



Kernos Centre Newsletter – Spring 2016

Newton Green Golf Club & Kernos in 2016/7 Charity Partnership



The 2016/7 Captains of Newton Green Golf Club have jointly chosen the Kernos Centre as their local Charity of the Year.

This partnership, which launched at the beginning of March, will see **NGGC** sponsor various fund-raising initiatives on behalf of **Kernos** during the next 12 months.

Reciprocal arrangements will include, amongst others, **Kernos** running a mindfulness session for **NGGC** in April, entering a team in the Club's next Society Open Day and making a presentation about the **Centre** to Club members in June.

Club Captains **Lee Prentice**, **Sally Cade** and **James Fraser** said they chose **Kernos** because it is: *"Independent, local, meets a community need, delivers a service that Club members can relate to – and have an affinity with – and is an organisation for which any contribution is measureable"*.

Kernos is very much looking forward to working with **NGGC** and trusts that the partnership will prove to be a mutually beneficial one.

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Kernos Quiz a Great Success!

In February our 9th Annual Quiz Night, held in Long Melford, attracted 17 teams vying for the winner's title and raised over £1,300!

Chris Helliwell, Quizmaster at the Long Melford Cock and Bell, pitched the questions at just the right level to give everyone a chance, with many rounds requiring whole team discussions. **Chris** once again donated both his time and his expertise, for which we are very grateful.



Strangers in the Night, the Winners, only put their team together on the evening!



Chilli, jacket potatoes and salad was enjoyed by everyone and **Sainsbury's** and **Waitrose** both generously donated prizes to the raffle, which raised over **£360** in its own right.

The winning team, which donated its cash prize back to the **Centre**, included **Kernos Director David Mayes**, his wife **Becky** and former **Mayors of Sudbury Lesley** and **Tony Ford-Platt**, who are both strong supporters of **Kernos**.

Lesley said, *"We were amazed – and delighted – to be in the winning team and would like to thank our other members for knowing the right answers."*

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James Cartlidge MP backs Kernos Centre's funding bid

South Suffolk MP **James Cartlidge** recently visited Kernos to meet the therapists and find out more about the Centre and our range of counselling services.

After attending the **Kernos AGM** in January, and seeing moving video clips of young people talking about their struggles with stress, depression and self-harm, **James** is lending his support to our bid for **Children and Young People's Emotional Health and Wellbeing** funding.

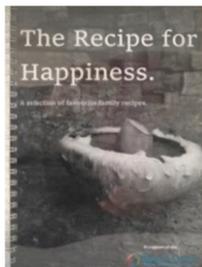


James Cartlidge chats with Counsellor **Sarah Jackson** and Director **Chris Boatwright**

James, who joined us in Sudbury last October on the **World Mental Health Day** stall, is a member of the **All-Party Parliamentary Group on Mental Health**, which is currently taking evidence from the many local and national organisations that deal with mental health issues.

Our Fundraising Cookbook is going like hot cakes!

The Kernos Cookbook, which was published just before last Christmas and made an ideal present, has been selling really well.



Fortunately copies are still available and they can be picked up from reception at the Centre for a small donation of just £5 per copy. Alternatively they can be ordered by post by sending a cheque for £5 per copy, along with your address, plus £1.50 postage for up to 3 copies.

You are sure to enjoy reading and trying out the recipes, all of which have been tried, tested and supplied by our clients, counsellors, volunteers, friends and supporters.

The costs of producing the Cookbook were met in their entirety by a very generous supporter – which means that all of the money raised from the Cookbook donations will go towards helping Kernos provide much-needed help to anyone in need, regardless of their ability to pay.

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Help the Nationwide Building Society support Kernos



The Nationwide Building Society financially supports thousands of charities and community projects across the UK through its quarterly Community Match Scheme.

Kernos was fortunate to be picked as one of 3 local charities to feature in the current Community Match quarter, which runs until the 29th April.

So, if you are a Nationwide customer, please visit the Sudbury branch, follow the Community Match instructions and cast your vote for Kernos.

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

Babergh District Council; Funding via Suffolk Community Foundation; Transforming Suffolk, Safer Suffolk, Raising the Bar, Red Nose Day Fund, Suffolk Giving Fund, Suffolk Family Care Innovation Grant; the Joy Abbot Fund; Sudbury and Cornard Children's Centres, Sudbury Talbot Rotary; Sudbury Fun Run, Waitrose Community tokens, Nationwide Building Society community tokens, Sudbury Tea Dances; the Parish Councils of Great Cornard, Acton, Newton and Monks Eleigh, plus the Town Councils of Sudbury & Hadleigh; and all our generous individual donors/fund-raisers.

Sudbury Talbot Rotary Club donate £500 from Tree Festival

A share of the proceeds from the Christmas Tree Festival in St. Peter's Church in Sudbury was presented to Kernos in March.



Val Tyrell from the Sudbury Talbot Rotary Club gave a cheque for £500 to Kernos's Nicola Thorogood and Director Chris Boatwright,

who said: "We are very grateful for this donation, which will help to provide 25 counselling sessions to support unfunded, disadvantaged clients".

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Richard runs for Kernos Funds



One of our supporters, Richard Dediccoat, ran his first half-marathon for Kernos in the recent Colchester event on the 13th March.



Ideal weather conditions made it a fantastic morning for the race, with Richard completing the 13.1 miles in the creditable time of 2 hours 07 minutes.

Richard chose Kernos as his fundraising charity because he believes that supporting our work in improving mental health is worthwhile, particularly with regard to the emotional wellbeing of children and young people.

The early intervention that Kernos can provide in dealing with such cases brings the most benefit.

Generous sponsorship for Richard's run raised a total of £534.25 for the Centre.

All of the money Richard raised will be used to help fund the costs of over 25 counselling sessions for those young clients who desperately need therapy but for whom there is no funding.

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