

Update

latest news from the Kenward Trust
spring/summer 2012

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.

“I never believed I could give up drinking. Then I came to Kenward.”



Matt awoke in hospital to see his mum, sister and ex-wife by his bedside. They had watched helplessly whilst hospital staff had restarted his heart. Matt had been found unconscious in the local park. He had no recollection of this latest in a long line of alcoholic episodes stretching back to his childhood.

Matt had enjoyed the taste of alcohol since the age of 10, and by his early teens he loved the way it made him feel. His school days were spent going to friends' houses and raiding their parents' drink cabinets. He revelled in being the class clown.

But the reputation of being a 'party guy' who could drink huge amounts was the root of a problem that would become progressively worse. Gambling became another serious issue in Matt's life – from the age of 14 – leading to the loss of “hundreds of jobs”, as he puts it, in his teens and twenties. Eventually, addiction to alcohol, narcotics and gambling would cost Matt his marriage. Had he not been hospitalised following the incident in the park it would very likely have cost him his life too.

“I never believed I could give up drinking, or that I could enjoy life.” In spite of all the terrible things that addiction had done to him, Matt wrestled long and hard to accept that he needed to become abstinent for the rest of his life. Then he made the crucial decision to enter Kenward Barn in Yalding, Kent, an intensive programme based on individual recovery planning, group working and weekly objectives.

For the first two days at Kenward Barn he could not bring himself to get out of his chair. “Everyone seemed so big when I arrived... the staff, the other men,” says Matt now, “I felt small, blinkered, my mind was clouded and I was intimidated by everything.”

Gradually, the encouragement and care of fellow recovering addicts and the Barn's dedicated staff team helped Matt relax. “I stopped feeling as though I needed to ask permission to do the simplest things. I started to become a part of the group.” Eventually he was able to tell his life story – a vital part of the therapy – even though he was “terrified beforehand...exhausted afterwards”. His self-confidence had grown immensely in a matter of months. He also developed a love of photography and squash whilst at the Barn.

Matt continued his personal recovery journey at the Kenward Trust's second-stage project, the Malthouse, in East Sussex, before finding his own accommodation. From this new home he is studying for a new life. He aims to qualify for the GCSEs he took no notice of at school, and pursue another passion: quantum physics!

To see Matt today, and to speak to him about where his life is now heading, it's hard to picture him as the man who

went through what you have just read. He is an uplifting example of what a person can achieve with just a drop of hope and...an ocean of love, support, education and understanding.

The Kenward Trust's pathway to a new life

First stage

- tackling root causes
- equipping with tools and skills
- individual care plans
- optional therapies and counselling
- one to one support
- rural settings
- basic education

Second stage

- consolidating recovery
- building on skills
- one to one support and counselling
- education, training and vocational skills
- strong community links
- planning for a new life
- after-care group

Final stage – supported housing

- bridge to independent living
- regular one to one support
- focus on training, volunteering and getting into work
- reintegration into the community

The scandal of our society



At a time when the Prime Minister is labelling alcoholism “the scandal of our society”, we illustrate Kenward’s part in tackling this devastating problem with a front page full of honesty and hope. Our sincere thanks go to Matt for allowing us to tell his story to supporters, and potential supporters, thereby helping us to tell people about the work we do and to help more people like him.

After all, this is why we created Update: to show you how every donation you make enables us to help people transform their lives. We never forget that generous long-term support from individuals and organisations in our community built this charity. In an era of swathing public sector cuts, that same community support has never been more crucial. And I hope to see many of our supporters at our Garden Party on 2 July (see back cover for details).

With a 45th anniversary approaching in 2013, our Board of Trustees has already taken steps to strengthen our financial position in the light of public sector changes. The Board recently appointed the Trust’s first full-time Fundraising Manager, Richard Chambers, and a Resettlement Manager, Michael Bourne. Their respective roles include fundraising development and establishing a social enterprise at Yalding. This is part of a long-term plan to become

less dependent upon statutory funding. The Board also voted to make the Kenward Trust a limited company, which means that we have a new registered charity number (1146481) and a registered company number (7931728), and we will be having an Annual General Meeting in the autumn.

