



# KAIROS COMMUNITY TRUST



**ANNUAL REPORT,  
2024/25**

**WELLBEING**



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**This year's cover is 'I am Woman', an original painting by Linden Grove staff member Shalomi G**

For years, I was trapped in the chains of addiction. What started as a way to escape my pain became a prison I couldn't break free from. The path left me HIV positive and fighting other illnesses and I felt completely lost, broken, and alone. There were days I couldn't see a future, days I didn't believe I even deserved one.

But even in my darkest hour, a light found me. A place welcomed me when I felt unworthy of love. People believed in me when I couldn't believe in myself. Slowly, I began to see that my story wasn't over. That I still had something to fight for.

And today, I stand before you as proof that no matter how far you've fallen, there is always a way back. I'm not here because I was stronger than anyone else.

I'm here because I reached out, because I didn't give up, and because others reached back.

Now, I belong. I have purpose. I have a job. I have people around me who trust me for who I am, and not who I was.

I wake up each day with hope. And if I can rise from that darkness, so can you. No matter where you are right now, no matter what you've been through, your life has value. You are not alone. Your story can change, and you can become someone you never thought possible.

I am living proof of that.

**Former Kairos resident**

# WELCOME, FROM OUR CHAIR OF TRUSTEES, PAUL CARTER

Dear friends,

## Hello and welcome to the Kairos Annual report.

I read recently that the average adult spends nearly one-third of their waking life alone. I wonder, however, when we are truly alone, as we all have our thoughts to keep us company. Also, most of the time, if we don't have other people to keep us company, we are listening to music or podcasts, watching the TV, reading a book or, for those with Faith, talking to God. Some people have pets to talk to or, like me, just shout at the TV; I have even heard that some people talk to their plants!

I have been to football matches 'alone' but the experience is far from an act of solitude as you end up sharing the same emotions and experiences of those around you, even if you don't talk to anyone. You sing the same chants and, if I am saddened by the result, the people around me understand my pain.

I suppose the only time I really feel alone is when I enter a room, I don't



know anyone and perhaps I feel a bit of an outcast. When I enter a room at Kairos, however, I never have that feeling, as everyone is so welcoming and there is an unspoken acceptance of who you are. Kairos is blessed with many experienced professionals to provide help and support when needed, but they are not there all of the time. Yet by and large everyone gets along, respecting each other and, without having to say or do too much, manages to

make you feel welcome and supported.

Life can be very complicated at times. A few simple words, however, can make a huge difference, and so I sincerely say to you all:

**Keep well and I  
hope to see you  
again soon.**

# WELCOME, FROM OUR DIRECTOR, MOSSIE LYONS

"You're looking better D," I say. "Five weeks now," he says (meaning he has been clean for a month and a week). The change begins internally and shows early. I can see in the eyes, in the face, in the general appearance: hope.

Over the years with Kairos, that early evidence of wellbeing, that movement back to health of a man or woman, is the most wonderful, uplifting experience of all.

For the addict, wellbeing has a definite starting point: when a person decides to address their substance misuse problem. It is the decision not to drink, not to use.

Wellbeing has no destination. It is a journey of daily valuing, an attention to and caring for a healthy recovery. It is a journey of gratitude, humility, constant awareness, growth and openness to learning. It is all around us: 25, 19, 15, 10 years sober. A day, a week, three months sober.

The Kairos journey. The Kairos story.

Among the many things done over the past year, the following stand out for me:

- The uptake of Kairos Counselling, our post-rehab offering of 24 weeks of ongoing counselling
- The success of our weekly psychotherapy group over 30 weeks
- The buying of two houses



- Opening a second women's only house
- Placing and supporting so many residents into independent living

Kairos' structure is designed to help a person set a strong foundation in the early stages of wellbeing. It starts with post-detox stabilisation at Linden Grove, then rehab at Bethwin Road or the Garden Day Programme, then Aftercare at Elm Grove, to being supported in one of our post-rehab move-on houses. While there, an individual may receive a further 24 weeks of counselling through Kairos Counselling.

The golden goal, I believe, is to come to a place of your own, where you have a structure, routines and patterns that help to protect your cherished freedom and sobriety.

What I also see (most of the time) is people who develop a structure, routines and patterns to protect their cherished freedom. Structure gives direction and purpose. Never taken for granted – always attentive. It helps to a place of not just physical wellbeing, but a place of emotional, mental, relational and spiritual wellbeing.



# WHY OUR WORK MATTERS: WHAT OUR COMMUNITY SAYS

Kairos has given me the greatest gift of all, the gift of time. When I came to Kairos, I was broken. This unique system works.

For me, wellbeing means being safe, seen, and supported while learning to love who I am. Kairos has given me that in abundance. I've started loving myself at the age of 54, after 48 years of believing I wasn't worthy. Kairos have loved me unconditionally and, in many ways, reparented me the right way.

I've learnt that creativity is vital to my wellbeing, it's helped me find my voice, write, and even perform a play that's been seen and loved by so many, in addition to uniting recovery services and boroughs.

## Amy, resident

It's a lifeline to live in a safe environment after over a decade in jail. I attend 12 step fellowships, have therapy onsite - and completely trust the process, sharing innermost secrets with my therapist - with support on tap at the house.

I am living clean and sober and eating clean. I train four times a week. I have been signposted to healthy hubs for my recovery. I feel as if I'm part of the community.

## Shane, resident

Linden, rehab and Aftercare have given me knowledge and tools to help me stay clean. Every one has helped me progress in recovery.

I can only describe Kairos as 'magic'. I never thought I could get clean and live the life I'm living now.

## Shannon, resident

Kairos has given me a sense of belonging, a sense of purpose to carry on with my life. I have lots of support and a great network of friends around me today.

Kairos has given me a family, something I've never had before. It has helped build me up to be courageous; I want my own gardening business when I leave move-on next year.

## Kairos resident

It's special. To know I can ask for help without feeling like a burden is such a special safety blanket. I've been able to get past that feeling into learning responsibility. To try and put aside the idea that 'finding things difficult equals failing'. Having time and space helps. This takes away the anxiety that I have to hurry and rush into taking the first thing in front of me.

## Kairos resident

**Right:** The word cloud shows how residents and clients described Kairos in three words. Each word appears once, its size indicating how frequently it was chosen.





# OUR PURPOSE, APPROACH AND CORE VALUES

## OUR PURPOSE

Kairos Community Trust is a therapeutic community dedicated to supporting people with addictions.

Addiction and homelessness are often intertwined and 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.

Kairos' service pathways - our abstinence support hostel, rehabilitative and therapeutic programmes, aftercare and supported housing - are underpinned by bespoke, individualised care and support plans. 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' CORE SERVICES AND 'PATHWAYS' PROGRAMME

The Kairos 'Pathways' Programme offers support that people can enter at any stage. Each service can stand alone or be combined to create the right mix of help for the individual.

The pathway usually begins with post-detox stabilisation at Linden Grove, continues with rehabilitation at Bethwin Road or the Garden Day Programme, then moves into Aftercare and/or the support offered by our move-on houses.

Counselling and group therapy underpin all of our therapeutic work, which has only been strengthened by the addition of Kairos Counselling and the Nunhead Psychotherapy Group.

