



KAIROS COMMUNITY TRUST ANNUAL REPORT 2014



A creative year in recovery: Kairos residents performed with the Young Vic, above, and others played in Addicts' Symphony on Channel 4 ►

KAIROS: HOME TO RECOVERY

Kairos continues to build on its firm foundations, reports Hanora Morrin, Chair of Trustees

For the past few years Kairos Community Trust, like many other charities, has been faced with the vexed issue of funding. As we receive most of our funding through various borough councils, any decrease in their monies will impact on the services they contract for from Kairos. This past year has been no exception as we have, for example, lost £72,000 from one borough council alone. However, I am pleased to report that Kairos remains healthy and solvent without the need for forced redundancies or any reduction in the quality of care we aim to provide.

This achievement is wonderful and reflects the good work done by everyone in trying to keep expenditure down and grasping financial opportunities when they present themselves. With the continuing rise in the cost of household utilities, we are encouraging everyone to be economical in their use of heating and lighting. This year we needed to seek additional contributions for utilities from the residents. I am pleased to say the residents responded willingly to our request. Many thanks to you all.

During the past year, our services' workload has remained stable and we are currently working with five London boroughs, as well as accepting referrals from further afield. Kairos currently operates with 26 Move-On houses. There are 24 beds at Linden Grove community detox hostel, 16 at Bethwin Road

rehabilitation centre, and 167 in the Move-on supported houses. In addition, we have two centres – the Garden Day Programme in Nunhead Lane and the Aftercare Programme in Elm Grove, Peckham – that offer non-residential support for a total of 24 people who cannot take advantage of live-in treatment pathways. All services operate waiting lists, which are usually full.

'The Trustees would like to thank each and every one who contributes to the work of Kairos'

Our additional activities continue as before. We had a good honey harvest, although bee numbers are down slightly, and we continue to operate the Medjugorje pilgrimage – thanks to the anonymous benefactor who funds the initiative. Trips are usually fully subscribed and they enable residents of all denominations to visit Medjugorje. The annual Lourdes trip also continues to be a highlight in the Kairos calendar. This event is physically and mentally very demanding yet each year residents choose (via a waiting list) to help care for 120 seriously ill people who are making a pilgrimage to Lourdes. This is a rewarding experience for everyone who goes.

The latest Kairos success was the theatrical

debut in July of seven of our residents. With the Young Vic Project Group, they co-wrote and acted in *The Sound of Yellow*, a play exploring their experiences of addiction. This opportunity followed on from the success of last year's performance, written and produced in collaboration with the BRIT School.

In August, another two residents featured in *Addict's Symphony* on Channel 4. This moving documentary followed a group of classical musicians in recovery as they regained their musical ability and played their own composition with the London Symphony Orchestra. Well done, everyone.

The Trustees/Directors welcome two new staff members, Simon Eve and Keith Muir. We wish them a long and happy life with Kairos.

On reflection, Kairos has weathered another uncertain year and weathered it well. The Board of Trustees/Directors were delighted to be able to award staff a pay rise this year – albeit small. We are informed that the recession is abating and hopefully the financial climate will improve.

The Trustee Committee/Board of Directors would like to thank each and every one who contributes to the work of Kairos. We are extremely grateful for the generosity of CRASH and the Holy Ghost Fathers which enables us to carry on the work of the Kairos Community. ■

Kairos service managers' reports for 2014

LINDEN GROVE COMMUNITY DETOX HOSTEL

The John Kitchen Centre/Linden Grove has had a very busy year and continues to help those with addiction problems who are homeless. When I used to volunteer at Stonhouse Street, Clapham, the homeless were much more visible: you only had to walk to the High Street or Clapham Common and you would see them. These days, however, new residents will often have been 'sofa surfing', ie staying with friends or family, for long stretches. This 'hidden homelessness' can make it difficult for them to receive help.

Linden Grove is an important starting point for recovery and a place of community and friendship. We help to reintegrate people into society and I have lost count of the modern-day Lazaruses we have seen

coming through our doors.

