeing.

The groups consist of a 6 week structure with 4 core week topics and a selection of optional topics from which participants can choose, allowing participants to make their group their own and have a say in the topics they are most interested in.

We are seeing student workers, chaplains, Student Unions and students themselves setting up these groups in their local contexts for people of all faiths and no faith. The role of the Group leader is to facilitate the session using the material available, signposting people if necessary to further help and support.

What is covered each week?

THE 4 CORE WEEKS	THE 6 WEEKS	THE 5 OPTIONAL TOPICS
1. Honesty	Week 1 – core	1 – Resilience
2. Anxiety	Week 2 – core	2 – Forgiveness
3. Depression	Week 3 – core	3 – Anger
4. Perfectionism	Week 4 – core	4 – Healthy relationships
	Week 5 – optional	5 – Shame
	Week 6 – optional	6 – Review

The hope is for these to become safe spaces in University where the stigma of mental health is challenged and the statics of loneliness decrease as people set out on a journey of opening up about their wellbeing and building lasting friendships in the process.

“ We’re gearing up to run more Student Wellbeing Groups after hearing great stories from participants. It’s amazing to see what can happen when you give students a space to wrestle with the big questions of wellbeing and faith.”

Student worker

1 in 5

students had a current mental health diagnosis before COVID-19

52%

of students say their mental health has deteriorated or been affected negatively by COVID-19

33%

of students say they often or always feel lonely

For Youth

Studies have shown that 50% of all mental health problems are established by age 14 and 70% by age 24. If young people can be equipped with self-management tools and given an opportunity to develop relationships, then we break the cycle of shame that surrounds mental health that can prevent many young people from seeking help.

What is a Kintsugi Hope Youth Wellbeing Group?

A structured yet flexible series of 6 weeks of content, which includes group and individual activities designed to help participants to accept themselves, understand their value and worth, and grow towards a more resilient and hopeful future.

What is covered each week?

THEME	TITLE	AIMS
1. Honesty	Life is a journey	<ul style="list-style-type: none">• Creating a welcoming, safe and supportive space• Understanding vulnerability, accepting your starting point, being real• It's OK not to be OK
2. Anxiety	Who cares?	<ul style="list-style-type: none">• Discovering what anxiety is• How to measure levels of anxiety• Discovering skills and strategies to overcome anxiety
3. Depression	Strong for too long	<ul style="list-style-type: none">• Recognising signs and symptoms• Exploding myths about depression• Finding hope and helpful strategies
4. Perfectionism	Beyond reach or reason	<ul style="list-style-type: none">• Understanding what perfectionism is and how it develops• Learning to find a balanced perfectionism• Developing ability to rest and find confidence
5. Shame	Discovering the treasure	<ul style="list-style-type: none">• Understanding the difference between shame and guilt• Recognising that we are enough
6. Anger	Boiling point	<ul style="list-style-type: none">• Understanding causes of anger• Learning a practical approach to handling anger
7. (Optional) Review and Celebration	Continuing the journey	<ul style="list-style-type: none">• Tools and resources to keep going

Other optional weeks include

- Healthy relationships
- Forgiveness
- Disappointment and loss
- Resilience

Great to run in schools too!

Over half of the Kintsugi Hope Youth Wellbeing Groups to date have taken place in secondary schools. These groups have been provided by local Churches or charities using their pre-existing relationship with a school. Others have been run by Christian Staff in their schools.

To find out more head to kintsugihope.com/youth

We've found one of the ways to start a group is to run the first group within an existing youth group. This way, you already have an existing structure to invite people into. Wellbeing Groups have also been set up in secondary and further educational settings. The materials can be adapted for the context you are in.

The group can think of friends to invite, and afterwards young people can decide to stay on as part of the youth group. This is a great way to follow up with new young people and deepen relationships.

Working together with



The feedback so far has been amazing. Some of the participants were asked to describe their experiences:

“ My highlight has been talking about hard experiences and not feeling judged or misunderstood.”

