



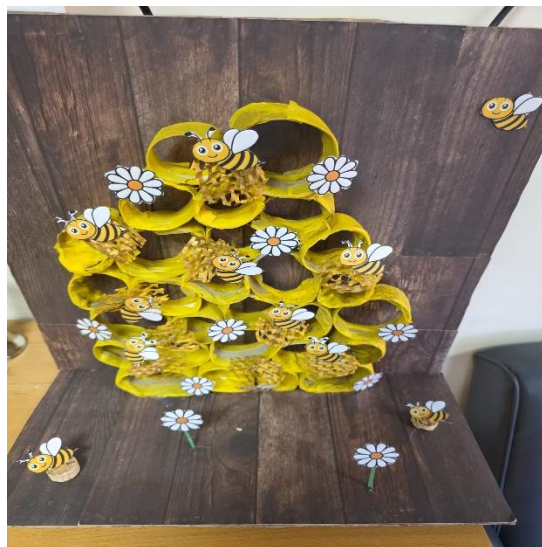
Beacon Lifestyle Newsletter

Welcome to August 2026

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

Welcome to Our August Edition!

As summer continues, August brings new opportunities to connect, celebrate, and prepare for the season ahead. In this month's newsletter, you'll find exciting updates, upcoming events, community news, helpful tips, and highlights from recent activities.



VIP Session: cost £3.50

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 build friendships and connect with likeminded people.

VIP Queen's Cross

This group meets at Queen's Cross Network, Wellington Road, DY1 1RB in the Café Plaza. Friday 7th August 1pm – 3pm.

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! Monday 10th August 1pm – 3pm.

VIP Beacon

This group is at the Beacon Centre, Wolverhampton Road East, Wolverhampton, WV4 6AZ.

We will be having Ian Hammond a local musician and singer performing a set Wednesday 26th August 6:30pm – 8pm in the Bar over at Beacon Court.

VIP Stourbridge

Sunshine Club in Stourbridge, 6 Crowle Drive, DY9 7NY.
Monday 10th August: 10am – 12pm

VIP Kingswinford

Kingswinford Medical Practice, Stand hills Road,
Kingswinford, DY6 8DN. Friday 7th August 10am – 12pm



AUG 2026

BEACON VIP'S

SCHEDULE

07

FRI

**KINGSWINFORD VIP
10AM - 12PM**

07

FRI

**DUDLEY VIP
1PM - 3PM**

10

MON

**STOURBRIDGE VIP
10AM - 12PM**

10

MON

**HALESOWEN VIP
1PM - 3PM**

26

WED

**BEACON VIP
6PM - 8PM**



TO BOOK OR FOR FURTHER INFORMATION
PLEASE CALL 01902 880 111 OR EMAIL
DCLARKE@BEACONVISON.ORG

August 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 August activities on Thursday 23rd July 10am – 12pm in Beacon Courts Communal Lounge.

**Alternatively call 01902 880 111 or Email
Dclarke@beaconvision.org to book on for further
information.**

Book Club

Thursday 6th August

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

Cost: £2.50 (for staffing and support)

Join us if you love discussing books and are always on the lookout for new authors and stories. Tea, coffee, and biscuits will be available.

Fishing

Come and join us for a fun yet relaxing day of fishing. Whether you are a seasoned angler or completely new to the sport, a fully qualified coach and Beacon staff will be there to support you throughout the day.

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 12th August and Thursday 27th August

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 cricketers' charity for blind and partially sighted people.



Himley Hall Walk

Friday 14th August

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 Himley Hall and its grounds, with plenty of time to enjoy the surroundings and socialise. Our staff will be there throughout to support you and help ensure the walk is accessible for everyone.

Tandem

Monday 17th and Monday 24th August

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, led by qualified instructors who will support you throughout your ride.



Newbridge Meal

Cost: £2.50 for staffing and support

Wednesday 19th August

**Location: The Newbridge Stonehouse, Tettenhall Rd,
Tettenhall, Wolverhampton WV6 0JU**

Please come and join us for a meal at the Newbridge and a ride out on public transport. We will be leaving Beacon on the number 1 bus at 11:45am, or you can of course make your own way there. We will be meeting at The Newbridge for 12:30pm.

