



Kairos News

A Kairos Christmas



In the Grotto with Mother Christmas

Whilst the festive season seems long gone now, the memory of all the Kairos festivities lingers on.

The festive season began with our Christmas WINGS program. Each week we set about making table decorations, crackers and cards, spurred on by the big tin of chocolates, which formed the centre-piece to our grotto set up and the obligatory Christmas tunes playing in the background.



The WINGS season concluded with the annual Kairos Christmas party on Monday 20th December. In keeping with the season's tradition we stuffed ourselves with the classic Christmas turkey and trimmings

then burnt a few calories with a few rounds of adrenalin-pumping festive bingo. Following this we were hit with the sad news that Father Christmas had caught the flu, so wasn't able to bring the presents this year. Fortunately, his wife, Mother Christmas was able to step in his place. So, women and children alike all went up for a big squidge with Mrs Claus and to receive their present. Our thanks go to Hillfields Baptist Church and the Salvation Army for supporting out gift appeal.

We were also privileged to be able to take part in a Posada (a traditional Mexican Christmas activity), which was journeying around Coventry. It involved a short recital, a rendition of 'Once in Royal David's City', and the display of Mary & Joseph figurines. We are grateful to Pauline, one of our trustees, for organising this.



Kairos WWT

Nov 2010—Feb 2011

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Kairos Services

WINGS: Women's Group
Monday 11.30—3.00pm
Cornerstone Methodist Church

Drop In & Outreach
Wed & Fri 8.00—10.00pm
St Mary's Church

Befriending
One-to-one ongoing support given by one of our volunteers.

Floating Support
One off support given by a volunteer or member of staff in times of crisis or to access other services.

Ring them Bells...

Full of the festive spirit we then went en masse to the Belgrade Theatre to see Cinderella with 11 excitable children in toe. A great time was had by all as we booed at the baddies, giggled at the goodies and helped to identify the ghost with loud shouts of 'He's Behind You', saving Buttons from a certain terrible fate.

Particular highlights of the performance included the dazzling chocolate-themed dresses worn by the two step sisters, the amazing flying carriage that took Cinderella to the ball, the great big Kairos shout out

and the rousing sing-a-long of 'Ding, Dong, Ding, Dong, Ring them Bells...!', which was one of those annoyingly catchy tunes that seems to linger in your mind for days afterwards.

"From the ashes of the fireplace
to the glories of the palace,
never lose hope;
it might happen to you"
(Fairy Godmother)





Meet the Volunteers

In December we had 5 new volunteers join our regular weekly sessions, all bringing bags of enthusiasm and experience. Here's your opportunity to meet a few of them:

Carla Tranter

I'm Carla and I joined Kairos in December 2010 as an Outreach



volunteer in the evenings. I find volunteering with Kairos personally rewarding and from my personal experiences with addiction I can recognise how important the Kairos services are. Also, the girls I have met have all been lovely. I'm a single working mum and am also studying for a foundation degree in Drug and Alcohol Counselling. These days I enjoy taking my dogs for walks, which is really cool as it has taken me a while to enjoy anything other than taking drugs.

Jana Jesuthasan

My name is Jana Jesuthasan, I joined

Kairos in December 2010 as a volunteer to support with Drop In sessions and Outreach work. My background is in Health Psychology and I work as a senior researcher for Coventry University. Previous to this I worked as a stop smoking advisor, I also have experience working within the mental health setting. Outside of work I thoroughly enjoying running and am currently training for two half marathons and hopefully aim to run a marathon by the end of 2011.



Sarah Muttitt

My name is Sarah, I joined Kairos in January 2011 and am looking forward to volunteering as a Befriender. I have enjoyed supporting some smaller group sessions so far and have already met so many great people. I am currently a student but hope to graduate this summer. in my spare time I love to play sport and



meet with friends.

We are enormously grateful to all of our volunteers; new and experienced, for all of their dedication and hard work and without whom we wouldn't be able to run all the sessions we do.

Here's a brief insight into what a WINGS volunteer might do:

Arrive 15 minutes before the session starts for a briefing with the staff. Then they will prepare the lunch, set out the main room and lunch area and start to welcome women to the session. The lunch preparation will usually be interrupted by the rounds of tea and coffee. Once the lunch is prepared the staff, volunteers and women all sit down together to share the food. The volunteers will then help clear the table, continue the rounds of tea and coffee and then come and join in with the activity. At the end of the session the volunteers will then help to tidy up the room. The session concludes with a 15 debrief with one of the members of staff. Then the volunteering is done for another fortnight.

