



BEACON
COUNSELLING

SCHOOLS FUNDRAISING PACK

**Building resilience in communities by
supporting children, young people and
adults experiencing mental and
emotional distress**



0161 440 0055

beacon-counselling.org.uk

Registered Charity 1109545

**MENTAL
HEALTH**

HOW YOUR FUNDRAISING HELPS

"We want young people to receive the best mental health services, and the best people to advise on this is young people themselves"

2000

people supported each year

12000

counselling appointments attended each year

There has been a fundamental change in me, I feel genuinely cared about and now believe in myself and my own judgement
Adult Services

It's good for someone to listen and understand
Age 7

£250

could provide one of our counsellors with the creative resources they need for children's therapy for a whole year

£60

could provide a months clinical supervision for one of our volunteer counsellors

£25

could pay for an hour of therapy on our free counselling service

I would tell friends to go if they need to as everything is done in steps in a calm environment. It also helps people to learn more about themselves and accept and deal with certain situations

Age 16

FUNDRAISING IDEAS

**Choose Beacon
as your Charity of the
Year**



KEY DATES

**Mark Children's Mental
Health Week between
7th-13th February 2022**

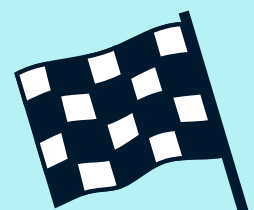
**Mark Mental Health
Awareness Week between
9th-15th May 2022**

**Mark World Mental Health
Day 10th October 2022**



**Register to our Annual
Sports Challenge (May)**

**Join Beacon's Race
for Mental Health
Campaign (Sept-Oct)**



Find out more

**www.beacon-counselling.org.uk
0161 440 0055**

**Organise your own
fundraising activity**

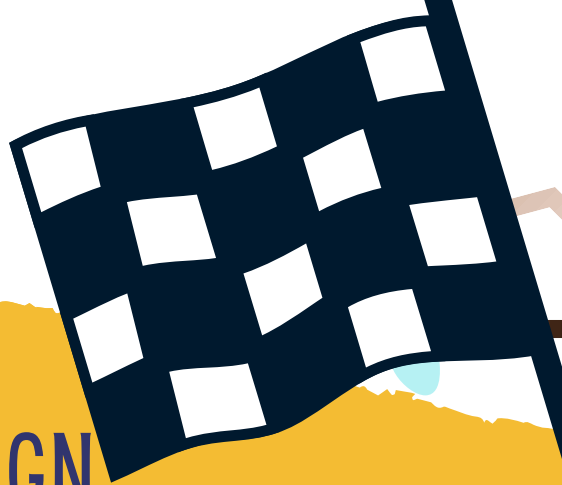


**Non-Uniform Day
Bake Sale
Talent Show
Sports Day
Sponsored Games
Quizzes
Sponsored Walk**



FUNDRAISING IDEAS

JOIN BEACON'S RACE FOR MENTAL HEALTH CAMPAIGN



**Beacon's #RaceForMentalHealth
campaign runs from 1st September
through to 31st October 2022**

**RUN WALK
SPRINT**

Beacon's #RaceForMentalHealth campaign aims to raise awareness and funds to support individuals within our communities to improve lives and build resilience so that they can move on positively with their lives.

Every stride you take, mile you run, and penny you raise will help us to change the lives of many more people across our communities. If you'd like to organise a sponsored walk, sprint or run in your school, please get directly in touch.

Get in touch

**joanne.watson@beacon-counselling.org.uk
www.beacon-counselling.org.uk**

0161 440 0055



HOW TO PAY IN YOUR DONATIONS

BY CHEQUE

**Payable to Beacon Counselling
and send to:**

**50-52 Middle Hillgate
Stockport
SK1 3DL**

COLLECTION

**Call us on 0161 440 0055
to arrange for us to
collect your donations
from your school**

BY BACS

**Payable to Beacon Counselling
The Cooperative Bank
Acc. Number: 65608861
Sort Code: 08-92-99**

CALL US

**Call us on 0161 440 0055
to make your donation
over the phone by card**

ONLINE

You can pay at

www.giveasyoulive.com/charity/beacon

**Either way you pay, please
include your school details
and how the money was
raised so we can thank
you!**

joanne.watson@beacon-counselling.org.uk

www.beacon-counselling.org.uk

0161 440 0055

**THANK
YOU**

Get in touch



Registered with
**FUNDRAISING
REGULATOR**



BEACON
COUNSELLING

Registered Charity 1109545

CONTACT US

DISCUSS YOUR IDEAS WITH OUR TEAM



joanne.watson@beacon-counselling.org.uk



0161 440 0055

www.beacon-counselling.org.uk



**50-52 Middle Hillgate
Stockport
SK1 3DL**

**Beacon Counselling is a registered charity (1109545)
and company limited by guarantee (05429473)**

