



## Kernos Centre Newsletter – October 2014

### Growing your Tanners for Kernos!

#### An exciting new fundraising initiative starts this October!

For six months, **localgiving.com** will be **doubling** all **online donations** – up to a maximum of **£10** – made to **Kernos** and other member charities.



This fundraising campaign starts on Tuesday **14<sup>th</sup> October** at 10am, after which all one-off or monthly **Donations** made through <http://localgiving.com/charity/kernoscentre> will be matched, pound-for-pound, up to **£10**, or up to **£10** per month, for 6 months.

UK taxpayers can **Gift Aid** contributions, making their one-time donation of **£10** during the **Grow Your Tenner** campaign worth up to **£21.55** for **Kernos**.

As a **Local Giving** charity member, **Kernos** is also eligible for matched funding of up to **£12,000** from this initiative.

All that's needed for us to hit this target is for **100** kind people to donate just **£10 each month** for the duration of the campaign. If you missed the October start date, you can begin your monthly donations later, but then we will only get the matched funding for the remainder of the six months.

So, the sooner you get donating, the sooner we can start growing those tanners – and it's all in a very worthwhile cause!

Funds are always needed as demand for our service continues to grow. We currently (as at 1<sup>st</sup> Oct 14) have **21 clients** on our waiting list – and, in all, **Kernos** has helped over 2,100 people since we opened in 2003!

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### Carers can get FREE Counselling at Kernos!

**Do you know anyone who is caring for an adult at home who would benefit from some therapy – and at no cost to themselves?**

We have been awarded funding that can only be spent on adult Carers – someone who is caring for another adult family member or close friend.

Many Carers experience stress, depression, anger, resentment, guilt, feelings of loss, fear for the future and many other emotions. Talking to a counsellor can have considerable benefits.

If someone has problems that they may not link directly to their caring role, these can also be addressed during their therapy.

**Please help us spread the word, particularly amongst those with elderly relatives and to the professionals, such as GPs, who work with them.**

## Relaxation and Resilience Training

**Kernos** is actively looking for organisations or groups who would like to benefit from signing up a group of staff, volunteers or clients for a course in **Relaxation and Resilience** – 8 weeks of one hour sessions.

The course covers:

**Relaxation Techniques**  
**Compassion**  
**Mindfulness**  
**Acceptance**  
**Body Scanning**

and will consider:

**What it is to be human**  
**Attachment theory and human interaction**  
**Patterns of relating in adult life**  
**Aspects of self**  
**Depression**  
**Anxiety**

The aim is to help people deal with stress, lack of self-esteem, depression, and anger – developing resiliency techniques that not only help them manage but also build up their immunity to stress, enabling them to better cope with their situation.

Please contact us if you have people you'd like to refer, or if you'd like **Sara Jackson** to deliver a course at your organisation.

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

Sainsbury's Sudbury; Babergh District Council; Suffolk Foundation's Suffolk Fund, Transforming Suffolk and Safer Suffolk; Suffolk County Council's Small Grant Fund; Suffolk Family Care Innovation Grant; Suffolk Community Locality Fund; Eden Rose Coppice; Children's Centres in Sudbury & Haverhill; Sudbury's Rotary Club, Quakers, 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.

## Two New Counsellors Join Kernos

Ever-increasing demand for our counselling services in Sudbury and the surrounding area has led to **Kernos** appointing two new counsellors:



**Steve Hughes** holds a BACP accredited Diploma in Integrative Counselling and a Level 4 Diploma in Therapeutic Counselling.

**Ann Coltman** has a BA in Counselling Studies, a Certificate in Person-Centred Art Therapy Skills and a Diploma in Person-Centred Counselling.



Like all our counsellors, Steve and Ann are members of the **British Association of Counselling and Psychotherapy**, of which **Kernos** is an organisational member.

**Kernos** Director **Chris Boatwright** is delighted to have made the appointments: "*Welcoming Steve and Ann to the **Kernos** counselling roster enables us to better serve the local community, where the requirement for our services continues to grow apace*".

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## Christmas is coming! Buy your presents on-line and help raise funds for Kernos for FREE!

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

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**Kernos Centre**, 32-34 Friars Street  
Sudbury, Suffolk, **CO10 2AG**

**Telephone:** 01787 882883

**E-mail:** [admin@kernos.org](mailto:admin@kernos.org)

**Website:** [www.kernos.org](http://www.kernos.org)