

AUTUMN 2021

# THE BEACON BEAM

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**Beacon**<sup>TM</sup>  
South Yorkshire  
Carer Support

*Designed by the proud team at Beacon South Yorkshire*

## *Opening Times:*

*Monday to Thursday:  
9am – 3pm*

*Friday: By  
appointment*

*Weekends and Bank  
Holidays: Closed*

*Rotherham:  
The Unity Centre,  
St. Leonard's Road  
Rotherham*

*S65 1PD  
07955122893  
kerry@beaconsy.org.uk*

*Barnsley:  
(Above Parkgate Mobility)  
19 Doncaster Road  
Barnsley  
South Yorkshire  
S70 1TH  
01226 814012  
info@beaconsy.org.uk*

*www.beaconsy.org.uk*

# BEACON'S VALUES

Here at Beacon, our values and our carers are always at the heart of all we do



BEACON SOUTH YORKSHIRE

## VALUES

Shining the light for people living with disabilities, mental health, dementia, substance misuse or who are elderly, we aim to: -

### CONNECT

1. Welcome any carer without judgement, who are willing to be open, self-reflective and make personal change.
2. Create connections in a confidential and safe environment whenever needed so no-one feels alone.

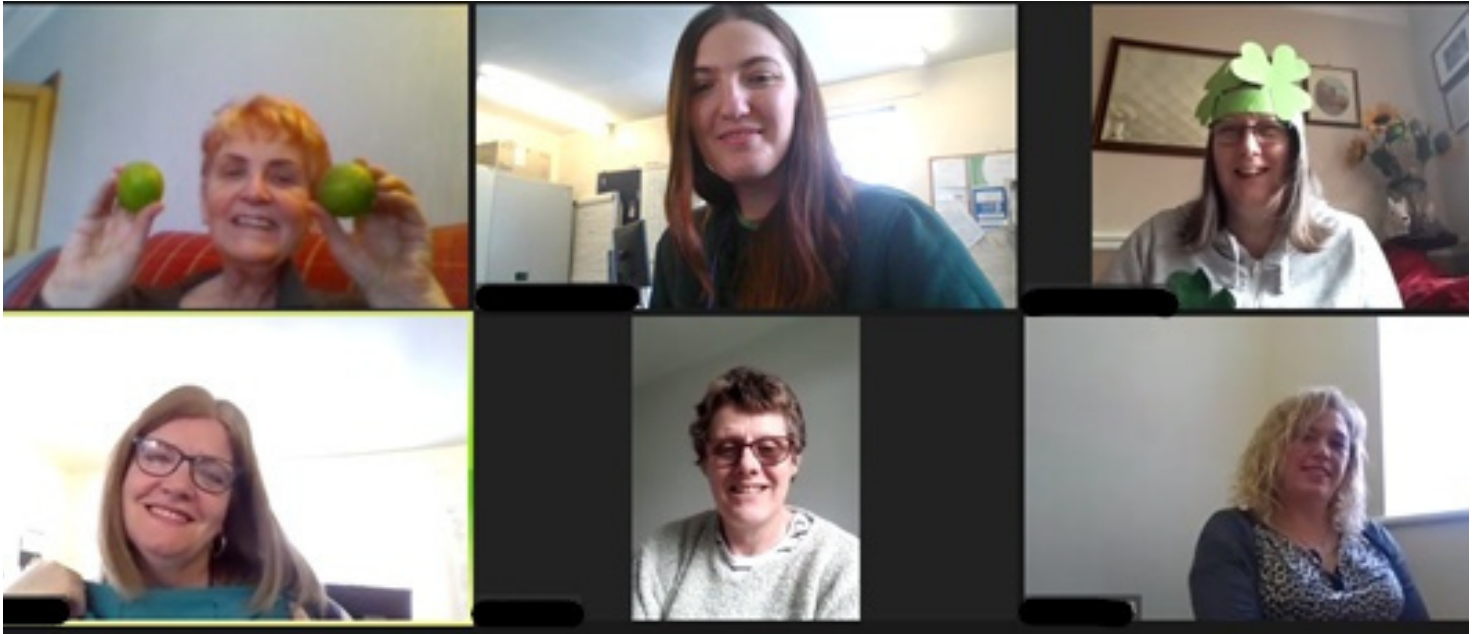
### SUPPORT

1. Provide wellbeing support to build strength in dealing with difficult situations.
2. Offer care and skills to support carer's demands with day to day needs.

### HOPE

1. Build trust to be able to communicate openly to understand personal aims.
2. Look after carer's by listening and offering options to enable future opportunities.

Our mission is to provide a service that gives help and support to families and carers of drug and alcohol users, as our specialism, and also to carers of people living with dementia, disabilities, mental ill health and the elderly.



## BEACON IS BACK IN HOUSE

### *Zoom Bingo session*

During the pandemic BSY took all services online/via phone. BSY supported carers over 611 sessions via telephone/zoom (this included all activities)

Now restrictions have eased BSY are excited to announce that all services are back face to face

Activities on offer:

Coffee and Chat  
Drop In Sessions  
Yoga/Relaxation Sessions  
Mindfulness Sessions  
Therapies  
Counselling Sessions  
Support Sessions

For more information head to our website  
[www.beaconsy.org.uk](http://www.beaconsy.org.uk) or ring the office on 01226  
814012

## WHAT'S HAPPENING AT BSY

### Stepping Stones Group Course

Thanks to the Brelms Trust BSY are coming to the end of a 3 year fund to deliver this course to carers. It explores and identifies areas of a carer's life that can be improved. It explores; ***Understanding influences and relationships, Communication styles, Taking time out, Help available and Goal setting.***

Some feedback from one attendee:

I really enjoyed the course and was glad I attended as I was mentally and physically drained and it gave me information on my physical and mental wellbeing and how to handle situations. I now have been able to make changes to my everyday life.

