



KAIROS AT 30

This year, we celebrate two milestones: 30 years of Kairos and 25 years of our residential rehab at Bethwin Road.

Here, Kairos co-founder Fr John Kitchen reflects on the journey from soup kitchen to registered charity serving the homeless and addicted, with hostel, rehab, aftercare and supported housing services providing more than 220 beds across six London boroughs.

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

Remember, rejoice, be grateful and proud



It could never have entered our wildest dreams in 1991, when Tony Walsh and I first looked for ways to help street homeless people in Kilburn, Hendon and Cricklewood get back to a healthy way of living, that the small, precarious and fragile process we started would develop into what is now Kairos Community Trust, renowned

across London and beyond as somewhere to go for help. And we never could have foreseen the twists and turns, successes and failures, that the journey to the present day would encompass.

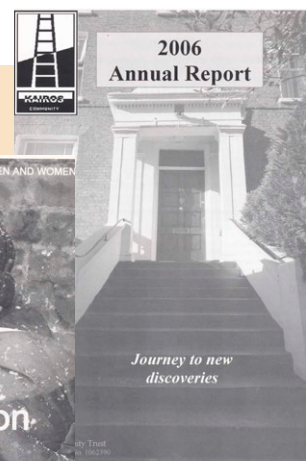
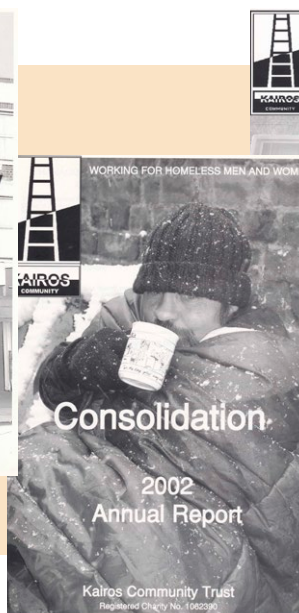
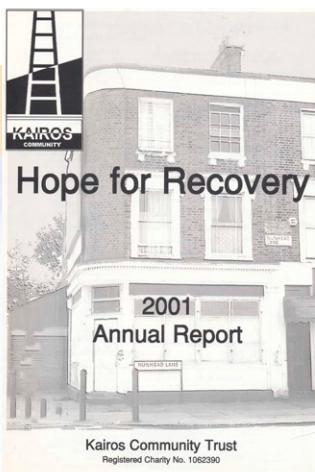
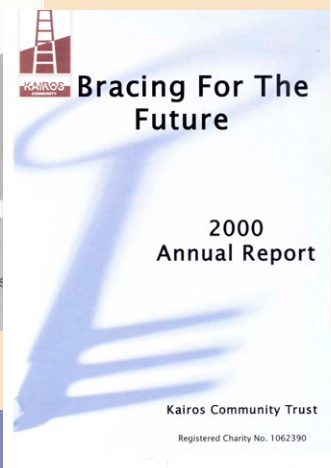
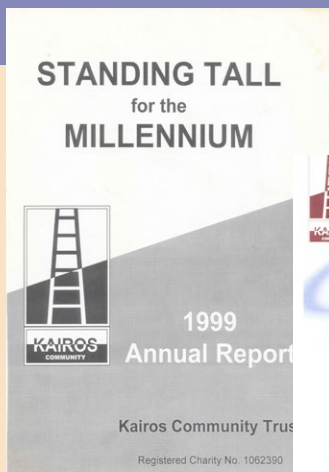
Kairos has saved so many lives in that time, restoring livelihoods to sons and daughters, mothers and fathers, brothers and sisters, and reuniting suffering families. Only those who have made the journey know!

As I look at the Kairos community today and see brilliant work being done, day in and day out, by excellent and dedicated staff and volunteers, I realise too that many of them have come through this process of recovery themselves and are now giving back that renewed quality of life together. What greater work is there.

This AGM is a moment to remember, to rejoice, to be grateful and to be proud of all that has been achieved and will yet be achieved in the future. To all the trustees, the director, staff, volunteers, helpers and residents, individuals, groups and associations who have so generously contributed in so many ways, your collective achievement is mighty.

In the beginning, for Tony and myself it was a gospel-inspired undertaking, believing that love conquers all. Love and trust. I know that these qualities have been at the heart of Kairos throughout the years and long may they be so. Congratulations to all concerned. With God's help, the future will be long and fruitful. Long may the dream continue and many may be the lives recovered.

Father John Kitchen



Annual Reports chart our activities and growth and report back to our supporters.

Still the shared journey is our Kairos way of life

Yes, no doubt it's been hard work. But Kairos is more than a workplace. Its very existence and continuing growth have their foundations in love, equality, belief, co-operation, partnership, conviction, service, camaraderie and fun.

