



Beacon

Annual Report 2010

Registered Charity No. 1109545



unsung heroes

The Queen's Award for Voluntary Service
2008



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Did you know that

**Beacon Counselling
helped 1450 people
during 2010**

The year that was

Feb — Pilot of the Confidence Programme in Primary Schools started

March — Pilot of 1-1 counselling in primary schools with Relate Greater Manchester South starts

May — Pilot of joint project for the unemployed with Disability Stockport starts



May — The Great Manchester Run becomes Beacon's most successful fundraising event ever, raising nearly £7000!

October — Beacon takes part in a new programme called ITASC, which aims to integrate the support available to young people in secondary schools

Trustees Report

CHAIR OF TRUSTEES

Welcome to our annual report which I am sure you will find interesting. In 2010 Beacon exceeded an annual income of over £225K for the first time in its history. Our fund raising committee raised well over £6,000 from the sponsored Manchester 10K run and we thank the committee for all their hard work and the 25 runners for their support.

We must also thank three pupils of Cheadle Hulme High School who won the Nationwide Young Philanthropy Initiative competition and obtained for Beacon a donation of £3,000. The pupils researched and presented Beacon Counselling as their local charity. Well done.

Beacon Counselling have had a record year offering counselling to 620 adults and we also work with young people and children attending 11 secondary schools and 7 primary schools. In addition we are working in partnership with Disability Stockport to provide counselling to the unemployed and long term sick.

We are told by clients our counselling service is professional and provides excellent support to clients. These clients tell Beacon Counselling we are approachable, discreet and life changing so we thank our Supervisors, 55 Counsellors and all our Volunteers for their support and help.

The year 2010 was the best year in our history and we are now showing a healthy cash flow. However we must not rest because times will be difficult in 2011 and for a few years but we will meet the challenges.

Finally, I thank the Board of Trustees who are all involved, despite their busy lives, in supporting the counselling service for the people of Stockport and are committed to building on the good work already achieved.

ALAN HEWITSON

Chair of the Board of Trustees



Did you know that

Beacon's volunteers gave over 5000 hours of their time throughout 2010

Manager's Report

2010 was a record breaking year for Beacon Counselling. For the first time ever, Beacon helped over 1000 people – as many as in its first 10 years! Perhaps more importantly, the monitoring and evaluation Beacon carries out shows that people benefited from each of the services offered.

It has been a year of new ventures and partnerships, with Beacon launching two services for primary school children – the first time we have worked with 5 – 11 year olds. The 1-1 counselling and Confidence Programme were both very successful, the first of which was delivered in partnership with Relate Greater Manchester South (GMS), and the second a programme created within Beacon that helps young children develop confidence, self-esteem, and emotional resilience when they are struggling. The joint work with Relate GMS was very successful and enjoyable, and the two charities are keen on further joint work in the future.

Another new venture is with Disability Stockport. This well-established local charity discussed with Beacon about establishing a counselling service for the unemployed in Stockport, so that the block of poor mental health to gaining employment might be removed. This pilot, run by Fiona Douglas (a Beacon counsellor), has been a great success, with 77 people helped from May 2010, and improvements in mental health and well-being for many who took up counselling there.

It has also been a year of improvement, as Debby Bridge (Office Administrator) has worked with the team of Appointments Administrators (Barbara, Margaret, Sandra, Sue) to review existing procedures and introduce new ones where needed. The work of all of them has been a credit to Beacon, as they have coped with an increase in telephone calls and clients of more than 40%.

There are so many more things I could mention that have happened in 2010 and I would still end up missing out on a number of them, but it has been a great year for the charity, both in benefiting the public and in financial terms, which in the context of the recession and now the cuts, means that we are better prepared than many. Perhaps the final improvement worth mentioning is that Beacon spent the first half of 2010 creating a strategic plan for the next 5+ years. Though dull and dry sounding this may seem, it is critical in setting out Beacon's purpose and its attitude to the future, and fulfilling it will mean Beacon's continued success.

As in each year, I want to thank all of the volunteers and staff that contribute to Beacon. The charity is lucky to have such a wide range of dedicated and expert people, and this is reflected in the success seen this year.

Best wishes,
James Harper
Manager
Beacon Counselling



Looking Ahead

2010 is going to be a hard act to follow with its success in existing and new projects. Perhaps the one word that summarises the year ahead is 'development'. The key for Beacon now is to develop further in its existing areas and make its pilot projects into viable services. There are also other areas of development which will prepare Beacon for the bigger challenges that lie in 2011 and beyond:

- Beginning preparations for GP Commissioning
- Achieving the PQASSO quality assurance mark
- Building links with key organisations and staff for future work

These 3 points are critical for Beacon's future, as the reduction in the number of grants means that contract funding will be an important part of Beacon's future finances. More than this, they offer Beacon the potential to develop new and effective services that are able to reach all that need it.

In the meantime Beacon will also be focusing on maintaining, for its clients, volunteers and staff, the high standards of a service that so many have come to rely on.

James Harper
Manager



A Client Poem

Some thoughts from a client....

Is it hard to be hard?
To always feel alone?
Too scared to fit in?
Too scared I wont?

Is it right to be right?
To always hear one voice?
Too scared to listen?
Too scared of the choice?

Is it love to love?
To always hurt and cry?
Too scared to let you close?
Too scared to tell you why?

Is it kind to be kind?
To always keep you an inch away?
Too scared you'll love me?
Too scared you'll run away?
So is it hard to be hard?
To always be alone?
Too scared that I'm right
Too scared that maybe I'm wrong?



