



KAIROS COMMUNITY TRUST ANNUAL REPORT 2015



Story boards : Kairos residents collaborated with artist Hanna Benihoud (above) and architects Levitt Bernstein to create City of Stories ►

KAIROS IS INVESTING IN RECOVERY

Our own move-on houses play an important role, says Hanora Morrin, Chair of Trustees

On behalf of the Board of Trustees I am pleased to present the annual report and accounts for Kairos Community Trust.

Despite the ongoing economic constraints, Kairos remains viable and continues to provide care and support – irrespective of race, gender or creed – for those who do not want to be dependent on alcohol or other substances. It is always wonderful to see people recover from their illness and start a new life, substance free.



Changing rooms at Eugenia Road: how this former vicarage got a move-on make-over ►

Sobriety is not an easy thing to achieve and it is truly marvellous to see how strong and determined people are when working to achieve their goal.

This year, the Trustees agreed that 2015 would be a year of consolidation, reflection and review. However, we did not foresee the rising cost of rental property and the influence this would have on the move-on house provision. As a result and with financial assistance from the Holy Ghost Fathers, the Trustees agreed to purchase property, rather than rent, whenever possible. Kairos remains indebted to the Holy Ghost Fathers for their generous financial assistance in this venture – we could never have done this without their help. The Trustees were also very pleased to be able to give the staff a pay rise at least equal to and in some cases greater than those in the public sector.

Currently Kairos has contracts with local authorities right across London and further afield within the UK. At present, we have 240 beds in 32 houses; we are able to offer residential care and, importantly, continuity of support and supporter. When reviewing the service provision, the Trustees are especially mindful of the original intention and purpose of the founders of Kairos and, when changes need to be made, they are careful to ensure that the ethos of Kairos is not lost.

Kairos has an excellent recovery record and this is down to our five services which offer care starting with detox, residential and non-residential rehab, through to aftercare and

supported housing – right up to independent living and beyond – based on the 12 Step approach to sobriety. Each service operates a waiting list and prospective clients can access one or all of the programmes to build their own treatment pathway, depending on their needs. Detox and rehabilitation are usually residential as is the move-on phase of care, while the Garden Day Programme and Aftercare are non-residential. This choice enables individuals to progress at their own pace and I believe Kairos is unique in offering this broad-spectrum approach to recovery.

The Medjugorje trips remain popular and once again we thank our anonymous benefactor for so generously funding them. Also, many of our staff, along with current and former clients, continue to volunteer to care for the sick and elderly on the now annual pilgrimage to Lourdes.

During the year we said farewell to Keith Muir, Locksley Walters and Frank Smith. Frank had been with Kairos for many years and we wish him well in his new job. We also welcome Joe Hughes, Angela Kirby and Sarah McGoldrick and hope they will be happy at Kairos.

It now remains for me to thank everyone for their hard work. This includes the volunteers, all members of staff, CRASH (whose generosity to Kairos is so appreciated), those who have donated to Kairos during the past year and/or helped in any way and finally to the director and the managers who strive to support, direct and maintain the high standard of care our residents and clients deserve. ■

REHAB WORKS – AND KAIROS IS WORKING

Kairos is stable, viable and as passionate about its work as ever, says Director Mossie Lyons

As I write, George’s funeral is next week – R.I.P. His death has sent shock waves through Kairos. He had been with Kairos some 12 months ago. Deaths, relapses, struggles, upsets, isolation – and, on the back of these, the question, often asked, does rehab really work? The negative, sad and heart-wrenching story lodges in the head and heart and creates its own doubt, scepticism and indeed, often, cynicism.

Over the years you will (if you read these annual reports) have read many success stories. Seldom aired or written about more widely, these stories abound. Rehab does work. I have seen it work over the past 18 years. However, there is a tendency in all of us to be more affected and drawn in by the negative.

So let’s celebrate the positive. For this report I have asked people who

told us their stories 10 and five years ago respectively to give us an update. You will read their stories below – simple but wonderful catch-ups from people who are sticking in there, one day at a time.

