



## What we do

■ At Kairos Community Trust, we are dedicated to helping homeless men and women with drug and alcohol problems. We do this through our abstinence-support hostel, our rehab programmes and our network of supported Move-on houses. Most houses are in South London but we now have a thriving North London hub, too.

■ Our core services provide: post-detox hostel accommodation (25 beds), day programme rehab (12 places), residential rehab (15 beds), supported housing (182 beds across 29 houses) and aftercare (currently 8 places). We are proud to have kept services open throughout the coronavirus pandemic.

■ Each service can be accessed separately or they can be combined to build individual pathways to recovery over a period of time. All our services are delivered by experienced teams of qualified therapists, support workers and administrators.

■ Addiction and homelessness are twin problems, and we believe that the journey to recovery from drugs and alcohol begins in a safe, secure environment.

Registered charity number 1117763. Patrons:  
Dame Clare Gerada, Dr Shona Blair  
& Fergal Keane OBE.

## CHAIRMAN OF TRUSTEES' REPORT

# This has been a year of achievements too

A warm welcome to the 2020 Annual Report of Kairos Community Trust.

In delivering this particular report, it would be far too easy to dwell on what has not been achievable this past year as a direct consequence of the Covid-19 pandemic, which has clearly seriously affected so many people. However, in the true spirit of Kairos, I think the focus should instead be on the many successes achieved both collectively and individually which have meant that Kairos has done itself proud in continuing to operate as well as it has.

There have been many personal sacrifices to keep the wheels turning and you should, each one of you, be proud of yourself. It would be unfair to single out anyone in particular, not least because it is sometimes the person who quietly goes about their business, who has perhaps made an extra special effort when most needed.

I include everyone in my praise, not least the residents who have been so understanding and supportive in adapting to changes and who have helped to ensure that we have avoided any major interruption to our services as a consequence of a significant outbreak, either in one of our Move-on houses or other properties. Each contribution is important in its own way and Kairos is the better for it.

We have been fortunate to remain financially strong with help from a number of grants: from the Maudsley Charity, from the Government's Covid-19

## NEW THERAPY CENTRE AND SUPPORTED HOUSING IN NUNHEAD

Yes, it's another Kairos building site! This year's front-page news is the rebuilding of 66 Nunhead Lane, home to the Garden Day Programme and, upstairs, to six Kairos Move-on residents. With the generous support of CRASH Charity and their patrons, P-ad architects, the 19th-century building is being extended and completely transformed. Situated on the corner of Nunhead Lane and Nunhead Grove, it has been many things: a grocer's, a post office – and, for the past ten years, a rehab and 12-Step Fellowship meeting place. Now, architect Jonathan Cross's plans are being realised by John Bailey of JMB Builders and his team. Come the spring, the GDP will return to occupy two meeting/group rooms, two counselling rooms, a new office, a social space for clients with a tea station and three toilets. Upstairs will be refurbished and get a new kitchen



Work in progress: the pond is boarded over while the building takes shape.

and bathrooms. And, of course, the garden will grow again, the pond will be refilled and the koi carp that have been temporary re-homed will return too.

## CHAIRMAN OF TRUSTEES' REPORT cont'd

DUE TO THE CORONAVIRUS, our auditors have been delayed in preparing our Statement of Financial Activities and Balance Sheet for the year ended 31 March 2020. These will be released in the New Year and distributed by email.

Homelessness Response Fund, a National Lottery Community Fund grant for the Kairos Prisoner Response Initiative, plus an extension to the support funding for the Kairos+ counselling service. And, all the while, the CRASH Charity generously continues to support us in our building projects. We have also been fortunate that many individuals have raised funds for Kairos, including actor Mark Farrelly who donated a share of profits from two performances at the Greenwich Theatre.

We were sad to see a number of staff move on from Kairos during the past year, including Lorraine Beckford, Simon Eve and Kenny Brown and we thank them for their hard work over the years and wish them well in the future.

A welcome to all those who have joined us in this time, including Serina Aboim who has joined as a Trustee. Serina works as a nurse practitioner in a Health Inclusion Team – Vulnerable Adults & Prevention Service and her contribution is very welcome.

