



unsung heroes

The Queen's Award for
Voluntary Service 2008

July 2009



The Beacon Friends Newsletter

Hello and welcome to our July Newsletter.

This time we are turning the spotlight on our **Supervisors** – those important people who are at the centre of our service. For those of you who aren't counsellors, this is a short guide that explains their role, and how vital their work is in making Beacon the high quality organisation it is.

Background info on our Supervisors

Beacon has 8 highly trained and experienced Supervisors
Steve Boettcher
Penny Bullock
Jenny Dunlop
Janet Hogan
Roger McDonald
Greta Mikaelson
Margaret Parker
Sue Rodrigues

These 8 people make up the team that supervises all of Beacon's counsellors – 37 voluntary and paid in all.

As the word suggests they supervise (or guide) our counselling team, both individually and in group settings, to ensure the counsellors give our clients the best possible service. For the supervisors the client's well-being is paramount, and they ensure that the high standards are maintained of the Ethical Framework (written by the British Association for Counselling and Psychotherapy). The supervisor and counsellor discuss not only the issues that a client brings but they also help the counsellor to identify patterns of behaviour and underlying psychological processes (between counsellor and client, client and other people, and counsellor and supervisor).

In each supervisory session, the supervisor and counsellor explore the work a counsellor is doing with their clients and, as the counsellor encourages a client to be more self-aware, the supervisor does exactly the same with the counsellor. Through their questions and discussions the counsellor develops their own confidence and expertise.

The Supervisors have always played a big role in the development of Beacon as a service. Recently, the supervisors have contributed to developments such as:

- Looking at setting up a group work programme

- Improving the way that we recruit counsellors
- Running a pilot of 30 minute assessments
- Introducing new assessment forms and assessing the level of risk with new clients

Our supervisory team have also been invaluable in helping to interview prospective new counsellors, in organising training programmes and regularly attending the Liaison Committee meetings (involving representatives from the Trustees, Management and Supervision). They are also very supportive of Beacon as a whole and attend Open Forums, AGM's, social and fundraising events.

Supervisors are self-employed and work on contract for Beacon, but work for other organisations and in private practice, which means they keep developing the expertise they bring to Beacon. Finally, their work is monitored through their own individual supervision (which they arrange externally to Beacon) and also through the 6-weekly Supervisors Meeting where they meet as peers, and to which the manager attends every quarter.

As you can now see, the supervisors are at the core of Beacon's professionalism and are one of the main reasons that we are held in such esteem within the Stockport area.

A perspective from Jenny Dunlop – Beacon Supervisor

The Supervisor's Lot is.....

People often ask, "Why do counsellors need to have supervision? And if so then why shouldn't people like GPs have it as well?" I will try therefore and explain simply why counsellors need supervision and what we try and achieve in the supervisory relationship.

All counsellors at Beacon, whether trainees or qualified, abide by the BACP (British Association for Counselling and Psychotherapy) *Ethical Framework*, and this states that as a minimum counsellors should have one and half-hours supervision per month. The purpose of supervision from the counsellor's point of view is to make sure that they are addressing the client's needs (and obviously not their own), and to have the time and space to develop both themselves and the issues that they bring to supervision. From the supervisor's point of view they are there in a supportive, educative and consultative role to encourage the supervisee's (i.e. the counsellor's) development. They are also importantly there to monitor the supervisee's work, look after - at a distance - the welfare of each client, and ensure on Beacon's behalf that ethical standards are maintained. When I was training as a supervisor the analogy given for supervision was feeling as if one was in a helicopter looking down on what was

happening beneath!

Out of Beacon's 8 supervisors, 3 have worked with Beacon for over 7 years, 2 for about 5 years, and the other 3 have rewardingly come through the Beacon 'ranks' of counsellors, and following long service as volunteer counsellors decided to go on and train as supervisors. We all come from different backgrounds, which adds to the richness of our often long discussions! We meet about every 6 weeks for a supervisors meeting, and also try to support Management with help in interviewing counselling applicants, any Beacon protocols, organising Initial Assessment training, and running Supervision Groups as well as having individual supervisees.

