



Kernos Centre Newsletter – Spring 2015

Sudbury Fun Run selects Kernos as its local charity beneficiary

The Sudbury Fun Run, an annual 5-mile charity Run and Sponsored Walk, is one of our town's major sporting events.

Each year the **Fun Run** organisers choose a local and a national charity to be the beneficiaries of funds raised – and **Kernos** is honoured that its **12th Anniversary** is being celebrated with its selection as this year's deserving local charity.

The event is on **Good Friday, 3rd April**, and volunteers from **Kernos** will be manning a stall in Belle View Park on the day. **Kernos** also has three people entered for the event, and they would each be very grateful for your sponsorship to help the provision of professional counselling and support for local people suffering emotional and psychological difficulties.

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Kernos' Quiz Night Success!

Back in February our 8th Annual Quiz Night in Long Melford attracted over 130 people and raised over £1,200!



The Winners: Young and Dynamic

The Long Melford Cock and Bell Quiz Master, Chris Helliwell, once again volunteered both his time and his expertise to make the event go with a real swing.



An abundance of home-made chilli, served with jacket potatoes and salads fed the brains of the participants and made it a great night out all round. **Kernos** would like to thank all the volunteers whose hard work contributed to the success of the evening.

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Free Counselling for Carers

Kernos has retained its funding to provide free one-to-one counselling support for Family Carers – people over 18 caring for an adult family member or close friend.

Many Family Carers experience stress, anger, depression, resentment, guilt, fear of the future, feelings of loss and many other negative emotions – talking to a counsellor can bring them considerable benefits.

Please spread the word, particularly to those with elderly relatives and to the professionals, such as GPs, who work with Carers and can advise them to seek help.

Kernos launches its new website!

To help people to better understand and access the services Kernos provides we have updated and improved our website.

Development of www.kernos.org was undertaken by **Kernos Director Steve Harris**, working with Voodoo Creative. The website can now be accessed and read on **tablets** and **smartphones** as well as **computers**, and it also features interactive links for making donations.

The site details information about the **difficulties and concerns** that people can experience, the **treatment therapies** that are available to help them, **information** about our **therapists**, how to **access counselling** and how our **sessions are run**.

It also features **short videos** filmed by **young people** talking about issues that particularly concern them – these videos were funded by a grant from **Suffolk County Council**, donated via the **Suffolk Foundation**. They were produced by Paul Press of Offshoot Films and featured, and were filmed by, students from Sudbury Ormiston Academy.

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

Babergh District Council; Suffolk Foundation's Suffolk Fund, Transforming Suffolk and Safer Suffolk; Suffolk Family Care Innovation Grant; Suffolk Community Locality Fund; Children's Centres in Sudbury & Haverhill; Sudbury's Library Top Time Group & Tea Dances; the Parish Councils of Great Waldingfield, Newton, Acton, Monks Eleigh, Lawshall, Great Cornard, & Clare; the Town Councils of Sudbury & Hadleigh; Ridgeons; A&B Glass; Opera & More; and all our generous individual donors/fund-raisers.

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Do your shopping on-line and help raise funds for Kernos for FREE!

If you shop on-line, and choose to do it through the link <http://www.easyfundraising.org.uk>, selecting **Kernos** as your charity means we will receive money as 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.

A New Counsellor Joins Kernos

The ever-increasing demand for our counselling services in Sudbury and the local area has led to **Kernos** appointing a new counsellor.



Maria Curry has a Diploma in Person Centred/Psycho-dynamic Counselling and a Certificate in Creative Therapies

Like all our therapists, Maria is a member of the **British Association of Counselling and Psychotherapy**, of which **Kernos** is also an organisational member.

Kernos Director **Chris Boatwright** is delighted to have made the appointment: *"I'd like to welcome Maria to the **Kernos** counselling team, helping us to serve the local community, whose requirement for our services continues to grow".*

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Relaxation and Resilience Training

Kernos Counsellor Sara Jackson has recently run two of these group courses – for **The Bridge Project** and for staff at the **Sudbury Cluster of Children's Centres**.

Feedback has been positive – and it was possible to tailor the sessions to respond to the particular needs of the respective groups.

Mindfulness and other techniques along with education and group conversation helped course members understand the causes of, and how to deal with, stress, lack of self-esteem, depression, anger and other distressing feelings.

If your organisation would like Sara to run a course, which can be specifically tailored to your needs, please contact the **Kernos Centre**.

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