KAIROS
COMMUNITY TRUST



Annual Report 2025/26

Opportunity...

...is the theme of this year's annual report. At Kairos Community Trust, we know that recovery is about more than putting down a drink or a drug. It is about finding a way to live again. Recovery takes work and everyone comes to it with their own history, experiences and hopes for the future. Opportunity is not 'one-size-fits-all'.

Throughout this report, we reflect on some of the past year's opportunities and what they have meant to the people of Kairos.

This year's cover: *2 for Hope, 2 for time*

Every person who walks into Kairos is presented with it: a chance to do things differently, to become the person we pretend to be, or never cared to be.

Sometimes the end of our old life can look like a dark and scary place: the scraps of our belongings in a bin bag in the boot of a taxi.

But there is a light.

To me, it looked like hope.

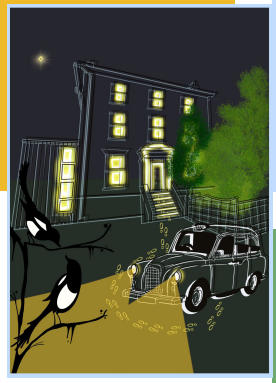
Every person there possessed it. They didn't have to have it all figured out, but they kept just doing the next right thing. Something I've never been familiar with, to be honest. I would celebrate one right thing with seven days of wrongs.

I'm paraphrasing, but the author Anne Lamott said that hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.

That's something I can relate to, even if it's just the stubbornness.

Every day, I have my morning coffee and look out of my window. I see the same two magpies sat on the antenna of the neighbouring house. Two for joy, but for me, two for a reminder, two for hope and, even, two for opportunity.

Vicki M, this year's cover artist



Vicki would also like to celebrate how collaboration can take your work in a new direction and thanks housemate Sam for his ideas and inspiration

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KAIROS COMMUNITY TRUST

Our thanks to Baz for his help designing this report

WELCOME FROM OUR CHAIR OF TRUSTEES PAUL T CARTER

Dear friends, hello and welcome to the Kairos Annual Report

Long before *Britain's Got Talent*, the TV show *Opportunity Knocks* was broadcast to the nation. At the height of its popularity, it attracted 20 to 24 million viewers a week.

As with BGT, many of the contestants on *Opportunity Knocks* were there just to get their faces on the telly for their five minutes of fame. There was often no apparent skill or quality in what they had to offer, but those poor misguided souls were just as entertaining.

As with the modern-day BGT,

A springboard into a new life

however, there were many wonderful and gifted people who just needed a break. They could see the show might be their opportunity to be recognised and springboard into a new and improved life.

We are not all seeking fame and fortune, but now and again we see an opportunity that may improve our lives. Recognising and accepting the opportunity are not always easy but with a little faith and perseverance plus the right encouragement and support from others, everything is possible. We see this so often at Kairos.

In 2005, Mossie Lyons, then manager at Bethwin Road, was invited by Kairos co-founder, Father John Kitchen, to take over from him as director of Kairos. We are all so grateful that Mossie recognised and accepted the opportunity.

Sadly, this year's AGM will be Mossie's last as director before he retires in the new year.

For Mossie, Kairos has been so much more than a job. It has been a vocation that has consumed his life, and also those of his wife Gillian and their daughters.

It is difficult to put into words the enormous influence Mossie has had over the years. He has helped provide opportunities to so many, many people, who have accepted and used them to springboard into a new and improved life. For the role Mossie has played in all of our lives, we say a heartfelt thank you.

When the time comes, we hope he has a long and happy retirement.



WELCOME FROM OUR DIRECTOR MOSSIE LYONS

A two-way flow of true humanity

Opportunity received, opportunity presented: a two-way flow.

Memories we all have, moments and places we all know. Remember when you were offered an opportunity and that very personal feeling that went with it: joy, relief, a breakthrough, light at the end of a tunnel, a feeling of worth, reassurance. A Eureka moment.

And then the satisfaction you have when presenting an opportunity to another and you see the effect on them. A two-way flow that brings the best out in us – true humanity.

I'm sure you have vivid recollections of humbling gratitude for the opportunities on your journey of life and, equally, have quiet pride and satisfaction for reaching beyond self in aiding another's journey.

'Kairos' means 'opportune moment'. I will always hold dear and with great love the evening I met Fr John Kitchen 30 years ago in Clapham and he offered me the opportunity to manage the rehab about to open at Bethwin Road. Since then, Kairos has been a spiritual home for me, an extended vocation, self-fulfilment, work, livelihood, companionship, team, friends. It has been special. Above all, there was the opportunity to meet and know the unique man, John Kitchen.

Then there has been the chance and privilege, alongside the finest colleagues, of being part of the flow in the other direction. The privilege of opening opportunity to those who needed the door: a place, a time of holding and healing, the reclamation of care, love and community in their unique journey into personhood and life.

There are extraordinary stories of the Kairos moment embraced: stories of healing, growth, liberty and self-realisation. Flying the flight of life in all its fullness and with your own wings.

Thanks for the opportunity to be part of your sacred story.

Kairos, thank you.



KAIROS CO-FOUNDER FR. JOHN KITCHEN REFLECTS

A light in the darkness and despair

This 2026 AGM is an occasion for great joy and celebration as well as sadness. Joy for the transformation Kairos has contributed to so very many people's lives, this year and over many years. 'Kairos': a Greek word for a special moment in time, a turning point and a new beginning. In this case, after the intense suffering, loss and self-destruction addiction causes. A light in the darkness and despair; a first step only the individual can make towards hope and healing.

Our life journey can endure many losses but perhaps the greatest is to lose our home and be cast adrift with nothing, no one and no place to live. Home is a place of safety. It's yours and you belong there. It's shelter and family and warmth and nourishment and cleanliness: all the things that nourish and sustain us. When that place is lost, we risk losing everything that should hold us together, physically, mentally, emotionally and spiritually.

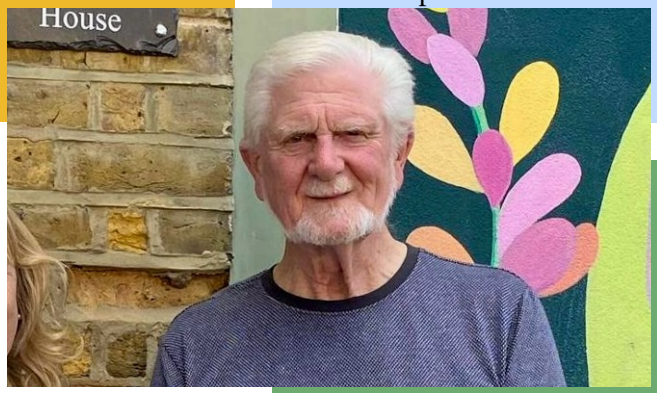
From the day it began, Kairos was an attempt to create 'home' for anyone and everyone who had lost home, for whatever reason. Kairos was not there to ask why. It was there to collect together all the elements that can create 'home'.

The loss of home almost always comes with devastating loss of love, the most devastating loss of all. We human beings can lose everything for love. But when we lose all love and self-respect, we lose everything. As John Lennon reminds us, "all you need is love, love is all you need!"

A labour of the most demanding love

Love is a process. It begins with acceptance and welcoming, slowly grows into trust, then trust matures into love. This is not just a sentimental love but a willing of the good of the other, in the very best sense. It can be lost very easily at any stage. This primary will to love must never be sacrificed. It's the heart and soul of Kairos.

