



unsung heroes

The Queen's Award for
Voluntary Service 2008

November 2009



The Beacon Friends Newsletter

Hi and welcome our November Beacon Newsletter.
We tell you first a little about our
EVENTS AND GRANTS COMMITTEE

Trustees Jo Tipa and Kathryn McGuire together with manager James Harper form the nucleus of Beacon's "Events and Grants Committee". According to Beacon's Business Plan some of their goals for the next three years will be to increase the income from the EveryClick charity website, organise 4 fundraising events per year, set up Legacy Funding and obtain funding for adult group work. Currently they are busy organising plans for a Charity Dinner in January, and are also applying for a Beacon Team to run in the BUPA Great Manchester Run in May as well as having pipeline plans for a social evening later in the year similar to our 25th birthday party held in August this year.

Beacon's 2010 Charity Dinner



This very special evening is to be held on Friday January 29th at the Hallmark Hotel (formerly The Belfry Hotel) in Handforth. It promises to be a fun filled evening with lots of surprises. Cost £35 per person. Buy your tickets from the Bramhall office.

This will be an evening of putting the fun into fundraising.

The BUPA Great Manchester Run

- Do you enjoy jogging?
- Are you trying to get fit?
- Would you like to be part of one of Britain's premier running events?
- Are you up for a challenge and at the same time earn sponsorship money for Beacon?



Come and join our "Beacon Team" of runners at the **BUPA 10K Great Manchester Run** which takes place on Sunday 16th May next year. We already have about 12 runners interested in taking part, but need a minimum of 15.

This promises to be a really exciting event. Last year a record 33,000 runners raised over £8 million for a wide range of charities from the Alzheimer's Society to The Rainbow Family Trust Children's Charity. There will be a city start and finish, and the start will be organised in 5 separate waves. Free Beacon T Shirts will be given to all our participants (courtesy of Gavin Parks of the Print Room). If you want to join our enthusiastic team, or need further information, please have a word with James.

So find your trainers and start getting fit!

James comments about the Events and Grants committee

“Jo and Kathryn joined Beacon as Trustees towards the end of last year, and from the very start were clearly energetic people with a lot of skills to offer. They have taken on perhaps the most difficult task of fundraising events and overseeing the grants applications. Planning and organising charity events may be the least popular choice but they have already shown a lot of enthusiasm and commitment for the role.

Between them they organised our excellent 25th anniversary celebration of Beacon Counselling, which proved a relaxed and fun night for all. Not only that, they managed to raise over £400 for us on that evening, which made it one of the most successful we have ever done! They are currently organising the charity dinner for January 29th, and between the venue, food, music, raffle and auction, I am sure it will be an excellent event! I sincerely hope that everyone connected with Beacon will help them to make the evening a resounding success. Many thanks Jo and Kathryn.”

You may wonder why we always need extra funding – after all our Funding Team have been successful this year in attracting various amounts of money for specific projects. However, we are only allowed to use grants obtained like this on specific projects and services and not on our day to day costs. We have many clients who are unemployed, students or carers, and who cannot afford to donate very much towards their counselling costs and it is these people who really need our financial help. So PLEASE support our future events and hopefully have fun at the same time.

BEACON NEWS

We welcome Debby Bridge – our new Office Administrator



Debby started her full time job with us on October 26th and initially has been helping to cover in the absence of Sandra Bailey, but at the same time endeavouring to learn all about Beacon and its personnel. She comes to us with 27 years experience of working in IT at Lloyds TSB in Wythenshawe, then in Handforth, and took redundancy in 2006. She then worked in HMP Styal Prison for Women in the Offender Management Team and found the experience interesting, but a sad place to work. Recently, she has been temping and trying to find her ideal job dealing with people.

Debby says that “being a lady of leisure just doesn’t suit me” and with her lifelong interest in people (she has a personnel qualification) she thought Beacon would be an inspirational place to work and was delighted to be offered the job.

She has been married for 27 years, lives in Whaley Bridge and loves narrow boat holidays. She has a collection of dragons (yes, DRAGONS), in jewellery, 200 ornaments and a 4 foot oak dragon in her garden! She has a degree in Textile Technology and French, and used to own a motor bike.

She says “I sincerely hope that my past working experiences will help to bring some value to Beacon”.

EVERYONE AT BEACON WELCOMES DEBBY AND HOPES THAT SHE THOROUGHLY ENJOYS WORKING IN OUR BRAMHALL OFFICE.

A message from Alan Hewitson (Chair of the Trustees)

“As Chair of the Board of Trustees my main task is the responsibility of overseeing the efficient operation of Beacon Counselling by providing motivation and fostering team working. It is therefore vital in our future development to show leadership and direction through our 8 sub committees who regularly report to your Board.

