

KAIROS REHABILITATION TRUST

England & Wales · Charity number 1157359

Details

Other names KAIROS KAIROS REHABILITATION TRUST, KAIROS TRUST

Status Registered

Legal form CIO

Registered 2014-06-06

Register [View on the Charity Commission register](#)

Contact

Address Herons Gate Medical Centre
1A Goosander Way
London
SE28 0ER

Phone 07712810108

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Website www.kairosrehabilitation.org.uk

Activities

Objects: TO RELIEVE SICKNESS AND PROMOTE THE ADVANCEMENT OF HEALTH WITHIN THE COMMUNITY THROUGH THE USE AND PRACTICE OF THE PRINCIPLES OF ANTHROPOSOPHIC MEDICINE IN COMBINATION WITH ANY OTHER CONVENTIONAL OR EVIDENCE BASED THERAPEUTIC MODALITIES THAT MIGHT BE INDICATED. IN FURTHERING THIS OBJECT THE CIO WILL PAY ATTENTION TO THE NEEDS OF THOSE WHO ARE SOCIALLY EXCLUDED BY REASON OF ILL HEALTH, DISABILITY, UNEMPLOYMENT OR OTHER REASONS

Activities: Provide medical therapeutic and social rehabilitation of patients with long-term hard to treat conditions, in particular pain. Research the efficacy of the methods used. Share outcomes/ strategies with professionals in our field. Provide CPD activities for professionals in the field of anthroposophic medicine. Support patients in dealings with the DWP.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- Greenwich

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-01	£168,920	£162,952	-	-
2024-06-01	£154,256	£132,464	-	-
2023-06-01	£120,484	£101,219	-	-
2022-06-01	£94,823	£91,024	-	-
2021-06-01	£94,823	£91,024	-	-

Trustees

Name	Role	Appointed
Dr David McGavin GP		2013-08-01
Dr ELLEN WRIGHT		2013-08-01
Perry Charles O'Callaghan		2017-03-14
SIMON FIELDING OBE		2013-08-01

KAIROS REHABILITATION TRUST

England & Wales - Charity number 1157359

Accounts

CHARITY COMMISSION

**Annual Report
June 2024 to June 2025**

Summary of the objects

To relieve sickness and promote the advancement of health within the community through the use and practice of the principles of anthroposophic medicine in combination with any other conventional or evidence based therapeutic modalities that might be indicated.

In furthering the objects, the C.I.O. will pay attention to the needs of those who are socially excluded by reasons of ill health, disability, unemployment or other reasons.

Summary of the main activities undertaken in relation to these objects

The Trust's main task continues to be rehabilitation of patients referred with complex chronic pain and multi-morbidity. It also provides for the individual rehabilitation mainly of adults and a few children suffering other difficult-to-treat long term conditions.

Clinical interventions include medical assessment in which symptoms are seen in context of the person's biography (strengths, weaknesses, aspirations) as well as of their medical condition(s). A re-interpretation of the diagnosis by the GP with Special Interest broadens treatment options and helps engage the patient both initially and with 1-3 monthly follow up. One-to one therapy (eurythmy, rhythmical massage and transpersonal art) addresses pain, sleep, energy and metabolic disturbances. Suggestions for reduction of analgesic and psychotropic medication are made where this is safely possible.

As part of an ongoing evaluation all patients are asked to complete validated questionnaires EQ5D-3L (quality of life), PHQ-9 (depression) and MYMOP2 (self-defined problem score). Results were last reported in 2022-23.

Group social activities have been used to help address loneliness, create interest and new skills. They encourage self-confidence, friendship, and a sense of belonging.

Individual support with applications, assessments and appeals for disability benefits has been important for increasing numbers of patients for whom the strain and anxiety caused by the DWP's system can be severe; also, evidence for housing applications and occupational-related problems. A Disability Benefits Advisor has provided expert help.

As the time for discharge approaches, efforts are made to link patients with activities, organised by other organisations, whereby they may be able to continue their rehabilitation process.

Trustees have noted of the Charity Commission's guidance on conduct as a trustee. All trustees have all made substantial contributions to the establishment of a firm foundation all in a voluntary capacity and without personal benefit.

