



## Beacon Lifestyle Newsletter

### Welcome to May 2026

Would you like to receive this newsletter in a different format? Please contact us on 01902 880111 or email [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org)

**Welcome to May! As the days grow longer and the world outside bursts into colour, it is the perfect time to refresh, refocus, and reconnect.**

**let us continue the good times as we roll into the summer.**



**(Above is a branch wonderfully decorated by our daycentre members)**

### **VIP Sessions**

**These sessions are held monthly, and the activities are designed with you to ensure we meet your needs. Our VIP group is a friendly bunch of people with sight loss who like to try new activities, build friendships, and encourage others to live life to the full. Each meeting costs £3.50. If you want to be part of a community that understands your experiences and you wish to attend or find out more, please email Daniel Clarke, [dclarke@beaconvision.org](mailto:dclarke@beaconvision.org) or call 01902 880 111.**

### **VIP Queens Cross**

**This group meets at Queen's Cross Network, Wellington Road, DY1 1RB in the Café Plaza. 1st Friday of each month 1pm – 3pm. Refreshments are available to purchase at the venue. On Friday the 1<sup>st</sup> May we will be having a Health and Wellbeing session with our very own Dan.**

### **VIP Brett Young**

**This group is at Brett Young Gateway, Old Hawne Lane, Halesowen, B63 3ST. You can purchase tea and coffee at the venue! Session is 1pm – 3pm. Every 2nd Monday of the month. On Monday 11<sup>th</sup> May we will be having a Health and Wellbeing session with our very own Dan.**

### **VIP Beacon**

**This group is at the Beacon Centre, Wolverhampton Road East, Wolverhampton, WV4 6AZ. On Wednesday 27<sup>th</sup> May we will be going to the Queens Cantonese restaurant in Wolverhampton, 41 Queen Street WV1 3JY from 6pm – 8pm. Leaving Beacon at 5:30pm. Cost is £3.50 for staffing and support. Meal cost paid direct to restaurant.**

## **VIP Stourbridge**

**This is an Exciting new group spreading out to our friends in the Stourbridge area.**

**This group will be located at the Sunshine Club in Stourbridge, 6 Crowle Drive, DY9 7NY. The sessions will run 10am – 12pm on the second Monday of each month. This month's session will be held on Monday 11<sup>th</sup> May. We will be running a series of Health and Wellbeing workshops over the coming months.**

## **VIP Kingswinford**

**This is another exciting new group spreading out to our friends in the Kingswinford Area.**

**This group will be located at the Kingswinford Medical practice, Stand hills road, Kingswinford, DY6 8DN. These sessions will run 10am – 12pm on the first Friday of each month.**

**This month's session will be on Friday 1<sup>st</sup> May. We will be running a series of Health and Wellbeing workshop over the coming months.**

## **May Sessions**

**To book on, contact Daniel Clarke,  
dclarke@beaconvision.org or call 01902 880 111.**

**Beacon events are designed to be as accessible and enjoyable as possible for people living with sight loss.**

**To help make this happen, we always ensure members of the Beacon team are on hand to support participants throughout each activity — whether that is guiding, offering help with practical arrangements, or making sure everyone feels confident and included. The cost to Beacon listed for each event helps us cover the staffing and support we provide to make the experience sight friendly. Where transport is provided, this is charged separately at cost price.**

**We will be holding a booking session for our May activities on Thursday 30<sup>th</sup> April 10am – 12pm in Beacon Court's Communal Lounge.**

## **Fishing**

**Come and join us for a fun but also relaxing day of fishing. Whether you are a seasoned fisher or new to fishing and want to give it a go a fully qualified coach along with beacon staff. We will be there to support you.**

**Beacon has received funding to support with costs for the fishing activities until October. This will cover the transport cost of £7.70 plus pay for the coach £80 per session.**

**Wednesday 6th May and Wednesday 20<sup>th</sup> May**

**Departing Beacon at 10:30am, returning at 2:30pm**

**Cost £3.50 (for staffing and support)**

**Plus £10 for equipment hire paid to the venue.**



## **Book Club**

**Thursday 7<sup>th</sup> May**

**Venue: Beacon Court Communal Lounge 10:30am –  
12:30pm**

**Cost: £2.50 (for staffing and support)**

**Join us as we love to talk all things books and always on  
the hunt for new authors and stories. Tea, coffee and  
biscuits will be available.**



## **Tandem**

**Monday 11<sup>th</sup> May and Monday 18<sup>th</sup> May:**

**Departing Beacon at 10am, returning at 1pm**

**Cost £3.50 (for staffing and support) plus £7.70 for  
transport**

**Join us for our Tandem bike rides with our qualified  
instructors who will support you throughout your ride.**

## **West Park Walk**

**Friday 15<sup>th</sup> May**

**Departing Beacon at 10:30am, returning at 2pm.**

**Cost £2.50 (for staffing and support) plus £5.50 transport.**

**Join us for a gentle stroll around West Park, with plenty of time to enjoy the scenery and socialise. Our staff will be there throughout to assist and ensure the walk is accessible for everyone.**