It is hard to believe that it is eight years since the beginning of the conversion of the hall at the back of Linden Grove and it still looks impressive today. It has been used extensively this year for rehearsals with the Young Vic and for staff training sessions, as well as for its daily purpose as a living and eating space for our residents; its space and light are very calming, although this may be hard to imagine in the AGM crowd!

In the past year, Dr Michael Peel has started visiting weekly to assess the primary care needs of our residents; he is very experienced and enthusiastic and, with the team of Sternhall Lane Surgery, provides a great service here.

I would like to thank the staff, volunteers and supporters of Kairos for all their hard work this year.

Frank Smith

BETHWIN ROAD RESIDENTIAL REHAB

Bethwin Road has been busy – admissions have been high throughout 2014, with a continuous stream of referrals from various boroughs.

The 'bed board' count is healthy and most of the time there are people waiting for a vacancy to become available. This waiting period has often got longer because current residents have extended their treatment with us; interestingly, some boroughs are reverting back to the philosophy of "greater long-term results come with greater long-term investment". (Welcome back – the quick fix didn't work.)

Team spirit this year has been at an all-time high, with the best collective balance to date of experience, skills, commitment and support.

We have experienced a marvellous work force at all levels. This atmosphere and respect is reflected in residents' well-being and instills hope and trust that change is possible. An encouraging year for all.

If you exclude those who leave in the first two weeks of treatment, we have a very successful retention rate of over 70%.

Satisfaction questionnaires and feedback from clients who complete the programme at Bethwin Road reflect the high quality of service offered and delivered. We have maintained good relationships with care managers and social workers and said goodbye to some who have retired or moved on to pastures new. However, we have also acquired many new colleagues this year who support us with referrals, value and appreciate the work being done here and the opportunities being provided to change what life has to offer.

Lee Slater

AFTERCARE PROGRAMME

Aftercare has grown and become an important part in people's journey from being homeless to living in recovery.

One thing that we have talked about a lot at Aftercare is how we don't see our clients from the beginning, when they first come into treatment. We hear their stories about how they survived on the streets and coped with being homeless but, when they arrive at us, they have already started to deal with life in shared accommodation or their own home, which can bring up a lot for them.

Aftercare clients benefit from the structure of having somewhere to go for three days a week while they are coming

to terms with the demands of the outside world and their housing situation. Aftercare is there to support the client during these important transitions as many who have been homeless may be struggling with sharing accommodation and interacting with new people.

Aftercare also provides a safe space to deal with strong feelings that can be triggered by the stresses of dealing with doctors, dentist, job centre, potential employers or other general life situations. It's a space where clients can put into practice what they have started to learn in rehab – essential for the successful transition from rehab to living back in the community. Aftercare is the next step on the way home.

Jessica Rood



GARDEN DAY PROGRAMME

As we approach the end of our fourth year as both an open access addiction treatment resource for south London residents and as a part of the Kairos Community treatment pathway, we look back with pleasure at the successes but also with questions about how and who we reach with our service.

The bare statistics tell of 40 new starts since 1 Nov 2013, of whom 80% graduated after 12 weeks, and 18 of those went on to Kairos Aftercare. This represents great success for the individuals, for the team at the GDP and for Kairos as a whole.

However, of the 40 new starts only 6 have come from the community, the other 34 have come via the Kairos pathway from the residential hostel and secure base of Linden Grove. This statistic shows that there is still much to do if we are to think of the GDP as being a successful open-access community resource, despite its obvious value to Kairos as a whole. Further analysis shows that only 5 of the 40 new starts were women. Attracting more women to our programme remains an important goal.

The clinical and recovery success of the GDP is a team and community effort and has had the happy outcome of 23 clients moving on to safe and sober supported housing in the past year.

The GDP gives people in recovery a great start and for that I would like to acknowledge the skill and dedication of the clinical team of Gillie Sliz and Simon Eve, who joined us from DASL in June. We also pay special tribute to our volunteers Joanna Mania and Sam Chapman who have both given generously of their time and experience. Joanna recently gained her MA in Addiction Studies at London Southbank University and we wish her well in the future, as we do Michael Douglas, who left us in the summer.

