

PRESS RELEASE

Kintsugi Hope
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For Immediate Release:

Kintsugi Hope – “Social Isolation Doesn’t Mean Social Disconnection.”

There is no better time to prioritise relationships, wellbeing and being honest with our emotions.

Kintsugi Hope believe its services are needed now more than ever to reach more people with a message of hope, that it’s ok not to be ok. In the midst of the Covid-19 virus crisis that the world is experiencing, Kintsugi Hope offer Churches and Charities across the UK the opportunity to partner with them in running online wellbeing groups to help combat the negative effects of social isolation.

Kintsugi Hope Wellbeing Group Launch Online

Wellbeing Groups run for 12 weeks, each week looking at a different theme of mental or emotional health such as anxiety, disappointment, loss and resilience. The aim of these groups is to equip individuals with self-management tools at the same time as providing the space to fuse relationships with others.

Since October 2019, Kintsugi Hope have trained 186 group leaders across their first three training events. 150 further people were due to attend their forthcoming training events, which will now take place online so that new churches can reach out to those in their congregations and communities in this time of social distancing and isolation.

Kintsugi Hope Wellbeing Groups and Wellbeing Group Leader Training have previously taken place face to face in people’s homes, Community Centres and Churches but thanks to the amazing technology we have these, groups can continue to meet via online video services such as Zoom, Google Hangout, or House Party.

Kintsugi Hope have tested running a group online using people from all ages and backgrounds, and it works. Users can break out into smaller groups for discussion, use a whiteboard to demonstrate ideas, show videos and share pictures. You can even coordinate to all have tea and cake at the start. Moving online may feel daunting for some people but there is technology out there to assist with this and there is a community of 186 existing group leaders who will be supporting each other.

“Our groups are uniquely placed to tackle issues of social isolation and poor mental health”

Patrick Regan OBE, Co-Founder of Kintsugi Hope.

If you are interested in partnering with Kintsugi Hope and running the Wellbeing Groups Online, then please get in contact via groups@kintsugihope.com

Photos & Interviews available on request – jess.cooper@kintsugihope.com