



Discovering  
treasure  
in life's scars

Working with:



YOUTH

# KINTSUGI HOPE YOUTH

## WELLBEING GROUPS

**DISCOVERING TREASURE IN LIFE'S SCARS**

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

## A PERSONAL NOTE

During the 25 years I was involved in youth work, I saw close-up the effect poor wellbeing can have on young people. I met so many young people who were struggling but felt they had nowhere to turn. The stigma surrounding mental health was so huge; yet often the young people I worked with struggled in silence. Following a series of life-changing events, I did the same.

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.

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

The Church is in every community across this country. It will outlast government schemes and is committed to people's wellbeing – physical, emotional, mental and spiritual. Kintsugi Hope Groups work in communities through the local church with an attitude of humility – not to judge, fix or rescue, but to come alongside and love one another. We all have scars in some way and we can all learn from each other.

### **Come and join us!**

Patrick Regan, OBE Kintsugi Hope CEO and CoFounder



## WHY 'KINTSUGI HOPE YOUTH'?

Kintsugi Hope's vision is to see a world where mental and emotional health is understood and accepted, with safe and supportive communities where people can grow and flourish.

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.

Kintsugi Hope is a movement of churches and charities which, in partnership, work together to see vulnerable adults and young people thrive in the midst of adversity.

We have a vision of starting a movement of Kintsugi Hope Youth 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.

## **WHAT IS A KINTSUGI HOPE YOUTH WELLBEING GROUP?**

A Kintsugi Hope Youth Wellbeing Group is a safe and supportive space for young people who feel or have felt overwhelmed, providing tools for self-management in a facilitated peer mentoring setting.

It consists of 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.

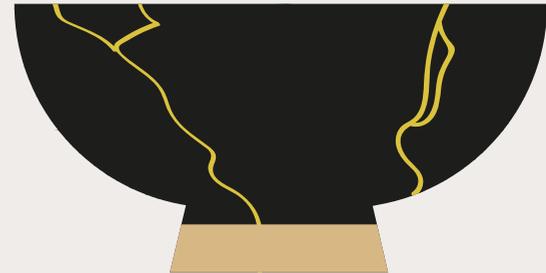
The role of the Group Leader is to facilitate the sessions using the material available, signposting people if necessary to further help and support. It can feel vulnerable and scary starting a group, but the benefit of a Kintsugi Hope Wellbeing Group is that Group Leaders are not on their own; Kintsugi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

**"A highlight has been being able to show my emotions without shielding anything or being scared of what will happen if I do."**

**- Kintsugi Hope Youth Participant**

**"It has exceeded my expectations."  
- Kintsugi Hope Youth Participant**

**"It has helped me to realise that not being ok isn't a bad thing and I can ask for help."  
- Kintsugi Hope Youth Participant**



## WHAT IS COVERED IN EACH WEEK?

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

### Other Optional Weeks Include

- Healthy Relationships
- Forgiveness
- Disappointment and Loss

### **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](https://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.

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

"Definitely an incredible resource that I'd love to use with another group in the future."

- Matt Blake | Surrey, Youth Leader

"Kintsugi Hope Youth felt like God providing what we needed at exactly the right time. It is great material and a brilliant tool for opening up conversations about mental health."

- Sarah | Ipswich, Youth Leader

## WHY RUN A GROUP WITH KINTSUGI HOPE?

One of Kintsugi Hope Youth'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 groups, but also expertise as and when required. Furthermore you will receive 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 Youth Wellbeing Groups.

## KINTSUGI HOPE YOUTH COORDINATOR - JOEL HARRIS

Joel 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.

- Joel Harris | Kintsugi Hope Youth and Student Coordinator

## BECOME A KINTSUGI HOPE PARTNER CHURCH

We can't do this on our own. By becoming a Kintsugi Hope Partner Church, you can join the movement of churches across the country who believe in investing in their community's wellbeing by providing safe and supportive spaces. Kintsugi Hope have made Wellbeing Groups for adults as well as a youth version together we can 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 the Church and Group Leaders running Kintsugi Hope Youth Wellbeing Groups, and are therefore asking churches or charities to contribute a monthly gift. We understand that each church and charity has a different budget 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. Please visit [www.kintsugihope.com/groups](http://www.kintsugihope.com/groups) to apply.

"I found it really powerful to hear some of our group leaders share their stories and to watch how the young people reacted and responded."

- Claire | Hitchin, Youth Leader

"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, Mind and Soul Foundation

"Kintsugi Hope Youth offers the opportunity to continue or start a conversation around youth mental health. We found it to be immeasurably helpful in creating a culture of openness and vulnerability that lasts longer than the duration of the groups. The group materials are simple to use and it is non restrictive in how you choose to apply it. This allows you to create something that meets the needs of your young people in whatever setting you choose."

- Ben | Chelmsford, Youth Leader

"It has allowed me to feel comfortable with myself and helped me to be me."

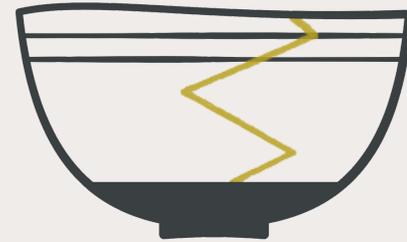
- Kintsugi Hope Youth Participant

"I have been able to be more open than I usually would and I feel that I'm more happy in general."

- Kintsugi Hope Youth Participant

"I found people that are going through the same or similar things as me"

- Kintsugi Hope Youth Participant



## WHAT NEXT?

To apply

visit: [www.kintsugihope.com/groups](http://www.kintsugihope.com/groups)

Call: 01245 363 606

Email: [groups@kintsugihope.com](mailto:groups@kintsugihope.com).

"I think it is a fabulous resource that will hopefully breakdown the stigma and barriers that exist and enable young people to get an understanding of and support for struggles with their mental health and emotional wellbeing. It is sensitively structured and is accessible and relevant with links to a wealth of resources and material that will cater for young people of all ages, abilities and learning styles."

Judith Bell | Director of Counselling Services, TIC Plus



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Working with:  
 transforming  
lives for good



"Transforming Lives for Good (TLG) are delighted to be partnering together with Kintsugi Hope Youth. We share the heartbeat of care for young people who face challenges in their mental health and wellbeing. These groups will equip those involved in youth ministry to get alongside and create safe spaces for young people to be heard, accepted and loved. Let's walk in friendship with those we serve and see how our God can bring healing and hope."

Tim Morfin | Founder & Chief Executive, TLG.

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