What our people have to say

OFFICE ADMINISTRATOR—Debby Bridge

Well, 2010 definitely finished the same way it started – with lots of snow, although it was not quite such a personal challenge to get to work the second time as I was better prepared, including the right car (and tyres) and warm boots.

I am still impressed by the amount of time our people give freely to help others, and the regular commitment, but more especially now as I know many travel some distance on public transport.

I remember the little successes – often simply because I was the person to answer the phone or seeing a client reaching the end of their counselling when I took their details on the very first call. When a thank you card arrives, I feel proud that the admin team and the evening volunteers have contributed by providing a welcoming environment for client and counsellor, not only sorting the paperwork and dealing with telephone calls, but with practical things such as making drinks for clients and washing up. I do explain to new counsellors that all they really need to do is turn up and see the clients - we are here to do everything else. I know from comments made by counsellors who are still studying at local colleges that they are envied by their fellow students, as Beacon is known to be one of, if not the, best placement in the area.

As well as the successes, there have been some failures – I am still learning and my list of things to do is still as long. And even though we have said goodbye to a few of the team on the way, we now have more counsellors, more office staff, more volunteers and more work!



ADMINISTRATOR— Sandra Bailey

How things have changed in the 26 years that I have been with Beacon.

The saying 'Large Oaks from little Acorns grow' is certainly true about Beacon. Starting from a modest few hours of Counselling a week with unqualified Counsellors to where we are today: - 55 Counsellors either qualified or well into their training, 11 Supervisors and Counselling taking place from 9 different venues and 10 secondary Schools.

With over 620 adult clients going through our system last year, life in the Office, for us all, is very hectic and sometimes we do make mistakes, nothing that can't be rectified with a phone call, email or a grovel!! There is never a dull day which is why I am still here after all this time.

Working at Beacon and seeing the Counsellors grow in confidence, the difference in most of the Clients when they have finished their Counselling, receiving Thank You cards from ended Clients saying how much Beacon has helped them move on with their life is so rewarding. Another saying 'You only get out what you put in' is very apt as everyone here puts an awful lot into our work and I for one certainly get a lot out of it.

Did you know that

**There were 110 people
working for Beacon
during 2010**



What our people have to say

VOLUNTEER COUNSELLOR – Gill Becque

It often happens like this for me. I had applied to Beacon three years ago, just after a new intake of volunteer counsellors, and had almost forgotten about it when I received an email, many months later, asking if I was still interested in applying in time for the next round of interviews. I said 'yes', and it has been one of the best moves I have ever made.

I had already volunteered at two agencies, one for young people and one for female victims of domestic violence, and was accepted but turned down for a position at a third. So I am able to make comparisons, and can 100% state that Beacon is an excellent place to work. I am very happy there.

As a workplace (I am in Bramhall) it is comfortable, private and safe. There are friendly staff, usually Sandra and Debby, in the office who always have time for a brief chat, or to help sort out a problem. I am treated as a valued member of the team, and this is very important to the way I feel about volunteering at Beacon. It is a professional organisation that cares about its workers and clients.

I have grown so much in the two years I have been counselling there. I have had experience with so many different clients, and my self-confidence has increased. I like the fact that every client is different and comes from different backgrounds. I have been able to help men and women with:- anxiety, stress, anger, depression, schizophrenia, family, relationship or debt problems, those caring for children with disabilities and mothers who've had children taken into care because of domestic violence.

The supervision I have received has been consistently of value, both individual and group supervision. It is useful to give and receive support to fellow counsellors, and to learn from different approaches other counsellors may have. It must be even more useful to those counsellors who work in outreach, who may not have much contact with others.

It is also a sign of Beacon's intention to offer an excellent service that so many workshops are organised by James and Debby to help our professional development. These are often very useful and interesting, and are low cost, or sometimes free. Now we also have a counsellors' forum which enables us to socialise with colleagues and learn from each other, and air any concerns we may have.

I would thoroughly recommend Beacon as a place to work. It isn't perfect -- but I wouldn't want to be a volunteer anywhere else!



What our people have to say

ADMIN VOLUNTEER—Hilary Kelly

When you have worked since being a teenager and had only a 4 year break for baby rearing the thought of retirement becomes Nirvana, that time when the sun always shines, every day is to be looked forward to with enjoyment and nothing can ever, ever annoy or irritate you again.

Well, the time arrived for me 3 years ago but strangely it didn't really sink in for quite a while. For the first few weeks I felt as though I was on holiday and very slowly indeed I realised the shopping, cleaning and laundering didn't have to be done on Saturday and I could do it anytime. This in itself is a strange concept, after all for someone who does not like doing all these things, when does one do them, particularly when there is no need for a schedule. It's too easy to let things slide and before you know it 2 weeks have gone by and the dreaded dust has started to build up. Anyway, I do like decorating and sewing so everywhere that needed it did get a spruce up and new curtains and cushions made.

Now what to do next - well there are only so many lunches with friends one can eat and, considering my closest friends still work that has to be fitted round them. I did enjoy walking but unfortunately I have dodgy feet in need of surgery so for the time being that has had to go on hold.

I decided, after the first six months of being rudderless, that I really ought to be doing something to provide me with some kind of discipline and a voluntary job was just the thing. After trawling through the Job centre volunteer site I was lucky enough to happen upon Beacon who were looking for an admin volunteer, and have not regretted joining for one moment. Beacon does a wonderful, necessary job and I am pleased to do my small part to support its achievements.

