



unsung heroes

The Beacon Friends Newsletter

July 2010



James Harper, Jake, Lottie, Mark Hunter MP, Alan Hewitson

CONGRATULATIONS!

*to 3 young people from
Cheadle Hulme High School
Winners of £3,000 for Beacon*

Lottie, Lucy and Jake – 3 fantastic 14 year-olds from Cheadle Hulme High School - have just won the Young Philanthropy Initiative competition with their project on Beacon. They chose Beacon as their local charity, talked to James, and then compiled a presentation and presented it at several rounds of the competition. They then won first place in the final against 5 other groups. This means that a donation of £3000 will be given to

Beacon Counselling. A few days later James, Beacon Chairman Alan Hewitson and local MP Mark Hunter attended a special presentation at their school where the 3 students were thanked for their excellent work and given some iTunes vouchers as a thank you. This money will help further the work in primary schools in Stockport. Lucy said in her good news email to us: “Your charity is one we really do love, and we nearly cried when they told us the results. Thanks so much for letting us work with Beacon and we would love to do more work with you in the future”. Well done, and many congratulations to Lottie, Lucy and Jake – Beacon is very proud of you - in fact probably the whole of Stockport is proud!

Would you like to be part of the “History of Beacon”?

Olivia is putting together a collection of historical notes to commemorate Beacon’s first 25 years. Included will be some pages written by a few people in our past who have been the movers and shakers in our development. However, as we would hate to leave any one out – **would you like to send in a short and precise phrase or even a sentence on what you think Beacon is all about?** These short contributions, which can be anonymous or named, will be grouped together at the end of the project and will hopefully be part of an historical document for future generations of Beacon volunteers to read. *Send your words to the office, or olive.hunt@ntlworld.com before the end of August.*

Final fundraising figure we received from our runners in the Manchester 10K Run

***The stupendous final amount was £6,000
Thanks again to everyone who took part***

Did you know?

- We recently organised a training day for counsellors on Counselling Victims of Rape and Sexual Assault.
 - Our Adswood service is operating smoothly from the Beechwood Centre with client numbers ahead of target. Funders, Stockport Metropolitan Borough Council, are pleased with our progress.
 - The University of Manchester is launching a Doctorate in Counselling Psychology in September. Beacon is taking part in a meeting during August where placement providers will discuss ways of working with students on this course
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Client comments

"I was at a dead end and they showed me a possible way out. Very professional, lots of strategies given on how to deal with things. Don't suffer in silence anymore. Don't be afraid to seek help. Invest in yourself because help is there".

"Beacon showed compassion, understanding and support where other avenues have failed. Yes, I would recommend Beacon. I would say how much they have helped me and all very friendly".

"My experience with Beacon has been excellent and life changing. Give it a try, you have nothing to lose, everything to gain".

"I found Beacon very approachable, discreet and had an excellent counsellor that really made a difference. A very professional service covering understanding from initial contact to end. Felt empathy".

James attends Mayor's Reception

James, accompanied by his wife Natalie, was recently invited to represent Beacon at the Stockport Mayor's Reception in the Ballroom of Stockport Town Hall. He was more than a little surprised to be sitting to dinner with Richard Popplewell, Chief Executive of NHS Stockport. If Mr. Popplewell didn't know much about Beacon before that evening, then he does now!



Spotlight on a Trustee – Figen Murray



Figen has been on our Board for 18 months and has always known since her training days that Beacon was a very highly regarded organisation in the local counselling arena. She recently felt that she wanted to be part of an organisation that serves its community well and which over many years has upheld its standards and reputation.

With her background as a counsellor, supervisor and trainer she sees straight to the heart of what Beacon is all about. With these essential credentials she's in an ideal position to look at issues from all these differing angles. She is the first to admit that "she's not good with policies, procedures, budgets or forecasts and leaves those decisions for other

people on the Board" but her strengths lie in the counselling sphere which she brings to meetings and is the bedrock of our service. There, she helps to improve and develop the services Beacon offers to the public.

Already Figen has identified gaps in ongoing counsellor training and has been instrumental in the growing success of Beacon's training programme. A further programme of training is now in place for 2010 to which we now, for the first time in our history, invite outside counsellors to attend.

She says "Beacon provides a phenomenally valuable service for the local community and hopefully eases the emotional burdens for many people. With clients facing so many challenges and problems it provides a safe place to offload and make sense of the world again. Beacon needs to continue doing what it has always done!"

Another Beacon tip for mental health wellbeing

Eat Well – A balanced diet is essential for maintaining good mental health. A growing body of research shows direct links between what we eat and how we feel.



Our first Counsellor Forum

Judging from feedback this was enthusiastically enjoyed. The purpose was.....

- ✓ To involve counsellors in the consultation process within Beacon
- ✓ To give them a voice to influence Beacon's future
- ✓ To improve counsellor support
- ✓ To provide a networking space – especially for qualified counsellors and those who work in our satellite venues.



Everyone felt there was a real buzz of energy and dynamism, especially when individual ideas were tossed around - such as sharing training experiences and resources, handling requests from clients for specific approaches, and "top tips" on getting started in private practice, etc.

This Forum was so successful that attendees requested future meetings to be held 3 times a year and the next one is scheduled for **Tuesday September 14th at 18.00 to 20.30 in The Lounge at St. Michael's Church, Bramhall** to which ALL COUNSELLORS are invited. As an added bonus, all attendees will be issued with a **Professional Development** certificate after each meeting

Beacon volunteer in Tanzania to help hospitals

Beacon's computer database expert, Gordon Jackson, has just arrived in Tanzania to take part in an important project. As well as being one of our volunteers, Gordon is also a member of the local Bramhall and Woodford Rotary Club who are sponsoring his work there. He has just sent us this message:

"I'm here in Tanzania for a month to help train people to repair hospital equipment. I'm part of a scheme organised by Duke University in North Carolina who send about a dozen students a year, with 2 instructors, to learn about repairing equipment and to gain a better understanding of the needs of the country.

The local people have medical equipment but no means of repairing it when it breaks down and the repairs that would be simple for us cannot be carried out because of lack of suitable spares and skills.

Unfortunately Duke University has not grasped the idea of sustainability when it comes to equipment repair but prefers to send students over to learn to fix stuff under guidance, and then return home.

There is no attempt to train local people or to set up a repair facility that will continue after the students have left. My job is therefore to engage the hospitals in setting up an educational programme - and possible facilities - to ensure that the skills are not lost once the team has departed. Duke University will not take part in such a programme, but Rotary is well able to set it up.

There will be about 15 hospitals involved, from the mountains at the base of Killimanjaro to the open plains around the Ngorongoro crater near the village of Karatu. All transport is local and apparently I will be shaken, rattled and rolled quite a lot."

Everyone in Beacon sends Gordon the best of luck in his endeavour to leave a lasting legacy in Tanzania



NHS Stockport (formerly Primary Care Trust)

A Commissioner at NHS Stockport recently said "the PCT values Beacon's services and recognises the excellent value for money that Beacon provides".

Beacon Counselling at Disability Stockport

We have designed and printed client information leaflets specifically for this new project. Our new counselling team are enthusiastic and keen, and Counselling Co-ordinator, Fiona Douglas, is doing a fantastic job.

"The sharing of hurt is the beginning of healing" - Anon

BEACON COUNSELLING

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