## CORE SERVICES WITHIN THE KAIROS 'PATHWAYS' PROGRAMME

THIS STRUCTURE IS SHOWN IN THE DIAGRAM ON THE OPPOSITE PAGE

### LINDEN GROVE ABSTINENCE SUPPORT HOSTEL

- Stabilisation hostel, where recovery begins

### GARDEN DAY PROGRAMME 'DAY-HAB'

- Non-residential, 12 step, post-detox treatment
- 12-week programme, Monday-Friday 10am-3pm

### BETHWIN ROAD RESIDENTIAL REHAB

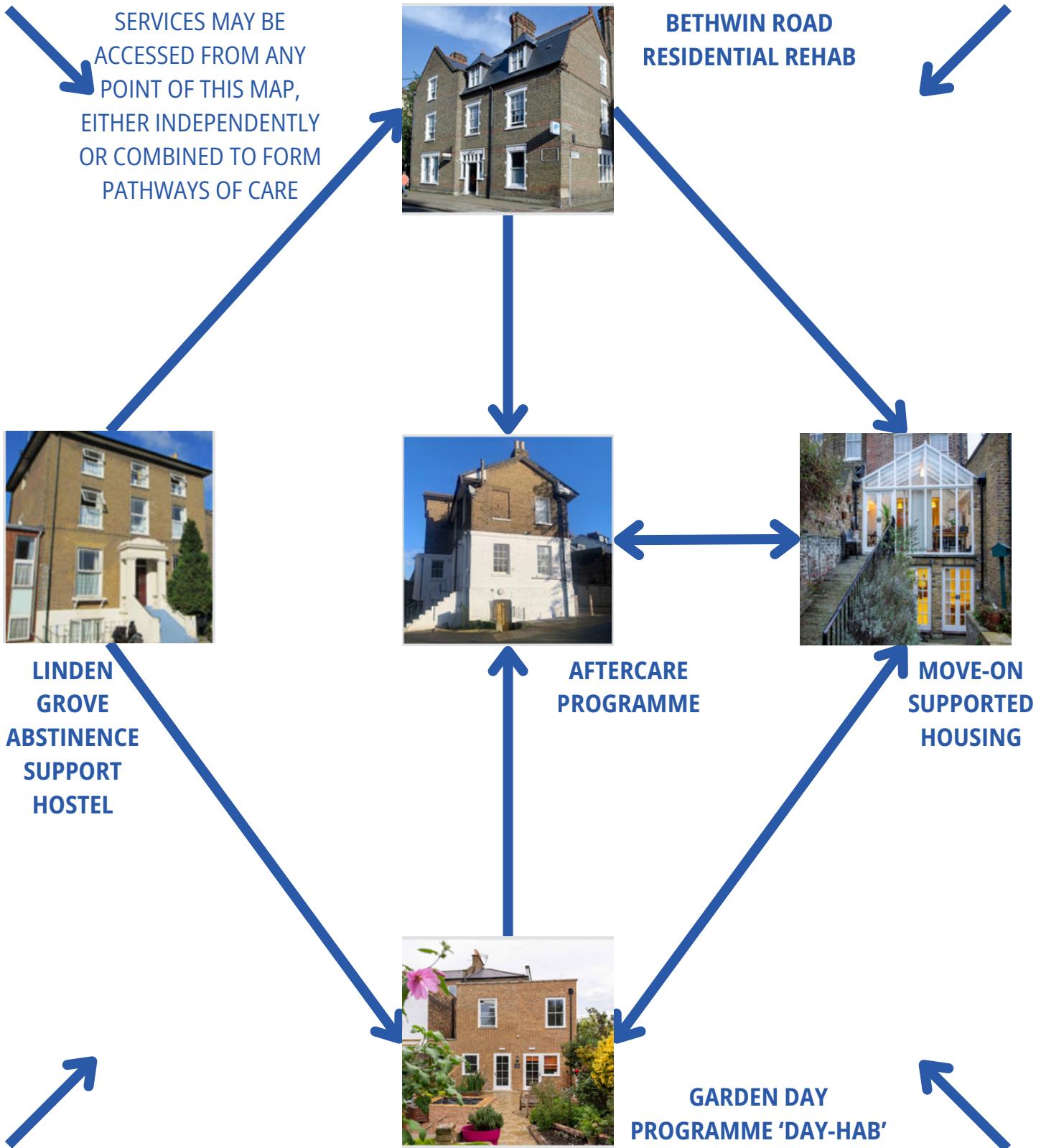
- Residential, 12 step, post-detox treatment
  - 12-week programme

### AFTERCARE

- 12-week, 12 step, non-residential three-day treatment programme

### MOVE-ON SUPPORTED HOUSING

- 30 abstinent, recovery-focused properties
- Shared homes for adults who have completed detox and rehab or who are 28 days abstinent and committed to recovery
- Each house has a dedicated support worker and each resident their own room and key



NEXT PAGES:  
**SERVICE MANAGERS' REPORTS**



# LINDEN GROVE ABSTINENCE SUPPORT HOSTEL

**Linden Grove offers a stable, residential, post-detox community with 25 single rooms (16 of which are en suite) where residents can begin to rebuild their lives without alcohol or drugs.**

Linden Grove is a front-line stabilisation hostel, where wellbeing is a daily task for people coming to us from a place of complete desperation: people who are broken, despairing, violated and forgotten.

These first 12 weeks allow for a multitude of aspects of a person's life to be approached and carefully worked through. Our team and structured programme take a holistic approach, built with non-judgemental, consistent and caring support at its core.

Linden Grove provides a safe and supportive environment that promotes physical, emotional, mental and social wellbeing.

Addicts and alcoholics living with the effects of trauma, addiction and homelessness will begin to recover gradually, through the careful support and mutual respect of the Linden team.

We offer a clean, comfortable and secure living space that is well maintained, with regular improvements made throughout the year. Residents are supported to build trust and stability by following a consistent routine

through our weekly programme and one-to-one counselling.

Stability, care and structure are at the heart of daily life at Linden Grove. It would be incomplete not to mention the healthy and nourishing meals prepared with care by the kitchen staff, exercise in the local area and good sleep routines in single rooms.

Through workshops and daily interactions, residents learn the principles of long-term self-care and wellbeing. They are introduced to mindfulness, relaxation and creative activities. They begin to build self-

**My time at Linden Grove was exactly what I needed to start my recovery process.**

**It gave me stability, structure and a safe environment, allowing me to just focus on recovery.**

**Anwar, former resident**

esteem and resilience through positive feedback and achievable goals.

They are encouraged to engage in peer support and shared activities. They are provided with guidance on budgeting and life skills for future independent living. Over time, many will reconnect with their families.

Wellbeing at Linden Grove is achieved through safety, belonging, purpose and empowerment. A holistic, compassionate approach allows individuals to rebuild their lives with dignity, confidence and hope.

**Vincent Mahe**



**From those first days, when I didn't even know my own name or what was happening, in the denial phase yet no one judged me; they simply cared. I didn't see it then but, looking back, I'm incredibly grateful that I started at Linden. It is the place that helped me find my feet, even through the tears, the moments of throwing my toys out of the pram, and the plain, out-and-out anger. I was held.**

**Simon, former resident**

**2024-25: 90 residents were admitted and 59 completed**

## THE MIRACLE ON LINDEN GROVE

In Nunhead, South London, a special place can be found  
Where love, warmth and kindness freely abound  
That house and church hall, is a real treasure trove  
The Miracle, on Linden Grove

Every few days, there's a new bag or case  
That belongs to the latest, anxious face

12 weeks of treatment, to break free from addiction  
Just follow all the house rules and restrictions  
And so begins a transformation  
Kairos calls it 'stabilisation'

You're given a room, that's tidy and neat  
And if you're lucky, you'll get an ensuite!  
Three meals a day, nutritious and hot  
Unlimited laundry, but keep to your slot!

\*\*\*

Each morning, a check in with all of your peers  
Are you grateful, anxious or crippled with fears?  
Next up, the aim is to create some beauty  
Yes, it's time, for your therapeutic duty!  
Some spraying, hoovering, wiping and mopping  
When duties are done, it's fine to go shopping

\*\*\*

As the months progress, people get stronger  
A few leave early, but some will stay longer  
The staff help you decide, 'what's next for me?'  
Is it Bethwin, a move-on, or the famed GDP?

As you approach the last weeks, fears and concerns can arise  
But try and remember, you've won first prize!  
You're clean, you're sober, and now full of hope  
The staff stay close, to ensure you can cope

Deep friendships are made, and self-esteem raised  
As you look back, you are truly amazed  
You came here broken, lonely and sad  
And leave here stronger, knowing you're not bad

The team at Kairos have done it again!  
Lovingly rebuilt some women and men  
Vince and the staff, are a wonderful group  
Providing an escape, from addiction's loop  
That house and church hall, is a real treasure trove  
The Miracle on Linden Grove!

**Paul, former resident**



Linden is an amazing place. It saved my life. My life was unmanageable and my behaviours out of control.

I thought before that help was...people giving me drugs. I was so deluded. The Linden team did nothing but help me. This is always on my gratitude list, every day.

I am doing amazing today, eight months clean and sober and rebuilding my life. No longer driving around homeless, living in my car with black bin bags. Scared, lonely, angry, with addiction calling me at every corner.

If you told me a year ago that I would enjoy swimming, have genuine friends, be there for my kids and even go on holiday with them, I would have laughed in your face. It's impossible!