***Upcoming dates: 1st November 2021, 10th January 2022, 7th February 2022***

To book a place or to find out more call us on 01226 814012.

### Rotherham Service

Here at BSY we are excited to announce that we are now open again in Rotherham. From the 15th of September the team will be over at the:

***Unity Centre,***

***St. Leonards Rd, Rotherham S65 1PD***

9am while 3pm fortnightly, on a Wednesday.

***Upcoming dates: 29th September, 13th & 27th October, 10th & 24th November, 8th & 15th December***

*"I am very excited to be back working in Rotherham as it was really successful before lockdown and I know this is the start of a great partnership." - Kerry, Senior Support Worker.*

## MAYOR'S CHOSEN CHARITY

As some of you may be aware, part of the Mayor's role during their term in office is to support and fundraise for their chosen charities. Here at BSY, we are very honoured to announce that this year's Mayor, Cllr Caroline Makinson has chosen us as one of her charities for 2021/22 along with TADS (Therapies for Anxiety, Depression and Stress) – another remarkable local Barnsley based charity supporting young people and their carers.



The Mayor kindly said "I've witnessed the fantastic work that Beacon does to support loved ones and carers of people living with mental health, addiction, dementia, disabilities and the elderly. I first became aware of the charity when I worked for Voluntary Action Barnsley about 14 years ago and I knew then that it would go from strength to strength due to compassion and insight of it's founding members and they've clearly had that in abundance."

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# OUR DAY AT FULLCRUMB KITCHEN



Lynda and Abigail were invited to a training day at Full Crumb Kitchen at FareShare South Yorkshire.

BSY works closely with the amazing team at FareShare to distribute to carers weekly. Statistics state that almost 1 in 8 people in the UK are struggling to afford to eat and upset to learn that 2.7 million tonnes of food is wasted by the food industry every year in the UK.



This is why we were blown away by what the FullCrumb Kitchen are doing, which is teaching local communities and charities how to get the most out of their FareShare deliveries by introducing recipes and creative ways to use their food parcels.

The charming Chris Clyburn looked after us and demonstrated how to get more fruit and vegetables into our everyday cooking (without the arguments from little mouths) He taught us how to create healthy and nutritious base sauces from which we will be able to create a range of different dishes.



The sauces he taught us were curry, tomato and a white sauce. The kitchen smelled incredible, my tummy was rumbling all the way through. We even learned some knife skills - don't worry I made sure I was far away from Lynda.

Our biggest take away from the day was how we can use this in the future to help carers get the most out of their food bags, BSY can now share this knowledge moving forward

BSY would like to say a huge thank you to Chris and the FareShare team for a fantastic day and for all the work you do.



## **BUTTERNUT SQUASH & CHILLI SOUP**

This delicious soup is perfect for the autumn months. Its easy to make & will freeze so try doubling up the recipe. You can use any kind of squash, pumpkin or even sweet potatoes.

(SERVES 4)

### **INGREDIENTS:**

- \* 1 x butternut squash (approx. 1kg – peeled, deseeded & chopped into 2cm chunks)
  - \* 1 x onion (roughly chopped)
  - \* 2 x carrots (peeled & roughly chopped)
  - \* 1 x stick of celery (washed & roughly chopped)
  - \* 2 x garlic cloves (peeled & finely sliced)
  - \* 2 X mild red chilli's\* (deseeded & roughly chopped)
  - \* 950ml vegetable stock
  - \* 1 tbsp olive oil
  - \* salt & pepper
  - \* crème fraiche & sunflower seeds to serve (Optional)
- (You can use a tsp of chilli flakes in place of the fresh chilli or a pinch of chilli powder).



### **METHOD:**

- Add the olive oil to a large saucepan on a low to medium heat and add in the onions, carrot, squash & celery. Stir and cook for around 10 mins until softening with a slight colour.
- Add in the garlic and chilli and stir for a further minute.
- Cover with stock and bring to the boil, turn to a simmer, and leave for 20 mins or until the carrot & squash is soft.
- Blend with a stick blender or in a liquidizer, taste, and season. If the soup is too thick add a little more stock.
- Serve in warm bowls with a dollop of the crème fraiche or low fat yoghurt and a sprinkling of sunflower seeds.

Allergens: Celery:Dairy:Lactose

# MEET THE NEW VOLUNTEERS OF THE BEACON TEAM

## Nikki

Counsellor

'Volunteering at Beacon gives me a chance to support the carers who are in need, to offer them a safe space without judgement whilst making them feel valued. It allows me to give back to the community that's in need and makes me extremely proud to be part of such organisation.'



## Zoe

Counsellor

'Not only do I get to be part of a great team Beacon South Yorkshire, I get the pleasure of being invited into peoples lives and help lighten the load so they can carry on making a difference.'

## Sarah

Support Worker

I decided to become a support worker as I have previous experience as a carer and that's how I came to hear about Beacon. I was so impressed with the work they do I decided that I'd like to help other carers as I understand how challenging it can be. Being at Beacon has given me the opportunity to meet some fantastic people and helped me with my confidence. I feel honoured to be part of a brilliant team