Main achievements during the year

Patient numbers have continued to increase as the service has become better known. There were 140 new patients seen during the year. All consultations are face-to-face.

Kairos is a member of the AnthroMed network based in Switzerland. AnthroMed regulates standards of anthroposophic community clinics and hospitals in Europe. The Leader of the Medical Section made a day visit to meet staff and 20 patients to learn of the clinic's methods and achievements.

The GP and therapists contribute toward international trainings of the anthroposophic approach. Quarterly meetings with pain specialists and therapists practising in the UK, Switzerland, Germany and Holland allows sharing and exchange of ideas and experience.

Kairos continues to attract attention from local health professionals because of its apparent ability to successfully take forward the treatment and rehabilitation process for patients whose more conventional treatments are no longer benefitting. This has led to several requests for talks and discussions, especially with referring physiotherapists, and visits by a number of health professionals wishing to visit and observe the methods. The Kairos method was presented at the Integrative Personalised Medicine (IPM) International Congress, London in June.

The clinic's increasing popularity has led to a substantial increase in the number of NHS referrals and waiting times for admission. The need for more efficient teamwork as well as an increase in staffing and hours became evident in order to reduce waiting times. Plans were made and a start made to find another Lead GP and increase therapy hours.

The Patient-led Discussion/Support Group has not continued. The Art Group encourages patients and those discharged to practise a new skill, make friends, and to learn from and contribute to a circle of fellow sufferers.

Trustees are pleased to note another year of financial surplus. The charity is indebted to Dr McGavin for his generosity by giving of his time or donations that enable it's work and to the wider team who provide the award winning, highly effective and externally recognized and validated treatments, that patients are very appreciative of.

The principal source of income is from a contract with the main contractor providing Community MSK services in Greenwich. In early 2025 the NHS South East London Integrated Care Board (The Board) issued a tender for the renewal of the contract and in August announced that it had awarded the contract with the new provider expected to be in place by April 2026. The process has subsequently stalled and as a result no new patients are being referred to Kairos and consequently, income is reducing. The Board is supportive of Kairos' ongoing contribution to Greenwich MSK services. It is Trustees fervent hope that the hold-up will be resolved as soon as possible. In the meantime, mindful of their responsibilities, they are monitoring the situation and the level of financial reserves. For now, Kairos continues to treat some patients at its own cost.



KAIROS REHABILITATION TRUST	1157359
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Receipts and payments accounts

CC16a

For the period from	31/05/2024	To	31/05/2025
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Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations including Gift Aid	25,849			25,849	2,366
Contract income	141,371			141,371	150,767
Bank interest	743			743	51
Other	957			957	1,072
				-	-
				-	-
				-	-
				-	-
Sub total (Gross income for AR)	168,920	-	-	168,920	154,256
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	168,920	-	-	168,920	154,256
A3 Payments					
Therapists & other fees	94,813			94,813	91,144
Rent	18,703			18,703	14,841
Therapists & others materials	3,237			3,237	2,684
Running costs	6,725			6,725	9,561
				-	-
				-	-
GP costs	38,250			38,250	11,830
				-	-
				-	-
Sub total	161,728	-	-	161,728	130,060
A4 Asset and investment purchases, (see table)					
Therapy room / Office equipment	1,224			-	2,404
				-	-
Sub total	1,224	-	-	1,224	2,404
Total payments	162,952	-	-	162,952	132,464
Net of receipts/(payments)	5,968	-	-	5,968	21,792
A5 Transfers between funds				-	-
A6 Cash funds last year end	88,883	24,758		113,641	91,849
Cash funds this year end	94,851	24,758		119,609	113,641

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	94,851	24,758	-
	unbanked income		-	-
	unpresented payments		-	-
	Total cash funds	94,851	24,758	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

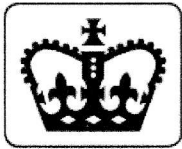
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-		
		-		
		-		
		-		
		-		
		-		

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office equipment	unrestricted		
	Therapy room equipment	unrestricted		

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Payroll deductions	unrestricted	2,660	Jun-25
	Uninvoiced rent	unrestricted	3,975	Jul-25