Finally dear reader, much to my surprise, the sun doesn't shine every day, things do go wrong and I still get irritated. Hey Ho. On the up side, I have a great life and it has settled into a most enjoyable time for me. Anyway must dash as just off on winter hols for 2 weeks!!

EVENING RECEPTIONIST VOLUNTEER — Wendy Morris

Life is always hectic but as a very dear friend once said to me I would "always be there for the opening of an envelope". That's me!

Since my teenage years I have always been involved in some sort of voluntary work from the Samaritans, drug rehabilitation for the Probation Service (much to the horror of my mother) and more recently volunteering at the school together with an obsession for studying. I see friends sit back and relax and sometimes wish I could. I am lucky that despite having seven year old twins, a part time job and a husband to juggle that I am supported at home with whatever I want to do as long as it's on the calendar!

I went on the "Do-It" website about four years ago wanting to do something for the community which was close by, not too stressful or time demanding and Beacon came up. To be honest not being a local person I had never heard of Beacon but after a short interview that was it - signed up. I am happy to help with administration, attend a committee meeting or two and have at times nearly passed out with the shredder fumes.

The counsellors and office staff that I support are lovely, friendly and appreciative and I am in awe at the amount of time they freely give and the emotional support they have given to me.

I always sing the praises of Beacon to my friends and I know a few of them have come as clients and attended courses. I know they will be in safe hands and what more praise can I possibly give.



Training Programme



Update—Figen Murray

As the kettle boils slowly behind me I rip open the latest edition of THERAPY TODAY! Having settled down with my delicious cup of Earl Grey (only the best will do!) my eye is drawn to the few pamphlets that came with the monthly magazine. A couple of companies advertising courses. The pamphlets are very comprehensive, in colour. One is advertising a three day training event! Then I see the price: £438.00 plus VAT. The second one is a two sided equally colourful one day event costing just a mere £125 plus VAT.

I have never been good at maths, but even I can figure out that I would need to see quite a few clients to recuperate that kind of cost. Not to mention BACP membership, professional indemnity insurance, individual supervision, and of course professional development training costs.

As counsellors we have an obligation to undergo ongoing professional training and keep up to date with the latest developments. This is written into our Ethical Framework! Besides, we owe it to our clients to expand our learning and let's face it, every client walking through the door could present us with issues we may not know much about!

Whilst I am still dragging my feet in terms of accreditation, for those of you who are accredited there is the constant need to gather evidence of sufficient hours of training. On a personal level as a supervisor I have the additional responsibility towards my supervisees to keep my knowledge base up to date. In the end the client benefits!

Whilst Beacon do not distribute coloured flyers there are some fantastic workshops coming your way!!

Not only is Beacon trying to enable their counsellors to access inexpensive training but this training is also on offer for any counsellors in the Greater Manchester arena. We operate with maximum group numbers, so groups are small and therefore more interactive and participative! This is also a fabulous way to get to network with other therapists in the area. Beacon do not only offer training opportunities at very reasonable prices but if you become a Friend of Beacon you get additional discount! So it is a win win situation for everyone concerned: you as a course participant, Beacon Counselling, the clients..... So get your name down on some of the training events before they fill up.

I may meet some of you on the Coaching workshop as I am the person delivering that one! Or you may bump into me as a fellow participant! Until then.....now where are the biscuits?

Statistics – Counselling

Stockport Borough



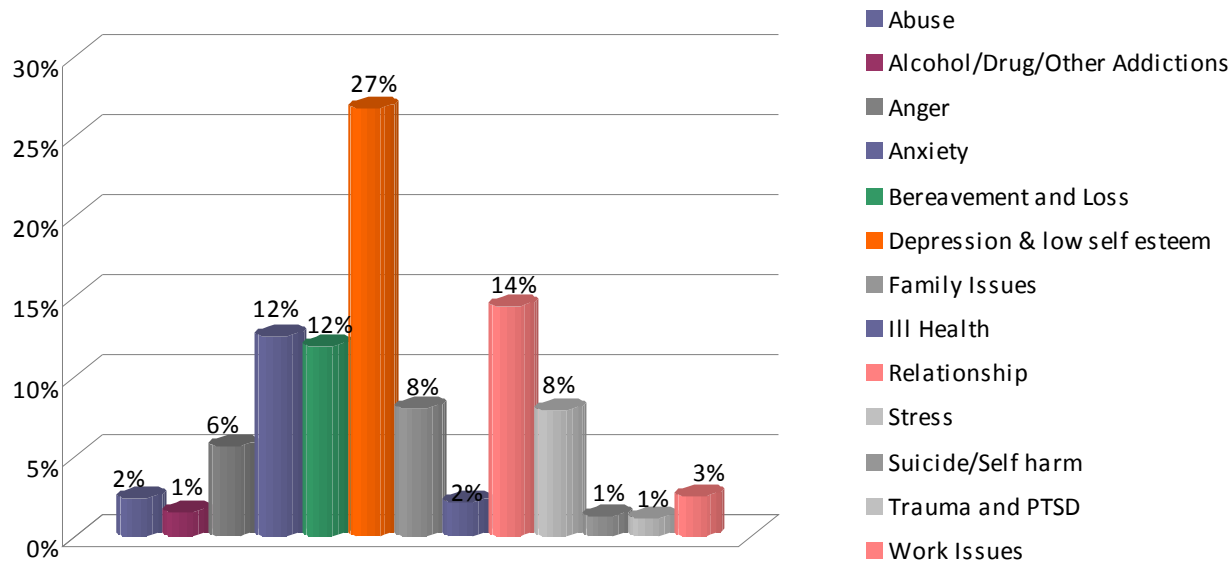
Where our clients come from:

Geographically, the majority of our Clients come from the immediate vicinity of our counselling locations Cheadle Hulme and Bramhall (21%), the Heaton— Moor, Mersey, Chapel and Norris (23%) Hazel Grove and Offerton and, more so than previous years, the central Stockport area, obviously due to our recent arrival in the town centre.



