

unsung heroes

The Queen's Award for
Voluntary Service 2008



Christmas 2009

The Beacon Friends Newsletter

This is our last Newsletter of 2009 and Christmas and its festivities are nearly upon us. We thought it might be interesting to take a brief nostalgic backwards glance at what we've achieved during this year, and have a quick sneak preview of our planned projects for 2010. We also send our warmest good wishes to all our volunteers and friends.

CHRISTMAS 2009 EDITION

What have been our main achievements in 2009?

- This was our 25th birthday and to celebrate we organised a party in August
- Stockport Council awarded us funding for 3 years to set up a new adult service in Adswold and we opened this service in June
- Alan Hewitson took over the Chairmanship of the Board of Trustees and we welcomed 5 new Trustees and formed 8 sub committees
- The new Counsellor Training programme was launched and developed, with 8 courses delivered this year
- We received further funding from Stockport MBC through TAHMS to pilot group therapy work for children in primary schools, and to work in partnership with Relate to provide 1 to 1 counselling in schools
- Stockport Primary Care Trust (PCT) gave us funding to set up a group programme for adults called Stressbusters
- We opened our Positive Mental Health Resource
- Our Funding Team won another award for 3 years salary for an Office Administrator. Debby Bridge was appointed and started working in the Bramhall office
- We helped over 400 adults and over 300 young people during the year

What are we looking forward to in 2010?

- Commencing our "Stress Busters" group therapy sessions
- Beacon counsellors working in Stockport Primary Schools for the first time
- Seeking further funding for 3 years to develop the Wythenshawe project
- A new series of fundraising events will be organised throughout the year
- Developing new ways of promoting mental health and well-being
- Our "Beacon Team" will participate in the BUPA 10K Manchester Run
- Celebrating the 10th anniversary of our loyal "Beacon Friends"

.....and we hope to continue to be recognised as a professionally run community charity that makes a positive difference to the mental health and well-being of Stockport and South Manchester residents.



Charitable Donations

We are delighted with the receipt of the following donations:

Irwin Mitchell Charities Foundation	£250
Bramhall United Reformed Church	£350
St. Michael's Church, Bramhall	£600

Irwin Mitchell Charities Foundation is an independent charity, set up by the Partners and staff at Irwin Mitchell Solicitors, based in Manchester.

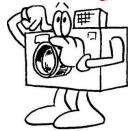
Thank you

A client writes about their first contact with Beacon, and particularly with Barbara Polanska - Friday Appointments Administrator



"When I first rang your office late last week, initially I was a little worried about what I was about to hear when you answered. I can honestly say, you really put me at ease. I am so glad I took the plunge. You have a wonderful manner and you made me feel like a real human being. Because of this, I am looking forward to meeting with your counselling team service in the very near future. Thank you for your time and patience".

Do you have a digital camera?



Manager James really needs a digital camera for various Beacon projects. It needn't be a fancy one, just as long as it works! Perhaps if you are thinking of upgrading your camera this Christmas and want to dispose of your old one to a worthy charity, then please consider donating it to us. We need one for images for this newsletter, training purposes, recording our social activities and for a "Beacon rogues gallery" that James is creating of all volunteers and staff within the organisation. If you have one to donate then please have a word with James or Debby.

Our special Christmas well-being tip!



It's Christmas time again accompanied with the usual indulgent eating and drinking, so go ahead and have some fun! However, just keep in mind that on top of all that extra alcohol we always seem to drink at this time of year there are more spirits in much of what we eat too in the pudding, mince pies, Christmas cake etc. Also, if you can, try to find time for a walk in the fresh air and chill out!

(contributed by the office staff)



This is your newsletter!

What would you like to read about in future issues?
Would you contribute a short paragraph about your role in Beacon?
What do you think about Beacon, its work, and the future?

(email olive.hunt@ntlworld.com with your suggestion)



And finally.....



The Trustees, James and the Beacon staff want to thank all our volunteers for their dedication and hard work during 2009 and wish everyone a very Happy Christmas and a Healthy New Year!

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