



Beacon Lifestyle Newsletter

Welcome to October 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 October! With autumn in full swing and a fresh month ahead, we're delighted to bring you our latest news, stories, and updates.

With Halloween and the festive season around the corner, we have plenty of activities to help you enjoy the season.

(Below is a lovely view from a recent fishing trip)



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 2nd October 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 12th October 1pm – 3pm.

VIP Beacon

**This group is at the Beacon Centre, Wolverhampton Road East, Wolverhampton, WV4 6AZ. Wednesday 28th October
We will be having a Halloween Themed Quiz and karaoke night. 6pm – 8pm**

VIP Stourbridge

**Sunshine Club in Stourbridge, 6 Crowle Drive, DY9 7NY.
Monday 12th October. 10am - 12pm**

VIP Kingswinford

**Kingswinford Medical Practice, Stand hills Road,
Kingswinford, DY6 8DN. Friday 2nd October 10am – 12pm.**

October Events

**To book: contact Daniel Clarke: 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

Thursday 1st October, 10:00am–12:00pm

Bromford Lounge, Beacon Centre

**Dan is also available all day on 07849 802 658 or
email dclarke@beaconvision.org**

To book or discuss further details about the October events, please contact Dan.

Tandem

Monday 5th October and Monday 12th October

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.

Beat it Percussion Sessions

Wednesday 7th and Wednesday 28th October

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.

Fishing

To end the season October sessions will be free!

Wednesday 7th and Wednesday 21st October

**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 costs of transport, staffing and support,
equipment hire and angling coach fee.**

Black Country Museum

Friday 9th October

**Venue: Black Country Living Museum, Discovery Way,
Dudley, DY1 4AL**

**Transport: Beacon Minibus departing Beacon at 10:30am,
Returning at 2:30pm**

**Cost £2.50 (For Staffing and Support). Transport cost:
£5.50**

**Ticket Cost: Adult £27.95 Over 65 £25.95 for a 12-month
Unchained Pass. Those that already have purchased a
pass in the last 12 months will be covered.**

Wolverhampton Art Gallery & Archives

Thursday 15th October

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.**

Saltwells Nature Reserve

Friday 16th October

**Venue: Salt wells Lane, off Coppice Lane, Quarry Bank,
Brierley Hill, Dudley, DY5 1AX**

**Transport: Beacon minibus departing Beacon at 10:30am,
returning at 2:30pm**

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

**Come and join us for a walk around Salt wells Nature
Reserve.**

Albrighton Garden Centre

Thursday 22nd October

Venue: Newport Rd, Albrighton, Wolverhampton WV7 3EE

**Transport: Beacon minibus departing Beacon at 10:30am,
Returning at 2:30pm**

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

**Come and join us for a trip to the garden centre and get all
your autumn gardening essentials.**

Tenpin Bowling

£7.25 (paid directly at the venue)

Friday 23rd October

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.

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

Cooking

Monday 26th October

Venue: Lifestyle Centre Kitchen

Time: 1pm – 3pm

Cost: £2.50 (for staffing and support)

This month, we will be making a chicken curry.

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

**Details of the ingredients are available when booking the
activity.**

Pool Tournament

Wednesday 28th October

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.**

Newbridge Breakfast

Thursday 29th October

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

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

Cost: £2.50 (for staffing and support)

West Park Walk

Friday 30th October

**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.**

CYP Dates for October

Children and Young People's Halloween Event

Wednesday 28th October At the Beacon

Halloween CYP Party 10:00am to 12:00pm

Kick off the day with fun, games, and spooky excitement!

Cinema at The Beacon 1:00pm to 3:00pm

Settle in for a Halloween themed film after the party.

		
<u>Kim</u>	<u>Mo</u>	<u>Jody</u>
Lifestyle Day Service and Children & Young People Coordinator	Communications & Engagement Officer	Children & Young People Development Coordinator

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

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.**

Ageing Well Circuit Class

Tuesday 6th and Tuesday 20th October 9am – 10am

Venue: Beacon Gym

Indoor Bowls

Monday 5th October and Monday 19th October

10am – 12pm

Venue: Beacon Gym

Cost: £2.50 (for staffing and support)

(A picture of a man playing bowls is below.)



Halloween

CYP Party!

Prizes for the best dressed!

**A spooky fun morning of
crafts and halloween magic**



28th October



10-12



Beacon Centre
WV4 6AZ

Cinema

AT BEACON



28th October



1pm-3pm



**Tuck shop
available**



**For Children and
Young People with
VI and SEN along
their families**

Is Low Sunlight a Problem?



These might help!

One of a range of filter glasses specifically for sight loss

- **Reducing glare and bright light**
- **Making vision clearer and more comfortable**
- **Protecting your eyes from harmful UV rays**
- **Either worn on their own or over prescription glasses**

Wearing a sun hat, baseball cap, or sun visor will help too

To try a range of filter glasses and find the right lens and frame for you, call Beacon's Sight Loss Advisors.

#AWF2026

Ageing Well Festival 2026



A month of
events, ideas
and inspiration
in Dudley
borough

1st October - 31st October 2026

Wellness is ageless

620+ sessions • 70+ venues • 8 ways to wellbeing

Full timetable



Follow the Ageing Well Festival on Facebook!
@CitizensAdviceDudleyAndWolverhampton



healthydudley.co.uk/ageing-well-festival



#AWF2026

BRIGHT FOR SIGHT



**Wear your brightest clothes &
help raise money for Beacon**

www.beaconvision.org/news/bright-for-sight/

Thursday
8th
October

DONATE NOW



SCAN ME



Charity Number 216092





Join The Bull's Head in Lower Gornal for a Peaky Blinders Charity Night in aid of Beacon Centre for the Blind. Entry is free, with raffles, prizes for the best-dressed Peaky Blinders look and plenty of entertainment throughout the evening. Singer Lisa Marie will be bringing the atmosphere and helping to make it a night to remember, while money raised from the event will support the sight loss community.



Sedgley Lifestyle Centre

We are now open Monday to Friday, 10am–3pm. We run several activities, including cooking, crafting, pottery, computer work, using the gym, listening to music, quizzes, and reminiscing. Tea and coffee are provided, and a restaurant is on site for a hot meal. We are lively and fun, and love to have a laugh. Come and join us for a trial day.

Befriending Service

Have you got a free 30 minutes in the week? 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 support and friendship. You will be paired with someone based on common interests.

Contact Us

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

Phone number: 01902 880 111.

Email: enquiries@beaconvision.org

Website: www.beaconvision.org

Accommodation at Beacon Court

Each apartment at Beacon Court has its own front door, individual access card, two bedrooms, storage, wet/shower room, kitchen with appliances, gas central heating, double-glazed windows, and a 24/7 care team on site to deal with any emergencies 365 days a year.

**Please contact Chris Lamb on 01902 882 170 or email
christopher.lamb@bromford.co.uk**