Two thirds are referred to us by their GPs; of the rest, another 45 were referred by other NHS contacts. Our website is a good contact point. Over 55 were encouraged to come by friends and relatives, and nearly 30 last year were back for their second time.

Main Issues Brought to Counselling 2010



As can be seen, depression and low self-esteem is the most common issue brought to counselling, followed by relationships others and anxiety.

This is largely in line with borough and national statistics for common mental health problems, and shows that Beacon is playing its part in addressing these problems.

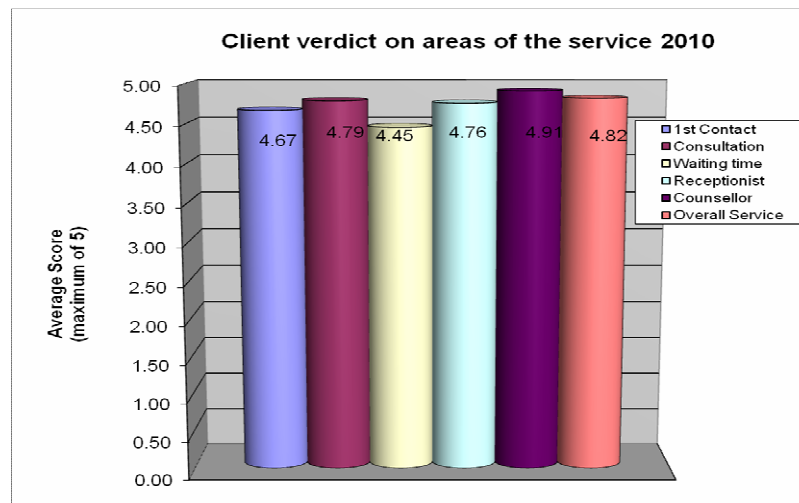
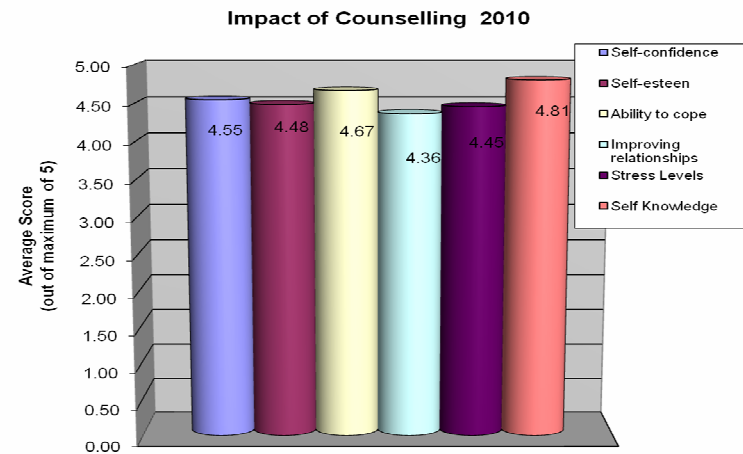
The Impact Beacon makes

Impact of Counselling on key Mental Health Indicators 2010

Impact of Counselling (table to the right)

The maximum score is 5, with anything over 3 meaning a positive difference has been made.

As you can see, in each area, Beacon is making a significant difference to the mental health and resilience of the public, with nearly maximum scores in all 6 measures. Currently, with stress and depression rising because of the recession, relationships and families are put under more pressure, so the fact that Beacon is improving relationships is key at the moment.



Clients' Verdict on the quality of service (table to the left)

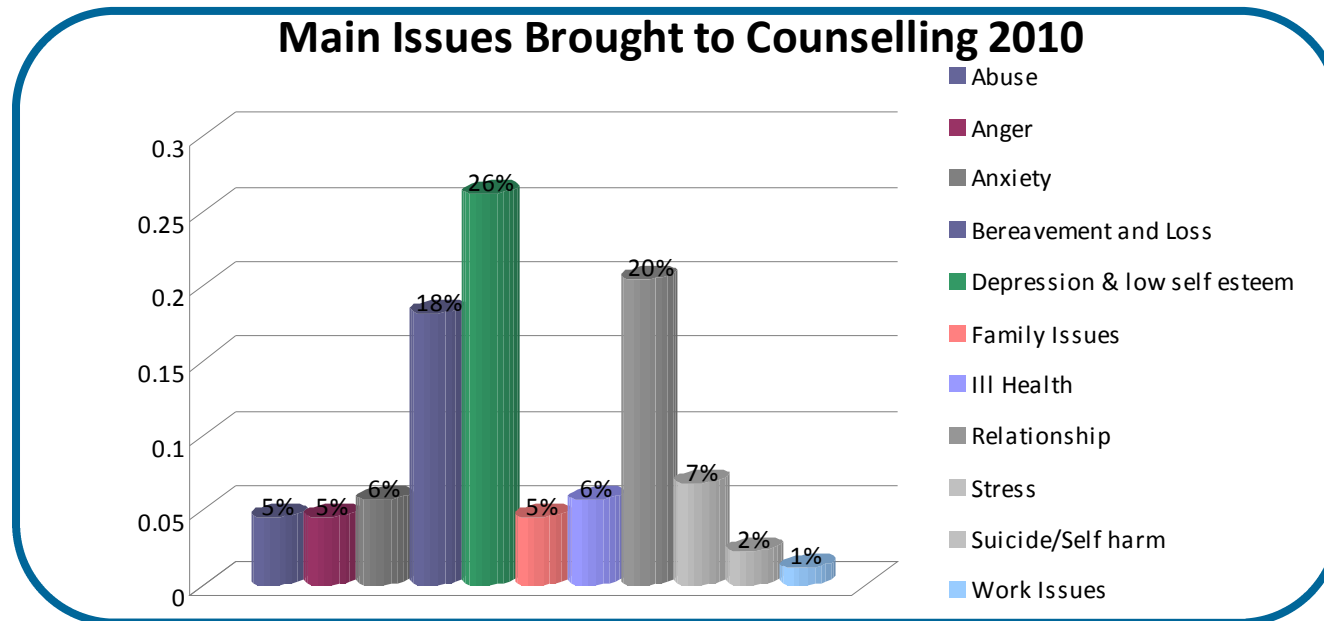
On this scale, the maximum is 5 (excellent), with 3 being satisfactory and 1 being poor.