Today, I can say it can be done. It is possible. I am doing it.

**James, former resident**





# BETHWIN ROAD RESIDENTIAL REHAB

**Bethwin Road is a post-detox, residential 12 Step service offering a 12-week rehabilitation programme for adults recovering from drug and alcohol dependence in a 14-bed Victorian house in Camberwell.**

Wellbeing is, essentially, how balanced, healthy and fulfilled a person feels across the different areas of their life: body, mind, emotions, relationships and purpose.

It is fair to say – and it is an accurate observation, borne of years of experience working at Bethwin Road – that all who come through the door are bereft of a balanced and healthy wellbeing and have travelled a long way from their own purpose and any goals they had set for themselves. All arrive with a deep sense of failure within, often hidden behind various masks.

For those who arrive blowing the trumpet of recovery, flying the flag of wellbeing and wanting to rescue the world while believing that positive thinking is the way forward, pain is in the post. It is on its way; no one can outrun pain. You cannot go round it, over it or under it. You have to go through it at some point to taste genuine joy and wellbeing.

Those who come in at the other end of the spectrum – hopeless, frightened, shamed, isolated and emotionally shut down – will

hopefully begin their thawing-out process and start the journey to wellbeing.

For all who enter the safe haven of Bethwin Road, an opportunity is presented. None of us knows who will take it; experience has also taught us this. Those who are willing to look at recovery twofold tend to give themselves a better chance of maintaining their recovery long term. The need is to understand that they have an illness (the World Health Organisation defines addiction and alcoholism as such) and not a moral deficiency, then couple this understanding with the willingness to look at self, address the unresolved issues within and challenge the maladapted, learnt coping mechanisms and self-defeating character traits.

Changing the relationship a resident has with their emotions is essential for wellbeing. It is important to understand that there is no bad emotion; all emotions have a healthy purpose. Emotions are there to inform reason and logic, and vice versa.

Attachment is the foundation of all relationships. Bethwin Road offers the space where residents can begin the internal journey home. Wellbeing can only truly be found there. To understand what this journey looks like, picture Frodo Baggins and Sam Gamgee as they set out to reach Mordor. It is the longest journey of a person's life.

*Lee Slater*



**2024–25: 9 residents in treatment at 1 September 2024 • 43 admissions • 23 completions  
(12–24 weeks) • 12 residents in treatment at 30 September 2025**



## NEW BEGINNINGS

As I start to walk little me down memory lane,  
I'm often faced with deep feelings of shame.  
A little girl who yearned to belong,  
Not knowing that for 32 years I would be wrong.  
I shouted, I bellowed, I screamed my song loud,  
Desperately trying to make those around me proud.

Becoming a mother I thought was the fix,  
Feeling completed as I touch 10 tiny fingertips.  
To love and nurture two blessings from above  
Was hard to do, given that I didn't know love.

And in just five years I let them down,  
I knew from then I had to turn things around.

It was time for a change; a new beginning,  
To learn my emotions, lose my need to be winning.  
I began to dig deep and beyond just the surface,  
To really find my true life purpose.

No more substance to numb that pain,  
It's time to heal, feel and to become sane.  
A new beginning is in the palm of my hands,  
It's just for today, I trust in God with my plans.

**Naomi, former resident**

The staff worked hard to create a welcoming environment, making an unfamiliar setting feel less scary. They treated us with respect and a sense of trust that fostered self-confidence and validated my feelings, making me feel understood and helping me move forward.

We had daily group therapy. Watching other people open up encouraged me to do the same. I found individual counselling useful for working through things in more depth. Group discussions were particularly valuable. I learnt a lot about relapse prevention, which I use daily in my recovery.

The structure and routine of the house gave me safety and stability. There was a sense of community that helped me feel connected and comfortable. Through my six months at Bethwin, I formed friendships with people I am still in contact with and regularly return to see staff and peers.

**Stacey, former resident**

It's like living and working in a recovery bubble. Staff treat me as an equal, as they do with all residents. They listen so well to everybody, at any time, and always make people feel welcome and 'part of'.

I was also a resident here and feel so much love for the staff and the home. I feel valued and always have someone to ask for help or advice.

I almost feel protected from harm.

**Bethwin volunteer**



# GARDEN DAY PROGRAMME 'DAY-HAB'

**The Garden Day Programme offers 12-week, 12 Step-based, non-residential rehabilitation in Nunhead for adults post-detox, focusing on stability and recovery through group and individual therapy.**

This will be my last annual report, as by the time you read this I will have retired as Manager of the GDP on 17 October 2025 and Simon Woods will have taken over.

It has been a wonderful 15 years since we started the day programme in January 2011 and we have achieved more than we could ever have dreamed. Almost 600 clients have started the programme and over 400 have completed it, finding a recovery pathway that often leads to Aftercare, supported housing, or both.

2025 has been a statistically typical year, with 40 admissions: 21 men and 19 women; 28 graduated, 23 went on to Aftercare, 12 did not complete. These figures are in keeping with our recent past and show a 70 per cent completion rate.

The almost 50 per cent gender split



is particularly gratifying, as we have long hoped to attract women in recovery from chemical dependency, many with family and childcare responsibilities, to try a structured recovery programme that helps prioritise their individual needs. Perhaps the new word 'day-hab' has helped? It certainly conveys the reality of the hard work that clients put in here to restore sobriety, coping skills, wellbeing and stability.

The Kairos pathway model developed across our services and typically providing at least a year of structured support to every client, enhances long-term recovery outcomes. Further additions to the pathway that we host at Nunhead Lane and which have had a successful year are Kairos Counselling and Nunhead Psychotherapy Group.

The GDP garden plays a large part in the recovery atmosphere of 66 Nunhead Lane and has looked spectacular this year. Michael Peacock, our hands-off, shoes-off gardener has produced a wild and varied collection of colour around the pond that has done us all proud. Thank you, Michael. Your gifts are much appreciated.

Rachel Johnson, who was previously working in Linden Grove, joined Will Pugh and me last autumn and has brought energy and freshness to the programme. She is a quick learner and a willing student and her clients have learned a lot from her this year as she develops the power of group therapy.

Will Pugh has had another great year professionally, achieving his BACP accreditation. Following last year's diploma in IGA Groupwork Practice, he continues to bring care and kindness to the delicate process of both group and one-to-one psychotherapy. Well done, Will.

Both Anne Stegmann and Matt Ferguson have found a healing place in the GDP, with art therapy and meditation having important roles as inward-looking practices that clients come to value. Thank you both for your resilience and compassion.



**2024-25: 40 clients were admitted and 28 completed**

Gillie Sliz has recently chosen to retire and it is great to see her looking her not-so-old-self! I am following in her footsteps, as I have so often over the last decade. She started at the GDP in 2013 as assistant manager and has left an impression on, and helped build valuable self-awareness in, so many clients. Her sense of style and fun, coupled with her recovery knowledge and wisdom, has made her a great colleague and a first-rate therapist.

I asked her to contribute to this report, and she replied straight away with this:

"Twelve years ago I came to the GDP from working in an exclusive private rehab in Surrey.

In my first group there was a very angry man who, after a while, said, 'I can't listen to Margaret Thatcher any more', got up and walked out, slamming the door. Six weeks later he copied all his Johnny Cash music and presented it to me.

He left less angry and judgemental and I treasure his gift.

I have learnt so much from the people going through recovery in the GDP and have received more than I could ever give. I will miss them."

The Garden Day Programme has grown from a synthesis of special people working together to meet the recovery needs of many damaged hearts and minds over 15 years. That we have been successful at all is a kind of miracle, but a miracle that can be repeated year on year within the supportive and healing community of Kairos.

Thank you. All of you. And best wishes to Simon for the next chapters.

**Tim Penrice**

In 2010, as the now Garden Day Programme was being formed, the late Tony Bambridge transformed the derelict piece of land to the back of the building. He dug the pond, planted the flowers and tended the lawn and trees. In recognition of his work and the beauty he created, the new 'day-hab' centre was named the Garden Day Programme.

In recent years, Barefoot Michael has continued this care. Tony's legacy lives on through the passion and commitment Barefoot Michael brings to the garden and the project. We thank him.



I had 12 brutally honest, powerful, and eye-opening weeks at GDP.

This was where I first learned how to speak, how to be honest and how to show up as myself.

**Simon, former GDP participant**

GDP gave me back my confidence. I had to think about what I had done and who I had harmed.