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Kairos Rehabilitation Trust

**On accounts for the year
ended**

31/5/25	Charity no (if any)	1157359
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Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 05 / 2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

9/3/26

Name:

Perry O'Callaghan

**Relevant professional
qualification(s) or body
(if any):**

ACMA

Address:

9 Court Lodge Cottages
Lower Road, East Farleigh
MAIDSTONE, ME15 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None

KAIROS REHABILITATION TRUST

England & Wales - Charity number 1157359

Accounts

CHARITY COMMISSION June 2023 to June 2024

Summary of the objects

To relieve sickness and promote the advancement of health within the community through the use and practice of the principles of anthroposophic medicine in combination with any other conventional or evidence based therapeutic modalities that might be indicated.

In furthering the objects, the C.I.O. will pay attention to the needs of those who are socially excluded by reasons of ill health, disability, unemployment or other reasons.

Summary of the main activities undertaken in relation to these objects

The Trust's main task continues to be rehabilitation of patients referred with complex chronic pain. It also provides for the individual rehabilitation mainly of adults and a few children suffering other difficult-to-treat long term conditions.

Clinical interventions include medical assessment in which symptoms are seen in context of the person's biography (strengths, weaknesses, aspirations) as well as of their medical condition(s). A re-interpretation of the diagnosis by the GP with Special Interest broadens treatment options and helps engage the patient both initially and with 1-3 monthly follow up. One-to one therapy (eurythmy, rhythmical massage and transpersonal art) addresses pain, sleep, energy and metabolic disturbances. Suggestions for reduction of analgesic and psychotropic medication are made where this is safely possible.

As part of an ongoing evaluation all patients are asked to complete validated questionnaires EQ5D-3L (quality of life), PHQ-9 (depression) and MYMOP2 (self-defined problem score). Results were last reported in 2022-23.

Group social activities have been used to help address loneliness, create interest and new skills. They encourage self-confidence, friendship, and a sense of belonging.

Individual support with applications, assessments and appeals for disability benefits has been important for increasing numbers of patients for whom the strain and anxiety caused by the DWP's system can be severe. A Disability Benefits Advisor has provided expert help.

As the time for discharge approaches, efforts are made to link patients with activities, organised by other organisations, whereby they may be able to continue their rehabilitation process.

Trustees have made a note of the Charity Commission's guidance on conduct as a trustee. All trustees have all made substantial contributions to the establishment of a firm foundation all in a voluntary capacity and without personal benefit.

Main achievements during the year

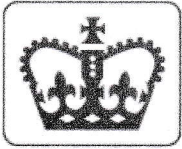
Patient numbers have continued to increase as the service is better known among GP's
There were 140 new patients seen during the year. All consultations are face-to-face.

Kairos is a member of the AnthroMed network of anthroposophic community clinics and hospitals in Europe. It has continued quarterly meetings with pain specialists and therapists practising in the UK, Switzerland, Germany and Holland. These meetings have learning, updating and teaching role for Kairos.

A chapter entitled "Multidisciplinary Rehabilitation in Complex Chronic Pain – a Role for Therapeutic Arts Counselling" was contributed with case studies from Kairos to the recently published book "Anthroposophische Maltherapie : Grundlagen – Indikationen – Durchführung"

Kairos attended the first Greenwich Clinical Leads Summit where local health leaders from the NHS and Voluntary Sector shared experience and ideas for future provision in the Borough. Local health professionals, students and children planning to study medicine have attended from time to time to witness Kairos' methods of rehabilitation

Social activities for patients have included a weekly Patient-led Discussion/Support Group and an art group with occasional outings to local places of interest. These groups provide valuable opportunity for patients to meet, make friends, find understanding and take advice from fellow sufferers of chronic pain.



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Kairos Rehabilitation Trust

**On accounts for the year
ended**

31/5/24

**Charity no
(if any)**

1157359

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 05 / 2024.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

12/3/25

Name:

Perry O'Callaghan

**Relevant professional
qualification(s) or body
(if any):**

ACMA

Address:

9 Court Lodge Cottages

Lower Road, East Farleigh

MAIDSTONE, ME15 0JL

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None

KAIROS REHABILITATION TRUST

England & Wales - Charity number 1157359

Accounts

CHARITY COMMISSION June 2022 to June 2023

Summary of the objects

To relieve sickness and promote the advancement of health within the community through the use and practice of the principles of anthroposophic medicine in combination with any other conventional or evidence based therapeutic modalities that might be indicated.

