



KAIROS

COMMUNITY TRUST

ANNUAL REPORT
2023/24



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OUR IMPACT: My Kairos



My journey with Kairos started ten years ago, at a time when all hopes and options were fading away. My health had been compromised as a result of my lifestyle and substance misuse, my confidence stripped away by shadows from the past.

I did not give up. I started to focus my energy on my recovery and positive activities, to take care of myself. Hope gave me courage and motivation in those times when I most needed to believe that things were going to change. Slowly but steadily, I saw the progress in my life become part of my everyday reality.

Then, at the age of 61, I had my own place for the first time in my life. It felt almost unreal. For my entire life, from boarding school to institutions and prison, I had always shared a place with others. I had never had any privacy, never any time to be by myself with my own feelings or dreams.

Today my life has changed completely. I have a job, responsibilities, total freedom from my dark past and misery.

My own place is my beautiful little world today, reflecting a soul finally at peace.

Thank you, Kairos. I will be forever grateful for the opportunity that has been given to me. I am the person I was meant to be.



G.M.

OUR IMPACT: My Kairos



It has been said that connection is the opposite to addiction. Well, that's exactly what I got when I moved into a Kairos Move-on house in March 2022. I had just left rehab, which had been my home for the last four months. My eyes were clear but I still had a lot of work to do.

The house environment offered me the ability to carry on with the firm foundation I had built in rehab. It provided a safe, warm and homely base, from which I could learn how to live a good life in recovery. It provided stability and safety. But what made it a home was the people I shared it with. People who would become true friends, confidantes, advisors and teachers. They each helped me learn about how to live successfully in recovery - to enjoy the good times and to endure the not so great times.

They cared for me. I cared for them. It felt like true Fellowship - each of us striving for a common goal; each of us doing it differently yet with the shared success of living sober, one day at a time.

I'll miss my time in the Move-on house and thank Kairos for the wonderful opportunity of living there. And it's fulfilled its purpose - I'm moving on!



R.D.

OUR PURPOSE

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.

As set out in our founding charitable objects, our purpose is:

The relief of poverty, sickness and distress, in particular of substance misusers by rehabilitation, the provision of housing and the promotion of small communities of mutual care and support.

OUR APPROACH

Kairos Community Trust achieves our purpose through provision of rehabilitation, safe and supportive housing, and by creating compassionate communities where people can rebuild their lives together.

Our pathways of care and support — Kairos' abstinence support hostel, rehabilitation programmes, aftercare and supported housing — are underpinned by care and support plans tailored to each individual. These help ensure that everyone has the tools and support needed to move towards a stable, fulfilling life.

CORE VALUES

Kairos Community Trust is built on values of respect, dignity, and mutual support. We believe in providing each individual with a safe place to heal and recover, a community that cares, and the support they need to thrive.

These values guide our approach to supporting every person on their path to recovery and independence.

KAIROS, IN NUMBERS

234

BEDS ACROSS OUR
SERVICES, INCLUDING 195
IN SUPPORTED HOUSING

30

SUPPORTED HOUSES
ACROSS 6 LONDON
BOROUGHES

50

MEMBERS OF STAFF

20

VOLUNTEERS

12

PLACEMENT
COUNSELLORS



CHAIR OF TRUSTEES' REPORT

The phrase, "wherever I lay my hat, that's my home" is probably known by most people from the soul classic covered by Paul Young, first written and performed by the late, great Marvin Gaye in the 1960s.

It is perhaps a romantic turn of phrase but, in too many cases, it is very far from reality when your home is a shop doorway, a cardboard box, or perhaps a friend's sofa. ('Sofa surfing' is not yet an Olympic sport by the way, although it wouldn't surprise me if someone tried to introduce it!)

To different people, home can maybe have happy memories, perhaps sad memories, or for most of us a little of both. A home is, of course, much more than bricks and mortar (although they are appreciated) but must also be somewhere that you feel safe and welcomed.

Kairos takes great pride in having thirty Move-on houses, twenty-two of which it owns, with nearly 200 beds located across a number of London boroughs. We hope that the men and women living in the houses can call them home and consider them places of safety where they build happy memories.

The humble beginnings of Kairos have been spoken and written about many times before, but it is sometimes important to keep reminding ourselves of where we came from - not least to help us appreciate what we have today.

Kairos has so many wonderful qualities: firstly, the professional and caring staff and volunteers; secondly, the excellent supportive and progressive programmes; and finally, the properties that are homes to so many.

There are many providers across the country that help support men and women with drug and alcohol problems, but I think the extended service Kairos provides with its supported housing and all that goes with it is fairly unique. It has been recognised and appreciated not only by the residents but also by numerous stakeholders, including local authorities, other charities, and NHS hospital Trusts, to name just a few.

The houses themselves, and those who occupy them, are supported by a long list of staff and volunteers: from a team of dedicated support staff, various volunteers, our skilled maintenance team and our administration and finance teams. To each of you, a big thank you. Keep up the good work and know that you are making a real difference.

And for those residents, may your house be blessed with warmth, love, and togetherness.

On behalf of myself and my fellow trustees, welcome to our Annual Report. We look forward to seeing you at our AGM on 26th November 2024.

Paul Carter
Chair of Trustees

OUR KAIROS

“

I remember the reluctance of coming to Kairos. It was my third time in rehab in eighteen months, and all I wanted was to get back to a normal life: to get a job, to rebuild what I had destroyed through addiction.

Every counsellor, friend, and family member encouraged me that going to a Kairos Move-on house would be a healthy decision. But I didn't want to lose yet more time, or live in a shared house with people I might not get along with. I was scared.

I was at a crossroads. Do I do what I had always done, or do I try something new? With a deep sigh, I took a step into the unknown, a small bit of trust and hope by my side.

Sitting here some three years later, in a Kairos office and working as a support worker, words can't describe how thankful I am to have made the decision to come to Kairos. The journey has been one I could have never expected or imagined, and would have been vastly different had I had gone it alone.

What Kairos has given me is support. They carried me when I felt worthless; they encouraged me to do better when I didn't believe I could. They helped me reach that ever-elusive plane: to become a person.

”

S.P.

“

I would like to say a huge thank you to everyone who has crossed my path in one way or another during my recovery journey in Kairos. This journey has completely given me my life back, supporting me to be a productive member of society.

I came first to Linden Grove, rattling and withdrawing from alcohol and drug misuse, before moving into supported housing and learning to live life on life's terms - paying my bills regularly, being able to communicate with housemates - then finally to the last stage of supported housing, the working house. From there, my referral to a housing association offered me a gateway to normal living.

None of this would ever have been possible without Kairos. At the beginning, I could not see a way out of the chains of addiction. I will be eternally grateful for the way you nurtured me through the raw stages of my recovery.

”

Former Kairos resident



DIRECTOR'S REPORT

Each week, Kairos completes an average of five or six assessments for its supported post-rehab Move-on accommodation. Referrals come from rehabs across the country as well as from the charity's own programmes. Across thirty houses, Kairos provides 195 beds, each one a stepping stone on the path to independence.

There is often a connection between addiction and homelessness, described on the front page of the charity's website as 'twin problems'. This correlation continues right through the stories of rehabilitation and the stages of support, shaping the experience of having and managing independent accommodation in the community.

Through therapy and support, this relationship moves from being a negative to a positive one. Early days of fragile recovery are often as simple as being held in an environment of acceptance in a clean, welcoming, homely place, with good food and with a daily structure that aids the slow improvement of health.

After three to six months of stabilisation and rehab, a man or woman will move into Kairos-supported housing to build on the benefits gained in treatment, to reinforce sobriety and develop a pathway towards independent living. Agreed support plans set targets for more responsible self-management and steps for movement away from Kairos. In Kairos, we believe that learning to manage responsibly allows one to live in freedom. 32 years of experience have taught us this basic principle.

In the 2019 Annual Report, I reflected on John's situation. At that time, John had recently moved into his own flat and we discussed how he was coping in his new home. He described how sober living makes keeping home possible and sustainable. This week, I caught up with him to see how he's doing.

He is even more definite now. "I must always take responsibility," he told me. "It was simple then, and it's simple now. Responsibility or chaos. It's not always perfect, but I still use the lessons of rehab to guide me. I have my own key for my flat. It's my home, my special space. It's precious, almost sacred. I pay the rent and utilities, have a washing machine, a cooker, a mop and bucket, a warm bed. I'm responsible for this and I intend to stay that way. I'm happy and healthy. It's my responsibility, and it always will be. I'm still in touch with Kairos, and my best friend went through Linden Grove with me."

