

Our Kairos houses ...

"Kairos supported housing for me has been a lifesaver. After completing rehab, I was in turmoil about moving back to my old surroundings and returning straight back to my old way of life. I jumped at the chance of a Kairos move-on house. The support from everyone at Kairos and my key worker in particular has been amazing. Kairos has given me the opportunity to meet new people, people I would have never met before. I've experienced new adventures, started new courses – and a whole new way of life. Within my move-on house, I have the independence without the everyday pressures and can get my confidence back, retrain and get ready to get back to work – all without fear. I cannot thank Kairos enough for this start in my recovery journey."

"After rehab at Bethwin Road, I got a place in a Kairos move-on house in Peckham – it felt very reassuring still to be part of Kairos.

The sense of stability and security is a huge relief after years of unmanageability, particularly still having a key worker to talk to about personal and practical problems. It's given me time to think about the future with a clear head, and to start again. It's so nice knowing you have somewhere to come back to, and there's such a good atmosphere in the house. It was exciting to have a fresh start in a completely new area – and now it's home."

The Kairos pathways will lead you from active addiction, through detox and rehab, to supported housing and onwards to independent living.

About Kairos Community Trust

This year, 2016-17, Kairos is celebrating 25 years of helping homeless men and women with drug and alcohol problems. Addiction and homelessness are twin problems, and we believe that the journey to recovery from drugs and alcohol begins in a safe, secure environment.

Our core services are the stepping-stones to recovery – detox, residential rehab, day programme rehab, supported housing and aftercare. Each service can be accessed separately or they can be combined to build individual treatment pathways over a period of time. All our services are delivered by experienced teams of qualified therapists, support workers and administrators.

Today, Kairos Community Trust is a registered charity with 36 staff, more than 25 volunteers and some 300 residents and clients – a thriving community of men and women recovering from lives of addiction and homelessness in our rehabs and move-on houses.

Our governing body is a Trust and Kairos is managed and monitored by the Trustees, who are independent volunteers from a wide range of professions in the community.

Why are we called Kairos?

Kairos is one of the Greek words for 'time' and at Kairos Community Trust, we understand it as the right time for change.

Registered charity No.1117763

KAIROS
COMMUNITY TRUST



Supported Housing

Kairos Community Trust provides supported abstinence-based accommodation for men and women who have completed detox and rehab.

We have 29 supported move-on houses, with a total of 274 beds, located across five London boroughs: Brent, Lambeth, Lewisham, Southwark and Wandsworth.

Our goal is to help people to achieve recovery and stability, which in turn allows them to move forward with their lives. We provide housing and individualised support in a client-centred environment, where opportunities for change can be discovered, including access to our Aftercare programme.

For information about all Kairos services

020 8677 7292

www.kairoscommunity.org.uk



Meet the Supported Housing Team

Nick Messikh Supported Housing Manager, counsellor, lead for services for former offenders.

Matt Dear Deputy Manager

and support worker for the complex-needs house.

Sarah McGoldrick Support worker in Lewisham and deputy lead for women's services within Kairos.

Kenny Brown Support worker, Lambeth and Wandsworth; head beekeeper.

Angie McCulloch Volunteer support worker.

Rob Druce Support worker in Southwark.

Gillian Lyons Support worker in Southwark, manager of our women's house and lead for women's services within Kairos.

Dominic O'Gorman Support worker, Lambeth.

Judy McLellan Support worker for residents with complex needs.

Jaime Sotto Support worker in Lewisham and manager of the working house.

Frank McDonald Support worker in Lewisham and Brent.



KAIROS
COMMUNITY TRUST

Kairos Community Trust celebrating 25 years

Kairos Supported Housing – FAQs

What can Kairos offer me?

An individual support plan designed to help you maintain good general health, preserve abstinence, build on your therapeutic experience, enjoy worthwhile social outlets and move towards full reintegration into the community.

What sort of accommodation can I expect and where?

Kairos has 29 supported move-on houses with 174 beds across the London boroughs of Brent, Lambeth, Lewisham, Southwark and Wandsworth. Our properties range from 4 to 12 bedrooms, which are all single-occupancy.

What sort of support will I get as a resident?

- Your own support worker and personal support plan
- Your own licence agreement
- Your own room
- Your own front-door key to a clean and safe house
- Living with others similarly motivated
- Exploring and accessing education/networking
- Support into the workplace
- Support around moving into independent living
- You will be eligible to apply for the Kairos Aftercare programme that focuses on adjusting to daily life in the community after the intensity of rehab
- Women's Group with weekly meetings
- Second Chance group (supporting ex-prisoners in recovery)
- Access to voluntary work and leisure activities

Who pays?

The cost of our third-stage accommodation is mostly covered by Housing Benefit. However, this will depend on a client's own financial circumstances. There is a small charge to the resident per week towards utilities.

What will Kairos expect from me?

- You will be expected to adhere to all Kairos Community Trust rules, which will be fully explained at assessment
- To engage in purposeful activity including training, education and voluntary work
- You will be drug/alcohol tested on a regular basis
- You will be required to attend 12-Step fellowship meetings

Who is eligible?

We accept applications for supported housing from men and women who are homeless; who have substance/alcohol misuse related problems; who have completed detox and a rehab programme; and who are willing to engage in a planned, appropriate and agreed period of support.

Kairos Community Trust accepts applications for all its services from men and women aged 18 to 65, regardless of their nationality, colour, religion, class, disability, sexual orientation, marital status. However, we do not accept applications from people with a history of arson or who are on the sex offenders' register.

What's the referral process?

For a Supported Housing Referral form, contact the supported housing team by phone, by letter or email. Or download it from the Supported Housing page on our website: kairoscommunity.org.uk

moveon@kairoscommunity.org.uk
020 8677 7292
www.kairoscommunity.org.uk

... A therapeutic community for homeless men and women recovering from addictions ...