

Update

latest news from Kenward Trust
summer 2011

KENWARD TRUST



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.



A time for thanks

Donations no matter what size can combine to make a big impact and the Kenward Trust is hugely appreciative of the many churches and faith based groups that support our work.

More than 30 churches and faith groups chose to support the charity this last financial year and donated over £8,000 in total. This kind funding enabled one person to undertake an intensive three month recovery programme or over 50 people to benefit from two weeks' worth of education and rehabilitation workshops at one of our community projects.

"I would like to pass on our thanks for attending our coffee morning and the insight you gave to the work of Kenward Trust. All present were impressed with the frankness with which your residents spoke about their lives".

Trinity Church, Sissinghurst.

Substance abuse touches so many people's lives and can affect any family, with a potentially devastating impact on children. That is why we need to continue to raise funds and spread the word about our work in rebuilding families.

We would be delighted to come and speak to your church, faith group or any community organisation, school, social group or company. Please call us on 01622 814 187 to arrange a speaker.

Trip the light fantastic

As the only project of its type in Margate – one of Kent's most deprived areas – the Lighthouse offers up to 23 homeless young people aged as young as 16 a safe place to stay until we can support them to find suitable accommodation, help them sort out often complex and deep rooted problems, develop essential life skills and plan their next steps for education and training.

Over 50 young people stayed at the Lighthouse last year, from a few weeks to up to 2 years.

One of the most important aspects of our work is to motivate each young person to change negative behaviour patterns. Many of our young clients have never been out of Thanet, let alone Kent. Our aim was to fund a programme of activities both fun and challenging that would help motivate the young people to change their attitudes towards their future and help them believe they can achieve their goals.

Thanks to the generosity of several grant making Trusts and the Big Lottery Awards for All, we have been able to take groups to a theatre and sight seeing trip to London and an activity week in North Wales culminating in climbing Mount Snowdon. Other highlights were sea

traversing, canoeing, fire lighting a la Ray Mears and gorge scrambling.

These activities have helped to change many of the young people's belief in themselves, to realise that they can succeed and that someone cares enough to invest in their future.

"If I can climb a mountain in ice and snow, I can do the same with my life." Chantelle

"It was truly inspirational and brought people closer. Sea traversing was the best day of the week. Thanks everyone who made this happen." Sophie

"The week was full of amazing activities. Everyone pulled together, even when it got tough and some struggled. I would love to go again." John

Last year we helped 114 people in our residential drug and alcohol recovery projects and 721 people through our community services.

Message from the Chief Executive



The first six months of 2011 have brought new challenges for Kenward Trust and the people who use our services. The public spending cuts have begun to affect our services, particularly our preventative work with those young people whose alcohol use is becoming problematic to either themselves or their communities. It has also affected one of our supported housing projects so vital to the reintegration into communities for those who are on the road to recovery from an addiction to alcohol or drugs. Many services provided by other organisations have been cut or reduced which increases the burden on our services to meet some of the gaps in provision this creates.

There are also major changes to the way services are being

commissioned by the public sector, one of these being a move towards a 'Payment By Results' model. This presents opportunities for us in that we can demonstrate our ability to provide innovative and meaningful ways to work alongside individuals to achieve desired outcomes such as freedom from dependency on drugs and alcohol, employability, health and well-being and a reduction in offending behaviour. The challenge will be for many charities and not for profit organisations in being able to operate on a delayed payment basis and have sufficient reserves and/or investment to sustain this form of funding arrangement.

The social challenges affecting our service users - homeless young people, those taking drugs or consuming alcohol at a harmful level and those caught in the revolving door of reoffending - are immense and increasing as we witness a major reform of the welfare state. Part of our role is to act as an advocate for our service users and their families, ensuring their needs are understood and responded to appropriately.

We are proactively responding to all these challenges:

- We are building the skills of our workforce to maximise flexibility in this ever changing climate and yet still maintain the essential quality of relationship with individuals and their families that we know is fundamental to the reaching of personal goals and best possible outcomes.
- We have redesigned our services at Kenward House to ensure we are delivering the very best in therapeutic interventions and that the quality of our residential care is of the highest possible standard.
- Our youth supported housing project in Margate is now offering a whole range of life skill opportunities and finding new ways of engaging with the young people including work on its new garden.
- Our outreach young people's work is more flexible, ensuring it is delivered in hot spot areas across Kent at times and places where it is needed most.
- We are developing a social enterprise model on the Yalding site, meaning that we are looking to set up a horticultural, educational

and workshop facility which will provide opportunities for meaningful activity, volunteering and skills development whilst also creating a financial surplus which can be put back into the enterprise to increase the level of 'social return' and positive outcomes.

- We are increasing the support and services we offer to families and significant others, recognising the debilitating and sometimes devastating impact someone's problematic or harmful drinking or drug taking can have on those around them.

