

Update

latest news from the Kenward Trust
autumn/winter 2012

Kenward Trust
transforming lives, creating choice



The Kenward Trust is a charity that offers people the opportunity to change their lives and reach their full potential. We help address substance misuse and homelessness issues, bringing hope, help and support. Our services are currently based in Kent and East Sussex.

“Kenward has been a godsend for me! I’m forever grateful.”



Mark had felt like the ‘odd one out’ in his family from childhood. This would be a major reason for his eventual addiction to alcohol. But with the help of the Kenward Trust he discovered what was at the root of that feeling, and how to overcome it.

Mark’s childhood consisted largely of entertaining his school friends by acting the fool in class, mainly to mask the fact that he did not believe he was as good as everyone else. His increasingly poor school results led him to distrust education, leading to more misbehaviour, and an endless downward spiral of non-achievement. In his early teens he smoked cannabis and drank alcohol to become friends with an older group of boys.

Ultimately, Mark was expelled from school with no qualifications to his name, and sunk deeper into a drink and drugs habit which he funded by shoplifting. Whilst his friends were receiving their first pay packets through apprenticeships and jobs, Mark was in a young offenders’ institute near Weymouth.

After a few years his friends were all relatively wealthy thanks to steady employment, and spending their money on cars, houses, and families. In contrast, Mark was losing jobs through drunkenness and absenteeism, and any money he did have was purely funding his addiction. Theft and assault led to arrest and he found himself in Her Majesty’s Prison Exeter.

Life became an unbreakable cycle of anti-social behaviour orders, arrests and prison sentences. Naturally, all of this was fuelled by the inescapable need to drink. Eventually a probation officer suggested residential rehab to Mark and he realised this was his chance for a better life.

[Mark’s story continues on page 7]

The Kenward Trust’s pathway to a new life

First stage

- tackling root causes
- equipping with tools and skills
- individual care plans
- optional therapies and counselling
- one to one support
- rural settings
- basic education

Second stage

- consolidating recovery
- building on skills
- one to one support and counselling
- education, training and vocational skills
- strong community links
- planning for a new life
- after-care group

Final stage

– supported housing

- bridge to independent living
- regular one to one support
- focus on training, volunteering and getting into work
- reintegration into the community

The politics of recovery



Since the last issue of Update the Kenward Trust has been in great demand from referrers and also politicians! In July, I was asked to represent us at the All Party Parliamentary Group on Alcohol Misuse, and in September I found myself being questioned by delegates from all round the world at the Home Affairs Committee's International Conference on Drug Policy.

Both of these government level opportunities were a result of

visits to Kenward by local MPs: Tracey Crouch (Chatham & Aylesford) and Mark Reckless (Rochester & Strood). This year has been particularly good for visits, with the High Sheriff of Kent and Jonathan Neame, seeing our work first hand.

We have also been part of a "best practice" exchange with recovery workers from projects similar to Kenward. In June, members of ASPP (France), Diagrama (Spain) and Basta (Sweden) visited us as part of their European project to further expertise in the fields of recovery, reintegration and resettlement. Basta has invited us to see how they operate a very successful social enterprise, which will mean a trip to Sweden for Michael Bourne, our new Resettlement Manager (you can read about Michael's progress on pages 4 and 5).

All of this serves to illustrate the most important fact about the politics of recovery in the 21st

century, namely that partnership is crucial. Whilst the hands-on work of our project managers, therapists, key workers and counsellors in tackling substance misuse remains Kenward's *raison d'être*, we cannot achieve success in isolation.

This is why we seek to learn from anyone who can help in tackling substance misuse, and also make ourselves 'heard' by those in positions of power. We have over four decades of expertise in successfully tackling substance misuse, so we have a vital part to play in steering government towards rehabilitation policies that have a genuine chance of success.

Thank you so much for all your support.

A handwritten signature in black ink that reads "Angela".

