



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 (10 places), residential rehab (up to 15 beds), supported housing (185 beds across 29 houses) and aftercare (10 places).

■ 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

Yes, we really do make a difference

Welcome to the Kairos Community Trust 2021 Annual Report.

Another year on and our lives are still blighted by the Covid-19 pandemic but our hopes of a brighter future have partly been realised with the ongoing roll-out of the vaccination programme, although we must still follow the guidance to protect ourselves and others.

Sadly, one of our own was taken by the virus in January this year: John O'Sullivan, a Trustee and Treasurer to Kairos. John died aged 59 and left behind a loving wife and three children. John was a long-time friend to some fellow Trustees and his loss was deeply felt by all those close to him. After his death, his family set out to raise funds for Kairos and over £13,000 was raised, a hearty addition to funds he had helped raise during his close association with us. One of our houses was dedicated to John in his memory and his legacy will live on for many years to come through



John O'Sullivan (1961-2021)

GRAND REOPENING OF 66 NUNHEAD LANE: MOVE-ON HOUSE & HOME TO THE GARDEN DAY PROGRAMME

The sun was definitely shining on 22 July, when Kairos Community and guests celebrated the re-opening of our extended and refurbished building at 66 Nunhead Lane. Proceedings starting with lunch at Linden Grove where Rick Henderson, CEO of Homeless Link, gave the keynote speech, before moving to Number 66, where Francesca Roberts, CEO of Crash Charity, unveiled the commemorative plaque, thanking her and the charity for their support.

The renovations and extension have doubled the space available to the Garden Day Programme, which now comprises well-equipped, comfortable group and individual therapy rooms, kitchen and bathrooms – all wheelchair accessible. Upstairs, the Move-on accommodation has a new kitchen-diner, new bathrooms and six redecorated bedrooms. (Our thanks go also to architects Jonathan Cross and Michael McMillan of p-ad; and to John Bailey of JMB Construction Ltd.)

Kairos director Mossie Lyons summed it up: "This new centre, together with our

25-bed Linden Grove Abstinence Support Hostel around the corner, provides Kairos with a powerful recovery hub in South London for delivering our services to men and women suffering from homelessness and addiction. We thank our patrons and friends for their magnificent support. Crash Charity, Homeless Link, the National Lottery Community Fund and the Maudsley Charity have together enabled us to create a vibrant modern recovery hub fit for another 30 years."

Celebrating the reopening of No. 66; with Francesca Roberts; and Rick Henderson.



his hard work and dedication to helping others.

I have often wondered whether as individuals any one of us can make a real difference in the world. I am glad to say that yes, we can, because I have seen this through my own eyes in my time observing the great achievements at Kairos Community Trust, both collectively and by individuals.

Each one of us has something to contribute and, if we all work collectively for the same cause, we can be assured that a positive outcome is even more likely. Kairos grows in strength year on year as our network of workers, volunteers, sponsors and friends together help build the

family of Kairos, delivering hope to many and promise of a brighter future for us all.

As each man or woman walks through the door at Kairos a new journey begins; the support network of Kairos helps pick them up and shows them how they can each help themselves and, in turn, go on to help others. We may each have different gifts, but gifts we do have; for some of us they may have been asleep for a while but with help and support they can be woken once more.

Thank you for your contributions to date and I look forward for the promise that lies ahead.

Paul Carter

THE DIRECTOR'S REPORT

We are travelling in the right direction...

Over time we in Kairos have come to know and embrace a direction of travel.

We value the goal to which our journey propels us. It is a journey to health, sobriety and wellbeing. Together we are a force on that journey. United we are better, stronger, more resilient. Our momentum is a shared conviction of the worth for what we do and believe in.

It is borne and sustained by passionate hearts, rational heads, fiery guts and years of experience.

Indeed, it is that conviction which has kept us going through the past 20 months of Covid-19. It is wonderful to be part of such momentum. Now I know that over time we have learned how to be together and together we continue to learn. As never before we in Kairos have something to offer. Together we will collaborate in offering our services tomorrow and onwards. Every life matters and this conviction powers our momentum.