In all this and in developing and maintaining the quality of all our services we really value and rely on your ongoing support and involvement either as a partner or as a supporter. We do need your shared commitment to continue reaching out to those who we can come alongside and empower to achieve an environment in which there can be human flourishing, responsibility and joy.

Angela

Kenward Trust,
Chief Executive

THE KENWARD TRUST FUND Search Page

[switch to portal search](#)

Search the web Images

Make your internet searches work for us

We have set up a Kenward Trust 'internet search engine' at <http://clicknow.org.uk/kenwardtrust> to raise funds at no cost to ourselves or to the users. If you use it at work and at home instead of your usual search engine, we could raise £5,000 a year.

Follow our news on Facebook

If you want to know the very latest about our work, socialise with other supporters or service users, and help us raise awareness of our work, go to www.facebook.com/kenwardtrust and click the 'Like' button. If you're not yet familiar with this online community, registering is easy and you may find many of your friends and family are already staying connected in this way.



Fresh programme at Kenward House



Kenward House is the original home that our founders purchased to bring shelter and help to homeless people back in 1968 and it remains our largest project today with 31 beds. There we have taken in hundreds of people over our 43 year history, helping individuals and families to rebuild their lives. Over this time we have continually adapted our approach and the services we provide to best meet the needs of the people we seek to help; and last May it was time for a fresh new programme to ensure we maximise outcomes both in addiction recovery and wider individual development.

At the heart of the new programme is a greater responsibility being placed on the individuals for themselves and their peers and an increased focus on families and reintegration, all of which promote a sustainable recovery.

Each resident sets himself objectives every week and every day – making daily and weekly therapeutic contracts - and reviews his achievements himself, which helps re-instate internal logic and structure. This is coupled with the help

of a peer group to ensure motivation and objectivity and to provide mutual advice and support.

Addiction destroys lives and breaks relationships and the journey of recovery is painful for both the person in recovery and their family. Family therapy is a type of therapeutic intervention that provides support and promotes mutual understanding of the person in recovery, their partner, children, parents or other close relatives. It helps rebuild or strengthen existing relationships and assist reintegration and day to day living.

The innovative programme incorporates the latest research and was designed in consultation with service users and an external expert. It is being gradually rolled out and we are already seeing a positive impact from the therapeutic contracting process, which is encouraging early positive engagement and thus connection with their recovery more quickly. Counselling is now optional, as we tailor our services to the individual, allocating a dedicated Recovery Integration Worker to every

service user on admission to the project. He or she provides essential key working which follows each service user throughout their stay and is designed to facilitate reintegration by helping to maximise opportunities for them.

A number of new therapeutic and support groups have been designed and added to assist the development of internal resilience, including 'Attachment and Loss' to address the many significantly traumatic experiences which sadly often underpin an individual's substance misuse.

We are now focusing on developing our vocational and educational activities to develop our residents' employability and improve their chances of successful reintegration and further development. In particular we offer computer training as this is such an essential skill. These activities interlink with the nursery and social enterprise we are creating and the volunteers who already work at our Yalding site.

An inspiring environment

Our Yalding site offers beautiful sights, especially the trees in bloom and the bustling life of Spring time, an inspiration to many residents, which they express through drawing, painting or photography. One resident spent many hours patiently waiting for the perfect moments to capture insects and birds on camera.

Spirituality in recovery

The renowned 12-step approach to recovery, which some of our projects use, alongside other evidence based interventions is based on the acceptance of a 'higher power' and for many people this will be God. Some of our clients are Christians and we are delighted that the Vicar of Yalding, Paul Filmer, has kindly become Chaplain for all Kenward Trust projects. He is offering a monthly worship service for residents of the Barn and Kenward House who wish to attend and a mini alpha course for those who want to explore the Christian faith.



Above: pictures taken by residents staying at our Yalding site, which offers opportunities to draw inspiration from the natural world.

Last year we had a 74% success rate on first and second stage residential drug and alcohol recovery projects; this is measured as completion and/or planned move on.

News Highlights

Continued support from new Bishop of Rochester

Bishop James Langstaff visited our head office and residential rehabilitation projects in Yalding this last March and we're delighted that he accepted our invitation to continue the tradition of Bishops of Rochester serving as patrons to the Kenward Trust. It was a beautiful day

to see the new nursery in bloom. He met staff, residents undergoing their recovery at both Kenward House and Kenward Barn, and volunteers from HMP Stanford Hill, East Sutton Park and Blantyre House, to whom we offer work placements in the nursery. Our chaplain Paul Filmer also

joined the tour to share the ideas he has for his new role at Kenward Trust.

