

KAIROS

COMMUNITY TRUST



ANNUAL REPORT

2022 / 2023

KAIROS COMMUNITY TRUST IS A THERAPEUTIC COMMUNITY DEDICATED TO SUPPORTING PEOPLE WITH ADDICTIONS.

Addiction and homelessness are often intertwined. Our residential services provide recovery housing and support for individuals overcoming these dual challenges.

We operate through our abstinence-support hostel, residential rehabilitation centre, therapeutic day programmes, and our network of 28 supported Move-on houses, most of which are in south London.

<https://kairoscommunity.org.uk/>

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Front cover art

This year's cover image features the collaborative mural of local artists Boudicca (@boudiccapaloma) and Bernie (@barnieart), for Kairos' Garden Day Programme in Nunhead. 'Before' and 'after' photographs are on page 19.

CHAIR OF TRUSTEES' REPORT

A warm welcome to the 2023 Annual Report of Kairos Community Trust.



I have sometimes wondered how the word 'community' found itself in the title of the Kairos name when, over 30 years ago, Kilburn Night Shelter changed its name to *Kairos Community Trust*.

Like me, I am sure you will often have heard people talk of how they feel part of the Kairos community: whether they be residents, past or present, or those helping to support Kairos, whether employed or those volunteering their time.

The definition of 'community' can perhaps be described as 'a group of people with a common characteristic or interest living together within a larger society.' I suppose therefore, taking its literal meaning, community is the perfect word to use that best describes Kairos.

Fr John Kitchen, our Co-founder, once wrote that "Community is not family as such, but it does create belonging." I do hope that Kairos creates a sense of belonging for everyone, a sense that everyone is made welcome and, importantly, supported, going forward on their individual journey.

For many, I know that Kairos has been a family to them. As with all families, things do not always run smoothly but with hard work and appropriate support and commitment, things can and do improve. As with most close relationships, success within our community will not be judged just when things are going well but is more appropriately measured when challenges are met and overcome. If anyone feels isolated in their time of need, life can be more difficult; however, with a supportive community of people who understand and provide support, life can and will get better.

I hope that the Kairos community does not end for someone when an individual moves on.

Typically, as in any calendar year, there have been many members who have moved on in the last 12 months - too many to list here. However, I would like to single out Marsha Dunstan, who gave 14 years of dedicated service to the Kairos community. As well as the development and upkeep of our website, Marsha produced our annual report, took photographs, collaborated on the Kairos archive and produced a wide range of material over the years, promoting Kairos and its services.

I trust that, in Marsha's case and for many others, their time with us will be remembered. They will always remain part of our special community and be welcomed back on occasions such as our AGM gatherings.

On behalf of myself and my fellow Trustees, welcome to our Annual Report. We look forward to seeing you at our upcoming AGM (28th November, 2023) and back amongst us again sometime soon.

Paul Carter
Chair of Trustees

THE NATIONAL PICTURE

133,704

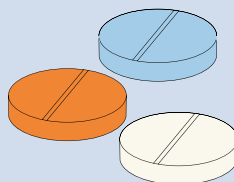
adults entered
substance misuse
treatment in 2021-22



49%

of people exiting
treatment nationally
successfully completed
treatment

Source: Office for Health Improvement & Disparities,
Adult substance misuse treatment statistics 2021 to
2022: report



**Each £1 spent on
treatment saves £4**

from reduced
demands on health,
prison, law
enforcement and
emergency services

Source: Dame Carol Black's
Independent Review of drugs:
phase two report (July, 2021)

10,053

rough sleepers spotted
on London's streets
between April 2022-
March 2023,
with the **number of
households** living in
**temporary accommodation
in England** at an
all-time high.

Source: CHAIN, Combined Homelessness and
Information Network figures for London; Department
for Levelling Up, Housing and Communities

KAIROS IN SNAPSHOT

243

people use *our services*
at any one time

221

of those have
*Kairos as their
home*



67%

of our staff, volunteers & student
placements have **lived experience
of addiction & addiction recovery**

55%

of our staff, volunteers & student
placements **came through Kairos'
processes themselves**



Admissions across our
abstinence support hostel,
residential rehab, and day
programme rehab are



31%

higher than 2021-22

&

46%

higher than 2019-20

*The word '**Kairos**' comes from an
Ancient Greek term meaning the
'**right time**' or '**opportune moment**'*

We operate in

6

London boroughs,
with members from

100+

countries & UK areas

12

Steps



1

day at a time

THE DIRECTOR'S REPORT

It's been a year of enduring community strength, writes Mossie Lyons



Kairos has forty four members of full-time staff. Six of these have worked for the charity for over ten years; nine for over fifteen years; a further three for over twenty years. An extra six people work fifteen hours a week as part of the DWP Permitted Work Scheme.

It is one thing to come together, another thing to stay together, and another thing still to want to be together. **Kairos is a place of long, sure service.** We've been through three recessions, we're coming out of a pandemic and are now in the middle of a cost of living crisis.

The charity has 243 people using its services at any one time. Our residents are in recovery from addiction and homelessness, some at the beginning of their journey, some preparing to move on.

There is never a day without a new challenge - every day in Kairos is a chance for someone for a new beginning. Kairos is too fluid, organic, responsive, to be dull or become stagnant.

For thirty two years, the charity has drawn people in. Its care and support has held people at many levels. It nurtures into wellbeing. And, well again, some want to give back, motivated by a spirit of gratitude. **Half of Kairos' staff have been through its own rehab processes, most of whom began work as volunteers.**

Currently, **Kairos has twenty one volunteers and six trainee counsellors.** Kairos Community Trust takes part in the professional training of new counsellors on diploma/degree courses for whom a placement forms part of their accreditation requirements.

So, we work together, work for one another, work and learn from a conviction that everyone who comes through a Kairos door is part of a process that is life giving, life changing. Yes, at the beginning most are held by the community for a while, but gradually they grow and are freed in self-sustained independence.

Rehabilitation, care and support is time on a person's journey to reclaim the beauty and uniqueness of their personhood – own it and live it. **This is Kairos time; opportune time.** That short chronological interlude in a person's life of being helped to reset the compass of life and journey on in health.

We'll get over the cost of living crisis, and that's thanks to everyone in Kairos for making it a special place.

**Mossie Lyons
Director**

KAIROS SERVICES AND IMPACT

...IN OUR MEMBERS' OWN WORDS

“

Starting at Linden Grove, the programme is early stage recovery: an introduction to the basics of recovery. Second-stage treatment at Bethwin Road or GDP is a tough but necessary journey. Aftercare is codependency and for me it was a reality check.

