



Kairos News

Befriending Programme Launched!

The Befriending scheme and 'pool' volunteering are being launched...

Do you ever get nervous going to an appointment, or find it difficult to remember when your appointments are?

Would it be helpful to meet with someone on a regular basis who is there just to listen to you and won't make any judgements?

Kairos Befriending Scheme has been set up to give added support and help to the women who use Kairos services.

Pool Volunteers - can make sure your up and on time for those dreaded dentists appointments.

Befrienders - can support

you on a regular basis. They will listen, work with you towards goals you set. Befrienders are an equal, not there to tell you what to do, or control your life, or do everything for you, they are there to support & empower. The befriending relationship can last up to a year meeting together for a minimum of five hours a month.

If your interested in having a befriender you will need to speak to Suzanne or Lucia who will discuss what you would like a befriender to support you with.

Then..

1. Come along to two Befriending meetings and meet the volunteers who want to become volunteer Befrienders. You will choose 3 people

who you would like as a befriender - we will try and match you with one of them and the first meeting will be set up.

2. You will need to sign a Befriending Agreement. Answer a short questionnaire and complete an action plan. - Your befriender will help you fill these in

Befriending can also be fun, is there a film you really want to see at the cinema but no one to go with. Is there an evening class you want someone to go with you for support. Your befriender could be that person.

Sign up for befriending and start working together to knock down those walls!

Inside this issue:

International Women's Week 2

Poetry Corner 2

WINGS Launch Party 3

From one extreme to the other... 3

All About Me 3

Kairos is 10...coming soon! 4

Our Thanks go to.... 4

UPDATES

For those of you that haven't been to our office recently, please note that we have moved office and are now located on the top floor, next to the library at St Peter's.

We are no longer running our Friday night drop in at The Hope Centre. Currently, we can be found at St Mary's & St Benedict's Church, Raglan St every Wednesday & Friday 8-10pm.

Volunteers Week 2009

June 1 - 7th sees the annual celebration of Volunteers Week, a week to promote volunteering opportunities and celebrate the efforts of volunteers across the country. Kairos would like to take this opportunity to thank it's 38 volunteers for their continued support, enthusiasm, hard work and commitment to the project and our women. Volunteers will be invited to a celebra-

tion evening on June 2nd.

Special recognition goes to Freda, B and Pauline for many years of continued service.

Our heart felt thanks go to all our volunteers; Janet W, Rachel H, Pauline, Lucy, Penny, Jenny, Janet C, B, Mandy, Julia, Freda, Catalina, Lucy, Helen, Tina, Rachel S, Michelle, Angela, Katrina, Loveleen, Lis,

Sophie, Di, Mary, Susan, Gill, Jodie, Anja, Madhu and Manvi.

We recruited 7 more keen volunteers in February and extend our warmest welcome to Jessica, Smriti, Viya, Becky, Julie, Amy and Alison. We were also delighted to welcome Barbara back in February who has returned to volunteer with the project.



'One of Us' - International Women's Week I

On the 5th of March 2009 Lucia (the Support Worker) and I were invited to give a talk and a presentation to an audience at the Warwick University about prostitution and the myths surrounding it. This was part of a special event organised by the Warwick University for International Women's Week.

The event itself was held at the Social Sciences building and details of our upcoming venture even appeared on the social network site FaceBook and on various posters across the Warwick university campus a few weeks before the event itself even took place. Both Lucia and I were very excited and a little apprehensive about being invited to give a talk about Kairos, the charity work it does and those it endeavours to help.

We realised that most of the audience intending to come probably had little factual knowledge of the reasons for why women fall into the trap of prostitution and how incredibly difficult it is for the women involved in street based prostitution to exit. We also believed that any knowledge or awareness they did have maybe inaccurate and unduly influenced by negative media coverage. With that in mind we did a lot of planning beforehand to ensure that the power point presentation which was scheduled to last one hour was factual in content and gave a balanced and truthful reflection of what life on the streets is really like. The hardships and stark realities faced by those individuals forced to live out their daily existence caught up in this way of life.

When the day actually arrived we were pleasantly surprised by the turnout of

We wore identical outfits to make it more difficult for those present to determine who was the ex-worker and who helped manage the project.

people who had come to listen to our much anticipated presentation.

Sarah

International women's Week II



On Saturday 7th March, Kairos set up stall at the Coventry Women's Forum Launch to place ourselves firmly at the centre of events celebrating the work of women. The event took place at the Coventry Transport Museum and hosted a variety of local groups and crafts-people. Suzanne and Lucia were

joined by Pauline and Sarah to help sell over £30 of cards and jewellery hand-made by the women in our Monday Day

Our women's work was displayed and sold during Coventry Women's Forum Launch

Poetry Corner

Poem in Five Chapters

Chapter 1

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost—I am helpless—it isn't my fault...
It takes forever to find a way out.