John's story encapsulates this year's theme of accommodation and home. It is a theme addressed in varied ways throughout this report.

From the early days of recovery to the eventual goal of independent living, every step is built on the belief that the journey to recovery from drugs and alcohol begins in a safe, secure, environment.

Enjoy the read.

**Mossie Lyons
Director**

OUR JOURNEY: From soup kitchen to stable community



Kairos Community Trust's story began in 1991, when Father John Kitchen and Tony Walsh set up in a derelict property on Stonhouse Street, Clapham. They welcomed a few homeless individuals, building on the work they had begun with the Kilburn Night Shelter in 1988. 158 Stonhouse Street provided basic accommodation, hot meals and a warm welcome. Over time and in response to need, therapeutic group work and counselling were introduced. This principle of responding to need is one that has guided the organisation's growth from the very beginning and continues to do so today. This all laid the foundation for the transformative work addressing homelessness and addiction that was to come.

Over the following years, Kairos grew steadily. Opening charity shops in Clapham (1993) helped fund new initiatives. The first Move-on house was established in Stockwell in 1995, soon followed by houses in Brixton, Streatham and Tulse Hill. In 1997, the opening of Bethwin Road as a residential rehabilitation hostel marked a significant step in our work providing stability and support.

The Kilburn Night Shelter became officially known as Kairos Community Trust in 1994. The name 'Kairos' - an Ancient Greek term meaning 'the right time' or 'opportune moment' - reflects the spirit of transformation and hope at the heart of our work.

In 1998, Kairos' base moved from Stonhouse Street to Linden Grove, now Kairos Community Trust's abstinence support hostel. During the early 2000s, pivotal services such as the Aftercare Club (then in Camberwell, 2004) were introduced, alongside further expansion of Move-on housing across London boroughs.

What began as a soup kitchen on Stonhouse Street has flourished into a network of therapeutic services and thirty residential properties that provide homes for more than 200 residents across six London boroughs.

Yet while our reach has grown, Kairos Community Trust's core purpose remains steadfast: to create safe, structured environments where recovery and independence can thrive, helping individuals find relief from poverty, sickness, and distress. Each Kairos property acts as a foundation for recovery, combining compassionate environments with specialist programmes and support.

We at Kairos Community Trust continue to honour our legacy. The end-point for July's Walk with Kairos event was near our original Stonhouse Street site. It served as testament to our roots, a connection across the decades between the Kairos of today and our humble beginnings over thirty years ago.



The **above** leaflet announces the move to Stonhouse Street, possibly the oldest document in the history of Kairos. **Left**, over thirty years later, Walk with Kairos ended July's walk just down from our original site



Amid all the changes and growth over the years, one thing has remained constant: Sandra's dedication to Kairos, embodying the spirit of compassion, stability and care - with her amazing scones bringing a touch of home to every occasion.

To find out more, visit our website, where **Kairos** **archivist Rory O'Connell's** fascinating **Short histories of Kairos** draw on archive and interview material to document Kairos community's early days: <https://kairoscommunity.org.uk/about/history/>



REFLECTIONS FROM KAIROS' CO-FOUNDER

How quickly the years go by.

This last year seems to have been even busier and more eventful than previous ones. I can only congratulate and commend the staff, volunteers, trustees and the Director, Mossie, for all the untiring work and valiant effort in every department. And of course, we must recognise the most important contributors of all in this community: the amazing effort of all the residents who actually perform the work of transformation on themselves and each other.

There is no more important work than this deeper task of transforming lives, the lives of the many people who come to Kairos for help to restore lost hope, trust, confidence, love and relationships in their lives.

There are different levels, different degrees of this restoration, like different steps on the ladder. Believe it or not, those who attempt this restoration and rebuilding are actually in a very favoured position. It has been said that either great love or great suffering can prove to be the impetus, the driving force, for the ever-deepening realisation of our fulfilment as human beings. From my own time in Kairos, I was always surprised by the goodness and kindness shown by those who are able to climb up out of the syndrome of loss and hopelessness that alcohol and drug addiction inflicts upon them. (Of course, we all have our own addictions.) They so often turn out to be the best of people. For those who have reached the depths of total despair, 'rock bottom', and who have nothing left to lose, yet have turned around to struggle back to life, everything is achievable.

May I exhort all those in Kairos who have begun that tremendous journey back not to be content with just managing to get through each day, but to strive to find a deeper level to their lives - what I would call a spiritual dimension. I point to what a great spiritual teacher said: "I have come that you may have life, and life in abundance." He pointed to the realisation that our lives are simply a tiny part of something much, much greater; that our little lives are just a tiny share in the great life that moves and enlivens all creation; there is a One Life that holds everything together, connects everything in harmony, something we are desperate to find from our first breath and hold on to till our last one: love. We can discover that to live life fully is to fall in love with all life. With this realisation comes a peace, joy, and happiness that the possession of everything in the world cannot give - not money, not success, not pleasure, nor any thing.

As Lao Tse, perhaps the most ancient of all the spiritual teachers we know of, said: "Be like water; it gives life to everything, yet always seeks the lowest place."

We each can achieve the greatest, deepest fulfilment, if we keep striving towards it by loving life, all life, without ever giving a thought for ourselves, every day. Why crawl on the earth when you can fly in the ether? Read *Desiderata* on Google:

"You are a child of the Universe, no less than the stars..."

*Keep up the good work.
Forever willing your progress and success.*

Fr. John. Kitchen

KAIROS' CORE SERVICES

Linden Grove Abstinence Support Hostel

- *Stabilisation hostel, where recovery begins*

Garden Day Programme Day Rehab

- *Twelve week, 12-Step based, non-residential five-day rehabilitation programme for people who have already detoxed*

Bethwin Road Residential Rehab

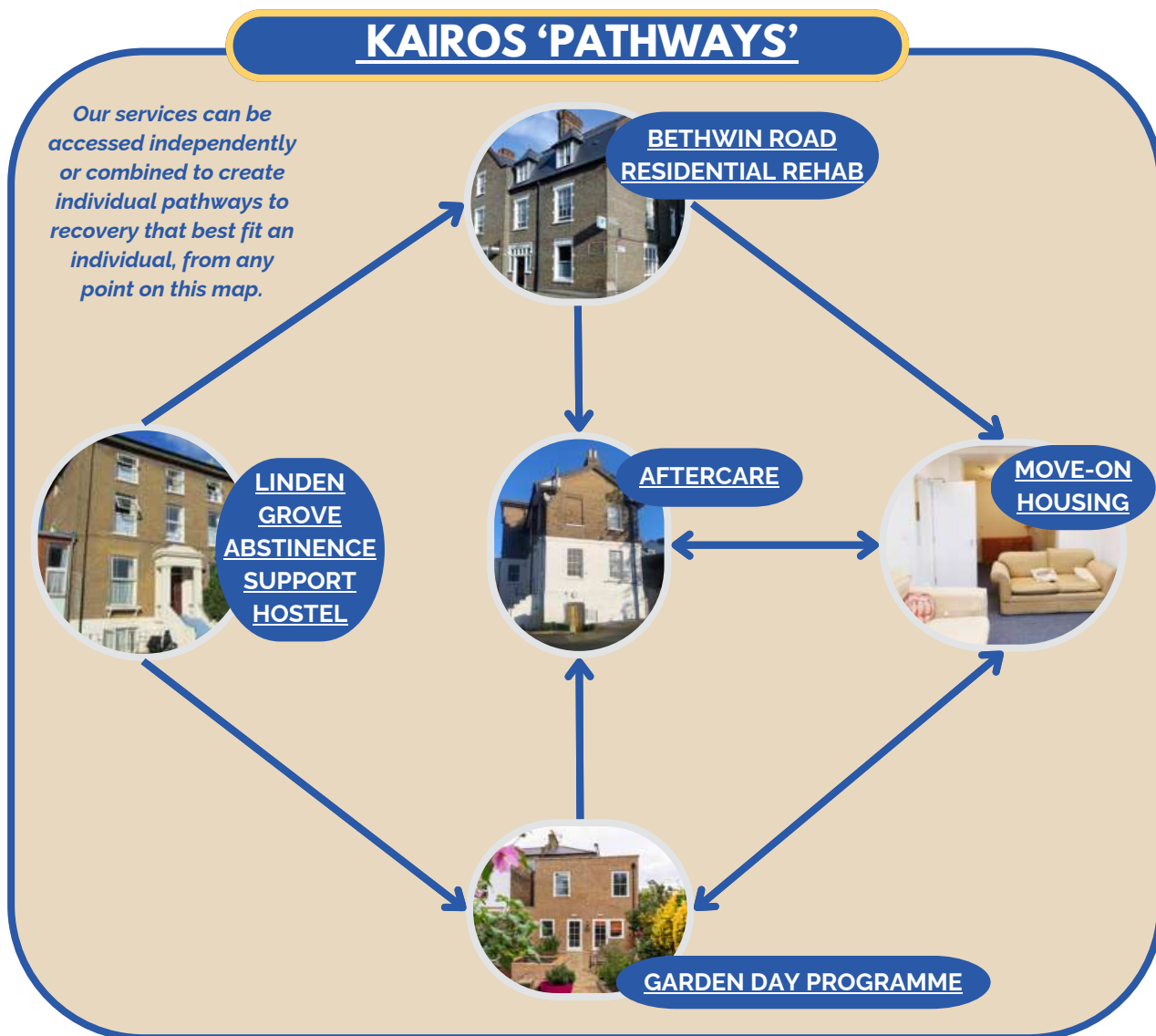
- *Post-detox, residential 12-Step and CQC registered treatment centre, providing a twelve-week rehabilitation programme*