Eleven people who work for Kairos have been through the charity’s rehab/support services. Since the last AGM – and for the first time – this number includes two women. Throughout this report, managers will be reporting on what has been another busy year of little miracles in Kairos.

Otherwise, I can tell you the charity is stable, viable, credible and as passionate as ever about its work. There is a good balance between social heart and commercial mind, an interdependence vital to the operational health of any charity, particularly one espousing the care and support of vulnerable people.

‘Kairos staff are a family who give shelter and haven to those who have lost their way’

I have not had a drink for 10 years. This is because of what I was taught 10 years ago at Bethwin Road. I was told, in no uncertain terms, that to carry on down the path I was on would lead me to only three possible places: prison, the asylum or the grave. I knew they were telling the truth and I knew I had been extremely lucky not to have already visited any of those places.

I remember sitting in a room full of addicts being told that in 10 years’ time only a handful of us would be alive and/or sober. At the time, I found it hard to believe. I now know I was told the truth and I know, too, that I am one of the lucky ones.

I was told 10 years ago that I could write down where I wanted to be in five or 10 years’ time and put it in an envelope to be opened at a later date. I was told if I put my mind to it, stayed sober and

lived my life one day at a time, those dreams, hopes and aspirations could all be realised. I’d be lying if I told you I wrote them down, but I did visualise the things I wanted out of life, and I am glad to say my expectations have been exceeded.

I travelled the world, met the woman of my dreams whom I married, and we are expecting our first child. I achieved the dream of selling my own music. I own a house and have a garden and a cat.

My career has blossomed in the field I’m quite familiar with, substance misuse. I am a manager in a drug and alcohol service, where I’ve been able to ensure that others who feel as I did 10 years ago are given the same opportunity of a better way of life that I was given.

I am grateful to have done all these things and know that if I want to lose them all, all I need to do

is pick up a drink. Kairos at Bethwin Road taught me that 10 years ago.

Working in substance misuse and having visited rehabs up and down the country, I know that Kairos, and those who work there, are special. They welcome in those in need with a never-ending love and compassion I can only marvel at. They do not judge those whom the rest of society has ostracised and they give everyone a chance to redeem themselves in their own eyes.

Kairos staff are a family who give shelter and haven to those who have lost their way, as I once did. Once again, I find myself in the fortuitous position of being able to thank Kairos for what it has done for me. So, on behalf of myself, my family and my unborn son – thank you.

D.G.

Letting go...

Good people, endeavouring to support, have often said: “Let go and hold on.” Now, come on – confusing or what? Well, when quietly praying and suffering my son’s active addiction, I needed to learn the wisdom of this slogan. So, I listened well and was reminded to “let go and let God”, while holding on in faith to my inner strength and the beliefs of many who had survived similar painful times of powerlessness in their lives. It worked! My son, with the indescribable patience and skills of Kairos and others, has now celebrated his fifth year of sober recovery and, hey, I’m still sane, too!

Miriam Hicks

... and holding on

I came to Kairos for the second time on 20 September 2010, in a state, lost, with no direction or vision or even the will to live any more. Kairos staff worked on this hopeless case; I listened to wise words that I didn’t want to hear, had a structure I didn’t see the point of.

However, over time I learned to listen and gradually I listened to learn. My mum was always very supportive, she also gave me lots of wise words to chew over.

At Christmas 2010, my sister Ruth passed away, a painful time for all my family and me. I was only three months into recovery but once

again the Kairos team and residents worked their magic, and through love and guidance I didn’t succumb to my demons. Only weeks later, I went into long-term residential treatment, where staff continued to nurture what Kairos had planted deep in me.

I’m now five years clean and sober. I maintain this by staying involved with the fellowship of AA and by surrounding myself with strong people in long-term recovery. To say my life has turned around is a total understatement. By concentrating on one day at a time, my life is great today. I am grateful for every day.

Kairos works if you work it!

Sam Hicks

All in a Kairos year



■ The number of visitors to our website – kairoscommunity.org.uk – has risen by 10.8% in the past year to 6,214. Of these, 33% were returning visitors and 67% new ones.



