

Update

latest news from Kenward Trust
winter 2010

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.

Kenward Trust saved me from certain death and I now have the life I always wanted

A traumatic childhood left Carolyn Hughes an alcoholic at just 15. In trying to silence her memories, she drank away 20 years of her life before, with the help of the staff of Kenward Trust, finding the strength to stop. She went to the women's rehabilitation project we used to run in Dartford. Today we run a new women's project, Naomi at Highgate Hall, in Hawkhurst, which is one of only seven in the UK. Here is Carolyn's inspiring story.

I was abandoned by my mother at the age of only three, and then subjected to cruelty and abuse from my father. I was plagued with terrifying nightmares and flashbacks and I started drinking at the age of 15 because it helped to blot them out. By the age of 24 I was drinking heavily and wanted to stop but I couldn't do it – I was addicted. At 33 I was drinking a litre of vodka, a bottle of wine and six cans of beer a day. I was in debt and depressed. Suicide seemed the only way out.

My GP tried to help and sent me to a mental hospital, but this didn't bring about lasting change. I had learnt that my liver was damaged – I was going to drink myself to death if I carried on.

I heard of the Kenward Trust and its women's project. It was a lifeline and I grasped it. The care and support of the staff and the therapy programme

allowed me for the first time to fully explore the reasons why I drank and to understand how I had been hurt and hurt others. I was so tired of being addicted to drink and so ashamed of letting people down. The project's team helped me learn who I really was and after six months I left sober, sane and eagerly looking forward to the future.

This was a new beginning. But even as I left Kenward Trust, I didn't have any idea how good my new life would turn out to be. My liver healed and I regained my health and energy. I had always wanted to start a family and I was fortunate enough to get married and have two daughters, all within four years of completing the programme! I would never have thought this possible only a few years earlier. It was like a miracle.

Since then I discovered that I love writing and have had success writing for women's

magazines and am currently completing a novel for teenagers. I enjoy being sober today. My greatest motivation now is my family and my happiness is being able to give my girls the childhood I never had.

A reminder of how important the work of the Kenward Trust is... a few words from clients of Kenward Barn (intensive programme).

"I will pay my debt to the Kenward Trust by staying sober and becoming, day by day, the real person that staff showed me I am. I will fulfil my potential and be living proof of the work and transformation that goes on at the Kenward Trust."

"Thank you for showing me that I am worth saving and showing me how to live life without drugs and drink. Thank you for my life back."



We provide a personalised service across the entire pathway to recovery, from detoxification and rehabilitation through to reintegration in the community and relapse prevention.



Rooms for Hire!

If you need a place to hold an event, meeting, concert, conference or social occasion AND want to help a charity at the same time, look no further than our impressive and beautifully situated rooms in the Georgian splendour of Kenward House at Yalding. With huge windows looking out over fields to the river, chandeliers and Georgian panelling, we have

hosted marriage vow renewals, a singing event and a conference funded by European Social Funding. And our in house catering service is very good too!

For more information or to make a booking, please contact Anna Head on 01622 814 187.

New Shoots at Yalding!

Thank you to our amazing team of enthusiastic volunteers who have worked tirelessly to get free materials, seeds and plants from local companies and injected new momentum into our horticultural activities at our Head Office grounds at Yalding. Residents of Kenward House and Kenward Barn work alongside offenders from the three

open prisons in Kent and the physical activity, being outside and growing great produce is showing huge therapeutic benefits. Our two polytunnels have produced bumper crops this season resulting in a profit from produce sales to staff, enabling residents of Kenward House to buy a pool table and some fishing equipment.

A Day in the Life of... Our alcohol outreach worker Fiona Liston

Fiona works in the Maidstone area and is the first point of contact for those who need help with drug and alcohol problems. She will give them an appointment to carry out an assessment of their needs and provide the right advice and help, signposting or referring to relevant services.

"No day is exactly the same. I receive referrals from a variety of agencies such as substance misuse, housing and mental health. I also receive referrals from GPs and from people directly. I arrange an appointment that is convenient and a location that is suitable. This is usually at my office in Marsham Street or the Choices project in Mill Street. I will do an initial assessment with them of their needs and then look at the options available. I can then refer into the Choices project or to our Structured Alcohol Service. I also refer into the Substance Misuse Care Management team if there are additional support needs such as child protection issues or any enduring mental health problems."

Fiona has close links with the mental health social services, as well as housing and community groups. She will see people on a regular basis if required and will assist them to get the right help in making positive choices about their recovery.