Aftercare

- *Three-day, midweek, 12-Step, post-rehab treatment programme*

Supported Housing

- *Abstinence-based accommodation for men and women who have completed rehab or who are 28 days abstinent and committed to recovery*





CONTACT US

Linden Grove Abstinence Support Hostel

John Kitchen Centre
22 Linden Grove
Nunhead
London SE15 3LF

T: 020 7277 6264
Manager: Vincent Mahe
linden@kairoscommunity.org.uk

Garden Day Programme

66 Nunhead Lane
London SE15 3QE

t: 020 7635 7664
Manager: Tim Penrice
dayprogramme@kairoscommunity.org.uk

Bethwin Road Residential Rehab

59 Bethwin Road
Camberwell
London SE5 0XT

T: 020 7701 8130
Manager: Lee Slater
kairos.bethwin@kairoscommunity.org.uk

Aftercare Programme

45a Elm Grove
Peckham
London SE15 5DD

T: 020 7277 9213
Manager: Jessica Rood
aftercare@kairoscommunity.org.uk

Supported Housing

235 Valley Road
London SW16 2AF

T: 020 8677 7292
Manager: Matt Dear
moveon@kairoscommunity.org.uk

Kairos Head Office

235 Valley Road
London SW16 2AF

T: 020 8677 7292
kairosoffice@kairoscommunity.org.uk

TURN OVER FOR:

SERVICE MANAGERS' REPORTS





LINDEN GROVE ABSTINENCE SUPPORT HOSTEL

Linden Grove is a frontline stabilisation hostel for individuals free from dependence on any illicit substances. Alongside addiction, one of our main criteria is homelessness.

Homelessness can suddenly afflict almost anyone these days. Losing the safety and comfort of a place once called home leaves individuals to wander and fend for themselves, with limited access to the services and support that they need so badly.

Whether or not you have experienced it yourself, you can imagine what a terrible affliction this is. When there is nowhere else to turn and life becomes unbearable, individuals come knocking on Kairos Linden Grove's door.

The first words a newly arrived resident hears on admission are: "Welcome to Linden; you are in a safe place." Away from the turbulence, drama, pain, and chaos our residents leave behind them, they enter their new 'home' with us.

Linden provides a safe haven, where residents are protected - sheltered from the elements, away from unsafe living conditions, separated from risks of violence and general abuse.

Linden Grove Abstinence Support Hostel offers a stable, residential community with 25 single rooms (16 en-suite) for individuals post-detox, often after time on the streets or in unstable housing.

It focuses on building foundations for long-term recovery through routines, support groups, and skills-building for a sustained sober life.

**SEPTEMBER 2023 -
SEPTEMBER 2024**

**102
RESIDENTS ADMITTED**

68 SUCCESSFUL COMPLETIONS

"I came here from a women's refuge, broken and scared—physically, mentally, and emotionally. The staff have done everything possible to make me feel safe and keep me safe. They've gone above and beyond with help and support, including groups on various topics. I've progressed well in my recovery. Kairos has given me the best chance to succeed, helping me understand my addictions and behaviours and showing me new ways to manage my life. I found the strength needed to keep moving forward. I learned new ways of coping with difficult times and situations."

This sense of security fosters a much-needed sense of belonging. Both security and belonging are paramount to managing the stress and anxiety linked to people's previous lifestyles, while they build new ones.

Single rooms provide individuals with their own privacy, warmth and comfort. Meals prepared by our kitchen team are not only nourishing, but heart-warming and comforting.

With the support of our staff, residents find a platform for self-discovery and reconstruction. Our programme gives structure, provides education on recovery topics, offers one-to-one support and group discussions.

The purpose is vast and touches all aspects of the individual. It gives space for reflection, enhances life skills, helps rebuild bridges. It provides support in accessing external agencies, and cements a firm foundation for the future.

Over the course of three months, residents begin to rebuild their confidence and self-esteem. Their mental and physical health and general well-being improves. They are nurtured in believing there is hope, and that life is possible without the use of substances and all the drama that comes with it.

Linden is so much more than just a roof and a meal. It is a true home, a foundation for recovery. We see evidence of this time and again, for so many successful and grateful abstaining individuals, past and present.

Vincent Mahe

“

They say addiction is about giving up everything for one thing. Recovery is about giving up one thing for everything—and that's life.

When I came to Kairos, I had already been in recovery for nearly two years. I didn't see any hope for myself. It was a cold, dark place.

Kairos helped me bridge the gap back to living, not just existing. They don't cure your addiction, but do help you understand your addiction and who you are and why you struggle to make sense of it. They helped me understand myself and gave me the tools to love life on life's terms.

The team members are supportive, amazing people, who have been in the same position as me—that's the most beautiful thing. They understood me and showed me the solution to my problem. Without the team, I have no doubt I would be in a world of pain. Thank you so much for helping not only me, but also everyone I love and care for.

To anyone who may read this, please take any chance that Kairos may offer you. It's a second chance at life.

”

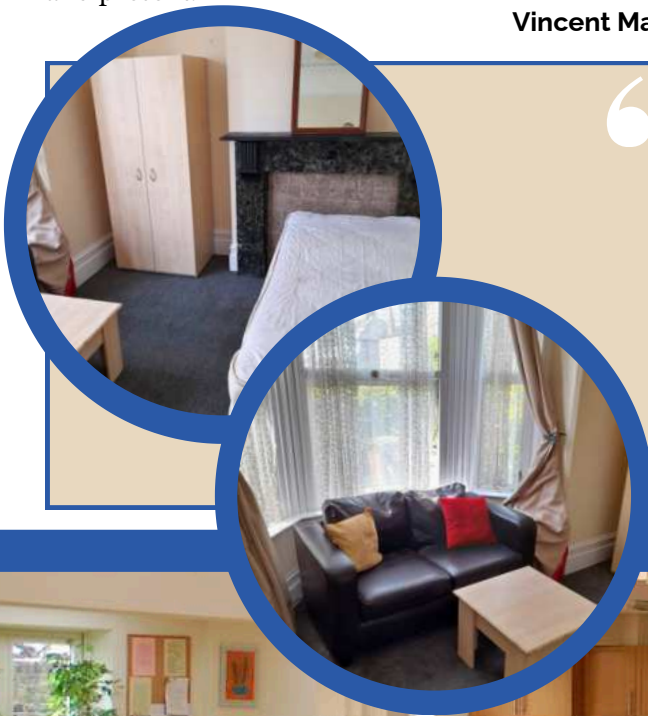
“

I came to Kairos after 25 years of drug and alcohol abuse, the last three using synthetic opioids. Following a violent attack that left me blind in one eye, I was a broken person, both physically and emotionally.

Through Kairos' amazing support, I got through the court trial and am now six months' clean. I will soon be moving into one of the Move-on houses. The air ambulance saved my life, and Kairos has given me the support and tools to build a new life.

Thank you, Vince, and the wonderful team. I will be forever grateful.

”





GARDEN DAY PROGRAMME

This year has been one of transition at the GDP, with much success and some challenges. However, we continue to build on our goal to be a 12-Step 'day-hab' (day programme rehab) treatment centre meeting the recovery needs of the wider community.

We admitted 39 new clients: 25 men (65%) and 14 women (35%). These referrals came from 10 London Boroughs, from the private sector, and from Linden Grove. We celebrated 25 graduations, of whom 18 went on to Aftercare.

