



## Beacon Lifestyle Newsletter

### Welcome to June 2026

Would you like to receive this newsletter in a different format? Please contact us on 01902 880 111 or email [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org).

As summer begins to bloom, we're excited to share fresh updates, upcoming events, and inspiring stories with you.

Here's to longer days, new opportunities, and a month filled with fun and laughter.

(Below is a picture of a member on our recent fishing trip.)



### **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 Café Plaza on the first Friday of each month, from 1pm to 3pm. Refreshments are available to purchase at the venue. On Friday 8<sup>th</sup> June, we will be having a Health and Wellbeing session with our very own Dan.**

### **VIP Brett Young**

**This group meets at Brett Young Gateway, Old Hawne Lane, Halesowen, B63 3ST. Tea and coffee are available to purchase at the venue. Sessions run from 1pm to 3pm on the second Monday of each month. On Monday 8<sup>th</sup> June, we will be having a Health and Wellbeing session with our very own Dan.**

### **VIP Beacon**

**This session will take place on Wednesday 24<sup>th</sup> June. We will be going to Aashiqs for a meal in Upper Gornal, DY3 1UY. We will be making our own way there by bus. 6pm – 8pm. Cost £3.50 (for staffing and support)**

## **VIP Stourbridge**

**This is an exciting new group reaching 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 8<sup>th</sup> June. We will be running a series of Health and Wellbeing workshops over the coming months.**

## **VIP Kingswinford**

**This is another exciting new group reaching out to our friends in the Kingswinford area.**

**This group will be located at Kingswinford Medical Practice, Standhills Road, Kingswinford, DY6 8DN. These sessions will run from 10am – 12pm on the first Friday of each month.**

**This month's session will be on Friday 5<sup>th</sup> June. We will be running a series of Health and Wellbeing workshops over the coming months.**

JUNE 2026

BEACON VIP'S  
**SCHEDULE**

**05**

FRI

**KINGSWINFORD VIP  
10AM - 12PM**

**05**

FRI

**DUDLEY VIP  
1PM - 3PM**

**08**

MON

**STOURBRIDGE VIP  
10AM - 12PM**

**08**

MON

**HALESOWEN VIP  
1PM - 3PM**

**24**

WED

**BEACON VIP  
6PM - 8PM**

TO BOOK OR FOR FURTHER INFORMATION  
PLEASE CALL 01902 880 111 OR EMAIL  
[DCLARKE@BEACONVISON.ORG](mailto:DCLARKE@BEACONVISON.ORG)

## **June 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 means 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 Coffee Morning/Booking Session on Thursday 28<sup>th</sup> May 10am – 12pm to discuss and organise our activities for June and beyond.**

**So please come along for a cup of tea, a biscuit, and a chat.**



## Fishing

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

**Beacon has received funding to help cover the costs of the fishing activities until October. This will cover the transport cost of £7.70 and the coach fee of £80 per session.**

**Wednesday 3<sup>rd</sup> June and Wednesday 17<sup>th</sup> June**

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

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

**Plus £11 for equipment hire paid to the venue.**

**This project has been funded by The Primary Club, The cricketer's charity for the blind and partially sighted.**



## Book Club

Thursday 4<sup>th</sup> June

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

Cost: £2.50 (for staffing and support)

Join us as we talk about all things books and hunt for new authors and stories. Tea, coffee, and biscuits will be available.



## West Park Walk

Friday 12<sup>th</sup> June

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.



## Tandem

**Monday 15<sup>th</sup> June and Monday 22<sup>nd</sup> June**

**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.**

## Sedgley Adventure Centre

**Thursday 18<sup>th</sup> June**

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

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

**There is a £3 entry fee to the farm to pay on the day.**

**Join us for a fun and relaxing day out at the Sedgley Adventure Centre.**



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

**Friday 19<sup>th</sup> June**

**Venue: Tenpin Dudley, Castlegate Way, Dudley, DY1 1TA**

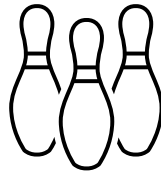
**Departing Beacon at 10:30am, returning at 1:30pm**

**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, and 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.**



## **Bantock Park Walk and Museum Visit**

**Friday 26<sup>th</sup> June**

**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 Bantock Park, with plenty of time to enjoy the scenery and socialise.**

