

WINTER 2021/2022

THE BEACON BEAM



BeaconTM
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*

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

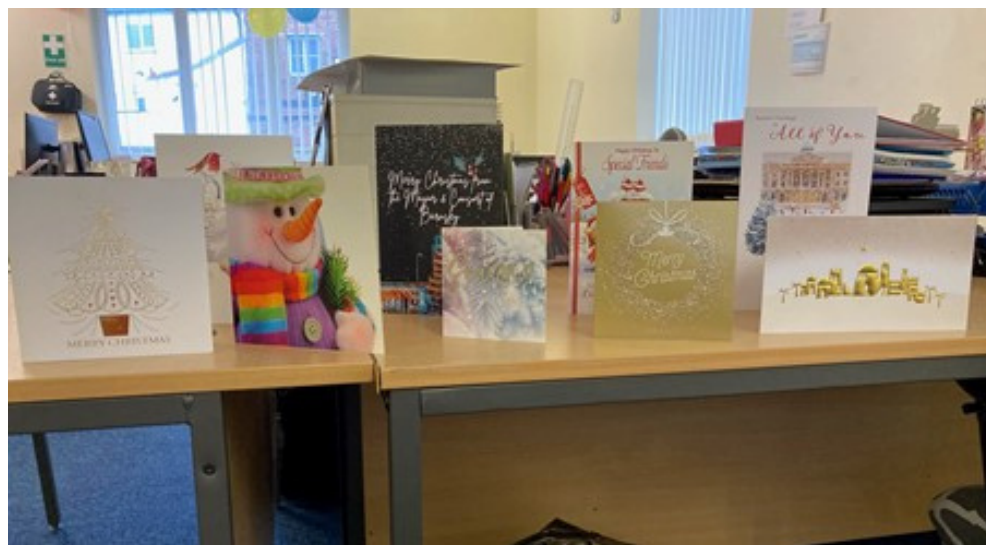
*Rotherham:
The Unity Centre,
St. Leonard's Road
Rotherham
S65 1PD
07955122893
kerry@beaconsy.org.uk*

www.beaconsy.org.uk

Charity Commission: 1117760 Companies House: 05385670

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WELCOME TO 2022



We would like to say a big thank you for all our cards and kind gifts over the festive period. The generosity of our carers never fails to amaze us.





BEACON HAD A BLAST AT THE BALL



At the start of the October, the Beacon team attended 'The Mayor's Charity Fundraising Ball'. As some people may be aware we were chosen as one of the Mayor's chosen charities for her time in office. We would like to say a huge thank you to all who organised the night. We all had an incredible night that was full of amazing food, stunning outfits, lovely company and some very wonderful dancing by all.

It was lovely to see everyone dressed up. It was nice after the 18 months we have had to get all 'dolloed' up again. The whole team looked beautiful



CARER WELLBEING SESSIONS

During the past couple of months we have working in partnership with the wonderful Rachel from 'Willowtree Mindful Yoga' to offer wellbeing sessions to our carers.

These sessions have been based around:

The importance of self care
The understanding and prioritising of self care
How to self soothe
Understanding self sabotage
Reconnecting to ourselves



We've had some wonderful feedback from our carers:

'I found the sessions very informative and insightful.
I've learnt a lot from it'

'I found the session enjoyable and got a lot from it. I
can't wait for more sessions'

WHAT'S HAPPENING AT BSY

Therapies Update

Beacon are pleased to announce that we recruited a additional 'Holistic Therapist' to join our incredible team. This means that BeaconSY can offer the following Holistic Therapies every Wednesday from 10am till 2pm:

- **Indian Head Massage**
- **Hopi Ear Candles**
- **Reiki**
- **Swedish Massage (Back, Shoulder, Neck etc...)**

We do ask for a small donation of £5 for each therapy to go towards the products used. To book a appointment or to find out more about this please call the office on 01226 814012.

-At the present, we are only able to offer therapies at our Barnsley Branch-

Rotherham Expansion

We are pleased to announce that the Beacon Team will be at the **Unity Centre** every **Wednesday and Thursday**.

At our Rotherham branch we currently are offering the following:

Support Sessions
Counselling Sessions
& Coffee Mornings

For more information please feel free to get in touch with us on
07955122893

BEACON STATISTICS

Since the Autumn 2021 newsletter we have completed:

- 199 Face To Face Support sessions
- 117 Telephone Support sessions
- 102 Counselling sessions
- 17 FareShare deliveries (in which distributed around 25 packages to our carers)
- 14 Mindfulness sessions
- 21 Holistic Therapy treatments
- 7 Coffee mornings/Drop Ins
- 4 Yoga Sessions
- 3 Carer Wellbeing sessions
- 4 Stepping Stones Group Courses
- 1 Next Steps Training Course

We are very proud that we have been able to continue to support carers of the community. As we head towards the end of the pandemic we are sure the numbers will increase

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

BEEF STEW

This delicious stew is perfect for the winter months. Is there anything better than a stew to keep you warm throughout the colder months?

(SERVES 4) **Allergens: Celery, Wheat**

INGREDIENTS:

- * 1 large onion (Roughly chopped)
- * 2 cloves garlic (Bashed)
- * 2 carrots (Roughly chopped)
- * 2 sticks celery (Finely sliced)
- * 800g shin beef (Cut into bite size pieces)
- * 1 tbsp plain flour
- * 400g tin plum tomatoes
- * flat leaf parsley (Finely chopped)
- * Cinnamon Stick
- * 2 Bay Leaves
- * 1 tbsp tomato puree
- * 500ml beef stock
- * Olive Oil



METHOD:

- Heat a tablespoon of olive oil in a large saucepan on a medium heat. Add in the carrots, onions, celery & cinnamon stick. Cook gently for 5-8 mins until slightly softened.
 - Bash the garlic cloves and add to the pan along the shin beef to the pan and brown off. Add the tomato puree and stir. Sprinkle over the flour and mix everything together.
 - Pour in the tomatoes and stock along with the bay leaves and bring to the boil.
 - Transfer to a slow cooker pot, cover and cook for 2 ½ to 3 hours on a high or 5 – 8 hours on a low heat or until tender.
- Remove the cinnamon, garlic & bay and serve on delicious buttery mashed potato or with chunky crusty bread.

Cooks Notes: Try adding sliced mushrooms when browning the beef, also a splash of Henderson's Relish or Worcestershire sauce goes down a treat.