## **Cooking**

**Monday 18<sup>th</sup> May**

**1pm – 3pm**

**Venue: Lifestyle Kitchen**

**Cost: £2.50 to Beacon**

**We will be cooking a sponge cake in our lifestyle kitchen please come along and cook up a storm.**



## **Black Country Museum Trip**

**Tuesday 19th May**

**We will be having a trip to the Black Country Museum.  
Cost: £2.50 to Beacon (for staffing and support), plus £5.50  
for transport.**

**Departing Beacon for 10.30am and returning for 2.30pm.**

**The cost to Black Country Museum is £25.95 for over 65's  
and £26.95 for 16+. Or if you already have an unchained  
pass from our last visit that is valid for 12 months from  
first purchase.**

## **Garden Centre**

**Thursday 21<sup>st</sup> May**

**Venue: Bridgnorth Garden Centre, Bridgnorth Road,  
Wolverhampton, WV6 7EJ**

**Departing Beacon for 10:30am, returning for 2:30pm.**

**We will be going to Bridgnorth Garden Centre, so please  
come along and stock up for your spring/summer  
essentials.**

**Bowling £7.25 (paid directly at the venue)**

**Friday 22<sup>nd</sup> May**

**Venue: Tenpin Dudley, Castle gate way, Dudley, DY1 1TA**

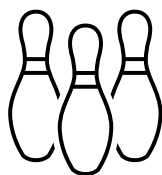
**Departing Beacon at 10:30am, returning at 1:30pm**

**Cost: £2.50 (for staffing and support), plus £5.50 transport**

**Come and join us for a fun morning of ten pin bowling.**

**Whether you are a seasoned pro or a first-time player, everyone is welcome our friendly group is always keen to find new teammates. Could you be the one to get the top score?**

**Beacon staff will be on hand throughout to support you and make sure the session is accessible and enjoyable.**



## **Baggeridge Walk**

**Friday 28<sup>th</sup> May**

**Departing Beacon at 10:30am, returning at 2pm.**

**Cost £2.50 (for staffing and support) plus £5.50 transport.**

**Join us for a gentle stroll around Baggeridge , with plenty of time to enjoy the scenery and socialise. Our staff will be there throughout to assist and ensure the walk is accessible for everyone.**



## **Further Notes for May**

**On Wednesday 27<sup>th</sup> May from 1pm – 2:30pm in Lifestyle Social room we have the wonderful Wolverhampton Ukelele U3A visiting us.**

**Please enquire at Beacon reception.**

**The group, known for their lively performances and wide-ranging repertoire, will be playing a selection of well-known songs spanning different eras and genres,**

**all accompanied by the cheerful sound of the Ukulele.**

**This promises to be an enjoyable and uplifting afternoon, and we look forward to seeing as many members there as possible.**

## **Beacon Gym**

**Contact: Daniel Clarke, [dclarke@beaconvision.org](mailto:dclarke@beaconvision.org) or call 01902 880 111 to book in.**

**Want to exercise in a fun and supportive atmosphere?  
Want to join classes or exercise independently? Are you  
someone who works out regularly or wants to start?**

**The gym is open Monday to Friday, 9am – 4pm. Single  
sessions cost £5 or a monthly membership from £22.**

**You must complete a health questionnaire and an  
induction before you start. Please sign in to use the gym at  
our main reception desk.**

## **Chair Exercises**

**Wednesday 13<sup>th</sup> May: 10am – 11am**

**Venue: Beacon Court resident's lounge**

**This is a taster session so will have no cost.**

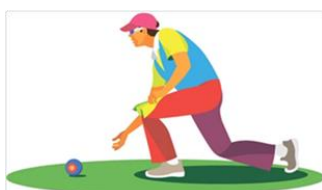
## **Indoor Bowls**

**Monday 18<sup>th</sup> May: 10am – 12pm**

**Venue: Beacon Gym**

**Cost: £2.50 (for staffing and support)**

**(a picture of a man playing bowls below)**



## **Ingredients for May Cooking session**

### **Sponge cake**

**225g Softened Butter**

**225g golden caster sugar**

**4 large eggs**

**½ lemon**

**zested**

**1 tsp vanilla extract**

**225g self-raising flour**

**splash of milk**

**Optional fillings of lemon curd**

**jam, lightly whipped cream**

**icing sugar**

**for dusting**

**Please come along and cook up a storm in our lifestyle kitchen. Please remember a container to take food home with you.**

