

unsung heroes

The Queen's Award for
Voluntary Service 2008

The Beacon Friends Newsletter



February 2011

An Uplifting Wythenshawe Success for 2011



Our Wythenshawe Project was given a huge boost at the end of last year with the injection of funding of £15,100 from the Lloyds TSB Foundation. Together with £5,000 from The Zochonis Trust this means that our Wythenshawe Project is now secured until the end of 2013. This is a service very dear to the heart of Beacon where we offer help, free of charge, to single mothers and families from very disadvantaged backgrounds and so we felt that the continuation of our work there was very important.

***CONGRATULATIONS** to James for all the hard work in securing this funding.*



Records broken in 2010!

531 clients contacted the Beacon Office last year to request that their names be included on our Waiting List. This was a **BEACON RECORD!** Other records broken last year were.....

- We helped more than 1,000 people across all our services
- We had more than 50 counsellors working for us
- And more than 5,000 telephone calls were made by our Appointments Administrators!

These figures show how much we are making a difference to a lot of people's lives.

Beacon: the first 25 years!

A small team of people are continuing to develop this project. Olivia has now researched and written the main text and the next stage is to edit and add some interesting features. To this end we are looking for photographs of Beacon people, groups and past events. Do you have a photograph tucked away of something, or somebody, connected with Beacon in the past? We also need close-up photographs of the people who have already contributed a piece to the History. Please contact the office (0161 440 0055) about either emailing digital ones or having prints scanned into our printer so that they can be returned to you.

25 years

Disability Stockport

Our partnership with this well known and large charity continues to flourish. We already have 5 of our counsellors working at their headquarters in the centre of Stockport and have received funding of just under £10,000 from grant maker "Awards for All" which is part of the Big Lottery Fund, for our work to continue until the end of October this year. Ever mindful that funding acquisition takes a long time to come to fruition, Manager James is now in the process of applying to the Stockport Metropolitan Borough Council under their Main Grants Scheme for 3 additional years of further funding for this project – so let's keep our fingers crossed! If we are successful we would also be able to double our capacity there.



New opportunities and people

James is currently exploring the possibility of a contract opportunity with the Manchester City Council for us to counsel their staff. If successful this could widen our profile and scope within the Greater Manchester area.

We are hoping to develop and print self-help free leaflets for teenagers on common mental health issues.

We are pleased to announce that Dianne Radford and Jean McLaren joined us in October as Supervisors.

Greater Manchester Well-being Consortium

A Beacon Board of Trustee decision recently was for Beacon to apply to join this Consortium. Being a member will mean Beacon has earlier knowledge of contract opportunities across the area and it will be easier to form partnerships so that larger contracts can be taken on that we could not do on our own – an example being the potential contract with Manchester City Council as outlined above.

Spotlight on a Beacon Trustee



My name is Brian McCluggage and I have been a trustee with Beacon since early 2009. It still seems early days. I joined Beacon as a result of the Reach organisation which is a skills volunteering charity which tries to match potential trustees with charities. I felt Beacon was the most interesting option, and I am pleased it has worked out.

My background is in law – I have been a barrister since 1995 and was appointed a part-time employment judge in 2010. Beacon has provided a variety of challenges for my expertise (and usually beyond it) to date such as: changing the company articles of association, dealing with another counselling body which was setting up using the Beacon name, and a variety of governance issues. There is still much to be done.

More generally, while there is always room for improvement, I consider Beacon to be a very well run organisation, having able management, a board that questions and probes appropriately, and a good longer-term vision. The work is invaluable to the community and I am proud to play a small part in the background.



Greetings to Anna Reilly in Cambodia

Beacon Counsellor Anna set off to Cambodia last August to work as a teaching assistant for 4 months. She is now travelling before returning home in April. Due to the wonders of technology she is keeping up to date with the news from Beacon via this Newsletter. We are so pleased that Anna is in contact with us and we send her our very best wishes.

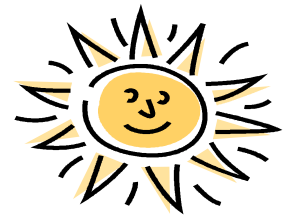
Our Primary School Service and Confidence Building Programme

Those two old chestnuts “time and money” have unfortunately brought these programmes to an end. Of course, the original funding was for a time limited contract, but it’s always sad when successful things have to stop - especially when the results were so good. James is starting to look for funding to develop this very valuable service, and in the meantime a huge thank you to the team of counsellors who did a fantastic job for Beacon in this new area.

Continuing our series of mental health well-being tips.....

Set yourself realistic goals!

Rome wasn't built in a day. Even the most ambitious and complex tasks can be broken down into smaller, more manageable chunks. Setting realistic, achievable goals is a good way of keeping spirits up and keeping moving forward. Write down what they are and when you hope to have them completed. Don't feel bad if you have to change your plans along the way as long as you're clear on the reasons why. Remember to congratulate yourself every time a goal is reached!
(Health Challenge Wales)



New Appointments Administrator – Sue Bright

We are pleased to announce that Sue has joined our small team of salaried Appointments Administrators and works two shifts a week

at the moment, but hopefully more later in the year. Sue lived in Washington DC until a year ago. She has been a valuable Beacon volunteer for the last year so many of you will already know her.



A request from Debby

Debby asks “has anyone any artificial flowers, in new condition, to give away to a good home i.e. Beacon!?”



I’m also looking for small stones and nice vases or modern containers so that I can spruce up the counselling rooms. If you have anything, please deliver to the office. Many thanks”.

2011 – Counsellor Training Programme

A 2 part course is organised for all Beacon counsellors entitled “VICTIMS OF TORTURE” on February 26th and March 26th. The trainer will be a representative from the Medical Foundation and it will be an invaluable insight to working with trauma amongst other issues. All Beacon Counsellors are invited to attend. Please contact Debby for more information on 0161 440 9166



The nation's favourite 10K running event
Starting from the Manchester City Centre
Sunday 15th May
38,000 runners
Televised live by the BBC
Limited spaces available

Runners...

Another fantastic "Team Beacon" of 25 runners will take part again this year to raise Beacon funds. All interested runners need to pay their entrance fee into the office as soon as possible or their place may be allocated to someone else. There's plenty of interest so you need to make sure your place is reserved.

Sponsors...

We also need sponsors for each runner – every Beacon runner will be featured on-line for sponsorship and you can donate online with a debit/ credit card, it couldn't be easier. We raised the amazing amount of £6,000 last year so let's at least get to that figure. Please have a word with James or Debby if you would like to be a Beacon Sponsor.

Swine flu, Bird flu, Man flu, and every other kind of flu is upon us - but I recommend another kind of infection.....

Smiling is infectious
You catch it like the flu.
When someone smiled at me today
I started smiling too.
I walked around the corner
And someone saw me grin,
When he smiled I realised
I'd passed it on to him.
I thought about the smile
Then I realised its worth.
A single smile like mine
Could travel round the earth.
So if you feel a smile begin
Don't leave it undetected.
Let's start an epidemic quick
And get the world infected.



Team Beacon - 2010



It's that time of year again....
"BEACON FRIENDS"
SUBSCRIPTION IS DUE

It's January yet again and our renewal month! Please don't forget to renew. Send your cheque to the office (minimum of £10 please), made payable to Beacon Counselling. All funds go towards the running of our services. Your subscription is vital and goes a long way in helping our local community.

If any of YOUR friends would like to become one of OUR "Friends" please let Debby know and she will send them a joining form.

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We are on the internet...

www.beacon-counselling.org.uk