■ Our congratulations and thanks to Gemma O’Driscoll, niece of Eileen our yoga teacher, for running the London Marathon and donating half the money she raised to Kairos.



■ Thanks, too, to Kairos Trustee Shawn McCarthy and the Dulwich Circle of the Catenians for the second annual charity golf day at Sundridge Park in aid of Kairos.

Kairos Community Trust service managers' reports for 2015

LINDEN GROVE COMMUNITY DETOX HOSTEL

This past year, the John Kitchen Centre at Linden Grove has welcomed 77 new residents. Of these, 64% have successfully completed their treatment goal and moved on to continue their individual journeys of recovery in many different and fruitful ways.

Not only do we celebrate the achievements of our residents, we can proudly congratulate the team members at Linden Grove who have successfully completed training courses this year. Notably Adrian Gibson and Lee Vines, who have both completed their Diplomas in Health and Social Care and are now qualified support workers. Adrian has also trained as an auricular acupuncture therapist and has introduced a relaxation clinic into the programme at Linden Grove, so expanding our alternate therapy services to residents. Simon Woods has qualified as a therapeutic counsellor and Vincent Mahe has achieved a diploma in line management.

These achievements highlight the hard work

that the whole team continues to put into their personal and professional development, which in turn results in Linden Grove being able to offer high standards of care and an efficient, caring and supporting environment.

A massive "thank you" needs to be said to all the dedicated volunteers at Linden Grove who humbly give of their time and who share their passion for recovery, helping to maintain the community ethos of Kairos that is vital for our continued survival.

As we reflect on the idea of survival and growth, it would be unforgivable not to mention the dedicated catering staff, Sandra Ginnelly, Toddy O'Donnell and Bob Callaghan who work tirelessly to nourish body and spirit.

The end of 2015 is approaching and it is indeed a time of endings and new beginnings. Frank Smith recently left Linden Grove to take up a new post after many years of dedicated service to Kairos, most recently as manager here. We wish him well in his new career and we are confident that the service at Linden Grove he leaves behind him is well prepared to embark on its own new chapter in 2016.

Lorraine Beckford

BETHWIN ROAD RESIDENTIAL REHAB

Kairos at Bethwin Road has once again reached the tail end of another powerful, meaningful and busy year. Of the 61 clients who joined us since October 2014, 13 are still in treatment, 35 completed the programme, nine were discharged and four discharged themselves.

Our programme continues to provide education, understanding and, most importantly at this stage, hope for all those individuals who are fortunate enough to have the opportunity to address their addiction and alcoholism in the safe environment of Bethwin Road.

Our working week provides structure, routine, discipline, a sense of belonging and restores the trust and respect – all much needed but long since vanished from the addict's life. Throughout treatment we focus on these needs and help to prepare individuals to move on, to answer the questions: "How will I meet these needs when I leave? What can help me meet these needs?" Our

goal is that by graduation a person will be able to make a more informed choice for and about their recovery and what they want from life.

While offering a comprehensive, proven programme of recovery, we do our best to respect a person's individuality and needs. Addicts and alcoholics are not a one-size-fits-all commodity.

Family sessions are offered and have proved to be invaluable. Gender groups take place weekly and are an integral part of our programme.

The continuing support that Kairos offers through our Move-on Supported Housing and Aftercare programme gives a person the opportunity to build on the foundations that have been laid in primary care. In this way the community spirit can be maintained, the therapeutic value of addicts and alcoholics helping each other can be allowed to blossom further and the possibilities that begin for most clients as fantasies now have the chance of becoming a reality. It is possible to live free from active addiction/alcoholism.

Lee Slater

GARDEN DAY PROGRAMME

Since last November, 39 people have passed through the Garden Day Programme on their journey from active addiction to recovery. Over the past four and a half years that figure has reached nearly 200.