The work was sometimes challenging, but this also helped me overcome my fear of asking for help. I am learning how to live a life that I have never known.

**Former GDP participant**





# AFTERCARE PROGRAMME

**Aftercare is a three-day, 12-week post-rehab programme in Peckham, helping adults maintain abstinence and rebuild confidence through co-dependency work, group and individual therapy, dramatherapy.**

Run by manager Jessica Rood, deputy manager Dave Yates and therapists Cydney Dunbavin-Hands and Airen Koopmans, the team's stability over the past five years has brought a consistency to clients that provides familiarity and security.

This year's theme of wellbeing sits naturally with Aftercare's work. We offer a structured, supportive environment that helps clients maintain abstinence and build lasting recovery once detox and rehab have been completed. Most clients come to us having been clean for at least four months, with a minimum clean time of 30 days. The programme runs for 12 weeks, three days a week (Tuesday to Thursday, 9.30 am to 3 pm). Each morning there is a 90-minute group process, followed by workshops in co-dependency, behavioural addictions, dramatherapy and meditation. Every

client has a weekly one-to-one counselling session.

Kairos Aftercare has operated close to full capacity throughout 2024-25, with many benefitting from funded extensions from providers in Southwark, Croydon, Kensington and Chelsea, Camden, Islington, Westminster and Lambeth, staying for up to 18 or even 24 weeks. While we are grateful for referrals from Kairos programmes, we benefit from referrals from rehabs around the UK. We made many these links by staying open and available during 2020-21.

Recovery is not just about giving up substances but learning how to live again. We support clients to build simple, consistent routines: eating well, sleeping properly and finding shape in the week. Group and one-to-one therapy, mindfulness practice

and creative and community-based activities help restore purpose and connection. Many clients face stigma, limited resources and co-occurring mental health challenges, which can make recovery harder. Our job is meeting people where they are, offering professional support and clear structure.

Clients are encouraged to engage with their creative sides through dramatherapy, which supports them in connecting with inner child work. Group therapy helps develop communication techniques, such as setting and maintaining boundaries. At the core of the creative work, clients nourish a relationship with themselves, enhance awareness of their feelings and are enabled to take responsibility for their lives in a more holistic way. They are helped to move on from intrusive thoughts and unhelpful core beliefs.



**2024-25: 57 residents were admitted and 41 completed**

Both Airen and Cydney are now trained as Internal Family Systems (IFS) Therapists which has further deepened the psychological quality of our work. Cydney is also Level 3 First Aid trained and supports the team in maintaining a safe environment. Dave is a qualified Dialectical Behavioural Therapist, helping clients develop emotional regulation skills, distress tolerance, mindfulness and interpersonal effectiveness. He is also a member of the Men's Therapy Hub, highlighting the importance of encouraging more men to seek and provide therapy.

Jess takes most morning groups, traditionally the times when clients experience significant personal breakthroughs. The combination of group and one-to-one sessions gives clients the best opportunities for change and transformation.

Clients have had to deal with their own addictive behaviours in rehab. But it is often only when they reach the next stage of treatment that they realise the true source of their trauma and start to engage with the wider framework of 12 Step fellowships such as CoDependents Anonymous, Sex and Love Addicts Anonymous, Adult Children of Alcoholics and Debtors Anonymous.



I had no idea of how much my life would change when I joined Aftercare. I had heard great things, but it is different seeing those changes happen in your own life.

During my time there, I started seeing my children consistently for the first time in years. My health got sorted through being encouraged to pursue appointments with my doctor and dentist. I started to find better ways to pay my debts.

I believe the key was improvements in my self-esteem. Aftercare encouraged me to believe in myself and change my narrative about what was possible to achieve.

And I achieved it all - and more.

**Aftercare graduate**

Aftercare provides a bridge between the challenge of getting and staying clean and moving back into the everyday world. Both during their time with us and after graduation, clients are busy applying for work and volunteering opportunities and educational and creative activities. While we encourage and support this, our priority remains ongoing sobriety and recovery.

As part of this onward recovery, we introduce clients to a wide range of networks and opportunities, some suggested by previous graduates. In the past year, we have visited East Dulwich Picturehouse, Barbican Centre, Spitalfields Crypt Trust, the

Garden Museum, the South London Gallery, the Horniman Museum and the Victoria and Albert Museum.

Through our sessions, workshops and visits, many of our graduates have joined the New Hanbury Project, taking classes in literacy, computer skills, carpentry and gardening. A favourite remains art class with John Gosnell, who inspires them to great heights. Many stay for a year, producing works of real maturity that are exhibited publicly each Christmas.

**Jessica Rood**





# MOVE-ON SUPPORTED SOBER HOUSING

**Move On offers abstinence-based supported housing, giving residents their own room, a dedicated support worker and a recovery-focused environment to support the move towards independent living.**

This has been a very strong year for the Move-on team, with all our houses running full throughout the year and continued high demand for places. The waiting list remains substantial, which reflects the pressure on supported accommodation across London. Throughout this, the team has kept the houses stable and supportive, and I would like to thank everyone involved.

Relapse levels have stayed low, with only a handful across nearly 200 residents. Houses have seen one or two or none all year, which is remarkable. Our targeted houses - including those for women, people returning to work, residents leaving prison and individuals with more complex needs – have also seen very low levels of relapse, supported by close partnership working with mental health providers, other agencies and our own staff teams.

A major success this year has been the number of residents moving into their own accommodation. Last year we were delighted to support thirteen people into permanent housing; this year we have multiplied that several times over. Clearing

House and Riverside continue to be excellent partners. Having a secure home is often the foundation of recovery and wellbeing, especially for people who have experienced homelessness. It is an awful way to live. Many residents talk about the sense of peace and dignity that comes from having their own space and this progress has been life-changing for a great many people. Thank you to both organisations.

Health and wellbeing have been a central theme throughout the year. A good routine, healthy habits, rest, and staying active all support clearer thinking and better decision-making. Emotional wellbeing has been strengthened through counselling,



which residents describe as transformative. Many people have used the time to address issues they have never spoken about before. This regular support has made a significant difference to them as individuals and the atmosphere of our houses.

We welcomed a new house to replace our old property in Wandsworth, keeping our presence in the borough and continuity for residents. It is a modern, well-equipped house with a large kitchen opening onto the garden and residents describe it as a lovely place to live. The quality of the environment has had a positive impact on day-to-day wellbeing.



**2024-25: 146 residents moved in and 129 moved out**

Our Criminal Justice project in north London continues strongly. We welcomed Angelina Graham as the full-time women's worker for the community and the women have taken part in wellbeing activities such as group visits to the Natural History Museum and the Science Museum, as well as wider community trips like a theatre visit to the Southwark Playhouse.

A warm welcome also to Kelly Barker, who has joined the Move-on team this year.

Well done to all residents and staff for another successful year.

**Matthew Dear**

Wellbeing for me is that safe place I can call home and the feeling of being cared for, no matter what. It is providing me and other addicts a hope and understanding of a life without fear or abuse.

**Alex, resident**

I have a lot of gratitude for the Move-on team. The love, the care, the kindness I receive is sometimes overwhelming. I have not been used to someone caring about me, having time for me, without wanting something in return.

I have grown most of all in Move-on. I was encouraged to use the time to find myself and I have found out what I enjoy. I have been granted opportunities that have been brilliant.

My house manager is always available on the phone if she isn't at the house, to offer advice or support. She has helped me prepare for next steps, helping me realise I can actually do things, as I doubt myself at times. She listens and offers support, making sure I am 'up and running' and staying connected with fellows in recovery and with myself. When I am in doubt, she reminds me that I am doing better than my inner critic thinks. I feel much more equipped to deal with the big wide world and am due to move out soon.

**Cole, resident**



## FROM CUSTODY TO INDEPENDENT LIVING

I was starting my journey, broken and not knowing what was to come. There have been ups and downs but I remember it all. I've been able to get through it and grow, only with the help of others.

And so I start the next part, into my own flat and independence. After five years in Kairos, I heard yesterday that I had got a flat through Clearing House.

Today, 15<sup>th</sup> October 2025, I got an address of my own for the first time.