In this second pandemic year, Kairos again kept all programmes and services running, most on site but some

remotely at times online via Zoom and phone. All Kairos workers have been held in employment, as our Continuity Business Plan was successfully implemented throughout.

The website news page carried weekly summaries and updates of Government, PHE, CQC and Kairos Community Trust's decisions and policy implementations and directives. All Trustees meetings were held as scheduled, via Zoom. My thanks to the Trustees for their support throughout, and a special thank-you to Trustee Serina Aboim for organising early and effective vaccinations of staff and residents at Linden Grove and Bethwin Road.

... and we have had most generous help along the way

Crash Charity made possible the splendid development and refurbishment of 66 Nunhead Lane that was completed this summer (see page 1). Our Lottery-funded prisoner-response project based at our three houses in Burnt Oak, North London was a response to a Covid-19 identified need but has and will continue (see page 6). Our Bethwin Road residential rehab (see page 4) stayed open through the worst of last year thanks to a Ministry of Housing, Communities and Local Government grant, managed and administered by **Homeless Link**.

We continue to take inspiration from our bees, so industrious in working together (see page 7). Thanks to everyone who has contributed to the work of Kairos at every point, over the past 18 months.

Finally, I would like to remember John O'Sullivan in a special way. John was a very valued Trustee and he died on 21 January 2021 from Covid-19 related complications. May he rest in peace.

Mossie Lyons

Celebrating Kairos: the lunch at Linden Grove for the reopening of No. 66 in July brought many of us together in person for the first time since the pandemic began.



LINDEN GROVE ABSTINENCE-SUPPORT HOSTEL

Here we are, almost two years on and still wearing masks and facing a worldwide crisis that we were neither trained for nor experienced in dealing with, personally or professionally. Our newly created team has had to learn to adapt very quickly. We found ourselves confronted with a succession of setbacks and unprecedented situations.

We have learned to match our practices with the constant flow of national Covid-19 regulatory updates. We have committed ourselves to the needs of our service users with the same attention, patience and compassion as always. We have not ceased to provide all the components of safety and even comfort without compromising our practices. We have responded adequately to some more complex needs individuals and their circumstances. We have safeguarded, promoted, supported and nurtured those in need. All of this during very uncertain and difficult times.

The whole team of staff and volunteers were willing to put themselves on the front line regardless of their personal circumstances and health issues. I am amazed and proud to be able to look back and think that, as a team, we have achieved what some might not have wanted to consider doing. Indeed, the silver lining to the pandemic cloud of this past year has been to bring the team closer together: unified, more experienced, with each person's role of the upmost importance to the good functioning of the centre. Our new members of staff who started earlier this year are Michael McCulloch and Danny Cruse as support workers/group facilitators; Lata, our part-time cleaner; and Martina Cooley, Gavin Tait and John O'Donovan as volunteers.

Assistant manager Ian West is implementing a new electronic database system, which has numerous benefits for both the clients and the team. Paper-and-pen risk-management plans and the like are things of the past. More computers and a new phone system have also been introduced to help maximise our potential.

On a more cosmetic note, the house is being gradually renovated. All 25 bedrooms will have been redecorated by the end of this year. We now have a freshly varnished dining-room floor, and we are expecting brand new carpets and flooring to be fitted all around the house.

As an indication of the work done at Linden Grove this

The dining-room floor at Linden Grove being restored to its original glory.



past year, so far, we have admitted:

- FROM APRIL 2020 TO MARCH 2021: 87 new residents with 45 successful outcomes.
- FROM APRIL 2021 UP TO NOW: 58 new residents with 28 successful outcomes (20+ current residents).

Covid-19 is not yet completely a thing of the past, but I am privileged and honoured to be part of a strong, unified and resilient team which will tackle whatever comes its way.

Vincent Mahe

GARDEN DAY PROGRAMME



The GDP team in their new office: Tim, Will and Gillie.