In furthering the objects, the C.I.O. will pay attention to the needs of those who are socially excluded by reasons of ill health, disability, unemployment or other reasons.

Summary of the main activities undertaken in relation to these objects

The Trust's main task continues to be rehabilitation of patients referred with complex chronic pain. It also provides for the individual rehabilitation of adults and children suffering other difficult-to-treat long term conditions.

Clinical interventions include medical assessment in which symptoms are seen in context of the person's biography (strengths, weaknesses, aspirations) as well as of their medical condition(s). A re-interpretation of the diagnosis by the GP with Special Interest broadens treatment options and helps engage the patient both initially and with 1-3 monthly follow up. One-to-one therapy (eurythmy, rhythmical massage and transpersonal art) addresses pain, sleep, energy and metabolic disturbances. Suggestions for reduction of analgesic and psychotropic medication is made where this is safely possible.

As part of an ongoing evaluation all patients are asked to complete validated questionnaires EQ5D-3L (quality of life), PHQ-9 (depression) and MYMOP2 (self-defined problem score)

Group social activities help address loneliness, create interest and new skills. They encourage self-confidence, friendship, and a sense of belonging.

Individual support with applications, assessments and appeals for disability benefits has been important for increasing numbers of patients for whom the strain and anxiety caused by the DWP's system can be severe. A Disability Benefits Advisor has provided expert help.

Trustees have made a note of the Charity Commission's guidance on conduct as a trustee. All trustees have all made substantial contributions to the establishment of a firm foundation all in a voluntary capacity and without personal benefit.

Main achievements during the year

Patient numbers have continued to increase as the service is better known among GP's There were 120 new patients seen during the year. All consultations are face-to-face.

Kairos is a member of the AnthroMed network of anthroposophic community clinics and hospitals in Europe. It has continued regular meetings with pain specialists practising in the UK, Switzerland, Germany and Holland. The Kairos team were guest speakers at a congress addressing chronic pain in Kassel, Germany and contributed on the subject of Patient Participation in Chronic Illness at a conference in Basel.

Social activities for patients have included individual and group sessions, over 3 months with a visiting music therapy graduate. A weekly Patient Support Group has been initiated by an enthusiastic former patient whose experience of leading groups at MIND, has made it a valuable weekly opportunity for patients to meet, make friends and find understanding from fellow sufferers of chronic pain.



KAIROS REHABILITATION TRUST	1157359
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Receipts and payments accounts

CC16a

For the period from	31/05/2022	To	31/05/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	3,069			3,069	4,436
Contract income	116,170			116,170	84,510
				-	-
Other	1,245			1,245	2,688
Gift Aid	-			-	2,361
Grants	-			-	-
				-	-
				-	-
Sub total (Gross income for AR)	120,484	-	-	120,484	93,995
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	120,484	-	-	120,484	93,995
A3 Payments					
Therapists & other fees	80,239			80,239	72,029
Rent	10,230			10,230	9,936
Therapists & others materials	2,873			2,873	6,553
Running costs	4,677			4,677	2,500
				-	-
Costs allocated to restricted funds				-	-
GP costs	3,200			3,200	-
				-	-
				-	-
Sub total	101,219	-	-	101,219	91,018
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	101,219	-	-	101,219	91,018
Net of receipts/(payments)	19,265	-	-	19,265	2,977
A5 Transfers between funds				-	-
A6 Cash funds last year end	47,826	24,758		72,584	69,607
Cash funds this year end	67,091	24,758		91,849	72,584

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	68,473	24,758	-
	unbanked income	547	-	-
	unpresented payments	- 1,929	-	-
	Total cash funds	67,091	24,758	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

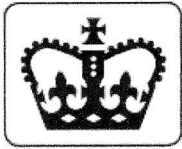
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-		
		-		
		-		
		-		
		-		
		-		

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office equipment	unrestricted		
	Therapy room equipment	unrestricted		

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Payroll deductions	unrestricted	1,524	Jun-23
	Uninvoiced rent	unrestricted	3,662	May-23

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Kairos Rehabilitation Trust

**On accounts for the year
ended**

31/5/23

**Charity no
(if any)**

1157359

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 05 / 2022.

