

# Kairos News

Issue 1

February 2014

"I started going to a group and my life began to change for the better.....I also had a great Support Worker who helped me with practical issues and helped me to start to deal with the problems I faced.

I now have a very bright future ahead of me."

Service User

## Inside this issue:

Introducing Sarah 2

Prevention Agenda 3

Upcoming Events 4

Our Thanks go to... 4

## Measuring Success

We are delighted to announce that Kairos WWT has been awarded the PQASSO Quality Mark at Level 1.

PQASSO (Practical Quality Assurance System for Small Organisations) is the leading quality standard developed for the third sector, by the sector. The standard requires organisations to evidence that they meet the standard required across 12 key areas including Planning, Governance, Leadership & Management, User-Centred Service, Managing People, Learning & Development, Managing Money, Managing Resources, Communications & Promotions, Working

With Others, Monitoring & Evaluation and Results.



Charities Evaluation Services

Staff, trustees, volunteers and a Service - User Representative have made a concerted effort over the last 18 months to work towards this standard which culminated in a site visit in November. We were so pleased with the feedback from this visit:

**"Kairos WWT is a very small but very professionally run charity staffed by extremely committed and enthusiastic trustees, staff and volunteers. It provides a holistic and most effective service to its users, who have very complex needs. It meets the PQASSO standard at Level 1 in all respects in all 12 quality areas".**

Here at Kairos WWT we feel very fortunate to have the skills, support and commitment of a great team of trustees, volunteers and staff and are proud of the work that our organisation achieves.



## Fond Farewell

It is with warm feelings that I bid a fond farewell to Kairos. After two and a half years I have decided that it is time for me to move on. I have a new house, job and City on the horizon, so it's not one change—it's all change for me!

There are so many things that I will miss about Kairos, but mostly I will miss all the kind, determined, wonderful people I have met throughout the years, the women, volunteers and my colleagues have been my inspiration, role models and support

and I will miss them lots.

What ever the future brings, Kairos shall always be in my thoughts and I wish the organisation and everyone in it all the best for the future.



## Introducing Sarah...

work with and be a part of the Kairos team in Coventry which in my previous experience has excellent partnership working amongst the agencies who serve

privileged to be working within a team of such dedicated, hardworking, supportive, strong and vibrant women. Having come from a large national charity with a lot of resources, I am amazed at the resourcefulness and level of service provided with fewer resources at its disposal.

I was asked to do a short piece for Kairos news by way of introducing myself.

the city. During the Christmas period, seeing the generosity of the local community and the individuals who support Kairos by way of donations to us, during difficult times for everyone is humbling.

Working with the service users has also been great, and it is nice to get to know more about the women, their stories and the qualities and skills they have as individuals and to be honest hearing what they have had to say about the support they have received from Kairos, some over many years. In the short time already, seeing progress and the achievements of some of the women is what I'm sure inspires us all who are involved with Kairos.

As always we are in desperate need of warm clothing (ideally sizes 6 to 10), food that is easy to prepare, toiletries and new underwear.

We can collect donations or they can be dropped off at our office.

I started with Kairos on 19<sup>th</sup> December and have welcomed the opportunity to work back within my local community, being from the City. My previous working background was with Victim Support. I started off as a volunteer over 16 years ago and undertook various roles specialising in domestic abuse, hate crime and vulnerable groups. I went on to local branch management, overseeing Victim Support and Witness Services in Coventry and Solihull and my last post was managing a Regional Victim Care unit covering West Midlands, West Mercia, Staffordshire and Warwickshire. It is a great opportunity to come back to the city to

My initial few weeks at Kairos have been very interesting to say the least. I have had the opportunity to meet and work with some of our volunteers at Drop in and Wings, as well as at the Christmas get together. What comes across strongly is the ethos of teamwork at Kairos and what a big contribution the volunteers make towards service delivery and how much they are appreciated.

The staff team and board have been fantastic and I can honestly say, despite it only being a short period of time I feel

I am looking forward to the challenges over the coming months although taking the helm from Lucia leaves me with big shoes to fill, I hope to make a meaningful contribution to Kairos in my time here whilst covering for Lucia's maternity leave.