Angela Painter
Chief Executive

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Regarding the matter of Kenward's history, you will see in this issue that we are very keen for you to remember one particular piece of information, namely: 2013 is our 45th anniversary! Yes, Ray and Violet Sinden opened Kenward's doors in 1968, and this issue outlines how we want to mark this auspicious occasion. You will also see that we need your donations as much as at any time in the past 45 years. The Sindens' vision would never have become a reality – and will not continue to be so – without you.

In July 1968, Ray and Violet Sinden opened the doors of Kenward House to homeless men in need of food, clothing, shelter and compassion. The vast majority of those men were also suffering from an addiction to alcohol or narcotics, and the Kenward Trust soon became an expert in the field of residential recovery from addiction.

The Sindens were Christians whose eldest daughter, Olive, was friends with a Church Army officer, Captain Paul Deeming, who worked amongst homeless people on the streets of London. Initially, the Sindens took some of the men into their family home – on a farm near Sevenoaks – to help them into recovery from addiction and, eventually, to resettle them in the community.



The Kenward Trust:

45 years of transforming lives



However, the farm soon became overcrowded and the Sindens took the life transforming step to sell all their property in order to purchase 'Kenward': a 15-acre, 37-room stately home in Yalding, overlooking the river Medway. Recently vacated by the charity Barnardo's, and in need of renovation, Kenward House became the first project of the Kenward Trust.

Kenward House still operates today, along with residential recovery projects in Yalding, Hawkhurst, Uckfield, Maidstone, Southborough and Gravesend. We also operate in communities throughout Kent via Kenward Youth Services and Kenward Alcohol Services, tackling substance misuse before it can turn into addiction.

On Saturday 15th June 2013 we will be celebrating 45 years of transforming lives from the misery of addiction, homelessness and crime with a Family Fun Day, here at Kenward House.

Full details will be advertised on our website www.kenwardtrust.org.uk and in the local media in 2013, as well as in the next issue of Update.

PLEASE mark the date in your diary as we would love to have as many supporters, residents and local people as possible join us to celebrate a vision which became a reality, and continues to rescue lives every day. **THANK YOU**

These are some ways you can help us to raise funds in our anniversary year:

- Does your employer operate a "Charity of the Year" scheme?
If so, you could nominate the Kenward Trust for 2013.
- Does your child's school hold "non-uniform" days for charity?
If so, he or she could nominate Kenward Trust for one in 2013.
- Does your church choose a Christian charity to benefit from its "mission giving"?
If so, they might like to consider the Kenward Trust as a worthwhile cause.

If you nominate us for any of the above please email us at:
richard.chambers@kenwardtrust.org.uk



Resettlement, re-Bourne!

Michael Bourne, our new Resettlement Manager, is responsible for every aspect of Kenward's work with ex-offenders. He is pictured below (left of photo) showing a visitor around the grounds of Kenward House. In this article he describes the new projects that he is establishing as part of his overhaul of our resettlement programme.

"At the heart of my role as Resettlement Manager is the Reset project. Reset was originally a small charity that trained volunteers to assist ex-offenders during their transition back into the community, following the end of a prison sentence. We were asked to take

"The excellent work of the Kenward Trust is clearly providing many people with the opportunity of transforming their lives. Having recently lost a brother to alcoholism, it is heartening to witness such a committed and professional organisation making a difference."

Peter Midwinter, Principal at St Augustine Academy, Maidstone

over the project last year because of our reputation and experience in the field of homelessness and ex-offenders.

Reset will work with male and female ex-offenders leaving HMPs Elmley, Maidstone, East Sutton Park, Blantyre House, Rochester and Fleming

House probation hostel. Reset volunteers will build relationships with people in prison who have two months or less to serve on their sentences, and arrange to meet them at the gate on the day they step back into the community. Each volunteer will provide advice, information and signposting to organisations that will help an ex-offender rebuild his or her life (eg social services; housing associations; treatment agencies).