My personal journey was tough but I was dedicated to getting well and the Kairos team invest so much. They literally saved my life. Kairos is just so special and unique. It taught me to love, trust, and have the will to live again; 'family' comes to mind. I have so much respect and love for Kairos and the team.

I would suggest to anyone suffering with addiction: pick up the phone. Call.

The future is bright. The future is Kairos.

• *Former resident and current Kairos volunteer*

”

“

When I went to prison, I was homeless and addicted to all sorts. I got clean in prison but had nowhere to go until Kairos gave me a place. It was living there that I started to feel a piece of humanity again for the first time.

My support worker helped me to face filling out forms as well as encouraging me to contact UR4Driving, where I had driving lessons, took my theory test, and gained a driver's licence. Being an ex-offender and recovering drug addict, I didn't even have a bank account, never mind a passport or driving licence!

The support I received from staff gave me the courage to believe in myself and start voluntary work, which boosted my confidence.

After years of study, I am now a fully-fledged therapist who runs a successful business. I do freelance work with Kairos and I live in my own place. I have relationships with my family and children. Not bad for an ex-junky who couldn't go a day without using.

I wouldn't be where I am today if Kairos hadn't given me a safe place to start recovering, not only from drugs but from my traumatic upbringing. I will be forever grateful to Kairos and will continue to support it and its residents.

• *Former resident*

”

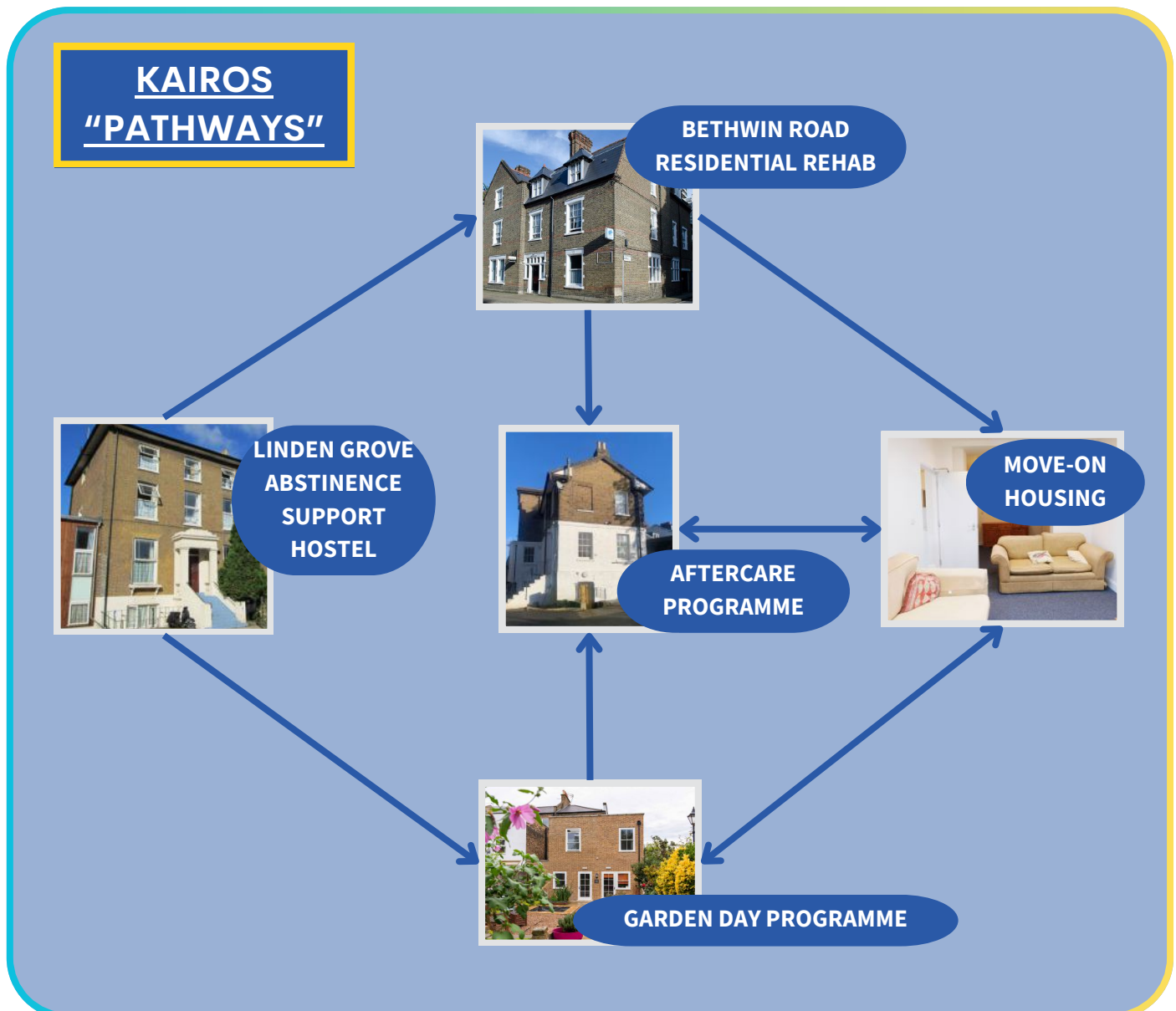
KAIROS SERVICES

Our core services are:

- **Linden Grove abstinence-support hostel**, where recovery begins
- **Garden Day Programme day rehab** - 12-week, 12-Step based, non-residential five-day rehab programme for people who have already detoxed
- **Bethwin Road Residential Rehab** - post-detox, residential 12-Step treatment centre providing a 12-week rehabilitation programme
- **Aftercare** - three-day, midweek, 12-Step, abstinence-based treatment programme
- **Supported Housing** - abstinence-based accommodation for men and women who have completed detox and rehab or are 28 days abstinent and committed to recovery

Recovery is a personal journey.

Each of these services can be accessed independently or combined to create individual pathways to recovery that best fit an individual, from any point on the map below.



SERVICE MANAGERS' REPORTS

LINDEN GROVE ABSTINENCE SUPPORT HOSTEL

Another year has passed at Linden Grove, with its unique blend of challenges and successes. With 25 single rooms, including 16 en-suite, and people typically resident for three to six months, capturing daily life here is no easy task.

Firstly, I want to highlight the **devotion, commitment and passion of our staff** in supporting and educating our residents each day. **It is without doubt this spirit that makes Linden a great place to be part of and to begin a journey into abstinence and, potentially, long-term sobriety.**



I would also like to thank **Estelle Carroll**, our lead therapist for some years. She is moving on within Kairos, to Bethwin Road. She will achieve great things there, as she did here. We will miss her, dearly.

Linden Grove is a unique establishment within a unique organisation. Our role is to **provide safety and comfort, while imparting an understanding of addiction's destructive nature** to those willing to listen.