At the first lockdown in March 2020 the GDP, like the rest of the country, entered new territory. We started and maintained the best service we could on Zoom for six months but returned to face to face in October at The Green Community Centre in Nunhead as building renovation work at 66 had started in June. Face to face felt personal and powerful again but it wasn't to last as the second lockdown in November, and third lockdown in January 2021, drove us back into Group Zoom.

These were tough and uncertain times and we leaned heavily on the support of Linden Grove, Head Office and the wider Kairos Community, but we learned adaptability and found a way to keep open and hopeful. Thank you, Kairos, for helping make that possible.

Finally, on 17 May 2021, we returned with five clients to 66 Nunhead Lane, exactly 14 months after we left on St Patrick's Day 2020. The building was renovated by John Bailey, the garden skilfully restored by Julian and Scott and the GDP reinvigorated by the therapy team (Gillie Sliz, Will Pugh, Tim Penrice) working face to face again. We reintroduced Lucia McGuckin's Art Therapy and Matt Ferguson is developing some powerful meditation classes; and it is gratifying to see clients and staff working in a lovely garden environment that David M has taken into his loving care.

We have all had a tumultuous year at the GDP but perhaps no one more than Will Pugh who came to the job when Simon Eve left for a new home in Derbyshire

in October 2020. Will not only had a new programme to understand, he had new technology, new locations and new colleagues to work with. He has fitted in well and is respected for his innovative and humanistic contributions.

Referrals to the programme had dropped away from first lockdown (March 2020) as statutory drug and alcohol services retreated onto Zoom, and in the whole of the financial year 2020/21 we only had 25 new starters and 17 graduations. In the six months since April this year, we have already had 28 new starters, eight graduations and the retention rate is restored now the programme is back to a full timetable. For the first time in two years we are running a waiting list and there is significant interest and referrals from boroughs north and south of the river.

As we head into winter in our carpeted, warm and light therapy centre we still have a quality service to provide and much to look forward to. But we are here by the grace of the support, kindness and common purpose of the Kairos and wider recovery community and the clients who make us what we are.

Tim Penrice

BETHWIN ROAD RESIDENTIAL REHAB

■ FROM START APRIL 2020 TO END MARCH 2021	■ SINCE APRIL 2021
Admissions 34	Admissions 15
Completed 24	Completed 11
Still abstinent 16	Still abstinent 9
	Current residents 6

The Home has been through – and continues to go through – a challenging time. The Covid-19 pandemic has changed the way we live and operate.

To our great credit and with the commitment and dedication of our team, we have remained open and functioning, albeit with lower numbers to allow for contingency plans to deal with any Covid-19 cases. To date we have only had two positive cases of Covid. We cannot be complacent and our Covid-19 policy and procedures are working to keep the residents and staff safe. All potential new residents are assessed to be compliant with our procedures and follow our guidance in the event of a positive Covid test. Staff are tested twice weekly, PCR and LFD. Residents are PCR tested monthly as per government guidelines and both staff and residents can be tested when any concerns arise. Members of the team have completed numerous courses and training related to Covid-19 to keep us one step ahead and this has instilled confidence and a certain amount of security in the home for both staff and residents.

We must at this point pay special thanks to our weekend volunteer support workers for going above and beyond during this Covid-19 period. Both weekend night support workers have been instrumental in keeping the

home safe and supporting clients through this difficult period, always putting others before themselves.

Despite the unprecedented Covid situation, Bethwin Road has maintained an attitude of inspiration and support, both within the staff team and importantly the residents' well-being. The level of commitment toward residents' education, understanding and a desire to change has remained very positive. Statistically, despite a reduction in recovery pathway services from drug and alcohol services/detox units and enquiries generally, we have maintained an encouraging completion rate with many of those who complete and graduate going on to Kairos Move-on accommodation and the Kairos Aftercare Programme. The system clearly works for those who want recovery.