I am working with Kent Probation services to establish a Volunteer Co-ordinator and we envisage that quarterly training sessions will be held to ensure that all Reset volunteers are fully equipped for their role, and fully supported too. In this way, ex-offenders will be given the best



chance of a positive, successful return to the community, where they can leave the negative aspects of their past behind for good.

Part of my role is to liaise with Paul Randall, our Supported Housing Project Manager, to ensure that our final stage projects in Southborough, Gravesend and Maidstone function efficiently. Supported Housing (or "Move on") represents the final stage of residential recovery for many of our residents, before they return to an independent life in the community.

In addition to Reset, Kenward is taking the first steps towards building a thriving social enterprise. The aim is to enable residents and ex-offenders to gain skills and contribute to the daily running of the charity, generating much needed income in the process. The onsite nursery at Yalding is already being expanded to enable the men to grow vegetables for the Kenward House kitchen, which will reduce our expenditure significantly.

It will bring a major sense of achievement for the men to create some of the meals they eat, as well as building confidence in their ability to find employment on their return to society. The longer-term potential to supply other organisations with garden produce is already being researched – the Blackthorn Trust recently took delivery of a large order of marrows for their café! Our Conference Centre facilities have also been overhauled with new equipment, new menus and new rates (including a discount for fellow charities). We can now boast top quality facilities for up to 80 people, and we expect the Centre will become a vital part of our social enterprise from 2013 onwards."



**For further
information contact
Kenward Resettlement
on 01622 814187**



"A new life, that's what Kenward's given me... Before Kenward it felt like I was in hell"

These are the very words at the start of our new film, spoken by one of our residents who has just completed Final stage recovery with us and is now resettled in the community. You can see our film at www.kenwardtrust.org.uk/videos or email richard.chambers@kenwardtrust.org.uk if you would like a copy of the film on DVD.

"I commend the work of the Kenward Trust shown in this film. Compassion and understanding are in evidence with each resident being treated with respect and helped with a programme geared to individual needs. The message is clear and simple: Recovery, Reintegration, Resettlement."

**Cllr. Jane March – Cabinet member,
Tunbridge Wells Borough Council**

Donate online at www.kenwardtrust.org.uk and help to transform more people's lives

Come and join us this Christmas!



This year's Carol Service will take place at Kenward House's local church, St Peter & St Paul's in Yalding. The service will take place on Saturday 8th December

and will include a talk by our patron the Bishop of Rochester, testimonies from former Kenward residents and – of course – mince pies at the end!

We welcome supporters, current residents, ex-residents, friends and families to the service which will begin at 3pm.

Limited parking will be available in Yalding village high street, opposite St Peter & St Paul's Church on a first come first served basis. We would like as many people as possible to join us in celebrating Christmas, and what it means to all Kenward 'people'...past and present.

If you want to know more about this year's Carol Service, or are able to confirm that you will be attending, please call Richard Chambers on 01622 814187.

Leaving a legacy – the ultimate gift

Leaving a legacy to charity is often the biggest single gift anyone will make. A legacy is either a specified amount (eg £10,000) or a specified percentage (eg 5% of someone's 'estate') which you can have written into your Will.

What it means to a charity like the Kenward Trust is that our work can continue thanks to your generosity. It means that your support will live on through the people whose lives we can continue to transform because you made the ultimate gift to them.

And we do mean "transform". Our residents' lives were



practically over before they arrived at a Kenward Trust recovery project. When they leave us to regain their place in society it feels as dramatic and miraculous to them as a caterpillar turning into a butterfly (which is why we use the latter

as our emblem). We need your support to continue a method of rehabilitation which has been a success for nearly 45 years.

Please consider leaving us a legacy in your Will. To our residents, it is the gift of life itself.

One of our most committed supporters, Peter Camrass, is offering a spectacular 20% discount to any of our supporters in Kent who wish to write (or re-write) their Wills, and leave a legacy to Kenward Trust.

For more details please contact Peter (his company is Camrass Wills) on 01622 812390 or 07747 007971 or via www.camrass.wix.com/wills.

