



Our Thanks

Our thanks go to the following people and organisations for their kind donations over the past few months: St Barbara's, the Greek Ladies, the Robinson Trust, Mr Foley, Mr & Mrs Leitch, Ms Clarke and Mr Wilson.

A special thanks to all those who contributed to producing a successful Big Lottery bid.

Upcoming Events

• WINGS Art & Craft sessions

We are pleased to welcome arts and crafts tutor; Rachel to WINGS, who will be leading arts and crafts sessions up until July.

• Women On Top

Monday 25th July – 29th July: The Women On Top creative arts project will return for a 1-week special project, with a spectacular performance at the end of the week.

• WINGS Summer Programme

Monday 25th July – 22nd August – WINGS will start its summer programme of fun-filled family activities including swimming, a trip to the beach,

• Annual BBQ

Monday 8th August – There will be a barbecue for service-users, their children and volunteers. More details to follow but keep the date free if you're interested in attending.

A Sad Farewell...

After much consideration, Suzanne has decided to resign from her position as Project Manager at Kairos to continue with her role as full time mum.

We are very grateful for all Suzanne has done for Kairos; her work in progressing the project, developing new services, supporting the women and building relationships with the volunteers. She will be deeply missed and we wish her every success in the future.

Lucia, Nic and the Trustees



"I wanted to say a big thank you for my farewell lunch at Kairos on Monday 13th June and to everyone who came along to wish me well.

I would like to thank all the volunteers who have supported me and continue to support Kairos, without the volunteers there wouldn't be a Kairos! Thank you to organisations such as the Anchor Centre, SWISH and CDT who have supported mine and Kairos's progress over the last few years.

Thank you to the women for accepting me and giving me fond memories –These words had me thinking on my way home about how important the trust built up at Kairos is. I feel honoured the women I worked with entrusted

me in their lives, in some cases revealing the most intimate of details, this is not to be taken lightly! Thank you for the laughter, the warmth and the energy and most of all letting me in to support you.

I felt saddened as I drove through Hillfields knowing the hardship of what goes on, on those streets but my heart lightened when I remembered that is why Kairos is there and are continuing great work set up by Barbara over a decade ago. Well done Lucia and Nic and good luck for the future.

I will miss each and every one, past and present, but don't worry I will keep in touch and bring Emily in again to see you all".

Suzanne Shaw

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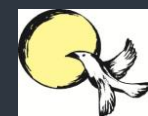
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June
2011

Kairos News

International Women's Week 2011.

During the week commencing 7th March, Kairos joined the nation in celebrating women across the globe. At WINGS we shared food from around the world, enjoying the different tastes and flavours women have been cooking for years. We then started an art project trying to capture the different nationalities we have within Kairos. The project concluded two weeks later with 9 beautifully painted canvases; each one representing a different nationality.



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KAIROS' BIG NEWS

Kairos WWT receives over £340K grant from the Big Lottery Fund for work with vulnerable women in Coventry

Kairos Women Working Together are delighted to have recently won a grant of £342,551 from the Big Lottery Fund (BLF) to continue our valuable work with vulnerable women in Hillfields, Coventry.

Kairos WWT aims to support, empower and give a voice to women caught up in/at risk of prostitution, and those aspiring to leave it. We offer women-only safe spaces, a listening ear and advocacy, a wide range of development opportunities and practical support, and support family contact in a positive environment. We do this through our 4 core services: street outreach and evening drop-ins, floating support, a weekly daytime group, and one-to-one befriending.

We believe in the value and dignity of all women, and are passionate about reaching out to a group of women who are often marginalized and vulnerable, with histories including childhood and domestic abuse,

grooming for sex work, substance abuse, and homelessness.

The grant will fund our project over the coming three years, starting on 5th September. It will allow us to expand our services to reach more women and better represent their needs.

Janet Ward, Chair of the Trustees, said: "We are thrilled to receive this major award from the Big Lottery Fund. These are momentous times for Kairos and the women we support. We are very grateful to the BLF. We would like to take this opportunity to thank them, and all our other supporters and volunteers who have believed in the work of Kairos and have made this possible.

"This comes at a time when funding in the charity sector is particularly difficult so it is especially welcome. It safeguards our services for another 3 years."