Poetry Corner

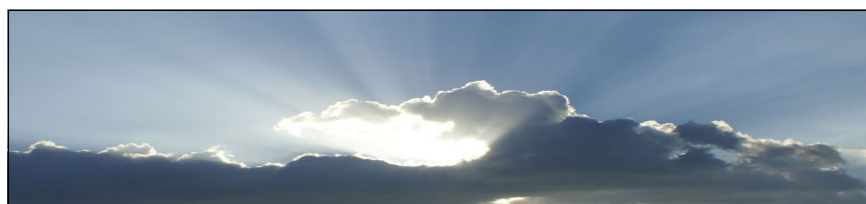


Shine Ladies

I have seen so many women in pain.
Through many years I have seen them gain.
I'm proud to have met you all,
With many problems; big or small.

In the darkest time of your day,
Fight ladies, there is a light for you all,
I pray.
I have seen so many of you come a long way.
I love you all, friends forever we will stay.

So, when you're feeling really low,
Don't forget, just come to me and say "hello".
Remember, I'm here for you all.
Love always...



Jane Taylor

Personal Safety

Being Safe on the Streets

On 26th January SWISH and Kairos joined forces to run a course on personal safety. The course was led by Shellie Stoops, ISVA for the Armistead Centre; a sex worker project in Liverpool and a member of the UK Network of Sex Work Projects. Shellie has featured in the local press for her dedication to the service and for her role in developing the national Doggy Punter scheme.

After a few introductions Shellie led the session with tips and techniques about how to be safe when out

working on the streets, highlighting how options for minimising risk reduce the closer in time you get to the incident occurring.

Top tips from the course include:

1. Dress safely—flat shoes, no big jewellery and if wearing a scarf tie it in a loop rather than wrapped around your neck.
2. If carrying a bag use a satchel style bag rather than a handbag and keep contents to a minimum (no large sums of money).
3. Always keep mobiles charged, accessible and with credit.

For more top tips see the SWISH / Kairos Personal Safety Booklet,

available on request. Safety packs were also distributed to those who attended the course and more are available on request.

The session concluded with some lovely chilli and jacket spuds.

One of the participants said of the course: "I got some good tips, which I will put into practice, particularly about what to do in a dodgy situation".



Have Confidence

Throughout January and February Kairos ran a Confidence Course led by life coach, Ruby Watts. The course offered an opportunity for the women to explore and develop their personal potential through group discussion and activities.

"Just as much as we see in others we have in ourselves"
William Hazlitt

The topics covered on the course included: Perceptions; Self Esteem;

Choice and Success; Comfort Zones; Confidence; Relationships; Values and; Personal Goals. The course concluded by each participant writing a card to themselves setting out their short and long term goals.

"The way you treat yourselves sets the standards for others".
Sonya Friedman

Ruby has had a lot of positive feedback from the courses she's run and says that "people who have attended the course leave having a better quality of life through gaining a

better understanding of themselves".

The women and volunteers who have attended this course say that it has helped them in their attitudes and in their relationships with others.

One of the participants said of the course: "I have learnt a lot about myself and have found some good ideas about how to improve the relationship with my children"

"Confidence comes not always from being right but from not fearing to be wrong"
Peter T McIntyre

In the Kitchen with: Kerry

Spaghetti Bolognaise

Serves: 4 people

Ingredients:

| | |
|------------------|--------------------|
| 1/2 lb mince | Tomato puree |
| 1 tbsp olive oil | 1 can chopped toms |
| 2 garlic cloves | Oregano |
| Spaghetti | Seasoning to taste |



Method:

1. Fry mince until browned. Set aside
2. Fry onions and garlic in the olive oil until golden brown.
3. Add the mince, chopped tomatoes, tomato puree, seasoning and oregano.
4. Simmer for approximately 25 mins.
5. 10 minutes before the bolognaise is cooked, add the spaghetti to boiling water. Turn heat down and

simmer for 10 mins.

Extra:

Try adding courgette, mushrooms, chopped peppers and/or carrot (par boiled). Fry with the onions and garlic.

Try adding one of the following to the bolognaise with the tomato puree:

- 1 tbsp balsamic vinegar
- Few drops Tabasco sauce
- Lea and Perrins' Worcester sauce.

Upcoming Events...