**Responsibilities and
basis of report**

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**Independent
examiner's statement**

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- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

6/3/24

Name:

Perry O'Callaghan

**Relevant professional
qualification(s) or body
(if any):**

ACMA

Address:

9 Court Lodge Cottages

Lower Road, East Farleigh

MAIDSTONE, ME15 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None

KAIROS REHABILITATION TRUST

England & Wales - Charity number 1157359

Accounts

CHARITY COMMISSION June 2021 to June 2022

Summary of the objects

To relieve sickness and promote the advancement of health within the community through the use and practice of the principles of anthroposophic medicine in combination with any other conventional or evidence based therapeutic modalities that might be indicated.

In furthering the objects, the C.I.O. will pay attention to the needs of those who are socially excluded by reasons of ill health, disability, unemployment or other reasons.

Summary of the main activities undertaken in relation to these objects

The Trust's main task continues to be rehabilitation of patients referred with complex chronic pain. It also provides for the individual rehabilitation of adults and children suffering other difficult-to-treat long term conditions.

Clinical interventions include medical assessment in which symptoms are seen in context of the person's biography (strengths, weaknesses, aspirations) as well as of their medical condition(s). A re-interpretation of the diagnosis by the GP with Special Interest broadens treatment options and helps engage the patient both initially and with 1-3 monthly follow up. One-to one therapy (eurythmy, rhythmical massage and transpersonal art) addresses pain, sleep, energy and metabolic disturbances. Suggestions for reduction of analgesic and psychotropic medication is made where this is safely possible.

As part of an ongoing evaluation all patients are asked to complete validated questionnaires EQ5D-3L (quality of life), PHQ-9 (depression) and MYMOP2 (self-defined problem score)

Group social activities help address loneliness, create interest and new skills. They encourage self-confidence, friendship, and a sense of belonging.

Individual support with applications, assessments and appeals for disability benefits has been important for increasing numbers of patients for whom the strain and anxiety caused by the DWP's system can be severe. A Disability Benefits Advisor has provided expert help.

Trustees have made a note of the Charity Commission's guidance on conduct as a trustee. All trustees have all made substantial contributions to the establishment of a firm foundation all in a voluntary capacity and without personal benefit.

Main achievements during the year

Patient numbers have continued to increase as the service is better known among GP's
There were 103 new patients seen during the year. All consultations have returned to face-to-face since the Covid-19 epidemic.

Kairos has been accepted a part of the European 'AnthroMed Clinic Network', a registered trademark requiring high standards of performance in anthroposophic medicine including delivery, teamwork & evaluation

A newly formed group, initiated by Kairos, of European Pain community and hospital pain clinics met for the first time in Berlin in May with representatives from the UK, Switzerland, Germany and Holland.

A chapter on the role of art in chronic pain management has been accepted in a forthcoming book on Anthroposophic Art Therapy.

Two Kairos staff continued their work on Councils responsible for the worldwide coordination of Anthroposophic Medical Research and of Eurythmy Therapy.

Social activities for patients have included individual and group sessions, over 3 months with a visiting music therapy graduate. A weekly Patient Support Group has been initiated by an enthusiastic former patient whose experience of leading groups at MIND, has made it a valuable weekly opportunity for patients to meet, make friends and find understanding from fellow sufferers of chronic pain.