So for me the supervisor's lot is quite a happy one; it is stimulating, stretching, on occasions demanding, and rewarding. So if the question is asked "Why do counsellors need supervision?" I hope you will understand a bit more. And if I am asked, "Well shouldn't GPs (and other helping professions) get supervision as well?" I always answer, "YES!"

Jenny Dunlop

Manager James writes.....

I would like to say a few words about the supervisors. Since my time in Beacon, they have impressed me for a range of reasons: their professionalism, their abilities as supervisors, their diverse areas of expertise, and above all their dedication to Beacon Counselling. Beacon is very lucky indeed to have such a talented team of people working together for the best interests of the clients and the organisation, and I know my role would be so much more difficult without their readiness to contribute.

I personally think they should never leave!

James Harper

Supervisor Margaret Parker, who started working with us in 1985 as one of our original counsellors, says that a helpful quote she heard when training as a supervisor was: "Supervision is not so much about sitting in judgement; it's more like playing together in the sand pit to see what emerges".



Other Beacon News



*A Bouncing Baby girl for
Beacon Manager James and Natalie.
Hermione Lauren Harper
weighed in at 6lb 5oz
on June 22nd*

Parents report "we are delighted".

Congratulations from everyone in Beacon!

(James has been seen doing a lot more yawning around the office recently!)



Cash through everyclick

Just a reminder that while you are working (or playing) at your PC you can still raise money for charity at the same time – and without you spending a penny! What a fantastic idea in these credit crunch times! Why not enrol now for EveryClick and choose Beacon Counselling as the charity you want to support.

This is how you register:

- Go to <http://www.everyclick.com/uk/beacon-counselling/389812/0> and sign up
- Choose Beacon Counselling as your charity

Don't forget to make it your home page by clicking on the link in the top right hand corner of the site

Many thanks to the Beacon Friends who use EveryClick every day and help us raise funds (so far around £230!!!) towards our service.



DON'T FORGET!



**SATURDAY AUGUST 15th
OUR 25TH BIRTHDAY PARTY**

**7pm at Bramhall Tennis Club,
Ramsdale Road, Bramhall.**

**Live jazz band, buffet meal and a chance to
catch up with old friends**

Tickets £10 each from the office

Partners/family/friends welcome!!!

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*We are on the
internet...*

*www.beacon-
counselling.org.uk*

STAR TURN

*Mike Bailey (Sandra's
husband) has, as ever, been
a star and spent many
hours of his own time
setting up the demographic
Capability on our database.
I would like to say many
thanks to him for his help as
it will improve Beacon's
chances of attracting more
funding in the future.*

JAMES



Retrieval of more detailed stats

Our future statistics will now be more detailed. We are now able to retrieve demographical details on our clients, such as: number of clients, age, gender, race, what brought them to counselling etc. from each of our counselling venues, rather than just the totals from all the venues. "Why is this useful?" I hear you ask. Well, there are a number of good reasons for having this capability:

- It will mean we can provide full reports to each funder on the work we are doing at each venue such as on the whole of Stockport for the Primary Care Trust, the Stockport MBC for our Adswood service, our Wythenshawe Project for Barnardos and a number of others**
- It gives us a vital way of impressing upon existing and potential funders that we have the evidence to support our claims of helping others. We can show how we help them and the types of people we are able to help. It will also help to highlight issues, areas, and types of people we are currently missing out, and also suggest how we might reach them.**

Relate and Beacon

Look out for future news on a possible collaboration with Relate (Greater Manchester South). We are in the planning stages of a prospective partnership for a counselling service to help children aged 5 - 11 years within the school setting. Positive meetings have been held to explore this further and the trustees will be discussing whether entering into a partnership on this specific project is good for Beacon. We hope to have more news of this in our next Newsletter.

relate
the relationship people

Another positive mental health tip

Three good things.....

Keep some paper and a pen by your bedside and every night for a week write down three good things that happened to you that day.



By the end of the week you may be surprised at how much more positive you feel. Some psychologists say that it's human nature to focus on the negative aspects of our lives. What this technique helps to do is re-educate us to pay attention to the good and positive things in our lives.

**Many thanks to Supervisors Jenny Dunlop
and Margaret Parker
for their assistance in writing this Newsletter.**