

## Our Thanks

Our thanks go to the following people and organisations for their kind donations over the past few months: Christina Lannigan, Rosemary Sgroi, the Greek Ladies Society, the Knights of St Columba, Woodside Church, Coundon Methodist Church and St Barbara's Church.



## Upcoming Events

### • WINGS sessions (Mon 11.30-3pm, Cornerstone Church)

During November and December we will be enjoying a healthy lifestyles session, yoga, a bath bomb making session and Christmas crafts. We'd love to see you there!

### • Women On Top

Each year, Coventry celebrates a unique 'Peace Festival' and this year, Kairos WWT is on the programme! Listen out for the Women On Top radio drama 'Life in Peaces' that will be aired from 7<sup>th</sup> – 11<sup>th</sup> Nov at 10.30-11am on our local radio station, Hillz Fm (98.6 Fm).

### • Kairos at Christmas

Christmas will be coming to Kairos on Monday December 19<sup>th</sup> 2011 at St Peter's Centre. You are all invited to come along and enjoy a traditional Christmas dinner.

## New Recruits...



Emma Stephens: Project Worker

I love working with people and getting out and about, so this job is perfect for me. I am privileged to be able to work with Kairos to address injustice and promote empowerment.

I have a background in social care and have worked with families, young people leaving care and homeless people.

When I'm not at work, I spend my time with my nose in a book, learning (fairly unsuccessfully) to cook, walking a very excitable puppy or enjoying the delights of Downton Abbey!



Natalie Pillay: Support Worker

Thanks everyone for the warm welcome I have received. I am thrilled to join the Kairos team. It's a privilege to be involved with an organisation that is making such a huge, positive impact in our community.

About me: I have a background in advice and guidance, I love meeting interesting characters and enjoy a challenge, so I'm in the right place!

Outside of work, I'm likely to be found going out to enjoy good food and drink, watching comedy, or curled up with a book.

I'm raring to go and look forward to working with you all.



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

T: 02476 559550  
E: admin@kairoswwt.org  
W: www.kairoswwt.org

ISSUE

03

October  
2011

# Kairos News



## This issue

We Welcome Jane & Charlotte P.1  
Summer Spectacular P.2  
Festive Feast P.2  
Val Retires as Women's Rep P.3  
Volunteers View p.3  
Upcoming Events and Thanks p.4  
New Recruits p.4

## Jane Osmond becomes Chair and Charlotte Temple Vice Chair of the Kairos Trustee Board



Jane Osmond is Coventry born and bred and joined KairosWWT as a volunteer for the drop-in service in 2009. Jane's childhood left a lot to be desired and so she was very grateful when grandparents stepped in to care for her and her siblings when she was 14.

Therefore, she understands how difficult it can be for young women – indeed all women – to survive without access to strong networks of family and friends and feels that KairosWWT offers such a network to women caught up in or at risk of sex working.

'I feel that together with other organisations - such as SWISH, the Anchor Centre, plus all the faith-based support we receive through donations and use of rooms – KairosWWT offers a real opportunity to vulnerable women to access consistent advice and support when they feel they need it. I am honoured to chair such a committed Trustee Board, and look forward to working with the excellent project manager and project workers and also the volunteers, without which KairosWWT could not function.'

Jane also works as a researcher for Coventry University and writes for Women's Views on News ([www.womensviewsonnews.org](http://www.womensviewsonnews.org)), the daily women's news and current affairs service which aims to build a world where all women's voices and experiences are heard by all.



Charlotte joined Kairos WWT as a trustee in March 2011. After working for many years in the NHS as a nurse and a manager, Charlotte wanted to use her time and skills for the benefit of a charity.

She says, "I feel very lucky to be able to assist with the work of a great local charity like Kairos. I believe Kairos is great at what it does, and professional about it too, thanks to our amazing staff and volunteers. The different stories and experiences of the women working with us and for us are inspiring, and I'm looking forward to playing my part in keeping Kairos strong and vibrant, for the benefit of all women who come to us for support. I think we've got such a bright future - we've got the Big Lottery grant, which affirms loud and clear what we're doing. And we've got great staff, volunteers and trustees with ideas and commitment for making the most of what we've got. I hope that we can stand out visibly to the neighbourhood and the city and continue journeying with women who need a hand and a friend."