## **Method for May Cooking session**

### **Step 1**

**Heat oven to 180C/160C fan/gas 4, butter and line the base of two 20cm spring-form cake tins with baking parchment.**

### **Step 2**

**Using an electric whisk beat the butter and sugar together until pale and fluffy. Crack the eggs in one at a time and whisk well, scraping down the sides of the bowl after each addition. Add the lemon zest, vanilla, flour, milk and a pinch of salt. Whisk until just combined then divide the mixture between the two tins.**

### **Step 3**

**Bake in the centre of the oven for 25-30 mins until a skewer inserted into the middle of each cake comes out clean. After 10 mins remove the cakes from their tins and leave to cool completely on a wire rack. Fill how you like. My personal favourite is a good dollop of lemon curd and some fresh cream, then dust the top with icing sugar. Will keep for 3 days.**

## **MEET THE STAFF**

**“I am Elke (as in Elkie Brooks), the E-Commerce and Referral Administration Intern.**

**I manage and run the Beacon Charity Finds eBay shop downstairs towards the back of the shop. This is part of my current internship, which is linked with the Thomas Pocklington Trust in London.**

**I love what I do – and I absolutely love the people I’m with down here in the shop. Sometimes, I get to help out at the till in the shop and look forward to starting the referral side of my role soon.**

**My interests are psychology, emotional intelligence, brain and leadership work and ancient wisdom. I co-authored in five books and I run the podcast “Exploring Brain and Mind”, available on Apple, Spotify, Amazon Music and YouTube.**

**Fun fact: I once drove a car blind-folded and by commends on an off-road track as part of a team exercise – and our team won!”**

## **SIGHTLOSS**

**Come talk to our amazing low vision team to get support with your sight loss.**

**Email [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org) or call 01902 880 111 to make a free appointment.**

**Try some of these tips to support you in your everyday life!**

**Do you struggle to see writing that is in biro pen? Why not try felt pen? Your writing will be bolder, larger and easier to read!**

**Do you struggle with contrast? What would be helpful is using contrasting chopping boards for all different food. Want an example? What about a red chopping board for cauliflower, and a white chopping board for red pepper?**

**Do you struggle with glare? In our low vision, we have filter glasses that go over your own glasses that can greatly reduce glare and make life way more comfortable! There are other ways to help with glare too!**

**Like baseball, sunhat or visors!**



**TUESDAY 26<sup>TH</sup>  
MAY**



# **MIXED SPORTS SESSION**



**10:30AM - 12PM**



**For children and young  
people inclusive of all  
disabilities**



**SPORTS AND GAMES**

**BEACON CENTRE,  
WOLVERHAMPTON,  
WOLVERHAMPTON  
ROAD EAST, WV4  
6QW**



**Wolves  
Foundation**

Join us for our

# GARDENING CLUB

Discover the joys of gardening, learn new techniques, and connect with fellow gardening enthusiasts.

Tuesday 28<sup>th</sup> April and  
Tuesday 12th May 10:30am  
-12pm Boundary Way

Alloments  
Warstones  
WV4 4NT

To book your place please call

01902 880 111

Or email

[Dclarke@beaconvision.org](mailto:Dclarke@beaconvision.org)





**Beacon**  
Charity Number: 216092

# Family Fun COLOUR Run

## Sunday 17th May

East Park, Wolverhampton, WV1 2BS

 Registration 9:30am - 10:00am

 Race starts at 10:10am

 **PRICE FREEZE LAST YEAR'S PRICES!** 

 Ticket prices start from:  
Adult £15, Child £10, U3's £3.00

**15%  
OFF**

Use Code:  
**BEACON**



 **BOOK NOW**



Phone number: 01902 880111  
Email: [supportus@beaconvision.org](mailto:supportus@beaconvision.org)



# CHEER ON DAN 1,510 MILES



Dan, our Community Lifestyle and Gym Coordinator, is taking on an incredible fundraising challenge in 2026 to celebrate 151 years of Beacon.

He's aiming to complete 1,510 miles in one year - an average of 4.14 miles per day, by combining walking and running to reach the target.

**SHOW YOUR SUPPORT**

**DONATE NOW**



<https://www.justgiving.com/campaign/dangoesthedistance>

**DISCOUNT**

**10%  
OFF**

**USE CODE:  
BEACON**



*& LIVE MATCH SCREENING*

*Hosted by Rupi Lal*



**THURSDAY 11TH JUNE**



Festival Community Hub,  
Beacon Court, Beacon Centre,



Doors open from 6:00pm  
Quiz starts at 7:00pm



During the interval of the charity quiz, we'll be showing the live 2026 FIFA World Cup game between Mexico and South Africa



