

Update

latest news from Kenward Trust
Autumn 2011

Kenward Trust
transforming lives, creating choice



The Kenward Trust is a charity that offers people the opportunity to change their lives and reach their full potential. We help address substance misuse and homelessness issues, bringing hope, help and support. Our services are currently based in Kent and East Sussex.

My addictions took away all I had, but I found my true self and how to be happy

Mark was successful. He had a managerial career, a wife, children and a home. But he was living a life he had not truly chosen and alcohol and drugs took over. In 2008 he underwent the 4 month programme at Kenward Barn and then he carried on with a structured programme for 5 months at the Malthouse. He learned how to find his true self and came out empowered to build a new life and find happiness.

Both my parents drank heavily but I now think that regardless of being brought up in that environment, I would have become an alcoholic and user. Throughout my life I had never been happy in my own skin. I would be excessive in everything I did, largely to seek attention and to feel wanted. It may have looked an interesting life, but it was all lies, even down to the job I did for 24 years even though it wasn't for me.

Alcohol, cannabis and to a lesser extent cocaine were all things I used to take the edge off the constant fear and angst inside. Initially, it was a social thing although I made sure I surrounded myself with people who drank as I did. Ultimately though, as my consumption became greater, it was very apparent that I didn't drink normally. I then began drinking in secret, drinking at work, and hiding drinks. The list of consequences grew, and I got to the point where I knew I couldn't stop. My wife left with my children, I lost my house, I was suspended from work for drinking, and I was intolerably lonely and depressed, living in a bedsit. I was drinking a bottle

of spirits and 5 litres of cider a day, and needed a drink just to stop shaking. I was physically very ill and mentally on the borders of insanity. I was willing to try anything to end my addiction before it killed me.

I chose Kenward Barn because it felt right when I visited it. I liked the idea of the intensity of the programme and it was in the middle of nowhere in beautiful surroundings. It's a very tough programme as it challenges your thinking and self honesty.

One of the reasons I am still sober now is that I took the advice of the staff to carry on in a structured programme. Had I not, I would have relapsed. I needed time to practice newly learnt life skills in a safe environment and to continue to regain my sanity. The Malthouse provided me with what I needed to get on the right road. It takes a long time and a lot of work to get well after 24 years in addiction – I had to change my friends and my environment – and I still work at it now, with support from Alcoholics Anonymous and the safe friends that I have made.

Mark on the day he opened his own business



I now have a life way beyond my expectations. I rent a house in the countryside with my new fiancée and I have just started my own business. I also have a relationship with my children and my ex wife.

I will always be indebted to the staff who helped me at the Kenward Trust. They showed me how to get sober, but more importantly they have taught me through the 12 steps how to do life.

Come and meet us at our Professionals Open Day on 7 December in Yalding (see back cover for details).



Garden after renovation

Fabulous new back garden

Thanks to no less than seven different Charitable Trusts and funders, including the Rochester Bridge Trust, the Lighthouse project now has a delightful new back garden for the benefit of its young residents.

This was a long and arduous task, especially moving 6 tonnes of soil from the front of the house to the back garden but perseverance and team work were the answer.

The garden now provides areas for relaxing, raised beds and a greenhouse so that residents can grow vegetables, fruits, herbs and flowers.

“We are very pleased to have been able to contribute to the development of this garden which not only improves the quality of life at the Lighthouse Project but is helping residents acquire new skills – growing vegetables and preparing meals for each other with their produce.”

Said Russell Race, Rochester Bridge Trust Senior Warden.

The Lighthouse offers a home for up to 23 people aged 16 to 25 years who have experienced difficulties and have no settled environment in which to live. While at the Lighthouse project they receive support in gaining life, social and job skills and planning for their future by seeking work or training opportunities.



Garden before renovation



New wheels for Naomi

This is “Flo”, the new minibus at the Naomi project for women, as named by the clients.

Funded by a local Charitable Trust, the second-hand minibus provides affordable transport to Alcoholics Anonymous and Narcotics Anonymous meetings and is used for weekly leisure activities. It also comes handy to take clients to their chosen destination when they move on from Naomi.

The women who come to live at the Hawkhurst based project are in need of support to rebuild a life without dependence to alcohol or drugs, and a range of activities outside the project helps in equipping them with new life and social skills. It is important to incorporate outings and leisure time and to learn to enjoy the simple things in life, within a balanced programme of recovery and skill development.

“She is a pleasure to drive compared to our old one”

said Christine, Therapeutic Worker at Naomi.

Last year we helped 137 people in our residential rehabilitation projects and 800 through our community services.



Farewell to Boons Park

The Kenward Trust has said goodbye to Boons Park, the large country house in Edenbridge where we have provided recovery programmes for over 30 years.

Countless men walked through its doors, broken and defeated, and left with their heads held high ready to start the next phase of their life, rebuilt and refreshed.

It was an idyllic place for recovery, from a life often characterised by disorder and chaos and many were in awe of the fact that there was somewhere so beautiful and peaceful so close to the capital.

It was a difficult decision to sell the property but one which, in these tough economic times, ensures we can go forward by providing our services even more efficiently. The building needed repairs and upgrades while our recent 19 bed extension at Kenward House in Yalding is entirely fit for purpose and similarly based in a green and peaceful setting.



Building skills through art

Given a blank canvas and asked to use their own ideas and materials, the residents at Naomi were challenged to work as a team, which was particularly difficult because art is very individual. There were arguments to begin with but they managed to agree and work together and the result is a very useful experience as well as a very striking poster. All who took

part gave good feedback and Sandra said:

"I find it hard expressing myself when writing as I am dyslexic and found doing the painting a way of expressing my feelings."