Chapter 2

I walk down the same street.
There is a deep hole in the sidewalk.

I pretend I don't see it.

I fall in again.

I can't believe I am in the same place—
but it isn't my fault...

It still takes a long time to get out.

Chapter 3

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I fall in...it is a habit.
My eyes are open.
I know where I am.

It is my fault.

I get out immediately.

Chapter 4

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter 5

I walk down another street.

By Portia Nelson

WINGS Launch Party

On Wednesday 4th March, the WINGS programme was launched.

The WINGS pilot aims to empower our women; to increase confidence, well-being, skills and independence.

The launch was attended by 11 women, 6 volunteers and 4 guests and coincided with International Women's Week.



Our very own WINGS cake

The launch party included very moving and inspiring talks from Denise and Emma as

well as the making of butterfly fridge magnets, a collage of hopes, a visual representation of the 12 planned activities and best of all...a wonderful spread of refreshments including a Kairos WINGS cake!

So far the women have already taken part in sessions including Introduction to the Internet, One to One Befriending, Complimentary Therapies, 1st Steps to Employment, CV Writing, Q&A with a solicitor and swimming. We're looking forward to the remaining sessions with Basic First Aid, Self-Defence, Budgeting & Benefits Advice and a tour of City College. The pilot will culminate with a pamper party and certificates

awarded to the women for their progress. Thanks go to Abtar Sanga from Coventry City Council Regeneration Services and The Alan Edward Higgs Charity for supporting this project.

From One Extreme to the Other!

The last few months have seen two day trips from one extreme in temperature to the other. During February half-term, five women and one child made the brave decision to take on the ice at Planet Ice Skating Rink. The day saw great determination from the women, some impressive flair for skating and the odd bruise!

During the Easter holidays, we were blessed with fantastic sunshine during our trip to Coombe Abbey where we planned an Easter Egg Hunt. The weather was so unusually hot, we had

to leave the eggs in the fridge at Cornerstone so they didn't melt!! It was a great day out, thoroughly enjoyed by eight women and three children. Thanks to our volunteers who supported both trips.

All About Me...

Name: Kerry

Birthday: July 9th

Star Sign: Cancer

Favourite Hobbies: Watching TV, Writing, card-making and cooking

The best thing that ever

happened to me was... spending Christmas with my family last year for the first time in a very long time

The best thing about me is.... I'm a great cook and I have a very bubbly personality! :-)

The Best thing about Kairos is...

Having someone to talk to, meeting up with other people and the activities.

Kairos WWT

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Women Working Together

www.kairoswwt.org



Kairos is 10!!!

Join us for a very special birthday celebration on

Saturday August 1st

Invitations to follow...



Our Thanks Go To...

Kind benefactors have donated a variety of goods this quarter that we've been able to distribute amongst our women.

Students at Cardinal Newman Catholic School and an anonymous benefactor kindly donated an assortment of Easter Eggs which were the centre piece of our Easter Fun Day at Coombe Abbey and were given out to women and their families during the Easter period.

A much needed donation of tins from the Knights of Columba was gratefully received in April, and items supplied by Bernie Foley and Christina Lanigan have found good homes amongst our women.

Warwick Volunteers undertook their termly Campus Clearance Project and donated food, and kitchen utensils to Kairos which were very popular at our drop ins. Thanks go to Peggy Vazoura from Warwick Volunteers for her ongoing support of our project.

As previously mentioned, thanks also go to Sam George from Warwick University Pro Bono Law Society for

organising our visit to campus during International Women's Week, championing our cause and raising donations amongst the students.

We appreciate the generosity of Gaynor Sharpe who asked friends to donate money to Kairos instead of buying her gifts for her last birthday.

The assistance of Father Jimmy from St Mary's & St Benedicts Church has meant that we could continue with our Friday Drop In sessions after the Hope Centre no longer was available to us. We are extremely grateful for Father Jimmy's ongoing support.

A big shout out goes to Maria and Vicki from the Community Drugs Team and Sarah from the Anchor Centre for their tremendous efforts on outreach with us.

We are now running low on stocks of food items (tinned and dried goods). Any donations would be gratefully accepted.

Trustees Wanted...

Interested in playing a more active role in developing the work of Kairos?

There are vacancies on the Management Committee for Trustees willing to give their time and energy to Kairos at this important time.

Contact Janet the Chair via the Kairos office 02476 559550, admin@kairoswwt.org.



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sponsored by

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DESIGN & PRINT

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