



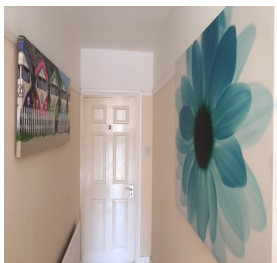
Kingston Churches Action on Homelessness

July 2017

Bringing hope and support to homeless people in Kingston

Ready, set, paint!

We are still reeling from the British Land Community Day that saw volunteers from British Land, Eden Walk Shopping Centre and KCAH, armed with rollers, brushes and gallons of paint giving our Access Project properties a much needed makeover! The quality of work and the heart that the volunteers showed for the cause, blew us away. And not only do the tenants now have more of a *home*, one of our former clients and volunteers on the day, was offered a job interview as a result. Fantastic!



What excellence looks like!



Congratulations to our Advice Team on the AQS-award, recognising our Advice surgery for their excellent work. Thank you especially to Georgie and Irek for day in and day out working tirelessly to help an increasing amount of clients, and always with a smile.

"What does
KCAH do?"

We love talking about ourselves!

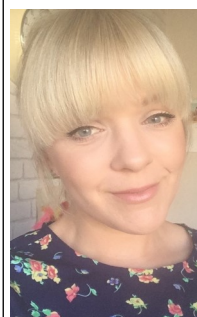
If you are a school, community group or local business, we would love to come and tell you more about the work we do with homeless people in Kingston. Contact Camilla Wheal on camilla.w@kcah.org.uk for more information.

Not all heroes wear capes...

In memory of a deceased client, our Senior Housing Advisor Georgie is taking on the mammoth feat of cycling 100 miles to raise money for KCAH in the Prudential Ride London Cycle on 30th July. Braving the heat up and down the torturous Surrey hills, we are in awe of her determination. Please sponsor Georgie if you can on uk.virginmoneygiving.com/georgieforshaw. Every little really does help!



Hej!



In May, we welcomed our new Communications Officer, Camilla, to the team. Originally from Sweden, Camilla is a trained journalist with 12 years' experience working with homeless clients for YMCA.

"I have known KCAH as a life line for homeless people in Kingston for many years and I'm excited about shouting as loudly as possible about the amazing work we do. It's an honour to have joined the team", she says.

Camilla lives in Surbiton with her husband Donovan, 2-year old son Gabriel and chief mouser, Rue. In her teens, Camilla won a writing competition by Amnesty International on the subject of 'freedom' and she has written ever since.

Scar Tissue



"Have I shown you my shark bite?" Johnny asks with infectious enthusiasm, showing off the scar from a swim long ago that came to an abrupt end when he found himself being nibbled on by a giant predator. He lets out a chuckle that tells of the larger than life former South African soldier's ability to find humour and light in the toughest of circumstances.

"What really affected me was the car crash I had in 1989 that left me needing a brain operation and having to learn to walk and talk again". He stops mid-laugh when beginning to reminisce:

"Life before KCAH was horrible. I had been on the streets for a while and I was scared stiff and on my knees. It was so cold. I wouldn't wish it on my worst enemy."

Although comfortable putting physical scars on show, Johnny keeps the invisible ones well hidden and suffered from severe anxiety and depression for a long time without asking for help.

"I know I'm buzzing and friendly but behind that I'm really hurting, When I was crying as a child, my father would always tell me to suck it up. He wasn't trying to be horrible but it's why I'm struggling with it now."

After hearing about KCAH from a friend, Johnny gathered up strength to ask for help.

"I met with Georgie who was lovely and had a big smile on her face. She was friendly and made me feel so welcome. She managed to refer me to the YMCA."

"My first night at the YMCA felt like falling into a pool of awesomeness. I was in heaven and I had my first good night's sleep in weeks", he remembers, eyes half-closed.

Johnny now works closely with his Support Worker, Sarah, and has started counselling. He's struggles to sleep but is still dreaming. A humble dream of having his own home, however small. And a dog again.

Quietly reflecting, the sheer gratitude on Johnny's face is as bright as the summer sun lighting up the room.

"KCAH was a stepping stone and I have never been more grateful in my life. I'm still struggling but I've got hope. I'm a great believer in having to be willing to help yourself and when I was, KCAH were there".

By Camilla Wheal with thank you to Johnny Visser for so generously sharing his story

Charity of the year

We had a fantastic evening with St Paul's Players who has chosen KCAH as their Charity of the Year, at their show '*Peter Pan can't fly*' in June. Nothing 'amateur' with this am dram group, that's for sure!



Thank you to Director Amanda Williams and the whole group as well as Deputy Mayor of Kingston Mike Head and his wife Sandra for supporting our cause.

We would also like to say a big Thank You to Sainsbury's Kingston and Your Health Care who also has chosen KCAH as their 'Charity of the Year'. We appreciate it so very much!

Please pray for

- Grant funding to be secured for existing staff posts in the next nine months
- New prospective Board members before KCAH's October AGM

KCAH

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If your contact details have changed, you wish to be removed from our mailing list, or you would prefer to receive our newsletter by email, please let us know on 020 8255 7400 or email camilla.w@kcah.org.uk

Save the date

This year's AGM on 19th
October at the Quaker Centre in
Kingston at 7.30pm