

Kairos Rehabilitation Newsletter

Realising potential in challenging medical conditions

Issue No. 3 Autumn 2016

FREE

Prize Winning Team!



Vanbrugh Pain Management Clinic and Kairos were recognised for our innovative rehabilitation programme when we won the Grünenthal Pain (Patient Benefit) Award 2016. The £5000 prize will help fund our choir and other new social group activities and classes. Nine of us attended the award ceremony and dinner at The Majestic Hotel in Harrogate in early May. Quite an outing! read on...

'I knew I wasn't alone, but this was the longest trip I'd done since 2009. I can't tell you how ecstatic I felt when we eventually got there. I would have victory danced if I could, but I was done in. We met up later, all dressed up, make up on, looking stunning, something I've not done in a long time. It was tense and interesting to be amongst the other shortlisted clinics. After they showed our film (now on the website!) the judge, who was a patient himself, gave us a passionate and heart-warming tribute. He could really see how much the clinic has helped us all.'

Katie

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The Case for Change

In 2013, the Government's think-tank, the Kings Fund, declared: "The need to improve the treatment and management of long-term conditions (LTC) is the most important challenge facing the NHS". With the best brains in the country, they set about outlining a practical, radical and comprehensive redesign of services. It became known as their 'House of Care' model. It calls for 'patients and health professionals to abandon the disease focussed approach, appropriate in an acute situation, and to adopt a partnership model in which patients play an active part in determining their own care and support needs'.

However, when pain dominates, sleep is poor and energy low, it can be a tall order to act as an 'engaged and informed patient'. Therefore, Kairos concentrates the initial therapy efforts on tackling these basic issues. Once some self-confidence and security has been regained other more social and work-related interventions can be taken up. See back page for how we start off the task together.....

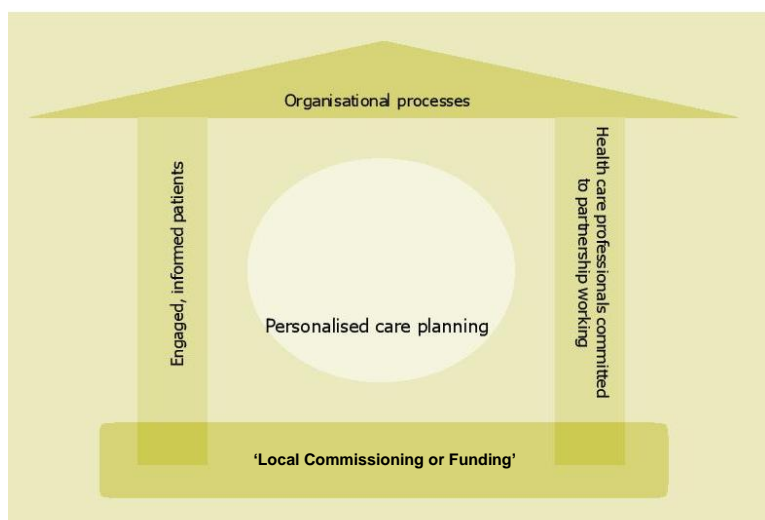
The case for change...

The Kings Fund suggests that it is particularly hard to get the House of Care model to work for patients with more than one long-term condition (multi-morbidity). Latest NICE guidelines admit 'there is limited evidence on the effectiveness of different models of care for people with multimorbidity'. We believe that Kairos does demonstrate the potential and effectiveness of the House of Care model. But Kairos is not yet commissioned by the NHS and finding the funding, the 'base of the house' as it were, is still a problem we must solve. But being a charity has allowed us flexibility to establish the model and get it up and working..

Evidence that Kairos is effective

We are now preparing to publish outcomes of our work with 28 of our first 30 patients. Our target population turns out to be *more* disabled in terms of quality of life, pain, mobility, anxiety & depression when compared with the national average (British Pain Audit 2010-12). Average duration of pain was 6.5 years. **Kairos' methods brought about a reduction of pain, anxiety and depression in those reporting severe disablement. NHS specialist appointments were reduced by 57%; costs of prescribing regular analgesic and psychotropic medication were reduced by 76%.**

These figures were calculated by comparing the year before coming to Kairos with the year, on average 19 months, after the time they were discharged. The average period of rehabilitation was 17.7 months; annual costs are around £1000 per patient. This is what the charity needs to find. We have submitted this evidence to NHS powers-that-be, inviting their financial support.