It was my sad duty at the end of March to officially say goodbye to our Community Services staff and volunteers. We looked back on 14 years of work dedicated to turning around the lives of thousands of people through day recovery programmes. The next article tells a brief history of this work.

However, we were also able to give thanks that our Lighthouse project in Margate successfully renewed its statutory funding for the next two years. The Lighthouse provides accommodation and support for people aged 16-25 who are homeless, or at risk of homelessness. It is Thanet’s

only resource exclusively for young people in this category and we are delighted that we will continue providing this lifeline.

Speaking of young people, please take a look at the article on our Youth Services Team which shows how Kenward is sharing the truth about substance misuse with schools, colleges and youth organisations, alongside their work in communities.

It is our aim to reduce the growth of substance misuse amongst the younger generation, whilst also providing a genuine second chance for men and women who have tried ‘coping’ with addiction for far too long.

Thank you so much for all your support.

Angela

Angela Painter
Chief Executive

Thank you Barry



Staff and trustees have been deeply saddened and shocked at the sudden death of Barry Rowbotham.

Through his connections at the then Shepway Free Church, now the Beacon Church, Barry and his wife Jackie became familiar with the work and some of the residents of Kenward - Jackie worked as a volunteer in Kenward House for 9 years in the 1980’s and they have maintained a prayerful and practical interest.

Barry became a trustee seven years ago and has been an enthusiastic member of the

board. Only a few weeks ago he offered to take a special interest, on behalf of the trustees, in the Lighthouse project at Cliftonville. We have valued his godly and judicious input over many years and he will be sorely missed.

We offer Jackie and the family our sincere condolences at this time.

Roger Bedford
Chairman of the Board of Trustees

Visit our website at www.kenwardtrust.org.uk for the latest news, events, service information and real life stories.

Celebrating 14 years of services to the West Kent community

The end of March was unfortunately synonymous with the end of the Kenward Trust's community services contract. This work had all started when Social Services approached the Trust to provide help for people with substance misuse issues in the community, particularly single parents – who could not leave home – and women, who were reluctant to consider residential treatment for fear of losing their children. That's how our intensive day programmes 'Chrysalis' were born in July 1998 for people in the Maidstone area, running from 10am to 4pm Monday to Friday.

This approach was similar to that in a residential setting, consisting mainly of therapeutic groups. To begin with the focus was on the abstinence 12 Step model but it moved to a harm reduction model that included a choice of abstinence groups, to meet the needs of people at different stages in the recovery process. Referrals came through the local substance misuse team, the criminal justice system and also those who self referred from West Kent.

It had been such a success that it was rolled out in Tonbridge a couple of years later. Both services expanded and adapted to meet local needs, working alongside other agencies providing complementary services such as needle exchange, substitute prescribing and detox. We also offered an outreach service to help those who couldn't come to us.

Chrysalis then became Choices in 2010, offering a personalised programme of workshops which proved very successful.

This success enabled us to win the Community Alcohol Service contract for West Kent in 2009, which we ran from a base in Gravesend, owned by the Emmanuel Baptist Church (supporters of the Kenward Trust). This included 'clinics' throughout the area – for people who are just beginning to realise that they may have a problem with alcohol – provided in community centres, GP surgeries and churches, as well as structured recovery programmes and one to one support.

But all things come to an end and a new, integrated drug and alcohol service was specified with different requirements and a Payment By Results model. The new service is delivered by CRI, a large national service provider who is able to meet its financial requirements, as well as deliver the full range of services previously provided by the Kenward Trust, KCA and Turning Point. We fully expect that the new service will continue to meet the needs of local people.

Yet because of the demand for early and brief interventions at our alcohol clinics, we have decided to continue to offer a service which will complement the new contracted service. Our vision is an alcohol service that will inform and guide people around their alcohol intake so as to remain within the advised limits and retain optimum health and quality

of life. This will be through a Community Alcohol Worker in a variety of locations. The team will also be available for community events and to train individuals and teams who wish to be better informed in managing situations around alcohol misuse that they may come across in their professional or personal work.

We are currently seeking funding to be able to sustain it in the long term and ideally expand it to more locations.