## Kairos's Prevention Agenda

On Wednesday 5th June 2013, Kairos reviewed it's mission statement to take account of our organisations increased focus on prevention,:

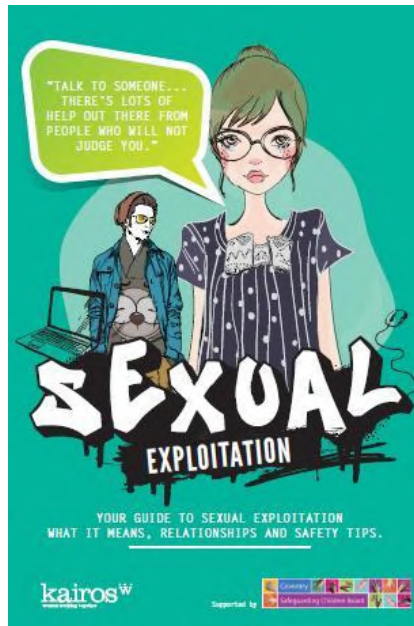
“Kairos Women Working Together (WWT) believes in the value and dignity of all women. We aim to support, empower and give a voice to women at risk of, or subject to, sexual exploitation including those caught up in sex work and those aspiring to leave it. We work in Coventry by providing safe spaces, a listening ear and opportunities for growth and change.”

In November and December 2013, Kairos supported a Safeguarding Children Board initiative; Chelsea's Choice.



Chelsea's Choice is a play that has toured round schools in Coventry to raise awareness around sexual exploitation. Kairos worked in partnership with CRASAC and The Children's Society to offer

support during and after these productions for any students who had questions about the material explored in the play or those who wanted to make disclosures about things that had happened to them or their friends.



In support of the Chelsea' Choice initiative, Kairos produced a sexual exploitation leaflet which was included in the teacher's packs accompanying the play.

This leaflet was written to raise awareness for young people of sexual exploitation. The booklet covered a range of topics including; consent, the grooming process, relationships, social media safety and safety tips. We were also privileged to be able to include a real life story of grooming written by an ex-Kairos service user. An online version of this booklet can be found at: <http://www.kairoswwt.org.uk/content/prevention-protective-behaviour-workshops>

In addition to supporting the Chelsea's Choice initiative, Kairos has continued to offer group sessions to young people at risk of sexual exploitation. This work identified a gap in service for young women over the age of 18 years old who are at risk of sexual exploitation. These women need one-to-one support to explore their particular risk factors. In response, Kairos has developed a structured work programme that is being delivered to young women between the ages of 18 and 24 on an individual basis.

This work programme covers a range of topics associated with sexual exploitation including: relationships, resolving conflict, domestic abuse, consent, grooming, online safety, myths and stereotypes and risky behaviours. The aim of these sessions is to raise awareness with young women who are at risk of sexual exploitation and support them to manage associated risks.

We have received some great feedback from young people currently engaging in the 12 session programme:

**“They are really informative and something I would like to pass on.”**

We would like to thank Lloyds TSB for helping to fund these initiatives.

**kairos**<sup>w</sup>  
women working together

St Peter's Centre  
Charles St  
Coventry  
CV1 5NP

Phone: 02476 559550

E-mail:

admin@kairoswwt.org.uk

www.kairoswwt.org.uk



**LOTTERY FUNDED**

## Our Thanks

Our thanks go to the following people and organisations for their kind donations over the past few months: Greek Ladies Auxiliary Society, St Barbara's Church, Knight's of St Columba, All Souls Church, Josie Dekkers, Eileen Coogan, Bernie Fley, Salvation Army, Hillfield's Baptist Church, Veronica Carroll and our anonymous benefactors.

## Community Activities



### WINGS:

In the coming weeks we have lots of exciting activities taking place at WINGS. During February and March we are running One Body One Life, a series of sessions focusing on positive health and well-being. We will also be running specific activities to celebrate Mother's Day and Easter.



### SURGERY INREACH:

The Anchor Centre will continue to run their women's only clinic on Wednesday's from 5pm-7pm. This is a great opportunity to see a doctor, nurse, member of staff from the Recovery Partnership and Kairos.

### EVENING DROP IN:

The Kairos drop in is open from 8pm-10pm Wednesday's and Friday's at St Mary's and St Benedict's Church. This is a great place to access condoms, Needle Exchange, snacks, hot drinks, VEV and the Ugly Mugs Scheme.

## Community Activities

**If your new year's resolution was to get out and about try some of these free sessions:**

### Coffee Afternoons for Women (Tuesday's, 1pm-2.30pm)

St Peter's Centre, Charles Street, Coventry, CV1 5NP

Enjoy new company and friends. Take part in creative activities.



### FWT Women Only Coffee Mornings (Wednesday's, 9.30am-12pm)

Paul Stacey House,

Arts and crafts, beauty and pampering activities.



### Arty-Folks (Wednesday's 12.30pm-2.30pm)

Artspace Studios, 16 Lower Holyhead Road, Coventry, CV1 3AU

Therapeutic art activities for people with mental ill health and stress.

### FWT Health and Well-being Workshops (Fridays 10.30am-12pm)

70-72 Elmsdale Avenue, Foleshill, Coventry CV6 6ES

Women only. Arts and crafts, beauty, health and well-being activities.



### Crisis Skylight

Crisis offer a wide range of courses that take place at various venues across the city. Ask a member of Kairos staff for their timetable of activities.