The GDP owes a large debt of gratitude to Frank Smith, Lorraine Beckford and the team at Linden Grove. The care, support and stability of the house provides a secure base from which clients can explore the deeper and more personal issues that have manifested as addiction.

Tim Penrice

AT KAIROS, HOME IS A PLACE TO GET WELL AGAIN

Director Mossie Lyons on how recovery and good health go hand in hand

Homeless people suffer from nearly twice as many long-term physical and mental health problems as the general population. Homeless Link's latest research figures (right) are shocking but they also highlight exactly where Kairos' services make such a far-reaching impact on our residents' lives.

In giving a home to the homeless, Kairos is a place where people can get healthy. If there is a correlation between homelessness and the above-average cases of ill health, Kairos has shown that the inverse is true: that providing good homes directly helps to improve health.

There is nothing more satisfying than watching a man or woman get well slowly but steadily over many weeks, even months, as they are cared for at Linden Grove – care that is often multifaceted and always individualised to personal needs. Often these health needs can be complex, given

HOMELESSNESS WILL SERIOUSLY DAMAGE YOUR HEALTH

- 41% of homeless people reported a long-term physical health problem (compared with 28% of the general population)
- 45% had been diagnosed with a mental health problem (25%)
- 36% had taken drugs in the past six months (5%)

the nature of presenting health issues.

It is also wonderful to watch the full flowering towards independent living achieved by so many in Kairos supported Move-on houses – 92 planned moves last year (read Nick Messikh's report, below). Care and support is about facilitating not just well-being but transforming a front door and a roof into a personal secure place, creating a genuine sense of belonging and home.

At Kairos, we are constantly reminded of the importance of housing in the recovery process. Homelessness is dangerous: homelessness kills!

The referrals to Kairos for 2013-14 were 290 to Move-on; 179 to Linden Grove; 120 to Bethwin Road; 40 to the Garden Day Programme. These are a lot of people looking for rehabilitation, supported housing and eventually their own homes. While Kairos doesn't provide independent accommodation, it does provide shared, sober homes where health, life skills and coping mechanisms can grow and be supported in preparation for a person's own home.

Good luck – and good health – to the 92 men and women who moved to their own homes in the past year.

'Alcohol remains the most widely misused drug on the planet'

"I've really been cutting right down recently, Doctor." I'd be a very rich man had I been given a pound every time I heard this answer when probing one of my patients about their use of drugs, alcohol or cigarettes.

Almost 4 million people in the UK drink heavily or are dependent on drink, and it is estimated that 10 million Britons drink more than the recommended limits. Six per cent of all GP consultations relate to alcohol use, and patients with addictions see their GP almost twice as often as those without. GPs in Scotland see 5,500 patients every day with alcohol-related problems and 1 in 100 consultations relate to drug use.

Plenty of opportunity to talk about addiction but why is it so hard?

Owning up to how bad it really is, is not an easy thing to do. The impact of addiction on someone's life, their mental and physical health, their family life and material stability

seems often to be so much more obvious to others than to the person concerned. Years can pass before somebody is ready to permit an outsider to help and advise. It is easy to see how tempting it is to deny the truth for as long as possible: once it's out, one has

There's plenty of opportunity to talk about addiction but why is it so hard?

to make a choice between either making substantial changes in life or admitting defeat – neither of which is easy.

Until that decisive moment comes, a GP can do little else but be available and chip away by asking the question: "How much do you really drink/ use/ smoke?" and, like a broken record, repeat the same advice which is printed on every packet of cigarettes. They will focus on all the other related

issues that commonly come with addiction: sleeplessness, depression, lung disease such as Chronic Obstructive Pulmonary Disease (COPD), infections like hepatitis and HIV, poor nutrition and eventual liver failure.