We mainly focus on the first of the Twelve Steps, admitting powerlessness over addiction and acknowledging that one's life has become unmanageable.

“

My Linden Grove

Early on, it really is baby steps. Just planting both feet on solid ground. Then comes (learning to) trust. Slowly, gaining a basic understanding of powerlessness in the 12 Steps, and the importance of fellowship, community, peer support.

Kairos means time. A space to recover, to reflect, to plant your feet back on solid ground. Most of the team have lived experience of this, and so understand. Everyone deserves their recovery.

It is always refreshing to hear someone accept complete defeat, whether to alcohol, drugs or something else, as **we know this is paramount when building a solid foundation for recovery.** The Garden Day Programme, Bethwin Road and Aftercare build on achievements already made at Linden.

Our stabilisation hostel has proven essential for many individuals searching for a sanctuary, a place to rest and mend their damaged souls and bodies. Sometimes, people walk in on crutches or Zimmer frames and, within a short period of time, find themselves able to walk without aid, and with dignity again.

For a pragmatic view of our centre, here are the key figures:

October 2022 - September 2023

112 residents admitted

64 successfully completed & entered Kairos

Move-on housing

25 still in residence

15 referred to Garden Day Programme

4 completed & transferred to Bethwin Road

These findings speak volumes. They indicate how much of a difference Linden Grove makes in people's lives.

And we, the team, are proud to be part of it!

Vincent Mahe



SERVICE MANAGERS' REPORTS

GARDEN DAY PROGRAMME

The Kairos Garden Day Programme has had another successful year, with 38 new starters and 23 graduations.



Eighteen of the new starters came along the Kairos pathway from Linden Grove and 20 came from the community, both north and south of the river.

Our thanks go to Vince, Danny and the Linden Grove team, and to the Substance Misuse Teams in Southwark, Lewisham, Croydon, Kensington & Chelsea, Hammersmith & Fulham, Westminster, Tower Hamlets, Camden and Islington. Our range and reputation are growing!

Of our 23 graduations, 14 were able to access the Kairos Aftercare Programme, extending their time in treatment and helping to develop their recovery options in education, training and volunteering.

One of the positive post-COVID developments in local authority and addiction services has been their willingness and capability to fund extensions to basic 12-week treatment, so giving clients options to get 18, or even 24 weeks treatment at the GDP. Some 65% (15 out of 23) of our intake since last September have had such extensions.

2022 - 2023

Of 38 new starters, 20 were from the wider community

23 successful graduations

14 moved on to Kairos Aftercare

65% participants granted extensions to 12-week programme



My GDP

GDP was essential, amazing, well worthwhile. You start the 'real work', the making of your recovery.

It's challenging, dealing with the traumas and problems you had before, that you normally box down. But it's worthwhile. It lightens your load, takes the rocks from your shoulder. Else, it's only a matter of time and you're back out there.

The counsellors are all so skilled and aware. Nothing scares them because they've seen it, heard it before. And you know you're not alone. Other people are going through the same things, so you can speak about those things more easily. Mentally, I felt the difference. After GDP, I was in a better place than I was before.

This financial support has given us a greater ability to **attend to the variety of health and addiction problems presented by clients.** It has also helped **increase our capacity to deliver additional 12 Step understanding and recovery.** This is an area of programme development and potential that we will be looking at in 2024 as we grow.

As the programme is growing, so is the team, and during 2023 **we have welcomed new faces, skills and perspectives to our core 12-Step psychotherapy group recovery.**

Gillie Sliz in her 10th year has decided to cut her group and counselling days down to three a week, and **Luisa Cicuttin** is bringing her counselling, yoga and complementary therapy skills two days a week. **Will Pugh** is embarking on the second year of the diploma course at the Institute of Group Analysis while conducting GDP groups and counselling, and **Reka Hutter** joins us on a placement for her Addiction Psychology and Counselling MSc at Southbank University. **Anne Stegmann** (art therapist) and **Matt Ferguson** (meditation) work effectively bringing new awareness and acceptance.

Thank you all for the stimulating and supportive work you contribute. The variety of the programme is one of its strengths, but would mean little without the compassion and kindness that you bring to its delivery.

Tim Penrice

SERVICE MANAGERS' REPORTS

BETHWIN ROAD RESIDENTIAL REHAB

It's been a successful year in the busy little home we call Bethwin.

For many who come through the front door, Bethwin becomes a home. A place of safety, a shelter from the storm. The ethos of trust, responsibility and accountability helps to form a community spirit. For many, within weeks, a sense of belonging and feeling part of something bigger than themselves begins to take some sort of blurry shape.

The instillation of hope.

Addiction does not discriminate. People of every race, religion, class, gender, ethnicity walk through the door of Bethwin Road. For some, the penny drops and they realise that they alone can do it but they cannot do it alone. They reach the first word of the 12 Step programme, 'WE'.

A few come in an 'I', remain an 'I' and leave to get on with their lives. Having worked at Kairos for well over two decades, I have witnessed time and again that the majority running on willpower will eventually use again. They get lost. Without direction, that's what happens. You get lost.



September 2022 - 23

52 residents admitted

24 successful graduations

12 still in residence

11 moved on to Kairos Aftercare

11 transferred to Kairos third-stage Move-on housing

Addiction can mirror passion. It's very cunning, it feels good: like connection, direction, meaning and purpose. But it's not. It's addiction, and it is setting the addict or alcoholic up to use a substance again. Heroin, crack, alcohol, cannabis, ketamine, or any other drug...the bill is in the post and on its way. It is just a matter of time.

We as a work force have to live with this sad reality.

The ripple effect of addiction is devastating. Children are broken hearted, parents see their children destroying themselves, husbands and wives are left feeling completely powerless as their loved one commits suicide slowly.



As a community, we also experience the flip side of this.

Recovery gives some children the best present ever: a sober, clean mother or father. For others, the journey may be more painful; families are not reunited and they have to learn to live with this consequence.

Fellowship provides a forum and community that can support both. Addiction can manifest in the pain and the joy. It needs managing, one day at a time.

Welcome to Bethwin Road.

Lee Slater

**Our
Bethwin
Road**

I went to Bethwin Road a broken man, and I got my life back with their help and support.

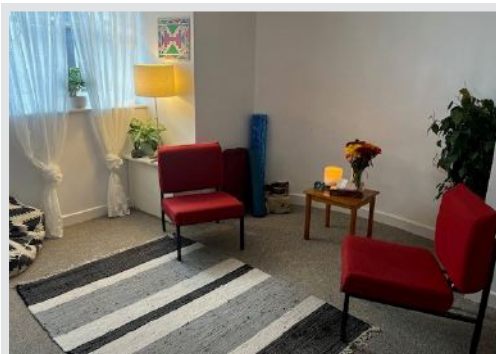
Bethwin Road saved my life, giving me tools to help me keep clean and sober. Bethwin is a fantastic opportunity to get your life back on track. The staff and counsellors are so professional, and they make it like a family environment. Now, I'm volunteering and giving back what they gave to me.

