

# The Beacon Friends Newsletter



unsung heroes

The Queen's Award for Voluntary Service 2008

December 2011



As the year comes to a close it gives us an opportunity to look back on 2011 and see what a busy year we have had. To provide an insight into the number of people Beacon has helped this year, here is an overview of the numbers.



At Bramhall, 540 Clients have contacted the Bramhall office for counselling and 180 have arrived at Disability Stockport.

### Waiting times



Bramhall: Initial appointments – up to 6 weeks

Daytime Counselling up to 8 weeks & Evenings – 12 weeks

Disability Stockport: Initial Appts – 10 weeks and Counselling – 16 weeks



Also ....71 Pennine Care clients used our service, 42 clients came to Adswood, and Wythenshawe took over 65 clients.

Close to 100 young people came via Beacon 2 and nearly 500 through the schools service.

And finally 3 Stressbusters courses ran over the year.

## Beacon Purpose Quest Event: 2

We have another opportunity for you to experience the unique insight into Beacon's Purpose Quest. We received great feedback after the first event and would be delighted if you can attend the next one on:

**Wednesday 18th January 2012, 7.00pm - 8.30pm**

**Cheadle Hulme Methodist Church**

**Ramillies Avenue, Cheadle Hulme, SK8 7AL**

We look forward to seeing you there.

Please email [James@beacon-counselling.org.uk](mailto:James@beacon-counselling.org.uk) if you plan to attend.



## Meet the team behind the scenes

*We have a number of volunteers who come into the office on a regular basis. Their reasons for helping Beacon vary, and there is a mixture of backgrounds. Sometimes it is a challenge to fit everybody in literally due to the limited space, but they take it all in their stride. We are extremely grateful for their contribution to the work of Beacon, so we want to introduce them to you. Next time you are in the office and you see a new face, it might be one of our unsung heroes or heroines....*



I'm **Michael**...I was introduced to Beacon via an appeal at the Rotary Club. I did a spell as an evening receptionist and now look after the web site. Married to Pam for over 40 years now, with two children and four grandchildren. Other than Beacon and Rotary my interests are golf (I play three times a week), cycling (rides of 20-50miles once a week) and generally messing around with computers.

**Hilary** – has now retired from paid employment after a long working life. She found Beacon through the Stockport Volunteer Centre in 2008 and comes in on a Tuesday morning from Poynton. Her main focus whilst at Beacon has been entering our monitoring information but she covers a variety of tasks for us.



I'm **Jeff** - I'm not too sure how long I have volunteered now, it must be a few months at least. I have been interested in counselling for a while so made a decision to get involved with Beacon using my admin experience.

Its nice to be appreciated for the work I do and to work in a friendly team. I found Beacon through "Next Step", a government initiative to help people get into work .

**Rachel** – has been with us for nearly a year now, travelling in from Mere on a Tuesday lunch time. Mum to 3 young boys, she is now studying to be a counsellor and has a counselling placement in Warrington working with female ex-offenders.



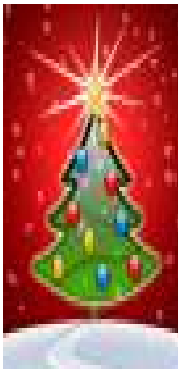
**Gordon**

I worked at ICL (International Computers) on the 2007 range of Mainframe computers before becoming a senior lecturer in electronics and computing at Manchester College of Arts and Technology. I moved from there to training medical staff in computers at Tameside Hospital and then took early retirement. I have been a volunteer receptionist for a couple of years after being asked by another Rotary member if I wished to help out.

**Elaine** is studying to be a counsellor at Manchester college. Mum to 2 boys 10 and 14, she now does evening cover once a month as well as coming in during the day every week to help with office activities. She was previously in marketing, has been with us since June 2011 and also volunteers for Oxfam.



**Fran** – originally from north of the border, Fran came to us through the Stockport Volunteer centre and has been with us for over 3 years. She has a day job but finishes in time to be here for 4.00pm and does 2 hours every week, whatever we ask her to do, from photocopying to checking our database updates.



**Sarah** - I started with Beacon in May 2010 whilst on the Counselling Skills Course at Stockport College. I undertake a variety of administrative support tasks and am also an evening receptionist. A full time Mum at home with 3 young boys , I also volunteer as a Peer Support Worker for Carers of Drug & Alcohol Misusers with Manchester City Council. I thoroughly enjoy being at Beacon, it has given me a great insight into the world of Counselling and everyone has made me feel very welcome and a part of the team.



**Julia** – one of our counsellors, has volunteered for Beacon for over 3 years. Alongside counselling, Julia puts together the newsletter and the annual report. She also helps to cover in the office when we are short staffed. Julia has two young girls and is an active member of the school community as a parent governor.

## An insight into the workings of the office

*Julia Larmer writes,* I recently provided cover for the reception desk at Bramhall. It provided an interesting insight into the day to day workings of the office. Having counselled for 2 years at Beacon, I am now very used to meeting our clients. But before they reach a counselling appointment, our clients have come into contact with a number of Beacon's colleagues. Whilst sat at the desk and answering the phone to potential new clients and the door to our current clients and managing the diary, I became very aware of the many pressures that the Reception desk faces.

So I will now be extra patient when waiting in the office as the administrator tackles several different tasks at the same time, including answering the phone, opening the door, dealing with client contributions and making sure the next appointment is booked in correctly!

## Mental Health



### Top Tip

Ask for help when you need it: the longer you leave a problem, the worse it will get. Don't be scared to ask for help from a family member, friend or professional

### Source:

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



*Beacon Counselling would  
like to wish you a  
Merry Christmas  
and a  
Happy New Year*

### **Beacon Counselling**

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