“You all help and support us girls a lot - that inspires me so much! I want to do the things you do for others one day.”
Because every woman matters

Our vision: to see a world free from the exploitation of women

Kairos exists to increase the life-chances, choices and wellbeing of women caught up in prostitution and at risk of sexual exploitation in Coventry.

We do this by supporting and collaborating with women, focusing on three areas:

- **Safety**: minimising harm for those most at risk
- **Stability**: addressing individual needs and barriers (such as housing, healthcare, substance misuse interventions)
- **Self-belief**: supporting women to develop skills and the confidence to make their own choices for the future
Every year for Kairos appears to be challenging, but this year in particular with funding shortages, office moves and an enforced review of staffing has proven more difficult than others. It is therefore testament to staff, volunteer and trustee commitment that our service users have not been adversely affected by the internal changes that have occurred. It continues to be clear that the work of Kairos is vital in offering long-term, holistic support to some of our city’s most vulnerable women.

We have continued to evolve as the year has gone on, and are now in a positive place to continue to support vulnerable women in the city. We have broadened our funding streams, which has opened new opportunities, ensuring Kairos remains responsive and contemporary in its approach to the work undertaken. We are delighted to be part of the innovative Coventry Women’s Partnership which launched this year, aiming to improve economic outcomes for hundreds women across the city. During the last 3 years we have also worked closely with colleagues at Coventry University to evaluate our Prison Inreach service, and a brief summary of the findings can be found in this report.

I wish to offer my heartfelt thanks to everyone who has supported Kairos this year; the current board, board members who have left us over the year, staff, volunteers, friends and funders, without whom we would not be able to work with, and provide opportunities for, our service users.

Warmest regards,
Diane

Board of trustees as of September 2018:
Diane Phimister, Lucy Cubitt, Michelle Dovey, Sarah Learmonth.

A huge thank you to Jane Osmond, Penny Drayton and Carole Barrick who all ended their term with Kairos in the last year.
The need

“I’ve been used by dirty men since I was 6, and now I’m in my late 30’s and it’s still the same.”

Phrases like this break our hearts but also spur us into action to get women the support they need and deserve. Here are some of the harsh, difficult facts that are lived realities for our service users:

- In the last 12 months **women disclosed more than 30 crimes to us that had been committed against them.** This has included rape, other forms of sexual assault, being strangled, kicked, beaten as well as situations of domestic violence and financial abuse. Whenever possible have liaised closely with the police and other support services to help women cope and recover from these horrendous acts against them.

- **Approximately half of our service users were exploited into prostitution** including many as teenagers, a typical age being just 14 or 15 years old.

- **Of the women we support in street-based prostitution, 100% are dealing with a drug addiction**

- **80% of service users across all our projects have a diagnosed mental health condition**

- The great majority (at least 80%) of all our service users have also **experienced at least one of the following: child abuse, domestic abuse or sexual abuse/assault.**
How we help

Kairos’ specialist services change lives every day. Our personalised, non-judgemental approach means that we build long-term relationships with our service users, which encourages and fosters change and growth. We design our projects around women’s specific needs and circumstances:

<table>
<thead>
<tr>
<th>Street Outreach &amp; Drop-In sessions:</th>
<th>1-2-1 and Group Support:</th>
</tr>
</thead>
<tbody>
<tr>
<td>We engage women who are caught up in street-based prostitution with our project and help them keep safe, identify areas for support and build trust and relationship with KairosWWT</td>
<td>Tailored, individual support from a Kairos Project Worker to respond to women’s personal and development needs.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Criminal Justice &amp; Prison In-reach:</th>
<th>Prevention:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helping reduce re-offending by supporting women through the criminal justice system and tackling reasons for offending.</td>
<td>The ‘Feeling Safe’ project equips young women (aged 18-24) who are at risk of sexual exploitation, to recognise it, identify risks and seek help through one-to-one, group work and awareness raising workshops.</td>
</tr>
</tbody>
</table>

You can read more about each of these projects and their impacts on the following pages.

Our impact this year

This year Kairos reached over 200 women through our different projects. We were privileged to work with:

- 102 women caught up in prostitution on the streets of Coventry
- 20 young women at risk of exploitation
- 80 women who were reached with awareness raising sessions around sexual exploitation
- 62% of women who accessed our services maintained or improved their Impact Scale score (a bespoke scale measuring women’s journeys from ‘stuck’ to ‘self-reliant’)

Annual Report 2017-18
Outreach and Drop-in

Keeping women safe and healthy

This is Kairos’ front-line safety service and primary referral tool for women in street-based prostitution. We meet women on the streets in the red-light district in Hillfields and then have daytime and evening drop-in services available. These offer harm reduction items, access to health professionals including an Independent Sexual Violence Adviser, GP and Sexual health nurses, food, drinks, clothing, and a safe space to report or disclose crimes through the National Ugly Mugs scheme.