Charlotte lives in Leamington with her toddler and husband, and currently works for a charity supporting blind and partially sighted people, helping them with fundraising and development. She used to love running half marathons, but a crumbling knee finally made her trade this in for the more sedate hobby of knitting. She hopes one day she'll stop getting confused every time she goes on the Coventry ring road.

## Gingerbread Biscuits

### Ingredients:

350g plain flour  
1-2 teaspoon ground ginger  
1 teaspoon bicarbonate of soda  
100g butter or margarine  
175g soft light brown sugar  
1 egg  
4 tablespoons golden syrup

### Method

Put the flour, ginger and soda into a bowl and rub in the butter.

Add sugar and stir in the syrup and egg to make a firm dough.

Roll out to about 5mm thick and cut out your gingerbread shapes (stars, people, hearts).

Bake at 190 C/ Gas 5 on greased baking trays (space the biscuits out as they will spread) for 10 to 15 mins until golden brown.

Leave to firm up for a couple of minutes before placing on a wire rack to cool.

Once cooled, decorate with icing.

(recipe from [www.netmums.com](http://www.netmums.com))

## A Spectacular Summer

This year the summer programme included trips to Coombe Abbey, the cinema and horse-riding. These activities went down a storm with everyone who attended, check out the quotes below:

### Coombe Abbey

"Coombe Abbey was fun, especially the "pick up sticks" game and Frisbee. The BBQ was really nice. It gave us as a family something to look forward to".



"I enjoyed watching everyone play "pick up sticks". I enjoyed the smell of the BBQ."

"My favourite trip was Coombe Abbey because we played hard-core Frisbee! The food was good too. It was chilled and there was no pressure."

Going out over the summer gave me something to do and kept me out of trouble."



### Horse Riding

"The horse riding was brilliant! I also loved the cinema. I laughed all the way through it. It was fantastic."

"Horse riding was so good. It was my first time doing it and everyone was so encouraging, it was so much fun. Going with my Sister and Mum was so nice"

"Horse riding was nerve-racking but I did it! It was nice to do it as a family."



## Val Retires as our Women's Representative

Everyone at Kairos would like to thank Val for being a brilliant Women's Representative. Below Val tells us in her own words what it was like for her.

"When I was first approached to become the next Women's Representative I felt both happy and scared! I was really pleased to be asked to become the Women's Representative and to be able to give something back. I was also scared because it was a new situation and I knew I would be well out of my comfort zone, especially as I was lacking in a lot of confidence.

Taking on this role has given me a sense of achievement, I feel like I am doing something for the women – which is a really good feeling. The role has given me more confidence in myself and I realise that I have something to offer.

Because of this, being the Women's representative has motivated me to do more with my life and in the last year I have become a member of Crave (a peer mentor programme with CDT), I am in the process of becoming a Hep C Trust volunteer and I have just started a Foundation Degree in Drug & Alcohol Counselling."

## Volunteers View

Below we hear from one of our volunteers, Denise, on her experience of volunteering with Kairos:

"We all have the ability to overcome troubles, problems and hardships, we all have the chance to be happy, but sometimes life throws so many obstacles in our way that they overwhelm us and in spite of our abilities we cannot find a way out on our own. That's when life also throws in life lines and guides to help us out, but we have to be able to reach out and learn to trust. Kairos did that for me, it was my life line until I was able to swim on my own. So I am one of your success stories and you will have many more."

## Donations Wanted

Donations are always welcome and make a huge difference to the women we work with. In particular we are always on the look out for food, toiletries and clothing (size 8 – 12) so we can provide the very basics to women who are in crisis.

## Volunteering

We would like to offer a big warm welcome to five new volunteers. Linzi, Jo, Hannah, Kate and Sarah will be joining us at either the evening drop ins or the Monday WINGS sessions. We are delighted to have them on board and hope that they enjoy their time with us at Kairos.

## Recruitment

The next recruitment drive for volunteers will take place in January 2012. We will be recruiting volunteers to join our Evening Drop In team and WINGS day session team. 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. We're also on the lookout for volunteer to support our One to One Befriending Scheme. Please contact Nicola if you know of anyone interested. [nicola@kairoswwt.org](mailto:nicola@kairoswwt.org)