While celebrating the good Kairos brings, through staff, volunteers, trustees, supporters and residents helping each other, Kairos is ever developing and improving. Every day brings changes. Now a new director is sought to lead this great



project, some 35 years old, into the future. This is a big change indeed. Hopefully this person will have the vision to inspire and lead to new heights while preserving the ethos and traditions that have proved so beneficial in helping restore people to a new life, and that life in abundance. We trust in that guiding light and power that has held Kairos through all these years to find the right person for this work.

So I come to the element of sadness, or rather a mixture of joy and sadness. Mossie, the main leader, guide and inspiration for the last 21 years, with Kairos since 1997, has declared his intention to retire. Appreciative words will never fully express the gratitude and admiration for all he has done and achieved. He has been a focus for unity and diversity in this community.

I know from experience how difficult, wearing and exhausting it can be. The burden of responsibility never lets go of you. It is always a labour of the most demanding love, of life and death at times. There is joy too, seeing people recovering and finding their way to becoming the very best of people, even joining Kairos staff or similar endeavours, inspiring and guiding others to make the recovery journey.

Mossie, we here and countless others - hundreds and, yes, thousands who were lost and are now found - offer you our most heartfelt thanks for everything you are and have been.

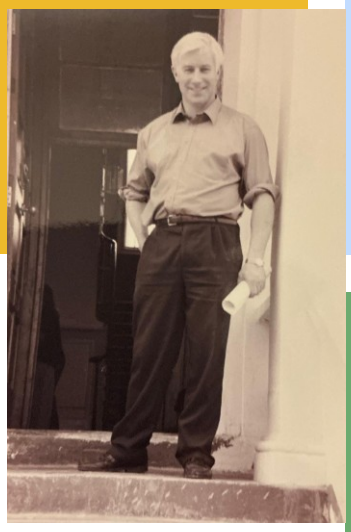
Lastly, a very special word of appreciation to Mossie's beloved (and perhaps at times long-suffering!) family: wife Gillian and daughters Catherine, Isabelle and Anna. They have had to put up with the worries, stresses and pressures and share him with his other, larger and maybe more needy family, Kairos. We thank you and hope you will be able to spend a lot more time together. We wish you peace, rest, joy and happiness in years to come.

Kairos was always the collective endeavour of so, so many people. Thank you to every single one who has helped in any way at all.

God bless and stay with you all.



WITH GRATITUDE TO MOSSIE LYONS



A promise made; a promise kept

In his 2005 'incoming director's thoughts', Mossie Lyons set out what mattered to him: safeguarding Kairos' unique ethos, upholding the highest standards of care, support and regulatory compliance, and responding to need with imagination and innovation.

21 years later, much has changed for the charity. Under Mossie's leadership, Kairos has grown. From five Move-on houses in 2005, we have 32 properties today, supporting nearly 200 residents at any one time. Formal Aftercare was founded in 2007, followed by the Garden Day Programme in 2011, structured around the school day to better support mums. By 2025, over 400 people had completed GDP alone. This is all growth that emerged in response to need, always. It was never pursued for its own sake.

Indeed, as anyone who has ever seen him scrutinise a bank statement can testify, Mossie keeps a sharp eye on his Kairos 'four pillars': finances, buildings, programmes and teams. Keeping all four in good order requires not just a full heart but a level head. Mossie has both.

But for all that has changed, there is an immutable ethos that makes Kairos, Kairos. In that same 2005 report, Mossie penned a three-word sentence: "Kairos is home." For Mossie, 'home' has always meant something more than a physical building and a roof over one's head, life-changing as these can be.

He understands that so much of what makes Kairos home is in the detail. It's Wednesday fry-ups at Linden and Sunday dinners at Bethwin. It's Linden's Got Talent and Sandra's scones and the fish in the GDP pond. It's a hot shower and a warm bed and your own door key. It's speaking about things you have never spoken about before and finding people who understand, and it's getting your head on the pillow at night without a drink or a drug. It's friendship and fellowship and boundaries and beehives, and it's ice cream in Lourdes and sports days on Peckham Rye. It's Gillian singing and it's Mossie crying and it's people smoking and laughing together in the garden.

And it's someone who knows your name and remembers your children.

Thank you for your leadership and love

Resident Rachel called Mossie "an example of a good man in power", adding: "He always asks about my boys. That means a lot to me."

It may seem a small thing. Rachel is a Kairos resident, yes. But she is also a mother, with a life both within and beyond our doors. Mossie remembers her and remembers what matters to her. He sees the full person, not just their circumstances.

For 21 years, Mossie has set the tone for Kairos. His door is open, he has time for people and he places trust in them. He is as likely to be found sitting and listening to residents over lunch as he is behind his desk. This trust means something, and it has ripple effects. As volunteer R.D. put it: "The trust Kairos has shown me makes me want to succeed."

Imagination can create unexpected outcomes. Mossie's proposal to keep bees in Kairos gardens was initially seen as "another of his hare-brained ideas" (read the book *Bees in the City*). But Mossie had grown up in Kerry. Bees were part of summer and, 15 years later, ours remain, still, an integral part of Kairos life.

Any words about Mossie would be incomplete without Lourdes: long train journeys, hospital night shifts, wheelchairs and processions. He has described the Oblate pilgrimage as an "inexplicable unifying moment". What means so much to him has become precious to many at Kairos.

Finally, there is his mischievous streak: prank calls in dubious accents, jumping out at colleagues and singing *Postman Pat* across the office. Mossie's good humour has always had its place alongside the serious business of leading Kairos.

Kairos is part of Mossie's family and his family part of Kairos. Gillian and their daughters were part of life at Bethwin when he was manager. As he wrote in 2022: "Kairos is transformative. It has transformed my life too, my world, my values and has been a huge influence and presence in my family."

Thank you, Mossie, for your leadership, your commitment, your love and the years you have given to Kairos. A promise made, in 2005; a promise kept, in 2026.



Mossie. What can I say? A huge heart, welcoming and makes you feel like part of the family. I now have such a sense of belonging and concept of a family.
Cole

OUR PURPOSE, APPROACH AND CORE VALUES

Our purpose

Kairos exists to support people affected by addiction and homelessness, providing a safe place to recover, a community that cares and the support they need to thrive.

Our approach

Kairos provides abstinence-based pathways through rehabilitation, treatment and safe and supportive housing, rooted in 12-step principles. Our therapeutic community approach is built on mutual care, trust and shared responsibility, creating compassionate communities where people have the stability and support to recover, grow and pursue their own goals. Recognising that every person's circumstances, needs and goals are different, we tailor care and support plans to each individual.

Our values and vision

Our work is built on the values of respect, dignity and mutual support. These values guide how we respond to people experiencing hardship and distress, recognising their individual circumstances, respecting their choices and providing support without judgement.

Our vision is for people affected by addiction and homelessness to have the time, support and opportunities they need to achieve lasting recovery and independence. Through communities of mutual care and support, we aim to help people sustain their recovery and shape a future of their own choosing.

KAIROS PATHWAYS AND SUPPORT PROGRAMMES

Kairos' core services provide post-detox, abstinence-based support



Services can be accessed individually or combined to create pathways tailored to each person's needs, from early recovery through rehabilitation and aftercare to independent living.

Linden Grove: 24-hour staffed hostel providing accommodation and support during the early stages of recovery.

Bethwin Road: 12-week residential rehabilitation combining therapeutic treatment with community living.

Garden Day Programme: 12-week non-residential rehabilitation offering intensive treatment for clients living in the community.