**Neil, former resident**





# KAIROS HEAD OFFICE ADMIN MANAGER

**Kairos' Admin team supports the smooth running of our head office, managing daily operations, co-ordinating training and maintenance requests and providing practical support across our services.**

The wellbeing of our staff, volunteers and residents remains very high on our priority list. We take pride in getting to know everyone in our teams, recognise when they are not feeling themselves and offer support where we can.

A few years ago, we held a health and wellbeing event for all staff. It was a wonderful day offering many different types of therapies, including reiki, healing, sound bath, colour therapy, tarot reading, reflexology and meditation, to name but a few. I hope to organise something similar for staff next year (fingers crossed). Since then, we have offered staff and volunteers the opportunity to have free spiritual healing sessions. Unfortunately, Peter, the healing therapist, is currently away from work. We hope to welcome him back with us soon so we can resume where we left off. We also have Steve, who holds auricular acupuncture sessions at head office as often as he can and offers this therapy to residents, too.

Head Office is forever buzzing. We get the work done but try to enjoy spending time with each other, particularly when celebrating birthdays.

The Queen Mother's Clothing Guild donation of bedding and clothing

has just taken place again. This year Jason and Rob attended the view day at St James' Palace and Julian collected the goods. Massive thanks to all who donated.

The maintenance team are, as always, very busy. We are in the process of organising a team meeting to ensure we keep things flowing efficiently for Kairos. Our current team is Julian, Jim and Adrian. A big shout out to David Dabin (electrician), James Traynor (plumber), Michael Wink (white goods repair man), Mick Osborne (carpet fitter), Robbie Sayle (roofer and damp work and pretty much anything else if we are stuck), TAR and Raph (cooker repairs) and Lukasz (window fitter and repair man) for your continued support to

Kairos. We appreciate you all and thank you.

Training continues. Since the last report we have organised a range of training sessions for staff and volunteers, including health and safety, first aid, safe handling of medication, safeguarding (including children), risk assessment, fire marshal, equality and diversity, the Care Act and naloxone. We have also run various mental health training sessions with Estia and continued online training with Social Care TV.

A big thank you to Judy, Oye, Sahra and Adrianna, the team at Head Office, for your fabulous work and ongoing support.

***Dorothy Woodward-Pynn***

## HEAD OFFICE AT A GLANCE

- Provides administrative, finance and communications support across Kairos
- Acts as the central point of contact for general enquiries
- Supports all core services and 30 abstinence-based houses
- Co-ordinates training, logistics and information flow
- Manages maintenance requests and liaises with contractors
- Handles referral administration for move-on residents
- Ensures staff and volunteers receive day-to-day practical assistance

## STAFF MEMBERS WHO LEFT US THIS YEAR

We wish Tim Penrice (20 years with Kairos) and Gillie Sliz (11 years with Kairos), who both worked at the Garden Day Programme, good health, days filled with fun and rest and contentment always in their retirement.

As Danny Cruse (five years with Kairos) moves to pastures new, we wish him fulfilment and success as he continues his great work in the sector.

Thank you Tim, Gillie and Danny for your outstanding work and contribution to Kairos. Always loved. Always part of the Kairos family.

**Mossie Lyons**



**Clockwise, from top:** Tim Penrice; Danny Cruse, speaking at 2024's Kairos AGM; Gillie Sliz; Tim's joint birthday and retirement cakes



## RIP CHRIS FARNELL

We were saddened by the death of Chris Farnell, who worked with Kairos across Linden, the Garden Day Programme and Aftercare before joining the team at Bethwin Road.

Chris was known for his calm presence and the steady, measured way he supported others: qualities that stayed with him throughout his ten years at Kairos.

We extend our condolences to his partner Vicky, his family and his friends.

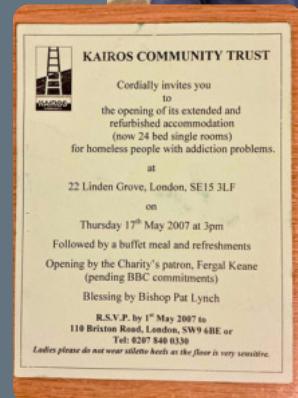
## KAIROS ONLINE AND ARCHIVE

The Kairos website continues to connect people with our services and our history, with 15,000 active users this year, most of whom found us through organic search.

The Kairos Archive, now housed at Head Office, brings together early leaflets, newsletters, original material from Stonhouse Street and years of photographs and documents recording the development of Kairos. Among its treasures is the 2007 invitation to the opening of the refurbished Linden Grove (right), complete with its careful reminder: "Ladies, please do not wear stiletto heels as the floor is very sensitive."

We would also like to thank Rory O'Connell, pictured, who helped bring the archive together and wrote the *Short Histories of Kairos* series on our website, for offering such an important window into our past.

Read the **Short Histories of Kairos** on our **website**:  
<https://kairoscommunity.org.uk/about/history/>





# KAIROS COUNSELLING; NUNHEAD PSYCHOTHERAPY GROUP

**Kairos Counselling supports placement counsellors across services. In Southwark, Kairos Counselling and Nunhead Psychotherapy Group form Recovery Communities, open to Kairos and borough residents.**

## SUPPORTING THE NEXT GENERATION OF COUNSELLORS

Placement counsellors are integral to the day to day work of Kairos Counselling. We support trainees from a number of partner colleges, including Regents College, Goldsmiths, Metanoia, CPPD, Heartwood, South Bank, CCPE and Lambeth College.

Students receive a grounding in working with addiction, including alcohol, other substances, gambling and behavioural addictions. They are introduced to the 12 step approach underpinning our services and the language and culture of recovery. Many will shadow groups or attend meetings to see this in practice. Training also covers assessment, risk and wider issues such as mental health, homelessness, family breakdown and trauma, helping students work most effectively with their clients.

Students attend regular, ongoing supervision to reflect on their work, any risks and plan next steps. Being part of Kairos also means they gain experience across our services, helping them understand how therapy fits into a wider network of support and preparing them for future roles.

**Ian West, Kairos Counselling supervisor**

## WALKING ALONGSIDE PEOPLE IN RECOVERY

Psychoanalyst John Bowlby dedicated his groundbreaking textbook on attachment theory, "to my patients who have worked hard to educate me". I have often been reminded of that over the 18 months I have spent on a psychotherapy placement with Kairos Counselling. The training, support and supervision provided by the Kairos team has been fantastic and I would recommend a Kairos placement to any trainee.

The greatest learning, however, has come from the individuals who trusted me enough to share their stories during our sessions and who allowed me to walk alongside them for a few months as they trudged the road of recovery. Thank you to all of you.

**Cameron Scott**

## RECOVERY COMMUNITIES CELEBRATES ONE YEAR

Recovery Communities, commissioned by Southwark Council's Drug and Alcohol Action Team (DAAT), brings together Kairos Counselling, Nunhead Psychotherapy Group (NPG) and Walk With Kairos (see activities). The initiative offers 24 weeks of one-to-one counselling and 30 weeks of group therapy to people in recovery in Kairos and the wider Southwark borough.

One-to-one counselling is delivered by six placement counsellors, each seeing three or four clients a week. The NPG psychotherapy group, conducted by GDP's Will Pugh and Tim Penrice, focuses on issues in continuing recovery.

Kairos' work has long been interwoven into the fabric of the communities we serve. Through Recovery Communities, we are and celebrate being one wider Southwark recovery community.

We are delighted with the success of this first year. Our thanks to Southwark DAAT for their support.

**Adrianna Jones**

**31 people have completed 24+ weeks of one-to-one counselling since Kairos Counselling began last year, with 50% of places allocated to Southwark residents outside Kairos housing**



After Linden, GDP and Aftercare and living in a move-on house, I had Kairos Counselling, which helped me understand why I do what I do. I opened up about things I have never opened up about - it has been so valuable and helped me overcome a lot.

**Kairos Counselling participant**

## FEELING SUPPORTED AT EVERY STEP

During my 18 months as a placement counsellor with Kairos Counselling, I've been privileged to work with 14 clients, supporting them in their recovery and through a wide range of life challenges. I've learnt so much from and with each one.

I have completed more than 150 client hours and I've been exceptionally well supported throughout by the Kairos

## NUNHEAD PSYCHOTHERAPY GROUP

Over the past two years, I have had the privilege of running the Nunhead Psychotherapy Group with my colleague Tim Penrice, supported by Southwark Council's Drug and Alcohol Action Team.

We have recently completed our second group, and both have been deeply rewarding experiences. I've watched people grow in confidence, find their voices, and develop a greater understanding of themselves through their relationships with others.

