Becoming a listener at Kings Lynn Samaritans has been an experience like no other. I feel so lucky to have joined an amazing group of volunteers who've supported me through my training with genuine kindness. I've felt I can be of value & there for others, whenever someone needs to talk.

I’ve been a listening Samaritan for 13 years. It’s great to think I've supported so many people in emotional crisis. Sometimes a simple sincere thank-you is more rewarding than a salary.

One of the best things about King's Lynn Samaritans?  It was joining a group of very different people from all sorts of backgrounds, learning from them, with excellent training - and everyone with the same aim.  That aim?  To offer support to those who call or email, who feel alone with their troubles and who need somebody to listen.

As a Friend of King's Lynn Samaritans I help to raise funds to keep the branch open for the calls to our listeners.  It also helps me with my mental health.

I’m just starting my journey as a listener at Kings Lynn Samaritans. The training has been amazing and I've been overawed by the time and care the trainers and mentors give to us.  Here's hoping I can be there for others who need to talk as others have been there for me. Having someone to listen without judgement was a life line for me in the past.

Being there to listen to someone when no-one else is there is what’s so special about being a volunteer. Most people can hear but @Samaritans teach you how to really listen. Our volunteers come from all walks of life, have different interests and have different views but they have one thing in common. They care.

Driving home at 4am after a night shift, knowing that you were there for someone who really needed you is a special feeling. I really do feel like a night owl when I’m driving home along the A47 with only a barn own for company.

There’s a role for everyone in this organisation. Being a listening volunteer has changed me in so many ways and now defines me in so many ways.

A note to my fellow Samaritans at King's Lynn:

I'm proud to be part of this caring team,

Who listen to strangers in their times of need,

Who encourage, support and empathise,

With callers who are struggling with their lives,

Every shift I'm proud to share,

With these unsung heroes who always care!

Never realised how much I would personally benefit from volunteering. Above all the feeling you get being able to really listen to someone and for them to look or think differently about things either to make getting through their day easier or to realise things could be different is a privilege.

Becoming a listener with Kings Lynn Samaritans is one of the best things I have ever done.  In setting out to help other people you open the door to so much more, not least to working with a group of lovely people all with the same intention of being there for others in distress …..

Having been a Samaritan for 16 years in Somerset, I moved to Norfolk and joined the King’s Lynn branch in 2020 and was delighted to have it confirmed that Samaritans is like a family with many branches, each having the same care and concern for both the volunteers and those who need our support.  It is always a privilege to be trusted with providing that support at a really tough time in someone’s life and to know that the level of peer support for us is unbeaten.

It seems amazing I can be part of such a large organisation but also feel every hour I spend counts. I feel privileged to be trusted to help our callers and lucky to have also gained a feeling of fulfilment. This stems not only from the callers but also from the support of the many volunteers I have met along the way.

**'I am so proud of all our Volunteers at King's Lynn Samaritans - the last year has shown how dedicated our Samaritan family are - whether you have been in branch supporting our callers or supporting from home - thank you'**