Our Friends in the Community

It is often said that charities rely on the generosity of many individuals, community and faith groups, local companies and schools, and Kenward Trust is no exception. We are humbled by the continuing support of the many people who have remembered us in their charitable giving over the past few months. A huge thank you to everyone and special thanks to:

- Churches across Kent – Yalding, Frittenden, Edenbridge, Meopham and many others
- Community groups – including the Speldhurst Group of Artists
- Pfizer's grant to help transform the garden at our young homeless project in Margate

- In Memoriam gifts from families who would prefer to remain anonymous
- Staff who have run half marathons – Nessa Chapman, manager of the Naomi at Highgate Hall project
- Hilden Grange Prep School for their gift of food
- The many grant making trusts supporting our work – local and national

If you would like to raise funds for Kenward Trust or could put us in contact with a local company, community group, Rotary, WI or school that might be interested in our work, please contact Sheena Brown on 01622 814 187 or sheena.brown@kenwardtrust.org.uk

Our Renewed Christian Focus

We are continuing to develop our Christian links and ensure our Christian ethos underpins the way we help people in crisis. An Anglican curate has begun a placement within Kenward House setting up an optional 'Exploring Christianity' course for the people we help. Over the past year the curate from Yalding Church

has attended our Wednesday morning prayer group at Kenward House and has now moved near the Naomi project in Hawkhurst, offering spiritual support and input there. The vicar of Yalding Church has agreed to become our Chaplain and we look forward to his involvement. Meanwhile, prayer sessions are being organised across the Trust by our relief and pastoral care worker Everlie Turpin, and our Chief Executive Angela

Painter continues to undertake preaching and speaking engagements at many local churches and groups.

- Please contact Anna Head if you would like someone to speak at your church or group on 01622 814 187.
- All are warmly invited to our Christmas carol service on Sunday 12th December at 3.30pm at Emmanuel Baptist Church, Windmill Street, Gravesend.

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

News Highlights

Taking a 'Forward' Step!

In July we opened our first ever residential drug and alcohol detoxification service for men and women at Boons Park, Edenbridge, in partnership with KCA. This 19 bed unit is a much needed and ground breaking project as there is only a handful of detox services in the UK. The big difference is that we offer both the support of therapeutic staff (Kenward Trust staff) and the 24 hour medical support of a hospital detoxification service (this part is provided by KCA). This combination helps people in crisis get through the first very difficult days of detox better and helps them begin planning a path

of recovery straight away. Research shows that long-term recovery is increased by 70% if the reasons behind misuse are fully explored and addressed, which means early therapeutic support and family involvement is so vital to success.

"All the staff have been so understanding, compassionate and caring. Coming from a world being treated as the scum of the earth, it was wonderful to be recognised as human and worthwhile."

The other huge benefit of 'Forward' is its rural, serene setting far removed from the

clinical or psychiatric setting of most other detox units. Imagine how being able to spend time in a lovely country house and look out over gardens and fields would help you in the awful first days of detox and recovery and ensure you stay and persevere. It is also a wonderful environment for families and children to visit which also can help their loved ones' recovery. People usually stay 2-3 weeks for their detox and if a funding package is in place, up to three months for the rehabilitation programme.

"It is so tranquil, a wonderful foundation for a lasting recovery. I am so grateful – and

am sure if my kids were here they would thank you to."

Support from the local community is developing well and we are planning to establish a 'Friends of Forward' so people can get involved and volunteer their time and skills to support activities such as horticulture, local walks and help in the cycle repair / woodwork workshop. If you would like to get involved, please contact Chiara Hendry or Debbie Williams at Forward on 01732 700 202.

Making Choices for a New Start

Summer has been a busy time as Kenward Trust launched a new menu of day and evening workshops for people in West Kent who want to tackle their drug or alcohol problems and are able to do this without having to come to one of our residential projects. Formerly known as 'Chrysalis', Kenward Trust 'Choices' is a new and very personalised way in which the charity supports people on their treatment journey. It offers free and confidential help in one to one support and group work through a programme of eight workshops to select from. It is so important for people to feel in charge of their recovery and to be able to look at all the problems surrounding their substance abuse, and even be given the chance to have fun in recovery by exploring new ways to enjoy life outside drink and drugs.

We look at the whole person not just their addiction(s)

and Choices has new topics in addition to the core work on drug awareness and relapse prevention: how to manage anger, how to rebuild relationships, deal with emotions and feelings, build up confidence, team working skills, or learn about healthy eating. We also support new recreational activities and help to build a new life by getting back into education, training or work, especially voluntary work. For the first time we are also offering workshops in the evening to make it possible for people with jobs or family commitments during the day to benefit from our support and help.