Bridgnorth Garden Centre

Thursday 20th August

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

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

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 21st August

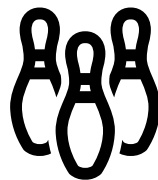
Venue: Tenpin Dudley, Castlegate Way, Dudley, DY1 1TA

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 player or trying it for the first time, everyone is welcome, and our friendly group is always keen to meet new teammates.

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



Cooking

Monday 24th August

Venue: Lifestyle Kitchen

1pm – 3pm

Cost: £2.50 (for staffing and support)

This month, we will be making Cookies.

Come along and cook up a storm with us in the kitchen

Pool Tournament

Wednesday 26th August

Venue: Lifestyle Centre, Games Room

Cost: £2.50 (for staffing and support)

1pm

**Please come along to play a game of pool for a bit of fun.
There will be a prize for the winner.**



West Park Walk

Friday 28th August

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 support you and help
ensure the walk is accessible for everyone.**

Beacon Gym

Contact: Daniel Clarke, 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 for £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.**

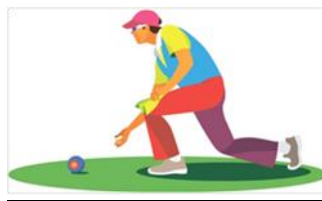
Indoor Bowls

Monday 17th August and Monday 24th August: 10am – 12pm

Venue: Beacon Gym

Cost: £2.50 (for staffing and support)

(a picture of a man playing bowls below)



Beat it Percussion

We will be bringing a course of Rhythm for the Brain sessions to Beacon on Wednesday 10th September and Wednesday 24th September at 1pm in the Lifestyle social room.

Come and join us to:

- **Beat a drum - accessible to beginners, no need to read music.**
- **Exercise your brain – a workout for memory skills, coordination and concentration**
- **Exercise your body – a gentle workout without the gym!**
- **Make friends – a safe group environment where you can make social connections. Uplifting for your mood.**

Beat It Percussion is a small West Midlands-based CIC promoting wellbeing and good mental health through rhythm and sound groups and workshops. They work with adults who are living with disabilities, including physical and mental health support needs, memory loss, acquired brain injury, and sensory impairments, using drums and percussion instruments to help people feel better.

The sessions use:

Adapted activities and a range of accessible instruments enable everyone to participate. Sessions include multi-sensory delivery: auditory, visual, and kinaesthetic. Sessions are culturally inclusive, incorporating rhythms and instruments from different cultures.





Health and Wellbeing Coffee Morning

Wednesday 9th September

10am to 1pm

Beacon Centre in Bromford Residents Lounge

Beacon members, visitors, staff and residents are warmly invited to join the YOUR HEALTH DUDLEY team and discover the free support available to help you feel healthier and happier.

What's on offer from Your Health Dudley?

- Free refreshments and a healthy snack
- Adult weight management programmes
- Smoking cessation support
- Free NHS Health Checks
- Healthy lifestyle support for families
- Discounted or free exercise referrals

Just want a chat? That's fine — come along and say hi!

Your Health Dudley and Beacon Activity Coordinator Dan will be there to welcome you.

**Beacon Centre for the Blind, Wolverhampton Road East,
Wolverhampton, WV4 6AZ.**

dclarke@beaconvision.org

01902 880111

Everyone is welcome — we'd love to see you there!



Free NHS Health Check Day

**Join Your Health Dudley and Beacon
Centre for a healthier you**

**Wednesday 23rd September | 9.30am–5pm |
Beacon Centre in Bromford Residents Lounge
Beacon Centre for the Blind, Wolverhampton
Road East, Wolverhampton, WV4 6AZ,**

What is an NHS Health Check?

A free and quick check that can help spot early signs or risk factors for stroke, heart disease, type 2 diabetes and kidney problems. Early detection can save lives — a 45-minute check could help you understand your health risks and take action sooner.

What will be checked?

- ✓ Blood pressure
- ✓ Cholesterol and blood sugar with a small pin-prick blood test
- ✓ Height and weight
- ✓ Your advisor will also ask about smoking, food, activity, and alcohol

dclarke@beaconvision.org

01902 880111

Can't attend on the day? Call Your Health Dudley on 01384 732402 and the team will help book you in for another date.



VisionAid
Independent Family Business Est.1996

Join VisionAid for a Demo Day!