Not all have succeeded. Some returned to substance misuse within a week of starting. Some relapsed in the last weeks of the programme, but overall more than 75% of all starters accomplished their primary objective of staying clean and sober, graduating and moving on in their lives having learned much about their real selves and the psychological drivers behind their behaviours.

Our success as a programme is measured by our graduates' outcomes and these have been

noticed by local authorities and commissioners right across London – from Hounslow to Essex – who are now understanding the real value of the Linden Grove/GDP pathway for their clients and are making referrals.

The list of successes continues to grow, although long-term statistical outcomes are hard to track as people get well and move away. However, we see plenty of evidence of changed lives, renewed family and personal relationships and good mental and physical health in the recovering men and women who drop in or telephone to say hello and thanks for the help they received from Linden Grove and the GDP.

At least three of our graduates are themselves now working in the addiction field and several others are at college or the New Hanbury Project studying and training, while others are volunteering or back in full- or part-time work.

AFTERCARE PROGRAMME

Aftercare has a small, united and well-balanced team of four therapists: Peter Gill, who has been with the programme since the beginning, David Yates, Mary Geraghty and myself. This year we have worked with 64 clients, including eight people from the local community and 13 women (four more than last year – a welcome increase). Eight clients are still with us and we have had 38 graduations.

With each successive year Aftercare seems to be moulding itself into its role of being what it meant to be – "after care".

We could base ourselves on the same principles and type of care as rehab but what Aftercare has to do is different in many ways. When a client leaves rehab and the routine and safety needed in early recovery, they must start to gain a greater sense of themselves in order to cope with real life. We liken this transition to how a teenager feels leaving the safety and rules of secondary school and going to sixth form or college where the responsibility is on them to attend classes and use their own time to develop their own relationship with themselves.

Clients often feel lost in the first few weeks of Aftercare and don't like not having the structure of a five-day week and being more looked after and contained. The transition is often a hard one as they struggle with learning to take responsibility for themselves and building up their own self-care and sense of who they are. This relationship with ourselves and how that then affects relationships we have with other people is difficult to understand, but at Aftercare we feel this is the most important thing for our clients to work on, so when clients leave us they have the resolve to cope with how they feel and not relapse.

When most clients arrive here they are dealing with health or housing issues as well as self-development, so a natural thought process is to want results and answers from us. But we wouldn't be doing our job for the clients if we tried to fix them rather than letting them go through the painful process of becoming an emotional adult themselves.

Jessica Rood

The GDP therapy team of Gillie Sliz, Simon Eve and Lucia McGuckin continues to bring great professional expertise, understanding and care to the support of our group members and helps to create a happy and positive place in which to work and recover. Recently Simon has brought meditation and acupuncture to our therapy service. The GDP is further supported by our volunteers Sam Chapman and Ken McNamara, who have both been wonderful at helping keep both office and garden in good shape.

The GDP could not function without the help of the wider community of Kairos and our thanks go to Frank Smith and Lorraine Beckford with their team at Linden Grove, the Move-on/Admin team at Valley Road, and Aftercare who have taken 21 GDP graduates onto their programme this year.

Tim Penrice

SUPPORTED HOUSING

At Kairos we continue to provide secure, stable, high-quality accommodation and services to many people who would otherwise end up homeless or in institutions.

In another amazing year within the supported housing service in Kairos, we have seen our service grow and develop in many areas: we have acquired two new properties which brings us up to 29 supported houses.

We are especially proud of the work we have done with our prison releases in conjunction with RAPt (the Rehabilitation for Addicted Prisoners Trust) during the past 12 months: more than 58% are either still within our service or had positive planned moves.

Over the past year, changes within the housing and benefits system appear to have created difficulties with our service users. However, despite these limitations, our evidence supports that our move-on houses have improved the lives of our residents and continue to do so.

Here at Kairos Community Trust we fully understand our service users have come from leading chaotic and unmanageable lifestyles – often presenting with years of self-neglect and lack of self-care – and they need to take small steps to understand the impact of this in their lives. We promote and encourage our service users to start developing healthier ways of being and living – emotionally, mentally, spiritually and physically.

