



Kernos Centre Newsletter – April 2014

Introducing a new **free** service for
Sudbury,

Counselling for Carers

The **Kernos Centre** is very pleased to have been awarded an Innovation Grant by **Suffolk County Council** to provide one-to-one counselling support for **Family Carers** – people over 18 caring for an adult family member or close friend.

This important new initiative starts **now**, and we want to get the message out to as many people as possible! We will be working with these local organizations – **Age UK Suffolk, The Bridge Project, Eden Rose Coppice, The Befriending Scheme, and Crossroads** – who will be sharing in this grant and offering **free** respite care whilst the Carers are having counselling.

Caring for an adult member of one's own family or a close friend, due to illness, old age, or disability, can take an emotional, physical and financial toll on the Carer.

Many Carers experience depression – others can feel highly stressed and fearful of what the future holds, often made worse by the feeling that no one truly understands their complex and challenging circumstances.

Carers face a daily struggle with their role, which is often not of their choosing, resulting in feelings of resentment, anger, guilt and ongoing loss.

Talking to a counsellor can have considerable benefits, not only for the Carer but also those being cared for.



Please contact the **Kernos Centre** for more information about this new initiative, to make a referral for yourself or someone you know, or if you can help distribute leaflets.

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Statistical snippets from 2013:

- **Kernos** had 307 referrals.
- Most referrals were from the Children's Centres of Sudbury and Haverhill.
- Over the last 10 years, the most referrals have been from GPs, who refer with no funds attached!
- Only 45% of referrals were eligible for funded places, leaving **Kernos** to raise funds for the majority of its clients.
- Only 7% of clients could afford the full fee for their therapy.

The Bongos do it again!

Back in February, our Quiz Night in Long Melford attracted 110 people, who helped us to raise nearly £1,000.

Now an established annual event, the quiz was successfully run by Chris Helliwell from the Long Melford Cock and Bell – all for no charge! He has already pledged his services for next year! Sainsbury's kindly donated much of the food, which was cooked by our volunteers, helping to keep costs down.

We were all too busy running the evening to take any photographs, so below are the Bongos, winners from last year, missing two of their new additions!



Quiz Champions: The Bongos from Glemsford

Can anyone challenge their winning streak?

Relaxation and Resilience Training

A pilot project, facilitated by our Counsellor Sara Jackson, for an 8-session relaxation and resilience course, will be starting soon.

The aim is to develop new perspectives and abilities to help deal with stress, depression, anger and lack of self-esteem and to learn to increase resilience – helping to reduce psychological distress.

This course represents a diversification for **Kernos** – please contact us if you have people to refer, or if you would like Sara to deliver a course at your organisation.

Opera and More

Another successful fundraising evening was held on 15 March by **Opera and More**, to raise funds for three local charities; the **Quay Theatre**, the **Kernos Centre**, and the **Bridge Project**. A fun evening of varied music was enjoyed by around 60 people at the Quay Theatre.



Opera and More members, including Sara Jackson, a Counsellor at Kernos

A big thank you to all the organisations that have funded us this year:

Sainsbury's Sudbury; Babergh District Council; the Suffolk Foundation's John Penn Fund, Suffolk Fund, Transforming Suffolk, & Safer Suffolk; the Cluster Children's Centres in Sudbury & Haverhill; Sudbury Mayor's Charity; Sudbury Tea Dances; Eden Rose Coppice; Long Melford W.I.; Sudbury Cricket Club; the Parish Councils of Newton, Great Waldingfield, Acton, Monks Eleigh, Great Cornard, Clare, & Lawshall; the Town Councils of Suffolk & Hadleigh.

Buy your goods on-line and raise funds for Kernos for FREE!

If you do your shopping on-line through the link <http://www.easyfundraising.org.uk>, and select Kernos as your charity, we will receive a % of your order. If you search on-line with www.easysearch.org.uk, we will also get a donation for every 10 searches made.

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