There is a certain sadness for the 14 clients discharged early due to health issues or who couldn't cope with the programme of Step-work and group therapy, difficulties in their domestic life or the daily travel to Nunhead.

The realities of addiction and recovery nearly always involve relapse, often many times. Good health does not automatically follow sobriety, and past damage is sometimes permanent.

There is no judgement attached to the act of discharging clients for drink and drug use: addiction and relapse are part of the illness. We do, however, maintain a clear abstinence boundary. Without this clarity and safety, we wouldn't have a programme. It is sometimes difficult though, even after all these years, to discharge clients.

A regular misconception among clients and some referrers is that a rehab day programme (day-hab) is in some way an easier option than residential rehab.

We explain to clients at assessment how daily

The Garden Day Programme is a 12-week, 12 Step and non-residential rehabilitation programme based in Nunhead, SE15.

The programme runs Monday to Friday, 10am–3pm. It offers group therapy, one-to-one counselling, workshops, art therapy, and meditation.

The GDP is now nearly 14 years old and has admitted over 520 clients

running of a home, travelling to Nunhead and back for five hours' intensive therapy, completing Step-work at home and attending Fellowship meetings requires stamina and commitment and is hard work.

There is a recovery advantage in a complete change of environment. Leaving home for three months, all the work and psychological stress taking place under one roof in a residential setting with staff members and peers available 24/7.

People living in their own homes remain in places where they struggled with addiction prior to detox, in areas where the ghosts of the past still reside.

Newcomers don't usually understand this difference and often talk themselves into thinking abstinence and recovery is more easily done from home. We disagree.

Yet the reality is that recovery is not one-size-fits-all. While a complete change of environment has certain advantages, a day-hab has unique strengths. It can be a bridge between detox and long-term recovery, helping clients rebuild their lives while staying connected to their homes, responsibilities, and communities, offering the structure and support needed to turn lives around while maintaining a sense of normalcy.

The GDP is now nearly 14 years old and has admitted over 520 clients, with most of them having good cause to thank Gillie Sliz for her skill and care as a counsellor and group facilitator over the past 10 years. Will Pugh has had a professionally rewarding year and our congratulations go to him for completing his Foundation year in Group Analysis and following that up with the Diploma in Group Work Practice, both at the Institute of Group Analysis.

Will and I have also run a 30-week pilot project, Nunhead Psychotherapy Group, on Tuesday evenings at the GDP, which concluded in September. On the back of this success, we are starting a new group in January 2025, supported by Southwark Council's Drug and Alcohol Action Team. We are again reaching out into our local community, trying to meet the need of those who have achieved a year's sobriety. Our thanks to Mossie, Adrianna and all involved.



**SEPTEMBER 2023 -
SEPTEMBER 2024**

39 CLIENTS ADMITTED

**25 SUCCESSFUL
GRADUATIONS**

The GDP team of Gillie, Will, Luisa, Anne and Matt have been as wonderful as ever in bringing their skills and big hearts to the demanding work of helping people recover. The work has many rewards and many frustrations but I thank you all for your parts in making the GDP a safe and successful place for clients to learn how to change.

Our thanks too for the unstinting support this year to Vince M, Danny C, Bryan T, Rachel J and the whole team at Linden including Sandra G.

The clients you refer to us get a priceless flying start.

Tim Penrice

We continue to build on our goal to be a 12-Step 'day-hab' (day programme rehab) treatment centre meeting the recovery needs of the wider community





BETHWIN ROAD RESIDENTIAL REHAB

Many people arrive at Number 59 Bethwin road homeless.

Years ago, the vast majority of people arriving here were homeless. I take from this that there has been an improvement in drug and alcohol services, so fewer folk have to end up on the street before they can receive help. Interventions are happening sooner. Opportunities are being offered; there is a way out of the slow (or sometimes quick) progression of active addiction: jails, institutions, misery, pain, degradation, loss of dignity, pride and integrity, and an ever-increasing toxic shame that runs alongside addiction and grows in the dark.

The majority of women and men who come through our front door and go on to graduate will testify that Bethwin felt like home. Many have stated, "I couldn't wait to get back home."

It is special to be spoken of in these terms. It fills us as staff with a sense of pride to know that we are, for many, providing the experience of a family home that feels safe. At the same time, it has become our way of life to live with the daily disclosures of childhood traumas that many residents bring with them.

As manager, I see that one of the most important components of what we do here is to offer and maintain a position of respect. When we open the front door, we meet a person, not an addict or alcoholic.

The emphasis for all staff is to speak to residents with respect. An ethos of respect, trust, and accountability is prominent in the home. The community spirit thrives in this atmosphere and the recovery is tangible.

Bethwin Road is a 12-week, 12-Step residential rehabilitation programme in a 14-bed Victorian house in Camberwell.

Residents benefit from community living, peer support, and life skills development through involvement in the home's daily operations. Services include one-to-one counselling, group sessions and workshops, art therapy, medical care, and family support.

Bethwin Road's overall CQC rating is 'good' with the service awarded 'outstanding' for 'Are services caring?'



**SEPTEMBER 2023 -
SEPTEMBER 2024**

33 RESIDENTS ADMITTED

**24 SUCCESSFUL
COMPLETIONS (12+ weeks)**

Our skilled staff team partners with residents in empowering themselves to take ownership of their own recovery.

When a resident decides to take the first step, they begin the long journey home, to the sanctity of attachment. A place where they can find their bearings so they do not get lost again. A place where they can find who they truly are.

Home is their compass point, their true north.

One of the most important components of what we do here is to offer and maintain a position of respect...an ethos of respect, trust, and accountability. The community spirit thrives in this atmosphere and the recovery is tangible

Lee Slater



“There’s definitely magic that happens within Bethwin’s walls”

“Before going into Bethwin, I was scared and nervous. I didn’t know anything about Bethwin Road residential treatment centre, although I’d heard people speak about it with warmth and high regard.

Having been in Bethwin for sixteen weeks, I’m now sharing my experience with that same warmth and high regard.

From the moment I arrived at the home, I felt welcomed and safe - two things I hadn’t felt in a very long time. I welcomed the structure, something else I hadn’t had for a long time.

The staff are amazing: from the lunchtime cook to the office staff, night staff and of course the facilitators. They are professional, friendly, and extremely passionate about what they do.

Although group therapy could be uncomfortable at times, I felt listened to and safe to explore my discomfort. As for the workshops... I had lightbulb moments in each and every one, learning about my illness and learning about myself.

Three months after graduating, I still come back to Bethwin for a coffee or for dinner. I still always feel supported here.

There’s definitely magic that happens within Bethwin’s walls.”

Former Bethwin Road resident





AFTERCARE

Kairos Aftercare is a 12-Step and abstinence-based post-rehab treatment programme.

The programme runs for twelve weeks, three days a week (Tuesday to Thursday), 9.30am to 3pm. This mid-week structure assists clients in adjusting to daily life in the general community following the intensity of treatment.

Most Aftercare clients have been clean from all substances for at least four months, with a minimum clean time of thirty days.

The Kairos Aftercare programme has operated close to full capacity throughout 2024.

Run by Manager Jessica Rood, Deputy Manager David Yates, and therapists Airen Koopmans and Cydney Dunbavin-Hands, Aftercare provides clients with a progressive understanding and awareness of how to maintain recovery and prevent relapse once the detox and rehab process has been completed.

Each morning, clients participate in a ninety minute group process and we run workshops in co-dependency, behavioural addictions and dramatherapy. Each client has their own one-to-one session with an Aftercare counsellor each week.

Aftercare performs a specific and unique role in the onward recovery of our clients

Clients are encouraged to engage with their creative sides through visual and wordplay workshops, often expressing themselves in ways they may have been unable to within their families of origin. These workshops help clients move on from intrusive thoughts and unhelpful core beliefs.



While clients address their own addictive behaviours in Linden Grove, Bethwin Road and the Garden Day Programme, they often only realise the true source of their trauma when they reach the next stage of their treatment. At this stage, many start to engage with the wider framework of 12-step fellowships, such as CoDependents Anonymous, Sex and Love Addicts Anonymous and Adult Children of Alcoholics.

Aftercare provides a bridge between the challenge of getting and staying clean and moving back into the everyday world. During clients' twelve weeks in

the programme, they are busy applying for work, exploring volunteering opportunities, and accessing educational and creative resources, for both while they are with us and after they graduate. Although we encourage and support these activities, our priority remains their ongoing sobriety and commitment to recovery.

