Kairos Housing: Anonymised Case Studies Jan 2026

Case Study 1

Life before arriving in the UK "Could you tell us a little bit about your life and your home before you had to leave?"

> *"Very good life…had job, happy life, salary, house, car etc. Typically, very happy. Government collapsed, life fell apart after that and I had to leave the country"*

Hopes for the UK "Before you arrived in England, what did you imagine life here would be like for you?"

> *"I worked with British people in my own country and found them very polite and kind (In service with Nato, British forces…I got on with them.) I didn't know anything in terms of what life would be like here".*

Your Experience So Far "What has been the biggest surprise or challenge you have faced since arriving in England?"

> *"Surprised at the economic challenges and the loneliness. People such as ARC[1] and churches were very supportive"*

Finding Sanctuary with Kairos "How did you feel when you first arrived at your Kairos home, and how has it helped you feel more settled?"

> *"Kairos has been so supportive. I felt like a fish out of water coming to the UK. Kairos have given me the chance to work for my goals, be confident and to live my life. They have given me freedom without any anxiety. Being part of the Kairos family has given me the chance to build a future"*

Looking to the Future "With the support you have now, what is one thing you are most looking forward to achieving in the future?"

> *"Improve my language skills, pass my GCSE exams and get a nursing degree, work for the NHS, possibly have my own business and would love to see my mum again"*

Case Study 2

Life before arriving in the UK "Could you tell us a little bit about your life and your home before you had to leave?"

> *"Very risky and very dangerous at home. I didn't feel free to walk on the street. I wasn't free just to be a human being".*

Hopes for the UK "Before you arrived in England, what did you imagine life here would be like for you?"

> *"I imagined that I would have the chance to make a new life. I was thinking that people would be friendly, and I expected a totally different culture"*

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[1] The ARC Project Blackburn, a local charity supporting Refugees and Asylum Seekers.

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Your Experience So Far "What has been the biggest surprise or challenge you have faced since arriving in England?"

> *"I wasn't expecting the people to be like they are- good and bad. People in the UK, especially in authority, mean what they say. Some people ask too many questions sometimes, being nosey"*

Finding Sanctuary with Kairos "How did you feel when you first arrived at your Kairos home, and how has it helped you feel more settled?"

> *"My first impression was that I had a strong belief in my heart that Kairos was a welcoming place. I felt straight away that they would help me. Kairos has been like a big family to me...very supportive. Staff spent time with me and supported me every step of the way"*

Looking to the Future "With the support you have now, what is one thing you are most looking forward to achieving in the future?"

> *"To settle down and to finally have a simple life. To wake up to my alarm, to go to work and to come back home "*

Case Study 3

Life before arriving in the UK "Could you tell us a little bit about your life and your home before you had to leave?"

> *"There was no education, no health care, no justice, no equality and no basic rights. Life was extremely difficult"*

Hopes for the UK "Before you arrived in England, what did you imagine life here would be like for you?"

> *"I felt that the United Kingdom was a place where I would be treated with fairness and justice"*

Your Experience So Far "What has been the biggest surprise or challenge you have faced since arriving in England?"

> *"Learning the language is my biggest challenge, and not being able to see my family"*

Finding Sanctuary with Kairos "How did you feel when you first arrived at your Kairos home, and how has it helped you feel more settled?"

> *"The support from Kairos has been exceptional. Their attitude towards me, by providing accommodation, safety and access to services is truly beyond words"*

Looking to the Future "With the support you have now, what is one thing you are most looking forward to achieving in the future?"

> *" I want to be with my family again, and to be able to provide for them"*