The table shows that Beacon has exceptionally high standards across all areas, with improvement made in the waiting time from 4 at the start of the year to 4.45 by the end of the year. The counsellor rating is extremely high (4.91) which is encouraging for the service. Beacon plans to maintain these high standards, and increase its scores for the waiting time even further by reducing the overall waiting time for counselling.



Disability Stockport

Late in 2009, a series of conversations between Beacon and another local charity, Disability Stockport, led to the idea of a counselling service to improve the mental health of people who are out of work. Funding was sought initially by Disability Stockport and a 6 month pilot was set up in May 2010. The pilot has been a great success, and another year's funding has been obtained from Awards for All which means more unemployed Stockport residents can benefit.



Counselling Coordinator— Fiona Douglas

After fighting off fierce competition from a good friend, I found myself employed as a counselling coordinator working for Beacon in conjunction with Disability Stockport.

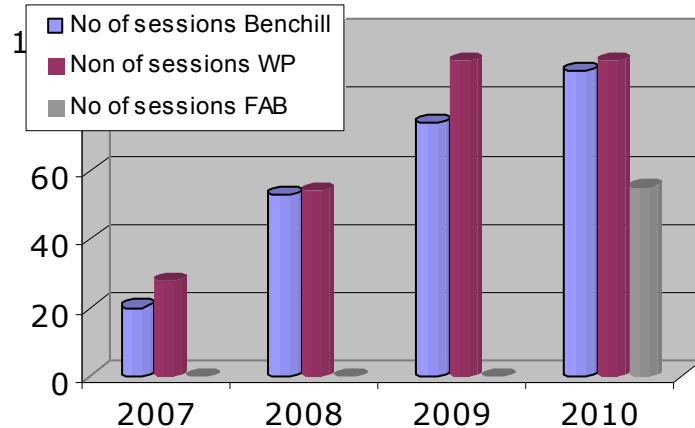
I started back in May 2010 initially for 6 months but I am still here due to continued funding.

We started as a team of 5 counsellors and myself. Since then, counsellors have joined and one has left – and we are now a very cohesive and motivated team consisting of 8 counsellors and myself. As I am a highly organised administrative freak, this job suits me down to the ground and, as a bonus, I am even allowed to deploy my skills as a supervisor and counsellor – they still let me carry out initials so I haven't lost client contact.

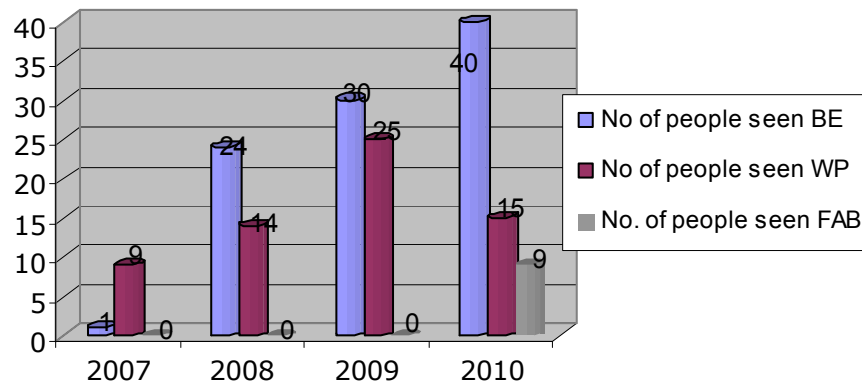
I was made to feel so welcome by everyone at DS and now have my feet well and truly under the table so I plan to be there a while yet.

Wythenshawe Project

Wythenshawe: No. of sessions



Number of people helped by Wythenshawe project



Key
BE=Benchill; WP=Woodhouse Park; FAB=Family Action Benchill

WYTHENSHAWE COUNSELLOR – Catherine Lister

I joined the Wythenshawe Project in 2009, just over one year after qualifying as a counsellor.

I was interested in working in this area and was excited to join a team who are extremely dedicated and committed to the Project. However I anticipated that there would be challenges ahead for me and that has certainly been true.

The clients that we see suffer the major life changes that affect us all, such as bereavement, ill health and family breakdown. However many of them have also experienced severe trauma in the form of child abuse or domestic violence. I feel privileged when clients share their stories with me and often feel a sense of admiration of how, despite their experiences, they have continued to cope in life. With support from Kirsty and Fiona, the other counsellors, and my supervisor I am beginning to gain confidence in my ability to work with this client group.

