

Inside...

The Beamsley Project Charitable Trust

Registered Charity No 701574



Our location...

The colour green is well known for its restful and calming properties because it symbolises nature. Green is one of the most beautiful and comforting colours that attracts harmonious feelings, that can diffuse anxiety and helps us stay calm and refreshed. We are blessed throughout each season to be surrounded by 100's of shades of green. We are nestled in the rolling hills of the Yorkshire Dales so without even leaving our site your body can enjoy the benefits.



Life Skills

The Project is self-catering and many of our groups chose to take this opportunity to help develop or practice, vital life skills such as cooking and cleaning. We also provide all the equipment needed including for baking and afternoon teas. Helping to create an afternoon tea for your friends, supported by familiar people such as your teacher or carer can provide a huge sense of pride and achievement, which leads to a positive state of mind.



Childrens Mental Health Week

This week is Children's Mental Health week which is focusing on 'Growing together'. Children are always growing both physically and mentally. Physical growth is often talked about but their mental growth can often be forgotten, even though it is no less in importance. If children are supported to develop good mental health strategies now, this provides them with a strong base for the future. How we grow together is important and often doing something to step out of our comfort zone, supported by people we trust can help with mental health. This is something that we focus on a lot at The Beamsley Project. For our younger guests it is often their first trip away from mum, dad or their carer and can often be quite daunting. We try to help this by offering a familiarisation visit before they stay which can be done in person or virtually. We also advise guests to check out the pictures on our website too. This small amount of information often has a huge impact on their confidence when they arrive.

Inside...

www.beamsleyproject.org

The Beamsley Project Charitable Trust



Langbar Hall

Part of our building is the former Beamsley Methodist Church. Langbar Hall in our group centre was created using part of the Church building. We are now blessed with a huge versatile room which overlooks the beautiful Beamsley Beacon. Not only does this room host a pool table and table tennis table but our groups never fail to amaze us with the creative ways they use the space. Britain's Got Talent competitions, ballet, yoga and tai chi, discos, steel drum lessons and many more ideas, all activities are supporting skills such as making and developing friendships, improving fitness levels and all ensure everyone has a laugh and a smile on their face.

Beamsley Bursary

The Beamsley Project is all about inclusivity, which is why in recent years we have launched the Beamsley Bursary.

We are aware that some children were being left behind on school trips as their families are struggling to fund life, let alone a holiday. Imagine the impact on a child's mental health if you are the child who was left behind in addition to the parent's mental health knowing that they have no choice. Our bursary allows us to discreetly provide free places.



Why not check us out for yourself?
Call us on 01756 710255
or email us info@beamsleyproject.org