Many clients benefit from funded extensions from providers in Southwark, Croydon, Kensington and Chelsea, Camden, Islington, Westminster, and Lambeth, allowing them to stay for up to 18 or even 24 weeks.

While we are grateful for referrals from Bethwin Road and the Garden Day Programme, we are also receiving an increasing number of referrals from rehabs around the UK. We made many new contacts with these agencies by staying open and available during the Covid period.

As part of our commitment to enhancing clients' onward recovery, we introduce them to various resources and networks they can join, some of which have been suggested by clients who are already involved.

Aftercare provides a bridge between the challenge of getting and staying clean and moving back into the everyday world. During clients' 12 weeks in the programme, they are busy applying for work, exploring volunteering opportunities, and accessing educational and creative resources

**SEPTEMBER 2023 -
SEPTEMBER 2024**

48 CLIENTS ADMITTED

**34 SUCCESSFUL
GRADUATIONS**

Over the past year, we have organised visits to St Giles Cripplegate, the Barbican Centre, Spitalfields Crypt Trust, the Tate Gallery, and the Victoria and Albert Museum.

Through classes, workshops, and visits, many of our graduates have signed up for the New Hanbury Project (Spitalfields Crypt Trust), where they take courses in literacy, computer skills, carpentry, gardening, and art. Under the guidance of John Gosnell, many people produce works of real maturity that are exhibited in the city each Christmas. They are inspired to achieve great things and many stay for a year.

Through client suggestions, we have connected with Open Book at Goldsmiths and the Harbour Project on Coldharbour Lane. We also have trips planned to Thames Reach and South London Art Gallery, both in Camberwell.

The Kairos Aftercare programme continues to provide vital support for clients as they rebuild their lives.

Jessica Rood





‘MOVE-ON’ SUPPORTED HOUSING

It has been an extremely good year for the Move-on team. Referrals have been consistent and we have remained nearly full throughout 2023/2024. Kairos relies mainly on housing benefit to keep the service going, so this is welcome news for us all. Thank you to the entire team for the relentless work they complete and continue to do.

Kairos has been fortunate to acquire two new Move-on houses in the borough of Lambeth this year: one with nine bedrooms and one with five bedrooms. The latter is our second supported ‘women only’ house. Both houses are functioning well and will benefit all who come through their doors.

There have been some changes within the Move-on team. Jessica Rodmell moved to work with Criminal Justice Lead Frank McDonald at our Move-on houses in Brent, supporting ex-offenders. We welcomed back Louise Brady and welcomed Rob Doherty as Volunteer Support Workers, assisting with the two new Lambeth properties.

Once again, one of our main challenges is moving people into their own accommodation. However, through sheer determination, we have successfully moved thirteen residents into their own permanent accommodation in the year from September 2023 and the team has also supported other residents in transitioning to diverse housing arrangements over this time. Considering the current housing crisis, this is an immense achievement. We have been fortunate with the variety of properties that have come to us via Riverside over-55s and also St Mungo’s Clearing House. A big thank you to both organisations.

Kairos ‘Move-on’ provides abstinence-based supported housing for individuals post-detox and rehab or those who are 28 days abstinent and committed to recovery.

With 30 Move-on houses across 6 London boroughs, we have 195 beds in family-sized homes. This includes targeted houses for people with complex needs, two women-only houses, homes for individuals returning to the community directly from prison, and for residents returning to work.

The low-level support is available 24/7 via our on-call system. Move-on residents are eligible to access free Kairos Counselling.

**SEPTEMBER 2023 -
SEPTEMBER 2024**

171 RESIDENTS MOVED IN

**162 RESIDENTS
MOVED OUT**

It has been a busy year for Kairos-led excursions for Move-on residents. This included the recent trip to Lourdes, France, with twenty-one residents in attendance. There have been three trips to Crewe, with thirty residents attending varied workshops, and another trip to Medjugorje, Bosnia, attended by three residents. The Walk with Kairos group has been a success, providing residents with the opportunity to explore different parts of London and the UK together.

I often wonder about what makes Kairos Move-on so successful at supporting people in their recovery. One of the key aspects is that we provide safe accommodation, and people are aware of our zero tolerance relapse policy. When I speak with residents at the Move-on houses, they consistently speak of feeling safe and secure, which enables them to concentrate on recovery. A bright future lies ahead for Kairos as we continue doing what we do best – helping clients in recovery.

We provide safe accommodation and people are aware of our zero tolerance relapse policy. Residents at the Move-on houses consistently speak of feeling safe and secure, which enables them to concentrate on recovery

We continue striving together to find ways to improve our work, and I am confident we do this regularly. The Move-on team as a whole has many years of experience working in this field, and I genuinely believe this benefits all the service users living in Kairos Move-on houses.

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

Matthew Dear

FURNISHING FUTURES TO HELP RESIDENTS THRIVE

Kairos was fortunate to have been awarded a grant from the Community Organisations Cost of Living Fund this year. As well as helping to sustain our core services, this funding provided designated support for residents transitioning from our structures to independent living.

Many of the onward properties residents move into are unfurnished, lacking white goods, furniture, essential household items and even flooring. While we have longstanding relationships with local boroughs and other charities to support residents in securing such items, this has become increasingly challenging in today's economic climate.

This grant enabled us to assist nine residents with key white goods such as cookers, washing machines, and fridge freezers, alongside smaller but vital items like microwaves, pan sets, and cutlery. We were able to meet the immediate needs of these residents, helping them to establish stable, functioning homes and giving them the best chance to thrive independently.

Our thanks to the Department of Culture, Media and Sport and The National Lottery Community Fund.

Clockwise from top: the Move-on team hard at work; kitchen of one of the newly acquired houses; sitting room of one of the newly acquired houses.





FROM CUSTODY TO COMMUNITY: KAIROS RECOVERY IN BRENT

Our Brent-based Prisoner Response criminal justice programme, supported by the National Lottery Community Fund, offers safe, abstinent housing and tailored support for people leaving prison but who would, on release, otherwise be homeless or without suitable accommodation. The programme's stable, supported environment helps men and women committed to recovery avoid homelessness, while working to break the cycle of addiction, poor health and re-offending for good.

In the past year, thirty residents have participated in the programme, nearly 50% of whom successfully moved on to independent living—remaining clean, sober, and crime-free at their last point of contact. 44% are still with the programme and continue to benefit from its support.

In anonymous surveys conducted this autumn, residents praised the quality of this support, as well as the comfort of their accommodation and the approachability of staff. Many highlighted their warm welcome, sense of community, and provision of practical guidance as key for their progress.

Kairos Prisoner Response has taken important steps to innovate and grow this year. In early 2024, a new 'step-down' house was launched, providing an additional year of accommodation and support for participants and helping ease their smooth transition into independent living.

New partnerships have enriched the community. Art therapy groups were introduced through the Institute of Art Therapy Education, while UR4Driving continued supporting residents to gain driving licences, both boosting their self-esteem and opening doors to further opportunities.

- 30 individuals participated in the criminal justice programme in Brent this year - no participants reoffended or were arrested for criminal activity
- Relationships with over 30 prisons, including all 6 women's prisons in southern England
- We have introduced a step-down house this year, providing an additional year of support to ease residents' transition to independent living
- Our resident satisfaction survey found 100% of residents happy with the support provided, found the accommodation comfortable, and that staff are approachable

TARGETED HOUSING

Kairos Community Trust has always evolved in response to need. We remain dedicated to fostering environments where individuals can rebuild their lives and relationships with dignity and stability.

Our targeted supported Move-on houses provide tailored support for residents at different stages of their recovery journey.

The Women's Houses offer female-only housing for those seeking a safe and trauma-informed environment. The Workers' House supports residents ready to begin the transition back to employment, while the Prisoner Response Project provides specialist care for individuals addressing both recovery and the causes and consequences of past offending. Additionally, our Complex Needs House offers enhanced support for residents requiring more intensive care.

Particular thanks this year to...

- **The National Lottery Community Fund** for their vital support in making this project possible
- **UR4Driving**, an award-winning project funding people with convictions to obtain a driving licence. Six residents have either obtained or are currently working towards licences
- **Turning Point**, for assisting residents in training for their next steps. Three residents began studying Level 3 Diplomas in Health and Social Care this year, with four more looking to start



This year, we were delighted to expand our supported housing provision with a second women-only house, in Lambeth. Here, residents of Kairos women-only housing share their experiences, highlighting the importance of single-sex houses as an option for recovery and support.