SERVICE MANAGERS' REPORTS

AFTERCARE PROGRAMME

The Kairos Aftercare programme has operated close to full capacity throughout 2023.

Run by **manager Jessica Rood**, **deputy manager David Yates**, and **therapists Airen Koopmans** and **Cydney Dunbavin-Hands**, **Aftercare 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, with a minimum clean time of thirty days.



The programme runs for twelve 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, behavioural addictions, and dramatherapy. Each client has their own one-to-one session with an Aftercare counsellor each week.

Cydney and Airen run additional workshops in mindfulness and artistic creativity, and David runs family awareness groups.

September 2022 - 23

47 clients started
41 clients departed
29 clients completed the full programme

In 2023, we introduced the following extra elements to our programme:
increased awareness around cultural counselling; dyslexia and learning difficulties; debt management and poverty.

These are all individual issues that are particular to so many of our clients.

While at Aftercare, **clients will be taken to various volunteering and employment initiatives and encouraged to take external courses upon leaving Aftercare.** These have ranged from improving literacy and computer skills to working with the homeless, or learning skills needed for the workplace. **These initiatives have been particularly successful during 2023 and we are consistently visited and contacted by graduates of Aftercare with stories of new successes.**



Clients are also shown the facilities of the New Hanbury Project, Spitalfields Crypt Trust's training and development programme in Shoreditch, where they undertake such activities as upholstery, woodwork, gardening, computing, painting and boxing, plus an accredited course in psychology. Their **Psychology for Change** and **Feminism for Change** courses, eight-week courses running through the year, have been **extremely helpful for our clients here post graduation.** Many of our clients have used different aspects of the Hanbury Project during 2023.



Our Aftercare

Aftercare was so empowering. After focusing on my relationship with substances in rehab, it was time to focus on my relationship with others, and myself. Codependency.

I was introduced to dramatherapy, which was a revelation and so powerful. It shifted therapy away from words to an embodied experience. I accessed feelings I couldn't reach verbally.

Aftercare is all about ACTION, how to live and grow in the real world. Plus, I made some great friends!

When I arrived at Aftercare I had never heard of the word "codependency." Understanding the nature of it and attending meetings has underpinned my recovery in ways I didn't think possible.

Jessica Rood

SUPPORTED HOUSING

THE SUPPORTED HOUSING EXPERIENCE

I had previously completed the recovery path through Linden Grove, GDP, Aftercare and supported housing. That journey has been phenomenal. From the first day at Linden I was shown love, compassion and welcome into a community that is unique.

I now find myself supporting others on their own recovery journeys. Hopefully, through my experience I can continue to encourage, love and be part of a combined effort of us all trying to positively change our lives and remain free from active addiction.

We are all Kairos Community in equal measure. For the next person who walks through the door today, the chance of a new life is given: a reconnection with family, children, new friendships, and the chance to regain self-esteem, confidence, sobriety, and a new found hope. May Kairos continue to flourish for a very long time – one day at a time.

Jason O'Reilly, Kairos Support Worker

Insight: Louise Fitzgerald, Kairos Support Worker and House Manager

We peek into the role of Louise Fitzgerald, support worker and house manager for three of Kairos' abstinence-based houses, including our women-only house. Louise supports single homeless adults in addiction recovery, working with residents for everything from their initial assessments and move in to Kairos housing, to their ongoing support and onward transition.

It's really important to have that foundation of a home, support, and boundaries, and learning to live with other people in a recovery community helps residents with isolation. When someone first moves in, I spend a few hours making them feel comfortable and ensuring their essential needs are met. From there, it progresses naturally but varies for each resident; although we work primarily with addictions, people's past experiences often make their needs unique.

We get referrals from many sources, and residents can self-refer. That's good, as lack of statutory referrals can block someone from accessing support, even when they don't have stable, substance-free accommodation. I try not to make assumptions. A resident often has so many skills, so many talents, but they can be lost along the way in addiction, homelessness, and instability.

I visit my houses regularly and make sure I'm available. We're not like services where you can only access appointments once a week. It's a massive gift. I might test for substances, assist residents with housing benefit issues, offer emotional support. Or maybe we need to discuss their contribution to the house, if they're lacking motivation...that's normal in early recovery, ups and downs. We meet together as a house each month. I also help with practical skills like online application forms. These can be really difficult when you've been homeless – it's terrifying. It's lovely when you see someone manage those things without it feeling overwhelming.

I show residents different choices and solutions they have to problems, but it's really important not to take away anyone's choices. I want to empower people to the point they make choices for themselves. Residents learn coping skills and how to work through difficult situations without resorting to drink and drugs. What individuals are capable of is amazing, but nothing happens until drink and drugs are put down.

Residents are really proactive at pursuing things they want to do with their lives. It might be college, or volunteering. I seek out creative ways to help them and am always in the background, thinking how to get resources. Grants or funding that would be life-changing and help them get what they need. It's not about what I think they need, it's about what they think they need. I love seeing someone achieve things they might have wanted since childhood, or feeling content and with peace of mind, that they've got a purpose and belong somewhere. They belong in a community. That part makes me so happy.

SUPPORTED HOUSING REPORTS

SUPPORTED HOUSING MANAGER'S REPORT

This has been a very good year for the Move-on team, who continue to support the residents of our 28 supported houses.

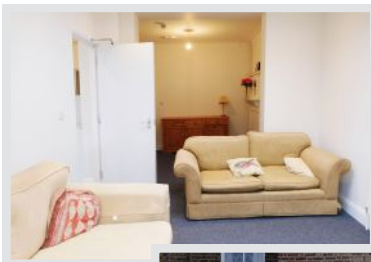
With referrals consistently high, we have run at capacity throughout 2022-23. As Kairos mainly relies on housing benefit to operate our service, this is extremely welcome news. A big thank you to all the Move-on team for their hard work.

We maintain **commitment to our ex-offenders project in Brent**, managed by Kairos Criminal Justice Lead **Frank McDonald**. **The project has seen huge success** in preventing clients from returning to crime or addiction. Frank continues to visit prisons throughout the UK, building relationships and assessing potential residents. Well done, Frank, for your continuing work.