These foundational values, present and continuous, form a springboard which propels us every day to build a better place together from that moment of inspiration and courage of Fr John, 30 years ago, to the time we must hand Kairos on to others. "You have to want it," they say. This is true for everyone in Kairos – trustees, director, management, staff, volunteers, clients – maybe especially clients.

It speaks volumes that half of our workforce has been through our own rehab and rehousing programmes. Kairos is transformative. It has transformed my life too, my world, my values and has been a huge influence and presence in my family.

As I see it, Kairos has value only in terms of the person – a man, a woman is welcomed, respected and given the chance to reclaim and celebrate their personhood. Their journey begins with small steps towards the realisation of their beauty and potential.

Kairos is committed to the ongoing personal and professional development of our workforce and through this to contributing to the wider homelessness sector.

Kairos also links to other housing and social care agencies in the monthly publicising of job/volunteer vacancies arising in those organisations.

Thirty years of Kairos – 30 years of transformation, growth and enrichment – a bit of Kairos in each person



As manager of Bethwin Road, my family were frequent visitors.

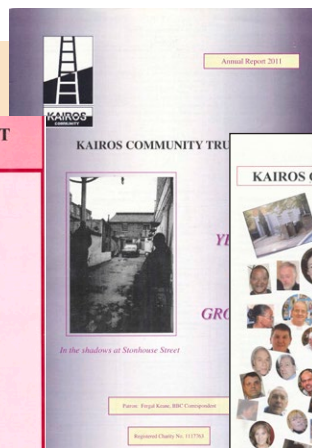
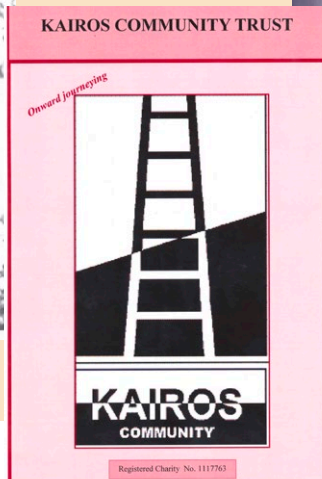
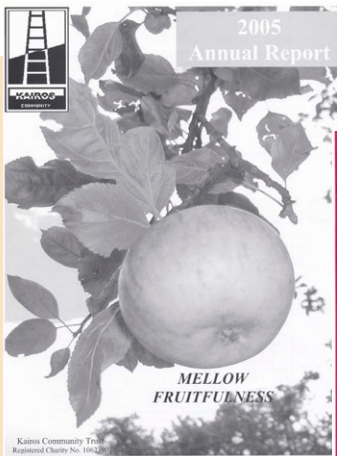
who comes and goes through its doors; a bit of each person in Kairos as we learn, adapt, serve, seeking all the time to improve and grow. Together. Adaptable. Transformative. This belief in, and love of, what we do has ensured that Kairos has been and continues to be both organic and dynamic in its relevancy – in an ongoing journey together. Vibrant and fresh.

Bethwin is where I began 25 years ago. A bit of that wonderful place will be always in my heart and a bit of me feels I have never left its homely cosiness, its journey. Happy birthday Kairos! Happy birthday Bethwin! Well done to all and let's keep on serving.

Mossie Lyons

DEVELOPING PROFESSIONAL & PERSONAL SKILLS IN 2021-22:

- Staff and volunteers continue to take part in the rolling training programme for Health & Social Care diplomas at Linden Grove.
- Two staff therapists have started courses in group work at the Institute of Group Analysis.
- Kairos volunteers have been supervised and supported into full-time employment, e.g., Martina to our own Move-on team.
- Lucy has been working as a trainee counsellor at Bethwin Road.
- Conor, a trainee nurse, completed his summer live-in placement at Linden Grove.
- Alex completed his school work-experience in beekeeping.
- Grace passed her first beekeeping exam.



BETHWIN ROAD AT 25

A milestone can have two meanings, one looking back and one looking forward, writes Paul Carter, Chairman of Trustees



◀ Bethwin 2022
(l-r): Chris Farnell, Lee Slater (manager), Lucy Fay, Simon Woods, Hafida Soltani, James Hopkins, Dominic O’Gorman (deputy manager, seated).



▲ Bethwin 1997
(l & r): Jim Finn, Sally Martin.

CHAIR OF TRUSTEES REPORT

Two milestones on the Kairos path to recovery

We all celebrate and pay attention to significant milestone events in our lives, whether it be birthdays, anniversaries or, for some, the date they set out on their journey of sobriety and recovery. Each is important to the individual and such dates can also have a real and lasting impact on the lives of others who have been or still are alongside the individual on their journey.