OUR KAIROS: LIVING IN A WOMEN'S HOUSE



When we first arrived to the women's Move-on house, many of us didn't know what to expect. Living in a women-only house has made a real difference in how we feel and recover, for many reasons.

A safe space: Many of us have experienced trauma, like domestic abuse, so being in a women-only house has made us feel secure—free from the risks we might feel we'd face in mixed housing.

Comfort in sharing: We've opened up in ways we didn't think possible. Where we once saw other women as a threat, we've come to see them as nurturing, supportive, and uplifting.

Shared struggles, shared strength: As women, we've faced challenges like childcare or discrimination. Living with others who truly understand has helped us build a close, supportive community.

Time to focus on ourselves: Romantic relationships can be a big distraction early in recovery. Here, we've had the space to focus on self-growth without feeling those pressures.

A place to call home: For many of us, this house is the first place that feels truly ours. It's private, safe, and comfortable—a real sanctuary.

Building a sisterhood: We've found not just housemates, but a network of women who genuinely have each other's backs. That bond gives us confidence for the future, knowing we'll always have their support.



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

- Kairos Counselling offers student placements across our services. There are twelve placement counsellors operating from Linden Grove, our Prisoner Response programme in Brent, and the five counsellors dedicated to the Recovery Communities programme in south London.
- We are proud to host placement counsellors from a range of institutions, including:

Metanoia Institute: Regent's University, London; Heartwood Counselling and Psychotherapy College; South Bank University, London; Lambeth College; CPPD Counselling School, London; Goldsmith's, University of London

KAIROS COUNSELLING

One-to-one counselling lasting up to 24 weeks (6 months) is available for residents of Kairos and people in recovery in the London Borough of Southwark. Delivered by placement counsellors under the guidance of experienced Kairos supervisor Ian West, between 15 and 20 people currently benefit from this service in any given week.

Kairos Counselling in south London is part of the Recovery Communities initiative, commissioned by Southwark Council's Drug and Alcohol Action Team and to whom we extend our heartfelt thanks.

LIFE AFTER KAIROS: FROM MOVE-ON HOUSE TO CLEARING HOUSE



I have been in my flat since January, and it has been a good move for me. The experience has been challenging and exciting but, most of all, it has helped me grow as a person and become more independent in everyday life. The two years I spent in the Kairos Move-on house really helped to prepare me for this transition. I have done the work.

I was in a Kairos supported house when I got the chance to move on, with the help of Kairos and my house manager. Around Christmas last year, I received a date to view a flat with my house manager. We visited the flat together and I decided to accept it. It was an empty flat with no gas, not decorated.

Since it was the Christmas holidays, Kairos gave me some extra time to prepare and have all my stuff delivered. I used that time to sort out deliveries and to finish the painting and decorating. Then I was ready to move in. Ready to start my new chapter.

I felt very fearful and anxious about the change but I received a lot of support from Kairos, my house manager, and Thames Reach. I still have support from them. For the first three months, a tenancy support worker helped to get all the bills in place and up and running: gas, electricity, council tax, water, rent, all paid by direct debit. Now, I have another support worker who visits monthly but who is also available if I need extra help with anything.

I have been in my flat for nine months. I feel more settled and I am enjoying the responsibility of living independently, of growing as a person, and of moving forward confidently with my life.



Former Kairos resident



ADMIN MANAGER

Kairos Head Office is always busy, but it's also a place where the admin staff and Move-on team find time for much-needed laughter.

Thankfully, the worst of COVID-19 is now behind us, with work continuing much as it did before the pandemic. We've recently received another generous donation from the Queen Mother's Clothing Guild—bedding and clothing that will make a real difference. Two members of the Move-on team, Steve and Louise B, attended the annual view day of donated items at St. James' Palace. I thank them for representing Kairos at this event.

Our maintenance team—Julian, Scott, and our newest member, Jim—have been hard at work improving the exterior of our houses. Thanks to a new tower scaffold and a donation of six months' worth of paint from Dulux via CRASH, we've repaired windows and refreshed the look of several properties. They're looking brighter and more welcoming already.

I'd also like to thank those who contribute to our maintenance efforts: David Dabin (electrician), James Traynor (plumber), Michael Wink (white goods repair), Mick Osborne (carpet fitter), Robbie Sayle (roofer and damp work and pretty much

Ongoing and invaluable investment in training ensures our staff and volunteers are confident and equipped to handle the challenges they face every day

The Kairos Admin team is the backbone of our organisation, ensuring everything runs smoothly behind the scenes.

From managing day-to-day operations at our head office to co-ordinating training, maintenance, and logistical support across our organisation, their work touches every aspect of Kairos.

The team is an essential point of contact for residents, volunteers, and staff alike.

anything else if we are stuck), TAR and Raph (cooker repairs), and Lukasz (window fitting and repair). Your work for Kairos is so very much appreciated.

Since the last report, we have organised a lot of training for staff and volunteers. This has included sessions on health and safety, first aid, pest control, acupuncture, safe handling of medication, drugs use in young people, chemsex, fire marshall, lone working, managing challenging situations... and much more! Online training with Social Care TV too continues to go from strength to strength. This ongoing and invaluable investment ensures our staff and volunteers are confident and equipped to handle the challenges they face every day.

Thank you all, for all that you do.

Dorothy Woodward-Pynn

Get Fit
Get Connected!

JOIN US FOR A MONTHLY WALKING GROUP ACROSS
OUR GREAT CITY AND BEYOND!



**SATURDAY
13 APRIL**

**WALK
WITH
KAIROS!**

CONTACT
PAWEL
07502 985 019
JESS
07917 150 736

**APRIL:
SCENIC ROUTE
PECKHAM TO
CRYSTAL PALACE
STOP OFF
AT HORNIMAN**

WALK WITH
KAIROS
Get Fit! Get Connected!



Scan for info and to join

11th May 2024 - 11am
10 Bridges Walk

WALK WITH KAIROS
PRESENTS



**Summer
BEACH WALK**

HIKE ALONG THE VIKING COAST FROM
RAMSGATE TO BROADSTAIRS!

SATURDAY | 8 JUNE | 9 AM

MEETING AT KAIROS AFTER CARE AT
9 AM
9.30AM WE SET OFF IN THE MINIVAN!

GET FIT!
GET CONNECTED!

ACTIVITIES AND EVENTS

WALK WITH KAIROS



**WALKING
PECKHAM
TO
CLAPHAM!**

REGISTER VIA THE QR CODE BELOW




GET FIT! GET CONNECTED!

6 JULY 2024 11-10AM
MEETING POINT CONFIRMED AFTER REGISTRATION
CONTACT ADRIANNA: 07443 200 513


WALK WITH KAIROS:

**CATFORD
TO
GREENWICH**

THE ONE DAY AT A
(GREENWICH MEAN) TIME WALK



SATURDAY 3 AUGUST
MEETING POINT CONFIRMED ON REGISTRATION
SIGN UP VIA QR CODE



OR EMAIL ADRIANNA@KAIROSCOMMUNITY.ORG.UK
TEL: 07443 200 513

GET FIT! GET CONNECTED!

WALK WITH KAIROS -
GET FIT & GET CONNECTED!

*Hampton Court
Palace
-a royal ramble*



Saturday 7th September 2024 @ 10:00
Meeting point confirmed on registration

Sign up via QR Code below or
email adrianna@kairoscommunity.org.uk
Tel: 07443 200 513



WALK WITH KAIROS -
GET FIT! GET CONNECTED!

CANTERBURY



12TH - 13TH OCTOBER 2024

**AN OVERNIGHT ADVENTURE:
WALKING RUGGED HILLS, COBBLED STREETS,
AND A CATHEDRAL**

Includes: minibus transport, shared accommodation, evening meal,
Sunday breakfast & lunch. Register via QR code below or contact
Adrianna 07443 200 513 // adrianna@kairoscommunity.org.uk



WALK WITH KAIROS -
GET FIT! GET CONNECTED!

Take a walk

Camden, Regent's Canal
& Primrose Hill

SATURDAY, 9TH NOVEMBER 2024



Meeting point confirmed on registration

REGISTER via QR code or contact Adrianna:
adrianna@kairoscommunity.org.uk
07443 200 513

**Walking
winter wonders
at Wakehurst**

Some not guaranteed

Saturday, 14th December 2024

DECEMBER
WALK

Register via QR code




Any questions
adrianna@kairoscommunity.org.uk
07443 200 513



KAIROS **COMMUNITY BEES**

“A swarm in May is worth a load of hay, in June a silver spoon, and July not a fly,” or so the old saying goes. But what about August through April?