It takes real commitment from everyone for the process to work and that shared commitment becomes the foundation of the group's strength. Members turn up not just for themselves but for each other, often in a way many have not experienced before. This consistency helps to create a secure base where people can begin to heal attachment wounds and experience a sense of belonging.

Psychotherapy is sometimes seen as a privileged or exclusive practice, but this group challenges that idea. The Nunhead Psychotherapy Group is a community, local authority funded space designed to bring the depth of group analysis to ordinary people. It offers a chance for those who might not otherwise access psychotherapy to explore their inner world, share their experiences and feel understood.

Being part of this process has been one of the most moving and meaningful experiences of my career.

**Will Pugh**

Counselling team, through excellent training, supervision and operational support from Ian and Adrianna.

Venturing into a counselling placement can be daunting and counsellor wellbeing is an essential part of being a good and ethical practitioner. At Kairos, I've never doubted that my wellbeing – as well as that of my clients – truly matters.

From Mossie checking in on my first day to Sandra's delicious lunches between sessions, I've felt genuinely cared for.

Kairos has provided not only the practical experience I need, but also the community and the wholehearted support I cherish.

**Libby McVeigh**



# ENVIRONMENT & VOLUNTEERING

## KAIROS COMMUNITY BEES

**Kairos Community Bees brings residents and volunteers together to care for our colonies and support bee health across our apiaries. Surplus honey and wax help sustain the project.**

This year has been tough for all involved. With heavy losses in spring, it has taken a lot of hard work, patience and more than a few whispered prayers to get our girls to the point at which they are strong enough to face the coming winter.

Luckily, nature gifted us thirteen nuclei in early summer, eight of which have made it through and are now settling in for the colder months. We have readied them as best we can and now they must face winter in their own quiet way. We will keep a close eye to make sure they do not run short of food and their homes stay warm and dry.

None of this would have been possible without the dedication of our incredible volunteers, who have poured their hearts and souls into this year of beekeeping. We have shared the heartaches and the small triumphs, stood together in the mud and the sunshine, and learned as much from each other as we have from the bees. I am so grateful to have shared this journey with them.

This year's weather, however, had other plans. We had spells of dearth when flowers simply stopped producing nectar, which forced the

girls to rely on the honey they had already stored. The lack of water affected all pollinators, which meant robbers became a real problem. Other insects tried their luck at the hive and our bees had to use a lot of energy defending their home and their babies. This was a huge drain on their resources. We fed them when we could, although there is only so much interference a colony can take before it becomes less resilient when we are not around. A true Catch 22.

All of this has meant precious little honey this year, although the girls have given us more wax than usual, enough for candles, wax wraps, doggie balm, hand salve and lip balms. If you would like to place an order, please get in quickly. I have a feeling it will sell out very fast.

There were brighter moments too. At the honey show this autumn, one of my photos came fourth out of twenty six entries, which I am quietly and not so quietly very chuffed about. Even in a difficult year, the bees find ways to surprise us.

A huge thank you to everyone who has contributed this year, and of course to our fearless leader Mick, without whom half of this would not be possible.

If you are interested in joining Mick's bee school, please get in touch. It starts on the third of December and runs right through until next October. People are welcome to stay for as long or as short a time as suits. All you need is curiosity, patience, and a pair of socks pulled firmly over your trousers.

**Grace Madden**



### Kairos Community Bees has 8 colonies over 4 apiaries



**Left:** A nuc of bees, gifted to volunteer beekeeper Shane to help him begin his own apiary. (See Shane's account below.)



**Above:** When food becomes scarce, honeybees cannibalise their larvae for the protein



**Above:** Naturally cleaning the wax, which we then use to make candles

## FROM HONEY TO HIVES: SHANE'S BEEKEEPING JOURNEY

When I first joined the Kairos beekeeping family, I knew two things:

1. Somehow honeybees made honey.  
and:
2. I liked honey!

I was living in a Kairos house and wanted something productive to do with my time, so started attending the bee course. My love of honey soon turned into a fascination with these clever little buzzers. I had no idea this whole world within our world existed.

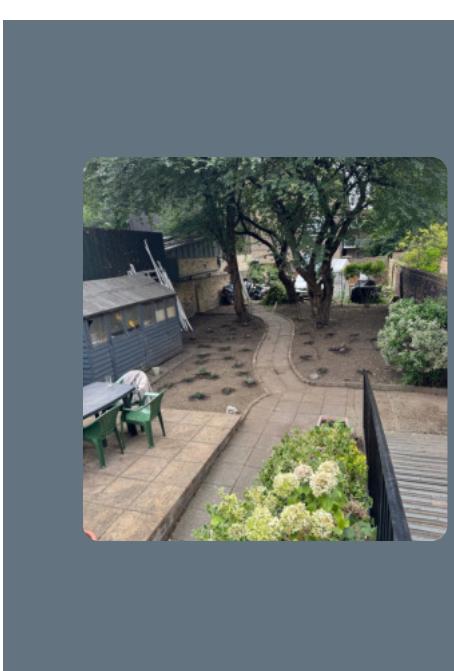
Before long I'd caught the bee bug. It turned into a real passion. I found enjoyment from learning on the bee course with Mick, and responsibility when Grace trusted me to help look after some of the hives. This also gave me a sense of accomplishment in my life, when I recognised my mentors had faith in me and my abilities as a beekeeper.

This year has bee-n a big year for me. I was able to get some land on a farm where I volunteer and set up my own apiary there. Kairos supported me further by donating two colonies to get me going.

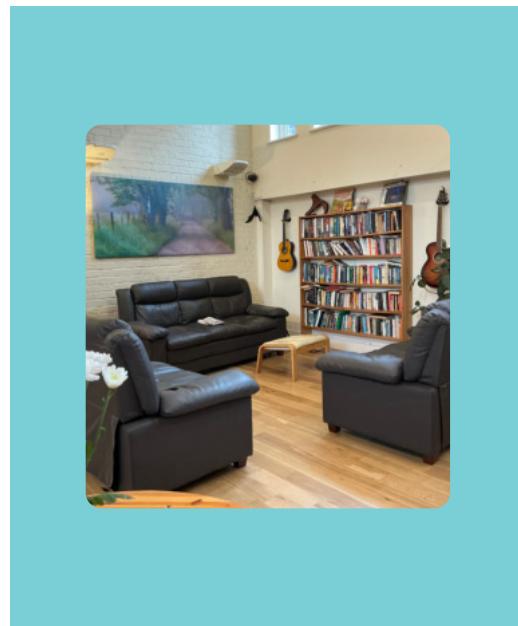
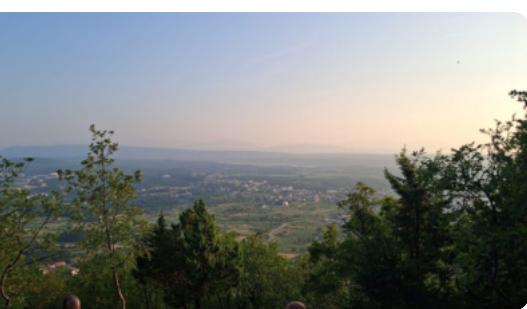
The bee bug continues to grow. I now have a website with my own candles and honey, all made as part of my volunteering, and next year I'm planning to add more hives and further beekeeping space on the farm's land.

I cannot thank Kairos and the bee team enough for everything I've learnt, for the passion I've found and for the bee-loving family I've gained.

**Shane, beekeeper, volunteer and former resident**



## This is the year that was...



**FOR KAIROS: LINDEN GROVE**

**BOXING IN RECOVERY**

Open to all abilities and levels of fitness, learn to box and become part of a boxing community for people in any 12-step recovery programme. Run by recovering alcoholic boxer and boxing coach, Emma.

Boxing technique and development, reading and reflection, guitar meditation.