This year, as well as 30 years of Kairos itself, we celebrate Bethwin Road’s milestone of 25 years as a residential rehab, a quarter-century since it first opened its doors in October 1997. Bethwin Road has been and continues to be central to the life and blood of Kairos through the professional care and support delivered by a dedicated team of wonderful staff and volunteers. Thanks and praise must go to those both past and present who have helped develop Bethwin Road into such a success story.

My high regard for the good work at Bethwin Road is shared by many individuals and professional organisations, including the Care Quality Commission. The last CQC report on Bethwin Road stated that ...

“Clients were truly respected and valued as individuals. Staff were exceptionally skilled and experienced. They empowered clients as partners in their care and supported them to take ownership of their own recovery journey. The service had a strong, distinctive ethos of creating a community environment that nurtured trust, responsibility and respect.”

What a terrific endorsement, applicable I would suggest across all Kairos services.

Milestones do, of course, also refer to what lies ahead. Dotted around the outskirts of London you may have seen those small lumps of rock embossed with the words ‘X’ number of miles to London, which were reliable reference points before satnav or even A-Zs were thought of; how times have moved on!

One of the great things about Kairos is that it is continually evolving and growing, but with its core strengths remaining constant across all services, whoever the staff and volunteers may be at any given time. Such continuity does not necessarily come easily. However, because of the hard work and dedication of the many, we can all feel a little sense of reassurance that the road ahead will be filled with many milestones which will be celebrated and honoured in the years to come.

It just leaves me, therefore, to welcome you to our annual report and I hope to see you at our AGM (29 November 2022) where we can reminisce about the past and consider what the future holds for us all.

Paul Carter, Chair of Trustees

BETHWIN ROAD AT 25

MANAGER'S REPORT

BETHWIN ROAD RESIDENTIAL REHAB

We feel the home has now come through the worst of the Covid-19 pandemic which has been with us for well over two years now. We hear all the time of this now being the "post Covid-19 era" but this is not strictly true, especially for our home. Bethwin Road is a shared-room environment, so we still have to keep voids in case of any positive Covid-19 cases.

This is reflected in the statistics for 1 Nov. 2021 to 1 Nov. 2022.

These figures include:

■ Assessments 65	■ Self-discharged 5
■ Admissions 39	■ Aftercare 7
■ Graduated 23	■ Move-on 5
■ Discharged 6	■ Current residents 10

To add to this, we currently have a healthy waiting list of 16 with five of these already booked in for admission in the New Year.

As well as Covid-19 still presenting issues for us as far as potential clients go, this is further impacted by there still being no sizeable inner-city London detox. There is now, of course, St Thomas's detox which has helped but it does not meet demand within inner London and many of our future residents still have to travel way out of Greater London for their own detox before being admitted to us. This more than doubles waiting times and some clients sadly, lose hope and motivation to stay on their original

planned pathway. Happily, this year we have seen a big increase in referrals and enquiries and this can only be good news for clients in the community and our service. Residential rehabilitation is still very much in demand.

The home has gone through some much-needed TLC this year: decluttering, refitting, painting and decorating; the results so far are very pleasing and refreshing. The group room has been completely transformed to a quiet bright open space with fitted ceiling projector, the original parquet flooring in two areas of the home have been repaired and restored, and we will resume with the rest in 2023.

The programme continues to inspire many that come through the doors of 59 Bethwin Road. The home provides the conditions in which any addict seeking recovery can heal. An open mind, humility and willingness are key factors and spiritual principles of laying the foundation for long-term recovery. Recovery requires patience.

The team continues to work hard. My thanks to Dominic O'Gorman, Miriam Hicks, Chris Farnell, James Hopkins, Simon Woods, Lucy Fay, Hafida Soltani and Wayne. We wish Steve the very best going forward having given three committed years to weekend support work.

I would like to finish our brief report by informing you all that Bethwin Road opened its doors to a new way of life 25 years ago. We opened on 19 October 1997. A quarter of a century and still going strong, getting stronger.

Lee Slater

Our Bethwin Road

Dear Staff of Bethwin Road,

I am extremely grateful for the time and help I have received while undergoing treatment with you all. Before coming into treatment in late May this year, I was a complete and utter mess. I had no hope and was faced with what felt like nowhere to turn; I was defeated, broken, bruised and stuck in an infinite void of emptiness, chaos and craziness.

Next week I start my 12-week Kairos Aftercare Programme, as well as my first volunteer shift, one day a week at a retail shop that fights against homelessness – all because of the opportunity of recovery gifted, taught and assisted by you. Thank you. I now have faith, hope and realistic goals and plans again.

I haven't ever been to a place like this before and think you guys are the absolutely best place for recovery in London.

Thank you so much for everything,
Sincerely, **JR**

'Welcome to the Kairos family'

I came to Bethwin road on 28 November 2004. When I first arrived I had thought for a long time that my issue was that I had been homeless for five years and that my substance misuse was a way of coping with the homelessness.