We called this work 'Choices' as we wanted to offer different choices for the people we help and adapt what we offer as their needs change. People coming to Kenward Trust for help face a turbulent time as the issues that lead to drink and drug abuse are uncovered and dealt with,



HRH The Duke of Kent speaking to George and Ed at the opening of the new centre at Maidstone, where Choices is based.

often for the first time in their lives. It is crucial that people who are at such a difficult time in their life are supported with both professional and compassionate care by our trained key workers and counselors. We meet each person every week to help choose the best workshops for them and help them stay motivated and positive when dealing with the difficult and emotional issues that

have often wrecked havoc with relationships, health and employment.

Our next challenge is to raise funds to open a fully functioning kitchen in Maidstone so we can start cooking workshops and the social interaction of meals together!

You can contact Choices Maidstone on 01622 674 712 and Choices Tonbridge on 01732 370 413.

Forward at Boons Park is pleased to welcome you at its open afternoon on the 2nd Tuesday of each month, 2-4pm.

forward^{LLP}

Youth Team Takes On Local Hot Spots

Children and young people often think they know it all when it comes to the effects of drinking and drug taking. The aim of our youth outreach team is to help them to understand the facts and help those misusing drink or drugs change their behaviour. John Shanley, our team leader, says that Kenward Trust is the first port of call for local authorities needing to tackle the problems of under-age drinking and drug abuse in anti-social behaviour hotspots across West Kent.

“Kenward Trust is seen as one of the leaders in drug and alcohol work with young people in Kent as we work on the streets at night and are

experts in building trust with disaffected young people.”

One example of this ‘hot spot’ work is in Swanley town centre where Sevenoaks District Council asked Kenward Trust to help address the problems caused by about 40 young people using drink and drugs. John and his team found that engaging the young people between 4-7pm before they had started drinking to excess worked well, giving information and encouragement to change their behaviour and putting them in touch with other local organisations that could help them.

The Kenward Trust’s Youth Team also attends community events. Our eye catching

gazebo exhibition has been seen at church events, fetes and community health days across West Kent, attracting attention from children and their parents. Highlights included wearing our ‘beer goggles’ and trying out an obstacle course to show the effects of drinking and being photographed by our ‘ageing machine’ which shows them how they will look age 65 with and without smoking.

Our very important preventative education outreach work continues with schools and colleges. We regularly visit over 12 schools and work with students from age 11 to 15 with smoking, drug and alcohol education sessions. This includes highly vulnerable children with learning difficulties – we created specially adapted workshops at West Heath Special Needs School in Sevenoaks.

A great new success has been the charity’s presence at student Fresher Days at West Kent College, Tonbridge, Mid Kent College, Maidstone and Hadlow College. Response has been so positive that tutors have approached us to provide an ongoing information and advice service.



Showing how alcohol units add up

Christmas Message from the Chief Executive



Coming up to Christmas is often a time for thanks on the good things that have

happened at Kenward Trust, and to our own family and friends during the past year. But it is also a time for reflection on those people in society who have fallen on hard times and their life has been troubled and unhappy. Many of these people have come to us for help and support this year.

The arrival of a new coalition government, the ‘Big Society’ agenda and an expectation that charities will fill many of the gaps left by diminishing public sector provision is resulting in Kenward Trust having to work even harder to protect those most at risk in society. It is clear that we

must continue to stand firm to support those excluded by society and in poverty due to their substance misuse.

Kenward Trust is committed to finding new and exciting ways of working to turn around the lives of people battling the effects of drugs and alcohol and give them the chance of a new life not controlled by their addictions. Working with people whose lives have been torn apart by substance abuse takes patience, understanding and above all, money.

Last year we helped 835 men and women with structured treatment through our residential and community based recovery and rehabilitation programmes. We also gave support to carers and reached out to hundreds of young people in the community especially in hot spots of anti social behaviour.

The government’s spending review clearly will have huge implications for Kenward Trust but our mission and values remain as strong and relevant as they were 42 years ago. We are a charity founded on Christian principles that offers people the opportunity to change their lives and reach their full potential. We are passionate about what we do and professional in how we support young people and adults in addressing their problems.

Mark’s feelings on how we helped him during his time at Kenward Barn’s recovery programme made a big impression on me and sums up what is special about Kenward Trust’s work. He said,

“This young oak tree is a direct result of the acorn given to me by Kenward Trust. 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. I have a lovely home, a supportive and beautiful lady at my side, a growing relationship with my children, a job and the fellowship of Alcoholics Anonymous.”

2011 will be a challenging year for everyone but I know with the continued support and commitment of our Trustees, staff, volunteers and donors, we will maintain our ability to offer new opportunities for personal recovery to everyone seeking help from Kenward Trust.

Angela

Kenward Trust,
Chief Executive

Editor: Sheena Brown. Contact 01622 814 187 – sheena.brown@kenwardtrust.org.uk for news items, features or enquiries about how you can support our work

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