**We will also have the opportunity to have a look around Bantock House Museum at our own pace.**

**Our staff will be there throughout to assist and ensure the walk is accessible for everyone.**



## **Cooking**

**Monday 29<sup>th</sup> June**

**Venue: Lifestyle Centre Kitchen**

**1pm – 3pm**

**We will be cooking a cheese and onion pasty. Please come along and cook up a storm in our Lifestyle Centre kitchen.**

**Ingredients and method are enclosed in this newsletter.**

## **Further notes for June and Beyond**

**We are working with Wolverhampton Taxi Licensing to help combat unfair treatment for visually impaired people when using taxis. Wolverhampton will be carrying out test purchases and mystery shopper exercises in June, and we would love your help with this.**

**If you are interested in supporting this, please get in touch with Becky Green at [bgreen@beaconvision.org](mailto:bgreen@beaconvision.org) or call 01902 880 111.**

### **Tuesday 14<sup>th</sup> July: Sight Loss Council visit**

**Bromford's resident's lounge, 1pm – 2:30pm**

**We have PJ, a Sight Loss Coordinator on behalf of the Thomas Pocklington Trust, coming in to meet with members, so please come along and have your voice heard! In 2022, Thomas Pocklington Trust and Sight Loss Councils completed a survey called Listening Month to ask blind and partially sighted (BPS) people what matters to them. This has guided the policies and campaigns we focus on, centred around our core themes of health, the built environment, transport, employment, and education. This year, we are hoping to reach as many BPS people as possible during July 2026 and would love those with lived experience to help guide our future work and ensure their voices are represented.**

## What's been going on in the Lifestyle Centre



**Above are our Lifestyle Centre members potting plants and decorating plant pots.**



**Our recent cricket session delivered by the Worcestershire Cricket Foundation.**

## **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 10<sup>th</sup> June: 10am – 11am**

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

**This is a taster session, so there will be no cost.**

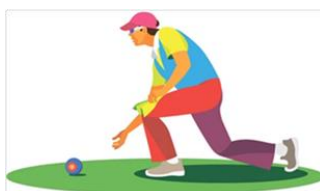
### **Indoor Bowls**

**Monday 1<sup>st</sup> and Monday 15<sup>th</sup> June 10am – 12pm**

**Venue: Beacon Gym**

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

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



## **Ingredients for June Cooking session**

**1 tbsp vegetable oil**

**2 onions**

**sliced**

**4 thyme sprigs**

**leaves picked**

**150g mature cheddar**

**(or a mixture of strong hard cheeses), grated**

**1 tbsp wholegrain mustard**

**4 spring onions**

**sliced**

### **For the pastry**

**250g plain flour**

**plus extra for dusting**

**125g cold butter**

**large pinch of cayenne pepper**

**½ tsp English mustard powder**

**1 large egg**

**(or just bring your readymade pastry sheets)**

## Method for June Cooking session

### Step 1

First, make the pastry. Tip the flour into a bowl. Holding the block of butter in its wrapper, grate it directly into the flour (you may need to dip the end of the butter into the flour occasionally if it becomes sticky). Add the cayenne pepper, mustard powder and half the beaten egg, and season with a pinch of salt. Bring everything together with your hands until the mixture starts to clump together. Tip the pastry onto the work surface and knead very briefly into a smooth ball, adding up to 3 tbsp cold water if it's too dry. Squash the pastry into a disc. Wrap and chill while you make the filling.

### Step 2

Heat the oil in a frying pan and cook the onions and thyme leaves for 8-10 mins until the onions have softened and started to caramelise. Tip into a bowl and leave to cool. Once cool, mix in the grated cheese, mustard and spring onions.

### Step 3

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Roll the chilled pastry out on a lightly floured surface to the thickness of a £1 coin. Cut out as many 10-12cm circles as you can (you can use a cup or mug as a template), then re-roll any off-cuts and repeat. You should get about 10-12 circles in total.

#### **Step 4**

**Spoon a mound of the filling into the centre of each pastry circle, leaving the edges clear. Working with one circle at a time, brush a little of the remaining beaten egg around the edge, then bring two sides up to meet in the middle in a half-moon shape. Pinch the pastry together, crimping the edge to seal. Transfer to the baking tray and repeat with the remaining pastry circles and filling. Brush all the pasties with some beaten egg. Will keep frozen for two months.**

#### **Step 5**

**Bake the pasties for 20-25 mins (or 40-45 mins from frozen) until the pastry is deep golden brown. Leave to cool for at least 10 mins before eating warm, or cool completely and pack into containers for a picnic. Will keep in an airtight container for up to three days.**

## Are You Interested?

We could look at various trips through the summer and beyond including activities such as:

- Canal Trips
- Dudley Zoo
- Cosford Air Museum
- Wolverhampton Adventure Golf
  - Indoor Curling
  - Boxercise Classes
  - Circuit Classes

Please let me know if any of these are of interest to you so I can gauge interest and get the ball rolling. If you have any other suggestions, please let me know.

