



# The Friends Newsletter

## Our Queen's Award Presentation

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## THANK YOU

to

St. Michael's Church  
for a donation of  
£600

And also to

Bramhall United Re-  
form Church for £350.

Your donations mean  
so much to us and  
will go straight into  
the running of our  
service.

Over 85 Beacon supporters attended our Presentation on the 23rd September – and what a night it was! The Lord Lieutenant of Greater Manchester resplendent in uniform and sword, the High Sheriff of Manchester and the Mayor and Mayoress of Stockport all seemed to enjoy the occasion as much as everyone else. After a couple of short speeches, the inscribed commemorative piece of crystal and signed certificate by the Queen were handed to Manager James, and then at the invitation of Joan Tsalikis everyone toasted Beacon's future. A wonderful mix of people came along, volunteers from our very beginnings to lots of our present team of young counsellors as well as representatives from St. Michael's Church, the Rotary Club of Bramhall and Woodford, John Boardman representing his mother Dorothy who helped to start Beacon, Trustees, Friends, Supervisors, previous and present staff – and at least one ex-client.

The evening was all about catching up with old friends and meeting new ones and everyone without exception expressed their pride at how far Beacon had come in 24 years. One very special moment came

when the Lord Lieutenant was cutting our celebration cake and mentioned that it had been a particularly emotional evening for him because during his conversations with those present someone had mentioned that the indomitable Eleanor Sykes had helped to start Beacon and he had known her very well whilst serving on other Trusts.....somehow, that comment seemed to bring the evening round to a very satisfying full circle.

A huge thank you to those great people at St. Michaels Church for their help and generosity. Also thanks everyone who generously donated all the lovely nibbles, a special thanks to Margaret Smith who helped co-ordinate the refreshments and to all the other people, too numerous to mention, who worked so hard in the background to make the evening such a wonderful success.

*Olivia*

**OUR CURRENT STATISTICS**

To the end of October our counsellor team have seen 361 clients this year

56 clients are waiting for their initial assessment appointment

21 clients are waiting for an ongoing appointment.

**Did you know?**

We are currently working towards becoming a social enterprise.

**OUR POSITIVE MENTAL HEALTH INFORMATION PROJECT**

One of our current projects is to convert our Bramhall client waiting room into an attractive eye-catching information centre for everyone involved with Beacon to use. It will include a library of books on creating and sustaining positive mental health care for our clients and counsellors to use and take away. We plan to launch this centre at the start of 2009 and have dedicated volunteers already planning and resourcing this project. The information will be there to encourage clients to help themselves to better mental health and well-being. Counsellors will also be able to use the information in conjunction with their counselling, and the appointments administrators can send the information out to clients still waiting for counselling. All this will help Beacon to become a more responsive service for our clients, and also respond more quickly to need. Examples of some of this information will be: eating for good mental health, coping with depression, reducing levels of anxiety, exercising for good mental health, local walking groups and many, many more.

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**We love Everyclick**



**We all know that Christmas can be expensive, wasteful and time consuming but here's an idea from Everyclick that could make life much easier.....**

**Why not send a festive greeting and spread some goodwill and Christmas cheer at the same time? With Everyclick you can send a greeting and a charity donation online. You can specify the charity (Beacon of course!) or leave the choice to the recipient, allowing them to spread your goodwill for you.**

**Whether you want to send 10 or 1000 greetings, it's a much more efficient way to send seasonal good wishes. No recycling and a meaningful charity donation, lots of boxes ticked. Beacon will receive a gift of valuable incremental funds at a traditional time for giving.**

**What to do next? Go to [www.everyclick.com/christmas](http://www.everyclick.com/christmas).**

## News of a new Trustee — and Board responsibility reorganisation

- We welcome Alan Hewitson as a new Board member. Alan has worked for us for some time as a very dedicated receptionist and was the winner of our Dorothy Boardman Volunteer of the Year award last year
- There are four more potential new members who we hope will be coming on board during the next few months, so watch this space for announcements
- Reorganisation is presently in progress so that every member will in future have specific responsibilities and so several additional sub-committees are being formed. We already have Liaison, HR and Finance Committees in place but will add to these by forming a Governance sub-committee (to look at the Board's performance etc.) an Appeals Team and a Fundraising/ Events group.

Everyone at Beacon sends warmest regards and get well wishes to Terry Moore

It's our 25th birthday next year. Look out for some special events!

### A couple of client comments:

"Counselling gave me strength to survive and I'm more able to understand my own feelings and deal with them. It made me feel I am not worthless. The biggest gift was the silence I was allowed and my counsellors wonderful ability to listen and bring out the problems that been boiling inside me for years

"I'm extremely pleased with all aspects of the service — from the initial phone call, Sandra is fantastic receptionist — to the perfectly matched counsellor who was patient and skilled, I was listened to and supported, it was invaluable

### ..... News from our Appeals Team .....

The team (but particularly James) have been working hard on tendering for a contract with the GP's of Marple and Werneth to offer a counselling service next year to a long existing waiting list that they presently have. James met the deadline last Friday with what they consider to be their most thorough and professional tender to date. Results will be announced in 2 weeks, so lets keep our fingers crossed!

### A new admin initiative:

We have introduced an improved client monitoring and evaluation spreadsheet which reveals that during the last quarter 92% of our clients were White/British and 8% were Black/Other. This roughly matches the ethnic mix for Stockport as a whole, which is 96% White. This shows that we are reaching the people we should and that people from ethnic minorities can access our service as easily as others. This is important information that founders particularly see as a positive attribute in a charitable organisation.

**BEACON  
COUNSELLING**

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**We are on the  
internet!!!  
[www.beacon-counselling.org.uk](http://www.beacon-counselling.org.uk)**

### **Hot News**

We are offering all our qualified counsellors a training course during January to March on Cognitive Behavioural Therapy. This will be funded jointly by The John Lewis Partnership together with the Manchester Guardian Society Trust. It's that time of year again when our interview panel endeavours to choose the best candidates to join our counsellor team. One or two counsellors have recently left us for pastures new so we have to replace them. Our interview process is vigorous so only the most superior applicants are successful. We offered places to six new counsellors.

## **Fundraising initiatives**



Following the Open Forum, several changes in our finances were agreed that will be implemented between now and the end of the year. Whilst these will help to reduce the annual shortfall we face, events fundraising is an increasingly important part of keeping Beacon afloat. This means that we have to raise more funds through events than ever before. 2008 has seen an

excellent start to this with the Charity Dinner and from the Premiership Drive, but 2009 will see our fundraising target from events increase by another £1,000 in order to maintain our adult

service. At the moment, we have about 12 months to do something about the situation so we have plenty of time.

### **So far several ideas have been put forward:**

- A Complementary Therapies Taster Day (in planning for early 2009)
- A "Beacon Feel Good Foods" recipe collection
- Encouraging everyone to join EveryClick to raise internet funding for us (we have admin volunteer Julia promoting this for us)
- A sponsored walk and celebration in Lyme Park for Beacon's 25th Anniversary

**Do you have any ideas that could help us? If so, have a word with James or Olivia and we'll try to give you as much support**

### **Beacon is supported by:**

- BBC Children in Need
- John Lewis Partnership
- Stockport IMPACT Group
- Manchester Guardian
- Society Charitable Trust
- Stockport PCT
- Mellor Church
- St. Michael's Church
- Bramhall Methodist Church
- Bramhall United Reform Church



**As many of you already know Manager James was married to Natalie on October 4th. Everyone at Beacon wish the happy couple a long and happy life together.**