Our new cook, Hafida Soltani, continues to be complimented daily on the food she prepares and serves, always taking into account the dietary needs of individuals. Hafida has been a fantastic addition to Bethwin Road, going that extra bit further to be helpful and supportive to our residents during this Covid-19 period.

Although visits from ex-residents, who have always valued our open-door policy, have been restricted due to Covid-19, on the plus side this has encouraged residents to use fellowship meetings and recovery resources, in fact, encouraging more action in early recovery. On this point, we have also been offering some counselling to recently graduated residents, which has been beneficial for them as they settle back into the community.

Lee Slater

AFTERCARE PROGRAMME

Aftercare closed down during the week of 19 March 2020. At the time, we had eight clients and straightaway we contacted them all and arranged times for one-to-one calls with them each week through the first lockdown.

Manager Jessica Rood, Airen Koopmans and David Yates continued through the next eight weeks with their clients while providing ongoing emergency support day-to-day between sessions.

Jessica spent a significant part of those eight weeks on-site at Aftercare, communicating with all care and service managers and other Kairos staff. This contributed greatly to us hitting the ground running when we re-opened, much earlier than 90 per cent of other workplaces, on 26 May 2020.

Aftercare re-opened on that date run by Jessica and Dave while Airen went on maternity leave. All eight clients returned at that stage, bar two who felt unsafe to travel at that point.

We also benefitted from many new clients being referred from outside rehabs, since we were one of the only support groups providing an on-site service during that time. Outside referrals have continued to be an increasingly successful source of clients for us in the past 18 months. ➤

We carried on with groups of maximum six clients, due to space constraints and to adhere to the Covid guidelines agreed by Aftercare, the Garden Day Programme and Bethwin, wearing masks at all times in the building and sanitising between all groups.

This format continued until 18 December 2020, when a new lockdown was imposed nationally. At this point, we were able, along with other Kairos services, to provide group Zoom meetings. During January, February and early March this year, Jessica, Airen and Dave ran what was close to a normal typical Aftercare day, with Group Feelings sessions from 10-11.30am, workshops from 12-1pm and

2-3pm, and one-to-one sessions for all members at their allotted times during the week.

We returned to an on-site group again, considerably earlier than significant areas of the country, on 9 March, with members from the Zoom groups plus new clients from outside rehabs who hadn't wanted to join until we could provide face-to-face services.

For safety purposes at this time we kept the groups to a maximum four in the morning and a different group of four in the afternoon. We reverted to mixing up to a maximum of 10 in June 2021.

Jessica Rood

SUPPORTED HOUSING MANAGERS' REPORTS

SUPPORTED HOUSING

This has been another challenging year for Kairos Community Trust and the team which supports the residents of our 29 Move-on houses, with their total of 185 beds. We have been dealing with the ongoing coronavirus pandemic at the same time as continuing to provide a second-to-none service to our current clients, as well as marketing our services to ensure referrals continue to come our way.

The team has worked together – whether on site, at the office, from home, online or by phone – adapting health and safety policies to changing government regulations, overcoming obstacles step by step, and we all continue to do so.

In February, all Kairos Move-on staff had the opportunity to have the Covid-19 vaccination and, I am pleased to report, all the team were vaccinated. This enabled them to work as normally as possible with clients in our Move-on houses. An estimated 90 per cent of Move-on clients have been vaccinated and we have not had a single case of Covid-19 in a Move-on house in 2021.

Kairos Move-on has decided to continue to provide supported housing accommodation for new referrals who are abstinent for 28 days. There has continued to be a high demand for Move-on accommodation and we have been receiving new referrals from different providers. I am pleased to report fewer relapses this year than last year.

Clients' mental health has been tested throughout this year and some have struggled at times, however they continue to be resilient under the circumstances and support systems have been strengthened. Throughout the whole pandemic many have engaged with online study courses in addition to attending online Alcoholics Anonymous and Narcotics Anonymous fellowship meetings via Zoom. Many have also taken the opportunity to keep fit with yoga, daily walks and jogging.

The **Kairos+** counselling service for residents of supported houses continued to run online and by phone and is preparing to resume more face-to-face meetings

in the near future. The service has continued to provide invaluable support for clients throughout this time.