When I arrived, I was greeted by Lee who was going to be my counsellor. I didn't think I would build a relationship with him and talk about any of my issues, but I did. I had come from a place where you don't trust anyone and everyone is out to 'get one over on me'. Lee soon saw through my bravado and challenged my thinking around homelessness being the issue.

When I first met the group I thought, this lot are in trouble. Over time I realised that I was the one who was in trouble. One of the groups had been talking about relapse and I spoke to Lee in a counselling

session and asked, how many times people have to "do" treatment before they finally stop, his response was "just do what's suggested and you don't have to use again". It's amazing that I celebrated being 18 years clean on 1 November 2022, this is something I never thought I would achieve.

The love and warmth that I felt back in 2004, I still feel that to this very day. Mossie said to me then, "Welcome to the Kairos family" and at the time I didn't realise what he really meant by this, today I do. I came to Bethwin with little to no self-worth and self-esteem and slowly, over time, Kairos has become my family and my esteem and self-worth has grown.

Words cannot express the gratitude I have for Kairos, my mum and dad have their son back who was lost for many years.

SW

GARDEN DAY PROGRAMME

We will remember 2022 as the year we emerged from the epidemic and scaffolding, took off our masks and finally completed the new build at 66 Nunhead Lane. The second phase extension finished the redevelopment in September and makes a huge difference.

Nov. 2021 – Nov. 2022

- New starters 37
- Graduations 22
- Discharges 15
- Medical discharges 2
- Transfer to Bethwin Road 1

Visitors, clients and staff are impressed by the new premises and we are enjoying having a building and garden 'fit for purpose' for both the GDP and the Move-on teams.

The 2022 recovery statistics again show the validity of the 12-Step community 'dayhab' idea and how well that is being supported by Greater London drug and alcohol teams and by Kairos Linden Grove Abstinence-Support Hostel. Thank you, Vince and Danny and their team.

Alcohol and crack cocaine misuse remain the drugs of choice for the majority of our clients and we have noticed a reduction this year in the misuse of prescription drugs.

Some 54% of our clients were referred from Linden Grove but 46% came direct from local authority drug and alcohol teams. This is a significant shift. Linden Grove remains our number one referrer but Southwark, Croydon, Westminster, Kensington and Hammersmith are regular referral sources. Of our 22 graduates, 16 went on to Kairos Aftercare; 38% of our clients this year are women, continuing the encouraging trends of the last few years.

With limited pre-detox preparation available during lockdown, and currently only one detox in London (at St Thomas's Hospital), the adult social care teams have had to use alternative UK-wide options. This has resulted in a larger role for us in the early days of stabilising and treating London-based clients fresh to abstinence at the GDP.

The additional needs of 11 such clients were acknowledged by care managers and met with funded treatment extensions. This has meant that 11 clients (30%) have had 16 weeks GDP treatment or more.

Keeping on top of these developments while prioritising client recovery has remained our goal in these challenging times. The future is looking increasingly busy as our reputation and outcomes grow.

The GDP team of Gillie Sliz, Will Pugh, Lucia McGuckin and Matt Ferguson have ploughed on through the pandemic and the building site and can be rightly proud of their efforts and achievements over these past two years.

Thank you team and well done.

Tim Penrice



*Project complete!
Number 66
Nunhead Lane
houses the GDP
downstairs and
Move-on residents
upstairs.*

ADMIN MANAGER'S REPORT

It has been fabulous having everyone back in the office after Covid-19. The buzz is back! Thank goodness.

We have just received a donation of bedding and clothing from the Queen Mother's Clothing Guild. This is an annual event and we have received many useful items during the years. The QMCG was introduced to Kairos via CRASH, the building industry charity, and we are very grateful for their support.

Our maintenance team is going strong. Julian King and Scott Murray are Kairos employees and they do amazing work. We are also fortunate to be able to call on Dave the electrician, James the plumber and Robbie the roofer who are absolute stars in getting the job done for Kairos. Denis Walsh has retired due to his health and we do miss him an awful lot.

During Covid-19, face-to-face training came to a halt. However, we carried on with training through Social Care TV which kept us going. I was really pleased to resume face to face. This year we have had two sessions each of: Fire Marshall; First Aid; Equality & Diversity; Safeguarding; and Health & Safety. Julian, Scott and Jason have completed pest control training so we now have six trained pest controllers in Kairos. We have also had a session of NPS/Drugs Updater Training.

Duty of Care and Trauma training are booked to take place in January and February 2023.

Volunteers from Sony have just had a day at our Brixton house completing a gardening project and a team from Aviva has done a gardening and decorating project at two Lewisham houses. We are really pleased that Brixton residents joined in and loved it. We thank both Sony and Aviva for their generosity of time and spirit.