Last but by no means least I regret that we cannot join together in person for our AGM but as the late, great Dame Vera once sang: *We'll meet again...*

**Paul Carter**



*Welcome to our new Kairos Community Trustee, Serina Aboim.*

## THE DIRECTOR'S REPORT

# That was the year...

Indomitable spirit is what has been required: to be resourceful, strong, imaginative in the face of the forced journey into the visceral unknown and unexpected.

**Since March, Covid-19 has flung us into the depths of a place we didn't know existed. But here we are. Emerging, not once but in what seems to be an ongoing dynamic of ease and restrict.**

We responded six months ago to lockdown, three months ago to go back to the workplace and now we are back in lockdown. All the time, we are guided by the NHS, Government, PHE, CQC requirements and advice and, best of all, by the common sense we have grown into and continue to build on as we work and learn to work around the virus.

We have taken initiatives to continue services via Zoom meetings, telephone counselling, continuity business planning and implementation. We have provided isolation facilities at Linden Grove and Bethwin Road. We have dealt with increased numbers of referrals, assessments and admissions for Move-on accommodation. Kairos+ has not just provided continued telephone counselling for Move-on residents but is planning and preparing two new locations to deliver the service, one in North London the other in Peckham.

Life goes on. On one hand, there was furlough, on the other, eight new members of staff in post. We are the grateful recipients of grants: our thanks to CRASH Charity for help (material, financial and professional) with the build at 66 Nunhead Lane, started in late July with an expected finish date in late

January; thanks to the National Lottery Community Fund for help in our work with former prisoners in North London; and thanks, too, to the Ministry of Housing, Communities and Local Government for the help with the work at Bethwin Road (a grant awarded and administered through Homeless Link).

There has been tiredness, sickness and, unfortunately, some relapses. People have worked from home. Kairos has participated in events, webinars, virtual conferences and Trustee meetings. We remembered World Mental Health Day and Homelessness Day on 10 October; Antonia's poster depicting mental health (see page 9) will live long in the memory. Then there was the response to the creative and spiritual call with those YouTube morning reflections with the Oblates; designs for labels, posters and Christmas cards; there were weekly website and news updates. We had that extraordinary honey harvest with our new patron, microbiologist Dr Shona Blair, present to witness the spin of nearly 250 pounds of golden deliciousness. Throughout, there has been no let-up in providing individual and collective care in all our houses.

Life draws us into its unstoppable revolving dynamic, into the wonder and beauty of its energy. Yes, that indomitable spirit: the strength of character and conviction to continue to believe in the value and worth of each life, to continue to believe that things can be different, working for a better day and a better tomorrow.

Thanks, everybody, for making the difference. Well done. Look after each other.

**Mossie Lyons**

*Onwards and upwards at 66 Nunhead Lane: Mossie Lyons and John Bailey of JMB Builders.*



## LINDEN GROVE ABSTINENCE-SUPPORT HOSTEL

Who could have guessed that the year 2020 was going to bring such a difficult challenge as the coronavirus pandemic to everyone around the world? Linden Grove was no exception and we rapidly had to adjust to the new demands and expectations.

Toilet rolls and tins of sardines were vanishing from the supermarket shelves at lightning speed and the streets of London were becoming emptier and emptier.

What do you do when you work in a health and social care setting and have 25 individuals to support and keep safe? First, and like everybody else, you go into some sort of a panic mode and want to run, then soon you realise that there is nowhere else you would want to be. You put on your best smile and carry on as normal.

Providing all necessary food, PPE and cleaning products was not an easy matter at times but we managed in any possible way we could. We even had to create a Toilet Paper Dispensing Sheet which could almost make you think of a wartime rationing system.

The majority of staff were present throughout the lockdown regardless of their own health issues. Day in, day out – one of our volunteers even lived in. He was amazing at providing for the ones who were self-isolating (due to having recently been admitted or as a precautionary measure). I want to personally thank them all for their support and professionalism.

From a managerial perspective, two things really mattered during this difficult period. First was to keep everyone as safe as possible, the second was to nurture a general feeling of satisfaction and contentment.

The existing weekly schedule of groups was amended in a holistic manner by adding gym classes, daily meditation and a very popular craft group. The residents organised daily in-house client-led meetings which proved to play an invaluable part in keeping the community stable and safe. One last interesting point the lockdown brought to Linden Grove is the closeness between residents themselves and between staff and residents. With hindsight, everything was simpler and easier back then, almost utopian.