EVERY SATURDAY, 16:30-18:30

For more info contact Emma at [Boxinginrecovery@gmail.com](mailto:Boxinginrecovery@gmail.com)

3-4 Helensway, Peckham, London, SE15 4ST

**FINDING RHYTHMS PRESENTS  
MAKING WAVES LIVE**

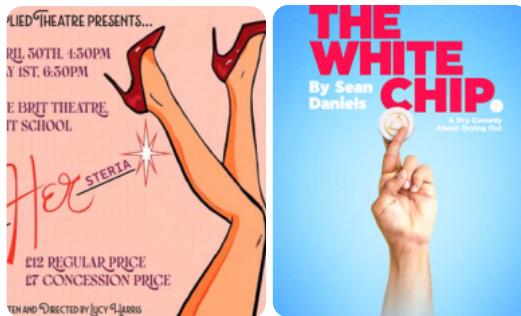
Live performances by talented artists from our Making Waves music programme

WEDS 19 FEB 18:30-20:30

LEVEL 5 AUDITORIUM PECKHAM LEVELS 95A RYE LANE SE15 4ST

### This page: clockwise, from top left:

- Support worker Steve and friend of Kairos Matt completed a 'marathon month' for Kairos, running both the Crystal Palace Half and the Milton Keynes Marathon
- Rose from @ardu\_wellbeing led a mindfulness walk in Nunhead Cemetery for residents and clients, in conjunction with the East Lodge restoration project. More to follow in the spring!
- Volunteers from NG Bailey worked with residents and the Move-on team to spruce up the garden of one of our houses
- Friend of Kairos Sonny completed the London Marathon to raise funds for Kairos (pictured with his medal)
- Residents took part in Finding Rhythms' Making Waves music production workshops and final celebratory showcases
- The presence of the Kairos community at recovery boxing (London Community Boxing, Peckham) goes from strength to strength!
- Outside Edge continued their close collaboration with Kairos, hosting several drama workshops for residents of our Linden Grove abstinence support hostel. Linden continues to offer an enthusiastic welcome to creative events
- Several members of the Kairos community took part in trips to the shrine of Our Lady of Medjugorje and the surrounding area in Bosnia and Herzegovina
- Kairos was delighted to purchase a seven bedroom Move-on house in Wandsworth to replace the old, rented property
- Linden Grove, Bethwin Road, Aftercare and the Garden Day Programme all benefitted from replacement furniture and fittings



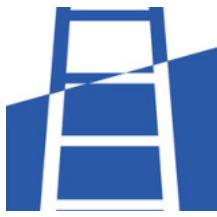
...2024/25



### This page: clockwise, from top left:

- Training and team days continued apace, with the Move-on team enjoying summer ice cream in Broadstairs;
- Kairos residents were invited to the Brit School Applied Theatre students' final performance of the devised piece *HERsteria*
- Residents, clients and staff enjoyed a performance of *The White Chip* at Southwark Playhouse, thanks to *Performing Recovery* magazine
- Linden Grove enjoyed another packed year of outings, including Rochester Castle, Greenwich and summer sports day on Peckham Rye
- 54 members of the Kairos community travelled to Lourdes to assist the Oblates with the September pilgrimage
- London Recovery Network launched, with Kairos' Adrianna Jones speaking at the launch event: the same podium as Dame Carol Black!
- Kairos' Rob Doherty and Jason O'Reilly represented Kairos at St James' Palace, collecting Queen Mother's Clothing Guild donations
- Mossie Lyons with June Wilkinson from BAM UK and Ireland, following BAM's generous donation of refurbished laptops
- Kairos participants completed Historic Royal Palaces' Community Access Scheme training and can now tour groups around their sites
- Friend of Kairos Freddie O'Gorman completed his first skydive, raising over £1,500 for Kairos
- Quarterly spiritual weekend retreats to the beautiful surroundings in Crewe continued to be enjoyed by many
- GDP therapist Rachel Johnson, representing Kairos at this year's Lewisham networking event at Lewisham Civic Centre





# WELLBEING IN KAIROS ACTIVITIES AND EVENTS

Kairos supports creative, social and outdoor activities that promote wellbeing. We run some sessions and also signpost residents to opportunities with partners and in the wider community.

## WALKING IS GOOD FOR YOU!

Walking releases happy hormones that help reduce stress and anxiety and lift your mood. It is an easy way to keep fit and have a natter as you amble along. Walking is an all-round wellbeing winner.

Over the last year Walk with Kairos has explored London's nooks and crannies and places further afield, including a stay in Stratford-upon-Avon.



Above: Some of this year's Walk with Kairos posters, by Baz

Recently a few of us completed training at Hampton Court Palace to become Community Access Scheme approved. We can now book entry to the Royal Palaces free of charge.

## WHAT IS MINDFUL PHOTOGRAPHY?

A way of using photography to explore creativity and foster wellbeing by seeing things differently. Using only a smart phone and some curiosity, we headed into the streets to learn photography skills, be creative and enjoy ourselves. This eight week course, led by Pierre Bureau of Mindful Photo Lab (@mindfulphotolab) ended with an exhibition of the images people felt were the most meaningful from their journey.

Part of my own recovery was rediscovering the fun, creative and enjoyable things I had lost to addiction. The Mindful Photography course helped me do that. It also helped me build self-confidence and connect with others by sharing my enthusiasm, skills and creativity.

This did not go unnoticed and I was invited to volunteer on the course. The rest is history. It has given me the chance to put back into the Kairos community by helping others take a look and, hopefully, see things differently.

**Baz, volunteer (Walk with Kairos, Mindful Photography)**



Above: 'View while fishing', by Adam

**Right and below:**  
Some of HA's candles, made with Kairos beeswax. (See HA's account to the right.)



Kairos is a broad organisation, with residents and clients of diverse faiths and none. Our services are however rooted in 12 step principles. For many people, the idea of spiritual wellbeing - however that is understood - plays an important part in recovery.

For the past 15 years, members of the Kairos community have supported the annual Oblate pilgrimage to Lourdes (photo **above**, by Martina Cullen). This year, 56 people travelled to France for the trip, several for the first time.

## ACTIVITIES THAT HELP ME HEAL

Being part of the Kairos community for almost two years has truly made me feel like I belong. Kairos is a warm and welcoming place where everyone can be themselves without worrying about being judged. The kindness and patience everyone shares really reflect how much we care about one another's wellbeing.

What I love most is the holistic approach to healing. Kairos focuses on physical, emotional and social wellbeing through therapy, peer connection and fun activities. Walk with Kairos is a fantastic way to bond with others, specialised activities help us create shared memories and feel connected and activities like Bee Kairos help me reconnect with nature, which is just so refreshing.

Kairos is special to me because, alongside recovery, it is a community that walks alongside me on my journey to healing. Mixing therapy, peer support and nature-focused activities has helped me heal in a balanced way. I have learned to care for myself by keeping routines, asking for help when I need it and doing things that bring me joy and purpose. For example: Bee Kairos, Walk with Kairos and trying activities like candle making and photography bring experiences that remind me recovery is possible, one day at a time.

**HA, volunteer and participant in Kairos-organised activities**

## AN ATMOSPHERE OF BELONGING AND COMPASSION

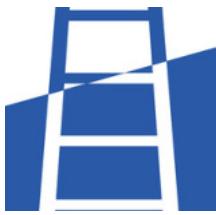
Visiting Lourdes, France for the first time was an experience that far exceeded anything I could have anticipated.

I had heard of its spiritual importance and reputation but arrived with little idea of what to expect. What I witnessed was a depth of faith unlike anything I had seen before: palpable, sincere, and quietly powerful.

What struck me most was the overwhelming sense of hope in every person I met. Each carried their own story, yet together created an atmosphere of belonging and compassion; everyone on their own journey but somehow all part of the same family. This shared spirit of kindness was both grounding and inspiring, reminding me that faith is not only about personal belief, but also about connection and care.

I reflected deeply on the meaning of service. I found unexpected joy and fulfilment in small acts like pushing a wheelchair or sharing a smile. It amazed me how much I gained from helping others, as if the act of giving brought its own form of healing. Lourdes taught me that faith is not just seen in miracles, but in the simple, human gestures that bring people together.

**AH, former resident**



# WELLBEING IN KAIROS ACTIVITIES AND VOLUNTEERING



## CELEBRATING ONE YEAR OF THE LEC AND THE PEER POWER HANDBOOK

Something I am especially proud of is co-founding The Linden Empowerment Community (LEC) with my housemate Simon.

We created it to share our recovery journeys and the incredible support we've received through Kairos, helping others see that moving on from Linden can be empowering rather than daunting.

Our Peer Power Handbook is now used in Linden, Aftercare, and the Move-On team as a living resource, offering guidance, hope, and structure for residents taking their next steps. It captures the joy and discovery that recovery brings and reminds us all of the endless possibilities ahead.