Social Prescription

Activities which encourage social interaction and engagement benefit people in finding confidence in themselves and waking up to new skills. They learn that they do matter to other people and together develop a sense of belonging, helping each other socially and by their example. Feeling at the helm in one's life makes it much more possible to engage and take on responsibilities again.

Kairos needs to consolidate and expand our social and work-related activities. We have applied for funding to grant making trusts in order to run blocks of group activities through the year. The next block (paid for by the Gruenenthal Prize) will be a 5 week art class lead by an experienced art therapist. The jewellery and card stalls held at the Forum run by two patients sprang from similar workshops in the past.

Prize Winning Team!

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'We really "bonded" over the lovely dinner at the hotel and carried on celebrations till 1.30am in my room! We laughed a lot and put the world to rights. When we get together we can share how we get to deal with pain on a daily basis. Thank you Dr Wright and the Kairos team!'

Clare

I was looking forward to going on this trip. Kairos has been a life saviour for many of us with long term pain, Dr.McGavin, Ingrid and the team are passionate to help everyone overcome their illness. It was such a celebration, and to top it all to receive the £5000. A wonderful time, thanks for a lovely day away!

Angela

Ways to Help

As patient numbers are now increasing we need more **linen for massage** (£60). Some patients need a **chair with arm rests** because of mobility problems; we really need two at £120 each. Our treatment rooms need **sound insulation** improving at an estimated cost of £1750. The outing to Docklands Equestrian Centre in November will be £175.

Running costs particularly wages and rent are our biggest outlay. At present Kairos doesn't receive any state funding. We are therefore reliant on grant making trusts and all our friends to keep afloat. If you are able to help in any small way we would be most grateful.

One way could be to register with the website "give as you live" for your on-line shopping – see back page.

Fibromyalgia and Chronic Pain

45 patients and relatives attended our talks on this theme in April. 29 people of the 30 who returned questionnaires admitted suffering chronic pain with sleep problems & exhaustion. They felt that their health problems were poorly understood and handled; and reliance on medication was experienced as a burden. 83% reported concomitant anxiety & depression. 66% felt a drop in self-esteem had become unable to work and were struggling financially. 30% admitted to loneliness. Kairos patients present at the meeting helped explain the approach, instilling new hope and confidence.



KatLis Cards & Gothic Arts Jewellery

Craft Stall

Hand Crafted Jewellery and Greetings cards



Our thanks to Katie Turner and Sam Davis who set up this Craft Stall to raise funds for Kairos!

Medicine Fund

Hermes Trust has granted Kairos money to set up our Medicines Fund. The homeopathic, herbal and anthroposophic¹ medicines that Dr McGavin prescribes are no longer funded by the NHS. The logic for their use is that one should be able to encourage the body to change with substances that resemble its own mineral, plant and animal nature. These remedies can help gently unstick stuck situations. They also provide a temporary buffer while one is reducing medicines that are no longer proving useful. They are therefore both economic and help reduce troublesome side effects. We are very grateful to Hermes and invite your donations to this fund so that the medicines can be made available to those who need them.

i Kienle et al. Global Adv Health Med. 2013; 2:20-31.

Joyce Anstey 1923 – 2016



Joyce joined our choir-music group in 2012. As a former cellist she knew music well, but her main contribution was her fine ability to listen. In her company you felt warmth, humour and humanity.

As a youngster, Joyce had volunteered in a Steiner-based

Swiss home for children with complex needs. There she learned the lyre from Edmund Pracht who reinvented the ancient Greek instrument. The Kairos Singers use hand lyres for improvisation – one person plays, then passes on the music to another. Receiving from Joyce could wake you up, her encouraging gaze asking for a fresh response.

Joyce was one of the pioneers that created today's Surrey Docks City Farm. She spoke with joy of finding treasure and talent in unexpected places, be it driftwood on the shores of the Thames or the good in former prisoners she met as a probation officer.