Explore the latest solutions with Jason Shaw

**Tues 15th
Sept 2026**

10:00am to 2:00pm

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

Proud to be the UK's largest independent provider of low vision and blindness solutions - we're passionate about assisting every person to find the best possible solution for their unique needs.

Are everyday tasks becoming a challenge?

- Every person's vision is unique & so is our approach - we'd love to help you!
- Try our solutions for yourself with our friendly & knowledgeable specialist - either at the event or request an in-home demonstration.
- From task lighting & a range of magnifiers to devices that read text out loud - you can enjoy your hobbies again!

If you cannot attend the above date, please call VisionAid on freephone 0800 002 5555 for a completely free, no obligation, in-home demonstration.



SUMMER ACTIVITIES

Join us for these free activities over
the summer for children and young
people living with sight loss and
inclusive of all disabilities



VI Cricket



Wednesday 29th July and Thursday
13th August 11am - 12pm, Beacon
Centre, Wolverhampton Road east,
WV4 6AZ



Holiday Hub

Wednesday 5th August 10am - 12pm,
Cherry Street Sensory Hub, Cherry
Street Wovlerhampton, WV3 0QW



Holiday Hub

Wednesday 19th August 10am -
12pm Cherry Street Sensory Hub,
Cherry Street Wolverhampton WV3
0QW



Wolves Foundation

Wednesday 26th August 10:30am -
12pm, Beacon Centre, Wolverhampton
Road East WV4 6QW

For further information or to book
onto these event's please email
enquiries@beaconvision.org or call
01902 880111



**Wolves
Foundation**



Live MUSIC



Rahul Gajjal

RAHUL IS A PIANIST, KEYBOARDIST, MUSIC COMPOSER AND ARRANGER. HE PLAYS A RANGE OF INSTRUMENTS INCLUDING THE AEROPHONE, KEYBOARD, FLUTE AND MELODICA.

12TH AUGUST AT 1.30PM

BEACON CENTRE, WOLVERHAMPTON
ROAD EAST, WOLVERHAMPTON, WV4 6AZ

📞 01902 880 111 ✉ enquiries@beaconvision.org

Technology Demonstration Drop in

Please come along to our technology demonstration session here at the Beacon centre. you can come and try out the latest tech we have available to support you.

Members of staff will also be on hand too assist, support and answer any questions you may have.

Tuesday 11th August 10am - 12pm
Beacon Court, Bromford Lounge

To book on or for further information
call 01902 880 111

Email: Enquiries@beaconvision.org





BEYOND BARRIERS HUB

Connecting Community.
Inspiring Vision.



Listen to the
Beyond Barriers
podcast on Spotify

Welcome to the Beyond Barriers Hub—a welcoming space to meet, connect, and enjoy yourself. Based in Wolverhampton and specifically designed for individuals experiencing sight loss, our mission is built around removing isolation and improving mental health by creating a social circle.

WHAT TO EXPECT: Great Conversations, Entertainment, Regular Activities, and Themed Events. Drinks will be available from the on-site bar.

UPCOMING EVENT: JULY 27th, 2026.

VI QUIZ NIGHT PLUS CAKE | TIME: 7:00 PM - 10:00 PM.

THE ELECTRIC CLUB, ST MARK'S ROAD, WOLVERHAMPTON, WV3 0QH

This special event is a VI (Visually Impaired) friendly Quiz Night. Test your knowledge in a welcoming atmosphere.

And yes, there will be cake! Come and join us for a fun and delicious evening.

This event is free for all, bring a friend. No subs or tickets are required!

Check your monthly newsletter for more details on this and future events!

— SUPPORTED BY THE BEYOND BARRIERS NETWORK —

PROUDLY CONNECTED TO
BEYOND BARRIERS TRAINING ACADEMY
AND SPEAKER AGENCY

GET IN TOUCH / JOIN:

CALL/TEXT: 07487 322432 | EMAIL: info@beyondbarrierstraining.com
Algenerat www.electricclub.co.uk | Follow on Spotify, LinkedIn, & Facebook

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**

Befriending Service

Have you got a free 30 minutes in the week?

Do you want to help combat loneliness?

**Come and volunteer for a 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

Contact Us

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

Phone number: 01902 880 111.

Email: enquiries@beaconvision.org

Website: www.beaconvision.org

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

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'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

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