Kintsugi Hope Youth Participant

Joel Harris has been working with Kintsugi Hope since September 2019. He has designed, implemented and written the material. Joel says;

“ My heart is to see my generation grow up in a world where they can be free of the shackles of poor mental and emotional wellbeing. Kintsugi Hope Youth Wellbeing Groups allow us to be one step closer to this world. The groups allow young people to open up in a safe and supportive environment and tackle these problems together.”

Why run a group with Kintsugi Hope?

One of Kintsugi Hope's key values is relationship, and we see partnering with us as a two-way relationship. We aim to provide not only all the content you need to run the group week by week, but also access to expertise as and when required, and updates to information, content, ideas and further training as the groups develop and needs are identified. In return, we ask for a monthly financial contribution, as well as regular feedback and evaluation to sustain and support the running and development of Kintsugi Hope Groups.

“I warmly commend the work of Kintsugi Hope and encourage churches to develop partnerships with them.”

Rt Revd Dr Guli Francis-Dehqani
– Bishop of Chelmsford

Become a Kintsugi Hope Partner Organisation

We can't do this on our own. By becoming a Kintsugi Hope Partner Church or organisation, you can join the movement of people across the country who believe in investing in their community's wellbeing, providing safe and supportive spaces through the Kintsugi Hope Groups, and standing with us as we seek to bring hope and remove shame.

We need financial support, but we don't want finance to be a defining issue. We want to continue providing resources and support to churches, organisations and Group Leaders running Kintsugi Hope Groups and are therefore therefore do ask for contributions by way of a monthly gift. We understand that everyone has different budgets and sizes so the size of that gift is up to you. One of our main values is relationship, and we look forward to working this out together.

Full details can be found on our website:
www.kintsugihope.com/groups



Mental Health Friendly Church

Kintsugi Hope's vision is that together we create safe and supportive spaces in our churches and communities, elevate our understanding of mental health, eradicate the stigma against mental health issues by naming our position and encourage a compassionate response through being a gentle presence.

With the help of Christian think tank Theos, we conducted research into the attitudes towards mental health in the UK church. Leaders and church goers alike recognised the need for and requested further training and resources.

If you would like to know more about becoming a Mental Health Friendly Church, book a training day, or discover our resources, visit our website. Together we have huge potential to bring positive change into so many thousands of lives. www.kintsugihope.com/mhfc



“Kintsugi Hope is uniquely positioned to influence society at multiple levels, reaching those in need and equipping others to bring support, healing and growth to individuals and communities.”

Dr Tara Cutland Green

– Consultant Clinical Psychologist, CPsychol

“Kintsugi Hope is a charity that connects deeply with people in their seasons of struggle. It encourages and does not condemn, and offers hope when all hope seems to have gone. Kintsugi Hope is providing an essential space to share story, offer compassion, engage theologically and wait patiently for the Lord. The Mind and Soul Foundation thoroughly recommend it to you.”

Will van der Hart – Pastoral Chaplain, HTB London; Director, Mind and Soul Foundation

What next?

- Join a free online Information session to find out more:
kintsugihope.com/infosessions
- Or
- apply online to become a Partner Organisation kintsugihope.com/groups
- Complete and submit online application
- Become a Kintsugi Hope Partner Organisation and nominate group leaders to be trained
- Leaders apply and are approved to commence their modular, online training
- Leaders complete training and start running Kintsugi Hope Wellbeing Groups



Discovering
treasure
in life's scars

kintsugihope.com

[@kintsugihope](https://twitter.com/kintsugihope)

[f/kintsugihope](https://facebook.com/kintsugihope)

01245 363606

Kintsugi Hope, c/o Reprohouse,
Drakes Lane, Boreham, Essex CM3 3BE
Registered Charity No. 1175529

“Kintsugi Hope have put together a comprehensive, well researched and engaging mental health programme that will, without doubt, have a significant impact in this important and often misunderstood area.”

Dr Chi-Chi Obuaya – Consultant Psychiatrist
and Director of Mind and Soul Foundation