**Amy, resident and  
co-founder of the Linden  
Empowerment Community**

In **October 2025**, Kairos has **22 volunteers, 17 placement counsellors** and **one** person doing both

**80%**

of our **staff and volunteers** have **lived experience of addiction** and **addiction recovery**

**63%**

of our **staff and volunteers** came through **Kairos' processes themselves**

### OUR VOLUNTEERS, IN THEIR WORDS

I volunteer as part of a three-man team at Head Office, helping raise funds for the charity that saved my life and gave me the tools to piece my life back together, one day at a time. It's my way to give back to Kairos for what they have done for me, my life and my family.

I hope the housekeeping jobs I do support residents' wellbeing in a small way. Volunteering at Kairos has helped me stay connected with other people in recovery and it's nice to give back. Linden Grove's supervision system also means there is always someone to talk to if needed.

I love volunteering. It aligns perfectly with my spiritual recovery. I am able to be productive and part of a charity that will always be in my heart, as part of the Kairos family.



### GARY IS A REAL SOUTHWARK STAR

The Linden Grove team were proud to nominate Gary C for Community Southwark's Southwark Star Volunteer of the Year.

Gary has been part of the volunteer team for over a year and is well known for his reliability, steady support and positive, approachable presence.

Congratulations to Gary on his nomination. We thank him for the dedication, smiles and good humour he brings to Kairos.



# WHAT HAPPENS NEXT? MOVING ON FROM KAIROS

The Move-on team provides some community outreach support for clients who have moved into their own independent accommodation. This support helps people resettle into the wider community and is essential for those with higher support needs who may struggle with tenancy sustainment, reading and understanding letters, managing utilities, benefits, health appointments and navigating the digital world. Alongside this practical help, the emotional, wellbeing and continued connection to Kairos is part of our ethos.

I have had the pleasure of supporting a client who moved into sheltered accommodation locally seven years ago. He has some additional support needs and, although over a decade sober, my continued support helps him make independently informed choices about his life. Advocacy, signposting, information on services, interests and encouraging regular exercise are all part of this. He also engages in community events and keeps in touch with his recovery network.

We speak on the phone at the beginning and end of each week. He updates me on sporting events, a brief that has greatly improved my knowledge of cricket and rugby. I enquire about his health, appointments, accommodation and general wellbeing, organising home visits when required.

I remember this person telling me, very excitedly, "I love coming in from the cold to my warm flat." He had spent many years rough sleeping. It is these simple but powerful sentences that continue to strengthen us and our humanity, love and hope.

Long may both this and more recovery stories continue.

**Jason O'Reilly, support worker**

Since I've moved, I've really been able to focus on my studies. I have made future plans with my key worker about career paths I'd like to go down and am really looking forward to the future. I've made a great recovery network in north-east AA and have made some amazing friends because of it.

Learning to live independently in a safe space has helped me to get to know myself. I've been learning how to play the guitar and am fostering a cat. I am truly grateful for Kairos, Clearing House and Peabody for giving me the opportunity to create a life for myself in recovery independently. I couldn't be where I am now without any of these organisations.

I want to add an extra thank you to Kairos for the opportunity that has been given to me. Supporting me through my journey through these years, with all its ups and downs, I have felt loved and supported as never before in my life.

Thank you all.

**Rosie, former Kairos resident**



### **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](mailto:linden@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](mailto:kairos.bethwin@kairoscommunity.org.uk)

### **Garden Day Programme**

66 Nunhead Lane  
Nunhead  
London SE15 3QE

t: 020 7635 7664  
Manager: Simon Woods  
[dayprogramme@kairoscommunity.org.uk](mailto:dayprogramme@kairoscommunity.org.uk)

### **Aftercare Programme**

45a Elm Grove  
Peckham  
London SE15 5DD

T: 020 7277 9213  
Manager: Jessica Rood  
[aftercare@kairoscommunity.org.uk](mailto:aftercare@kairoscommunity.org.uk)

### **Supported Housing**

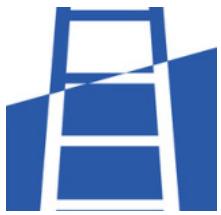
The Move-on team  
235 Valley Road  
London SW16 2AF

T: 020 8677 7292  
Manager: Matt Dear  
[moveon@kairoscommunity.org.uk](mailto:moveon@kairoscommunity.org.uk)

### **Kairos Head Office**

235 Valley Road  
London SW16 2AF

T: 020 8677 7292  
Admin Manager: Dorothy Woodward-Pynn  
[kairosoffice@kairoscommunity.org.uk](mailto:kairosoffice@kairoscommunity.org.uk)



# THANK YOU, FROM ALL AT KAIROS

...to all who have supported us, whether through funding, time or otherwise, this year. Your generosity and contributions, seen and unseen, have made an immense difference to our work.

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



**TURNING  
POINT**  
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**NG Bailey**



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CLOTHING GUILD**  
FOUNDED 1882



## PAYPAL GIVING FUND

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>



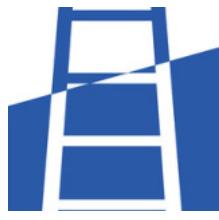
# STATEMENT OF FINANCIAL ACTIVITIES, 2024/25

## KAIROS COMMUNITY TRUST

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and legacies	165,833	223,968	389,801	367,327
<b>Charitable activities</b>				
Care home and after care fees	573,393	-	573,393	589,243
Housing benefit	2,593,387	-	2,593,387	2,345,700
Supporting People Fund	45,502	-	45,502	41,860
Residents' Contribution	167,961	-	167,961	156,876
Other trading activities	76,541	-	76,541	76,549
Investment income	41,346	-	41,346	38,671
<b>Total</b>	<b>3,663,963</b>	<b>223,968</b>	<b>3,887,931</b>	<b>3,616,226</b>
<b>EXPENDITURE ON</b>				
Raising funds	276	-	276	315
<b>Charitable activities</b>				
Charitable activities	2,684,665	296,592	2,981,257	2,583,258
<b>Total</b>	<b>2,684,941</b>	<b>296,592</b>	<b>2,981,533</b>	<b>2,583,573</b>
<b>NET INCOME/(EXPENDITURE)</b>				
Transfers between funds	979,022 (953,214)	(72,624) 953,214	906,398 -	1,032,653 -
<b>Net movement in funds</b>	<b>25,808</b>	<b>880,590</b>	<b>906,398</b>	<b>1,032,653</b>
<b>RECONCILIATION OF FUNDS</b>				
Total funds brought forward	737,627	11,933,572	12,671,199	11,638,546
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>763,435</b>	<b>12,814,162</b>	<b>13,577,597</b>	<b>12,671,199</b>

**Note:** The financial information presented on these pages is marked as 'draft', with the statutory accounts awaiting formal approval by the auditors and trustees at the time of publication



# BALANCE SHEET, 2024/25

## KAIROS COMMUNITY TRUST

### BALANCE SHEET 31 MARCH 2025

	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
<b>FIXED ASSETS</b>				
Tangible assets	15,412	12,465,270	12,480,682	11,528,922
<b>CURRENT ASSETS</b>				
Debtors	263,741	80,936	344,677	403,712
Cash at bank and in hand	1,015,641	267,956	1,283,597	1,272,585
	1,279,382	348,892	1,628,274	1,676,297
<b>CREDITORS</b>				
Amounts falling due within one year	(241,731)	-	(241,731)	(233,716)
<b>NET CURRENT ASSETS</b>	<u>1,037,651</u>	<u>348,892</u>	<u>1,386,543</u>	<u>1,442,581</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	1,053,063	12,814,162	13,867,225	12,971,503
<b>CREDITORS</b>				
Amounts falling due after more than one year	(289,628)	-	(289,628)	(300,304)
<b>NET ASSETS</b>	<u>763,435</u>	<u>12,814,162</u>	<u>13,577,597</u>	<u>12,671,199</u>
<b>FUNDS</b>				
Unrestricted funds			763,435	737,627
Restricted funds			12,814,162	11,933,572
<b>TOTAL FUNDS</b>			<u>13,577,597</u>	<u>12,671,199</u>

## CONTACT US:

 **020 8677 7292**

 **kairosoffice@kairoscommunity.org.uk**

 **www.kairoscommunity.org.uk**

 **235 Valley Road, SW16 2AF**

