

The **Lindfield Fun Run** will be held on **Sunday 18 April 2021** and is a fabulous opportunity for our local community to come together, get active and raise funds to support **KYDS** and other local charities.



All local schools and youth groups are encouraged to register teams for the 2km, 5km or 10km course.

Youth can register individually or with their families or you can set up teams for your school and encourage them to register to run as teams.

The registration fee goes to charity. Please join in and Register now: <https://www.lindfieldfunrun.org.au/>

50% of funds raised by the Lindfield Fun Run will be donated to Ku-ring-gai Youth Development Service (KYDS).



KYDS is a free confidential counselling service for the youth of Northern Sydney.

A GP referral or a mental health plan is not required for the young person to access support for as long as they need it. KYDS also work with the family of the young person.

KYDS provides face to face sessions at Hornsby, Lindfield, Chatswood, Crows Nest, Brookvale and Avalon and conference sessions for young people who would prefer online support. KYDS also provide workshops and programs to enhance the well-being of young people and their parents/carers.

#### **KYDS Needs for Funds**

In 2020, KYDS saw a large surge in demand for support. In 2020, KYDS delivered 5,462 counselling sessions - over 2,000 more than in the previous year! Young people are responding to the education and encouragement to reach out for support when they need it.

Our challenge is to obtain enough funding to meet this need without asking young people to wait for 1:1 support. KYDS was recently advised that their major Federal Government funding from 2020 will not be renewed in 2021.

The Lindfield Fun Run is an opportunity for our youth and families to raise funds to support the mental health and wellbeing of the youth of Northern Sydney. Please see the attached document as to

If you cannot join in the Lindfield Fun Run please consider making a tax deductible donation to KYDS at <https://www.mycause.com.au/charity/29909/KYDSYouthDevelopmentService>

Interested in providing more volunteer support, please contact Cathy Thomson and Kristen Speed by email at [fundraising@kyds.org.au](mailto:fundraising@kyds.org.au)

#### **Cathy Thomson and Kristen Speed**

Joint Chairs of KYDS Fundraising and Volunteer Committee