A major problem last year was the lack of funding. This caused us much concern for both our existing clients and those on our waiting list. We were relieved to hear that James had secured funding in order for the project to continue for another three years.

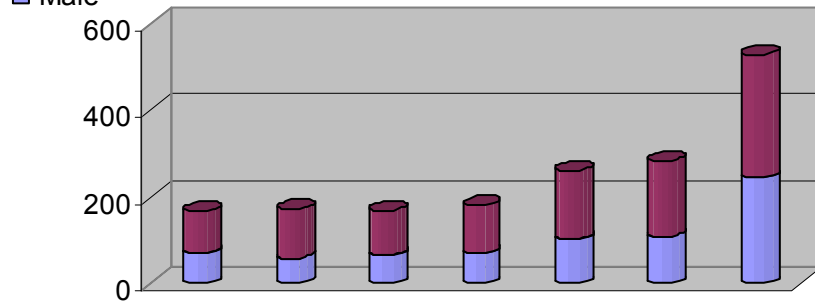
We feel that we now have another challenge ahead of us. The three of us are committed to developing and improving the service that we provide in Wythenshawe. One of the main difficulties has been the high rate of non-attendance at counselling sessions. We have identified possible reasons for this and are beginning to put measures in place that, we hope, will improve the situation.

The challenges that I have encountered have tested me at times but I continue to feel excited and rewarded by my work with clients and I feel extremely privileged to be a part of the Wythenshawe Project.

Statistics – Schools Counselling

Our schools counselling service was first set up in 1996 with a pilot in one school. Since then, this service has expanded steadily, and Beacon now works in 10 schools throughout Stockport and beyond.

Number of young people helped: 2004 - 10



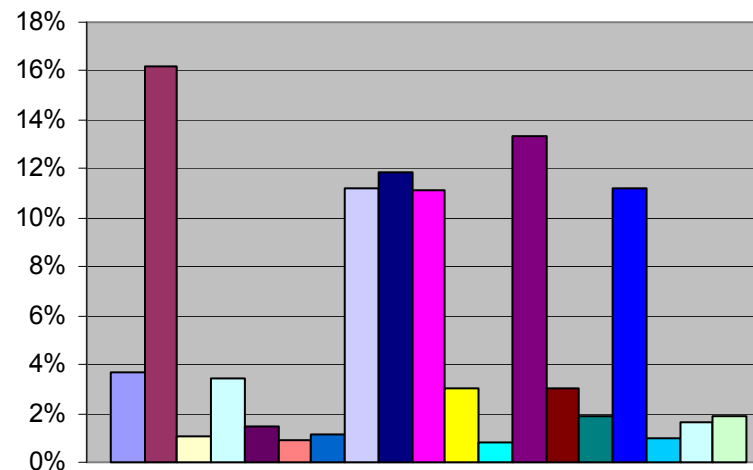
The chart on the left shows how Beacon has increased the number of young people helped in the last 2 years, with 530 young people helped during 2010.

Whilst it is good that we are reaching more young people, it also highlights the growing need for counselling in this age range, and that more professionals are recognising the need for, and effectiveness of, counselling for young people.

Main Issues brought to Counselling 2010

It might surprise some people to see the wide range of serious issues (table: right), but Beacon's schools counsellors are well equipped to deal with these challenging problems that young people are facing.

One significant change in the last year has been an increase in the number of young people affected by family breakdown, which seems to be a consequence of the increased stress, redundancy, and unemployment that creates intense pressures on family relationships in the current economy and government cuts



- Parents
- Peers/friends
- Young Carer
- Bullying
- Domestic Violence
- Emotional/Psychological
- Addiction Issues
- Anger
- Anxiety
- Bereavement & Loss
- Depression
- Eating Disorders
- Low Confidence/esteem
- Self-harm
- Suicide
- Sexual identity
- Attendance and exclusion
- Conflict in School
- Other

Schools Counselling

SCHOOLS COUNSELLOR – Claire Pickering

I have been lucky enough to work as a schools counsellor at both Primary and secondary schools. At present I work in a secondary school where I endeavour to provide a therapeutic relationship for 11 to 16 year olds to assist them to gain emotional resilience and enhance their own problem solving abilities.

"Woke up, got the kids ready for school then set off."

"Saw someone about trying to stop smoking cigs and weed but I don't really want to, they help with the stress."

"Hope I don't see my ex I can't face him since the miscarriage."

"Got home, mum still not up so I sorted the tea. I didn't get a chance to do any of the work given to me. So tired I went to bed, can't be bothered going in tomorrow, they will just have a go at me".

Not a day in the life of a 40 year old but a mix of issues from several young people I have worked with. Their issues are many and varied from the loss of a parent to horrendous self harm and anything in-between.

As a young persons' counsellor I sometimes have overwhelming feelings of frustration, anger, sadness, annoyance and joy. The same emotions I had when counselling adults but with the added frustration that most of the young people I see have no control over the situations they are dealing with. However the resilience shown by them is amazing and being able to see them start to trust and increase in confidence and self-esteem is very satisfying and rewarding.

TaMHS—Targeted Mental Health in Schools Ann Curley

In April 2010, I ran my first Confidence Group at a primary school. Six girls (aged 8 - 9 years) participated and we embarked on a six week programme of activities; games, role play, painting, collage making, story telling using puppets - aimed at improving confidence and self esteem. Each week had a different theme - 'all about me', 'feelings', 'relationships' and 'tool kit for change'. A member of the school staff also participated in the group and as well as building confidence, we had a lot of fun!

