



Kenward Trust
transforming lives, creating new futures

Kenward Barn
YALDING, KENT

An intensive residential
drug and alcohol recovery
project for up to 8 men



06/12

“I am so grateful for the things I learnt and the patience of the staff at Kenward Barn. Had you asked me what my life expectations were a couple of years or so ago, I don't think I could have dreamt of being where I am now.”

Mark

For more information and testimonials, visit our website or contact us.

We are passionate about making a difference to people's lives and the wider community. We will be glad to answer any queries and arrange a visit of the project and an assessment. We are available Monday to Friday 9am-5pm.

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Registered charity no. 1146481 Registered in England no. 7931728

KENWARD BARN SAMPLE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.15							
8.00							
8.30							
9.00							
9.20							
9.30							
9.50							
10.15	HERE & NOW GROUP	HERE & NOW GROUP	HERE & NOW GROUP OR 'CHAIR'	HERE & NOW GROUP	HERE & NOW GROUP		
11.15	GROUP	GROUP	BREAK GROUP or 'CHAIR'	GROUP	GROUP		
11.45	GROUP	GROUP	GROUP or 'CHAIR'	GROUP	GROUP		
12.45							
13.00							
14.00							
14.15	GROUP	GROUP	RECREATION	Key working and Step work	GROUP		
15.15			BREAK				
15.30	GROUP	Key working	RECREATION		Domestic and Step Group followed by Peer Group		
16.30							
19.15							
20.00							
22.30							

Residents are expected to do their Step work in the evenings and at weekends. Weekly objective sheets are written over the weekend.

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Kenward Barn is an abstinence-based, intensive group working treatment project for men recovering from drug and alcohol misuse. The facilities are designed for a maximum of 8 men who work closely together as a group supported by a dedicated staff team.

The Barn project offers a range of treatment modalities from the 12 Step Minnesota model to Cognitive Behavioural Treatment (CBT). The therapeutic group programme is ideally delivered over a 17 week period but we adjust the programme for those who engage for 12 and 24 weeks.

Kenward Barn is a listed converted barn set in 15 acres of open countryside and woodland, providing a peaceful and therapeutically beneficial environment. It nestles between two villages and the local town of Maidstone offers a wide range of amenities including mutual aid groups.

The Kenward Barn staff team is highly skilled in supporting individuals through the process of change in a safe environment. They encourage residents to learn to take responsibility for their own emotions and behaviour, whilst supporting the group to enable them to pragmatically address former addictive behaviours and lifestyles.

The holistic treatment programme at the Barn offers:

- Key working
- Individual ITEP recovery plans
- Weekly focussed objectives
- SMART action planning
- Goal setting
- Therapeutic groups (CBT)
- 12 Steps Minnesota groups
- Life skills groups
- Support with moving on and reintegration

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Life skills groups include Anger Management, Stress Management, Assertiveness, Thinking Rationally, Problem Solving, Self Esteem, Eating disorders, Co-dependency, and Parenting, as well as practical essentials like budget planning and healthy living. The emphasis is placed on building self awareness, self-esteem and confidence.

We help individuals explore options regarding the next stage of their recovery, including looking for appropriate accommodation and support, future educative needs and plans for returning to the work environment.

The Barn project has been effective for many individuals who found less intensive treatment approaches to be less effective and has a successful track record with criminal justice and probation services clients.