This year’s beekeeping at Valley Road proved that our 17th-century counterparts might not have anticipated the impact of global warming. Our newest keepers in training encountered their first colony as early as February—a sign of the busy season ahead. By November, the bees were still collecting pollen, with the final swarm of the year gathered in late August.

One memorable day saw us collecting a fourth colony from a neighbour’s garden shrub. Fortunately, our sweet-toothed neighbours were understanding of the unexpected visitors! In October, an impromptu hive inspection revealed the bees had started making honey again—an unusual and exciting discovery so late in the year.

This year:

16 colonies at the height of the season

We collected 200lbs of excess honey

We rehomed 12 swarms

We are heading into this winter with 10 super strong colonies

Bee Kairos brings residents and volunteers together, caring for ten hives across Kairos’ gardens. The project focuses on nurturing bee health and environmental sustainability. Surplus honey is harvested and sold locally to support this work.

Kairos honey has been celebrated for its quality, awarded a 5/5 rating in a London blind tasting by BBC’s Martha Kearney and even featuring in Bees in the City: The Urban Beekeeper’s Handbook.

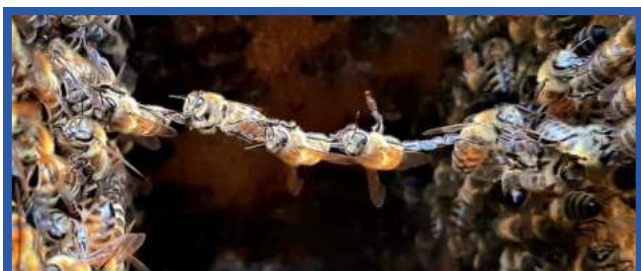
Follow on Instagram: [@bee_kairos](#)

With the help of new and returning friends, we extracted this year’s honey: a lusciously golden, runny variety, a stark contrast to last year’s naturally creamed version.

Our label design, inspired by a moment during an inspection with beekeeping teacher Mick Coen, features an image that won first runner-up in Vita Bee Health Europe’s photography competition and is published in the official 2024 calendar.

We’re looking forward to hosting an open day in spring for anyone interested in joining our group of volunteers. If you’d like to get involved, please reach out for more details.

Thank you to everyone who supported our bees this year—your contributions are truly valued!



Grace Madden

THIS YEAR, IN PICTURES...

1. Welcome, Linden Empowerment Community!

2024 marked the launch of the Linden Empowerment Community (LEC), a connection and guidance initiative founded by four Kairos Move-on residents. The LEC supports Linden Grove's residents as they transition into supported housing, through regular meetings and monthly guest speakers.

The LEC also launched their *Peer Power* handbook, a resident-led guide filled with opportunities for study, creative projects, physical activities, and therapeutic support to help Linden's residents embrace the next step in their recovery journey.

2. We welcomed Francesca Roberts House

This year, Kairos proudly renamed its building at 66 Nunhead Lane to Francesca Roberts House, in honour of the former CEO of [CRASH Charity](#) for her unwavering support and contributions to Kairos over the years. Francesca's legacy includes thirteen projects with Kairos since 2011, supported by £376k in grants and expertise. The celebration featured music, a buffet lunch, heartfelt tributes and Francesca sharing movingly on the meaning of home before concluding with the grand unveiling and Sandra's legendary scones in the Nunhead sunshine.

3. James returned to the skies

Hot on the heels of last year's skydive, Bethwin Road's James Hopkins again took to the skies this summer: this time, a sponsored wingwalk! This was, in James' words, "a great experience" and he raised a magnificent £2,000 from over 65 generous donors in return for his efforts.

4. We looked at London 'through the lens', mindfully

[Mindful Photo Lab's](#) Pierre Bureau generously extended a second series of Mindful Photography workshops to Kairos residents. Combining meditation and photography, sessions took place in varied and inspiring locations, such as Greenwich, the Tate Modern, and the Barbican Centre, with a full day trip to the breathtaking Kew Gardens (pictured, inside the beehive). Over eight weeks, residents explored creative techniques using only smartphones, capturing everything from reflections to framing in black-and-white. The exhibition of work was a real celebration! Thank you, Pierre, for another tremendous success.

5. Working together: Kairos and [CRASH Charity](#) in 2024

Once again, we wish to thank [CRASH Charity](#) and their patrons for their generous support for our work. This support continues to have a profound and lasting impact

on Kairos' spaces and community.

We were delighted to welcome Trisha Pickersgill as CEO following Francesca Roberts' retirement after sixteen remarkable years at the helm. We look forward to continuing our strong partnership with CRASH. Pictured is one of the newly refurbished bathrooms at Bethwin Road, made possible through CRASH's support. These upgrades have greatly enhanced comfort for our residents, and we extend our thanks to everyone involved. CRASH also facilitated a generous donation of six months' worth of paint from Dulux, invaluable for redecorating our properties. We are making great progress! Additionally, residents at Linden Grove received toiletry washbags at Christmas, adding a thoughtful and festive touch to their celebrations. Our heartfelt thanks to everyone at CRASH Charity for your incredible generosity and ongoing support.

6. The launch of Nunhead Psychotherapy Group

The Nunhead Psychotherapy Group (NPG) piloted its thirty-week programme in 2023-24, facilitated by Will Pugh and Tim Penrice. Designed for individuals who are at least one year drug- and alcohol-free, it offers a confidential space to explore challenges in ongoing recovery.

Building on the success of this pilot and participant feedback, the NPG is set to welcome its next cohort in January 2025. Participation is open to both Kairos residents and the wider Southwark recovery community.

7. Recovery Communities programme launch

This year saw the launch of Recovery Communities, a programme commissioned by the [London Borough of Southwark](#) to support individuals in recovery. It includes:

- One-to-one counselling: A 24-week programme of weekly sessions delivered by Kairos Counselling placement counsellors (see p.23).
- Nunhead Psychotherapy Group: A 30-week group therapy programme offering participants the opportunity to explore new approaches to old challenges (see point 7 above).
- Walk with Kairos: A monthly walking group promoting physical well-being and social connection, with walks both within and beyond Greater London (see p.26 for this year's posters).

The programme is open to both Kairos residents and those living in the London Borough of Southwark.



1.



2.



3.



4.



5.



6.

KAIROS COMMUNITY TRUST
RECOVERY COMMUNITIES

Kairos Community Trust is proud to announce the launch of our Recovery Communities programme, commissioned by the London Borough of Southwark.

The programme is comprised of three strands, accessed separately:

1. ONE-TO-ONE COUNSELLING
2. NUNHEAD PSYCHOTHERAPY GROUP
3. WALK WITH KAIROS WALKING GROUP

ONE-TO-ONE COUNSELLING

- Twenty-four week, one-to-one counselling, utilizing grounded experiential and experiential approaches.
- Meet within Kairos Community Trust - separate to Southwark residents from September.
- Free during the working day in a private room.

NUNHEAD PSYCHOTHERAPY GROUP

- A nine-month, weekly, weekly, weekly group therapy programme.
- Participants receive an in-depth one year course and drug free and committed to the thirty-week programme.
- Free early January 2025, free of the London Borough of Southwark.

WALK WITH KAIROS

- Monthly walking group, free of cost.
- Encourages physical activity and social connection with other people in recovery.
- Walks take place within and outside Greater London.

Registered Charity 1073783 | www.kairoscommunity.org.uk

7.



8.



9.



10.



11.



12.

KAIROS **mixer** **KAIROS**

The Perfect Blend of Recovery, Friends, Family & Unity

Who? Please come join us. Friends of Kairos You are very welcome.

When? Saturday 8th June 2024
10am – 4pm

Where? St James RC Church, Elm Grove Peckham, SE15 5DD

13.



14.



15.



16.

THE YEAR IN PICTURES (CONTD.)

8. Mark and Martina's marriage

This summer, support workers Mark and Martina tied the knot at Sacred Heart Church in Kilburn, with over 100 friends, family, and members of the Kairos community joining to celebrate the couple's special day.

A beautiful ceremony was followed by a reception filled with thoughtful touches, including a photo booth, M&Ms personalised with images of Mark and Martina, and flip-flops for guests' tired dancing feet. Sandra's buffet was a feast, and there was a lot of love and laughter.

Our congratulations to the happy couple.

9. Drama took centre stage

The BRIT School's Applied Theatre students returned for the second consecutive year, leading a series of residents' drama workshops and a moving final performance.