Move-on accommodation and services in Kairos have seen significant improvements in the past year. We have managed during this time to increase our successful move-on significantly. This year alone 90 people in Southwark and Lewisham have had positive planned moves. We have a move-on policy that emphasises that the ultimate aim of the support worker is to support each service user towards full independent living in the community and we pride ourselves on regularly achieving this.

I wish to thank all those involved within our supported houses for yet another highly successful year.

Nick Messikh



Making a house a home, L to R: Mike Cobb, Dulux Trade; Trevor Cotterell, Areen Design; CRASH Trustee Jonathan Turk; Mossie Lyons, Kairos director; Ellicia Ferrerio, Areen Design; Emma Brophy, CRASH; Claire English, CRASH; Nick Messikh, Kairos manager

A south London vicarage with a recovery story of its own



Dignity, respect, safety – home. These are potent words. Our move-on house in Eugenia Road, Southwark, is the latest Kairos property to be turned into a real home for 11 men and women in recovery. Over a period of eight years, two kitchens have been remodelled, a sitting-room extension built, two new bedrooms added (one converted from the disused garage), a disabled bathroom installed, the hall, landings and stairwells redecorated and recarpeted.

This has been made possible by the generosity and professional skills of CRASH, the building industry's charity, and its partners, including architects and planning specialists Areen Design, builders JMB Building Construction, Dulux Trade and their volunteers led by Mike Cobb, and the charity The Story of Christmas Appeal.

Inspired by the refurbishment, residents have transformed the garden and have restored the original Victorian tiled floor in the entrance hall.

CREATIVE KAIROS

City of Stories – falling tales from a cardboard city

Kairos worked with architects **Levitt Bernstein** to contribute to the London Festival of Architecture this year, highlighting rising levels of homelessness in London. Together with charity CRASH and local artist A Labour of Love, a hard-hitting large-scale cardboard installation was created (see cover).

The one-day event took place on Saturday, 13 June in the courtyard of Levitt Bernstein's studios at Dalston Junction, where an 80 square metre 1:50 scale cardboard model of Dalston was suspended from scaffolding, with powerfully emotive stories about addiction and recovery falling from it.

Residents of Kairos helped to create the installation, cutting out hundreds of cardboard skyline silhouettes and sharing their stories



with the Levitt Bernstein team. The stories were recorded, laser-etched onto hand-crafted Jacob's ladders and hung from the cardboard city on brightly coloured ribbons – the concept being that “if you turn the city upside down, the stories will fall out”

The event was very well received, with many of the Kairos residents whose stories featured in the installation attending. The residents were delighted to have been involved and were very moved to see the installation brought to life after all the weeks of hard work with Levitt Bernstein. The installation was also featured as part of a homeless film festival at the Art House Crouch End in north London.

Organisers **Zohra Chiheb**, architect at Levitt Bernstein, and artist and architect **Hanna Benihoud** from A Labour of Love, said, “This creative collaboration was a great opportunity to address some real-life issues.

“We're glad we were able to give a platform for Kairos residents to share their stories publicly, quite often for the first time – it was an incredibly rewarding project to have been involved with.”