One to one support



Addressing the underlying causes of addiction through group work

Like us on facebook www.facebook.com/KenwardTrust
And help us to spread the word



“Kenward saved my life”

Paula shares her inspirational journey from a service user without hope to a fulfilled employee helping others.



When I was sent on a Drug Treatment Order with the Kenward Trust some 7 years ago, my life was completely chaotic: I had lost my job, my house, all my belongings,

and my family and friends; I was living in my car with my husband and two young children. My mother in law requested and obtained custody of the children,

and when someone burnt our car we were left sleeping rough in the streets of Maidstone.

At that point things couldn't get any worse. I had lost everything and everyone who cared about me. I wasn't in control of my life any more, the heroin was. I knew it was wrong to keep using but I couldn't function without it. I felt guilty and ashamed, especially about not having my children with me. I also felt sorry for myself, a victim, and those feelings were my excuse to carry on. There wasn't anything left to lose, except my own life. But I didn't care if I died. I had lost hope, given up.

Against all expectations, attending the Kenward Trust's day programme changed my life from day one. The support I received from all the staff members was overwhelming – I had never experienced such warmth. I was never judged for what I was or did; I received unconditional love, empathy, trust, and was told that I was worth it!

Kenward saved my life, believed in me when no one else did, and never gave up on me like everyone else had done. I got my children back, I qualified in Counselling and Psychotherapy and I started a new life helping people who have problems with drugs and alcohol. Kenward also offered me a volunteer post while I was training and then a paid role at Choices Maidstone, before I transferred to a position with the Community Alcohol Services Team.

While in recovery, I lost my husband to an overdose and I lost my mum through cancer. But even then, at my most vulnerable, Kenward was there to help me get through those most difficult times without using.

I believe we all have what it takes within ourselves to turn around our lives, but I also know that without support it is impossible. I would like to thank the Kenward Trust and God for not giving up on me.

Paula Da Silva

Our alcohol clinics are open to all, including those who are concerned about a relative or friend. Please contact Dee Bonett on **07990 741 266** or at alcohol@kenwardtrust.org.uk to find out more and make an appointment.

- Maidstone – The Vine Surgery: Tuesdays 2-5
- Maidstone – Maidstone Community Support Centre (MCSC): Tuesdays 9-12.30
- Kings Hill – The Malling Surgery: Thursdays 9-12.30
- Otford – Otford Methodist Church: Fridays 9-12.30
- Tonbridge – Tonbridge Baptist Church: Fridays 9-12.30
- Tunbridge Wells – Gateway Centre: Wednesdays 2-5
- Gravesend – 56 Windmill Street: Wednesdays 9-12.30 (except 1st Wednesday of the month)



*You can donate online at www.kenwardtrust.org.uk
And help us to help more people*

The truth about substance misuse

Richard Chambers, our new Fundraising Manager, spent his first month visiting the Trust's various projects. Here he explains how the expert training provided by our Youth Services team has filled in several gaps in his knowledge of substance misuse.

"I'll be honest: I thought I knew quite a lot about 'drink and drugs' before I met John, Luis and Ben of the Youth Services Team. Many years ago I was an HM Customs & Excise officer and, even though I worked in a VAT office, we all received mandatory training in drug

awareness. Furthermore, the level of public awareness about substance misuse has increased hugely since I was a 'youth' (some decades ago). One way or another, I assumed that I'd taken in most of the important facts about alcohol and narcotics over the years.

Well...I was wrong! Several myths about drugs still lingered in my memory, whilst I had no idea at all about the true statistics on smoking and drinking. Here are just a few examples.

I thought the drug Ecstasy was relatively 'safe' (FACT: Ecstasy can lead to heat stroke, severe anxiety, depression, lung failure, liver or kidney damage and brain damage). I was shocked to hear there are around 100,000 smoking-related deaths annually in the UK. I had no idea that more people die from first-time solvent abuse than from any other drug. My knowledge of safe levels of alcohol consumption was a little hazy. And I was just downright confused about Cannabis/Marijuana.