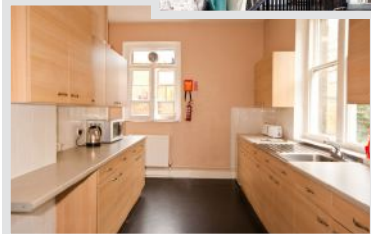
Frank has been joined in Brent by Kairos worker **Jessica Rodmell**, as part of the National Lottery grant awarded to Kairos in June. We welcomed Jessica to the Move-on team this year and she was previously responsible for three of our supported houses in south London. Elsewhere within the Move-on team, **Sarah McGoldrick** moved on to pastures new. We wish her all the best for the future.



Left to right: Steve and Liz of the Kairos Move-on team, with Assistant Manager Lee Vines and Manager Matt Dear



Some of Kairos' third-stage supported Move-on housing



Moving people on to their own accommodation remains one of our main challenges. We continue to seek all options to give clients a chance of stable onward housing. By hook or by crook, **we have managed to move some sixty residents into their own permanent accommodation since April 2022. Considering the current housing crisis, this is a massive achievement.**

This year saw the first ever **Kairos Unity Day**, held in the grounds of the Spiritan House at Bickley. It was a resounding success, with some of the Move-on team pivotal in making the day happen. **Well done to everyone involved. Long may this event continue.**

The team continues to work together, seeking ways to strengthen our work. The Move-on team **meets weekly** and **gathers for several "team days" each year**, most recently in June and October. **I am confident we achieve this continuous improvement.**

The Move-on team as a whole has many years of experience working in this field. This benefits all the residents of Kairos Move-on houses greatly.

Appreciation goes out to all staff and clients for making Kairos the success it is!

Matt Dear

My Move-on

Coming from homelessness, if I hadn't gone to Move-on after finishing treatment, I'd have been back on the streets, probably. Back in the same situation I was a year before.

Move-on lets you bond with others, build friends, go to meetings and groups, move forwards. Family can visit. You've got a support worker to help you through.

It's comfortable, warm, and you've got a key to a door. That key means you've got security. You've got heating, a washing machine, hot water and a tap; you've got showers, clean clothes, clean bedding. You've got the greatest start you can have in the world to a new life, basically.

28 supported houses
180 beds across 6 London boroughs
Resident for up to 2 years
60 residents moved to permanent accommodation since April 2022

SUPPORTED HOUSING REPORTS

ADMIN MANAGER'S REPORT

The buzz at the hub, Kairos Head Office, continues.

Despite COVID-19's ongoing presence, people do not seem to be suffering as much and are back to work quite quickly. This is reassuring, although we must still be cautious.

We have just received a donation of bedding and clothing from The Queen Mother's Clothing Guild. **Another glorious donation!** We are very lucky that this is an annual event. Each year, we are invited to send two people to St James' Palace for a view day of donated items. We always send different people, usually newer members of staff, and this year it was Martina and Grace's turn. **We thank the Queen Mother's Clothing Guild for its continued support.**

**122 assessments completed
April to September 2023,
9% increase on the same
period in 2022**

Maintenance continues at a swift pace with full-time Kairos employees, **Julian King** and **Scott Murray**. **We have a great team.** We are also fortunate to call on the services of **Dave the electrician**, **James the plumber** and **Robbie the roofer**. Thank you all for your hard work.

This year saw us initiate a project **installing wi-fi across our houses**. So far, we are making excellent progress.

Training has continued apace, with Health and Safety training completed in October and, earlier in the year, Violence and Aggression and Risk Assessment training. **Online, we continue health and social care training through Social Care TV**, which started during COVID and continues to complement face-to-face training. To date, 259 training modules have been completed, with no units failed! A remarkable achievement.

A team from **Aviva** joined us for a **volunteer day in one of our south London gardens**. A grand amount of work was done in the garden, with bee-friendly plants and herbs put in to encourage the bees. **Thank you to all who helped.**

The team at Head Office continue to work well together and we now welcome Adrianna, who has become the latest member of the team.

Huge thanks go out to Admin, Finance and Maintenance teams for another great year!

Dorothy Woodward-Pynn

KAIROS AND THE ENVIRONMENT

Kairos Community Trust is committed to positive environmental practices.

As an organisation, we:

- Encourage **recycling** across our community. Across our services, all possible items - from garden waste to broken furniture and appliances - are disposed of at the **Southwark Recycling Centre**
- Ensure all **Kairos transport** is well-serviced and ULEZ compliant
- **Already have solar panels installed on the roof of one of our houses** and are **actively investigating means of expanding sustainable energy generation and energy saving across our estate in 2024**

Volunteer Day 2023



Before (above) and after (right): the fenced 'secret garden' of the south London house transformed by the volunteer day. In this garden, a 'lean-to' was also added to an existing shed this year - constructed entirely from scavenged wood

2024 will see us planting more herbs and pollinator-friendly plants and perennials across Kairos' gardens.



KAIROS AND THE ENVIRONMENT

KAIROS COMMUNITY BEES REPORT

Kairos Community Bees has been a hive of activity across the changing seasons.

Winter

The mild and damp 2022-23 winter found us with **four surviving colonies across three apiaries**. By the time we entered winter 2023, we were back to ten thriving colonies. However, with **the threat of the Asian hornet now on the horizon**, we may need to adjust our approach in 2024 and start **breeding more assertive bees**. Unfortunately, it looks like placid bees just won't survive against the vicious yellow-legged beast. This year, we're also looking forward to making the most of the **refurb at Bee HQ (thank you, Dayne)**. This gives us more space for **our creative and therapeutic projects** using the **products produced by our own beautiful bees: wax, propolis, and honey**.



In Spring, we welcomed **new volunteers** from **Kairos and beyond**, through our association with Bromley Beekeeping Association and St Mungo's.

Spring



We also hosted **four work experience students** from two schools. They dived into beekeeping, learning everything from **feeding bees to honey production** and **making honey-based products**, and achieved **Level II Health and Hygiene** certificates. Their hands-on experience extended to **catching swarms** and observing the **regional 'bee inspector'** at work. I am pleased to report we passed his inspection with flying colours!

2022 - 2023

10 colonies across 3 South London apiaries

100lb of honey

harvested this year

@bee_kairos Instagram has 1600+ followers

Autumn



In Autumn, we reaped the rewards of our - and our bees' - hard work. Our **harvest celebration** was full of joy, bringing together enthusiasts from across our community: volunteers; friends and family; Kairos' Co-founder,

Director, and current Trustees; friends from Bromley Beekeeping and other partner organisations... Alongside a barbeque and honey spinning, everyone had a chance to pour their own jar of honey. **Especial thanks to Sara and Dayne for running the kitchen.**

The honey harvest itself yielded 200 jars of honey this year. As well as 'cure-all' honey, this will become pomegranate honey and Christmas spiced honey. As winter approached, Grace gave her second of three **talks at the Women's Institute**. 'From the Flower to the Candle' unveiled the bee lifecycle and process of creating wax products. She concluded autumn with an exploratory week in Jersey, investigating **Asian hornet activities** (and was featured on the BBC!)



