

BEACON COUNSELLING TRUST

OUR OFFER



BEACON COUNSELLING TRUST

Reg. Charity No. 114011



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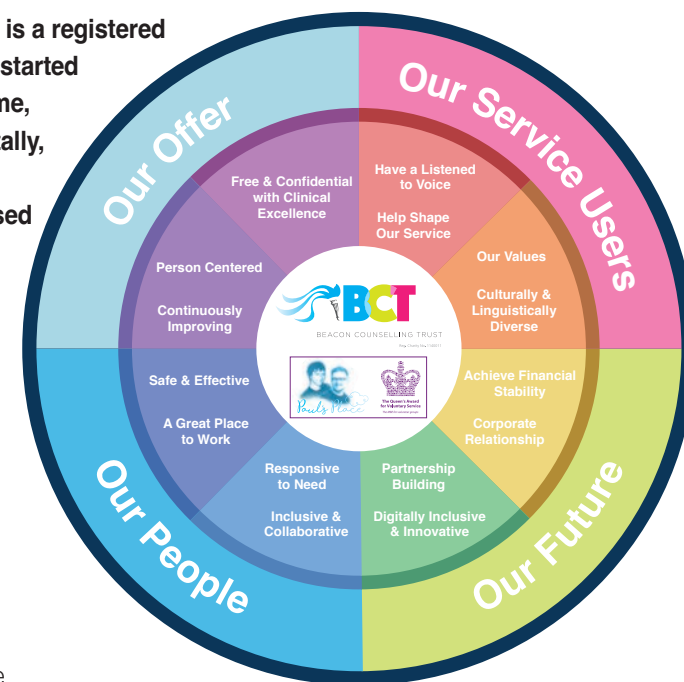
Who we are

Beacon Counselling Trust is a registered mental health charity that started operating in 2009. Over time, BCT has grown incrementally, and we now work on a number of community-based support, treatment, and education programmes, supporting those those with a variety of mild to moderate mental health issues.

OUR VALUES are to be *Safe, Effective, Caring, Responsive to people's needs and Well-led*, which encompasses who we are and how we operate.

OUR PURPOSE is to make life better for individuals and families who access our services. We believe passionately that people can change their behaviour and their lives through professionally delivered support, led by the individual's need.

OUR STRATEGIC VISION for the future is to...



Here at BCT we have a wide range of services and programmes

**BUILD ON THE PAST,
 WORK IN THE PRESENT
 AND PLAN FOR THE FUTURE.**

BeGambleAware.org

TREATMENT

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BCT provides a free and confidential treatment and support service for anyone experiencing gambling-related harms, commissioned by GambleAware. Support is offered to those at-risk of, or struggling with gambling-related harms, including anyone affected by someone else's gambling, as part of the National Gambling Support Network.

We offer free and confidential one-to-one and couples therapy, as well as aftercare support. We also work collaboratively with other organisations within the National Gambling Support Network, such as Gordon Moody, The Primary Care Gambling Service, The NHS Northern Gambling Service, BetKnowMore and Adferiad Recovery, to offer the most appropriate support based on the individual's needs.

Treatment and Support GAMBLING-RELATED HARMS

Our menu of aftercare options include wellbeing and relapse prevention groups for those that have experienced gambling addiction, as well as group support for affected others.

BCT also offer one-to-one peer support to those in recovery, led by individuals with their own lived experience of gambling harms.

Trek Therapy and other holistic therapies are also included as part of our aftercare offer.

AFTERCARE



Our one-to-one therapy gives people the tools to understand and manage their gambling triggers and urges, whilst also addressing the wider impact gambling has had on their lives, relationships, mental health, identity, etc...



SIX TO TEN PROJECT



Our free families support programme, led by individuals with lived experience of being impacted by someone else's gambling, offers a holistic and practical support package for those affected by someone else's gambling.

Support is offered for a variety of issues such as housing, financial, legal, and mental or physical health.

To find out more visit www.thesixtoten.co.uk

THE WIDER DETERMINANTS OF GAMBLING-RELATED HARMS

BCT have worked with individuals that have experienced gambling harms for many years and have supported thousands of individuals that have been impacted by the issues gambling can cause. Using literature and research into addiction and gambling, and personal and anecdotal evidence, we have developed a 'Wider Determinants of Gambling-Related Harms' model. This model aims to highlight the significant risk factors which may leave certain individuals vulnerable to gambling addiction. These wider determinants include: risk factors, biological factors, early life experiences, introductory influences, maintenance and accelerating factors, and maintenance and accelerating factors.

