

# Samaritans Sevenoaks Newsletter

June 2021

## Samarathon 2021 is Here!



Our biggest fundraising opportunity of the year is here, **SAMARATHON 2021!** Taking place throughout July, Samarathon is our month-long virtual marathon where you get sponsored to walk, jog, or run 26.2 miles over the course of the month.

Be part of our Sevenoaks team by signing up then editing your profile to join our 105 team. We will be promoting training plans, promotional materials, and suggested routes to keep you motivated. Please send us your stories and fellow volunteer Martin Stanton will be compiling a video of our Samarathon efforts.

**[SIGN UP FOR SAMARATHON HERE](#)** and select **Sevenoaks**. If you would like any materials to share, please get in touch with Julie at [jphillips@sevenoakssamaritans.org](mailto:jphillips@sevenoakssamaritans.org).

We are planning a Walk on 1<sup>st</sup> July to Kick Start Samarathon in beautiful Knole Park. Save the date, more details to follow.....

## National Volunteering Week 1-7 June



Samaritans 20,000 volunteers are at the heart of everything we do, and we now have over 80 volunteers for Sevenoaks! There were some lovely treats in 105 during volunteer week to show our appreciation. Kay Turner, Sevenoaks Lead wanted to send a HUGE THANK YOU to all listening and support volunteers who have made magic happen at Sevenoaks during the difficult pandemic. Our volunteer's resilience and commitment has enabled us to reach our goals and we are in great shape for the future and look forward to more face-to-face interaction with our volunteers **THANK YOU ALL, YOU ARE AMAZING!**



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## Take a summer job and feel like a teenager again....

You may or may not be aware that the running of 105 is all done by volunteers - everything from agreeing the lease and paying the window cleaner to checking that there are tea bags and loo rolls there for you when you come in to do a shift.

Kate, our office manager, is moving house and getting a full-time job, so is leaving us. While we recruit for someone new, we are wondering if you could help over the next few months, by coming a little early or staying a few minutes after your shift to help with the following tasks.....

**Monty Don** - someone to water the plants at 105 when they come in to do their shift.

**Milk Monitor** - someone to check the tea, milk, coffee, biscuits and make sure they are all replenished from our supplies.

**Recycling Guardian** There's a pile of used printer cartridges in the admin room. Does anyone know a way of recycling and possibly making some money for 105 by doing so?

**Fire Chief** - someone to take on our simple weekly safety checks, fire alarms, extinguishers etc.

**Duty Diary Diva** - on a weekly basis, could you take out the old pages and ensure that there are clean pages there for everyone to sign up on?

No previous experience needed, and training provided. This doesn't just have to be a summer fling....full time posts are also available! Please contact Jane on [janerigney@outlook.com](mailto:janerigney@outlook.com) or [Sevenoaks.recruitment@sevenoakssamaritans.org](mailto:Sevenoaks.recruitment@sevenoakssamaritans.org)

## Fundraisers Needed!

We have a number of interesting roles to help reach our fundraising targets in Sevenoaks. If you would like to get involved in event planning, corporate fundraising or helping us raise awareness locally please get in touch for an informal chat about what is involved. You can give as little or as much time as you can spare. We are really flexible! To find out more please contact [jphillips@sevenoakssamaritans.org](mailto:jphillips@sevenoakssamaritans.org)

## Business Plan 2021



If you would like to know more about the Samaritans goals, objectives, and strategic direction you can see details and watch the video on Sams Home [HERE](#)

## Better Phone Friend Campaign



The [Better Phone Friend campaign](#) marks the official start of a three-year partnership with Three, which aims to help connect one million people to emotional support.

As part of the campaign, Three has identified five listening personalities based on our own SHUSH listening tips to help people recognise what type of

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listener they are, and how they can improve active listening skills.

Working with best friends, Tom Fletcher, and Dougie Poynter from pop band McFly, the campaign explores the benefits of listening and how we can all learn to be better listeners. To find out more visit

<https://home.samaritans.org/news/be-a-better-phone-friend-with-three/>

## The Listening Walker Visits Sevenoaks



David Matthews, Samaritans volunteer from Doncaster is on a journey of 6000 miles by foot to visit every Samaritan's branch in the UK and the Republic of Ireland, raising vital funds to help Samaritans be there for callers. David passed by the Sevenoaks Samaritans Team for a cuppa and some biscuits before heading off on the next leg of his journey from Tunbridge Wells to Heathfield. David is a real inspiration and full of inspiring stories from along his travels. To read the full story head over to our website [HERE](#).

## Connecting with Nature



A group of volunteers from Sevenoaks have been organising walks in some of our beautiful surrounding parks. The walks have been an opportunity to support the Connecting with Nature theme promoted through Samaritans Mental Health Awareness Week and have been a great opportunity for volunteers to finally meet others outside of 105. The walks have been very popular so look out on three rings for further dates and times. Thank you to our volunteers for getting this off the ground (pardon the pun).

## Group 6 are joining 105!



Our latest group of volunteer listeners (group 6) have completed their training and will be joining 105 for their mentoring sessions. We would like to offer all of group 6 a warm welcome and look forward to getting to know them and supporting them in their Samaritans Journey.

**Thank you all so much for supporting us!**

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