A special thanks to admin, finance and maintenance teams for their continued brilliant work.

Dorothy Woodward-Pynn

AFTERCARE PROGRAMME

Nov. 2021 – Nov. 2022

- 48 clients starting
- 42 clients departing
- 30 clients completing full programme

The Kairos Aftercare Programme has operated close to full capacity for the whole of 2022. Run by manager Jessica Rood and therapists David Yates, Airen Koopmans and Cydney Dunbavin-Hands, it offers a progressive understanding and awareness of how to maintain recovery and secure relapse prevention once the detox and rehab process has been completed. Most Aftercare clients have been clean from all substances for at least four months.

The programme runs for 12 weeks, three days a week (Tuesday to Thursday), from 9.30am to 3pm. Each morning there is a group process for 90 minutes and there are workshops in co-dependency and behavioural addictions, and drama therapy. Each client has their own one-to-one session with an Aftercare counsellor each week.

While at Aftercare clients are taken to various volunteering and employment initiatives and encouraged to take external courses upon leaving Aftercare, ranging from improving literacy and computer skills to working with the homeless and learning skills needed in the workplace.

Clients are also introduced to the facilities of the New Hanbury Project in Shoreditch, where they can undertake such activities as upholstery, woodwork, gardening, computing, painting and boxing, plus an accredited course in psychology. As many as 20 of our clients have used different aspects of the Hanbury Project during 2022. A very successful new initiative for us is their Psychology for Change and Feminism for Change courses, which are eight-week courses running through the year that have been very helpful for our clients here post graduation.

The dining-room at Linden Grove is at the centre of life in the hostel.



During 2022 other initiatives have changed after the pandemic. Thames Reach has remained closed for personal group visits but continues to provide us with resources for volunteering and educational opportunities. We are also looking to establish connections with the Open Book project at Goldsmiths, which offers learning pathways that can provide a route into a university degree course that may otherwise be inaccessible.

Jessica Rood

LINDEN GROVE ABSTINENCE-SUPPORT HOSTEL

It has been three years since our last physical AGM at Linden Grove. During this time a lot has happened.

We found ourselves directly confronted with the reality of Covid-19, working around the clock to provide a safe and comfortable environment for our residents. Re-modelling the service to the constant regulatory changes was complex. We experienced shortage of goods, lack of resources, skeleton staff, sickness and the inevitable outbreaks... it goes without saying that there were many times of doubt and uncertainty.

Nevertheless, not all was lost because it was also a time for Linden to experience the most positive changes, alterations and amendments in a long time. Linden has grown exponentially.

We have put down the pencil and transferred to a revolutionary electronic database system; wi-fi access for residents has been installed; the staff office has been remodelled; a separate medication room has been created to respect the privacy and confidentiality of the residents; client's bedrooms have been painted and decorated; new carpets have been fitted all over the front house.

The team has worked diligently to cater for our residents with a heightened level of dedication. It has been fantastic to watch and experience this first-hand. I want to celebrate and thank each member of the team, past and present, who helped make Linden the rare and precious place that it is today: a unique and invaluable sanctuary for those suffering from addiction whom society has rejected and sometimes forgotten.

Now with the numbers.

During this past 12 months the team...

- assessed over 200 individuals
- admitted 97 of them
- transferred 43 to the Kairos third-stage Move-on.
- referred 3 to Bethwin Road rehab
- referred 20 to the Garden Day Programme

There is a saying that has been going around for a few years which certainly has rung true recently: "Never a dull moment at Linden Grove".

Vincent Mahe

SUPPORTED HOUSING MANAGER'S REPORT 2022

The beginning of 2022 was another challenging year for the Kairos Community Trust Move-on team as we found ourselves with a continuing number of voids in the Move-on houses. These voids were often around 30-35 at any one time; this had been occurring throughout the Covid-19 pandemic.

As you know, Kairos is reliant on housing benefit and we had to resolve this issue quickly. We required immediate action, so we contacted hundreds of rehabilitation providers to inform them that we had spaces available. We also changed our referral policy, accepting those who were 28 days clean rather than the three months sobriety as previously. This action worked and we began to receive new referrals.

Since May this year the referrals have come in thick and fast, and at times we have found ourselves full for the first time in a long while. This was great news for Kairos in general and I would like to thank all the Kairos Move-on team who have worked tirelessly over the year. This is still not the time for us to become complacent because there are uncertain times ahead for us all.