The Naomi project offers flexible, tailored recovery programmes for women only, which include relationship and family therapy to meet the needs of the individuals.



Angela Painter, Paul Filmer and the Bishop of Rochester

Chaplain officially in service

Paul Filmer, The Vicar of Yalding Church, was officially licensed by the Bishop of Rochester as the Chaplain for all Kenward Trust projects, in

a special service held on 11 October at Kenward House. Paul runs a monthly worship service and an 'Exploring Christianity' mini alpha course for residents (and staff) of Kenward House and Kenward Barn (Yalding).

Social enterprise and community links

Residents of Kenward House recently helped the local community by weeding a field in return for a small fee, which the trust is putting to use in its social enterprise. They also repainted the local children's park, for free. The men in recovery at our Yalding project benefit from undertaking activities as part of their therapeutic programme and structured productive daily schedule. The objective of our social enterprise model is to gradually generate income to invest in providing further training and skills development for both



residents on their recovery programme and volunteers from the open prisons; it is also open to anyone who wants to volunteer whatever their background.

We invite local organisations to contact us with local projects we may be able to help with. Contact Ken Crawford on **01622 816 086** or **ken.crawford@kenwardtrust.org.uk**

All are warmly invited to our Christmas Carol Service on Saturday 10 December, 3.00 pm at The Beacon Church, 10-11 Northumberland Court, Northumberland Road, Shepway, Maidstone ME15 7LN.

New website

As you may have noticed on the cover of the newsletter, we have added a strap line to our logo to help raise awareness of what we do, as we now provide a range of services in addition to drug and alcohol recovery. We have also launched a new website so be sure to visit it if you want to find out anything about us or any of our projects – there is a lot more information than ever before.

Raising awareness and funds

We held a **Family Fun Day** on 3rd September to raise awareness of the trust's work and increase community links, raise funds and provide a social event for residents, ex residents and all our service users, staff, and their friends and family. It was a very enjoyable event which raised £1,900.

Our **Funders Open Day** on 14 September was also a success with several local councillors attending and showing much interest in our work. One of them said:

"Thank you for an enjoyable and very informative morning visit to the Kenward Trust. I was impressed by the range of work you undertake and the length of time needed to support people. Please pass on my thanks and best wishes to Vanessa and Simon. Their testimonials were very powerful and will stay with me whenever I think of the Kenward Trust."

Message from the Chief Executive

I am writing this at the beginning of October with the colours of autumn apparent in the subtly changing trees outside my office. The weather however is remarkably hot and sultry, reminding me that the changing of the seasons is often not sudden and dramatic but ebbs and flows, yet always moving on in the cycle of change. This reminds me of both the journey of recovery for many of the men and women we walk alongside and the journey of the Kenward Trust.

In both, challenges and events happen which we must manage and positively respond to with a clear sense of the direction in which we have chosen to travel. For the men and women we see through our services, it's a journey towards sustained recovery as Mark describes on the front page. For the Kenward Trust our purpose is to provide quality services which have the aim of transforming lives

and creating (real) choice. We are very clear that the focus of all our work can be summed up in the three R's: **Recovery** (from addiction), **Reintegration** (back into health and well-being, positive relationships, meaningful work and social activities) and **Resettlement** (into families and communities and away from homelessness, crime and/or addiction to drugs and alcohol). We do this by ensuring that we meet needs at the level of the individual, meeting people at the point of their personal need and moving them on at the pace and in the way that is right and appropriate for them with the support of their own worker.

Change and moving on is part of that cycle of life and in this issue we remember the tremendous achievements and the lives transformed through residential rehabilitation at our Boons Park site. Over the years we increased the

number of beds available for residential recovery at our Kenward House project in Yalding (by 19 back in 2006). This meant that as costs of maintaining the lovely but old Boons Park building increased, we needed to consider the most effective way of continuing to help those with addiction issues by maintaining a realistic number of available beds for residential rehabilitation across Kent. We can now give thanks at the wonderful way in which we received an offer from a buyer for Boons Park above the asking price at the last minute. This means we are now able to invest a little in our new social enterprise model and our resettlement of offenders programme.

RESET Kent was a small but very effective community based charity whose work is now delivered as a project within Kenward Trust. We hope to build this work up

over the next year to provide a comprehensive *Through The Gate* service for prisoners released into Kent who require additional support and guidance to help resettle and become independent and contributing members of their communities.

And as we move onto autumn and then winter we look forward to our Christmas Carol service; a time when we remember the Christian message of Hope that underpins all that we do; and we remember that the essence of our Christian identity is not about religion but about relationships, and about a way of being that reflects our desire to transform lives and create choice for all those we meet through our work. Do join us to hear how we are achieving exactly that and be part of this celebration event.



Professionals Open Day

Wed. 7 Dec. 10.30-14.00, Yalding.

This is an opportunity to find out all about our residential recovery services, take a tour of Kenward House and Kenward Barn projects, and meet staff and service users. The day will start with presentations and lunch will be provided. You will be able to ask any questions and explore any service provision.

To book your place, please email audrey.pie@kenwardtrust.org.uk with your full contact details by 1 December.

Editor: Audrey Pie. Contact 01622 816 084 – audrey.pie@kenwardtrust.org.uk for news items, features or enquiries about how you can support our work

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