



Kernos Centre Newsletter – Autumn 2015

Fundraising Recipe Book

A Perfect Present for Christmas!

To help raise much needed funds, **Kernos** is producing an exclusive **Cookbook** – in good time for Christmas – featuring the favourite recipes of many of our friends and contacts.



The **Kernos Cookbook** – being put together by therapist **Sue Newton** – will be available to buy in November and would make a perfect Christmas gift for your friends and family.

The price of the **Kernos Cookbook** will be announced shortly – by e-mail and on the website – and payment can be made to the Office by Paypal, BACS, cash or cheque.

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Stop Press: Friday 26th February 2016 is now the confirmed date for our traditional fundraising **Quiz Night** at **Long Melford Village Hall**, hosted by the *Cock and Bell, Long Melford*, **Quiz Master Chris Halliwell**.

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Mental Health Problems

Highlighting Support in Sudbury

On Thursday 8th October staff from **Kernos** joined with the Bridge Project, the Richmond Fellowship and the Befriending Scheme to man the **World Mental Health Day** stall in Sudbury, highlighting the range of local support available for people suffering from mental health problems.



South Suffolk MP **James Cartlidge** (left) at the stall on Market Hill alongside **Kirsty Sandford**, Mayor of Sudbury **Cllr. Jack Owen** and **Kernos** Director **Chris Boatwright** (right).

South Suffolk MP **James Cartlidge** has lent his support to the initiative as he has recently joined the **All Party Parliamentary Group on Mental Health**, which will invite speakers from local and national organisations to give evidence on mental health issues.

He has also agreed to attend **Kernos's** AGM in January 2016.

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Having Fun Fundraising...

Local organisations and individuals have found some interesting ways to help raise funds for Kernos this year.



Sudbury Fun Run
£3250



Quiz Night
£1200



Adam Shipley
leg-wax £350

The **Sudbury Fun Run**, the **Kernos Quiz** night, teenager **Adam Shipley** bravely under-going a **sponsored leg wax** and **Waitrose's Community Token Scheme** have all contributed vital funds this year to enable **Kernos** to provide professional counselling and support for local people suffering emotional and psychological difficulties.



Community Token
Scheme £274

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And our sincere thanks to everyone else who has funded or helped us this year:

Babergh District Council; Funding via Suffolk Community Foundation: Raising the Bar, Red Nose Day Fund, Suffolk Giving Fund, Suffolk Family Care Innovation Grant; Sudbury Tea Dances; the Parish Councils of Acton, Great Waldingfield, Newton Green, Monks Eleigh, Lawshall, Great Cornard and Clare plus the Town Councils of Sudbury & Hadleigh; and all our generous individual donors/fund-raisers.

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Christmas is coming!

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

If you Christmas shop on-line at **John Lewis, Amazon, Marks & Spencer, Argos, Apple Store**, or at over 3000 other outlets, and access their websites by clicking on <http://www.easyfundraising.org.uk> and selecting **Kernos** as your charity, then we receive **1.5%** of your order value.

So far **over £900** has been raised in this way – please help us make it **£1000 by Christmas!**

Also, if you search on-line with www.easysearch.org.uk, we get a donation for **every 10 searches made** – and every little helps!

Student Counsellor Joins the Team

Increasing demand for our services in Sudbury and the surrounding area has led to a new student counsellor joining the **Kernos therapy team**.

Jennifer Davis is in the final year of a Diploma in Integrative Psycho-synthesis Counselling and is a student member of the British Association of Counselling and Psychotherapy.

She has previously worked as a volunteer in palliative care, supporting people with life-limiting illness, and with the Samaritans.

Kernos Director **Chris Boatwright** is happy to have made the appointment: "*Jennifer joining **Kernos** helps us in developing the services we can offer the local community*".

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Relaxation and Resilience Training

Funding now available...

Kernos is 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 showing how to cope with, and bounce back from, adverse situations.

Some funding is available to help with this – please talk to **Sara Jackson** at the **Kernos Centre** if you would like more information.

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FREE Counselling for Carers at Kernos!

Money is still available for Carers of adults to have **free counselling**. This is an ideal opportunity for those who are finding the responsibilities and frustrations of their caring role to be impacting on their lives, to get help on how to better cope with their situation. **Free respite care** is also available whilst counselling is taking place.

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