We are pleased to welcome volunteers Daisy Rawlins, who is helping to support residents, and outreach worker Faye Ward, who is supporting clients who have moved into their own properties.

Again, another challenging year, so well done to clients and staff for working together through these difficult times, I hope the worst is over for us all. Great work everyone!

Matt Dear

ADMINISTRATION MANAGER

It has been a trying 18 months during the Covid-19 pandemic. I was unlucky and caught it in January this year and have long-covid. With the help of Judy McLellan, I managed to work through this – partly working from home. But, together, we kept on top of things. I would like to thank everyone for their support and understanding – it is much appreciated.

Strange times at head office with no visitors (as per government guidelines) – we are used to people popping in for coffee and a chat regularly, so it has been rather quiet.

Oye Oke and Sahra Khatun, the finance team, and Judy and I in Admin, work very closely together. At the start of Covid-19, with some of us working from home and then with self-isolation issues, we were a bit disjointed. Happily, we are all, in the main, now working from the office. We are a tight-knit team and are so glad to be back working together.

Our maintenance team has also gone through difficulties. Last year maintenance was put on hold for a while as we were unable to go into houses to attend to maintenance work – due to guidelines and people self-isolating. Also, Denis was shielding for the latter part of last year and then was off sick until October this year. He is back now and along with Julian and Scott we have a wonderful team and things are moving on nicely now.

Dorothy Woodward-Pynn



More rooms for recovery: the recently-extended Move-on house in North London.

We have dedicated the three neighbouring Move-on houses in Brent to our work with ex-offenders. During the pandemic, one house was transformed with the support of Crash Charity from a four-bed house to eight beds, which took my client caseload to 20 across the three houses.

A Bethwin Road and Move-on graduate has reroofed two of the garages and transformed one into a group room, which has given us a perfect space to have three groups a week on a variety of topics focusing on solutions to not reoffending and living a fruitful, sober, crime-free life in recovery.

During the Covid-19 pandemic, we had four ex-offenders positively move on to their own accommodation and one relapse back into addiction; the rest of the men and women have remained abstinent. Due to two of the residents having cancer, with Mossie Lyons' agreement, I moved into the project myself for the first five months of the pandemic to limit my travel and limit the risk of catching Covid and carrying the virus to the house; I was able to work five days a week on site.

We have two peer supporters who still live in our project and I

work closely in partnership with the local probation service and the integrated offender managers from the Metropolitan Police to give extra support to the higher risk clients. We also have an incredible input from **Kairos+** counselling service; two therapists work with eight clients each week, four on Tuesday and four on Friday. This has enabled me to spend a day a week on outreach work in prisons across London, Surrey and Essex to recruit new clients who are in the process of completing treatment programmes in jail. This has been a great success already as it has allowed us to complete thorough assessments and gain further information about the clients' needs and expectations. This referral and assessment process has been invaluable.

We will soon have another volunteer joining our team and we're looking forward to developing our project, which itself has been made possible by a generous grant from the **National Lottery Community Fund**. Kairos in North London is a very special place to work. I am inspired every day by my amazing clients who show a hunger to stay clean and change their lives and learned behaviours. Sometimes all we need is a little bit of love and compassion.

Frank McDonald

Our Kairos

“Today I am a mother again to my two precious sons. I am a daughter. I am a friend. I am a sister. I am in a relationship. I am working with people aware of my recovery. I am part of society and I have found my place in the world again. I feel like I have come home at last.”

“I spent my whole life hiding behind masks, hiding my true self from the world. Never letting anyone really get close. I was in so much pain and fear, fear of not being accepted. It was a really lonely place. Today I genuinely like me. In recovery I've found I have a fulfilled and enjoyable life, one that's worth living and it's all thanks to the support and guidance of Kairos – my gratitude is immeasurable.”

“The staff and volunteers at Kairos all seem to genuinely and sincerely believe that every human life is unique and precious and that not a single one should ever be allowed to wither away or be lost without an enormous, wholehearted battle to save it.”