A lot has happened since March. Lorraine Beckford has moved on to better things and I have been given the fantastic opportunity to jump in to her chair (not her high-heel shoes fortunately). I would like to take this opportunity to say one last goodbye to her and in the same breath welcome our new deputy manager, Ian West, to the team.

At the time of writing we are locked down for the inevitable Covid-19 round two. But we know what we have to do!

**Vincent Mahe**



*The GDP team Zooms, clockwise on screen from top left: Gillie Sliz, Tim Penrice and Simon Eve.*

## GARDEN DAY PROGRAMME

**We started our tenth year full of high hopes for the refurbishment of our offices at 66 Nunhead Lane, a temporary office in Linden Grove and the promise of a large therapy room at The Nunhead Green Community Centre. Instead, on 16 March – two months ahead of the scheduled May start of the building works – we all went home to work out what action we could safely follow for both clients and ourselves.**

By 23 March, we had started up a daily telephone contact service from home to provide support and connection to our clients, but this didn't help much with the anxiety and uncertainty that we all felt as we began to queue for food and essentials.

In line with the AA and NA fellowships and in trying to provide a service as supportive as that in Linden Grove, we equipped ourselves with Zoom and started a three-day a week trial group with 10 clients on 6 April. Five relapses showed how inadequate this was and spurred us on to open a more demanding and professional five-day programme online on 20 April.

This programme format and IT platform gave us the necessary stability to build a structure that became effective and supportive, and allowed us to reach out to clients within Kairos as well as ones from as far afield as a living-room in Staines and a car in Epping. The GDP may have lost its earthly home but we found we could still carry a message and provide a service, and Gillie Sliz and Simon Eve provided the cornerstones of this version, just as they had the face-to-face version.

The online GDP continued for six months until 5 October, when we were able to use the Community Centre at last and begin again to work in a more normal face-to-face environment. It feels like a new job, especially as we had to say goodbye to Simon Eve after five years at the GDP and say hello and welcome to Will Pugh. We are all having to adapt and change as circumstances change, so it's good to see Will has weathered the first few weeks

### Garden Day Programme cont'd

of working with Gillie and I with spirit and patience.

As we approach Christmas, we are still in our temporary home and wondering which way the dice are going to roll next. The builders are busy and 66 is beginning to take on a new shape. Clients are still being referred from across London.

The turmoil and uncertainty of the past eight months have given us a deeper insight into the support and spirit within Kairos and the recovery fellowships that have kept services open, embraced new regulations, made changes, looked after each other and tried to keep things simple.

It has seldom been more important, but surviving this dangerous period of early recovery may well turn out to be the foundation of many successful recoveries. We hope and pray that is the silver lining in this gloomy year.

My thanks to Gillie, Will, Mossie, Vince, Lorraine, and all at Linden Grove and Head Office for the teamwork and support that has kept us open and safe.

**Tim Penrice**

## AFTERCARE PROGRAMME

**As the first lockdown started in March, Aftercare implemented a strategy with all existing clients for phone support and weekly sessions while we were closed.**

At the time we had 12 clients and they were shared between Dave Yates, Airen Koopmans and manager Jessica Rood. Apart from the sessions each week, clients were sent tasks and visual and audio materials to work on that met their needs from week to week.

The system operated extremely successfully. Jessica came into the office to deal with all matters around internal Kairos administration, and kept in touch with all funding boroughs and care managers to let them know how their clients were faring, and also alerting them to the fact that we would be open for business as soon as possible, initiating conversations around clients from outside rehabs who would be looking for onward care in summer 2020.

One big success for us this year has been the number of referrals from outside rehabs around the country.

Aftercare reopened extremely early in the whole lockdown phase, before the end of May, while Airen took her maternity leave, meaning Jessica and Dave have run the operation for the past six months without a break.

Clients have returned under a safety code agreed with Head Office, and numbers on site are restricted to eight clients, plus Jessica and Dave, who are both responsible for group therapy, one-to-one therapy with four clients each, along with new assessments.

Flow has been consistent, and we have operated at full capacity of eight clients through the past six months. Success rates have kept steady, and during the period since June we have had 10 graduations.