This was followed by an invitation in April to BRIT students' performance of *The Wonderful World of Dissocia* at the Obie Theatre, Croydon, attended by thirty members of the Kairos community. This stimulating play sparked thoughtful discussions around mental health. We thank The BRIT School for their collaboration and hospitality. Other dramatic highlights this year include Outside Edge Theatre Company's workshop with staff and residents at Linden Grove, and Kairos residents performing in *A Little Bit Grimm* through Open Stage at Goldsmiths, University of London.

10. The largest ever Kairos group headed to Lourdes

In September, 51 members of the Kairos community joined the annual Oblate pilgrimage to Lourdes.

Participants helped with setting up the hospital in preparation for assisted guests, as well as dining room service, night shifts, security, and wheelchair pushing. Team fundraising efforts in the lead-up to the trip made the journey possible, and the week itself was filled with friendship, camaraderie, and collaboration.

11. Kairos team smashed the Brighton 10K

Congratulations to Steven Polatajko, Catherine Lyons, and Matt Dear, who completed the 2024 Brighton 10K, raising over £1,150 for Kairos. They ran past Brighton's city sights before hitting a seafront finish, with personal bests achieved along the way. Thank you to all who donated

and who cheered them on,

(Inspired by this success, 2025 will be a Marathon year for Steve and team - who are already in training!)

Elsewhere in physical activities, residents were introduced to the brilliant Boxing in Recovery at London Community Boxing, and Walk with Kairos launched a successful series of enthusiastically attended monthly walks.

12. Kairos connected at Crewe

Kairos embraced connection and growth this year, with staff and residents joining three separate retreats at the Oblates Retreat Centre in Crewe. Each weekend has a theme: in August, fourteen participants engaged in workshops on navigating differences and building stronger relationships, with lively role play and shared learning.

13. The first Kairos Unity Day

In June, Kairos hosted our first Unity Day near the Aftercare premises in Peckham. The event brought together 60-70 people from 12-Step Fellowships, from inside and outside the Kairos community.

The day saw inspirational stories shared, heartfelt reunions, and an impressive £900 raised for Lourdes 2024. It was a true celebration of family, friendship, and unity. Thank you to everyone who joined and supported.

14. Teamwork was dreamwork in Kairos gardens

In May, more than fifteen volunteers from Santander joined the Kairos community to revitalise the gardens at two of our supported houses. Together, the team weeded, planted flower beds, painted fences and a bathroom, and deep-cleaned patios, creating fresh spaces for the summer. Kairos and Santander volunteers alike enjoyed a fun and rewarding day. We thank Santander for the hard work and generous donation towards plants and materials.

15. Kairos at Millwall FC

In March, Kairos' Jason O'Reilly, Frank McDonald and residents were delighted to again join Millwall FC for the club's annual Community Day at The Den. Kairos and Millwall, both rooted in south London, have close community ties.

The team hosted a stall showcasing Kairos' services, engaging with the public in chilly weather but an energetic atmosphere: all capped off by a one-nil victory for Millwall in a lively family-friendly game.

16. Amid the work and intensity, Linden Grove's staff and residents had a lot of fun

Linden Grove's residents enjoyed another packed calendar of creative, social, and community-focused activities this year.

Highlights included Hallowe'en celebrations (with activities such as pumpkin carving, apple bobbing, a costume contest and a walk around Nunhead Cemetery). There were day trips to places as diverse as Rochester Castle, Broadstairs beach, and Greenwich museums. Summer saw sports days at Peckham Rye and Dulwich Park, where staff and residents enjoyed playing games such as football and croquet, while Christmas Day would not be complete without the now legendary and much-loved *Linden's Got Talent*.

A big thank you to the Linden Grove team for their seemingly boundless energy in making it all happen!

RIP, DAVE CARROLL



We were saddened by the death of Dave Carroll in August. As Deputy Manager at Bethwin Road, Dave's warmth, compassion, and sense of humour touched the lives of many members of our community from 2012 to 2019 and beyond.

Lee Slater, Bethwin Road's Manager, recalled how, "the sign written in Gaelic above Dave's desk read 'a thousand welcomes', and this describes Dave better than my words ever can. Dave made recovery seem very attractive. He was funny, kind, rarely judged, and made those who felt isolated, fearful, shamed and deeply unlovable, accepted.

"We called Dave, 'the wise one'. I can picture him sitting up above, wearing his colourful socks and calmly chatting away, sharing his experiences and wisdom."

We extend our deepest condolences to Dave's wife, Nula, and family. May he rest in peace.

THANK YOU, FROM ALL AT KAIROS

...to all who have supported us, whether through funding, time, or other contributions. Your generosity has made an immense difference to our work.

We are hugely thankful.

These logos represent just some of the many organisations whose support has helped us achieve so much this year.

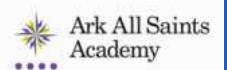


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Thank you to the **Mongardini family**, who so generously raised over £2,500 in memory of **Joshua**, their much-loved son and brother. Your support honours his memory, bringing hope and help to others.

We are deeply grateful.



This summer, Kairos visited **Ark All Saints Academy, Camberwell** and **Charter School, Bermondsey**. We shared about our work in addiction and homelessness with impressively engaged students in each school, who were taking part in the inter-schools 'First Give' programme.

Inspired by our visit, the Year 9 group at Charter School then sprang into action, organising a sponsored walk of twelve laps of Southwark Park to raise funds for Kairos.

We thank both schools for their interest, compassion, and support.



Thanks to our anonymous donor for the new tower scaffold. Work is already underway with making vital improvements to our buildings.

STATEMENT OF FINANCIAL ACTIVITIES

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	81,590	285,737	367,327	126,813
Charitable activities				
Care home and after care fees	589,243	-	589,243	506,680
Housing benefit	2,345,700	-	2,345,700	2,140,458
Supporting People Fund	41,860	-	41,860	43,070
Residents' Contribution	156,876	-	156,876	148,311
Other trading activities	76,549	-	76,549	68,994
Investment income	38,671	-	38,671	15,053
Total	3,330,489	285,737	3,616,226	3,049,379
EXPENDITURE ON				
Raising funds	315	-	315	8,537
Charitable activities				
Charitable activities	2,411,737	171,521	2,583,258	2,315,878
Total	2,412,052	171,521	2,583,573	2,324,415
NET INCOME	918,437	114,216	1,032,653	724,964
Transfers between funds	(14,933)	14,933	-	-
Net movement in funds	903,504	129,149	1,032,653	724,964
RECONCILIATION OF FUNDS				
Total funds brought forward	(165,877)	11,804,423	11,638,546	10,913,582
TOTAL FUNDS CARRIED FORWARD	737,627	11,933,572	12,671,199	11,638,546

BALANCE SHEET

BALANCE SHEET 31 MARCH 2024

	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
FIXED ASSETS				
Tangible assets	16,866	11,512,056	11,528,922	11,552,379
CURRENT ASSETS				
Debtors	228,202	175,510	403,712	196,862
Cash at bank and in hand	1,026,579	246,006	1,272,585	417,308
	<u>1,254,781</u>	<u>421,516</u>	<u>1,676,297</u>	<u>614,170</u>
CREDITORS				
Amounts falling due within one year	(233,716)	-	(233,716)	(219,022)
	<u>1,021,065</u>	<u>421,516</u>	<u>1,442,581</u>	<u>395,148</u>
NET CURRENT ASSETS				
	<u>1,037,931</u>	<u>11,933,572</u>	<u>12,971,503</u>	<u>11,947,527</u>
TOTAL ASSETS LESS CURRENT LIABILITIES				
	<u>1,037,931</u>	<u>11,933,572</u>	<u>12,971,503</u>	<u>11,947,527</u>
CREDITORS				
Amounts falling due after more than one year	(300,304)	-	(300,304)	(308,981)
	<u>737,627</u>	<u>11,933,572</u>	<u>12,671,199</u>	<u>11,638,546</u>
NET ASSETS				
	<u>737,627</u>	<u>11,933,572</u>	<u>12,671,199</u>	<u>11,638,546</u>
FUNDS				
Unrestricted funds			737,627	(165,877)
Restricted funds			11,933,572	11,804,423
TOTAL FUNDS			<u>12,671,199</u>	<u>11,638,546</u>

THANK YOU



Thank you to all our volunteers, supporters, community and friends for your time, effort and financial help. Your contributions, seen and unseen, are invaluable to our work.

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. You can access the PayPal Giving Fund using the QR code to the left or via the following link:

<https://www.paypal.com/GB/fundraiser/charity/3191527>

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