

# Beacon Friends' Newsletter

September 2007

Regd. Charity No. 1109545  
Email: [office@beacon-counselling.org.uk](mailto:office@beacon-counselling.org.uk)

Tel: 0161 440 0055  
[www.beacon-counselling.org.uk](http://www.beacon-counselling.org.uk)



## *A visit from our local MP:*

Mark Hunter, MP for Cheadle, recently wrote to us from the House of Commons congratulating us on achieving a funding award for our new service "Beacon 2".

In his reply James invited him to come along to the Bramhall office to meet some of our volunteers and staff and to learn more about us.



Joan Tsalkis, James Harper, Mark Hunter

At the beginning of August we were delighted to meet with Mark and he spent some time at our Moss Lane premises talking to Joan (Chairman), James (Manager), Olivia (Fundraiser), and Sandra (Appointments Secretary). He was very interested in our work and expressed his admiration for all that we do. At the end of the session we were delighted that he agreed to become one of our "Beacon Friends" so

that he can be kept up to date with our activities and he promised to do anything in his power to help us. We later discovered that his visit to us was featured on his web page. We look forward to seeing more of Mark in the future.

## *Beacon 2 - now working in Stockport Grammar School:*

The start of the September term saw our "Beacon 2 Service for Young People" being introduced into this prestigious school. Counsellor Yvonne Shelmerdine will be heading up our team of 2 additional volunteer youth counsellors there.

## *More counselling sessions:*

Some of our counsellors are starting to offer 3 sessions each week to clients rather than 2. This instantly increased our resources significantly and allows for more flexibility in appointment times as well as shorter client waiting times. We are finding this procedure more cost effective for both Beacon and the volunteer counsellors.

## *Client statistics:*

During the period August 2006 to July 2007 our three services worked with a total of 523 local Stockport people – more than ever!

## ***A new counselling room at Moss Lane:***

***What used to be a storage room on the 3<sup>rd</sup> floor of the Bramhall premises has been converted into a fourth counselling room. A couple of chairs and a table, donations of second hand rug, picture and a table lamp have made a compact additional quiet space.***

## ***A new monitoring group:***



We have for some time requested our clients finishing their counselling sessions to complete a questionnaire. However, the results of these have so far never been analysed properly. This is now about the change. A new group has been formed to review the monitoring and evaluation of our work with adults, to improve the tools we use to collect information, and to ensure these tools are effective, their results are collated and used to inform future change and development. We also feel it is important to include service users (clients) in the development of Beacon, so this group will create ways of doing this.

## ***A Counsellor Training Programme:***

After a "training needs analysis" done during counsellor annual reviews, a number of key areas were highlighted for required training. A programme of training sessions has now been arranged with the first one being in October for all counsellors on "Drug and Alcohol Issues". This will be organised in partnership with MOSAIC (a Stockport based organisation working with drug related issues of young people and

their families). This course will raise the awareness of each counsellor on how to identify risks, how to work with these issues effectively and how and when to refer a client on to another agency. We are lucky that this course is available free of charge from a small pot of funding that MOSAIC has available.

The feedback we have already received from our counsellors shows us that the training we have already offered recently has been excellent and makes them feel more valued and very much a part of Beacon. We are trying our best to continue to access free training, but at the same time have already applied for funding to set up an annual training programme starting in 2008.

## ***Thank you - St. Michael's Church:***

***Our sincere thanks go to St. Michael's for their very generous £600 donation. We were absolutely delighted with this funding which will go a long way in helping many more people in our community.***

## ***Recent Developments:***

Due to our recruitment drive for more counsellors we can now offer new clients an initial assessment session within 2 weeks of their first approach to us and then commencement of counselling about 2 months later. This compares favourably with counselling offered via the NHS which can take up to 2 years to commence.