Summer

Summer was a hive of activity. At the **Keston village festival** in June, our stall successfully sold about 10lbs of honey, alongside the Bromley Beekeepers Association. The **Kairos Unity Day** was another highlight. We raised awareness of beekeeping and sold honey, with our **candle rolling activity a huge hit** with both children and adults. **Thank you too to Father John, who donated his honey for sale**, with the proceeds back to Kairos. Despite a challenging year for bees to forage (and honey stores way down this year), careful management saw the introduction of **eleven new queens** this summer.

We attended the prestigious **Bees for Development garden party** in June, in the Royal gardens of Marlborough House. It was a fantastic opportunity to share stories with like-minded, passionate community bee specialists.

Particular thank yous this year...

...to our mentor and 'bee guru' **Mick Coen, of Bromley Beekeeping Association**, for his unwavering commitment to Kairos bees and sharing his invaluable knowledge and experience.

...to **Jane** and her late husband **Hugo**. We met Jane through the Bromley Beekeeping Association, and she not only generously donated Hugo's beekeeping equipment to our project but has since become a hugely valued part of it. Thank you both.

...to **Kairos and beyond volunteers** for all their hard work and for such an unforgettable year. We've all learnt so much. 2024 looks exciting!

Grace Madden

OUR PEOPLE

Marsha Dunstan

For fourteen years, Kairos was fortunate to benefit from Marsha Dunstan's journalistic acumen, both as an exceptional wordsmith and for her editorial prowess, ensuring that all production was kept within the lines of legal correctness.



Thanks to Marsha, Kairos has a website that truly embodies and represents the charity, with a news section that keeps us tapped into the organic, ongoing heartbeat of its day-to-day and week-by-week story. Someone recently told me that they continue to stay close to Kairos through the website.

We now have: an archive storing the history of Kairos; annual reports recording each year's highlights; the beautiful 25 year book *The Gift of Time*, produced in 2016; promotional pamphlets; calling cards; flyers covering a myriad of events and occasions; photos... and, of course, those weekly Business Continuity Plan updates that went on for months through the COVID-19 pandemic.

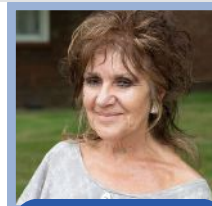
Thank you, Marsha – the charity is richer for your presence and input. Have fun.

Mossie Lyons

Thank you and farewell...

...to two much-loved and long-standing members of staff, Miriam Hicks and Lucia McGuckin.

- In seventeen years as therapist / counsellor at Bethwin Road, Miriam Hicks impacted countless lives with her care, wisdom and love.



Miriam Hicks



Lucia McGuckin

- Having brought art therapy to Kairos in 2002 (to, in her words, "a mixed reception of resistance, rejection and enthusiasm"), Lucia McGuckin leaves us after twenty years.

We thank them both immensely, and wish them all the best for the future.

Our trustees...

...are volunteers from across the community.

Currently, our Board of Trustees is comprised of: three lawyers (one retired); a doctor; a nurse; a retired midwife; a social housing manager and deacon; a chartered builder; and a business woman.

TRUSTEES' NEWS

Welcome, Carlo d'Agostino



We are delighted to welcome Carlo d'Agostino to our Board of Trustees.

Meet Carlo d'Agostino, an experienced criminal defence solicitor. Born and raised in Belfast, he has lived in London for eighteen years. Carlo has practised in criminal defence for fifteen years and works at Ewings & Co., an organisation with a deep-rooted connection to Kairos.

Carlo stepped into his role as a Kairos Trustee last year. Reflecting on his experience so far, he resonates with Kairos' community spirit: "I really enjoyed meeting the Trustees and getting to know the people and the great work that Kairos does."

A warm Kairos welcome, Carlo!

RIP, John McAuley

Sadly, we said farewell this year to John McAuley, who died on 20th October 2023.

From 1994, John played a vital role in Kairos' formative years as Kilburn Night Shelter, later serving as Chair of Trustees from 2005-6. We are grateful that John was part of the Kairos experience.

Fr John Kitchen remembers the man he knew well:

It is with great sadness I heard of the death of John McAuley. He was a great gift to Kairos in the charity's early days. He was a kind and gentle, thoughtful person, concerned for the raw plight of homeless people, and who wanted to contribute his many skills to helping them as best he could.

As a civil servant, he offered his expertise to guide and assist the developing enterprise in becoming the major contributor it is now in the field of rehabilitation and recovery for persons with alcohol and drug dependencies.

May he rest in peace. So many people benefit from his goodness and dedication.

OUR PEOPLE

Student placements and professional mentorship

Kairos Community Trust is committed to shaping the future of counselling through professional training and mentorship.

This year, we have hosted placement students from institutions including:

**London South Bank University
Regent's University, London
Lambeth College, London
CPPD Counselling School, London
Simms Counselling & Training, London
Counselling & Psychotherapy Training
Academy (CPTA), Bexhill**

Ian West is a seasoned supervisor at Linden Grove and plays a crucial role in guiding the next generation of counsellors. Here, he offers a glimpse into his role.

As a Kairos supervisor, I support and guide trainee counsellors during placements, acting as liaison between them, their colleges and the clinical environment. It presents interesting challenges as I adapt my supervision approach to the unique needs of each trainee counsellor and educational institution.

In individual, monthly, supervision sessions, I provide space to explore challenges, offering constructive feedback and guidance on therapeutic interventions and techniques, helping trainees reflect on their practice.

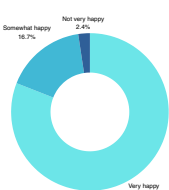
*I compile detailed end-of-term reports on trainee counsellors' competencies, covering their **theoretical knowledge, clinical skills, ethical practice and overall professional development.** These reports provide a clear understanding of trainees' progress and assist colleges in their evaluations, ensuring trainees meet the required standards for their counselling programmes.*

It is incredibly rewarding to witness the growth and development of these future professionals and to know that we have played a part in shaping their therapeutic skills.

Survey of women residents

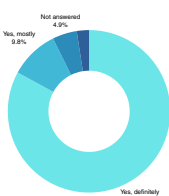
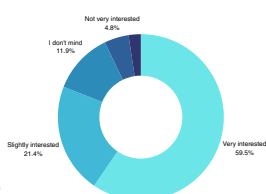
In 2023, Kairos Community Trust completed a survey of our women residents, to identify their experiences of our housing and support.