The second group that I ran in June was more challenging - six girls once again (aged 11 - 12) all preparing to leave primary school. The girls brought a range of issues to the group, e.g. anxieties about friendship issues, complex family relationships and body image concerns. Whilst the group themes remained the same, the activities had to be adapted to the older age group. The girls were understandably more mature than their predecessors and the material had to reflect this.

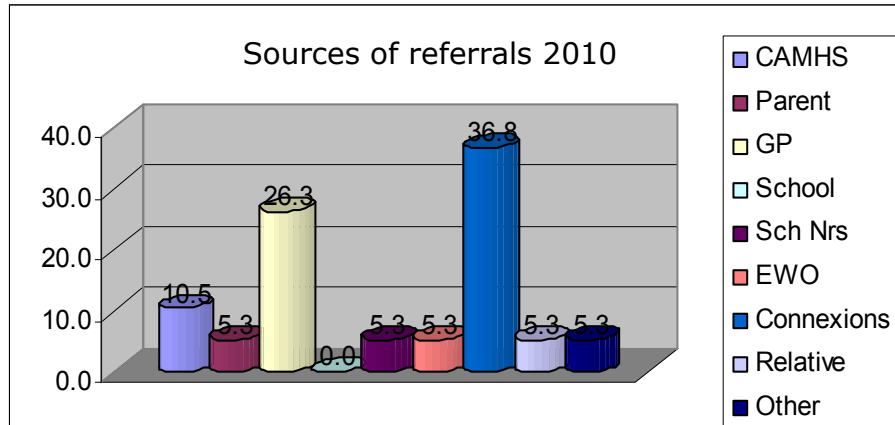
The final group that I ran in November provided the greatest challenge of all - eight children aged 6 - 7 years (6 boys and 2 girls). They loved the games and the artwork, but they also loved to move on to next activity at quite an unprecedented pace! I have to admit to feeling exhausted when the hour was up, particularly as I was running the group single handed.

Over the 18 week period that I spent running the Confidence Group I learnt so much. Many of the children told me that they had made new friends and felt happier in the classroom - it was an entirely rewarding experience.

Beacon 2 (B2)

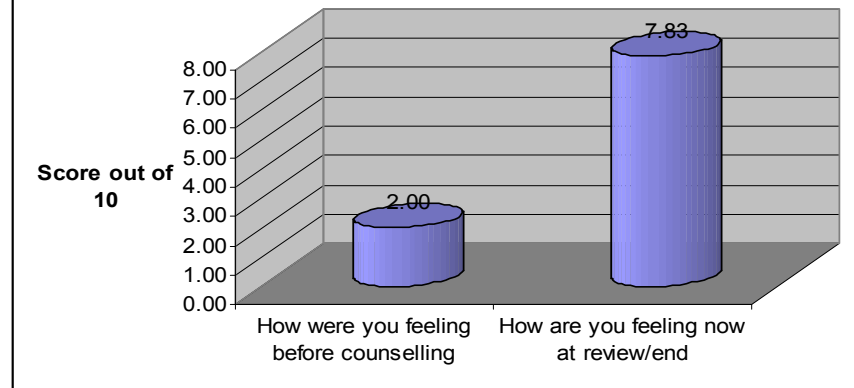
The Beacon 2 (B2) project provides counselling for young people outside of school. It targets pupils who either do not want to access counselling within their own school or have been excluded from school.

Sources of Referrals



B2 received referrals from a wide range of sources during 2010, with more referrals coming from GPs and Connexions than before, and referrals starting to come from CAMHS, Education Welfare Officers, and School Nurses. This shows that word of this small project is spreading and also that it is useful to a wide range of professionals who support young people.

The impact of counselling at B2



This table, where young people rated the amount of change that counselling had in their lives, shows that clients felt the service had a big impact for them. This is very encouraging as Beacon always hopes it will have a big impact!

B2 COUNSELLOR—Yvonne Shelmerdine

2010 has been another busy year for Beacon 2. The statistics are clearly showing that we are maintaining already established relationships with key support agencies and at the same time developing interest from other sources.

We are currently based in 6 locations including a Children's Centre, a Youth Centre and a GP Practice.

Although referrals have been consistent we cannot now be complacent. September 2011 sees the end of funding from Children in Need.

The aim now is to increase the number of clients seen to enable us to have a strong case to secure future funding for B2.

Although we said good-bye to Clodhna during last year we now have two new equally enthusiastic counsellors, Liz and Maria, to strengthen our team.

Whatever happens this year, B2 has offered me an incredible opportunity to develop and sustain what I believe to be an incredible service for young people.

Most sincerely I thank the friendly professional team at Bramhall, my fellow therapeutic practitioners who assisted my development and I also acknowledge the clients who have richly informed my practise.

Finances – An Easy Summary!

Financially, Beacon had an exceptional year in 2010, and finished in December with combined reserves of £131,235 - almost double the 2009 figure! The main reason for this was the additional projects undertaken in 2010, all of which made a contribution to our core costs. These projects all have finite lives, however, and the truth is that without them, Beacon could not survive, as our running costs now exceed the non-project income. As a result we cannot be complacent and must strive to keep a tight control of our costs, as well as find new, restricted projects that make contributions to our running costs. That's the challenge for the future, but for the present, let's enjoy our unprecedented success in 2010!