Aftercare: 12-week post-rehabilitation programme combining group work, workshops and individual support.

Move-on: Supported housing in family-sized homes, providing a recovery-focused community and transition to independent living.

Recovery Communities: One-to-one counselling and group psychotherapy for Kairos clients and Southwark residents in recovery.

IN THEIR OWN WORDS

A parent's perspective

I don't know everyone's name, but I wanted to reach out with a heartfelt thank you to every single person who has supported my son in any way, shape, or form over the past two and a half years.

Your guidance, patience and belief in him have changed his life beyond recognition. There has always been a wonderful young man inside my son, but for years that was overshadowed by drugs, alcohol, crime, and aggression. Today, that young man has emerged again: kind, grounded, warm, and genuinely lovely to be around.

Being part of Kairos has been life-changing for him. The work you do, the environment you create, and the care you show have helped him rebuild himself, piece by piece. Seeing him now in his flat, proud of his recovery and determined to keep moving forward, is something I will never forget. He has worked incredibly hard and deserves a place of his own to call home.

As his mum, I am so happy and proud. The rest of our family feels the same. We are deeply grateful and relieved to see him thriving.

Thank you, from the bottom of our hearts, for helping my son find his way back to himself.

Trust me, you CAN

I class Kairos as my family. Every time I go to Linden I'm welcomed with open arms. All they want to do is genuinely help you.

All from a guy that exhausted every avenue, cocaine dependent and living in my car with black bin bags. I was slumped in a chair at Linden feeling so sorry for myself, crying my eyes out but thinking to myself this ain't gonna work. Trust me, it does. Whether you're in there right now, reading this at a day, a month, thinking 'I can't do this'… trust me, you CAN. You will get that certificate, stay clean and make yourself proud. I'm 600 days clean.

Jamsey

WHAT WE CARRY FORWARD

GIAMPIERO MOZZI

We are people with history
not the kind written neatly,
but the kind etched into nights survived
and mornings we didn't think we'd see.

We know the weight of wanting to disappear
and the courage it takes
to stay.

From that same broken ground,
a team was formed
not perfect,
but present.

What once hurt us
now teaches us how to listen.
What once nearly took our lives
now shows us how to help save another's.

I give thanks to the organisation
that opened a door
when I had no strength left to knock.
You did not ask who I had been
you showed me who I could become.

I give thanks to the people I work for,
who believe recovery is not an ending
but a beginning with responsibility.

And I give thanks to the people I work with
walking proof
that pain can be transformed
into purpose.

This gratitude is not quiet.
It breathes.
It shows up.
It stays.

LINDEN GROVE ABSTINENCE SUPPORT HOSTEL

A beginning of compassion, understanding and fairness

Entering Linden Grove is one of the greatest opportunities a person can take in the early stages of recovery. For many residents, the first step to sobriety begins with creating some distance between themselves and the environments, relationships and situations that have contributed to addiction. Linden offers a safe and supportive setting where people begin rebuilding their lives, without the daily pressures and triggers that may have led to substance misuse.

Linden offers far more than simply a roof over one's head. With staff available 24 hours a day, residents know they have access to support at any time of day or night. Early recovery can be emotionally challenging and constantly available support makes a difference during moments of crisis, uncertainty or vulnerability. Residents feel secure while learning healthier ways to cope with life's challenges.

Living alongside others on a similar journey creates community and belonging. Building relationships with peers who understand the realities of addiction and recovery helps reduce isolation, providing encouragement, accountability and hope. Seeing others make progress can inspire confidence that lasting sobriety is possible.

Our staff team provides another strong source of motivation. A recent straw poll showed that our staff collectively hold more than 150 years of sobriety. For residents taking their first steps in recovery, this can be a powerful reminder that recovery is possible, shown by the people supporting them who have walked similar paths.

Our staff hold over 150 years of recovery

We must not forget our kitchen team, who work tirelessly to provide regular balanced, nutritious meals. This removes a common stress factor during early recovery. For many residents, simply knowing that a warm meal will be waiting can bring comfort and help restore a feeling of normality. They are better able to concentrate on their treatment goals and personal development.

Compassion, understanding and fairness are essential at Linden Grove. Residents are treated with



dignity and respect, regardless of their past experiences. Compassion helps people overcome shame and rebuild self-worth, while fairness means everyone is supported equally and held accountable through clear, consistent boundaries. Both matter in creating the trust and stability vital to long-term recovery, and they are reflected daily in the way staff support residents through both challenges and achievements.

Most importantly, we provide the time, space and support to establish a solid recovery programme. Through treatment, structure, personal responsibility and encouragement, residents develop skills to maintain sobriety and build a meaningful future. For anyone seeking lasting recovery, entering Linden can be that first step towards a healthier, happier and more fulfilling life free from addiction.

Vincent Mahe

61%
*completion rate**

*Latest published OHID national completion rate: 46% (2024/25)

When I came in, I felt safe and loved

I came to Kairos from a painful, traumatic hamster wheel of drugs and dangerous situations. No self-care, no contact with family, just wanting to die or be arrested to end the misery. I phoned Kairos and got a date for an interview. I did a home detox, knowing I'd be accepted. I had hope again.

When I came in, I felt safe and loved. I trusted straight away! I started eating good food, attending groups and doing meetings.

I am seven months today, thanks to Kairos! The opportunities are endless. Volunteering with Phoenix Futures, helping others, building relationships with family, going to the gym, attending meetings every day, a GSR in NA, living in a Kairos house... Kairos has helped me rebuild my life. I owe them my life.

If you're trying to find a new way of life, pick up the phone to Kairos. It will change your life if you do what they say! They've all been where you are.

Stephen

I could start dreaming of a future worth protecting

Linden was such a beautiful time in my life. It was challenging, but it was a place I learned so much about what addiction is, what recovery is, who I am, and could start dreaming of a future worth protecting. I had so much support. Kairos freed me.

Anonymous



GARDEN DAY PROGRAMME

Our non-residential model is one of GDP's strengths

Over the past year, the Garden Day Programme (GDP) has continued to provide meaningful opportunities for people seeking to build a life in recovery, celebrating 28 client graduations.

Since taking over as manager during a period of change in the team, I have been particularly encouraged by the resilience and commitment of both clients and staff. I especially want to acknowledge the valuable contribution of Will Pugh, thank Rachel Johnson for her work and welcome Jessie Carroll to the team.

clear boundaries and consistent support, clients sustain sobriety while building confidence and stability.

Our non-residential model is one of GDP's strengths. Clients engage in treatment while maintaining family, childcare, employment and other responsibilities. This year, we have supported people who otherwise may not have been able to access structured treatment. Clients also apply what they learn directly to real-life situations while continuing to receive therapeutic support.

Clients feel heard, respected and valued

Their dedication and enthusiasm make a real difference to the service, as does the strength of GDP's peer community and the positive influence clients have on one another's recovery.

GDP offers clients the opportunity to access treatment in a structured, drug and alcohol-free environment. Maintaining abstinence while managing difficult living circumstances, negative influences or the pressures of everyday life can be challenging. Through routine,

Equally important is the opportunity to access a safe, welcoming space where clients feel heard, respected and valued, and can discuss personal challenges without fear of judgement. Many arrive struggling with isolation, trauma, anxiety, overwhelm, shame or low self-esteem. Counselling, group work and supportive relationships with staff help clients develop insight and healthier coping strategies. Workshops explore topics such as relapse prevention, emotional regulation, healthy relationships and personal responsibility. Looking ahead, we



are committed to strengthening the programme through enhanced therapeutic interventions, new workshop content and increasing opportunities for peer support and community connection.

