



## Beacon Lifestyle Newsletter

### **Welcome to September 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 September! As the seasons shift and a fresh month unfolds and hopefully some rain arrives we're thrilled to bring you our latest updates, stories, and highlights. There's plenty to look forward to this autumn and beyond.**

**(Below is an image from our recent trip to Pendeford Mill Nature Reserve)**



### **VIP Sessions: 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 4<sup>th</sup> September 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 14<sup>th</sup> September 1pm – 3pm.**

#### **VIP Beacon**

**This group is at the Beacon Centre, Wolverhampton Road East, Wolverhampton, WV4 6AZ. Wednesday 30<sup>th</sup> September: 6pm – 8pm**

**We will be going out for a meal to Aashiq's Indian restaurant, 52 Kent St, Upper Gornal, Dudley DY3 1UY.**

#### **VIP Stourbridge**

**Sunshine Club in Stourbridge, 6 Crowle Drive, DY9 7NY. Monday 14<sup>th</sup> September 10am – 12pm**

#### **VIP Kingswinford**

**Kingswinford Medical Practice, Standhills Road, Kingswinford, DY6 8DN. Friday 4<sup>th</sup> September 10am – 12pm.**



SEP 2026

— BEACON VIP'S —

# SCHEDULE

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**04**

FRI

**KINGSWINFORD VIP  
10AM - 12PM**

**04**

FRI

**DUDLEY VIP  
1PM - 3PM**

**14**

MON

**STOURBRIDGE VIP  
10AM - 12PM**

**14**

MON

**HALESOWEN VIP  
1PM - 3PM**

**30**

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)

## **September Events**

**To book: contact Daniel Clarke: [dclarke@beaconvision.org](mailto:dclarke@beaconvision.org)  
or call 01902 880 111.**

**Beacon events are designed to be accessible and enjoyable for people living with sight loss. Our team is on hand throughout every activity to offer guidance, practical help, and support so everyone feels confident and included.**

**Event costs cover staffing and support to make each experience sight-friendly.**

**Transport is charged separately at cost price.**

### **Booking Session and Day**

**Tuesday 1st September, 10:00am–12:00pm**

**Bromford Lounge, Beacon Centre**

**Dan also available all day on 07849 802 658 or**

**email [dclarke@beaconvision.org](mailto:dclarke@beaconvision.org)**

**To book or to discuss further details about the events in September.**

### **Tandem**

**Monday 7th September and Monday 14th September**

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

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

**Transport Cost: £7.70**

**Join us for our tandem bike rides, led by qualified instructors who will support you throughout your ride.**

### **Health and Wellbeing Coffee Morning**

**Wednesday 9<sup>th</sup> September**

**Venue: Beacon Court Communal Lounge 10am – 1pm**

**Join us for a free coffee morning with Your Health Dudley and discover the free support available to help you feel healthier and happier.**

### **Beat It Percussion Sessions**

**Wednesday 9<sup>th</sup> September and Wednesday 23<sup>rd</sup> September**

**Venue: Beacon Lifestyle Social Room 1pm – 2:30pm**

**Come and join us for these free sessions. Beat It Percussion is a small West Midlands-based CIC promoting wellbeing and good mental health through rhythm and sound groups and workshops.**

### **Coffee and a Quiz**

**Thursday 10th September**

**Venue: Beacon Court Communal Lounge 10am**

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

**Please come along for a cup of tea a biscuit and a chat**

### **Bantock Park and Museum**

**Friday 11<sup>th</sup> September**

**Venue: Bantock Park Finchfield Road, Wolverhampton,  
West Midlands, WV3 9LQ**

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

**Cost: £2.50 (for staffing and support) Transport Cost: £5.50**

**Come Join us for a walk around ban tock park, a look  
around the museum and a bite to eat.**

**Vision Aid Demo Day**

**Tuesday 15<sup>th</sup> September**

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

**Time: 10am – 2pm**

**Come and join us for a demonstration day with Vision Aid  
to try and see equipment and aid that could potentially  
help you.**