This year, 74 women engaged with Outreach and Drop-In:

• 44 women were seen through Outreach on 132 occasions
• 67 women attended Drop-In on 426 occasions
• Half of all service users attending Drop-In also accessed 1-2-1 or group support during the week to make positive changes in their lives.

Kairos teams supported women with:

• 366 harm reduction packs
• 156 sets of clothing
• 44 hygiene/toiletry packs
• 328 food packs
• 45 foodbank vouchers
1-2-1 & Group Support Work

Increasing stability and fostering self-belief

1-2-1 support looks different for every woman – whether that’s helping her get off the streets and into emergency accommodation, making referrals to drug services, helping navigate the benefits system, enabling women to get mental health support or simply a cup of tea and a listening ear.

In the last year:

- 59 different women received crisis or planned 1-2-1 support, on 735 occasions
- 28 women improved their housing status, including 12 women who were supported off the streets and into emergency accommodation
- We supported 11 women to either start or maintain a methadone script (a treatment available as an alternative to heroin)
- 6 service users attended group sessions to reduce isolation and improve wellbeing
- 2 women made the brave step of a life away from prostitution and exited our services

“I never really ever told you but I remember a time I felt like ending everything, I just didn’t wanna live anymore. I came into the office, I can’t remember what you said but it made me smile. It just shows how important Kairos is to the women. Even the little things go a long way in a lost, broken addict’s life. After all we are human too!”
Drug addictions, homelessness, poverty and a lack of positive support networks are just some of the reasons women are driven to criminal activity. The Criminal Justice project, supported by Lloyds Bank Foundation, aims to support women to reduce their offending by supporting them with court appearances, engaging with probation, visiting in prison and supporting them upon release.

- This year 15 women were supported through this project
- For 2 women, the visits they received from Kairos in prison were the only visitors they had at all
- Of the 8 women released in the last 6 months, 5 have not re-offended since their release from prison. The other 3 have all continued to engage with Kairos’ one-to-one Floating Support work whilst being in/out of prison or returning to court, and are aware of our services and availability of support
- We have accompanied 3 different service users at court appearances in the last year, including having to stand up and speak in one of those cases. For 2 women, our support was taken into account in preventing them from going to prison; one was given a suspended sentence, one a probation order.

www.kairoswwt.org.uk
Feeling Safe

Increasing young women’s resilience against sexual exploitation

<table>
<thead>
<tr>
<th>This year:</th>
<th>Impact:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 100 young women were reached through the Feeling Safe project overall</td>
<td>• 60% of service users maintained or improved their overall Impact Scale score (a bespoke scale measuring women’s journeys from ‘stuck’ to ‘self-reliant’)</td>
</tr>
<tr>
<td>• Of this, 20 women benefited from 1-2-1 work. This included enabling them to access mental health services, support and referrals following incidents or assaults, and regular meetings and calls to reduce isolation and loneliness</td>
<td>• 89% of women scored themselves as having improved their emotional and mental health during the year (based on Outcome Star scores)</td>
</tr>
<tr>
<td>• 11 women attended the fortnightly support group and have taken part in activities and session designed to improve their confidence, wellbeing and support networks</td>
<td>• At the beginning of the 2017 summer programme, 35% of service users responded ‘most of the time’ or ‘all of the time’ to the wellbeing survey which includes questions such as ‘I feel good about myself’ and ‘I’ve been feeling confident’. This increased to 70% at the end of the programme.</td>
</tr>
<tr>
<td>• 80 people attended awareness raising sessions covering areas such as online safety, healthy relationships, consent and grooming</td>
<td></td>
</tr>
</tbody>
</table>
Advocacy and Research

We may be small – but we’ve got plenty to say! As well as supporting women directly, Kairos also plays a part in speaking up on behalf of vulnerable and sexually exploited women. We do this through participating in research projects that support our aims and objectives, attending multi-agency meetings to represent service users’ needs and advocating for them at other services, to make sure their situations are fully understood.