**Jessica Rood**

## BETHWIN ROAD RESIDENTIAL REHAB

**Overall, in very challenging times, the past year has once again been a huge success.**

Our mission is to provide a home so that those who are suffering from active addiction problems, if lucky enough to be given the opportunity to access treatment, can become empowered to take responsibility and ownership of their lives and go on to become productive members of society.

We are privileged to be right at the start of an individual's journey once they have detoxed. We witness the most incredible transformation that all begins with the instillation of hope. I have worked in Bethwin for the past 20 years and I can, hand on heart, say that not a single day has ever been boring or monotonous. The home is invigorating, energising and, dare I say, blessed.

Because of the coronavirus, our numbers have been down, although crucially we have remained open and I would like to thank the incredible team here at Bethwin and Mossie and the Trustees for their support.

**Some stats from October 2019 to October 2020:**

- 46 Admissions
- 25 Graduations with 4 still in treatment
- 7 Discharged
- 11 Self-discharged
- 11 to Kairos Move-on houses
- 13 to Kairos Aftercare Programme

The impact of coronavirus back in February meant that we have had to reduce the number of admissions, so we can manage any issues with residents showing symptoms or testing positive for Covid-19. (Sadly, we are unable to offer places to anyone with underlying health conditions while this awful pandemic persists.)

We must, however, thank all current residents and those who have graduated during this time of Covid-19. Residents have had to contend with an awful lot in early recovery and have also had to sacrifice visits to and from family and friends. Our residents have been fantastic around complying with Bethwin Road's Covid-19 procedures and following government guidelines. We have had no positive tests during the pandemic; this could just be pure luck but I like to think residents have played a major part in this by staying alert, keeping themselves safe and following the ever-changing guidelines. We have also striven to keep spirits up, by putting on Zoom fellowship meetings in the home, a fun golf day out of London, providing alternative recreational ideas – not forgetting, of course, the inaugural Bethwin Road 5k Fun Run.

Once again, a huge thanks to Kairos for continuing to offer care and support to those who are in desperate need. Long may it continue.

**Lee Slater**

## SUPPORTED HOUSING MANAGER'S REPORT

**Like no other year, 2020 has been challenging to say the least. This time last year, we could not have predicted the pandemic and the lockdowns, but Kairos Community Trust has pulled together, adapted policies and procedures, worked through the obstacles one by one and managed to overcome the challenges – and continues to do so today.**

At the beginning of the first lockdown, some staff had to work from home, which required the remaining staff members to take on different roles in order to support the needs of our 182 residents in 29 Move-on houses. House meetings happened via Zoom and WhatsApp, other essential meetings with clients took place outside where possible, using the 2-metre rule and PPE. Our Health & Safety Policy was amended regularly to include the government Covid-19 guidelines and updates.

There was a high demand for places in the houses due to the virus and Kairos Supported Housing continued to take new referrals, reducing the three-months abstinence policy to 28 days in order to accommodate the new referrals quickly. Unfortunately, during this time we experienced a number of relapses in Move-on houses but due to lockdown conditions there were no outside provisions open to assist clients in their recovery. In some cases, clients were offered a second chance; in others, alternative accommodation was sought.

However, generally, clients have been resilient throughout the pandemic and many have engaged with online study courses and also attended Alcoholics Anonymous and Narcotics Anonymous online fellowship meetings via Zoom. Many clients have also taken the opportunity to keep fit with yoga, daily walks and jogging.

The Kairos+ counselling service continued to run online and by phone and has been invaluable in its support of clients during this time.

All the Move-on houses followed a strict cleaning rota to combat Covid-19. Clients adhered to the guidelines that were put in place and, at the time of writing, there have been no positive cases of Covid-19 in Kairos Move-on houses.

Throughout the pandemic, we have learned that most

clients will support each other and, in fact, they have worked together with strength and resilience. Clients' mental health has been tested throughout this difficult year and many clients struggle, some more than others. Support systems have been strengthened and referrals continue.

Well done to clients and staff for working together through these tough times – this has been a steep learning curve for us all.