KAIROS REHABILITATION TRUST	1157359
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Receipts and payments accounts

CC16a

For the period from	01/06/2021	To	31/05/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	4,436		-	4,436	7,791
Contract income	84,510		-	84,510	75,905
Other	2,688		-	2,688	1,117
Gift Aid	2,361		-	2,361	4,010
Grants			-	-	6,000
			-	-	-
			-	-	-
Sub total (Gross income for AR)	93,995	-	-	93,995	94,823
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	93,995	-	-	93,995	94,823
A3 Payments					
Therapists & other fees	72,029		-	72,029	71,079
Rent	9,936		-	9,936	8,888
Therapists & others materials	6,553		-	6,553	6,868
Running costs	2,389		-	2,389	3,967
Medicines	111		-	111	222
Costs allocated to restricted funds	-	-	-	-	-
			-	-	-
			-	-	-
Sub total	91,018	-	-	91,018	91,024
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	91,018	-	-	91,018	91,024
Net of receipts/(payments)	2,977	-	-	2,977	3,799
A5 Transfers between funds			-	-	-
A6 Cash funds last year end	44,849	24,758	-	69,607	65,808
Cash funds this year end	47,826	24,758	-	72,584	69,607

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	47,826	24,758	-
		-	-	-
		-	-	-
	Total cash funds	47,826	24,758	-

(agree balances with receipts and payments account(s))

OK	OK	OK
Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £

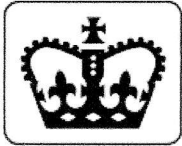
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-		
		-		
		-		
		-		
		-		
		-		

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office equipment	unrestricted		
	Therapy room equipment	unrestricted		

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Payroll deductions	unrestricted	1,692	Jun-22

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Kairos Rehabilitation Trust

**On accounts for the year
ended**

31/5/22

**Charity no
(if any)**

1157359

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/ 05 / 2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

12/2/23

Name:

Perry O'Callaghan

**Relevant professional
qualification(s) or body
(if any):**

ACMA

Address:

9 Court Lodge Cottages

Lower Road, East Farleigh

MAIDSTONE, ME15 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

None

KAIROS REHABILITATION TRUST

England & Wales - Charity number 1157359

Accounts

CHARITY COMMISSION June 2020 to June 2021

Summary of the objects

To relieve sickness and promote the advancement of health within the community through the use and practice of the principles of anthroposophic medicine in combination with any other conventional or evidence based therapeutic modalities that might be indicated.

In furthering the objects, the C.I.O. will pay attention to the needs of those who are socially excluded by reasons of ill health, disability, unemployment or other reasons.

Summary of the main activities undertaken in relation to these objects

The Trust's main task continues to be rehabilitation of patients referred with complex chronic pain. It also provides for the individual rehabilitation of adults and children suffering other difficult-to-treat long term conditions.

Clinical interventions include medical assessment in which symptoms are seen in context of the person's biography (strengths, weaknesses, aspirations) as well as of their medical condition(s). A re-interpretation of the diagnosis by the GP with Special Interest broadens treatment options and helps engage the patient both initially and with 1-3 monthly follow up. One-to-one therapy (eurythmy, rhythmical massage and transpersonal art) addresses pain, sleep, energy and metabolic disturbances. Suggestions for reduction of analgesic and psychotropic medication is made where this is safely possible.

As part of an ongoing evaluation all patients are asked to complete validated questionnaires EQ5D-3L (quality of life), PHQ-9 (depression) and MYMOP2 (self-defined problem score)

Group craft and art activities help address loneliness, create interest and new skills. They encourage self-confidence, friendship and a sense of belonging.

Individual support with applications, assessments and appeals for disability benefits has been important for increasing numbers of patients for whom the strain and anxiety caused by the DWP's system can be severe. A Disability Benefits Advisor has provided expert help.

Trustees have made a note of the Charity Commission's guidance on conduct as a trustee. All trustees have all made substantial contributions to the establishment of a firm foundation all in a voluntary capacity and without personal benefit.

Main achievements during the year

Once established at its new base at Heronsgate Medical Centre in Thamesmead, a branch surgery of the Gallions Reach Health Centre, Kairos took on responsibility and care of the Medical Centre's garden and next door's Broadwater Village Hall's car park and garden.

