

Kairos News

Issue 3

September 2012

Kairos Launches New Website and Leaflets



"...You're flexible, well-tailored to the individual and my life is enriched by the efforts of Kairos."

Find out more about what our service-users have to say on page 3

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We are excited to launch our new website and publicity leaflets that we have been developing as part of our rebrand.

The website offers new features including details on our newer initiatives Prison Inreach and Prevention and Protective

Behaviour Workshops, an online referral form for service-users, a registration form for potential volunteers, online donation options and links to our Facebook and Twitter feeds. You can visit our new website at:

www.kairoswwt.org.uk



We also have new leaflets for service-users and professionals that can be downloaded from our website or requested from our office.

We want to give a big shout out to the excellent team at Elite

Kairos WWT's New Logo based on an original design by Coventry University students Hollie Parsons, with contributions from Ana Dragomir and Mehreen Chaudhry

Information Systems for developing this website for us and to David James and UTI Creative for their design input during our rebranding process.

Meet Our New Recruit

My name is Jenny and I joined Kairos in July to cover Nic's maternity leave. I have the privilege of working alongside our fantastic volunteers who dedicate their time and enthusiasm to WINGS, Evening Drop-ins, Befriending and the Prison pen pal scheme.

My background in advocacy and managing volunteers comes from working in a variety of youth organisations that engage young people on issues of sexual health

and gender based violence. Prior to Kairos, I worked in London supporting vulnerable young women affected or at risk of female genital mutilation. I also volunteered on outreach to women involved in sex work in Soho.

It's great to have recently returned to my hometown, Birmingham, after a short stint in Brazil, working with street children and women in the sex industry.

I love being outdoors, trying out new recipes and aim to take up windsurfing by the end of the year! I am really excited to be part of the team at Kairos and thank you all for making me feel so welcome and inspired!





"I am going to miss voicing the women's comments and opinions.

I would like to say a big thank to everyone at Kairos for supporting me"



"It was great to get out and socialise in a warm and friendly and fun way"

My Year as Women's Representative

Hi my name is Shelley and I have been the Women's Rep for Kairos this last year.

I have been a service-user of Kairos, on and off now since the project began. I am currently clean off heroin and crack and have not worked as a prostitute now for two years.

Last year in August I was asked to take part in one of the Women on Top projects (Mirror Madness). In doing this piece of drama, my fire for performing was reignited and I was then encouraged to pursue performing at college. I originally auditioned

for a level 1 course but the tutors felt that I would benefit more by doing a level 4 HNC course. Throughout my HNC I had a lot of emotional support from Kairos which enabled me to complete my HNC and in July I received my final grades of which I had achieved 8 distinctions and I pass (the highest grades in my year).

During this year I have also passed my driving theory and practical test (first time lololol) and now have my own car.

Through befriending I started to go trampolining, as a treat for reaching a couple of my personal goals and because I enjoyed

it so much I carried on attending without my befriendee. I am now officially one of the clubs, squad members and I also compete in competitions.

I have thoroughly enjoyed being the women's rep and have learnt a lot of new skills which I am already using in my life. I am going to miss the monthly meetings and having a giggle with the trustees, but most importantly I am going to miss voicing the women's comments and opinions.

I would like to say a big thank to everyone at Kairos for supporting me and an even bigger thank-you to the women for making my job easy and very enjoyable.

Thanks, *Shelley*.

Our Summer of Fun (and rain!)

This year's summer programme was a great success for all those who attended (even with the dodgy weather!) and we hope that next year more service-users will sign up and join us for another fun filled

summer programme. The programme included horse-riding, swimming, a cinema trip and a day at Drayton Manor Theme Park. The women who participated said:

"I found the whole expe-

rience fun and entertaining and will be certainly be going again."

"I thoroughly enjoyed being with the group and being all together."
"Good variety, loved the company and cannot wait for next year"

In Memory Of Kirsty: 1986-2011

My name is Julie Rattigan and I am the mother of Kirsty.

Kirsty was a bright, bubbly and funny girl and lit every room she walked in to. She was a loving daughter, sister and auntie.

Sadly, on 23rd September 2011, Kirsty was killed in a road traffic accident in Hillfields. Kirsty had accessed Kairos for support and as a family, we want to

help other women like Kirsty, so that they can get the help and support they need to overcome their substance misuse issues and enjoy a life away from prostitution. We know that Kirsty would have wanted to help others in her memory.

We have been raising funds to support Kairos' work and so far have raised £148 by running a 'Ladies Night' event. We have

many more fundraising plans and hope to run a car boot, quiz night and more. *Julie*

Kairos WWT would like to thank Julie and her family for their ongoing support and are touched by their tribute to Kirsty. If you would like to support the fundraising events organised by the Rattigan family, we will keep our facebook page updated: www.facebook.com/Kairos.Coventry



Kirsty was a bright, bubbly and funny girl and lit every room she walked in to

Floating Support Gets the Thumbs Up

In May and June 2012, service user experience questionnaires were distributed to those women who had accessed the Floating Support Service since the start of the Big Lottery Grant in September 2011.

70% of the women that completed questionnaires rated the floating support service as excellent. The other 30% gave it 4/5, with 5 being excellent.

100% stated that they found the staff at

Kairos supportive and 100% believe that accessing the service has led to improvements in their lives. All of those who returned their questionnaires would recommend the floating support service to others.

Below are some of the comments received:

“...it worked for me to better my life”

“Kairos has helped me achieve a lot so I cannot think of an-

ything that could be improved upon”

“... You're flexible, well-tailored to the individual and my life is enriched by the efforts of Kairos.”

In addition we received some great suggestions for extending the services offered by Kairos, including having an in-house counsellor, providing acupuncture and more self-confidence/ self-awareness sessions.



“...it worked for me to better my life”



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LOTTERY FUNDED

Our Thanks

Our thanks go to the following people and organisations for their kind donations over the past few months: St Barbara's Church, The Knights of St Columba, The Rattigan Family (and supporters at The Hub), Jackie Capitani, Anne Wilson The Church of St. Thomas More and our anonymous benefactors

Upcoming Events



Kairos AGM: Tuesday 25th September 2012

Kairos would be delighted if you would join us for our AGM on Tuesday 25th September 2012 from 7pm-9pm at St Peter's Centre on Charles Street. It will be an opportunity to share with us the work that we have done over the past year and to look forward to next year. Refreshments will be provided.

WINGS: Cornerstone Monday's 11.30am – 3pm

Lots of exciting activities are coming up at WINGS, our personal development group, between now and December. We will be running an aromatherapy course, going swimming and getting ready for Christmas with Christmas crafts.



Volunteer with Kairos WWT



We would like to offer a big warm welcome to five new volunteers, Charlotte, Samina, Marie, Kate, Elizabeth and Natalie. They will be joining us at the Evening Drop Ins, Monday

WINGS sessions and Board of Trustees. We are delighted to have them on board and hope that they enjoy their time with us at Kairos

Befriending scheme. The Evening Drop Ins are on Wednesday's and Friday's 7.45pm – 10pm. The WINGS sessions are every Monday between 11.30 – 3.00pm.

Recruitment

Our next recruitment drive for volunteers will take place in October 2012. We will be recruiting volunteers to join our Evening Drop In team, WINGS day session and One to One

If you are interested and can commit to two hours volunteering every fortnight, please register through our website or contact jenny@kairoswwt.org.uk