**Matt Dear**

## KAIROS+ COUNSELLING SERVICE

**It's safe to say, that it's been an interesting year for everyone! We started the Kairos+ counselling service for residents of Kairos Move-on houses on a face-to-face basis but we soon had to adapt our services in response to the coronavirus lockdown, so it's been a big challenge for everyone.**

Clients and counsellors have done an incredible job of adapting to Zoom, Skype and other online apps, and this willingness has allowed us to continue delivering important therapy sessions at a time when they are needed more than ever.

The partnership between The Pocrissi Initiative (a philanthropic platform working in the prevention and rehabilitation of abstinence addiction treatment and criminal justice) and Kairos Community Trust has generated amazing teamwork from everyone involved: from Kairos staff and management and from the dedicated Kairos+ counsellors working on the project. As a result, we have delivered nearly 1,000 counselling hours in year one.

We started our pilot year with five counsellors and immediately saw an overwhelming number of referrals of clients wanting to access the service. In response to this demand, we have now expanded the counselling team to eight members. This means that moving into 2021, if all goes to plan, we will be offering more than 1,500 free one-to-one counselling hours in the next 12 months. We recently had the pleasure of starting the first of two counsellors at the North London hub in Brent with the support of Kairos criminal justice lead, Frank McDonald. Future plans also include providing counselling to clients at Peckham.

Client feedback this year has been extremely positive and suggests that the service is really helping them work through issues such as trauma which are often the root cause of negative relationships with drugs and alcohol and other destructive behaviours.

It's been a great first year and the success of the project has been down to the continued teamwork and passion of everyone involved. We are all looking forward to taking the service from strength to strength and reaching as many clients as possible in the coming year.

**Dave Chapman**



House visit from support workers Liz Frampton and Lee Vines.

## KAIROS SUPPORTED HOUSING RESIDENTS' SATISFACTION SURVEY

Kairos has 29 supported, sober-living Move-on houses, all in London, with 182 beds. In July and August, we conducted a residents' satisfaction survey and 107 individuals responded.

Residents' responses have overwhelmingly confirmed the value of living together with others on the same recovery journey and the benefits of having a Kairos support worker and continued counselling. The survey shows our Move-on residents building on their rehab experience, growing in their recovery, gaining new life skills and taking up new opportunities.

Answers to our first two questions demonstrate, first, that Kairos services are working well together to offer clients individual recovery pathways and, second, the very wide range of referrals to Kairos supported housing.

### Location before moving into a Kairos house?

- 34% Kairos rehabs
- 24% Other rehabs
- 13% Prison
- 7% Private accommodation
- 5% A different Kairos Move-on house
- 2% Street homeless
- 1% Hostel
- 1% Hospital
- 13% No information provided

### How were they referred/who first referred them to Kairos?

- 25% by rehab
- 20% self-referred
- 20% by substance misuse services (community outreach/drop-in centres)
- 7% by prison
- 4% by probation
- 4% by social worker/social services
- 4% by Veterans Aid
- 3% by a Kairos employee
- 2% by friends
- 1% by a member of a 12-Step group
- 1% by a therapist
- 9% by other/no information provided

### Other key points from the survey:

- Recovery was paramount, with 97% answering that living in their current house has helped protect, maintain and build their sobriety, with 80% attending self-help groups.
- More than 90% of respondents were happy with their settling-in period; 96.7% felt their house was safe and secure; 93% felt their house was conducive to health and wellbeing.
- Relationships improved, with 85% reconnecting with family and 91.5% saying living together in recovery and sharing has helped them.
- Personal growth was important with 46.7% having received counselling from Kairos and 83% taken part in some personal or professional development (e.g. education, volunteering, social or other).
- Increasing independence was a strong theme, with 89.7% cooking for themselves and 98.1% managing their personal affairs.

Iwan Heneghan

## Our Kairos

**I'm an alcoholic.** Alcoholism has taken me to the verge of death, while along the way hurting my dearest and nearest. I am 46 years old and after years of carnage I got eight years of sobriety in 2011 through working a 12-Step fellowship. But in November last year I picked up again and the downwards progression was rapid. I rang Kairos and was welcomed with open arms. Kairos has given me the will to live again. **AR**

**From the day I came out of prison** and went straight to Linden Grove, I have always felt safe and cared for. The compassion and non-judgmental staff are second to none and I class many of them as friends and family. After five previous rehabs, several detoxes, prison, and being sectioned twice, I found a place where I could grow and find myself. I will be forever grateful and forever in Kairos's debt. I am just about to move into my own flat, over two years clean and totally reconnected with my mum and sister. Amazing! **GT**