The Covid pandemic dealt the year a blow with substantial consequences. For a period of 5 months, a *Force Majeur*, put in place by Circle MSK, our contract givers, stopped all new referrals and determined that all those on the waiting list had to be returned. Those already in treatment could continue initially virtually and by June 20, with revised Infection prevention and control measures implemented, in person appointments were made possible for patients who felt confident to come. Online and face to face consultations with the GP, art, massage and eurythmy therapists were offered throughout the year. Many physically and psychologically vulnerable patients had already decided to put their treatment on hold until conditions became less threatening and were contacted regularly by phone to see how they were managing. The *Force Majeur* was lifted in August 2020.

Covid-19 meant the prolonged closure of Broadwater Village Hall prompting the choir to go first online, then as the weather improved into the medical centre garden and finally in the waiting room with only humming permitted. The Hall's closure, reduced attendance and social distancing regulations put paid to attempts to expand social activities through *Kairos Works!* which faltered 3 months after starting. However, the National Gardens Award's dozen rose bushes, 3 climbers and fruit trees together with regular litter collection have cheered and given welcome to those visiting the Medical Centre and Broadwater Village Hall.

Capital plans to expand therapy accommodation with a modular Eurythmy Pavilion were foiled by the unexpected £4,000 + cost of planning. With the kind permission of all our donors funding for both projects could be put on hold.

Educational activities continued throughout the year. There was an online presentation to Greenwich GP Vocational Training Scheme while other health professionals visited to acquaint themselves with Kairos methods. Individual lectures were invited by national and international anthroposophic conferences. A case vignette was published in the journal *Der Merkurstab*: 'Reduction of psychotropic and analgesic medication using Eurythmy Therapy for a patient with multimorbidity.' Two Kairos staff continued their work on Councils responsible for the worldwide coordination of Anthroposophic Medical Research and of Eurythmy Therapy.



KAIROS REHABILITATION TRUST 1157359

Receipts and payments accounts

CC16a

For the period from 01/06/2020 To 31/05/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	7,791		-	7,791	24,401
Contract income	75,905		-	75,905	73,300
			-	-	-
Other	1,117		-	1,117	3,337
Gift Aid	4,010		-	4,010	-
Grants		6,000	-	6,000	647
			-	-	-
			-	-	-
Sub total (Gross income for AR)	88,823	6,000	-	94,823	101,685
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	88,823	6,000	-	94,823	101,685
A3 Payments					
Therapists & other fees	71,079		-	71,079	47,599
Rent	8,888		-	8,888	8,210
Therapists & others materials	6,868		-	6,868	3,917
Running costs	3,967		-	3,967	3,470
Medicines	222		-	222	318
Costs allocated to restricted funds	-	2,730	-	-	-
			-	-	-
			-	-	-
			-	-	-
Sub total	88,294	2,730	-	91,024	63,514
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	88,294	2,730	-	91,024	63,514
Net of receipts/(payments)	529	3,270	-	3,799	38,171
A5 Transfers between funds					
A6 Cash funds last year end	56,590	9,218	-	65,808	27,637
Cash funds this year end	57,119	12,488	-	69,607	65,808

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	57,119	12,488	-
		-	-	-
		-	-	-
	Total cash funds	57,119	12,488	-
(agree balances with receipts and payments account(s))		OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-		
		-		
		-		
		-		
		-		
		-		

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Office equipment	unrestricted		
	Therapy room equipment	unrestricted		

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Payroll deductions	unrestricted	1,246	Jun-21

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Kairos Rehabilitation Trust

**On accounts for the year
ended**

31/5/21

**Charity no
(if any)**

1157359

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/5/2021

**Responsibilities and
basis of report**

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and, in carrying out my examination, I have followed all the applicable directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

14/3/21

Name:

Perry O'Callaghan

**Relevant professional
qualification(s) or body
(if any):**

ACMA

Address:

9 Court Lodge Cottages,

Lower Road, East Farleigh

MAIDSTONE, ME15 0JL



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Kairos Rehabilitation Trust

**On accounts for the year
ended**

31/5/21	Charity no (if any)	1157359
---------	--------------------------------	---------

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/5/2021

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I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 14/3/21

Name: Perry O'Callaghan

**Relevant professional
qualification(s) or body
(if any):**

ACMA

Address:

9 Court Lodge Cottages,
Lower Road, East Farleigh
MAIDSTONE, ME15 0JL

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here details of any items that the examiner wishes to disclose.