“The timetable is very good. It has made such a difference to me on a personal level. I'm looking better, dressing better, feeling better. Other people have noticed too. I feel mentally better.”

“ ‘Moving on’ isn't about accommodation – it's an internal journey. It isn't about reclaiming the life you had prior to relapse. It's about a life that exceeds anything you've had before and about becoming who you are meant to be.”

“The three-day-a-week Aftercare Programme was fantastic and helped me move back gradually into day-to-day life outside the rehab.”

“Working with the bees has become one of the solid building blocks of my recovery. It has taught me so many skills and has given me the opportunity to connect with and learn about Nature and all she has to offer us. Above all else, it has taught me that there is life and fun after addiction.”



Above, from left: Mick Coen, our volunteer expert, leads a hive inspection in the Head Office garden apiary; and building and repairing hives at the Kairos bee HQ shed in Streatham.

The year of the bee

As winter turned to spring our team of fledgling beekeepers couldn't have predicted the 'learning opportunities' that would befall us.

Early on, one spectacularly stormy afternoon, half of one of our colonies decided to swarm, leaving with the queen to set up shop elsewhere, while the other half stayed put to rear a new queen. Luckily the leavers only went as far as a tree in our garden and we manoeuvred them from the branch into a box, a tricky job well done – and we came out of it with a bonus colony.

The next lesson was far tougher, when we spotted an abnormality in some larvae in our strongest colony. Instead of lying curled up cosily in their hexagons, a few were literally heads down and bottoms up, a tell-tale sign of the highly infectious European Foul Brood (EFB) disease. It was devastating news because the treatment for EFB is brutal. The whole colony had to be destroyed by pouring petrol into the sealed hive. I will never forget the sound of almost 60,000 bees dropping down dead. We were all inconsolable. The next day, we had to dig a hole deep enough to build a bonfire and burn every frame, just over 40, and then the bees a handful at a time. Then there was an agonising six weeks before the good news that the other seven hives in the apiary were free of EFB.

However, there were highlights to come. We entered the regional honey show, eager as anything. Emily baked a honey fruit cake, Jackie made honey lemon curd and honey flapjacks, Chris and Terry entered the jarred honey classes for chunk, set honey and liquid honey and there was Antonia's stunning honey jar label display. I entered some photos.

It's with tremendous pride I can tell you we won two

first-prize certificates and three second-prize certificates. This was a huge boost and spurred us on to enter the National Honey Show. We threw everything we could at it... and four cakes, four jars of honey marmalade, one label and 26 jars of honey later, we were ecstatic to be awarded a commendation in the liquid honey class!

Jackie set up our Instagram page and we now have more than 1,000 followers. Through it, we are communicating with people all over the world and learning so much. We have also linked up with Healthier Without, the zero-waste shop, to sell our honey in Streatham.

An amazing year, thanks to our volunteers Chris, Emily, Jackie, Terry, Neil, to guru Mick Coen, and to everyone who has supported us and the bees.

Grace Madden



Sweet taste of success: Grace, Terry and Emily at the National Honey Show with their commended honey.



FOLLOW US ON INSTAGRAM:
@bee_revolutionary_kairos

Shared challenges

It's been another very different year for us all; however, we have been fortunate to be able to share it with our friends and supporters.

Remembering old friends

When Kairos Trustee John O'Sullivan died in January, we lost a valued friend as well as a Trustee.

On 25 June, John's wife Mary and their children – Ciara, Conor and Randall – joined Kairos Trustees and other community members to celebrate his life and contribution to Kairos. Some 30 of us gathered in the garden of the old vicarage in Streatham, where Mrs O'Sullivan unveiled a plaque that was installed in entrance hall. It reads:

"This house is dedicated to the memory of John O'Sullivan (1961-2021) in appreciation of his work as our Trustee."



On 19 August, Crash Charity and Kairos came together to dedicate one of our Move-on houses in North London to the memory of Paul Kavanagh, CEO of Imtech, long-standing patron and friend of Crash.