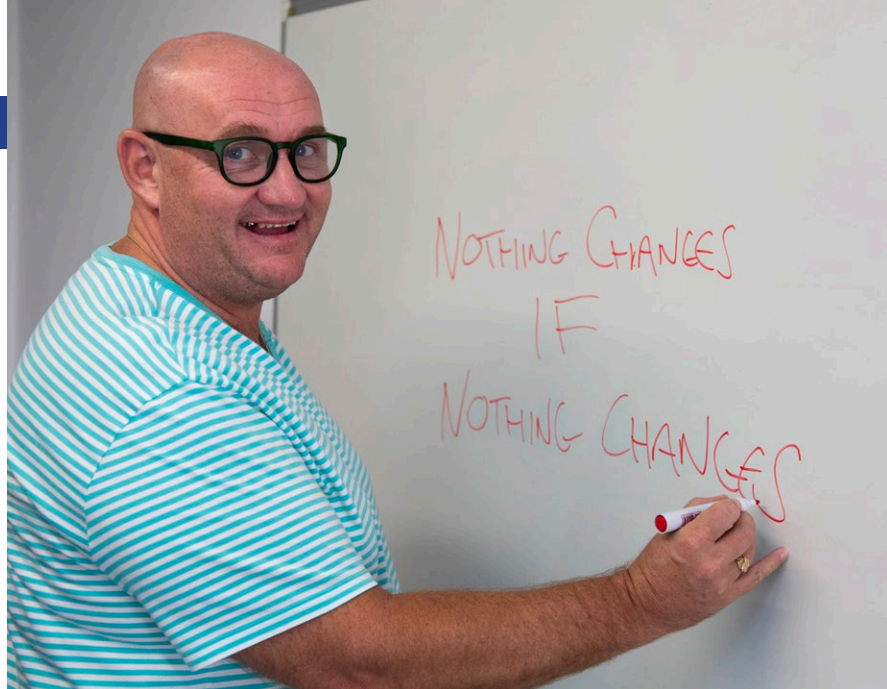
During this year there have been some changes within the Move-on team. Mark Daniel started full-time work with CGL, after being on the permitted work scheme with the DWP and managing the Kairos Move-on houses in Streatham. Mark's replacement is Martina Cooley who had been working as a volunteer at Linden Grove and who came over to the Move-on team, initially on the permitted work scheme with the DWP but now I am pleased to add a full-time employee. Martina now manages houses in Streatham and Brixton.

There were a number of changes in the Move-on volunteer team this year. Recently, Faye W has been working with former residents who moved to their own properties. I believe that without her support, these people would not have been able to remain in their homes. The Kairos Move-on team welcomed Faye S who has been working with Frank McDonald, the criminal justice lead at Burnt Oak in north London, mainly with ex-offenders. Lastly, Mark Cullen, who has recently come from Linden Grove where he is a volunteer, has taken on the working house in Honor Oak. A big thank you to all our volunteers.

This year we have had 53 clients completing their stays in Move-on houses. Of those 53, 40 moved into their own permanent accommodation. Considering the current housing crisis, this is a massive achievement.

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



Frank McDonald spells out recovery in the group room in Burnt Oak.

SUPPORTED HOUSING/ EX-OFFENDERS PROGRAMME

There has been a lot of growth in Burnt Oak in the past year. Coming out of Covid, we were prepared for some difficulties in the rise of mental health issues across the recovery community. We have worked tirelessly to improve the service and support we provide. I started working outreach in a different prison every Tuesday to present our service to clients and staff to increase our referrals and admissions, as well as helping existing clients who had been with us for over two years to move on.

The service at Burnt Oak has exceeded my expectations and I have had continued support from my manager Matt Dear and director Mossie Lyons. The unity and teamwork has paid off for the benefit of the properties and most importantly the residents staying clean, crime-free and proactive in their ongoing recovery. In the past year, we have had 18 move-ins, and 11 positive move-ons from criminal justice clients. We used the four voids I had periodically for residents who were 28 days clean and sober and supported them for 90 days here before moving them to south London. We have moved five of them successfully internally for their ongoing recovery. Unfortunately, we have had five relapses into active addiction and two residents abandon the property.

It has been a good year for us in Burnt Oak and we endeavour for a better one next year. We now have a volunteer, Faye, working with me from last month who has been inspirational and a great role model to the community at Burnt Oak as we attempt to improve our service. Currently we have four voids out of our 20 beds for which clients have been assessed and accepted. We are just waiting for release dates from the parole board for them, which should all be within the next month, to be at full capacity.

Out of small acorns grow big oak trees.

Frank McDonald

HIGHER-NEEDS SUPPORTED HOUSING REPORT



Kairos has 14 places in designated Move-on houses for clients recognised as having higher support needs in their recovery from alcohol and or drug misuse. Six of these are at 66 Nunhead Lane, where I am based as their support worker.