To find out more about the Wider Determinants of Gambling-Related Harms, visit our website: www.beaconcounsellingtrust.co.uk



Paul's Place is a free specialist postvention bereavement counselling service, for those aged 16 and over, that have been bereaved by suicide in the Merseyside area.

Paul's Place offers specialist one-to-one bereavement therapy, as well as ongoing weekly group support.

Paul's Place also offers aftercare group support for service-users once they have finished their one-to-one therapy.



PAULS PLACE



Treatment and Support

NHS WIRRAL WEIGHT MANAGEMENT SERVICE

NHS
Wirral Community Health and Care
NHS Foundation Trust

BCT have worked with Wirral NHS weight management service for several years, providing therapeutic one-to-one and group support to patients joining their weight management programme, and awaiting weight loss surgery.



TREK THERAPY

Trek Therapy is a complementary therapy offered to all service-users, that uses a combination of qualified outdoor professionals and mental health practitioners to support service users' development.

Trek therapy encourages participants to experience 'green therapy' through safe, supported and meaningful group walking activities, aimed at encouraging emotional wellbeing.



Education and Early Intervention

GAMBLING-RELATED HARMS

BET YOU CAN HELP



Our 'Bet You Can Help' Programme uses a first aid approach to tackling gambling-related harms, providing training for those working in helping roles and includes a certified level 2 qualification accredited by the Royal Society of Public Health.

Visit www.betyoucanhelp.co.uk

BET YOU CAN HELP NOW!



'The 'Bet You Can Help Now!' is a three-hour learning module, containing a one hour condensed training workshop that features the key elements of the tackling gambling harms first aid approach, alongside two hours of self-guided learning facilitated through the 'Bet You Can Help' Handbook.

SOUTH ASIAN PROJECT



The main focus of our South Asian Programme is our work within culturally and linguistically diverse communities. Our 'Breaking the Sharam' project aims to address the stigma associated with gambling within the South Asian community.

BCT uses community connectors within these communities to educate and support those at-risk of, or experiencing, gambling-related harms, using a culturally-informed approach.

YOUNG PEOPLE'S GAMBLING HARM PROGRAMME



In collaboration with GamCare, BCT deliver free workshops across the North West for young people aged 10 to 19, parents, carers and professionals working in youth settings, to raise awareness about gambling-related harms.

For more information about our youth outreach programme, including how to sign up for free workshops or training courses, please visit our website: www.beaconcounsellingtrust.co.uk

Education and Early Intervention

GAMBLING-RELATED HARMS

CRIMINAL JUSTICE PROGRAMME



BCT's 'Arresting Harmful Gambling within the Criminal Justice System' programme delivers training to those working within the criminal justice system to develop knowledge and understanding of gambling-related harms and its links to criminality.

BCT promote and support initiatives and professional practices that incorporate early intervention in relation to the Integrated Offender Management framework concerning gambling-related harms.



The Workplace Charter to Reduce Gambling Harms offers practical, evidence-based ways in which employers and staff can commit to promoting the health and wellbeing of their workers experiencing gambling related harms.



BCT has engaged with numerous employers and organisations to raise awareness and help address the issue of gambling-related harms through promotion of the Workplace Charter.

ARMED FORCES COMMUNITY



BCT's 'Battling the Odds' programme engages with the armed forces community and its leadership, to aid understanding of gambling related harms and to promote access to specialist treatment and support.

We provide training and intervention within the Armed Forces community and offer wellbeing programmes which include a range of activities, including mental health first aid and group events that promote socialisation.

MAKE EVERY CONTACT COUNT TRAINING



BCT offer the Make Every Contact Count training, developed by Public Health England. The course aims to raise awareness and instil confidence in professionals in supporting roles, to engage in meaningful conversations with individuals about their mental health using evidence-based approaches.

The training gives trainees the tools to have brief yet effective conversations with individuals about their mental health, and the information to signpost and refer to appropriate mental health support services.

Contact information



If you would like to find out more about any of the programmes we offer, call us on 0151 226 0696.

263 Townsend Lane, Clubmoor, Liverpool, L13 9DG

Email: gamcare@beaconcounsellingtrust.co.uk

Website: <https://beaconcounsellingtrust.co.uk>



Armed Forces Community



Be You Can Help



Workplace Charter



Paul's Place founders Kathy Devlin & Agnes and Joe Williams, with our Patron, Dr Rosena Allin-Khan MP



Paul's Place founders accepting the #HellotoKindness award at the 2022 Hello! Magazine Inspirational Awards



Trek Therapy



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