

# WEIGHT MANAGEMENT PROGRAMME - OBESITY

**NHS**  
Wirral Community Health and Care  
NHS Foundation Trust

Beacon Counselling Trust, working with NHS Wirral 'weight management service', provides therapeutic support to patients on the 'weight management programme' through delivery of 'cognitive behavioural therapy' (CBT) group sessions. The six, session course is offered to patients registered with the service, who have a body mass index (BMI) of over 40.

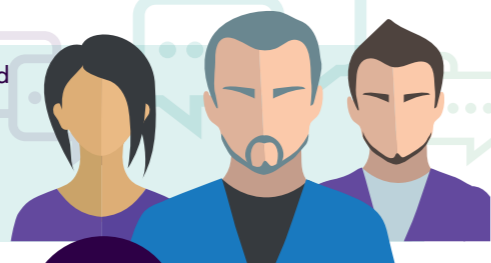
Outcomes, independently evaluated from patients who recently completed the CBT course, showed -

- 95% had established improved eating habits
- 95% had achieved evidenced weight loss
- 97% were able to identify danger areas or triggers
- 92% were able to use strategies, tools and techniques learned in sessions, to manage sabotaging thoughts and behaviour, thus reducing setbacks.
- 100% of patients said they felt motivated to lose weight after attending the course



The therapist led group sessions engage with patients, to **increase motivation and self-awareness**; remove mental blocks and help understand eating behaviour. Sessions identify unhelpful beliefs about food and eating and focus on **developing skills, to challenge and change patterns of thinking and behaviour** in relation to **eating habits and weight loss**.

Feedback from individuals has been very positive, showing patients found the group support valuable in helping them change the way they think; the way they deal with emotions and physical feelings, and with difficult situations and people. All attendees had effected some positive changes and, in most cases, had achieved weight loss.



## EXAMPLES OF FEEDBACK STATEMENTS:

The head of a local college described the sessions as "informative and empowering, which could change the lives of young people for the better". Another teacher stated- "The sessions were excellent and have prompted lots of discussion around school with our young people due to so many being able to relate to this issue personally".

Students stated the sessions "increased knowledge and understanding of the issues around gambling" and they "enjoyed the opportunity for discussion and learned about the risks and how to recognise warning signs and where to go for help".

## BCT – FURTHER PROGRAMMES/ACHIEVEMENTS

### IAPT

Commissioned by Lancashire and South Cumbria NHS Trust to deliver waiting list initiative for 260 patients in Morecambe Bay.

### FOOTBALL FANS & BETTING

Beacon contributes as part of the Football Fans and Betting (FFAB) programme funded by NIHR to pilot interventions and help change the gambling relationship with football fans, in collaboration with Glasgow university.

### HOWARD LEAGUE FOR PENAL REFORM

Beacon staff contribute to the Howard League Commission of problem gambling and criminality. First commission of its type in the UK. Reports in 2022.

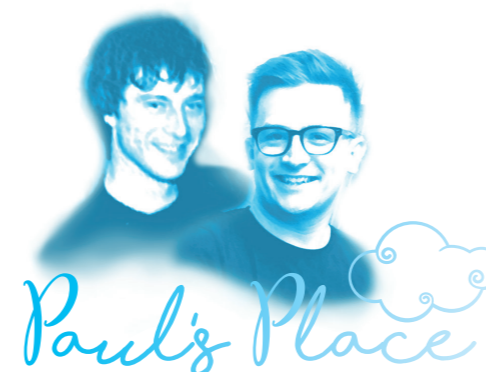
### BIG HELP PROJECT

Beacon commissioned by the Big Help Project in Knowsley to develop safeguarding and mental health support pathways for a wide range of service users

www.beaconcounsellingtrust.co.uk

# PAUL'S PLACE PROGRAMME

Paul's Place is a **specialist bereavement counselling service**, provided by Liverpool based charity **Beacon Counselling Trust** (Charity No: 1140011). It is named in memory of two young men from Liverpool: **Paul Jensen** and **Paul "Geo" Williams**, who both sadly died by suicide; albeit 23 years apart. Paul Jensen is the brother of Kathy Devlin and Paul Williams is the son of Agnes and Joe Williams; who are the co-founders of the service.