**The Garden Day Programme offers** me a safe environment in which to be vulnerable and honestly explore my feelings and reveal my innermost secrets within a unified group of like-minded addicts. Being challenged about my childlike behaviours and the feedback I received was at first hard to swallow. I reflect, and the swallowing is softer and smoother. The GDP is the best place for me to get well and the most important shift in my life right now. **RF**

**Kairos has given me people** to do recovery with but hasn't taken away my responsibility to myself. It has allowed me to find the right solution while leaving behind old behaviours. I've struggled settling into the Move-on house, not because of the other residents, but because of my own preconceived ideas. Moving on from Linden was a huge step, and I underestimated it. New addictions have sprung up and I can get quite overwhelmed, but I've found new ways to deal with things. Learning how to manage things like Amazon, money, Netflix, Zoom, addiction, all of the normal everyday things, has been intense yet satisfying. I am incredibly grateful to Kairos for giving me this opportunity to get sober and to grow into a meaningful, productive person who can ask for help and learn. **BL**

# Me and the Bees

A close relative suffered a devastating loss recently. Her husband of 64 years passed away. Not being able to find any words myself she just smiled and asked me to tell it to the bees that John had died.

**After a bit of reading, I found that these beautiful creatures have been looking after our wellbeing in every sense since the very beginning of civilization, whether it's been sharing in our grief for loved ones gone or with ointments and tinctures for our cuts and scrapes, sore throats and burns.**

They've been shouldering secrets and carrying knowledge of the world for thousands of centuries and not changing the honey making process for 80 million or so years. These guys hung out with the dinosaurs.

At first glance, you'd be forgiven for thinking a hive is a fragile ecosystem of crazy ladies knocking, zipping and dancing about the place with no particular purpose but it's worth pulling up a pew and watching closely. If you're lucky, you might catch the guard bees in action engaged in mortal combat defending the colony from robbers or hundreds clustered together in a ball encapsulating a hornet flapping their wings so frantically the temperature inside rises to above 45°C which the hornet cannot withstand so perishes or, if you are doing a routine inspection and you accidentally lose the queen, you find out just how fiercely protective they are of her, or others doing their waggle dance to show the rest the way to a new source of nectar and pollen. In the midst of what looks like chaos, there is an industry of strength, wisdom and will where all individuals work together for the greater good.

Personally, I have enormous admiration and respect (without which you will hurt!) for the individual: with no second thought she will literally drop dead from exhaustion working to ensure a livelihood for the next generation. I've watched them grow from tiny little eggs right through to their first flight, when they instinctively go straight to work, moving up the ranks until they become worker bees. This is where they'll spend most of their lifespan. Did you



know that, in a strong colony of about 60,000 bees, their collective flight distance a day is to the Moon and back – nuts! In a lifespan of about six weeks, the life work of one bee will amount to one twelfth of a teaspoon of honey. So, if you ever see me trying to scrape out the last tiny little bit of honey from a jar, it's my own little way of paying homage to the individual making sure everyone's life work counts.

I'm so proud of them all. This year we've harvested close to 250 lbs of honey. It's incredible how heavy honey is, that works out at about 400 jars, give or take. Considering how close the three Kairos apiaries are together, the honey varies drastically in colour and taste. We'll spend the next few weeks cleaning them up and tucking them in for winter now. They have plenty of stores to keep them going and an extra layer of padding to keep them warm. Once they are tucked up, our job is to clean and ready the frames and boxes for spring, although I will be taking time to dust off my bee alchemy and cook books.

Over a year ago now, with an ever so gentle nudge from a good friend, I joined beekeepers Mick, Justin and Neil at the vicarage apiary and I haven't looked back. Whether the sun is shining or the wind is howling, it's a joy to wake up to something you love to do and, as they say, with that attitude you'll never work a day in your life.

If anyone would like to join us for an afternoon of beekeeping, feel free to get in touch with the Head Office and we'll work something out – all are welcome! Just bring baggy trousers and socks! It still hurts even after 53 stings.