Sources of Income 2010

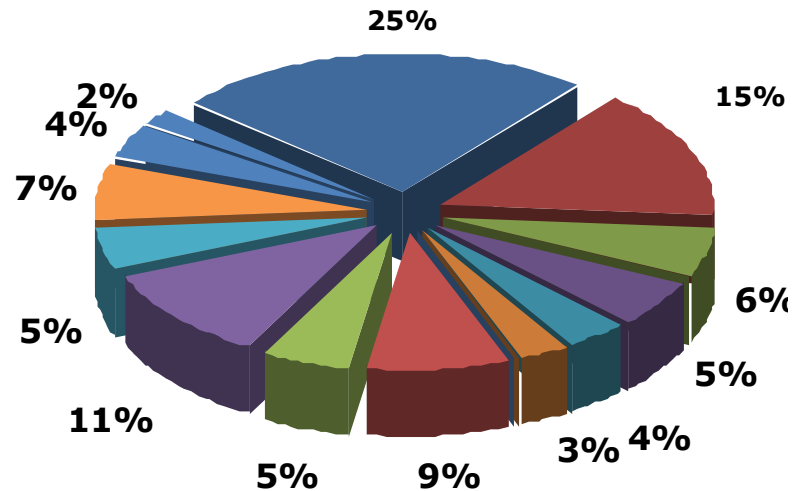
Unrestricted Core Income

Contract Fee	25%
Client Contributions	15%
GiftAid/Donations/ Friends	6%
Stockport PCT	5%
Fundraising / Training/ Other	4%
Placement Contribution	3%

Restricted Project Income

Cheadle Royal Hospital Trust (Office Administrator)	8%
Children in Need—Beacon 2	5%
TaMHS 1-2-1 and Confidence	11%
Wythenshawe	5%
Disability Stockport	7%
SMBC Adswood	4%
SPCT Stressbusters	2%

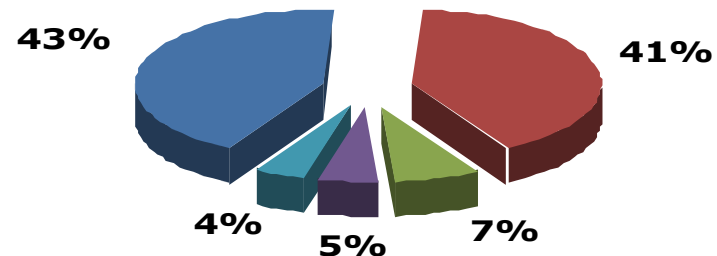
Total £237,158



Sources of Expenditure 2010

Office Staff	43%
Counsellors / Supervision	41%
Office Running Costs	7%
Premises	5%
Travel	4%

Total £168,441



A Client Poem

The words settle gently into my mind.
I can feel them leaking into the dark corners and deep chasms.
And as they spread I can feel the darkness beginning to lighten

My mind is becoming clearer.
It feels as though the whole world has been out of focus and
suddenly come back into focus again.

Colours are brighter
Sights are more distinct
What an amazing feeling!

The images still upset me but they are not alive any more.
They are becoming normal memories.

I remember very little else.
All that I know is something strange and wonderful has happened.
I don't feel haunted any more.
It's like having lost a limb and I keep feeling for it although it's not
there.
I go to sleep without any feeling of dread.
And for the first time in months I don't scream during the night.
At 7:30 a.m. I open my eyes and the sun is brightening the
curtains.
I feel a sense of expectancy.
It's a new day.
I can't wait to get started.



Supporting Beacon

- All Beacon's volunteers: counsellors, receptionists, administrators, trustees, fundraising, IT, website
- Beacon Counselling Supervisors
- Friends of Beacon
- The CRH Charitable Trust
- NHS Stockport
- Stockport MBC
- BBC Children in Need
- Mellor Church
- St. Michael and All Angels Church
- Bramhall Methodist Church
- ABACUS Children's Centre
- Beechwood Cancer Care
- Bramhall United Reform Church
- Stockport Council for Voluntary Services (CVS)
- Greater Manchester Council for Voluntary Services (GMCVO)
- Julie Farley and Helen Lee of Stockport MBC
- All the staff and volunteers at Disability Stockport
- Caroline Vermes at the North West Centre for Eating Disorders
- University of Manchester
- Stockport College
- Salford University
- Keele University
- Brian Hill
- Gina Evans of NHS Stockport
- Janis Mann
- Elysabeth Williams & Eleanor Hill at NHS Stockport
- Sue Parkes of RELATE Greater Manchester South
- Jo Wood of Counselling Centre Altrincham
- Debbie Koroma at Barnardo's in Wythenshawe
- The Right Honourable Mark Hunter MP
- Mr and Mrs John Boardman

Beacon relies on the support of many people and organisations; the list below gives an idea of how many play a part in making Beacon work.

- Mike Bailey
- Alan Smith
- Gordon Jackson
- Michael Lacey
- The staff at Heaton Mersey Medical Centre, Heaton Moor Medical Centre and Reddish Vale Children's Centre
- Staff at the following schools: Bramhall High School, Harrytown Catholic High School, Hazel Grove High, The King's School in Macclesfield, Marple Hall School, Offerton School, The Pendlebury Centre, Reddish Vale Technology College, The Stockport Academy, Stockport School, Windlehurst School
- Donations received from:
 - An anonymous local businessman
 - A kettle from a client

If you are interested in supporting Beacon, then there are many ways to help:

- Friend of Beacon - call 0161 440 0055 for more details
- Volunteer - counsellor, receptionist, administrator, events, trustee and many more
- Spread the word - help raise our profile, call 0161 440 0055 for details
- Donate - we always welcome donations!
- Fundraising events
- Joint working - Beacon is interested in collaborating with a wide range of charities to meet its aims

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