



## Kernos Centre Newsletter – Autumn 2017

### 3000 Clients – and counting...



In August Kernos reached a significant milestone – over **3,000** referrals from the local area since we opened in Friars Street, Sudbury in April 2003.

More than **one third** of those referrals have been **Children and Young People**, most of whom have had to rely on **charitable funding** – or the **money** we receive **from donations** – in order to receive treatment for their emotional, mental health and psychological problems that are not adequately served by the NHS.

From **3 counsellors** treating just **78 clients** in our first year, we now have a team of **12 qualified counsellors** – helping upwards of **300 people** a year to achieve **sustainable, long-term health outcomes** – backed by a **9-strong volunteer office team** that keeps the **Centre** working smoothly and efficiently.

As **Kernos** has grown, we have been fortunate in the **recognition** and **financial support** we have received from the **local community**, both from



individuals and organisations: for example, the Sudbury Town Mayor, **Sarah Page** (left), has chosen us as one of the local charities that she supports during her term of office, which runs until May 2018.

This generous local support has made a real difference for our clients, both young and old, allowing us to ensure that **those most in need** receive appropriate, effective and ongoing help, **regardless of resources**, for as long as needed.

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### Bures Music Festival's £1000 grant

**Kernos** is delighted to have received a grant of **£1000** from the **2017 Bures Music Festival** to fund the provision of new creative and therapeutic play equipment, which counsellors find extremely useful when treating the psychological and mental health problems of young clients.

### NGGC's efforts raised over £6000



**Kernos** is extremely pleased to report that its **2016/17 partnership** with **Newton Green Golf Club** resulted in over **£6000** being raised for the **Centre**.

The 12-month partnership, which concluded in March this year, saw the Club sponsor various fund-raising initiatives on behalf of **Kernos** during the now-retired Captains' period of office.

**Lee Prentice** (Mens), **Sally Cade** (Ladies) and **James Fraser** (Senior Mens) chose **Kernos** as their charity partner because the **Centre** was:

- Independent
- Local to the community, and met a community need
- Able to deliver a service that members of the Club could relate to and have an affinity with
- An organisation for which any contribution or support was measurable

**Chris Boatwright, Clinical Director of Kernos**, said: "I would like to express our deepest thanks to **Newton Green Golf Club** for their donation of a fantastic **£6,084.68**. We would particularly like to thank all club members, and especially the recently-retired Joint Captains, **Rex Thake** (Old & Bold Captain) and **Ben Tawell** (Club Manager), who helped organise the fund-raising events that resulted in this extremely generous gesture".



The picture shows (from left) **John Ford** (Seniors Captain) and **Lee Prentice** (retired Men's Captain) together with (from right) **Geoff Kistner** (Seniors' Captain) and **Sally Cade** (retired Women's Captain) presenting the cheque to **Kernos's Chris Boatwright**.

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### Delphi apprentices go gardening...



Apprentices from Sudbury-based **Delphi Diesel Systems** descended on **Kernos** recently to attack the courtyard garden at the **Centre**.

Some time – and much hard work – later not only had the garden been transformed but the group also presented us with a cheque for **£206!**

## Prioritising Mental Health

**World Mental Health Day 2017 was Tuesday 10<sup>th</sup> October and, at Kernos, we have long realised the importance of recognising and dealing with mental health issues.**

This cause received a high-profile boost earlier in the year when **Prince Harry** spoke out about his need for counselling to help come to terms with the death of his mother Diana, Princess of Wales.

Everyone at **Kernos** – clients, therapists and staff – acknowledged how inspiring, and courageous, it was for **Prince Harry** to talk publically about his mental health; his comments came at a time when research was showing that, despite chronic depression amongst women being more than three times higher than men, it is the latter who are three times more likely to commit suicide.

**Kernos's** own figures show that seeking help for mental health issues is difficult for men – of all the local referrals for counselling support we have received in our 14 years in Sudbury, only just over a third were for men. It must be hoped that **Prince Harry's** example of talking candidly about his experience will encourage more men to do the same – and seek help.



In an interview with the *Daily Telegraph's* **Bryony Gordon** (left), **Prince Harry** endorsed mental health support for everyone, both young and old.

As **Ms Gordon** said later: "*The Prince has shown that mental health issues are nothing to be ashamed of. There should be no secrecy or mystery to them. The work that charities do, offering support for the mentally ill and their families, is absolutely crucial.*"

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## Quiz Night raises over £1300

**Around 115 contestants participated in the Kernos Centre's 10<sup>th</sup> annual Quiz Night, held earlier this year in Long Melford.**



**Chris Helliwell**, Quiz Master of the Cock & Bell (in white T-shirt) once again freely gave of his expertise, with a testing selection of great quiz questions.

The teams taking part managed to raise **over £1,300 for Kernos**. **Chris Boatwright, Clinical Director**, said: "*Our annual Quiz Night fund-raising means a tremendous amount to us and I must thank all the **Kernos** volunteers who worked so tirelessly to make this an exceptional evening.*"

The next Quiz will be **Saturday 24<sup>th</sup> February**.

## Local organisations help Kernos

**During our 14-year existence, we have been fortunate to receive recognition and financial support from many local organisations.**

For example, during the summer we received 'unrestricted' funding, provided with no pre-conditions, from a number of organisations, including: **Sudbury Sings (£610)**; **Lavenham PCC (£175)**; **Hadleigh Town Council (£250)**; the outgoing **Mayor of Sudbury (£976)**; the **Cornard Co-op (£650)**; **Sudbury Waitrose (£286)**; and **Great Cornard Parish Council (£450)**.



**SUFFOLK**  
Community  
Foundation

We have also received 'restricted' funding, provided for more particular purposes, from,

amongst others: **Suffolk Community's Bluebell Fund (£2000)** and **Clopton Hall Farms (£750)** for *Children & Young People*; and **Great Cornard Townland Trust (£2,000)** for *disadvantaged Cornard residents*.

These generous donations, as well as those we receive from many individual contributors, are all vital for helping local people needing our services.

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## Kernos has been recruiting...

**To improve our efficiency we've recruited...**

...**Christine Street**, an information officer and database administrator in local government for 27 years, **Sue Dexter**, previously a management fund-raiser for MIND, who has come on board to oversee our fundraising activities and **Emma Leeper**, who has joined to strengthen our counselling team.

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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, Bluebell & Raising the Bar Funds); Safer Suffolk; the ex-Mayor of Sudbury (Sue Ayres); the Cornard Co-op; Lawshall PC; Lavenham PCC; Sudbury Waitrose; Sudbury Sings; Delphi Apprentices; Bures Music Festival; Sudbury 95 Club; Glemsford WI; Newton Green GC; Clopton Hall Farms; Gt. Cornard Townland Trust; Babergh DC; the Parish Councils of Great Cornard and Monks Eleigh; the Town Councils of Sudbury & Hadleigh; and all our individual donors/fund-raisers.**

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The **Kernos Centre's AGM** will be held at on **Friday 19<sup>th</sup> January 2018** at **5.00pm** in the **Christopher Centre Sudbury** – all welcome.

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