While statistics show that the use of hard injectable drugs like heroin and crack is decreasing, users are getting older and develop the usual illnesses of older age like heart or lung disease – but usually a lot earlier and a great deal more severely. At the moment there is still very little evidence of what the future impact of so called "party drugs" or "legal highs" will be, but it is clear that those will be the next challenge for GPs and psychiatrists up and down the country. Alcohol, however, does not appear to have lost its sting – it remains the most widely available and misused drug on the planet. Lots to talk about for years to come.

Dr Jasper Mordhorst, Kairos Trustee

SUPPORTED HOUSING

In my first year at Kairos I'm immensely proud of the Move-on element of the service pathway we provide to vulnerable adults presenting with substance misuse and homelessness. This is a life-changing experience for many of our service users who were homeless and without hope.

Having somewhere suitable to live is very important in making the difficult transition from active addiction to recovery. Tackling and preventing homelessness is a priority of Kairos Community Trust and a key part of achieving our vision of improving the lives of our service users.

At Kairos, we see clearly the link between

homelessness and mental health problems, drug and alcohol dependency and street activities like begging, sex work or shoplifting. In fact, most of our clients have some experience of institutions such as prisons.

In addressing homelessness, we have the opportunity to help our service users reintegrate into society and develop the life skills they need to become productive, responsible members of society.

One of the most profound ways that Kairos promotes change is to provide safe, well-maintained housing for our homeless clients. This helps transform their lives by restoring a sense of pride. They can start to feel "normal" again – to have a shared

experience with those in their community. They don't have to feel like outcasts and rejects.

Our supported housing also shows clients that other people care, and that helps them maintain a sense of hope and optimism. It also inspires a generosity of spirit, encouraging those who have received help to reach out to others. This is the case with some of our support workers who themselves have experienced homelessness and now support others as they change and develop. Kairos prides itself on bringing homes to the homeless, hope to the hopeless and power to the powerless.

Nick Messikh

MY KAIROS

‘I now live a very ordinary life but one that gives me a surprising amount of pleasure and a strong sense of fulfilment’

On 2 September 2014, my time as a resident of Kairos came to an end. I drove to Valley Road, settled outstanding business, handed over my keys and bade a fond farewell to everyone. Mossie Lyons asked me how long my sobriety had so far lasted and I then realised that by a strange coincidence, I was leaving Kairos exactly 12 years to the day from when I arrived at Linden Grove. I'd totally forgotten the day before had been my 12th sobriety birthday.

I do not need to spend much time describing the person who nervously pressed the bell of Kairos Linden Grove in 2002, he was a pitiful sight. A friend from the past told me recently that he had thought when he last saw me, in 1996, that I was heading for oblivion. He was almost shocked to get an email in 2011, informing him that not only was I still alive but that I was faring quite well.

I do not believe I am a special person. When people say they admire people like me, alcoholics who have stopped drinking for a number of years, I feel quite embarrassed.

I now live a very ordinary life but one that gives me a surprising amount of pleasure and a strong sense of fulfilment. The real bonus is that the past 12 years have actually given meaning to all of my life, including the darkest times.

One life has been saved; it has taken a small army of people, thousands of man hours, a pretty extravagant amount of money and several years, to bring a form of normality back to the life of David James Newman. Not just people but very special and rare ones. Most but not all these men and women were employed by or were volunteers with Kairos Community Trust. For me they share one great quality that sets them apart from most, including myself. They all seem genuinely to believe that every human life is precious and that not a single one should ever be lost without a wholehearted battle to save it. For them and all of you, I am eternally grateful.

It would be sadly ironic if an organisation that helps people like me to change their lives totally, was unable to change and develop itself. Fortunately, the very opposite has happened; Kairos has listened, learned and evolved, too. I believe Kairos has not just got bigger but better at what it does. The staff and volunteers are not just dedicated but very good at what they do, they are becoming true professionals and Kairos is becoming more innovative in a field that desperately needs new ideas and methods.

