

*A residential drug and alcohol recovery project for up to 9 women*



06/12

*“Naomi gave me back my life and my family. I thought they were lost forever. I got my dignity, self respect and self esteem back, and I gained a new zest for life and helping others.”*

Justina

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:  
**01622 816 086**

Email:  
[admissions@kenwardtrust.org.uk](mailto:admissions@kenwardtrust.org.uk)

Kenward Trust – Head Office,  
Kenward Road, Yalding, Kent, ME18 6AH

Tel: 01622 814 187  
Fax: 01622 815 805  
Email: [enquiry@kenwardtrust.org.uk](mailto:enquiry@kenwardtrust.org.uk)  
[www.kenwardtrust.org.uk](http://www.kenwardtrust.org.uk)

MONDAY	TUESDAY	WEDNESDAY 08.45 MEDITATION 09.00 HANDOVER	THURSDAY	FRIDAY
09:15 Here and Now – Group	09:15 Life Skills Group e.g. Assertiveness	09:15 Objective Group 3	09:15 Food Forum	09:15 Feedback and Objectives
10:15 <b>BREAK</b>	10:45 <b>BREAK</b>	10:15 <b>BREAK</b>	9:45 Objective Group 4	10:45 <b>BREAK</b>
10:30 Objective Group 1	11:00 Objective Group 2	10:30 Release Prevention	11:45 House Forum Followed by Step work	11:15 Feedback and Objectives
11:30 <b>BREAK</b>	12:15 Step work / Key working	11:30 <b>BREAK</b>	11:30 <b>BREAK</b>	12:15 Shopping List / Cleaning duties
11:45 Life Skills Group e.g. Parenting	12:45 <b>BREAK</b>	11:45 Step work / Key working	12:45 <b>BREAK</b>	12:15 Shopping List / Cleaning duties
14:00 Creative Therapy Group*	14:00 Eating Disorders	14:00 Leisure	14:00 Co-dependency Group	14:00 Here and Now Group
15:45 Step work Key working	15:00 Bereavement and Loss	14:00 L U N C H	15:00 Creative Therapy Group	15:00 <b>BREAK</b>
17:00 Medication	17:00 Medication	17:00 Medication	16:00 Here and Now Group	15:15 Step work Key working
17:15 Relaxation, TV Assignments, AA and NA	17:15 Relaxation, TV Assignments, AA and NA	17:15 Relaxation, TV Assignments, AA and NA	17:00 Medication	16:45 Medication
			17:15 Relaxation, TV Assignments, AA and NA	17:00 Relaxation, TV Assignments, AA and NA
				15:00 <b>BREAK</b>
				15:15 Step work Key working
				Shopping for w/end

NAOMI SAMPLE WEEKLY TIMETABLE

\* e.g. art therapy, music therapy or movement therapy

# Naomi

HAWKHURST, KENT

Naomi offers an intensive, structured group work based programme that deals with substance misuse and the underlying issues. The group approach creates an environment where it is safe to explore repeating life patterns which are no longer helpful, and to start the process of moving towards a new life.

The Naomi project is set in a homely Georgian property found in the centre of the village of Hawkhurst in Kent, which offers a good range of amenities.

Clients take part in running the house and are encouraged to become integrated into the community and village life.

## The main components of the holistic programme are:

- Key working
- Individual iTEP recovery plans
- Personal goal setting
- Group therapy
- Opportunity to work with the 12 Steps approach
- Family therapy (relationships)
- Life skills
- Leisure activities
- Building self esteem
- Support with reintegration into communities

# Kenward Trust

*transforming lives, creating new futures*

The programme operates by encouraging shared responsibility and client involvement in programme design. Depending on the individual's needs, the length of stay can be varied and is generally between 3 and 6 months.

We support clients to reintegrate into the community, which includes seeking appropriate accommodation and exploring training, volunteering and employment opportunities.