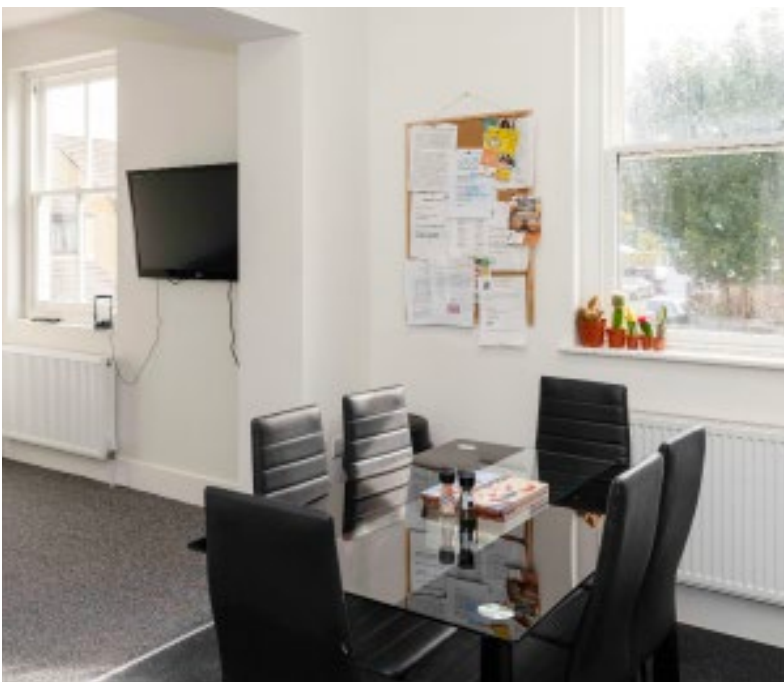
The second phase of the redevelopment of the building was completed last September and the impact on our clients' daily lives has been immeasurable. For many people in recovery, isolation was a huge part of what kept them disconnected from the world, using alcohol and/or drugs. Since the building's completion, it has been amazing to see the change in our clients. They now have a bright, warm and friendly living-room area where they have a space to talk and connect with one another, which in turn builds unity and hope. Having a dining-room has already resulted in residents deciding to organise a Christmas dinner together. You can really see the improvement in many of our clients' state of mind.

The new office helps me support my clients and be more accessible to them, while providing them with the comfort, confidentiality and safe space they need. This in turn gives me a great deal of job satisfaction.

We'd all like to thank Francesca Roberts and her fabulous team at CRASH Charity, for their generous support. And also John Bailey and his builders for their work and for always being mindful of our clients' welfare.

Sarah McGoldrick

The new living-dining room upstairs in the Move-on house at 66 Nunhead Lane.



Volunteers and Placements

Volunteers – whether they arrive through our own pathways or through external training placements – contribute enormously to the day-to-day running of all Kairos services.



Since joining Bethwin Road as a placement counsellor, I have been attending two full days per week, on Tuesdays and Thursdays. Lee explained to me at the beginning that it was essential that I become part of the team, so each resident is assigned to a therapist they know and trust. I deeply appreciated this emphasis on the therapeutic relationship and so it was easy to commit, despite this being unusual for a placement, in that general expectations are to attend for one-to-one work only.

This opportunity to truly join and become 'part of' has meant my working in all aspects of the primary care treatment programme being offered, which includes workshops, gender group therapy, group therapy and art therapy. This has enhanced my learning and given me valuable experience that I feel I couldn't have got anywhere else.

Over the past year the Bethwin team has been inspiring. While the programme advocates and includes aspects of the 12 Steps (spiritual approach), the work here is fundamentally grounded in professional, safe and ethical practice. I admire and respect this balance of transpersonal and evidence-based work.

The respect, trust and friendship I have been given from the whole team has meant that my confidence has grown and I feel I have become more courageous and passionate in my work. I feel very grateful and proud to be part of Kairos, be one of the Bethwin team, and to be involved in the life-changing work that happens daily at Bethwin Road.

Lucy Fay



Our reward was a honey harvest

Reflecting over this past year I'm so proud of all we have accomplished so far with our Kairos Bee Revolutionary project. We've been catching swarms, raising new queens and colonies, planting forage for the new bees and harvesting honey.

Due to the scorching weather and having so many young colonies, we had little hope for a harvest this year. The bees, however, had a different plan. Right at the end of summer our girls were ferociously collecting what nectar they could find, which meant we could extract from five hives. In total, we got more than 170 lbs of honey.

Coming out of last winter we were lucky to have six surviving colonies over three apiaries. Going into this winter we now have 11 colonies over four apiaries.

Many friends at our beekeeping association in Bromley lost many hives because of last year's mild winter weather, ideal for breeding harmful bacteria and mould. We've been fortunate to have had just one hive intent on swarming, so we're breeding queen after queen, which allowed us to donate two small colonies to a friend who lost his entire apiary. A small miracle!