Small but mighty
For the last three years, a team from Coventry University have been conducting an independent research piece on the impact of our Prison Inreach programme. The full results are being released in September 2018 but below are some key messages quoted directly from the evaluation:

• “The evidence of this evaluation indicates that Kairos are making a difference in the lives of women, however small and however unremarked upon at the time. Women’s experiences are validated by Kairos’ unconditional response to need and non-judgemental approach.”

• “The service is valued by stakeholders and women service users because it offers something different to other services in the Coventry area. The service plays a positive role in valuing women, advocating and liaising on their behalf. The existing literature supports the need for community based programmes, designed for women/this client group, addressing complex needs.”

• “It was regarded as helpful to have an independent women’s organisation creating the bridge from prison to community, and offering a much needed support mechanism in supporting the resettlement process. Kairos provide the opportunity to receive consistent support (subject to staff change) and to build trust.”

• “Kairos are committed to seeing through what is promised, they communicate well and often, as evidenced by their interaction with stakeholders, women and the prison.”

• “Kairos professionally and personally invest in the women, wanting the best for them. They are available for practical and emotional support which is non-judgemental”.

The above quotes taken from ‘Evaluation of Kairos WWT prison in-reach and post-release floating support service for women’, Coventry University, June 2018
Charlie’s story

Charlie (name changed) is a service user known to Kairos for a couple of years who occasionally attends our Evening Drop In. **She is a victim of rape, domestic violence and has been in prison multiple times in the last year**, for offences including theft.

In the last year, we visited Charlie five times at Peterborough prison. Since her release, we arranged for Charlie to get support from CRASAC as she has been a victim of domestic violence and also disclosed rape. We have provided intense support, reminding her of her appointments, accompanying when necessary and providing regular encouragement as she currently has very little positive social networks.

Kairos has acted as the central point of contact for Charlie and probation services. Her caseworker advocated for her, explained her specific needs when her probation officer changed, and also arranged for probation meetings to be held in a different location, as Charlie feels very uncomfortable at their offices, which were a barrier to her attendance. **Both Charlie and her probation services have said that if it wasn’t for Kairos’s support she would have been recalled and be back in prison again by now.**

Unfortunately, drug services were not co-ordinated for Charlie’s release from prison, so when she returned to Coventry she lapsed. She was very distressed because she forgot her daughter’s birthday, and shared with Kairos about the impact of the trauma caused by her abuser.

Kairos also helped Charlie with a referral into some local social housing. Since then, we have supported her to attend a medical assessment for her mental health. This means she now has a sick note so that **she can now claim the benefits to which she’s entitled.** We have also provided clothing, toiletries and food bank vouchers when she was first getting settled in her property and before benefits were arranged. We have also been central contact for Victim Support who offered Charlie the chance to testify against her abuser.

Charlie is now living independently in a property and currently maintaining the tenancy. She continues to access support from Kairos. In 2017, in her own words Charlie was “in and out of jail all the time”. **Thanks to support from Kairos working closely with Charlie, she hasn’t returned to jail at all in 2018.** Her challenges aren’t over, but she now has the stability and support she needs to take the next steps forward in her life.
Highlights from this year

We’ve had lots of great moments in the last year - here’s just a few!

**Christmas party**
In December we threw Christmas parties for our service users. One was held at St Peter’s and was a brilliant success! A big thank you to Coventry Comfort Carers and other fabulous volunteers who provided delicious hot food and gifts for the women.

**Coventry Women’s Partnership**
We are delighted to be part of this new partnership alongside FWT, Coventry Haven Women’s Aid, CRASAC and Coventry Law Centre, which aims to improve economic outcomes for women. The partnership has been running since January and we’ve already seen the benefits through increased referrals between our services, better joined up working and additional offers of support available for women in Coventry.

**New horse therapy project**
At the end of 2017 we were thrilled to receive additional funding from the Heart of England Community Foundation to offer horse therapy to young women as part of our Feeling Safe programme. These sessions are enabling young women at risk of exploitation to increase in confidence and mental wellbeing.
Financials

Thank you!
We want to say a huge thank you to all our funders, partners and supporters who have continued to support our work in so many different ways this year. Thank you to everyone who donated time, money, skills or other resources to help our work continue. Each and every donation, no matter what size, is hugely appreciated. Your generosity means that some of Coventry’s most vulnerable women can get the support they need.