Kairos Community Trust – Statement of Financial Activities

Year ended 31 March 2015

	Notes	Unrestricted fund £	Restricted & designated funds £	2015 Total £	2014 Total £
Incoming resources from generated funds					
Voluntary income					
Donations		26,022	-	26,022	35,481
Activities for generating funds					
Fundraising		5,619	-	5,619	7,303
Interest received		1,162	-	1,162	2,405
Grants	2	27,000	93,000	120,000	113,658
Incoming resources from charitable activities					
Care home and aftercare fees	3	545,909	-	545,909	547,124
Housing benefit	3	1,585,240	-	1,585,240	1,530,313
Supporting People funding	3	103,485	-	103,485	188,108
Residents' contributions		136,449	-	136,449	120,274
Rent and miscellaneous income		40,875	-	40,875	56,324
Total incoming resources		2,471,761	93,000	2,564,761	2,600,990
Resources expended					
Costs of activities to generate funds					
Publicity and fundraising		5,047	-	5,047	1,170
Support costs	5	16,433	-	16,433	17,170
Charitable activities					
Salaries, NI and pension contributions	8	769,838	-	769,838	735,308
Counsellors' fees		26,533	-	26,533	32,450
Therapists		7,980	-	7,980	11,790
Drug and alcohol testing costs		13,065	-	13,065	12,171
Volunteers' and counsellors' expenses	10	46,299	-	46,299	41,656
Housing costs	4	611,095	-	611,095	620,607
Food and household supplies		90,752	-	90,752	97,729
Transport		38,340	-	38,340	40,033
Medjugorje fund costs		-	128,094	128,094	148,997
Loan interest		8,652	-	8,652	7,627
Depreciation		5,019	-	5,019	4,634
Disposal of fixed assets		(40)	-	(40)	-
Support costs	5	295,799	-	295,799	309,064
Governance costs	6	27,534	-	27,534	26,576
Total resources expended		1,962,346	128,094	2,090,440	2,106,982
Net incoming resources		509,415	(35,094)	474,321	494,008
Transfers between funds	19	(658,810)	658,810	-	-
Net increase in funds		(149,395)	623,716	474,321	494,008
Accumulated surplus brought forward		388,759	5,717,460	6,106,219	5,612,211
Accumulated surplus carried forward	20	£ 239,364	£ 6,341,176	£ 6,580,540	£ 6,106,219



Frank Smith, outgoing manager of Linden Grove

Frank Smith says farewell to Linden Grove and Kairos

It was 18 years ago that I first made the long journey from Liverpool to Clapham Common and Stonhouse Street, where I met Fr John Kitchen and experienced the buzz of the young Kairos. At the time, there were about two or three move-on houses and Bethwin had just started. In fact, Mossie had joined just before me. There was a feeling of great togetherness and community that travelled with us when we moved across to Linden Grove from Stonhouse Street in March 1998.

Thank you to Fr John for taking me on as a volunteer and for employing me in 2000. I worked with Sr Elizabeth McCormack for 12 years – a time that saw great changes at Linden Grove.

Through the Supporting People scheme, we were able to employ more staff and professionalise, and Elizabeth worked hard to gain our valued CQC-regulated status. Also the joining-up of the original house to the church hall – now the dining room – and the improved accommodation in 2006-7 enabled us to upgrade our service. When Elizabeth retired in March 2012, I was offered the job of manager.

For me, Kairos has been about team work and I am really going to miss all the loyal, committed and hard-working staff and volunteers here at Linden Grove. And to all the residents past and present, thanks for the memories. ■

Kairos Community Trust – Balance Sheet

31 March 2015

	Notes	2015		2014	
		£	£	£	£
Tangible fixed assets					
Property	13		6,284,287		5,625,011
Other tangible assets	14		9,382		8,519
			<u>6,293,669</u>		<u>5,633,530</u>
Current assets					
Debtors	15	211,680		218,250	
Building society account		37		37	
Bank accounts		408,990		570,556	
Cash in hand		6,498		1,738	
			<u>627,205</u>		<u>790,581</u>
Creditors: amounts falling due within one year	16	(224,095)		(185,388)	
Net current assets			403,110		605,193
Creditors: amounts falling due after more one year	17		(116,239)		(132,504)
Total assets less current liabilities			<u>£ 6,580,540</u>		<u>£ 6,106,219</u>
Represented by:					
Funds					
Restricted	18				
Gym equipment fund			5,432		5,898
Medjugorje fund			51,457		86,551
Designated and restricted	19				
Property fund			6,284,287		5,625,011
			<u>6,341,176</u>		<u>5,717,460</u>
Unrestricted					
General fund	20		239,364		388,759
			<u>£ 6,580,540</u>		<u>£ 6,106,219</u>

HANORA MORRIN – Trustee

Approved by the Trustees on 17 November 2015 and signed on their behalf

STAY IN TOUCH

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Friends of Kairos
Community Trust

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

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