We see the impact of our support in clients' progress. I recall a client who initially lacked confidence and found it difficult to engage with others. Through consistent attendance, participation in groups and encouragement from staff and peers, they built confidence to share their experiences. They challenged long-standing behaviours and successfully graduated.

As I reflect on my first year managing GDP, I have been continually inspired by our clients' determination and courage. We are proud of what has been achieved this year. Every graduation represents more than programme completion. It reflects personal growth and renewed hope.

Simon Woods

83%

*completion rate**

*Latest published OHID national completion rate: 46% (2024/25)

Sobriety has given me more than the things I've stopped doing

Kairos didn't just help me stop using; it gave me somewhere safe enough to start finding myself again. I came here carrying shame, chaos and versions of myself I thought I would spend the rest of my life running from. Somewhere between the difficult days, the laughter, the honesty and being understood without having to explain every broken part of myself, I started to believe that maybe my life could look different.

Sobriety has given me more than the things I've stopped doing. It has given me ordinary mornings, a clearer mind, people I can trust and a chance to be present for my own life. Kairos has taught me that recovery isn't about becoming somebody new; it's about slowly finding my way back to the person who was there all along.

Kirsty

The Steps are for life

GDP was a game-changer for me.

I remember in my graduation speech saying that, if there are any normal people in this world, which I don't believe there are (my opinion only), they should do this programme. The Steps are not a 12-week programme, they are for life. God willing, I will remain clean and sober.

Kairos took me out of isolation and for that I'm most grateful.

Anna



BETHWIN ROAD RESIDENTIAL REHAB

"Opportunity is missed by most people because...

...it is dressed in overalls and looks like work."

Thomas A. Edison wrote that quote. It's profound and speaks volumes for the addicts and alcoholics that come through the door at Bethwin Road. Recovery requires inventory and ownership. Many will not realise the opportunities that have presented themselves along their journeys.

On entering rehab, some find recovery a chore, others come in gung-ho and flying the flag of recovery and preaching to all who will listen though not hear. Very few addicts and alcoholics like being preached to. The reality is that recovery is work.

The reality is that recovery is work

Picture a mountain that you have to climb. You are at the bottom, looking up. You begin the climb, the hardest climb of your life. After a while, you realise you are carrying your mother, father, childhood, ex-wife or husband, loss of jobs and homes, broken relationships with children and friends, debt, toxic shame, guilt, anger, unresolved grief, sadness, fear, co-dependency … you get the picture. Any individual will need guidance, support, companionship and direction to make the climb.

Bethwin Road offers hope. You cannot buy hope in Harrods.

Bethwin Road offers time to reflect and begin addressing the pain of the past, learning to live in the present, setting goals to achieve in the future as opposed to living in fantasy and understanding that a person needs time to heal the many wounds that the plasters of addiction fail to treat effectively.

In my many years working here, I have seen the ripple effect of those who take the opportunity and become teachable. Miracles happen, lives are saved.

Obviously, I have seen the opposite, countless times. When the individual becomes complacent and another failed opportunity climbs into the backpack.



I have witnessed those who don't even look up. They subconsciously choose to avoid the work. Nothing captures this more than Bill Wilson's words at an AA convention: "We are sorry that you are disappointed with the results that you did not get from the work you did not do."

I have no doubt at all that we provide the biggest window of opportunity ever presented to every individual we meet. Those who take it and have many years of recovery will testify to this.

Back to the mountain. Our metaphor works beautifully alongside recovery. The road gets steeper but the view gets better.

Lee Slater

77%
*completion rate**

*Latest published OHID national completion rate: 46% (2024/25)

It feels the safest place in the world

When I came to Bethwin my life was falling apart. There was a darkness around me. I felt I could not be reached.

I remember my assessment. Estelle had peacefulness about her and I wanted that. I did not know I was so full of fear and shame, how far this went back into my childhood.

In my drinking some horrific things happened but I had not looked at the hurt I had caused. I had anger, felt the world should have stood still for me to get well. I had to find acceptance, be honest, sit down and listen.

Bethwin gives you choice and trust. Whenever I've been away, I am so happy to get back. It feels the safest place in the world. I'm in with a chance. I have done treatment before but it was going through the motions (down to me too). Here, I'm treated like a human being, which helps my self-esteem. I can explore and experience emotions.

Bethwin is full of hope and love. I feel nurtured. I can't disappear, which is a good thing. The counsellors are able to reach me. Admin and house staff are helpful and kind, as is Carlo, the wonderful chef.

Most of the falsehoods I believed about myself are gone. I had to get vulnerable to be in with a chance. It's daunting but I have been armed with tools and have many boundaries to be set. It's my journey, but I would never have had the chance if it wasn't for Bethwin. It's a wonderful gift.

Karen



AFTERCARE PROGRAMME

Changes create new opportunities

There have been several changes to the Kairos Aftercare programme since the beginning of 2026.

Following the departure of manager Jessica Rood, David Yates has taken over as manager, having worked in the programme for 12 years. David has been joined by deputy manager Angie McCulloch, who brings wide-ranging experience of Kairos practice at Bethwin Road and Linden Grove, and therapists Nicola Coleman and Cameron Scott. The new team have quickly established a strong collective understanding and connection.

We would like to thank Jessica and therapists Cydney Dunbavin-Hands and Airen Koopmans for their contribution to Aftercare over the years.

The most crucial part of my recovery...

By the time clients reach us at Aftercare, most have been clean from all substances for at least four months, with a minimum clean time of 30 days. It is essential that clients have completed a full rehabilitation programme before choosing Aftercare as their vehicle for reintegrating into community, family life and the everyday world.

The needs and demands that emerge after the relative safety and protection afforded in rehab can be overwhelming. We support clients as they venture into the world for medical appointments, social services meetings concerning access to their children, job and volunteering interviews, and provide support for ongoing legal, financial and health issues.

The programme runs for 12 weeks, three days a week (Tuesday to Thursday), from 9.30 am to 3 pm. Each morning begins with a 75-minute group process, alongside workshops raising awareness around co-dependency, other behavioural addictions, family issues and meditation.

Each client has a weekly one-to-one session with an Aftercare counsellor. In these sessions, clients make plans to manage the new demands they face while remaining safe and stable.



We take the group on regular outings to initiatives where they can learn carpentry, art and gardening, as well as explore further educational opportunities in the community.

This year's annual report focuses on opportunity, and we are proud of the specific and unique role Aftercare performs in the onward recovery of our clients. From October 2025 to October 2026, we saw 55 clients, 50 of whom graduated. As one graduate reflects:

"Aftercare has been the most crucial part of my recovery programme, looking back, allowing me to plan how I work, how I relax, how I parent my children and socialise with my family and friends in my new life of sobriety without the guilt and shame that consumed me previously."

David Yates

89%

*completion rate**

*Latest published OHID national completion rate: 46% (2024/25)

"Who am I truly meant to become?"

Kairos Aftercare provides a rare opportunity to explore oneself in terms of the past, present and future. Who was I before the addictive behaviours emerged? Who was I during active addiction? Who am I now? Who am I truly meant to become?

Aftercare can help us look at how we coped and survived our painful past. It can help to understand how these old pathways served as a protective means in the past, but now may be hindering further development during our recovery. It can help to start transforming our behaviours and to start accepting ourselves by allowing kinder, softer, more realistic language into our hearts. It can help us relate to and gain a better understanding of others.

