



MIX IT UP: Sarah Moat in Norcare's new therapy suite

A positive way to help

STUDENT therapists are helping recovering alcoholics at a specialist rehabilitation centre.

Sarah Moat and Lucy Taylor, second year degree students at New College, Durham, are making weekly trips to Kairos, a project on the outskirts of Durham City, where they are offering a variety of complementary treatments to vulnerable people.

The project is run by housing charity Norcare, offering residents help to regain control of their lives after alcohol

abuse has seen them hit rock bottom.

Vicky Richardson, Norcare health improvement worker, said: "A lot of people who come here have major problems with depression, anxiety and sleeplessness. The complementary therapies we can now provide help them to relax and de-stress."

Ms Moat said: "It was a real step into the dark, but it has been such a valuable experience. Seeing how it has affected residents in such a positive way has been amazing."