This data will guide our services, future development, and planning, and full results will be published shortly. Completing the survey has already prompted creation of an additional Fellowship meeting, hosted on Kairos premises and open to women across the community. Charts below show a snapshot of responses.



When asked, **How happy are you with your experience of Kairos and the support you've received?** responses were 98% positive ('very happy' or 'somewhat happy')

When asked, **If events were run specifically for women in Kairos, how interested would you be in taking part?** 81% of respondents were 'very interested' or 'slightly interested'



When asked, **Has living in your current house helped you protect, maintain and build sobriety?** responses were 90% positive ('yes, definitely', 'yes, mostly'). 2% said 'not really', with the remaining responses 'other' or 'not answered'.

Staff and volunteer training: Health & Social Care, Levels 2 & 3

Linden Grove and move-on staff and volunteers are training for qualifications in Health and Social Care.

Spanning 9 - 12 months and led by Nick Brown of Aspire Training, this programme combines monthly collaborative workshops with self-guided study and pairwork. With topics as wide-ranging as *best practices in mental health and advanced communication skills with colleagues and clients*, it offers a pathway to Level 2 and Level 3 Health and Social Care qualifications.

7 members of full-time staff & volunteers working towards Health & Social Care Levels II and III

Aspire Training Associates
aspire to achieve

WORKING TOGETHER

crash
charity

CRASH Charity

Starting with the CRASH phone number scribbled on a post-it note, to 18 years of collaboration on life-changing projects. The story of CRASH and Kairos is a great

one, a relationship that is more than mutually beneficial, but an immense partnership and unison between two charities.

CRASH is a grant giving charity that also donates the professional expertise and products of the construction industry. When CRASH helps Kairos with a construction or refurbishment project, we are certain that our donations of support are being used in the best possible way and will leave the most incredible lasting impact.

We take some of our key donors to visit the Kairos Community so they can see first-hand the difference our projects make to people's lives. Kairos always has the habit of making you feel at home; we are welcomed with open arms, just as your residents are and we always return much better than we arrived – in awe at the love, companionship and care that surrounds the charity.

Every application CRASH receives from Kairos Community Trust is a pleasure, and we look forward to assisting projects in your community for years to come.

The CRASH team

<https://www.crash.org.uk/>

crash
charity



Community • Safe • Partnership

13

projects
supported by
CRASH

£176k*

in donated
professional
expertise and
products

£200k*

worth of grants
from CRASH

*since 2011

Homelessness and addiction are twin problems. Kairos believes that the journey to recovery begins in a safe, secure environment which people can call home.

Kairos is dedicated to helping people who are homeless with drug and alcohol problems, providing abstinence-support, rehabilitation programmes and move-on accommodation.



The story of CRASH and Kairos is a great one – starting with a phone number scribbled on a post-it note to 18 years of collaboration on life-changing projects...

"The savings to Kairos for the new bathroom is equivalent to 12 weeks of therapy for four people, addressing substance misuse issues. That is four addicts experiencing homelessness reflecting on their lives, being helped to reclaim those lives, and preparing for a worthwhile, independent future."

Mossie Lyons
Director at Kairos Community Trust



Left, resident Emlyn designed this artwork for the Story of Christmas

The Story of Christmas

The Story of Christmas provided a grant to assist with the redevelopment of one of our South London houses. Residents are settled and doing well in their new surroundings.

We thank the Story of Christmas for its generosity.

<https://www.socappeal.com/>



Right, CRASH banner celebrating the CRASH-Kairos relationship for CRASH's 2023 Patrons' event

Queen Mother's Clothing Guild

Our thanks once again to the Queen Mother's Clothing Guild for the generous donations of new clothing, bedding and towels.

Kairos has worked with the Guild - one of the UK's oldest charities, founded in 1882 - for fourteen years.

Kairos' Martina Cooley and Grace Madden visited St James' Palace to receive the items.

<https://www.qmcg.org.uk/>



**QUEEN MOTHER'S
CLOTHING GUILD**
FOUNDED 1882

WORKING TOGETHER

Veterans Aid

Kairos Community Trust continues to provide Veterans Aid with crucial support, and has done so since the relationship was founded by Geoff Stott and myself back in 2008. This year we have once again seen a number of veterans, often from hugely varied backgrounds and with very different life experiences, access treatment through Linden Grove, Bethwin Road, and Aftercare. Lives have been reclaimed and hope restored for both the veteran and their families.

Ex-Servicemen and women remain a hugely politicised and caricatured group in society. Kairos's refusal to make assumptions about the people we support into their facilities is one of their greatest strengths. They recognise that the journey to Kairos is never the same, but the feelings of connection and community that are fostered in treatment are universally felt by anyone courageous enough to address their addictions head-on. We remain hugely grateful to all their staff and volunteers.

Phil Rogers

<https://veterans-aid.net/>



Manager of Linden Grove,
Vincent Mahe, with the
CharityJob team

CharityJob

Our thanks to the team at CharityJob for their generous donation of £15,000, following a nomination from David, in CharityJob's IT team.

These much appreciated funds have been used for operational running of our abstinence support hostel at Linden Grove.

<https://www.charityjob.co.uk/>



UR4Driving



We continue to celebrate our **close relationship with UR4Driving**, an award-winning project funding people with convictions to obtain a driving licence.

Four residents have already obtained licences this year, with three more people currently preparing for theory tests.

<https://theupperroom.org.uk/what-we-do/ur4driving/>

Forward Trust



We extend our thanks to the Forward Trust for **collaboration and referrals this year**, and for continuing to provide volunteer opportunities to our residents with experience of the criminal justice system.

<https://www.forwardtrust.org.uk/>

The National Lottery Community Fund

Earlier this year Kairos successfully applied for a grant from the National Lottery Community Fund, to help fund its work with people returning to the community from prison.

We thank the National Lottery for this grant. The project is up-and-running and is working well.

<https://www.tnlcommunityfund.org.uk/>



Turning Point

We continue to collaborate closely with Turning Point, an organisation delivering drug and alcohol treatment and support for people in contact with the criminal justice system, and look forward to building on this relationship in 2024.



<https://www.turning-point.co.uk/>



Kairos Community Trust is a proud member of the homelessness information and advocacy charity, Homeless Link.

<https://homeless.org.uk/>

Kairos Online

The Kairos website is thriving and we are seeing increasing numbers of visitors to our website, kairoscommunity.org.uk.

As well as full details of our services and history, the website features a comprehensive and regularly updated news page. This now boasts over 400 news items, helping our community and guests stay up-to-date with Kairos' activities.

April 2022 - March 2023

Over 46,800 page views, with 82% from the United Kingdom

Mayfield School

Kairos continues to take our message of hope and recovery to new audiences in the community.