Dave Newman

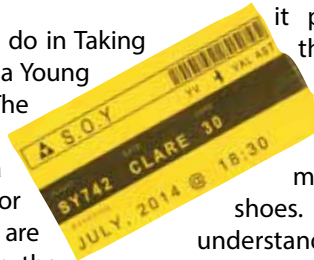
CREATIVE KAIROS

The Sound of Yellow

Imogen Brodie, project leader at the Young Vic, looks back at a unique collaboration... The Young Vic Two Boroughs team and Kairos collaborated with directors Matthew Xia and Emma Baggott, writer Francesca Beard, and four other groups from Lambeth and Southwark to make The Sound of Yellow. We created and rehearsed the work together for three months, and performed the show at the Young Vic in July.

As with all of the work we do in Taking Part, we were responding to a Young Vic main house show – The Valley of Astonishment. The play talked about synaesthesia – when people ‘smell colour’, or ‘see sound’ – and how lives are affected by the anomalies in the human brain.

It was fundamental to us that the cast would have ownership over the show and as such we asked the participants to contribute not only to the physical life of the production but also to the text. Through a series of spoken-word workshops led by writer and performance poet Francesca Beard, we extracted sensory memories of exceptional events in the participants’ lives to contribute to the narrative of the production. All the words spoken by the cast were their own stories, woven together by Francesca. The Sound of Yellow explored the moments of astonishment that we all experience, when life reveals itself to us and how past events and memories block us from experiencing life at its fullest. It



was quite something. Emma and Matthew wrote about the show: “This is one of the most important pieces of theatre we have been involved in, we both share the belief that supporting people exploring their own voice, the stories they choose to tell and how they tell them is a crucial part of a theatre’s function.”

Working with Kairos has been an exceptional event in our lives. Nick, Daz, Cathal, Oscar, Nicola, Ray and George came to the project with incredible, heart-breaking and hilarious stories, which they shared with us, and then the audience, with openness and generosity. They made it possible to create a piece of theatre, which did what all theatre should do. Allow an audience to see the world a bit differently for a moment. To feel what life might be like in another person’s shoes. And then leave the theatre understanding ourselves and the world a bit better. Working with Kairos has been uplifting for us; it reminded us how possible it is for us all to choose to make our lives and the lives of those around us happier. To be open about our mistakes, our failings and to help each other keep going. And that we are capable of astonishing things.

Kairos cast member Daz writes: The quality of the final result was breathtaking and I was truly astounded at the impact of our combined efforts. Many, many people put their hearts and souls into the project and to have such an incredible end result made it all so very worthwhile. On a very personal level I was deeply moved by the whole process. How did I hear The Sound of Yellow? Through tears – tears of sadness that gently became tears of joy.

Recovery set to music

I left rehab in June 2013 and moved from Weston-super-Mare to London and into a Kairos Move-on house in Catford. Since then, my recovery from drugs has been positive and my journey so interesting.

While in Kairos, I went through the Aftercare service, and it was while I was there that one of the support workers told me about the opportunity to take part in a documentary for Channel 4, which looked at how music could be a therapeutic catalyst to aid in recovery from drugs and alcohol. Having been a successful drummer for many years, I realised this was a really interesting and important project and, after auditions and interviews, I made it into the final 10 musicians who then became the Addicts’ Orchestra. The process I took part in and meeting the other contributors on the programme was a real eye-opener. And the chance to help devise a 22-minute piece of music that we could play with the London



Symphony Orchestra was an amazing opportunity.

It culminated in an 80-minute programme called Addicts’ Symphony. I can only say it was one of the greatest things that I have ever taken part in. It would never have been possible without the fantastic support that I received from Kairos and all the staff who worked with me – and I am very grateful and proud of what I have achieved. I have since moved on to my own flat and my recovery has gone from strength to strength. Thank you all.

