



Kenward Trust
transforming lives, creating new futures

Kenward House
YALDING, KENT

A residential drug and alcohol recovery project for up to 31 men

06/12



“ I had hit rock bottom. During my 6 months at Kenward House I learned to develop a relationship with myself and my issues. It showed me there is another way to live life and it gave me the tools to engage with the big scary world. I found peace. I am now at full time work, building new relationships and deepening old ones. ”

Paul

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.

Admissions and enquiries:

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KENWARD HOUSE SAMPLE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30		BREAKFAST			BREAKFAST	
08:30		Residential Responsibilities				
09:00		Morning Reflection – ‘getting my head into the day’				
09:30	Weekly Contract (incl. self-review)	Daily Contract (incl. self-review)		W/end Contract (incl. self-review)		Life Maintenance Skills & Learning to enjoy quiet and solitude
10:00	Attachment & Loss Group	Here & Now				
10:30	Moving Forward	Relapse Prevention	Relationships in Recovery	Self-defeating Patterns	Families Work or Creative Activities	
11:15		TEA BREAK				LEISURE
11:45	Creative Approaches to Life Skills – addressing relationship issues, emotional literacy, social skills assertiveness and anger awareness					
13:00		LUNCH				
14:00		Occupational, Vocational and Educational Activities				
15:30		TEA BREAK				LEISURE
16:00		Occupational, Vocational and Educational Activities				
17:00		Counselling: Recovery Log & Peer Mentoring – to include daily review				
19:15			DINNER			
20:00			FREE TIME			
22:30			QUIET TIME			

Timetable tailored to individual needs.

Kenward House

YALDING, KENT

Kenward House offers a supported residential project for men in recovery from drug and/or alcohol misuse. It uses a cognitive (behavioural) approach combining a variety of work activities and offers a range of additional options and vocational opportunities.

Kenward House is a large country house set in 15 acres of open countryside and woodland, providing a peaceful and therapeutically beneficial environment. Kenward Trust's founders purchased the property to help homeless people back in 1968. It nestles between two villages and is within easy reach of Maidstone, which offers a wide range of amenities including mutual aid groups.

A personalised 3 to 6 months recovery plan is designed and supported by the service user and his dedicated Recovery Integration Worker. The service user is encouraged to take a high level of responsibility for his recovery plan and we put sustained recovery and reintegration at the heart of his time with us.

The programme runs 7 days a week and includes the following activities.

- Key working
- Individual iTEP recovery plans
- Personal goal setting (daily and weekly 'contract')
- Group therapy
- Workshops (e.g. Attachment and loss, Moving forward, Relationships in recovery, Self-defeating Patterns)
- Elements of the 12 Steps approach
- Optional one to one counselling
- Optional family therapy/counselling (relationships)
- Life skills
- Leisure activities
- Occupational, vocational and educational activities
- Basic literacy and numeracy
- Computer training*
- Work therapy
 - garden work
 - work in the community
- Support with reintegration into communities

Life skills are essential and practical subjects such as budgeting, healthy eating, social skills, building self esteem/confidence, anger management and stress/anxiety management.

We provide support in all aspects of moving on to ensure sustained recovery.

*We offer the option to work towards renowned computer qualification 'New CLAiT' to gain the transferable skills necessary to meet the demands of the modern workplace.

