

KAIROS Newsletter

REALISING POTENTIAL IN CHALLENGING MEDICAL CONDITIONS

WHAT DOES KAIROS DO?

Kairos provides active rehabilitation for people suffering chronic and often painful conditions. It aims to:

- reduce the burden of symptoms and tailor medication to appropriate levels
- improve self-esteem and tackle social difficulties and loneliness
- assist with dealing with benefits, housing and other agencies

A specialist GP assesses all patients and regularly monitors progress. Two therapies – Rhythmical Massage and Eurythmy (gentle movement exercises) aim over time to bring the person into a better relationship with the body. These therapies can reduce symptoms of pain, insomnia, exhaustion and improve well being. They are given in weekly one to one hour sessions over 7-8 weeks.

Kairos has also developed several social and work-related activities designed to bring new interests, skills and friendships which follow on from the therapies.

HOW DO I GET REFERRED?

If you live in Greenwich and have a chronic painful condition, your GP may refer you to Kairos via Circle MSK.

If your condition is hard to treat but not painful *or* you live outside Greenwich *or* it is your child who needs help you will be asked to contribute to the costs of your treatment. Please contact Ingrid Hermansen on 07712 810 108 to discuss.



Roxy Zarnegar (inset), Ingrid Hermansen, Carrie Milton, David McGavin, Ellen Wright

INNOVATIVE FINALISTS!

“ Teams nominated for the British Medical Journal Innovation Award have developed novel approaches to tackle problems and offer patients more effective, efficient and convenient services. ” **BMJ April 2017.**

The Kairos Model is innovative because it effectively helps rehabilitate patients suffering from more than one long term condition and truly engages patients in the process. Greater confidence to find independence away from the patient/illness role result.

the**bmj**awards
FINALIST 2017

NHS FUNDING FOR KAIROS

Circle Health started organising musculoskeletal services for Greenwich patients from April 2017. The providers of services remain pretty well the same, but by changing the way patients access specialist care Circle will create a more efficient use of the health service with hopefully more satisfied patients.

Anyone with a serious joint, muscle

or pain problem is now referred by their GP to Circle's triage team. A specialist physiotherapist then discusses the options with the patient and refers them on to the appropriate provider. The system will speed up patients' access to the specialist who can best treat their problem. Patients suitable for rehabilitation by Kairos will be sent on directly to us



Greenwich MSK Service

EVIDENCE THAT KAIROS IS EFFECTIVE

29 of the first 30 consecutive patients referred by their GP to the Kairos Project have been evaluated. Two of them tell their stories here (See 'Back on the Road' and p. 3). There was a statistically significant improvement in ratings of health status, pain and depression scores in these patients 19 months after participating in the project. We also found a 41% reduction in the prescription of painkillers and mental health medications and a 51% fall in the number of attendances at secondary care services for these patients.

The results were presented earlier this year at the London Regional Conference for Academic Primary Care at Madingley Hall, Cambridge and they have also been published in the Journal of Pain Management.¹ The full article is available on our website: www.kairosrehabilitation.org.uk.

¹Clinical evaluation of a community-based rehabilitation & social intervention programme for patients with chronic pain & multi-morbidity. Ellen Wright, Roxaneh Zarnegar, Ingrid Hermansen and David McGavin. Journal of Pain Management 2017;10 (2)

Back on the Road

In September 2016, I started doing English GSCE and level 2 Maths. It was 3 hours a day, 2 days a week, a struggle to begin with, but I stuck with it. Heck, I even started to take the bus home from the college! By Christmas, I was really starting to doubt myself being able to continue; but my mum and Kairos encouraged me to keep with it.

I was terrified. Everyone said I would do fine and I had nothing to worry about but in my mind I was screaming and going into panic mode. However, Yippee! I passed my maths and, a few months later, I was about to take part 1 GCSE English. My palms were sweating, panic mode... no way of backing out now, I had gone too far to quit, and a week later, part 2, oh what fun!

Now college is OVER; I have to wait patiently (or not so patiently) till August 24th for the results. But no matter what happens I am extremely proud because July 17th I started working part time. Yes, I said it, I STARTED WORKING! It's been just over 8 years since I last worked. OK, I'm shattered after each shift but I am *loving* it!

Katie Turner

WHERE ARE THEY NOW? 2 PATIENT UPDATES:



*I can transport myself
and periodically escape*

I no longer remember life without pain and illness. I am, however, sobered and humbled every day by its challenges and constant reminder of my existence. With that, I decided instead of resisting and consuming my energy fighting it, I will instead learn to tolerate and accept that this is 'life'. Following various therapies including Kairos which helped me collectively along the way, I ventured and explored my long-lost childhood companion again; art. In this form I can transport myself and periodically escape through my paintings. I consider and reflect upon my surroundings with the same dumbfounded enthusiasm as a child seeing something for the first time.