Learning about codependency, the drama relationship triangle, boundaries, the inner critic, shame, guilt as well as the addiction, supports what has been gained at units like the Garden Day Programme and Bethwin Centre. The work goes hand in hand.

How we relate to each other through Aftercare group work (and its challenges of being with people at different stages and understanding of recovery) can also be an interesting way of developing an understanding and insight into our lives. The 1:1 sessions provide a more intimate and safer space to explore.

The ethos of aftercare is one of a flexible learning atmosphere where one can take as much or as little from the sessions: it is up to you. At its simplest, it is a safe place to reinforce sobriety, make friends and to help prepare for the next stages in one's life. At a deeper level, it can be the vital foundation stone for necessary restoration, self growth, and ongoing transformation.

NR



One Pen for Silent Thoughts.
'Light; hope; growth; nature; blossoming; higher power; fire in the belly; fear of a blank canvas; wishes; limitations. Together in recovery. In one's own recovery lane. Freedom'.

MOVE-ON HOUSING

Moving towards independence

Opportunity remains a key part of our work at Kairos. We aim to give every resident the chance to strengthen their recovery and move towards independence. This year, we have opened three new flats in Lewisham, offering a further step towards independent living for these residents. With our long waiting list over the past year, these places are very welcome.

Move-on housing gives people the time, stability and consistent support to adjust to life without drugs or alcohol in a safe home

training and driving programmes. These include further study, digital skills courses through High Trees, NHS peer-support volunteering and UR4Driving, run by The Upper Room charity. It is good to see residents developing confidence, structure and practical skills.

Staff continue to work with residents to identify their own goals, rather than assume what they should do. Progress may mean education, preparing for employment, attending recovery meetings or managing everyday responsibilities.

Residents identify their own goals

alongside others in recovery, building solid foundations. I continue to see fewer relapses across our houses, which is encouraging. I believe this is because our residents have time in Move-on to settle, build routines and deal with difficulties as they arise. The team works hard to recognise when someone is struggling and provide the support they need.

During the year, residents have taken up adult education, volunteering, employment advice,

Every achievement deserves recognition.

Life in a Move-on house brings shared experiences, friendships and everyday support. Everyday conversations, shared responsibilities and community activities help people feel part of something. Many also discover interests and the chance to enjoy life through art, music and other activities.

Preparing for independent living remains a priority. The Move-on team assists residents with housing applications, supporting evidence,



budgeting and tenancy responsibilities. Suitable accommodation remains difficult to access and waiting can be frustrating for someone ready for their next steps. We continue to work with St Mungo's Clearing House and Riverside and I would like to thank both organisations for their support.

Finally, my thanks to the whole Move-on team and all the organisations we work with. I would especially like to thank Angelina, Jaime and Louise B, all of whom left us this year, for their work. Special recognition goes to Jaime for his 24 years of service. We welcome David to the team.

Above all, well done to our residents for the effort and hard work they put into their recovery and the support they give one another.

Matt Dear

*85+ people successfully rehomed this year**

*through Clearing House, Riverside and private rental

Time to grow, gain stability and build a stronger recovery

I went into a Kairos house after four months of residential rehab. I had a 40-year history of alcohol and drug addiction, resulting in a very chaotic life.

I had reservations about a shared house, so thought I'd try it for six months. I stayed for three years! Without Kairos' support, it's unlikely I would have stayed sober.

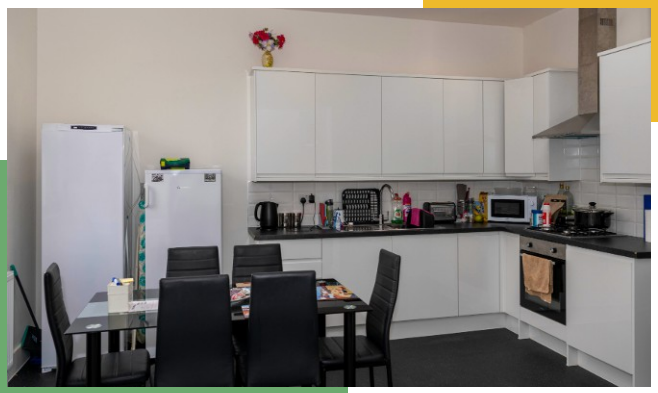
Kairos took a lot of pressure off me and was a stepping stone to normal living. I had regular contact with my support worker, who helped with any issues and was always available for guidance. Activities such the walking group, beekeeping and volunteering in Lourdes helped build my self-esteem and expand my network.

I was nervous about moving but felt it was time. I was guided through the application process and even when moving had support with things I would have struggled with on my own, such as Housing Benefit and Council Tax.

I have been in my flat for seven months. I'm really happy. I have a lovely flat, feel safe and secure and have started building a network in my new area. Even though I've moved on, I still feel part of the Kairos family. I have just come back from Lourdes, where it was great to catch up with old friends and meet new residents.

Kairos gave me time to grow, gain stability and build a stronger recovery. For that, I will be eternally grateful.

Steve



TARGETED HOUSING

Somewhere safe and supportive to go

We are immensely grateful to The National Lottery Community Fund for having supported our work providing dedicated support for people in recovery who would otherwise leave prison homeless over the past three years.

I have worked alongside Kairos housing, particularly Frank, for some years. Having Kairos as a potential supported housing opportunity is something the team utilises often. We send referrals and liaise with Frank to see if clients are suitable. We have successful clients still engaged with Kairos.

Clients can speak with Frank in person for assessment and via phone in the run-up to release, to stay connected and focused. For some, this may be the first time they have housing on release, having previously been released homeless. They can look forward to release, knowing they have somewhere safe and supportive to go with like-minded people, away from judgement.

Chelsea Hobman, HMP Coldingley

No longer defined by a prison number

For 25 years, my life was a revolving door of addictions and prison, lost to drugs and to myself. I started working a recovery programme in prison, was assessed by Kairos staff and accepted. It felt like I had been handed a lantern when I had no stars left to wish upon.

I was picked up from the prison gates. I finally had a safe haven, a place where I could put down the heavy burden of my past and the stability to focus on my future. I got a sponsor who took me through the 12 Steps, which transformed me. I am no longer defined by a prison number. I've been connected with my 14-month old son. I have a voice today. I am worthy today, I am valued, I'm a father, I'm a son again.

This journey is about the recovery houses and the support from Kairos staff, my peers, the fellowship and my sponsor. I learnt how to feel again. I learnt how to sit with pain without numbing it and how to experience joy without losing myself. I am proof that transformation is possible. Thank you for believing in me.
AH



KAIROS HEAD OFFICE ADMINISTRATION

Keeping Kairos running

Opportunities within Kairos are vast. Our residents have attended so many trips during the year: Medjugorje, Lourdes, house days out and Crewe, to name a few.

Then there are the volunteering opportunities. Over the years we have had many volunteers on our maintenance team. Julian started off as a volunteer but now leads the team. Our current volunteer is Jim, and Cole is our gardening volunteer. We are always looking to get more people on board and there is always something going on!

We have just received a generous donation of bedding and clothing from Queen Mother's Clothing Guild. Julian collected the goods from St James' Palace. These donations are always so welcome and make a real difference across Kairos. I send massive thanks to all who donated.

A big thank you to Judy, Oye, Sahra, Adrianna, Barry and Aleksandra, the team at Head Office, for your fabulous work and ongoing support. Thank you, too, to all the staff and volunteers across Kairos who make our work possible.