As you know, we have appointed Debby Bridge as our Office Administrator who will assist and support James our Manager. Over time James will be spending more time developing and securing our outside connections while Debby will be responsible for the internal office work.

Our aim is to continue as we go forward to produce an efficient organisation which will deliver high standards of client satisfaction.”

Alan Hewitson

Volunteer and staffing news

- As many of you may know our morning Appointments Administrator **Sandra Bailey** has recently had hip replacement surgery.



She is now home and doing well and sent us this message.....”Many thanks to everyone at Beacon Counselling for the support you have given me through

the tough period that I have been going through. I’d like to say that I am really, really, over the moon by the help that’s been given and I can’t thank you all enough”. We all send Sandra every good wish for a speedy recovery.

- We welcome **Carole Warner** our new office cleaner. She works a couple of hours every fortnight and everywhere is looking so much more organised.

- Our thanks go to **Julia Larmer** (our volunteer graphic designer) who has recently redesigned the “Beacon 2 for Young People” information leaflet. We were able to print this “in-house” and thus save on costs.

- **The Rotary Club of Bramhall and Woodford** has very generously offered 5 volunteers to help us with the widening gap in our receptionist rota. This will be part of their “Service in the Community” programme where they volunteer to help local people and charities. As part of this programme they have become well known for their continuous work over many years with the blind and partially sighted residents of Stockport by driving them to their weekly social events at Walthew House in Stockport. The Rotary Club has always shown a keen interest in Beacon and we are absolutely delighted that they have volunteered to help us.

Funding Successes!

££££££££££££££££££

We have received funding from Stockport Primary Care Trust Public Health Directorate to start a pilot service for a new support group programme. This service will be called “Stress Busters” and, as the title suggests, will be targeted at clients suffering with stress issues. A group of around eight clients will attend the Bramhall premises for eight weekly sessions and will be led by 2 of our counsellors. The funding will include additional specialist training for the counsellors involved and this will begin this month and the programme will commence as soon as possible after that.

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We have also recently been given funding from TAMHS (Target Mental Health in Schools) via a local authority initiative for two new services - firstly to offer group work for pupils aged 5 – 13 year olds in primary schools on a programme called “Confidence Building”. Secondly to form a partnership with Relate which will give us an opportunity to work on a 1 to 1 basis in primary schools to help students with various issues and who also find the transition into secondary school difficult. There is also some funding from the same source to trial working in partnership with Relate to offer 1 – 1 work with pupils in primary schools, where it is needed.

Each of these successes are a significant step in developing Beacon so that it remains relevant to the needs of the public and starts to offer them some choice when they are supported by Beacon.

££££££££££££££££££

**BEACON
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Another positive mental well-being tip

Change the scene.....

When we're anxious or depressed, it's easy to end up "stewing" in the same place for long periods. Try moving to a different room for a while, even better, go out for a walk or meet a friend.



A change of scene can help improve our mood, clear our heads and make it easier to see negative or troublesome thoughts for what

Mental well-being in the news

According to the National Institute for Health and Clinical Excellence (NICE), which provides recommendations on treatments and public health, some 13.7 million working days are lost each year as a result of work-related mental health conditions.

Bosses are urged to provide "productive and healthy working conditions" in order to reduce work-related stress, depression and anxiety. Professor Mike Kelly, direct of NICE Public Health Excellence Centre, commented "The benefits of promoting mental well-being within the workplace are clear. Our guidance explains how employers can make simple changes which will improve the management of mental health in the workplace, including the prevention and early identification of problems".

The guidance recommends the provision of flexible working where practical, as well as a culture of participation and fairness. Workplaces should also have systems in place for assessing and monitoring employees' mental well-being.

Meanwhile, a survey by the Chartered Institute of Personnel and Development has found a quarter of employees believe their mental health to be "moderate" or "poor".
(netdoctor.co.uk)

*We are on the
internet...*

*[www.beacon-
counselling.org.uk](http://www.beacon-counselling.org.uk)*

**A couple of client
"thank yous"**

'Thanks so very much for your support over the last year, you've helped me in so many ways'.



MS

"Many thanks for all your help. It's made a big difference to my life and for that I'm very grateful". GH

How we have grown!

- Our organisation has grown around 30% per year for the last three years.
- We delivered over 4,000 counselling sessions during 2008.
- All our counselling work is rigorously supervised by a team of 9 casework supervisors working to the British Association for Counselling and Psychotherapy Ethical Framework.
- We offer counselling from 5 venues in Stockport, 3 in Wythenshawe, from 9 schools in Stockport, Macclesfield and Oldham, and Beacon 2 offers our service to young people outside of school from 2 locations in Stockport
- Added to the above, starting in the New Year, we will be piloting offering counselling in primary schools as well as our new Stress Busters group service (as mentioned previously).