Our volunteers... At just 15, Alex is our newest volunteer. He joined us for the honey harvest and has turned out to be a natural at everything bee-related. He completed a week's work experience for school and has, so far, learned how to feed the bees, collect wax and propolis. He has also entered both the regional and national honey shows. His honey entry came first making

our honey award winning for the second year in a row.

Along with Alex, Ada and I completed a certificate in Hygiene and Food Safety, level 2. This will allow us to sell baked goods as well as our honey.

We have a new label this year (below). Antonia has designed it in her stunning signature style, as well as this year's Kairos Christmas cards, which will be for sale alongside our honey at the AGM.

Terry, our resident swarm-catcher, has been showing volunteers Steve, Phil and Paul the ropes. This has allowed us to take on the fourth apiary this year and hopefully a fifth next year.

Our Instagram page is going strong, thanks to the social media team. As a result, we have been invited to set up a stall at the Rookery Farmers Market in Streatham from the third week in February next year, so we will need more volunteers! We will be starting our latest 'bee school' in the new year, and Kairos residents past and present, staff, supporters and trustees are all welcome.

We couldn't have accomplished any of this if it weren't for the continued support and guidance from our mentor, Mick Coen. And he has my most sincere gratitude because it's with this support that I was not only able to pass the basic beekeeping assessment but I did so with a distinction. Thank you, Mick.

Grace Madden



Go with the flow (l-r): Alex powers the centrifuge. Loaded with frames of honeycomb, the spinning forces out the honey so it can be collected at the base. But before frames are loaded into the centrifuge, Grace and Terry carefully scrape off the wax caps to let the honey out.

Working together



CRASH CHARITY

For 17 years CRASH Charity has worked with Kairos Community Trust to design, refurbish and build

Linden Grove and, a number of their supported Move-on houses across London. The success of this partnership is credit to the mutual respect, collaboration, and honesty between the two charities. CRASH has a deep and compassionate understanding of the services that Kairos offers, and is confident that developing their buildings will have a lasting impact in the community for years to come. The lifeline Kairos gives to those who find themselves homeless and dealing with addiction, can save a person's life and CRASH is proud to work with Kairos to provide those important welcoming places. CRASH hopes the partnership with Kairos Community Trust will continue for many years.

The CRASH team

● CRASH Charity: <https://www.crash.org.uk/>



VETERANS AID

The relationship between our two charities was first established many years ago by Geoff Stott, a member of the Kairos team who some of you may remember. Geoff was not only a Kairos graduate but also a former Royal Marine, and he called me in my first weeks at Veterans Aid (some 15 years ago now) to see if we could form a link to support more ex-service personnel into treatment.

I believe we are now closing in on 200 veterans who have passed through the doors of Kairos, men and women from an assortment of corps and regiments who have reclaimed their lives thanks to the care, support, and guidance offered.

These links have been strengthened in recent years thanks to Kairos's decision to recruit Veterans Aid clients as members of staff and volunteers. The wealth of experience, insight and expertise these individuals have brought has only solidified Kairos's status as one of the leading addiction treatment centres in the country.

Staff at Bethwin Road have also been hugely kind and accommodating in welcoming a new member of the VA team in to shadow staff and gain a better understanding of 12-Step treatment. I know this has been an invaluable education for him and we are hugely appreciative of their work to support the VA team's continued learning.

I am often asked the question as to whether or not our clients would be better off in a veteran-specific rehab. I am strongly opposed to this idea, and on a recent visit to Kairos I was reminded of why. As I waited in the Bethwin Road garden to see a client I was greeted by a man I barely recognised, a chap who had been through treatment well over a decade ago with a previous VA client of mine.

The man who offered his hand was still sober, still attending meetings, and still popping into Bethwin to stay connected. He had no connection to the military but had gathered many of our clients in as he cultivated his recovery community over the years.

There it was. Kairos in a nutshell. That community. This is the magic ingredient that very few other treatment centres are able to replicate. And this is exactly what gets people well, veteran or civilian.

Congratulations to Kairos on another hugely successful year. Many lives have been changed. I look forward to seeing the results of these transformations in 2023.

Phil Rogers

● Veterans Aid: <https://veterans-aid.net/>

Kairos in partnership with CRASH: the redevelopment of 66 Nunhead Lane.



STAY IN TOUCH

KAIROS COMMUNITY TRUST

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235 Valley Road, London SW16 2AF

t: 020 8677 7292

mail to: kairosoffice@kairoscommunity.org.uk

● For details of all our services, our organisation and history, visit: www.kairoscommunity.org.uk



FRIENDS OF KAIROS
COMMUNITY TRUST

ACCOUNTS Kairos Community Trust's accounts have not been fully audited at this point; however, they will be available to view on the Charity Commission's website and that of Companies House, from the end of December 2022.

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

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

● PayPal Giving Fund: <https://www.paypal.com/gb/fundraiser/charity/3191527>

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