The opportunity to love, learn and grow

So many of our staff started off as residents and then volunteers before taking that big step into the world of work. We are very proud of them all.

Kairos also believes in offering training opportunities to its staff and volunteers. There is mandatory training, of course, but so many other opportunities arise where people can develop their skills. We continue to avail of training through online provider Social Care TV, and use the Estia Centre for courses.

Last, but not least. We will lose Mossie, our director, who retires in January, although I am sure he will still be involved in some way! I thank him for the opportunity I have had to love, learn and grow as Administration Manager for Kairos: a place, an organisation so close to my heart.

Dorothy Woodward-Pynn



RECOVERY COMMUNITIES

The power of therapeutic support

Good therapeutic support can help us make sense of the past, manage our present and change for the future. We see its impact every day. Recovery Communities is the opportunity to extend this possibility to more people.

Supported by Southwark Council, the programme offers 24 weeks of one-to-one counselling and 30 weeks of group psychotherapy to Kairos clients and people in recovery across Southwark. It extends our work in a way that is very much in keeping with Kairos' longstanding commitment to the communities we serve, offering the time and space for meaningful therapeutic work while allowing us to support as many people as possible.

Of course, it is our participants who do the hard work and it is their courage and willingness that make change possible. But the right support remains a game-changer. We are privileged to support them along the way.

Adrianna Jones

When opportunity becomes reality

We are delighted to share our commissioner's reflections on Recovery Communities and its place in Southwark's wider recovery provision. Our thanks to DAAT for their ongoing support.

Southwark has worked with Kairos for many years, and our commitment has always been about more than funding. It is about investing in an organisation that consistently creates safe, supportive communities where people can recover, grow and rebuild their lives.

When we commissioned Recovery Communities, we asked Kairos to take what they do best - building connection, trust and belonging - and apply it in a new way. We recognised that while treatment, detoxification and residential rehabilitation are vital, many people face challenges once those structured interventions end.

Recovery is not simply about stopping drugs or alcohol. It is about learning how to live well, rebuild relationships, develop confidence and navigate life's difficulties without returning to old



coping mechanisms. Recovery is rarely a linear journey and periods of vulnerability can emerge long after treatment has ended. There are also those who may not have had the benefit of inpatient rehab but achieved abstinence by whatever means, who may need help to grow something that is new and fragile.

Ultimately, recovery is not measured by a single moment of change but by the days, months and years that follow. Recovery Communities provides not simply support but connection, purpose and belonging. These are the foundations that help people continue personal growth, draw strength from others who understand the challenges they face, navigate setbacks and continue building the lives they want for themselves.

Our hope is that these services help people strengthen their recovery, improve wellbeing and build lives that are healthier, more connected and sustainable in the long term.

Michael Twamley
Commissioning Officer, Southwark Drug & Alcohol Action Team

Southwark Council

Coming together in the power of group psychotherapy

Nunhead Psychotherapy Group is now entering its fourth cohort, something we might never have imagined when we first began this journey over three years ago.

With each new cohort comes a new beginning, but what continues to stand out is the richness of bringing together members with such different experiences and perspectives. Each group develops its own character. This year, we have been particularly struck by the commitment and courage with which members continue to engage, take risks and find new ways to support one another.

There is something deeply rewarding about seeing people come together in a group to share experiences, to listen and be heard and to develop trust. Each new cohort creates a unique space in which these experiences can unfold, as its members learn from one another and discover parts of themselves that may have remained hidden. With each cohort come new opportunities for healing and, with each, our own understanding of the possibilities of working together deepens.

These experiences renew our commitment to making quality psychotherapy available to everyone in our community. It has been a real pleasure to be part of this group and to continue this work alongside Tim Penrice.

Will Pugh



PLACEMENT COUNSELLORS AND VOLUNTEERS

Putting learning into practice

Kairos' placement programme gives trainee counsellors from colleges like Regent's, Metanoia, Heartwood, CPPD, CCPE and Goldsmiths the opportunity to put learning into practice. Each year, we work alongside colleges and trainees, guiding placements through induction, safety risk assessments and regular supervision.

Trainees gain hands-on experience and structured feedback, helping them meet college requirements. They develop trusting client relationships, navigate complexities of clinical practice and grow into confident practitioners. Our clients receive dedicated, compassionate and safe therapeutic support to explore challenges, build resilience and work towards positive change. Ian West

Personal and family experiences of addiction and mental health were part of what drew me to counselling training and later to Kairos for my placement. I came with an understanding shaped by those experiences, and the placement has deepened that understanding. It has shown me that addiction never tells the whole story. Each person brings a unique history, strengths and ways of surviving. Understanding what has happened to someone can build compassion for the version of themselves that found a way to keep going.

Working alongside people in recovery has taught me the value of listening and giving someone the time and space to explore what matters to them. Sometimes being alongside someone, with honesty, consistency and acceptance, is the work.

The placement has shown me that the therapeutic relationship can be a place of repair. Trust within that relationship can offer someone a different experience, creating space to understand themselves more fully and relate to themselves with greater kindness. Being trusted with people's experiences has felt like a privilege, and their courage, honesty and resilience have taught me as much as my training has.

Kairos has helped me grow in confidence, develop my own way of working and become part of a community built on connection, hope and the belief that change is possible. I am grateful for everything the placement has given me and opportunities that have grown from it.

Jessie Carroll

Volunteering at Kairos

Volunteering may be an opportunity to stay connected, give something back or try something new. It can also be a first step towards further training, employment, or an entirely new direction.

Countless people who once arrived at Kairos needing help themselves have since become the people providing it. Some have been with us for years, first as residents, then as volunteers and maybe even colleagues. They know what it is like to walk through our doors for the first time and what a difference it makes to have someone alongside you who has been there themselves.

I still need to pinch myself sometimes

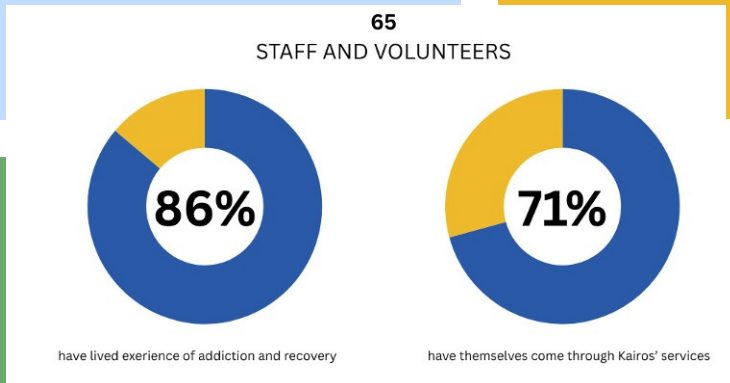
I've volunteered at Linden Grove for seven months. I wish eventually to become a support worker there, pursue my career and give back what was given to me: support, kindness, tough love (which I needed) and understanding, from one addict to another.

Through Kairos, I had the chance to dig deep with the help of GDP and Aftercare after Linden. Kairos supported me into my own flat. I just got married to somebody else in recovery and have a new cat, who I adore. I even went on holiday within two years of recovery. I never had a passport before, let alone got on a plane!

I still need to pinch myself sometimes. I never saw this life I have now as actual reality when I was struggling with addiction. That's not to say I don't have tough days but I accept the past, look forward to the future and really enjoy my present. Recovery is a miracle.

I wholeheartedly believe that without Kairos I would still be out there. This is why I volunteer and hope to keep giving back, in the present and future.