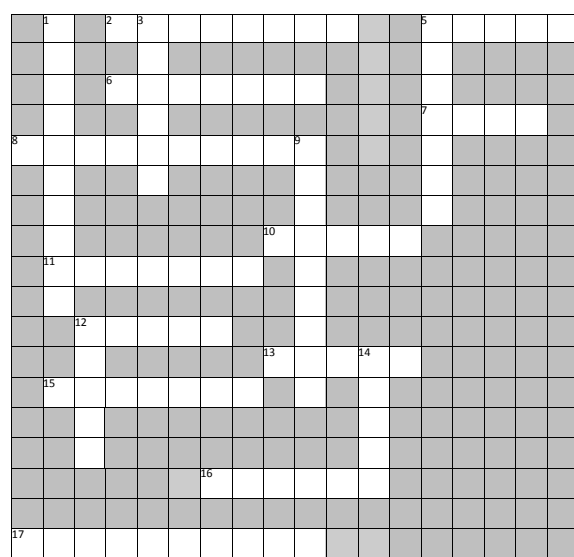
3rd Feb—3rd Mar "Women on Top"
Every Thurs Performing Arts Course
6.00pm—8.00pm
St Peter's Centre

Mon 7th & 14th Mar Celebrating "International
11.30am—3.00pm Women's Week" at WINGS
Cornerstone

Thurs 10th Mar City College Coventry Tour
Afternoon Discussing the courses, a look at
Stony Stanton Rd the college and some pampering

Crossword

Based on this edition of Kairos news, see how much you remember.



Across

2. The venue for the "Women on Top" course
5. A gathering usually associated with celebration
6. To be pulled before Christmas lunch
7. A feeling of security; free from risk or harm
8. A beauty out of the ashes
10. The game we played at the Christmas party (2 sitting ducks...)
11. A place you might go for higher education
12. Something the sun might do at dawn (also recent Take That hit)
13. The month that International Women's Week is held in
15. Get out of here if you can't stand the heat
16. A traditional Mexican Christmas activity, which we took part in at the Christmas party
17. Something yummy you might have eaten if you attended a WINGS session during December.

Down

1. Something you have if you believe in yourself, or something else
3. Food you might traditionally eat at Christmas or thanksgiving (eaten at the Kairos Christmas party).
5. Something you might have received from Mother Christmas
9. The name of the Centre that Shellie Stoops works for
12. They have a van which goes out every Tuesday and Friday evening
14. The name of the volunteer, who likes to walk her dog

Our thanks go to...

'B' Critchley

After 8 years of dedicated volunteering with Kairos, B announced at the Christmas party that she would be retiring.



B began volunteering with Kairos in 2003 as a day session volunteer. B also used her professional skills as a counsellor to give counselling to those women that requested it.

The love and compassion B has shown to the women over the years will be fondly remembered as well as the enthusiasm she poured into the role. We wish her well in her new endeavours.

Christmas Donators

Our sincere thanks go to: Knights of Columbia; Coventry Leofric Lions; Cardinal Newman School; All Souls; Gordon and Eileen Garnett; The Greek Ladies; Betty Webb; the McMillan Nurses and; St Thomas More Church for their ongoing support and donations of food, toiletries, clothing and other contributions

UPDATES

NETWORK FOODBANK

Kairos has become an official distributor for Network Foodbank in Coventry.

The foodbank gives food to people in crisis. The food is given from one of the foodbank Distribution Centres in Coventry and enough items are given to last for 3 days. The items distributed have been donated by schools, supermarket shoppers, faith groups, community groups and organisations in and around Coventry.



As an official distributor, Kairos will be able to give vouchers to our service-users to enable them to access the foodbank. This additional service will enable Kairos to meet women's needs at a point of absolute crisis when we are unable to do so out of our own food supplies.

GUM OPENING TIMES Phone: 0300 020 0027

The GUM clinic at Coventry & Warwickshire Hospital has changed its opening times.

Open access in the morning. Appointments with doctor or nurse in the afternoon and evening. Full STI screening for patients with or without symptoms.

| | |
|-------|----------------------------------|
| Mon | 9.00—12.00, 1.00—4.30, 5.00—8.00 |
| Tues | 9.00—12.00, 12.30—4.00 |
| Wed | 9.00—12.00, 1.30—4.30, 8.00—8.00 |
| Thurs | 9.00—12.00, 1.30—3.30, 5.00 |
| Fri | 9.00—12.00, 12.30—3.30 |