Adult Ticket £7.00

Child Ticket £4.00

Team of 6 £40.00



**> BOOK NOW**



**Tel: 01902 880111**





# Fundraising Calendar: How you can make a difference during 2026

## JANUARY

**Fundraise for Beacon this year!**  
Use our brand new fundraising pack

## FEBRUARY

**Change Box Challenge**  
Collect your change



## MARCH

**Fundraising this Easter**  
Free Sight Loss school Assemblies



## APRIL

**Beacon's Colour Run**  
Get your Tickets now



## MAY

**Beacon's Colour Run**  
17/05/2026



## JUNE

**World Cup Charity Quiz**  
11/06/2026  
Hosted by Rupi Lal



## JULY

**Re-Fashioned Show**  
09/07/2026



## AUGUST

**Legacy Giving**  
Make Beacon your lasting legacy



## SEPTEMBER

**Corporate Blind Football Tournament**  
10/09/2026



## OCTOBER

**Brighter Sight**  
08/10/2026  
Join in and wear your brightest outfit

## NOVEMBER

**Prizes to be won!**  
Christmas Sweepstakes available now in shops



## DECEMBER

**Forget Me Not Service**  
10/12/2026



**Santa Run**  
13/12/2026



**Carols by Candlelight**  
17/12/2026



For more information on how to support Beacon this year please email [supportus@beaconvision.org](mailto:supportus@beaconvision.org)

Charity Number 216092



# SMALL CHANGE BIG DIFFERENCE

**Can we raise £1,000 in 2026 through loose change alone?**

**Your spare coins could help us get there.**

**Every penny you save helps support your local sight loss community, providing vital services and support to people living with sight loss.**

## How you can help

@ Get your loose change box today, contact reception **01902 880111** or email [supportus@beaconvision.org](mailto:supportus@beaconvision.org)

£ Save your loose change

 Fill a Beacon Loose Change Box

 Once your box is full simply drop it off or get in touch

 **01902 880111**



 [supportus@beaconvision.org](mailto:supportus@beaconvision.org)

 Registered with  
**FUNDRAISING  
REGULATOR**



# Share your story Shape our history



**Blind and partially sighted people across the Black Country and South Staffordshire have helped shape our communities for generations. Now, there is an opportunity to make sure these stories are recorded and remembered.**

**With support from The National Lottery Heritage Fund, Beacon is leading a new project to preserve and celebrate the history of people with sight loss in our area. This includes recording personal experiences, everyday lives, achievements, and the changes people have seen over time.**



**Your experience is part of this history. By taking part, you will help make sure the voices of visually people are recorded, recognised, and shared for generations. Working with Wolverhampton City Archives, this project will also improve access to heritage for people with sight loss. Email [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org) or call 01902 880 111 to get involved. .**

## **Sedgley Lifestyle Centre**

**We are now open Monday, Tuesday, Wednesday, Thursday, and Friday 10am-3pm at our base in Sedgley. We run several activities each day including cooking, crafting, pottery, computer work, using the gym, listening to music, quizzes, and reminiscing. We keep well hydrated with tea, coffee and water and we have the restaurant to attend for a hot meal if we do not bring sandwiches with us.**

**We are lively, fun and love to have a laugh. Why not come and join us for a trial day.**

**Contact the Beacon reception and ask for more details. Call 01902 880111 or email [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org)**

## **Befriending Service**

**Have you got a free 30 minutes in the week?**

**Do you want to help combat loneliness?**

**Come volunteer at befriending service that is designed to help older people who might be feeling lonely! You can do this over the phone.**

**This volunteering is flexible to suit you while you offer friendship and support. You will be paired with someone based on common interests.**

**If you are interested, contact our team by calling 01902 880 111 or emailing [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org)**

## **Contact Us**

**Address: Beacon Centre, Wolverhampton Road East,  
Wolverhampton, WV4 6AZ**

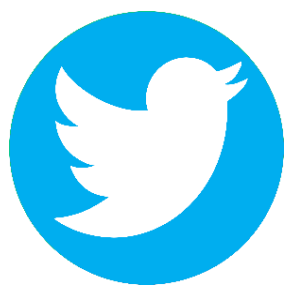
**Phone number: 01902 880 111.**

**Email: [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org)**

**Website: [www.beaconvision.org](http://www.beaconvision.org)**

**To find us on Facebook, Twitter, and Instagram:  
[@BeaconCentre](#)**

**(Pictures of Facebook, Twitter and Instagram logos below)**



## **Accommodation at Beacon Court**

**Each apartment at Beacon Court has its own front door, individual access card, two bedrooms, store, wet/shower room. Kitchen with appliances, gas central heating, and double-glazed windows.**

**Beacon provides a 24/7 care team on-site to deal with any emergencies 365 days a year. There is a pull cord in each apartment that can raise in an emergency.**

**You also get 30 minutes a week of wellbeing time to go through anything you like such as help with post or paying bills. If you want any further information on accommodation at Beacon Court, please contact Chris Lamb on 01902 882 170 or email [christopher.lamb@bromford.co.uk](mailto:christopher.lamb@bromford.co.uk)**