Shannon



KAIROS COMMUNITY BEES AND NATURAL WORLD

All seasons in the apiary

We came through the winter with thriving colonies, making the loss of three prolific colonies to suspected pesticide poisoning particularly devastating. Sadly, this is an issue we face almost every year. As soon as we have a few decent days of sunshine, lawnmowers and pesticides come out, threatening bees and other pollinators around our suburban apiaries. Early flowers such as crocuses and dandelions provide vital nectar and pollen after winter.

These losses were immensely frustrating, but we adapted. We turned our main apiary into a nursery, splitting colonies, raising queens, catching swarms and, of course, feeding, feeding and feeding! As colonies strengthened, we moved them to our out-apiaries. By summer, we had rebuilt to 12 strong colonies, all still healthy as we head into winter.

Our long, beautiful summer brought extreme heat and drought. Temperatures in my workshop sometimes exceeded 40°C. I struggled with the heat myself, so I can only imagine how challenging it was for the bees! The drought also made it harder for them to keep their hives cool.

One of the biggest highlights of the year was our honey harvest. By the end of May, we had already produced more honey than we harvested throughout the previous summer. By season's end, we had harvested an incredible 300 lbs. The resilience of these little creatures never ceases to blow my mind.

Feeding, feeding and feeding!

Our volunteers have been invaluable throughout the year. During gusty weather, a tree was uprooted and came to rest just metres above four colonies, threatening to take out our nursery. Fortunately, a volunteer training in tree surgery came to the rescue. One day in the apiary I won't forget in a hurry! A huge thank you to our volunteers for their hard work and enthusiasm, especially Mick, our fearless leader, for sharing his knowledge and experience.

Bee School begins in November, running every Wednesday until spring. Everyone is welcome,



whether you're interested in practical skills or simply learning about these fascinating creatures. Contact me, Grace: bees@kairoscommunity.org.uk.

Grace Madden

KAIROS
COMMUNITY BEES

Did You Know?

Bees collect water and spread droplets inside the hive while others fan their wings, helping evaporation cool the colony. Their developing brood needs temperatures of around 34–35°C. Please consider leaving a shallow bowl of water with landing stones or floating corks for thirsty bees.

This year, a jar of Kairos honey even found its way to a temple on the shores of India's Holy Saraswati River, offered in thanks for the monsoon rains that helped local farmers. For more such stories, follow us on Instagram: @kairos_bees

Thank you, Monty Don!

I will forever be grateful to Team Kairos for helping me in my recovery and showing me a new way of living. Also to my move-on house for the introduction to gardening, which I'd never done before.

After 19 months of blood, sweat, tears and stings, my work there is complete. I'm not proud of my behaviour in addiction, but these last 19 months have given me hope. I've even ventured out and brought a smile to six pensioners whose gardens I've restored.

I've created my own meditation spot, clearing an area that was under three feet of soil, overgrown with brambles and full of buried rubble. Everything is recycled: a table from Russell's Walk, a picture and plant pots buried at the bottom of the garden, an urn appropriated from outside Mossie's patio doors. I've even created a mini outdoor temple for an elderly Indian lady.

I've learnt a lot about gratitude in these last 22 months of sobriety. Service is also key, and gardening really does ease mental health. Sadly, the garden will revert to the African/Australian bush unless the next person cares as much as I have. Thank you, Monty Don!

Arj



Arj has transformed the garden of his Move-on house

A little theatre and magic



From watching performances to clients treading the boards themselves, it's been a dramatic year.

30 residents and staff from across Linden, Aftecare and Move-on attended the BRIT School's production of *1984*, with others enjoying *The Children* at Lyric Hammersmith. Outside Edge returned to Linden Grove to share drama workshops and magician and mentalist Mark entertained residents with an afternoon of magic and mind-reading. Those keen to get involved took part in Outside Edge, Clean Break and CDARS, including in a performance at the Troxy as part of the London Recovery Network.

Opportunity in creativity

This May, Kairos' mindful photography collaboration with Pierre Bureau of Mindful Photo Lab featured in Creative Health: In Practice, with a chapter, 'Meditation and Photography in Recovery', on Pierre's work with Kairos.

A member of our group sent me a message saying he didn't want to come to the photo walk because he didn't feel like taking pictures. I suggested he come without taking photos. It was his favourite session. For him, the photo walk was a bridge to connection. He realised what he needed was to be with other people whose company he enjoyed.

Another participant was hesitant to visit a place linked to difficult memories but joined us and had a lovely time. She later shared the experience had given her a new, positive memory of somewhere she previously avoided.

We need opportunities to build community and rediscover a healthy sense of play. These allow us to grow and see the world as a place where we are valued for who we are.

Creativity isn't about making something or taking a photo. It's about the opportunity to shift our perspective, and it's open to anyone.

Pierre Bureau, @mindfulphotolab



© A., Togetherness, 2025

Learning and development

This year, staff and volunteers continued to develop their professional knowledge and skills by pursuing accredited qualifications.

Level 3
Adult Care

8 staff and volunteers
completed

Level 5
Apprenticeships

4 staff members
in progress

Level 7
Apprenticeships

2 staff members
in progress

Elsewhere, five Kairos staff members completed three days of NADA auricular acupuncture training, putting their new skills into practice with Linden Grove residents on the final day – some of whom became so relaxed they fell asleep!

Opportunity in spiritual life

Kairos welcomes people of all faiths and none. For some, faith and spirituality play an important part in recovery, and pilgrimages and retreats have long been enjoyed by members of our community.

This year, 62 people travelled to Lourdes, combining prayer and reflection with service to others. Participants supported pilgrims who were unwell, providing practical assistance while building friendships and coming together with a common purpose.

We also organised five weekend retreats to Crewe, offering time to reflect, explore different spiritual themes and connect with others through shared experiences and discussion. A further 10 people travelled to Medjugorje on pilgrimage, building friendships and supporting one another. For me, these opportunities are a chance to step away from day-to-day life, reconnect with faith and return with a clearer mind and a happier heart.

Martina Cullen

My experience at Lourdes was simply life changing. One of the most important experiences of my life. I'm truly grateful to the people at Kairos who organised it and for offering me this incredible opportunity.

Anonymous





ACTIVITIES AND EVENTS

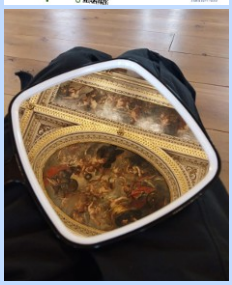
Out and about

Walk with Kairos continued exploring London, with a Roman walking tour, tracing the River Westbourne and on to Kensington Palace, a visit to the Royal Observatory and Greenwich picnic, the Anish Kapoor exhibition at the Hayward Gallery, a picnic and visit to Banqueting House and an evening bat walk at Hampton Court Palace.











Through Historic Royal Palaces' Community Access Scheme, Linden Grove's residents also enjoyed Hampton Court Palace (twice!), while the ever-generous Rose from Ardu Wellbeing (@ardu_wellbeing) led them in a series of mindfulness walks through Nunhead Cemetery.

Reunited in recovery

In January, 14 current and former residents attended the Forward Trust's National Reunion. We are proud that a member of our community shared from the platform, while everyone who attended enjoyed the day reuniting with former prison staff who had helped them on their way into recovery.

What does recovery mean to you?

Since last year's launch of the London Recovery Network, Kairos has remained active role on its steering group, helping to organise events and access to recovery resources across London.