She had to give up her independence two years ago. Joyce likened being in a nursing home to being taken prisoner. She began straight away to work on herself in order to accept and find the positive in this situation. She was allowed to create flower and vegetable beds in the care home garden. We brought her soil and plants as Vanbrugh Community Garden was being dismantled. She gradually created a happy sanctuary for all in the home.

We shall miss Joyce's quiet, modest and generous wisdom.

London Dockland Museum Outing



Our summer outing to London's Dockland Museum gave much food for thought, not least the slave trade exhibition. A fine day too for a picnic and a boat ride in such good company!

We will use our smart new projector to launch **the FILM CLUB on Friday on Friday 7th October** at 4pm. There will be a chance to be introduced to new friends, share our stories and a film. Entry £2.

Meeting Horses



Horse expert and therapist, Graeme Green has found that something special happens when people spend time with horses (and other animals). It can be a therapeutic experience. Even without riding, time with horses is often quiet and honest time. It is about how we are, not what we do or what we say. That creates an opportunity to quietly recognise and 'connect with oneself' whilst recognising and connecting with another.

On **Monday 7th November** we will visit the London Dockland Equestrian Centre to meet Graeme and some horses. If you would like to join us please speak to Ingrid.

Looking Your Best

In November, Agnieszka Stanczyk, a milliner from The Second Floor Studios, Woolwich will hold a hat-making class for beginners!



CHRISTMAS PARTY

Mark the date! Friday 16th December



What happens for patients at Kairos?

'Kairos means 'opportune moment for change'. We work with people who feel they are stuck and are looking for ways to change this.

The initial **medical assessment** takes about an hour. The doctor concentrates not only on the illness situation but on what may have led up to it and also *who* is the person? What are their personal qualities, their constitutional strengths and weaknesses, their aspirations, desires and capacities? A fresh diagnosis and new options are needed. The doctor then explains how one can look at the whole situation in ways that would allow access to therapies and how they should work. The patient is invited to think over if he or she would like to come.

At present we have two **therapy options**, rhythmical massage and eurythmy (gentle movement). They have the capacity to restore two essential initial requirements, warmth and sleep. It is then possible to begin to reduce some of the burden of other symptoms restoring sufficient new energy, mobility and trust. Both therapies are usually acceptable because they don't cause pain.

A therapy session lasts 20-30 minutes followed by an equivalent rest period. Regular attendance over 7-8 weekly sessions forms a block which may be followed by the next therapy or a rest period. Intervals between therapies usually increase according to improvement.



Social activities are vital in helping take one away from the world of illness and to begin to practise one's life afresh amongst new friends. They help build self-confidence, overcome isolation and encourage personal development; Thus far we have a weekly choir and lyre (small harp) group. We have had classes working with wool, puppetry, jewellery & card making and cookery; also gardening and outings together.

Disability Benefits are essential for the security and survival of anyone with a long term illness. The Kairos team can help complete forms and give moral support at medical examinations and appeals.

Who is eligible and how to get referred to Kairos?

If your problem is pain and you live within the Royal Greenwich Borough.....

Then you may attend the Vanbrugh Community Pain Management Clinic at Greenwich Square Health Centre. Your GP should refer you to Dr Ellen Wright either directly or via the Referral Management & Booking Service. Dr Wright will assess your case first and then you may be referred on to Kairos. There is no cost for this NHS clinic. Patients who come on to Kairos may make donations to the charity if they wish.

If you are an adult or have a child with a long term condition which is proving hard to treat and/or you live outside Royal Greenwich Borough.....

Then Kairos' treatments can be accessed directly. Such conditions include sleep disturbances, chronic fatigue, anxiety, depression, autistic spectrum, attention deficit, post-traumatic stress and other medically unexplained symptoms.

To make initial contact with Kairos phone 07712 810108 and ask us whether Kairos may be able to help. Before arranging the appointment we will need a letter from your GP with a print-out of your medical history. Your condition will need to have been fully investigated. You should be prepared to attend for regular weekly therapy sessions and are asked to contribute financially to the cost of your treatment.



GIVE AS YOU LIVE

You can help raise money for Kairos by registering on the website "give as you live". You enter your details and choose **Kairos Rehabilitation Trust** as your chosen charity. Then follow the instructions to the shop you are looking for. You will be kept updated about the amount you raise for us- at no cost to you or us!

Contact Us

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