**Wolverhampton Art Gallery & Archives**

**Thursday 17<sup>th</sup> September**

**Time: 10:30am**

**Transport: Public transport, departing Beacon on the  
number 1 bus at 10:30am.**

**Cost: £2.50 for Staffing and Support**

**Please join us for a look around Wolverhampton Art  
Gallery and Archives**

**Tenpin Bowling**

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

**Friday 18<sup>th</sup> September**

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

**Departing on the Beacon minibus at 10:30am, returning at 1:30pm.**

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

**Transport Cost £5.50**

**Newbridge Meal**

**Monday 21<sup>st</sup> September**

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

**Transport: Public Transport Departing Beacon at 11:45am  
on Number 1 Bus.**

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

**Free NHS Healthcheck Day**

**Wednesday 23<sup>rd</sup> September**

**Venue: Beacon Court Communal Lounge**

**Time: 9:30am – 5pm.**

**Please come along and have your free NHS Healthcheck**

**Contact Your Healthy Dudley on 01384 732402.**

**Or contact Dan for further information and to book your timeslot.**

### **Fishing**

**Thursday 24<sup>th</sup> September**

**Venue: Albrighton Moat, Blue House Lane, Albrighton,  
Wolverhampton, Shropshire, WV7 3FL**

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

**Beacon will cover the Costs of this session.**

### **West Park Walk**

**Friday 25<sup>th</sup> September**

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

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

**Transport Cost: £5.50**

**Come and join us for a relaxing walk around West Park and  
a bite to eat in the café.**

### **Cooking**

**Monday 28<sup>th</sup> September**

**Venue: Lifestyle Centre Kitchen**

**Time: 1pm – 3pm**

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

**This month, we will be making Lasagne.**

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

**Ingredients available upon booking activity.**

### **Cinema Trip**

**Tuesday 29<sup>th</sup> September**

**Venue: Lockworks Cinema, 18 Fryer Street,  
Wolverhampton, WV1 1HT**

**Transport: Public transport, departing Beacon at 10:15am  
on the number 1 bus.**

**Film: Disclosure Day**

**Cost: £5**

**Come and join for a fun morning out at the Cinema.**

### **Pool Tournament**

**Wednesday 30<sup>th</sup> September**

**Venue: Beacon Lifestyle Centre: Games Room**

**Time: 1pm – 3pm**

**Cost £2.50 for staffing and support**

**Come and join us for a fun relaxing afternoon of pool.  
There will be a prize for the Winner**

## **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 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.**

### **Chair Exercises:**

**Wednesday 1<sup>st</sup> September and Wednesday 16<sup>th</sup> September:  
9am – 10am**

**Venue: Bromford Lounge**

### **Indoor Bowls**

**Monday 7<sup>th</sup> September and Monday 28<sup>th</sup> September:  
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 9<sup>th</sup> September and Wednesday 23<sup>rd</sup> 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 9<sup>th</sup> 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](mailto: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 23<sup>rd</sup> 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](mailto: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.



LIVE IN THE LIFESTYLE CENTRE  
ON TUESDAY 1ST SEPTEMBER 1PM



Acoustic Performance  
Beth Tudor



If you would like to attend please enquire at  
Beacon Centre reception desk, via email to  
[enquiries@beaconvision.org](mailto:enquiries@beaconvision.org),  
or by calling 01902 880111





**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.**



Before coming to Beacon, I lacked confidence using technology. Thanks to the patient support I received, I can now use my phone independently, stay in touch with my family and feel connected again. Beacon has given me back my confidence.”

— A Beacon Member



## Loose Change, Big Difference

Your kindness helps us be there for people living with sight loss across the Black Country and Staffordshire, providing the support, skills and confidence that can make a real difference to everyday life.

Today, we'd love to invite you to help and support Beacon – in a very simple way.

We all have loose coins that seem to find their way into pockets, handbags, kitchen drawers or even down the side of the sofa. Individually, they might not seem like much, but when our supporters bring all those coins together, small change can make a big difference.

That's why we've launched **Loose Change, Big Difference**, if you would like to receive your very own Beacon Loose Change Box please contact the fundraising team at [supportus@beaconvision.org](mailto:supportus@beaconvision.org) or pick one up from reception.

Simply follow the numbered instructions printed on the box to fold it together, then start filling it with your spare coins whenever you can. Every penny you collect will help local people living with sight loss receive the support they need to live more independently.

### Ready to make your change count?

Simply return your full loose change box to Beacon Centre for the Blind, Sedgley, or drop it into any of our charity shops:

Sedgley  Cannock  Pattingham  Halesowen  Wednesfield  Penkridge

We'll count the money for you and send you an email or letter to let you know exactly how much you've raised for Beacon. We love celebrating the difference our supporters make.





Our friends at the Penn Singers Choir have asked us to help share details of their upcoming A Night of Musical Theatre concert. Penn Singers were wonderful supporters of Beacon throughout last year, helping to raise funds for our work, and we're delighted to help promote this special event. Please view the concert details below.

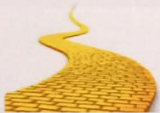


**A Night of Musical Theatre**

**Penn United Reformed Church**  
WV4 5QP

**Saturday 17th October 2026**  
**7.30 pm**

Guests

 **THE 10 PIECE**   
**JACKFIELD BAND**  

**TICKETS - £12.00**

From: Joy -01902 429468  
Alex- 01902 338570

**Penn Singers supporting WINGS** 

PENN SINGERS is a Registered Charity No 503894 Member of the National Association of Choirs





# BEYOND BARRIERS HUB



**MONDAY  
31<sup>ST</sup> AUGUST**



**BBQ, MUSIC  
AND RAFFLE**



**📍 THE ELECTRIC CLUB,  
WOLVERHAMPTON, WV3 0QH**

**🕒 TIME: 2PM TIL LATE**

This special event is a high-energy summer party. Enjoy a safe BBQ with Halal options, music, and a chance to win. Fun for all, specifically designed for the VI community, support workers, carers, and the whole squad!

**PLEASE BRING CASH IF YOU WANT A GO ON THE RAFFLE.**



**PROUDLY CONNECTED TO  
BEYOND BARRIERS TRAINING ACADEMY  
AND SPEAKER AGENCY**

**GET IN TOUCH / JOIN:**  
**CALL / TEXT: 07487 322432**  
**EMAIL: [info@beyondbarrierstraining.com](mailto:info@beyondbarrierstraining.com)**

## **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 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](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](#)**

## **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](mailto:christopher.lamb@bromford.co.uk)**

**To unsubscribe from this newsletter please contact us on 01902 880111 or email [enquiries@beaconvision.org](mailto:enquiries@beaconvision.org)**