Only organisation to offer this **unique service** across the whole **Merseyside area**.



**228** people accessing our service as of 31st March 2020



- We pride ourselves on the fact that we have **no waiting list**

Anyone **aged 16 and over**, who has been bereaved by suicide can access this service



We receive no Government or NHS funding, we are **reliant on donations, fundraising** and **any grants** that we can secure.



Wherever possible, counselling sessions are offered within **SEVEN DAYS** of assessment and initial assessments usually take place within **48 – 72 hours**

Our team of therapists are **highly skilled and specially trained in suicide bereavement counselling**.

## WHAT PAUL'S PLACE PROVIDES

- UP TO 20 FREE ONE TO ONE COUNSELLING SESSIONS, TO SUIT WORK AND COMMITMENTS.
- A RECOMMENDED TREATMENT PROGRAMME, BASED ON YOUR PERSONAL SITUATION
- ADVICE ON MENTAL HEALTH
- COMPLETE DISCRETION AND CONFIDENTIALITY
- ACCESS TO 10+ YEARS EXPERIENCE IN PROVIDING THE HIGHEST QUALITY COUNSELLING SERVICES

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# BEACON COUNSELLING TRUST



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GambleAware® **G** GamCare

## FOREWORD



We are pleased to present to you our **2019/20 Impact Report**. Throughout this past year we have focussed on improving the ongoing programmes provided at BCT, whilst also investing time, research and funding into developing innovative new programmes to improve and develop support for new and existing service-users.

**Frank Doran MBE, Life President**

## PROBLEMATIC GAMBLING TREATMENT

We are in the second year of our current Gamcare Problematic Gambling Treatment contract, which has provided BCT and its service users a period of stability and allowed for this vital work, and the core of our organisation,

to continue. Problem gambling continues to be a significant public health issue and we are committed to finding new ways to educate, raise awareness and support those affected by gambling-related harm.



## OUR PAUL'S PLACE PROGRAMME

Has grown substantially over this past year and we have been able to offer this vital support to a significant number of individuals who have been bereaved by suicide. This service

continues to be one of its kind in Merseyside and we are extremely grateful for the continued support and fundraising efforts from our service-users and the wider community.



We would like to express our gratitude and thanks to our trustees, senior management and wonderful BCT staff for their continued support and dedication this past year. We are excited to share with you the progress BCT has made this past year and our projects going forward. We hope you enjoy reading this report and would like to ask that you follow us on social media.

## SINCE OUR LAST IMPACT REPORT

BCT has showed significant growth across many different platforms, which will be detailed within this report. We look forward to continued growth through the support of our commissioners, trustees and staff, as well as further

investments into our infrastructure, so that we can continue to offer support across the North West that is safe, effective, well-led and supported by empirical evidence.

## OUR PURPOSE

We make life better for individuals and families who access our services because we believe passionately that people can change their behaviour and their lives though professionally delivered structured support and experience, and embrace a different way of living even after the most catastrophic of life changing events.

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## GamCare & GambleAware



Our work with gambling-related harm is delivered through psychological therapeutic interventions with those harmed by gambling, whether gambler or 'affected other' and Engagement Programmes with 'target' groups such as women and young people. We continue to provide face to face and telephone therapy on a one-to-one and couples basis across the North West which has continued to grow as we now cover the Cumbria area.

## GambleAware®

This **GambleAware** funded programme has allowed us to engage with over **2,500** individuals this year, of which **1,900** accessed our service for treatment.



On average service users waited no longer than **2 DAYS** after their initial contact for an assessment and no longer than **4 WORKING DAYS** to begin treatment after their assessment.



### CLINICAL QUESTIONNAIRES

On average clients showed, significant improvement in both their gambling behaviour and overall, **99% of service users** reported significant improvement in their overall wellbeing and were satisfied with service.

