



The Friends Newsletter

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HOT NEWS!!!

Today we have just heard that Mellor Church (who partnered with Beacon on the Charity Dinner) have decided to give Beacon £500 per year for the next 3 years as part of their charitable giving. Beacon is very grateful

The Queen's Award for Voluntary Service

A Message from the Board of Trustees

Well done to all the volunteers who work at Beacon, you have all done your part in achieving the Queen's Award for Voluntary Service. It is a great honour to be chosen to receive this award and recognition of the excellent work that Beacon does in the community.

This achievement has also been the result of all the hard work put in to Beacon during the last 25 years by so many generous volunteers and we applaud their contribution. Thank you to Olivia for organizing this application for us, it will be a wonderful asset to helping Beacon thrive in the coming years.

Thank you all so very much.
Joan Tsalikis
(on behalf of all the Trustees)

What this award means to us....

Now that the dust has settled we can reflect on what this actually means to us. Firstly, the award itself is considered the equivalent of an MBE

and one of the highest national awards for a charity. The news attracted considerable local interest from local newspapers, websites, maga-



unsung heroes

The Queen's Award for Voluntary Service 2008

There was great excitement in the office on the morning of June 2nd when this announcement was published and we feature below a few of the great messages we received.....

"congratulations to your organisation" (Radio Pure FM)

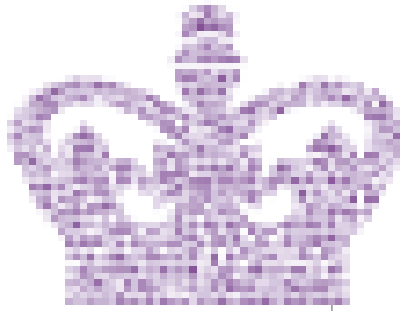
"Well done" - (Age Concern Stockport)

"Well done" (The Tudor Trust)

"Many congratulations" (Stockport Express)

"Congratulations to Beacon on your award" (About my Area SK7 website)

zines and other Stockport organisations. The Stockport Express published an article and Olivia was
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unsung heroes

The Queen's Award for Voluntary Service 2008

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interviewed on Radio Pure FM. There was also a piece about us on the About My Area SK7 website and the Stockport Council for Voluntary Service want to feature an article about us in their next "The Bridge" newsletter. So it was a great way to raise our profile both locally and nationally

But what other benefits will it bring? Firstly, we can use the Queen's Award crown shaped logo on all our printed stationary and letterheads, showing that we are an organisation of status and achievement. This should assist, for instance, our Funding Team with their continuing efforts in acquiring more

project funding.

At 7.00pm on Friday 25th July the Lord Lieutenant for Greater Manchester, as representative of the Queen, will come to the Bramhall office to present the official certificate and commemorative crystal. **We would welcome volunteers to attend. Please let the office know as soon as possible if you wish to come along.**

Bits and Pieces

- **Desperately needed - a small table lamp and a small rug for one of our counselling rooms in Bramhall.**
- **And please don't throw that old microwave away!**

Unfortunately, ours has been declared unsafe. So if you have a small one please donate it to our kitchen so that our volunteer counsellors can have a warm meal during the winter. We can pick up.

"We need one or two things that you may have"

SPONSORED DRIVE FOR BEACON

For us to sustain our services to the community we have to find more funding (see our separate information sheet). We are asking everyone for help.

A current fantastic initiative is a sponsored drive to the 20 premier-ship football grounds in 20 hours. Counsellor Cliodhna's partner will be trying to achieve this drive for us shortly and is looking for sponsors. If you are unable to do any practical fundraising for us this may be your opportunity to help. So far he's raised about £1,200—let's help him make it £2,000. Phone the office for more information and together with your generosity let's make it a GREAT RESULT!

More mental health well-being tips

Just 20 minutes of physical activity every day can lead to significant improvements in mental health.

A study involving more than 20,000 men and women, all of whom took part in the Scottish Health Survey, found that any form of physical activity was associated with a lower risk of distress.

Over 3,000 of the participants were deemed

to be suffering from distress or anxiety but the researchers found that those who did activities, including housework, gardening and walking were less likely to have poor mental health.

The strongest effect was found in those who participated in sports, which reduced the

risk of distress by a third.

Richard Colwill, a spokesman for the mental health charity Sane said, "This study may offer hope to those suffering mental pain that small, man-

ageable lifestyle changes can improve well-being.



Our Annual Garden Party -

STOP PRESS: THIS EVENT IS NOW CANCELLED

**EVERYONE
WELCOME!**

Come to our Party on Friday August 8th from 5.00pm.

at
Joan Tsalikis
30 Carrwood Ave.
Bramhall

Bring a sweet or savoury and something to drink (please

inform Sandra what you will be bringing) and something you like to drink.

Come and have some fun – pub quiz, good meal and good company – sounds good to us!



Into "The Mill" in Bramhall

For the last couple of months we have been working with teenagers in "The Mill Youth Centre" in Bramhall (a Youth Bar) a voluntary organisation that provides support, activity and safe socialising for young people aged 12 years and above. Mark Hunter MP suggested

this local partnership so we know he will be

pleased it's happened at last.



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ANNUAL OPEN FORUM

A good representation of volunteers, counsellors, trustees, supervisors and staff attended this meeting recently. We discussed our Business Plan draft and there were numerous ideas for Beacon's future development. A fantastic array of ideas were introduced from suggestions on raising our profile and fundraising projects to how we can celebrate our 25th birthday next year. Watch out in future Newsletters for our announcements about these and how everyone can become involved in some enjoyable events.

Thanks to everyone who came along and brought such enthusiasm to the meeting.

And finally.....

New Client

Monitoring Forms -

We ask all clients to complete one of these at the completion of their counselling. We now have a new one which is better than ever and easier to do. They will give us more accurate feedback information that our Funding Team can use in their bids.

Going Greener -

We are committed, in our small way, to

minimizing our carbon impact on the environment. Margaret Smith, our Evenings Appointments Administrator has been appointed our "Green Tsar" and she has already achieved a number of office changes. Paper and plastics are now disposed appropriately and we have been recycling everything we can for some time. Margaret even rides her trusty bike to work! If anyone has any useful suggestions about recycling please

let Margaret have them.

Redesigned Newsletter -

We hope you have enjoyed reading this "different" Newsletter. If you have any comments, or wish to contribute to future issues please contact the office.

We will continually strive to improve its attractiveness and readability.

Olivia