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In the Kitchen With: WINGS

Easter Nests

Ingredients

- 100g Shredded Wheat
- 200g Milk Chocolate
- 25g Dark Chocolate
- 25g Butter
- Mini eggs (decoration)

Also needed: microwavable bowl, spoon, baking tray / muffin cases

Method

1. Break up chocolate into small pieces.
2. Put chocolate pieces and butter into a microwave bowl.
3. Melt on a medium heat in the microwave for 2 mins (check and stir after 1 min)
4. Crush up the shredded wheat in a bowl.
5. Pour chocolate mixture over shredded wheat & mix.
6. Spoon dollops into cake cases, or straight onto a baking tray.
7. Decorate with mini eggs or smarties and refrigerate.



Recipe taken from Nigella Lawson "How to be a Domestic Goddess"



Women On Top

Kairos women take to the stage with their showcase of 'Midnight Bluebells Ring Out Loudly'

International Women's Week culminated in the showcase of 'Midnight Bluebells Ring Out Loudly'; a production resulting from a 6 week drama course entitled 'Women on Top', which was led by Reena Jaisiah, Creative Director of Caste Away Arts.

Using key principles of performance, the project explored the use of voice and movement. The participants were encouraged to create and develop characters through improvisation techniques and the use of mime. Following an exercise of constructing short

sentences and developing them into story lines, the plot for the final production emerged. Having determined the title to the play, the women began forming a story line, creating characters, producing a script and accompanying songs.

After hours of writing, rehearsing and prop planning, the women gave a fantastic performance of 'Midnight Bluebells Ring Out Loudly', written and performed by Sarah Evans and Tiona Sinclair, also featuring Lucia Gattuso and Reena Jaisiah.

The play was well attended by friends, volunteers and trustees and the audience were treated to a few minutes meeting the cast after the performance.

Owing to popular demand,

"I loved performing and exploring my creativity"

Women on Top is returning for a special 1-week project during the week commencing 25th July, culminating in another star-studded performance.

See the website for updates about the performance.

More about your donations

Over the past few months the kind donations of Kairos supporters have been a huge asset to many of the women.

Home-starter packs have been given to women, who were previously homeless, or vulnerably housed and were allocated new housing.

These packs included kitchen ware, bedding, toiletries, cleaning products and food.

Clothing has also been given to women fleeing a risky situation, or returning from prison and having none of their own clothes. Similarly, toiletries have been taken to

women in hospital and food given to those in a crisis.

Unfortunately stocks are now quite depleted. More donations would be very welcome; particularly food, toiletries and clothing (size 8 – 12) in order to continue this service. Speak to Nic or Lucia for more details.



New Computer Suite for WINGS

In June WINGS unveiled its new computer suite at Cornerstone.

After the purchase of 3 new laptops, complete with new software and internet access a computer suite is now a new service we are able to offer to our WINGS group attendees.

The addition of the computer suite gives the women the opportunity to carry out Home Finders searches, job searches, CV writing and build on their IT skills.

The computers have already been accessed to do research into a university course as well

as teaching new IT skills.

It is hoped that the new suite will continue to be an asset to the group and will enable the women to access new services and develop new skills.



Part Holy

I am not a by-product of society;
Society is a by-product of me.
Heaven knows I do my best to live life lightly
But I know that is not my fantasy.
So you can borrow my soul;
Satan's only borrowed my soul

You can borrow my soul if you wish, Satan.
Because I was always part holy.
You can keep my head in the clouds waiting.
Because my feet will always be on the ground.

Tiona Sinclair

Try to change my life before it changes me.
Time to be who I would, could and should be.
Heaven knows I do my best to withstand the heat,
But I know it takes the creep to know a creep,
I know that it takes shady to know shady,
I know that only the weak understand the weak,
It takes crazy to know crazy.



Volunteering

Farewell Students

As another stressful exam season comes to an end for the student volunteers, the time has come to wish a fond farewell to those students that will be graduating this year and moving on to pastures new. We would like to thank Madhu, Shamillah and Lilla for their involvement in Kairos and we wish them every success in their new ventures.

Welcome

We are excited to welcome some new volunteers to the Kairos team. We hope that Madeleine, Lesley and Charlotte will enjoy their involvement in the project and we look forward to receiving their support.

Recruitment

We are currently recruiting volunteers to join our evening drop in team and WINGS day session team. The evening drop in happens on Wednesday and Friday 7.45pm – 10pm. The WINGS session happens 11.30 – 3.00pm. Please contact Nicola if you know of anyone interested. nicola@kairoswwt.org