Kairos welcomed Paul's family, Sheila and his two sons, Adam and Ewan, colleagues and friends from Imtech, Francesca Roberts, CEO of Crash, and members of the Kairos community.



Ridgeway runners: Gemma O'Driscoll and her brother, Danny.



On the streets of London: George Soper and Laura McLellan.

Marathon runs for Kairos

Our thanks to siblings Gemma and Danny O'Driscoll who in July ran day one (50km/31 miles) of the Race to the Stones ultramarathon along the Ridgeway for Kairos. And to Laura McLellan and George Soper who ran the virtual London Marathon last month. Together, they ran 83.4 miles and raised £4,891 – thank you, all!



All aboard: Toddy O'Donnell in our new 14-seat Ford Transit minibus



Kairos gets the ULEZ green light

London's extended Ultra-Low Emissions Zone came into effect on 25 October this year but we were ready! Over the past two years, Kairos has purchased four ULEZ-compliant vehicles: a minibus, a van and two cars. This is not simply meeting regulations but an investment in the future and improved air quality for everyone. Thanks go to our ever-vigilant mechanic in residence, Toddy O'Donnell, for guiding us through the process of selection and purchase.

Volunteers see recovery in close-up

■ My time in Linden Grove this summer was characterised by warmth, honesty, kindness, laughter, resilience, cooperation, and gratitude.



However, those are not things which we associate with addiction. Addiction is not a pretty cause to fight for. Its symptoms and side effects do not generate widespread public sympathy or support. It is time for that to change. It is time for us, as a society, to change how we think about addiction and how we treat those in need of help. I think to truly understand addiction you need to see it up close and that is what I have got from my time with Kairos Community Trust. I have seen addiction up close. I have seen the damage it does but I have also seen how the rubble it leaves behind can be rebuilt. I have seen its indiscriminate nature and its steel grip. I have seen how it interacts with trauma, with loss, with abuse, with depression, with homelessness.

Addiction crawls into the places where support and love should be. However, I have also seen the Kairos community expel addiction from those crevices and replace it with compassion.

Now that I am leaving London behind I know that these are things that I will carry with me back across the Irish Sea. I will hold on to the memories of a group of people who willingly gave of themselves to help those who had nowhere to turn. I will remember the clients who, despite the challenges they were facing, never failed to show gratitude and appreciation for whatever small thing I did to help them. Though Kairos

Community Trust is a charity made up of houses, it is the people inside that make them a home to recovery.

Rose Higgins

■ Hi, my name is Gavin and I've been volunteering at Kairos since March this year.



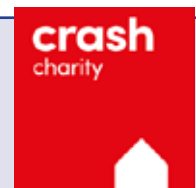
I've been in recovery myself now for more than two years and I came to London for a fresh start. I moved into a Move-on house with Kairos and started volunteering at Linden Grove almost straight away. It's honestly been a fantastic opportunity; the team is like a family, we pull together to keep the house running on a daily basis. I receive lots of support and training for my role as a volunteer support worker. I'm studying for my health and social care diploma and I'm learning lots about addiction and about the treatment and support that Kairos provides for clients every day.

We save and stabilise people's lives here. It's an amazing thing to experience when I see a client come in with desperation and fear in their eyes, and within only days or a few weeks they transform into a member of our community, taking part in groups, helping each other and starting to become honest. It's then clients' lives start to get back on track.

Every client has a story, and to see it turn around is amazing to be involved with. The John Kitchen Centre is a huge asset to this community and I'm honoured and privileged to be a part of the Kairos team, and for that I'm truly grateful.

Gavin Tait

THANKING OUR PARTNERS AND SUPPORTERS



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FRIENDS OF KAIROS COMMUNITY TRUST
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THANK YOU!

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

Please note that our secure online giving platform, the PayPal Giving Fund, takes no commission, so all your donation goes to Kairos Community Trust's work. Look for the button at the bottom of our website pages.