Don't forget to mention you saw this offer in Update or on our website!

Watch our film at www.kenwardtrust.org.uk/videos and see some of the people we have helped into recovery

Mark's story continues here from the front page...

Mark made good progress at Kenward House in Yalding, working hard in the kitchen and the garden, and absorbing the teaching, therapy and counselling thoroughly. His move to a second stage project, the Malthouse in Uckfield, produced an epiphany. One of the project workers suspected that Mark was dyslexic, and had it confirmed through testing. Suddenly Mark could see why he had felt 'different' and somewhat isolated from other people for so long.

Having had his dyslexia properly diagnosed, Mark was able to take full advantage of the English and Maths classes taught at the Malthouse...following this up with qualifications in those subjects at the local college! Mark also began volunteering at the local horse sanctuary and in a charity shop in the town, so eager was he to start making something truly positive out of the new lease of life Kenward had given him.

After these successful steps on

the road to recovery at Kenward House and the Malthouse, Mark entered "Move on" housing in Southborough. The project manager encouraged him to continue in education, and Mark is now a qualified plumber to level 2 standard. A great moment for him was the calm and positive response he received from his college tutors when explaining to them that he was dyslexic. It was a sign that he could lay the damaging feeling of inadequacy to rest forever. A sign that he could at last achieve what he truly wanted out of life.

Mark's next step is to find employment with a plumbing firm who will help him qualify to level 3 standard, enabling to operate on all gas heating systems. So he is on the verge of securing something like the apprenticeship he craved when all his school friends were embarking on theirs, many years ago. Back when he used to feel like the 'odd one out', but could never explain why.

If you want to make it possible for more people like Mark to escape addiction and build a new life in the community, please make a donation using the form below.



I enclose the following donation towards the work of the Kenward Trust

£

Gift Aid declaration: Please treat all gifts of money that I have made in the past 4 years and make in the future from the date of this declaration as Gift Aid donations. I pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April one year to 5 April the next) at least equal to the amount of tax that the Kenward Trust will reclaim on my gifts for that tax year.