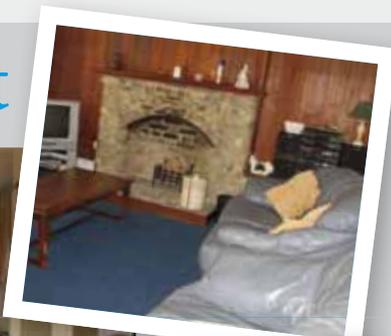
We all appreciated Bishop James' genuine interest in our work and our plans for the future, and his understanding of the issues faced by our service users and charities like ours in the world today.

From left to right: Alison Roper (Head of Operations), Roger Bedford (Chair of Trustee Board), Revd Paul Filmer (Vicar of Yalding), Bishop of Rochester, Angela Painter (Chief Executive) and Rain Hawkriver (Director of Clinical Services).

New Life for Gravesend Project

Thanks to a wonderful grant of £5,000 from Northfleet and Gravesend Neighbourhood Forum and a Member's Grant of over £1,000 from Councillor Leslie Christie, we were able to refurbish all five bedrooms at our move on residential project in Gravesend. We thank Jane Cribbon and John Burden at Gravesend Borough Council and Councillor Harold Craske for their support.

The Portland Road house will be home for up to five men and women who can stay for up to two years, benefiting from our independent living support to continue a programme of abstinence, relapse prevention, life and employability skills development and re-integration into the community via volunteer placement and training.



Cooking up a change



Thanks to Kent County Council leader and member Paul Carter's grant, we have refitted the kitchen at our Choices project in Maidstone. This has enabled us to start a new healthy living workshop, looking at nutrition and eating on a budget. Manager Ed brought in his limited culinary abilities to make pizzas from scratch but the recipe from his wife and his careful planning made it a success! It was fun and a great way to socialise.

In the community our drug and alcohol recovery programmes have achieved a success rate of 64%. We have seen 191 people through the local alcohol clinics and outreach team.

The gift of life

We are grateful to receive donations from a wide range of supporters and in particular from people we have helped in our projects. It is especially heart warming when we receive legacies – gifts in Wills – as it shows a deep gratitude to our organisation and it is touching to see such generosity from an individual to help another who is in dire

straits. The average value of a legacy will fund someone's entire rehabilitation programme, literally giving one person the second chance they need and want.

If you would like to remember the Kenward Trust in your will, we would be pleased to assist if you have any questions.

To tradesmen and companies

We would gratefully accept support with pro-bono services or donations in kind, such as computers, paint, tools, equipment, furniture, help with buildings maintenance and repairs, and more! Right now, our Yalding residents' gym needs a complete overhaul and we would gladly discuss any help, tools, gym equipment or sponsorship you can provide.

Events and Fundraising

Fun Day – to celebrate our work – Sat. 3rd September from 2pm, Yalding

All are welcome to join in with staff, residents and supporters and discover our work. Entry is free and we will have children's games, food stalls and many prizes to be won, kindly donated by local organisations.

Funders' Open Day – Wed. 14th September, Yalding

If you have donated funds to us in the past or are considering doing so, we would be delighted to show you around the projects at Yalding and tell you more about our work and our plans for the future. You will be able to meet staff, residents and other like minded supporters.

Dragon Boat Race at Bawl Water, near Tunbridge Wells – Sat. 17th September

Fancy entering a team and raising funds for us? Or simply raise £100 which will go to us as a donation and join our team.

For more information about any of these events please contact Audrey at audrey.pie@kenwardtrust.org.uk

Alcohol Awareness training

We offer alcohol and drugs awareness training and information events to a wide range of organisations, such as large employers and churches, to help front line people identify potential addiction so they can provide and/or suggest help. We can deliver this training in our own conference facilities, which are also available to rent. Contact Ken Crawford for more details.

Interested in volunteering with us?

We currently work with 50 volunteers across our various services – community, residential, youth and resettlement. We always need help from reliable people who can bring in skills across office support, maintenance, and garden work and who can commit a set number of days per week or month.

We are also looking to fill three very important new roles.

Horticulture Nursery Manager / Volunteer Coordinator

For this key post we need someone who is good with people, organised and knows about growing produce. This is a very involved job working with the Development Manager to launch the social enterprise and generate income by planning production and coordinating volunteers on work placements as well as residents in our recovery programmes.

Public Speaker

Are you comfortable approaching and presenting to a wide range of audiences and interested in promoting a good cause? We need someone to link with churches, community groups, companies and other organisations to raise awareness of what we do.

Community Fundraiser

We need the help of someone who is highly organised and resourceful and has experience of planning and delivering fundraising events to raise the profile of the Kenward Trust and engage with the local community, supporters and funders.

For more information please contact our HR Team on [01622 814 187](tel:01622814187) or hrteam@kenwardtrust.org.uk.

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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