**Grace Madden**

*Head office harvest: Mossie surveys what is usually his office with our new bee patron, Dr Shona Blair (microbiologist and manuka honey expert) and Justin, watching fellow Kairos beekeepers Grace and Mick harvest Kairos honey. Below: the label for our honey jars.*



# Working together

We thank old friends and new, donors and patrons, colleagues and clients for working together with us across all our services, for your gifts and your personal support.



## CRASH CHARITY

has continued to help Kairos build

homes and centres for recovery across London. In spring 2020, the project in Brent that is now our 20-bed North London hub was completed with the charity's support and is now the base of our Prisoner Response Initiative (see below); and the Garden Day Programme's new home in Nunhead will be finished this coming spring.

## MAUDSLEY CHARITY

This time last year, the Maudsley Charity funded two part-time support workers, Jason O'Reilly and Louise Fitzgerald, to work with clients as they moved from Kairos houses into independent living. This year, we can congratulate them both on becoming full-time members of the Move-on team. And for Jason, it's also 'welcome home' because he is a Kairos graduate himself, having come through Linden Grove and been a resident of a Kairos Move-on house for three years. What better qualification



to understand what his own new clients are experiencing and to support them.



homeless link

## HOMELESS LINK

Having a safe home and a place to recover with peers has never been more important, so the grant from the Government's Covid-19 Homelessness Response Fund, distributed by Homeless Link, was very welcome and ensured continuity of services at Bethwin Road during the pandemic.



## COMMUNITY FUND

Earlier this year the National Lottery Community Fund awarded us a grant for the Kairos Prisoner Response Initiative, which supports individuals who have been through the criminal justice system and who have been through prison recovery programmes. It's based in our 20-bed North London hub in the borough of Brent.

"With the help of the grant, we've strengthened our programme during the pandemic and everyone has maintained their sobriety – we haven't had a single relapse," reports Frank McDonald, dedicated support worker for ex-offenders. Even so, Covid-19 has had a big impact on some residents' lives and Frank has been working closely with the community mental health team, as well as with the council, local probation officers and the police.

In fact, one of the nicest letters we've ever received was from one of our local police constables, who wrote: "On my first visit, arriving unannounced, I was absolutely overwhelmed by the project and the support it offers ...

There was a friendly and homely atmosphere. I was particularly impressed by the community ethos of the project, how not only staff, but residents are encouraged to help and support each other through this challenging time ... My ex-offender was made to feel very welcome and has integrated well ... I have every faith that after decades of offending he could be another Kairos success story. The economic and social cost of re-offending is so incredibly high, not enough is spent recognising the value of your work. We are grateful for your efforts and look forward to working with yourselves more in the future."



METROPOLITAN POLICE

## MARCH OF RECOVERY

This is the 11th year Kairos has worked with Veterans Aid, the charity for veterans in crisis. This year, we have been proud to welcome 11 more servicemen and women to Linden Grove.



## Making time for my Mum

**On 12 March this year, the nursing home where my Mum had been living told us that, due to Covid-19, we were no longer able to visit for the foreseeable future; her visits from family and friends went from two or three a day to zero.**

This was heart-breaking and crushing, not just for me but for my whole family. We worried about the impact this would have on our Mum.

As time went on, we were able to have Skype calls and, although we were able to see our Mum, it was extremely difficult due to her poor sight and

hearing. At this time, I was very fortunate to have the support of Kairos, both in advice and a listening ear.

Eventually in mid-July garden visits were introduced and Kairos (Mossie and Dorothy) gave me the time to go, sometimes with little or no notice. These visits were lovely, being reunited as a family with our Mum.

On 5 August, my Mum took ill and passed away four days later. We were again reunited as a family, which was comforting and left us grateful to have had those times with her.

