



Spitalfields Crypt Trust Offices

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I am writing in my capacity as a support worker at Acorn house and a key worker to Mr. Colin Kerr. Acorn House is an abstinent based hostel (part of Spitalfields Crypt Trust) which provides residential treatment for drug and alcohol addiction. Colin checked into Acorn House on the 3rd December 2025. Prior to this Colin was sofa surfing/ street homeless. Colin suffers from alcohol and drug addiction, anxiety, and depression.

Colin is receiving treatment for his addiction which includes intensive daily group therapy in the mornings, therapeutic classes in the afternoon, weekly one to one counselling and key work sessions. Colin not only has addiction issues but also significant trauma from his childhood which has contributed to drug addiction, street homeless and various serious convictions.

Colin started using alcohol at the age of 14 left school at 15 years old. Colin then progressed to hard drugs cocaine and heroin. As Colin got older the problem intensified, he began getting in trouble with the Police and got many convictions.

Colin has got poor memory and concentration due to years of drug abuse, Colin says during one-to-one therapy he struggles because he may want to say something but before he can say it he loses it, he also drifts off during sessions and does not remember what is being discussed. Colin gets lost in places he knows and does not remember appointments. Colin is always reminded of appointments and medication time. Colin suffers from depression and anxiety this affects his motivation, sleep, and self-confidence. Colin also gets extremely anxious around people, crowded or confined places like public transport he often gets panic attacks. When Colin is going through low moods he tends to isolate and self-neglect. Colin was referred to the mental health services has been prescribed Mirtazapine.

Colin also has poor physical health such as torn meniscus, back pain torn rotator cuff that restricts him from doing a lot of daily activities and functioning well. Colin has been referred to physiotherapy and knee clinic.

During Colin's active addiction before coming to the treatment centre, he would black out and would find himself in places he does not know, with injuries he did not know how he got them. During active addiction Colin got lots of convictions including car theft, robbery possession of dangerous weapons etc. All these patterns of behaviour shows that if Colin is not given the time and space to address his addiction issues, he is a very serious risk to himself and others.

Yours sincerely,

Nora Otema
Support Worker
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