Please feel free to call 01902 880 111 or email me at [dclarke@beaconvision.org](mailto:dclarke@beaconvision.org), or speak to me whenever you bump into me.

Please come along to our Coffee Morning/Booking Session on Thursday 28<sup>th</sup> May so we can work together to get the best activities on for everyone.

Thank you, Dan 😊

## Sandwell Deaf Community Association

### Deafblind Group

**Do you live in the Sandwell and Black Country area? Are you Deafblind?**

**Deaf blindness is a unique disability involving both sight and hearing loss that significantly impacts communication, information access, and mobility, even if hearing or vision is not totally lost.**

**For more information, please contact:**

**Text/WhatsApp/FaceTime:**

**07791921011**

**Or email [craig\\_pthercary@sdca.co.uk](mailto:craig_pthercary@sdca.co.uk)**



**If this is something you would be interested in finding out more about, please contact Dan.**

**Dclarke@beaconvision.org**

## **Meet The Staff**

**Hi, my name is Lydia. I have worked with Beacon for almost five years, starting as an Employment Coach before moving into Oral History work, and more recently into my current role in Employment and Skills.**

**The best part of my job is meeting the amazing people that use Beacon's services. I enjoy getting to know people, understanding their journeys, and working with them to find practical solutions that help them move forward and reach their goals.**

**Outside of work, I enjoy walking, especially now the weather is improving. There's nothing better than a stroll in the sunshine with my dog, Luther.**

**I also enjoy travelling and going on holiday, visiting new countries and ticking them off my list whenever I get the chance.**

# Vision Zone 2026

## Solutions for Low Vision



**0800 145 6115 / [www.lowvisionshop.co.uk](http://www.lowvisionshop.co.uk)**

Would you like to find out more about assistive technology, Support, Services, Groups, and much more?

Our Vision Zone events bring together a variety of excellent services and charities covering your local area.

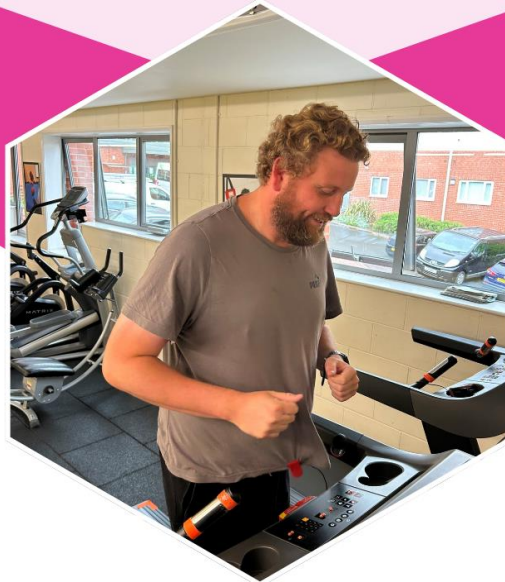
No matter what your sight loss condition we are here for you. Whether it's just to gain knowledge or hands on experience of new technologies, entry is free to our events, and our friendly staff will greet you with a warm welcome.



**Thursday 16<sup>th</sup> July – 11am to 2pm**  
**Beacon Centre for the Blind, Wolverhampton Road East, WV4 6AZ**

**FREE ENTRY, NO BOOKING REQUIRED**  
**Parking in main carpark outside the centre**

# 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>



# 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**  
Hop into 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**

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



Join us for our

# GARDENING CLUB

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

Tuesday 2nd June and  
Tuesday 16<sup>th</sup> June Leaving  
Beacon at 10:15am Returning  
for 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)



## **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 Beacon reception and ask for more details. Call 01902 880 111 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 and volunteer with our befriending service, which 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**

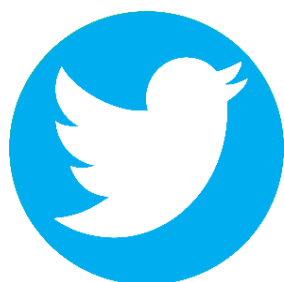
**Phone number: 01902 880 111.**

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

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

**To find us on Facebook, Twitter, and Instagram, follow  
[@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, a store, a wet room/shower room, a 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's a pull cord in each apartment that can be used 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).**