**Judy McLellan**



# Working together cont'd

## Morning Reflections online

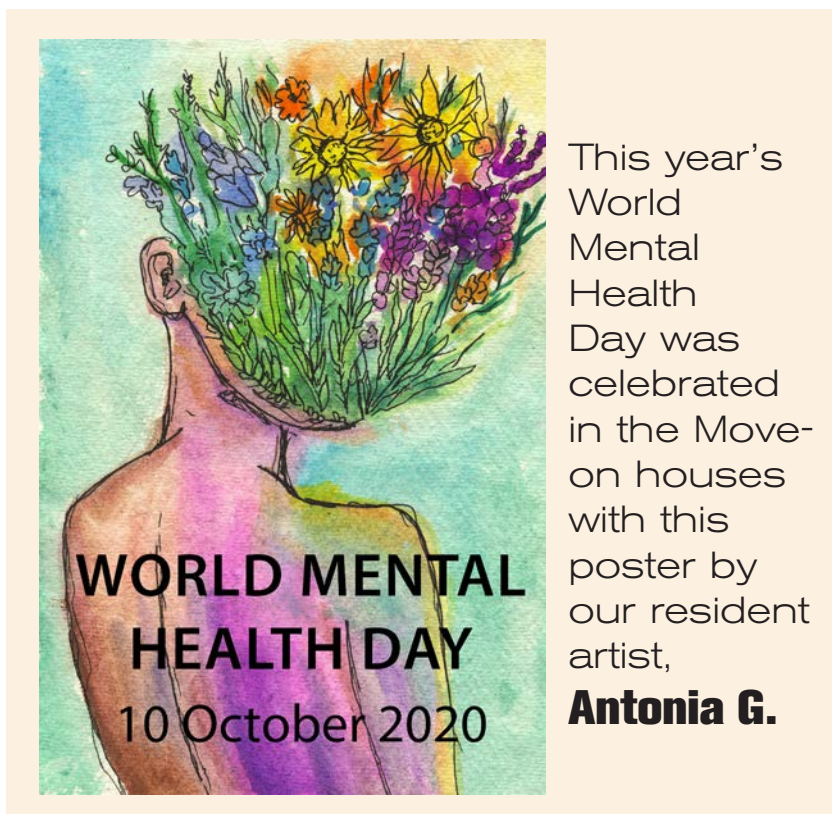
**There is a special relationship between the Oblates of Mary Immaculate and Kairos.**

This relationship came about when Kairos residents helped in the hospital at Lourdes, France with assisted guests on the annual Oblate pilgrimage 10 years ago. Last year, 40 Kairos men and women went.

During the Covid-19 pandemic, Kairos residents have contributed to daily morning reflections organised by the Oblates, going out on YouTube at 8:30am each day. Kairos contributions have been very well received.

As there was no pilgrimage this year, Kairos was invited to take part in a virtual pilgrimage, again very well received in their creative depiction of the Story of The Cross. Kairos has discovered and learnt much from the ongoing relationship.

**Mossie Lyons**



This year's World Mental Health Day was celebrated in the Move-on houses with this poster by our resident artist, **Antonia G.**

## Volunteering: a very good decision

**Before Kairos, my life had consisted of making bad decisions and following them up with destructive actions (more accurately, I didn't know my arse from my elbow).**

I finally decided to seek help and landed in Kairos Linden Grove. Throughout my stay at Linden and through the Steps, group work and one-to-ones, I gradually came to understand where I was at and what I needed to do to stay abstinent.

When I went into a Move-on house, I found that I had time on my hands and didn't know how to make that time productive. I had seen that the volunteers at Linden, people who were the same as me, were getting on with their lives and making a good go of it, so I put myself forward for volunteering.

It turned out (hooray!) that I'd made a good decision because volunteering has given me many things. Firstly, it gave me the opportunity to be useful, helpful, to give something back, as I was grateful to Kairos for helping me to get my life back on track. Another big plus is that I have gained in confidence and I have stability in my life, not to mention some good qualifications to tuck under my belt. Under the Kairos umbrella, I have been nurtured to the point where I can stand solid on my own two feet. My self-esteem has increased and I sleep well at night knowing that I have value. Volunteering, for me, has definitely been a good move.

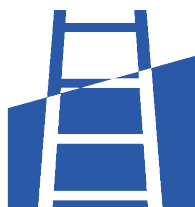
**Bruce Morris**



*Bruce on duty at the Linden Grove front desk.*

## STAY IN TOUCH

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 FRIENDS OF KAIROS COMMUNITY TRUST

## THANK YOU!

Volunteers, supporters and all our friends – thank you for your time, effort and financial help.

Please note that we have a new secure online giving platform: the PayPal Giving Fund. It takes no commission, so all your donation goes to Kairos Community Trust's work.

Look for the button at the foot of our website pages.