## ***Did you know?***

***In 2006 there were 12 million visits to GPs in the UK relating to mental health issues, most of which were for stress, anxiety and depression, which can all be treated with talking therapies.***

***(Source: NHS Direct website)***

### ***More Funding Success:***

**We were extremely pleased to receive a cheque for £1,000 recently from the John Lewis Partnership in Cheadle. This money is to fund a complete programme of advanced counsellor training during the winter of 2007/08.**

### ***Our Annual Garden Party:***



*Despite our dismal summer, we were lucky and the evening actually stayed dry! A good representation of Beacon personnel came along and we all had a most enjoyable evening. As usual with a "bring your own dish" type of a meal it was all going to be a wonderful mystery as to what we would actually consume, but of course, it didn't disappoint and Joan and Olivia had no need to worry. Jenny Dunlop brought an innovative quiz for everyone to puzzle over, compare notes, and generally cheat, and Olivia had her usual raffle. Between us all we managed to raise £129 which will be donated towards the running of the Beacon 2 Young People's free counselling service. Thanks to everyone who came along to make it a special evening.*

### ***Beacon goes Green:***

All of us at Beacon are very conscious of doing our bit towards preserving our environment and so several new procedures have recently been implemented.....

Much of the office correspondence and communication is now done electronically saving paper, ink, toner and money,

Printer cartridges are routinely recycled,

Scrap note paper is used as much as possible.

We will continue to seek new ways of saving resources and to this end if you have received this Newsletter in paper form and would prefer it was emailed to you please let us have your email address.

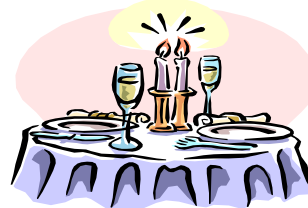
### ***Annual Report to the Tudor Trust:***

August brought the first anniversary of the initial instalment of our grant from the Tudor Trust. To guarantee receiving this year's £10,000 tranche, James produced a report they had requested outlining our activities and progress during 2006/07. The result was an outstanding 6 page missive on how busy we have been, how we have changed, and implemented new services and procedures, thus ensuring the continued expansion and sustainability of our 3 services. This report makes interesting reading and if anyone would like to see a copy please call the office at 440 0055.

*(Late news – the report must have been well received because we have now received our funding).*



### ***Great Expectations!***



**Watch out for an exciting and special event next Spring. Our Events Committee are busy planning an exciting Gala Dinner! A surprise local venue has been booked for the 18<sup>th</sup> April and this unique event promises to be great fun. More information in our next Newsletter - but in the meantime please keep the 18<sup>th</sup> April 2008 free.**



## *Update on "EveryClick"*

### *Search Engine:*

As mentioned in our last Newsletter we registered with EveryClick during the summer. This is an internet search engine – exactly the same thing as Google – but which donates half of its revenue to charity. You can register for this to be your internet home page at [www.EveryClick.com](http://www.EveryClick.com) and every time you search for a product, website or topic using this search engine Beacon is credited with some cash! And it doesn't cost you, or Beacon, anything!

In the first month we raised a modest £5.14 but then last month it increased to £15. This may seem a small amount, but if you think that only 5 people have joined so far to use EveryClick and selected Beacon as their charity, then just think what would happen if we had 50 people.

That should give us over £100 a month and that would make a significant change to Beacon's finances.

*Please sign up to using this search engine, and if you have already done this, then tell all your friends too!!*

### *Volunteering - a worthwhile activity:*

Please keep in mind we are always looking for new volunteers to work a few hours a month as receptionists in Bramhall and Cheadle Hulme. We also need people to help us in our very busy administration office and also an assistant funding appeals writer, etc. It is well recognised that volunteering can in itself bring a sense of fulfilment and well-being, so if you know of anyone who might be interested in helping us please ask them to call James at:

**☎0161 440 9166**

## *WELCOME TO OUR NEW VOLUNTEERS*

*We are delighted to announce that Tayeba Jaleel and Rosslynne Selous-Hodges have joined our School Counselling Team. They bring to Beacon extensive backgrounds in counselling experience in many different settings.*

*We are also pleased to report that in the last couple of months we have seen additional volunteers starting to work for us in the office and we sincerely hope they all find their time with Beacon both enjoyable and rewarding. They are Vicky Claridge (administration), Omar Tariq (administration) and Michael Penney (marketing).*

### **BEACON COUNSELLING**

**203 Moss Lane, Bramhall, Stockport SK7 1BA**

**Adult Service enquires 0161 440 0055**

**Beacon 2 enquiries 077730 32759**