Tick if you are a taxpayer

Title _____ First name _____ Surname _____

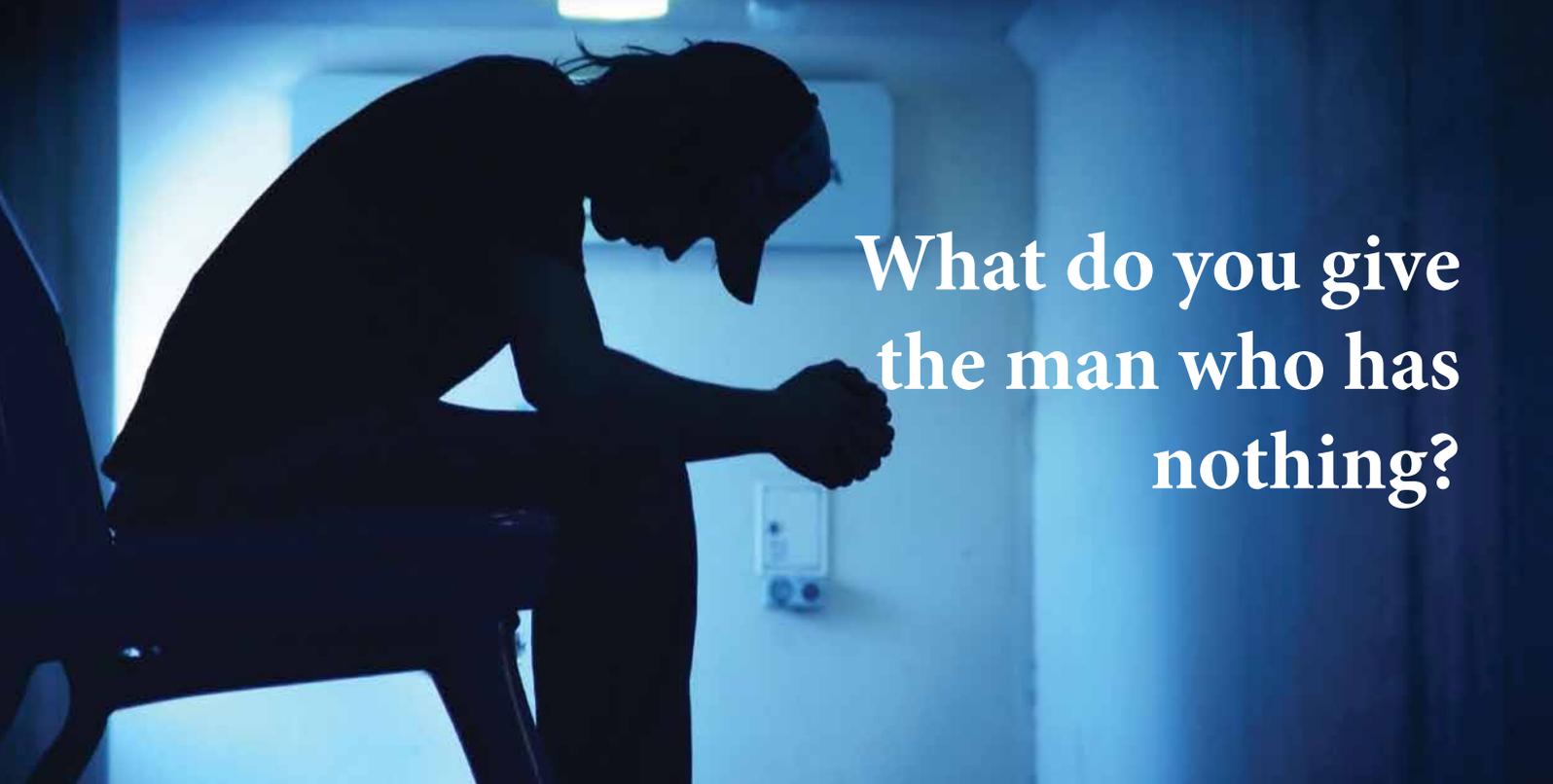
Home address _____ Post Code _____

Signature _____ Date ____/____/____

Please make cheques payable to "Kenward Trust" and send to:

Kenward Trust, Kenward Road, Yalding, Kent ME18 6AH
Tel: 01622 814187 email: fundraising@kenwardtrust.org.uk
www.kenwardtrust.org.uk

Thank you for saving lives



What do you give the man who has nothing?

Hopefully you have already seen on page 3 how the late founders of the Kenward Trust, Ray and Violet Sinden, gave the men who had nothing the gift of a new life. Their amazing act of compassion and sacrifice – the sale of their farm to purchase Kenward House – has led to thousands of transformed lives since July 1968.

With Kenward Trust's 45th anniversary year only a few weeks away, we are asking you to find it in your hearts to make a donation that will enable us to continue

supporting, counselling, teaching and ultimately leading people out of addiction and into recovery.

A donation from you will make it possible for our exceptional staff to transform the lives of:

- **The man who arrived at Kenward House with his life in ruins because he took ecstasy at a nightclub 25 years ago...and could not find a way to stop.**
- **The woman who came to our Naomi project because she**

drank spirits to numb the pain of an abusive partner... and eventually could control neither of them.

- **The boy who hangs around with those other young people in the local park drinking cider, vodka, whatever...and thinks that this is all life has to offer him.**
- **The girl in a town near you who tried cannabis because she wanted to 'fit in' with her mates...and is now at serious risk of becoming an addict.**

Wherever substance misuse raises its head and at whatever stage...

The Kenward Trust's residential recovery projects, youth services team and alcohol services clinics are on hand to tackle it. For 45 years we have given the gift of a new life to those who have nothing.

But we cannot continue to do this without your help.

Please use the form on the previous page to make a donation towards our work.

And give someone the gift of a new life.