



BEACON COUNSELLING TRUST
CHARITY NO. 1140011



WELCOME TO OUR SPRING NEWSLETTER

Hope everyone is managing to keep ok, especially in light of how much our lives have changed since the Coronavirus pandemic struck. We acted swiftly in replacing our face-to-face counselling sessions with a telephone support service and in general, this has worked well for all concerned. Also, our weekly & monthly held group meetings transferred to online meetings, via Zoom. We know some people struggle with technology and others don't feel that it is as effective as meeting up in person. We appreciate it works well for some, but not for others. However, it was (and is) better than having nothing in place at all. If you wish to access the group meetings, please let me know. Maybe you are either currently in counselling with us, or have accessed it in the past. Either way, did you know that we hold a weekly group support meeting on a Tuesday morning between 11 a.m. & 1 p.m.? Also on the last Wednesday of the month we hold an evening support group meeting between 7 & 9 p.m. If you wish to join either or both of these meetings, please drop me an email with your contact number, so I can add you in to our WhatsApp Group where meeting details are posted. Alternatively, if you prefer to receive information via email, just let me know. At the moment and for the foreseeable future, both meetings will take place via Zoom.



Something which may be of interest to our service users (past & present) is our recently launched Trek Therapy Programme. So far 4 local walks have taken place.

However, as travel restrictions are being lifted, we plan to venture further afield too. The walks take place under the supervision of qualified walking leaders. We hope to be able to offer walks in the Lake District, the Peak District & Wales. Dates & details about the walks (& our group meetings) are posted on our Paul's Place WhatsApp page. If you wish to receive notifications about these, please let me know and I can add you to the group. We operate on a strictly first come, first served basis and simply ask that if you book a place and then can't go, please let us know ASAP so that we can offer the space to someone else.



Do you do online shopping? Did you know you can raise funds for us at absolutely no cost to yourself? There are no catches, no hidden charges and we'd be really grateful for your donations. It would be fantastic if you joined and it really does make a difference! You can either download the app or visit the website using the link featured below:

www.easyfundraising.org.uk/causes/paulsplacebct



We know that many people like to mark a loved one's birthday or anniversary by holding a memorial event in honour of them. We've had people hosting a whole range of activities to fundraise for us. These have included: Group Walks, Golf Tournaments, 5k, 10k & 15k Walks or Runs Tandem Skydives, Boxing Matches & Football Matches. Do you or maybe a family member, friend or work colleague enjoy walking, running, golf, football, rugby, cycling, swimming or in fact any sport whatsoever? Why not ask if they would be willing to organize a fundraiser for us? I am more than happy to help anybody who needs assistance with setting up an event on our JustGiving page: <https://www.justgiving.com/beaconcounselling.trust> It really is a big help to us if (wherever possible) your event can be featured on there; since we receive the donation without any fuss. If you require customized sponsorship forms, just let me know in advance what you're doing, when you're doing it and where it's taking place. Don't forget to take photos of the event and share them with us as well as your family and friends across social media. When it is safe to do so, we would love it if you could arrange to call in and see us for a "Big Cheque" presentation photo afterwards, too.



SOME OF OUR RECENT FUNDRAISERS INCLUDE:

EMMA FURNESS (PAUL'S PLACE SERVICE USER)

RECENTLY RAISED £5,000 BY WALKING 10,000 STEPS A DAY FOR 40 DAYS IN REMEMBRANCE OF WHAT WOULD HAVE BEEN HER BROTHER'S 40TH BIRTHDAY.

JO McLAUGHLIN (PAUL'S PLACE SERVICE USER)

RECENTLY RAISED £1,262 BY GOING 90 DAYS BOOZE-FREE TO MARK HER SON'S 3RD ANNIVERSARY.

MERSEYSIDE JUNIOR LAWYERS DIVISION

SELECTED PAUL'S PLACE BCT AS THEIR CHOSEN CHARITY FOR 2020/2021 AND HAVE RAISED £941 FOR US SO FAR.

ROSS PATERSON (SPHERE FINANCIAL SERVICES)

HAS VERY KINDLY SELECTED US AS HIS CHOSEN CHARITY FOR ANOTHER YEAR AND HAS TO DATE RAISED £460 FOR US

NEAL BUTTERWORTH (SELL-ECT HOMES)

RECENTLY COMPLETED THE 4X4X48 CHALLENGE AND RAISED £315 FOR US. HE IS ALSO HOPING TO TAKE PART IN THE LLANGOLLEN 50K RACE AS A FUNDRAISER FOR US, IN JUNE.

ANDREA DAVIS (PAUL'S PLACE THERAPIST)

IS FUNDRAISING FOR US BY TAKING PART IN THIS YEAR'S GREAT NORTH RUN IN NEWCASTLE ON SEPTEMBER 12TH.

THANKS TO EACH AND EVERY ONE OF YOU, WE REALLY APPRECIATE ALL YOUR EFFORTS AND REST ASSURED THAT EVERY PENNY RECEIVED IS SPENT ON PROVIDING MUCH-NEEDED SUPPORT TO THOSE BEREAVED BY SUICIDE.