Thanks to time well spent with the Team, I was brought back up to date with the harsh realities of substance misuse. First, I joined John Shanley, Team Leader, at the launch of Help a Maidstone Child. He explained how the props and visual items on the Youth Services stand can help children and young

people engage fully with the subject of substance misuse. As if to prove the point, the outgoing Mayor of Maidstone came across to take a look! (see photo). I then took part in a full day of awareness training at Kenward House's conference centre – available for hire! (01622 814187) – where Ben stole the show with a "how not to teach" session.

Most recently, I was at a two-hour drug awareness evening at the Switch Café in Maidstone, which Luis delivered. It was through the magic of Qwizdom – a hand-held, multiple choice gizmo – that the facts about substance misuse finally started to lodge in my brain.

Naturally, you would expect me to enthuse about the training available from the Kenward Trust... I'm the Fundraising Manager! However, now that I've experienced much of what the Youth Services Team has to offer I can honestly recommend them to you.

We live in a country where an estimated 200,000 children and young people become regular cigarette smokers every year.

Cheap supermarket alcohol and organised campaigns to legalise several substances indicate the alarming potential for substance misuse to continue increasing. There has never been a better time to make sure that you really do know your horse tranquiliser (Ketamine) from your 'horse' (Heroin).

For further information contact the Kenward Youth Services Team on 01622 816081.



Drug awareness training at Switch Café



Councillor Brian Mortimer with John Shanley (© KM Group/Matthew Walker)

Events and Fundraising

The Bishop invites you...

Thanks to the generosity of the Bishop of Rochester and his wife, Kenward Trust will be having a garden party on Monday 2nd July 11am-2pm, in the grounds of Bishops court. Bishops court is the residence of Bishop James Langstaff (a Kenward patron) and his wife Bridget (a Kenward trustee) and boasts a beautiful garden, fit for over 100 guests. We welcome current and prospective donors

to come and find out more about our work, hear from people whose lives we have helped to transform as well as to meet project staff and trustees. We invite individuals, churches, organisations and charitable trusts to join our noble cause!

Please email us at richard.chambers@kenwardtrust.org.uk if you would like to join us on this special day.



Annual General Meeting – Sat 6 October

Our first AGM will take place this October and will be an opportunity for supporters and partner organisations to find out more about our work and consider membership of the trust.

Details will follow in due course on our website and direct to your inbox if you wish.

To register your interest, please email Audrey at audrey.pie@kenwardtrust.org.uk

How you can help

There are many ways you can help us help more people.

- Tell us your story – email Audrey at audrey.pie@kenwardtrust.org.uk
- Follow us on facebook by ‘Liking’ us at www.facebook.com/kenwardTrust
- Make a gift today or in your Will
- Help us raise funds by using our internet search page at www.clicknow.org.uk/kenwardtrust
- Or by shopping online through Give As You Live www.giveasyoulive.com
- Rent a meeting or conference room at Yalding near Maidstone, in the heart of Kent (full details on our website)



- Rent our squash court (Yalding)
- Organisations: get your drug and alcohol awareness training from us
- Recommend us to anyone who may need our services; we could be their lifeline

Volunteer to help us transform lives

“witnessing the change, self esteem and confidence take place is an amazing feeling”

“meeting amazing people – doing what I love”

“making someone smile when they are in hardship”

“working with clients’ is challenging but different”

“every week feels different”

These are just very few of the comments received at a recent induction day where we asked staff and volunteers why they joined the Kenward Trust.

We always need help from people who have a particular skill or area of expertise that they want to share to help others. We would

be pleased to hear from you if you have experience of general administration/ office work, gardening or horticulture, maintenance and decorating, or communication and fundraising. We are also recruiting some specific roles and need people who can commit a set number of days each week.

Data Analyst

If you have sound knowledge of data management and analysis, this role is an opportunity to gain work experience, particularly for a recent graduate.

Resettlement Volunteers

We are looking for people who want to help ex offenders resettle in the community by providing one to one support across a range of areas from housing, health and money management to finding a job or improving relationships with family.

Volunteer application forms are available on our website to download or by contacting the HR team on 01622 816 087 or hrteam@kenwardtrust.org.uk. All volunteers are subject to an Enhanced CRB Disclosure.



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

Kenward Trust, Kenward Road, Yalding, Kent, ME18 6AH T: 01622 814 187 www.kenwardtrust.org.uk
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IN PEOPLE**