# 99%

## BET YOU CAN HELP PROGRAMME



We have had another successful and productive year working on this programme, and we remain focussed on the importance of our longer-term vision. That is to ensure awareness raising and education, problems are prevented wherever possible, and to deliver a therapeutic service that is evidence-based, accessible and effective.



### 'COMMUNITIES ENGAGED IN REDUCING GAMBLING RELATED HARM'

It is a first-aid model supporting anyone experiencing gambling related harm.

We have recruited Community Connectors to provide information, advice and awareness-raising to anyone that may be at-risk of gambling related harm, including affected others. This model empowers its Community Connectors to be a point of contact for anyone that is concerned about their own, or somebody else's, gambling. Our Community Connectors are well placed within potentially vulnerable groups within the community to recognise and support those that may be at-risk.

### ACHIEVEMENTS SO FAR

- 40 workshops delivered
- 350 individuals trained
- 7 Community Connectors active in their communities and services
- 12 community partnerships made

"This programme builds on an increasing evidence base about the power of social contagion and the importance of community involvement and ownership in public health issues. Mobilising the resources of a community is central to changing norms and values and in supporting these changes through processes of social learning and social control, where key figures in the community role model and champion change."

Prof David Best - Dept of Criminology, University of Derby



## WORKPLACE CHARTER – TO REDUCE GAMBLING RELATED HARMS

The **WORKPLACE CHARTER** provides a framework for action to help employers and trade unions build good practice in health and work in their organisation regarding gambling related harm. The charter supports all types of employers, large and small, from public, private and voluntary sectors.



The charter ensures that the leadership of these organisations will ensure gambling related information is freely shared and will ensure that every employee knows how to access support and who to discuss their needs with, in relation to gambling related harm. It offers practical, evidence-based ways in which employers and trade unions can commit to promoting the health and wellbeing of their workers experiencing gambling related harms.



"Our main aim of the Workplace Charter is to ensure that problem gambling issues are given equal parity to policies regarding drugs and alcohol, and that workers are treated with sensitivity and handled appropriately when concerns are raised".

Keith Lewis - National Project Manager - Union Learning Fund

All managers and trade unions have been fully trained in recognising gambling related harm and how to hold sensitive, confidential conversations and represent members. It also ensures that employees who have to take time off due to experiencing gambling related harms are given appropriate support to help them return and adjustments will be made for a successful work return through regular contact with their manager in consultation with trade union representatives.



## YOUNG PEOPLE'S OUTREACH PROGRAMME – GAMBLING AWARENESS

Problematic gambling is an area of significant safeguarding and mental health concern for young people. Beacon counselling Trust, working in partnership with Gamcare, have a key role in the delivery of the 'Big Deal for Young People' outreach programme, which aims to raise awareness of the risks of Gambling, with Young People aged between 11-19, and also professionals who support them. This is done through free interactive gambling awareness workshops for young people, in schools, colleges, youth centres and care settings, and gambling awareness training sessions for professionals, such as teachers, youth workers, social workers and health workers.

## BIG DEAL?



The programme is delivered by Beacon's 'Youth outreach team', engage with young people through the workshops, to enable them **gain awareness, knowledge and skills**, to **make safer choices around gambling** and know where to get help; whilst the awareness sessions with professionals, aim to increase knowledge and confidence, **to recognise risk factors, signs and symptoms of a gambling problem**, and support vulnerable young people.

Over the past year ending March '20, our youth outreach team have engaged with over **1,500 young people** and over **600 professionals** in schools, colleges, youth centres and social care settings, across Merseyside and the North West.

## FUNDED FOR ANOTHER 4 YEARS

### FEEDBACK – STUDENTS & PROFESSIONALS:

The head of a local college described the sessions as "informative and empowering, which could change the lives of young people for the better". Another teacher stated: "The sessions were excellent and have prompted lots of discussion around school with our young people due to so many being able to relate to this issue personally".

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