

WINTER 2022

THE BEACON BEAM



BeaconTM
South Yorkshire
Carer Support

Designed by the proud team at Beacon South Yorkshire

Above Parkgate Mobility

19 Doncaster Road

Barnsley

S70 1TH

01226 814012

info@beaconsy.org.uk

www.beaconsy.org.uk

Opening Times:

Monday to Thursday:

9am – 3pm

*Friday: By
appointment*

*Weekends and Bank
Holidays: Closed*

Charity Commission: 1117760 Companies House: 05385670

BEACON STATISTICS

From the beginning of 2022 Beacon has completed:

- 401 Face to face support sessions
- 288 Telephone support sessions
- 575 Counselling sessions
- 354 Food bags distributed by Beacon
- 201 Mindfulness attendances (over 34 sessions)
- 153 Holistic therapy attendances
- 79 Coffee mornings attendances (over 15 sessions)
- 143 Drop in's attendances (over 26 sessions)
- 41 Yoga sessions attendances
- 32 Wellbeing calls attendances

(01/01/22 - 30/11/22)

For any information on any of the services on offer please get in touch - our dedicated team will be on hand to help.



MENTAL HEALTH WORKSHOP

Over the past couple of months BSY have been running a Mental Health Workshop funded through BMBC's stronger communities grant. The workshop was designed to help carers focus on their own mental wellbeing through a range of different activities.

The final work will also be printed into a booklet to be distributed throughout the service and across other organisations in Barnsley.

Here is what some of our carers have said about the whole experience:

"I didn't have to say much about how I was feeling as I could express myself through my art and poems which made me feel better.

I would say it was really good to hear other carers expressing how they felt so easily in front of a group of people who some had only met through this group. Everyone supported each other and built each other up if they were feeling low that day" - KL



We expressed how our caring role has impacted our mental health through various ways such as discussions, conversations starters such as: How are you feeling today followed by :- if you were a flower/ animal/ colour or weather what would you be, mental health alphabet, mind maps, using metaphors to explain how we feel and art work. We used various materials – paint, pastels, pencils and chalk to design pictures based on how we felt at certain times. Some of the sessions could get a little heavy but all in all it was a good experience for everyone involved. I really enjoyed the art side of it and even wrote a poem with very little thinking time." - SK

UPCOMING IN 2023

New to Beacon in 2023!

Tai-Chi:

Starting Friday the 6th of January for 10 weeks, running 11am - 12:30pm

Roselyn from Gentle Touch Therapy Training College coming to conduct Tai-Chi sessions which consists of gentle exercises fit for all ages and abilities.

Tai-Chi helps thousands of people across the world to improve their health and wellbeing by improving balance, reduces the risk of falls, reduces joint pain, improves flexibility and most importantly is FUN!

Yoga:

Our incredible yoga instructor Rachel has informed us that she will be continuing the fortnightly yoga sessions here at BeaconSY. These will be running every other Tuesday, 12:00 while 1:30.

The upcoming dates are: 10th, 17th and the 31st of January
Check our website for more dates (www.beaconsy.org.uk)

Craft and Chat:

Running on the first Friday of every month 10-12:30

Each session will have various activities on offer for people to choose from.



WHAT'S HAPPENING AT BEACONSY

New Team Members

BeaconSY are pleased to announce that over the past 12 months we have been able to recruit, train and retain:

3 new Support Workers

2 new Wellbeing Team members

2 new Trustees

3 new Volunteer Counsellors

As always, we are proud and grateful for our ever expanding team. We couldn't provide the incredible support we do without them

Website Upgrade

With the help from the incredible team at IDEA Design our website has undergone a brand new face lift.

With a new layout, new video and new content to keep you all up to date with the ongoings here at BeaconSY

Feel free to have a nosey at:

www.beaconsy.org.uk

Any feedback would be very much appreciated.

A HUGE THANK YOU

ON BEHALF OF THE WHOLE TEAM AT BEACON SOUTH YORKSHIRE WE WOULD LIKE TO SAY A HUGE THANK YOU TO ALL THE CONTINUED SUPPORT FROM OUR FUNDERS:



LOTTERY FUNDED



Shawlands Trust



THE LIZ & TERRY BRAMALL FOUNDATION



**the coalfields
regeneration trust**



Arnold Clark

ALSO A GIGANTIC THANK YOU FOR ALL THE PERSONAL DONATIONS AND TO JULIE FOR HER CONTINUED FUNDRAISING.

WITHOUT THE CONTINUED SUPPORT OF EACH AND EVERY ONE OF YOU WE COULD NOT PROVIDE THE SERVICE WE DO FOR THE CARERS OF SOUTH YORKSHIRE

**THANK YOU ALL,
MERRY CHRISTMAS & A HAPPY NEW YEAR**

THE BEACON BUNCH