Andrew Peddie

Kairos Community Trust – Statement of Financial Activities

Year ended 31 March 2014

	Notes	Unrestricted fund £	Restricted & designated funds £	2014 Total £	2013 Total £
Incoming resources from generated funds					
Voluntary income					
Donations		35,481	-	35,481	33,536
Activities for generating funds					
Fundraising		7,303	-	7,303	-
Interest received		2,405	-	2,405	5,225
Grants	2	14,678	98,980	113,658	172,339
Incoming resources from charitable activities					
Care home and aftercare fees	3	547,124	-	547,124	469,067
Housing benefit	3	1,530,313	-	1,530,313	1,378,901
<i>Supporting People</i> funding	3	188,108	-	188,108	203,969
Residents' contributions		120,274	-	120,274	103,472
Rent and miscellaneous income		56,324	-	56,324	50,948
Total incoming resources		2,502,010	98,980	2,600,990	2,417,457
Resources expended					
Costs of activities to generate funds					
Publicity and fundraising		1,170	-	1,170	1,430
Support costs	5	17,170	-	17,170	12,837
Charitable activities					
Salaries, NI and pension contributions	8	735,308	-	735,308	754,716
Ex gratia payments		-	-	-	-
Counsellors' fees		32,450	-	32,450	18,098
Therapists		11,790	-	11,790	12,907
Drug and alcohol testing costs		12,171	-	12,171	14,261
Volunteers' and counsellors' expenses	10	41,656	-	41,656	43,908
Housing costs	4	620,607	-	620,607	634,769
Food and household supplies		97,729	-	97,729	96,958
Transport		40,033	-	40,033	41,126
Medjugorje fund costs		-	148,997	148,997	77,030
Loan interest		7,627	-	7,627	3,644
Depreciation		4,634	-	4,634	6,910
Disposal of fixed assets		-	-	-	(1,740)
Support costs	5	309,064	-	309,064	231,063
Governance costs	6	26,576	-	26,576	20,299
Total resources expended		1,957,985	148,997	2,106,982	1,968,216
Net incoming resources		544,025	(50,017)	494,008	449,241
Transfers between funds	18	(450,891)	450,891	-	-
Net increase in funds		93,134	400,874	494,008	449,241
Accumulated surplus brought forward		295,625	5,316,586	5,612,211	5,162,970
Accumulated surplus carried forward	19	£ 388,759	£ 5,717,460	£ 6,106,219	£ 5,612,211

STAY IN TOUCH

KAIROS COMMUNITY TRUST

235 Valley Road, London SW16 2AF

t: 020 8677 7292

kairosoffice@kairoscommunity.org.uk

www.kairoscommunity.org.uk



Friends of Kairos
Community Trust



Tony and Robert, two of Santa's Kairos helpers



Kenny Brown and the Kairos bees

Kairos Community Trust – Balance Sheet

31 March 2014

	Notes	2014 £	2013 £
Tangible fixed assets			
Property	12	5,625,011	5,173,689
Other tangible assets	13	8,519	9,953
		<u>5,633,530</u>	<u>5,183,642</u>
Current assets			
Debtors	14	218,250	338,965
Building society account		37	37
Bank accounts		570,556	644,344
Cash in hand		1,738	1,681
		<u>790,581</u>	<u>985,027</u>
Creditors: amounts falling due within one year	15	(185,388)	(407,493)
Net current assets		605,193	577,534
Creditors: amounts falling due after more one year	16	(132,504)	(148,965)
Total assets less current liabilities		<u>£ 6,106,219</u>	<u>£ 5,612,211</u>
Represented by:			
Funds			
Restricted	17		
Gym equipment fund		5,898	6,329
Medjugorje fund		86,551	136,568
Designated and restricted	18		
Property fund		5,625,011	5,173,689
		<u>5,717,460</u>	<u>5,316,586</u>
Unrestricted			
General fund	19	388,759	295,625
		<u>£ 6,106,219</u>	<u>£ 5,612,211</u>

HANORA MORRIN – Trustee

Approved by the Trustees on 18 November 2014 and signed on their behalf



Vince Mahe in the new Linden Grove gym



Sarah McGoldrick, women's group facilitator

THANK YOU!

Volunteers, supporters and all our friends – thank you for your time, effort and financial help. For a list of our supporters – plus the latest Kairos news and details of our treatment services, visit www.kairoscommunity.org.uk Please look for the 'Donate' button that enables secure online giving through MyDonate where you see this sign