When bouts of insomnia persist I proceed to capture the reflections of light upon the City at night in all its peaceful, melancholy glory. I apply the light to a darkened canvas; a resemblance of the small glimmers of hope found in dark times.

This journey has since led me to further ventures, galleries and a successful first solo exhibition. Hope prevails with perseverance (and perhaps the occasional G&T). I welcome you to share this journey, with a little imagination we can travel great lengths together.

Lubna Speitan

Website: www.lubnaspeitan.com

OUR LATEST TRUSTEE PERRY O'CALLAGHAN

I've been a patient of the Blackthorn Medical Centre (a sister practice to Kairos) in Maidstone for many years and have received treatment there from both medical and complementary practitioners. I have long admired the work they do and so, I am pleased to be able to help develop Kairos.

I am an accountant based in industry, with experience of providing products and services to the NHS. I



am a parish councillor in East Farleigh in Kent, where I live with my wife Sarah and our two daughters. My interests are gardening, county cricket, rugby, walking and travel in general.

I hope a blend of respect for medicine as well as my skills in financing and guiding organisations will help me support my fellow trustees in developing Kairos to its full potential. I look forward to meeting you at some point and understanding what Kairos means to you.

WHAT'S ON?

MONDAYS 3PM



We will be meeting on Monday afternoons in the autumn to explore colours using wet on wet painting in our therapeutic art group. No previous experience in painting is needed, all materials will be provided.

Susanne Koszyk



WEDNESDAYS 12PM

KAIROS SINGERS



Choir and music making.
A community choir
for all abilities.

THURSDAYS 1:30PM

**STORYTELLING &
PUPPETRY**

Caroline Ada and I are looking forward to offer another puppetry and storytelling workshop. We will make our puppets in natural materials and learn a tale fit to entertain children on our last session.



Mariela Ecceverria

Please contact Ingrid if you are interested in joining any of the activities. There are limited spaces for the puppetry and art classes.

**ONLY HATS
(THE WORKSHOP)**



**AND HORSES
(THE OUTING)**



PROCEEDING TO THE NEXT PHASE...

Until April 2017 all Kairos' regular activities have been carried out by one full time and two part-time members of staff on a limited budget. In April, NHS funding was granted for our medical & therapy services.

Over the next year we shall expand capacity from 40 to 100 new patients. We are looking for 2 full time staff members to help us lead and expand the project; one practising in the field of anthroposophic therapy, the other organising social therapy/work-related activities.

Over the next 3 years Kairos needs to raise funds to provide social & back to work activities which help promote personal development and independence. We intend to rent 4 rooms at the Forum and will initially employ specialist part-timers as follows:

WOOL WORKSHOP: Felting, knitting & weaving all wool products.

HERB WORKSHOP: Producing teas, bath milks, essential oils & ointments under the expert guidance of our friends at Avon Gorge Herbs. These products are used in our treatments and will be prepared to high quality standards.

ARTISTIC activities: choir & music, art, cookery and crafts.

CULTURAL & EDUCATIONAL activities: outings & talks relating to social, health & personal development issues, plus an informal drop in facility.

DISABILITY BENEFITS ADVICE from Greenwich Association for Disabled People's specialist advisers

to support the preparing of forms, accompanying to medicals & appeal tribunals.

EMPLOYMENT SUPPORT advice and introductions.

FUNDING

The above SOCIAL & BACK TO WORK activities will depend on us finding charitable funding to realise them. Could you help, especially in a small way, towards :

£ 17,000 a year to rent 4 additional rooms.

£ 7,000 to refurbish rooms and add kitchen facilities

£ 3,000 to equip the Herb and Wool workshops

We have some grant applications underway. Any offers of fundraising or introductions to grant making trusts to enable this next phase of Kairos would be very welcome.

TRUSTEES

Our Trustees are looking for one or two new trustees with enthusiasm, entrepreneurial, business or any likely skills that would help Kairos' imminent expansion!

We are at present, Simon Fielding OBE (Chair), Dr David McGavin, Perry O'Callaghan & Dr Ellen Wright

Forum at Greenwich,
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www.kairosrehabilitation.org.uk
info@kairosrehabilitation.org.uk

KAIROS

Donation form

Kairos Rehabilitation Trust

I would like to support the work of Kairos Rehabilitation Trust and enclose a donation of

£.....

Please make cheque payable to Kairos Rehabilitation Trust. Alternatively, make transfer to Barclays account: 13 63 67 63 Sort code: 20 29 63

If you pay UK tax, please sign and date the Gift Aid form to allow us to reclaim the tax you paid on the amount donated.

Gift Aid Declaration

I want Kairos to treat all donations I make from this date until I notify you otherwise as Gift Aid Donations, I confirm I pay sufficient income/capital gains tax to cover the amount Kairos will reclaim.

NAME

ADDRESS

SIGNATURE

DATE