In February, we visited Mayfield Girls' School, East Sussex, sharing understanding of addiction and the path to recovery. **Our thanks to Mayfield school.**

Kairos Archive Project

After its own period of lockdown and a run of historic landmarks culminating in last year's 30th anniversary of Kairos in all its forms, 2023 provided the opportunity to reflect on the archive, carry out some housekeeping and plan for the future. From this came the decision to relocate the archive, currently stored at Linden Grove, to Kairos Head Office, planned for 2024.

The Kairos Archive was brought together around the publication of *The Gift of Time* in 2016 and now contains photographs, documents and 24 years of annual reports recording the story of Kairos Community Trust, from its foundation as the Kilburn Night Shelter to the present day. It stands as testament to the many people and organisations who have contributed to the vibrant Kairos we have today.

Rory O'Connell

Millwall Football Club



The Kairos team at Millwall FC's Community Day

Kairos Community Trust is proud to be a part of our local communities. This is no different when it comes to sport.

Millwall Football Club invited Kairos to join its annual Community Day in April, where the Bethwin Road team raised awareness of our organisation's services. **Our thanks to Millwall FC for the invitation.**



Creative collaborations: BRIT School Applied Theatre

2023 launched in dramatic fashion as Kairos and the BRIT School launched our first collaboration since 2013.

Participants from across Kairos' services took part in a series of workshops before presenting a final showcase of drama, dance and song.

Later in 2023, Kairos was also invited to attend the BRIT School Applied Theatre students' final performance at their site in Croydon. **We thank the BRIT for their hospitality.**



Creative collaborations: Mindful Photo Lab

October once again found
Kairos' residents in creative flow.

Eight weeks of **mindful photography workshops**, our
first collaboration with Mindful Photo Lab,
combined meditation and learning photography skills.

Participants curated an exhibition of their work.

Our thanks to Pierre Bureau and Mindful Photo Lab.

<https://mindfulphotolab.com/>



Wordcloud generated from
workshop participants'
experiences, in their words

Garden Day Programme's mural

Our front cover features the Garden Day
Programme's *Garden of Dreams* mural.

This artwork is inspired by regrowth,
renewal and the plants in the GDP garden.

The dandelion clock, symbolising time and Kairos (an
Ancient Greek word understood as 'right time' or
'opportune moment') sits among other healing plants.
GDP manager Tim Penrice expressed that the team is
"delighted with the outcome."



Our thanks to local mural
artists, Boudicca
(@boudiccapaloma)
and Barnie
(@barnieart)



Clockwise from
above left: the
wall at GDP, pre-
mural; artwork in
progress; GDP's
Tim Penrice and
Gillie Sliz celebrate
the finished
product with
mural artists
Boudicca and
Barnie



Kairos Unity Day

Kairos Unity Day 2023
took place in July.

The event was a great success,
attended by well over a hundred
people from across the Kairos
community, friends and family.

Visitors enjoyed cream teas and a
barbeque, as well as traditional
outdoor games and activities.

Our thanks to the Holy Ghost
Fathers for use of the gardens of
Spiritan House, Bickley.



Above, left to right: the design for the wet sponge
throwing board; one of the posters for the event; Director
Mossie Lyons warms up the barbeque

Lourdes and Crewe

September saw 39 people from Kairos
participate in this year's annual trip to
Lourdes, assisting with the Oblate
pilgrimage of the Anglo-Irish Province.

A huge amount of fundraising took place
before the trip, from **Freddie's bungee
jump** to Bethwin Road's **James and
support worker Jess' skydive**.

Thank you to all who
participated or fundraised.

Additional thanks to the Oblate community
for welcoming groups from Kairos to
residential weekends in Crewe this year.



James and
Jess prepare
for their
sponsored
skydive

STATEMENT OF FINANCIAL ACTIVITIES & BALANCE SHEET

STATEMENT OF FINANCIAL ACTIVITIES

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	26,333	100,480	126,813	96,447
Charitable activities				
Care home and after care fees	506,680	-	506,680	482,314
Housing benefit	2,140,458	-	2,140,458	1,714,930
Supporting People Fund	43,070	-	43,070	39,880
Residents' Contribution	148,311	-	148,311	128,145
Grants	-	-	-	19,943
Other trading activities	68,994	-	68,994	61,289
Investment income	15,053	-	15,053	1,341
Other income	-	-	-	4,760
Total	2,948,899	100,480	3,049,379	2,549,049
EXPENDITURE ON				
Raising funds	8,537	-	8,537	6,816
Charitable activities				
Charitable activities	2,304,848	11,030	2,315,878	2,177,504
Total	2,313,385	11,030	2,324,415	2,184,320
NET INCOME	635,514	89,450	724,964	364,729
Transfers between funds	(1,901,673)	1,901,673	-	-
Net movement in funds	(1,266,159)	1,991,123	724,964	364,729
RECONCILIATION OF FUNDS				
Total funds brought forward	1,100,282	9,813,300	10,913,582	10,548,853
TOTAL FUNDS CARRIED FORWARD	(165,877)	11,804,423	11,638,546	10,913,582

STATEMENT OF FINANCIAL ACTIVITIES & BALANCE SHEET

BALANCE SHEET

BALANCE SHEET 31 MARCH 2023

	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS				
Tangible assets	40,863	11,511,516	11,552,379	9,573,902
CURRENT ASSETS				
Debtors	196,862	-	196,862	217,039
Cash at bank and in hand	124,401	292,907	417,308	1,694,184
	321,263	292,907	614,170	1,911,223
CREDITORS				
Amounts falling due within one year	(219,022)	-	(219,022)	(271,164)
NET CURRENT ASSETS	102,241	292,907	395,148	1,640,059
TOTAL ASSETS LESS CURRENT LIABILITIES	143,104	11,804,423	11,947,527	11,213,961
CREDITORS				
Amounts falling due after more than one year	(308,981)	-	(308,981)	(300,379)
NET ASSETS	(165,877)	11,804,423	11,638,546	10,913,582
FUNDS				
Unrestricted funds			(165,877)	1,100,282
Restricted funds			11,804,423	9,813,300
TOTAL FUNDS			11,638,546	10,913,582

Back cover street art, as seen in the dining room of
Linden Grove abstinence support hostel



Stay in touch

KAIROS COMMUNITY TRUST

Registered Charity no.1117763

For details of all our services, our organisation and history, visit:

www.kairoscommunity.org.uk



235 Valley Road,
London SW16 2AF

tel: 020 8677 7292

e-mail: kairosoffice@kairoscommunity.org.uk

Thank you

Thank you to all our volunteers, supporters and friends for your time, effort and financial help.

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>