We joined organisations from across London at the LRN's *Recovery in the Capital* event in September. At our stall, we invited visitors to reflect on what recovery means to them. The responses? Recovery tastes like Haribo, smells like Lynx deodorant and looks like taking the first step.



CELEBRATING 30 YEARS OF CRASH CHARITY

CRASH Charity has worked with Kairos for two decades

CRASH, the charitable wing of the construction industry, was founded by Tony Denison in 1991, the same year as Kairos and five years before it was registered with the Charity Commission. In those years, Tony worked from his front room, driven by a conviction that homelessness was obscene.

Kairos and CRASH first worked together in 2006, when the charity supported the redevelopment of Linden Grove into a 26-bed hostel. CRASH offered materials, grants, industry expertise... This is all support that has continued ever since that first collaboration.

For me, CRASH's support has been constant, generous and indispensable, leaving a lasting legacy in the housing we provide and the opportunities it offers the people who come to us.

CRASH has remained a small team throughout. I could name everyone who has worked there since 2006. To you all: thanks for your incredible professionalism, your ability to harness and distribute the generosity of the construction industry and, above all, your care and support of charities and hospices providing accommodation for the most vulnerable.

Happy anniversary. Celebrate well, and long may your work continue.

Mossie Lyons

Opportunities in partnerships

This year, CRASH brought NG Bailey volunteers to help redecorate a Move-on house, including flooring and furniture repairs. Make Architects gave Christmas gifts to Linden Grove's residents, while CRASH arranged mattresses, bed bases and furnishings from the Cavendish Hotel for Bethwin Road. As deputy manager Dominic O'Gorman reported, "The residents have already complimented us on how comfortable their beds are."

Our thanks to CRASH and its corporate patrons for their generosity and practical support in helping us make Kairos a better home.

crash charity 30 1996 2026 years

IN THEIR OWN WORDS

Kairos gave me the respite I needed to rest, reflect, realise, release and finally stand up for myself to build the confidence, self-esteem and resilience I've never had. The word 'Kairos' says it all; it was my appointed time.

Through Kairos I got into drama which helps my ongoing recovery. I have started volunteering as a peer mentor with a recovery charity and am training in Level 3 Counselling Studies. Recovery has taught me boundaries, assertiveness and not to ever stereotype people. Everyone has a story and journey that is sensitive and precious.

Ameet

Kairos is helping me learn how to live in society. It's safe. It's given me a base to live a productive life and recovery has given me my daughter back 15 years after she was adopted. I now have an opportunity to be her dad.

Anonymous

Kairos has saved my life and it gave me a family. There is so much to life. Move-on helped me find who I am and to believe in myself. Now I'm a CEO of my own business and love helping other people to volunteer with me, to help them find what they want to do and with their recovery.

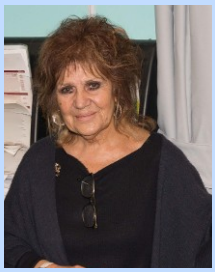
Cole

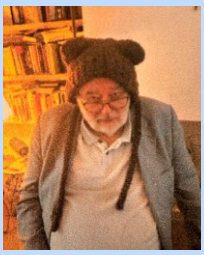
I didn't know anyone coming into Kairos and I was scared. I wanted to run away but I knew I had to stay or I would end up dead. Bethwin made me feel like I had a home for the first time in ages. Everyone there was so supportive and I'm so glad I stayed. Now I have made life-long friends who are like family. Kairos supported me in having a home and a new life.

Anonymous

PEOPLE WHO HAVE SHAPED KAIROS COMMUNITY

Farewell and thank you



This year, we said goodbye to four much-loved members of Kairos community: Miriam Hicks, who spent 17 years counselling at Bethwin Road; Sandra Fells, whose generosity, kindness and larger-than-life presence touched so many; Ronnie (Sean) Barker, Linden Grove support worker and Kairos Counselling counsellor; Dr Des Coffey, our first GP and dear friend of Kairos since our earliest days at Stonhouse Street. Each has left their mark. We remember them fondly, with gratitude.

Still giving back

'I ain't gonna lie', as they say round these parts. I have found the transition from Kairos to retirement a year ago a bit of a struggle. Not even close to the bed of roses I imagined!

I can easily forget that I retired for health reasons, so, with returning health, have been missing the purpose and commitment of the active recovery role I enjoyed so much at the GDP.

I therefore set about changing the way I feel with enthusiasm and varying success. I have watched a lot of cricket, been to several unlikely National League football grounds and driven the lovely Paulette from Welsh motorhome campsites to Scotland. I have even learned to 'do my bit' in the allotment and do foody and arty stuff with Marsha as my guide.

But this emotional work-loss has shown me how important the Tuesday Nunhead Psychotherapy Group is as an opportunity to be part of a recovery structure that keeps me close to my own recovery roots, and to feel purposefully connected to those learning to grow and prosper in sobriety.

My thanks to all at Kairos for the opportunity to keep on giving my time and love.

Tim Penrice

STATEMENT OF FINANCIAL ACTIVITIES 2025/26

KAIROS COMMUNITY TRUST

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2026

	Unrestricted fund £	Restricted funds £	2026 Total funds £	2025 Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies	130,177	150,000	280,177	389,801
Charitable activities				
Care home and after care fees	623,879	-	623,879	573,393
Housing benefit	2,703,312	-	2,703,312	2,593,387
Supporting People Fund	48,005	-	48,005	45,502
Residents' Contribution	169,243	-	169,243	167,961
Other trading activities	78,900	-	78,900	76,541
Investment income	25,586	-	25,586	41,346
Total	3,779,102	150,000	3,929,102	3,887,931
EXPENDITURE ON				
Raising funds	1,828	-	1,828	276
Charitable activities				
Charitable activities	2,800,138	277,886	3,078,024	2,981,257
Total	2,801,966	277,886	3,079,852	2,981,533
NET INCOME/(EXPENDITURE)	977,136	(127,886)	849,250	906,398
Transfers between funds	(1,203,820)	1,203,820	-	-
Net movement in funds	(226,684)	1,075,934	849,250	906,398
RECONCILIATION OF FUNDS				
Total funds brought forward	763,435	12,814,162	13,577,597	12,671,199
TOTAL FUNDS CARRIED FORWARD	536,751	13,890,096	14,426,847	13,577,597

The financial information on these pages is awaiting formal approval by the auditors and trustees at the time of publication

BALANCE SHEET 2025/26

KAIROS COMMUNITY TRUST

BALANCE SHEET
31 MARCH 2026

	Unrestricted fund £	Restricted funds £	2026 Total funds £	2025 Total funds £
FIXED ASSETS				
Tangible assets	25,471	13,669,090	13,694,561	12,480,682
CURRENT ASSETS				
Debtors	157,782	2,153	159,935	344,677
Cash at bank and in hand	998,875	218,853	1,217,728	1,283,597
	1,156,657	221,006	1,377,663	1,628,274
CREDITORS				
Amounts falling due within one year	(273,415)	-	(273,415)	(241,731)
NET CURRENT ASSETS	883,242	221,006	1,104,248	1,386,543
TOTAL ASSETS LESS CURRENT LIABILITIES	908,713	13,890,096	14,798,809	13,867,225
CREDITORS				
Amounts falling due after more than one year	(371,962)	-	(371,962)	(289,628)
NET ASSETS	536,751	13,890,096	14,426,847	13,577,597
FUNDS				
Unrestricted funds			536,751	763,435
Restricted funds			13,890,096	12,814,162
TOTAL FUNDS			14,426,847	13,577,597

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KAIROS
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