



Kernos Centre Newsletter – Autumn 2016

Kernos Receives £10,000 Grant to help Children and Young People

Vulnerable local children and young people are now able to access help from Kernos far more quickly, thanks to a £10,000 grant from the Children & Young People's Emotional Health and Wellbeing Fund.

This fund was developed by West Suffolk, Ipswich and East Clinical Commissioning Groups, along with Suffolk County Council, and is managed by the **Suffolk Community Foundation**.

The **Kernos Centre's** application for the grant was supported by **South Suffolk MP James Cartlidge** and the award of this much-needed funding will help pay for more than 500 counselling sessions.

Chris Boatwright, Clinical Director of Kernos, is clear: *"Early intervention is key to preventing problems affecting the life chances of children and young people. Because we had so many waiting for help, we thought we might have to close our referrals list."*

"This grant has made a huge difference, providing secure funding which will enable us to assist, in a timelier manner, those children and young people with mental health and other challenges."



James Cartlidge with Counsellor Sarah Jackson and Kernos Director Chris Boatwright

James Cartlidge, a member of the **All-Party Parliamentary Group on Mental Health**, said he was *"delighted"* to hear the news that we had been successful in applying for the grant.

James added: *"I happen to know that the competition for funding was fierce, so it is a real credit to the team at Kernos and testament to the strength of their bid. I was only too happy to add my personal support, having seen at first hand the valuable work they are doing."*

Long Melford Street Fair helps us to help Local People

The Kernos Centre was honoured to be the chosen charity of this summer's revived Long Melford Street Fair.

A record crowd of over 10,000 people flocked to the event in July, the occasion benefitting from some terrific weather and a whole host of activities.



Attractions included female Morris dancers, fairground rides and around 130 shopping stalls featuring a wide range of merchandise.



Organiser **Jess Poole** (left) presented a donation of **£600** from the proceeds of the Fair, saying: *"We cannot thank Kernos enough for what you do for the local community, and the kindness of your volunteers"*.

Kernos Financial Director Peter Brown said: *"This generous donation will help to ensure our continued ability to assist locally-residing adults and young people with mental health issues."*

*"Unfortunately major grant funding rarely covers the full cost of the services we provide and, even though over 50% of the hours worked at Kernos are voluntary, local contributions are still needed to cover our fixed overheads. We'd therefore like to thank **Long Melford Street Fair** very much for their wonderful gesture"*.

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We are one of the Mayor's charities

Sudbury's new Mayor, **Cllr Sue Ayers**, has chosen **Kernos** as one of three local charities she will be supporting in 2016/7.



Various fund-raising events will take place during **Cllr Ayers'** 12-month term of office, after which **Kernos** will receive a share of the total donated funds.

We've now passed a 2,500-Client Milestone!

2500

The Kernos Centre opened in Friar Street, Sudbury on the 1st April 2003 and, earlier this year, we passed a milestone – over 2,500 people from Sudbury and the surrounding area having benefitted from our services during the past 13 years.

Over **one third** of these clients have been **Children and Young People**, the majority of whom have had to rely on charitable funding – or the money we receive from donations – to access help for psychological and emotional problems that is not adequately provided by the NHS.

From treating just **78 clients** in our first year, our team of **12 qualified, professional counsellors** now help upwards of **300 people** each year to achieve long-term, sustainable health and well-being outcomes.

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Sudbury & District Round Table Garden for Kernos



Members of the Sudbury & District Round Table recently descended on the Centre to make a concerted attack on our overgrown and long-neglected courtyard garden.



Some time – and much hard work – later the garden was transformed! The fresh plants, kindly donated by **Homebase**, that were added to the newly re-instated flower

beds included jasmine – with its wonderful summery smell – and lavender, which is well-known for its healing properties.

In thanking **Steve Burton** and his **Round Table** team for their tremendous voluntary effort, **Chris Boatwright, Clinical Director of Kernos** said: *"We are so grateful to you and your **Round Table** members for their time and all their hard work, which has transformed our courtyard garden into a place that our clients and counsellors can all enjoy – it is very much appreciated!"*



*We'd also ask you to pass on our since thanks to **Homebase** for donating the plants, which lift the feeling of the garden and hopefully will lift the spirits of all who see it and use it. We have a garden to be proud of now!"*

Friends of Glemsford WI donate over £900 to Kernos

The Friends of Glemsford WI, led by Lesley Lagden, organised a Summer Ball and Hog Roast for Kernos in Glemsford Village Hall.

The Ball was a great success, with everyone who attended enjoying some great food and later dancing the night away to a superb band.

As a result, the organisers were able to present **Kernos** with a (suitably large!) cheque for **£920**, which was formally handed over – and most gratefully received – in our recently refurbished courtyard garden.



This money will go towards part-funding around 50 treatment sessions for those of our clients who are unable to pay the full cost of their counselling.

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The NGGC partnership continues...



The 2016/7 partnership between Newton Green Golf Club and the Kernos Centre is going well.

The partnership has already seen various fund-raising activities taking place.

Reciprocal arrangements have so far included **Kernos** running a mindfulness session for Club members, providing entrants for a 'Foxes and Rabbit' competition and making an on-site presentation to members about the **Centre**.

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A big thank you to all the organisations that have helped us so far this year:

Suffolk Community Foundation (Children and Young People's Emotional Health & Well-being, Catalyst & Bluebell Funds); Safer Suffolk; Sudbury Talbot Rotary; Sudbury & District Round Table; Homebase; the Mayor of Sudbury; Leavenheath Stitch & Chatter Club; Nationwide Building Society; Waitrose; Friends of Glemsford WI; Newton Green GC; Belchamp Morris Men; Long Melford Street Fair; Kernos Cookbook; CAF Nationwide; Sudbury Beer & Wine; Babergh District Council; the Parish Councils of Great Cornard, Acton, Clare and Monks Eleigh; the Town Councils of Sudbury & Hadleigh; and all our individual donors/fund-raisers.

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