Summarised statement of financial activities
For the year ended 30 June 2018

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted Funds £</th>
<th>Restricted Funds £</th>
<th>Total Funds 2018 £</th>
<th>Total Funds 2017 £</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Incoming resources</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grants and donations</td>
<td>7,862</td>
<td>227,419</td>
<td>235,280</td>
<td>171,789</td>
</tr>
<tr>
<td>Other income</td>
<td>70</td>
<td>-</td>
<td>70</td>
<td>81</td>
</tr>
<tr>
<td><strong>Total incoming resources</strong></td>
<td>7,932</td>
<td>227,419</td>
<td>235,350</td>
<td>171,870</td>
</tr>
<tr>
<td><strong>Expenditure on</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supporting service users</td>
<td></td>
<td>204,920</td>
<td>204,920</td>
<td>190,319</td>
</tr>
<tr>
<td><strong>Net income / (expenditure)</strong></td>
<td>7,932</td>
<td>22,498</td>
<td>30,430</td>
<td>(18,449)</td>
</tr>
<tr>
<td><strong>Total funds brought forward</strong></td>
<td>33,470</td>
<td>47,539</td>
<td>81,009</td>
<td>99,640</td>
</tr>
<tr>
<td><strong>Total funds carried forward</strong></td>
<td>41,402</td>
<td>70,037</td>
<td>111,439</td>
<td>80,891</td>
</tr>
</tbody>
</table>

Explanatory statement: This report is a summary of information extracted from the annual accounts for the year ended 30th June 2018, and includes the statement of financial activities. This summarised report may not provide sufficient information to allow a full understanding of the financial affairs of the charity. For further information the full annual accounts and the trustees’ annual report should be consulted. The full annual accounts are awaiting an independent examination, after which they will be filed with the Charity Commission.
Volunteering

We couldn’t do what we do without the support of people who give up their time and energy to support vulnerable women. In the last 12 months:

• 29 volunteers supported Kairos
• 126 different volunteering sessions given
• 248 hours of time donated to supporting women

Thank you to each and every person who has helped us this year.

Wild camp for Kairos
Ellie did a trek and wild camp overnight for Kairos in May and got friends to sponsor her. She raised a brilliant £125 – thank you so much!

Drop-in refurb
Claudine and her colleagues from Jaguar Landrover used their time and energy to do an amazing refurbishment project on the room we hire for Evening Drop-In. Together they transformed the room into a much brighter, lighter and welcoming place. Claudine also raised over £300 afterwards for Kairos by doing a bake sale.

If you’d like to find out about current volunteering opportunities, please go to: www.kairoswwt.org.uk/volunteer
In the last year we were privileged to support over 200 women through Kairos’ projects and services. 200 might seem like just a number to you – but behind every number there’s a real person, a woman with her own story, a woman who has been through more than most of us will ever experience in our lifetimes.

Lots of people say to us ‘I couldn’t do the job you all do’, but to be honest I can’t imagine a better place to work! I won’t lie - it’s tough, especially on the days when you’re dealing with a lot of mess and trauma and complex lives. But when you stand back and look at the progress that women are making, or the situations you’ve supported them through, there’s no better feeling than knowing you get to do this every day.

I’m enormously proud of our little team and what we achieve on limited resources. I’d like to thank all of our amazing volunteers and our board of trustees for their tireless support, without which we simply couldn’t do it all. But mostly, I want to thank our service users for trusting us. It’s truly a privilege to walk alongside the toughest, bravest set of women I’ve ever met.

Rosie Hart
Director
Kairos WWT

How you can help?

We hope this report has inspired you in your support of Kairos. There’s so many different ways you could get involved with a small, local charity making a big difference.

Give now

We know it sounds cheeky, but one of the very best things you can do is donate money! We rely solely on donations from individuals and grant-giving organisations to keep going. Don’t leave it to someone else - go to www.kairoswwt.org.uk to give a gift in just a few minutes.

Volunteer your time

Join a team of amazing people making a real difference in their community. Take a look at our website for the latest ways you can get involved.

Do you work for a company or business? Why not contact us to talk about how you can meet your corporate social responsibility targets by offering your people, time or skills to support Kairos?

Get us connected

Do you know a local business or organisation who might be able to help us, whether through money or people? Introductions and recommendations make a big difference. Please get in touch at admin@kairoswwt.org.uk – we’d love to hear from you!
Building self-belief in a different future and breaking down barriers that stand in the way isn’t easy. It’s complex. It takes time. That’s why we need your support.

- £5 could pay for a woman accessing drop in to have a hot drink, food bag and harm reduction kit
- £10 helps pay for a young woman to learn about the risks of grooming and how to keep herself safe
- £25 could pay for an hour of 1-2-1 support for a woman working on self-esteem and personal goals

Give now: www.kairoswwt.org.uk

Your support can change lives