

# Samaritans Sevenoaks Newsletter

## Spring 2022

2021 reflection, a year for  
thanking our supporters!



What a year 2021 was for Sevenoaks Samaritans! Despite the roller coaster of pandemic restrictions, we still managed to end the year on a high reaching our 1<sup>st</sup> Anniversary with over 85 fully trained volunteers! The support within Sevenoaks has been truly amazing and we are so proud of our team who have worked so hard to get our operation running smoothly. Below are a few of our Highlights during 2021 where we have been supported and welcomed by so many organisations who have help us spread the word about Sevenoaks Samaritans. Here are some of our stats since we opened:

- **Our volunteers have clocked up an amazing 13,409 listening hours**
- **We now have over 100 volunteers and we are growing!**

- **We made 523 contacts in the community from events and outreach activities.**
- **We have developed a schools programme and delivered an emotional resilience workshop to 6<sup>th</sup> formers at Sevenoaks School.**

None of this would have been possible without the incredible support of local organisations. Our thanks in particular go to the following who have encouraged and supported us financially to provide valuable training for volunteers, helped us listen to people in need, and develop our outreach activities in the community.

**Sevenoaks District Council** were very generous in awarding us a grant to manage our operation and activities within Sevenoaks. We are also part of the hugely successful voluntary forum where we meet with other charitable organisations locally.

**Oaks Blokes** raised a whopping **£800** for Samarathon during July, and our own team raised over **£5,000!**

**Sevenoaks Business Show** offered us an opportunity to network with the Sevenoaks Chamber of Commerce, and meet local businesses. We were kindly gifted our stand by **FM Conway**.

**Sevenoaks Lions** are supporting us with a generous regular donation to help us meet our operational costs. We look forward to supporting them at The Heavy Horse Show later this year.

**Sevenoaks Town Council** offered us the opportunity to be part of the Christmas Light Switch on in December where we offered families the opportunity to write a message of hope and support to anyone they know who may be struggling. We were also recently awarded a **£1,000** grant to help fund the ongoing training of our Sevenoaks Volunteers.

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**Sevenoaks Round Table** offered us a fantastic opportunity to raise our profile locally by providing over 30 Samaritan volunteers to the hugely successful firework event. Our team supported the Round Table events team as well as offering emotional support at one of Sevenoaks' first big



events since the pandemic. The amazing organisation of the Round Table team meant the event was a huge success and it was so great to support a major event in Sevenoaks. Our thanks go to the Round

table for helping us raise awareness and also for the very generous donation of £5,500!

**The Sevenoaks Masonic Lodge** visited us at our volunteering centre to find out more about our services and outreach. Very kindly they offered us a generous donation to help our local outreach.



**Samarathon 2021** was amazing with our volunteers raising over £5,000, well done Team Sevenoaks Samaritans!

**Our first Anniversary** party in October was a great success, thanks to **Riverhead Parish Hall** for allowing us to celebrate there. This was the first time many volunteers had met face to face!



## Looking forward to 2022

Big changes are already ahead for the Sevenoaks Team with a number of new appointments to the Leadership team focusing more on outreach activities, Fundraising and Grants. As well as growing our listening team we are putting more effort into increasing our local presence and supporting groups who may benefit from Samaritans Services. We will be creating many opportunities for listening and support volunteers in the community. Do get in touch to find out more!

## Brew Monday



The third Monday in January is sometimes referred to as 'the most difficult day of the year' so Samaritans have changed Blue Monday to Brew Monday, where we encourage people to make time for a cuppa and a catch up to support

friends, family, colleagues and loved ones who may be struggling. The Sevenoaks Samaritans Team were out in force in the town and at the Railway station during the Brew Monday week.

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Our Sevenoaks team kicked off the Brew Monday campaign on the 15th of January, handing out teabags, listening tips and raising awareness with residents of Sevenoaks.

We raised a fantastic **£134.65** in the High Street. **Thank You** goes to everyone who contributed!

We then took to Sevenoaks Station during the week to raise awareness with commuters, with a 7am start to catch the early bird commuters. Our tea bags and biscuits were a big hit, and our thanks go to Elliot Walters and the railway team who welcomed us. Also, a big thank you to the many cafes in and around the town who promoted the cuppa and a catch-up campaign.



## Please Support Dave and Vicki



Dave and Vicki, two of our lovely volunteers will be fundraising for us at the Tonbridge Triathlon. We wish them lots of luck.

[Please support them if you can HERE.](#) Go Vicki and Dave!

## Did you Know?

During October, November and December alone Samaritans received 3113 contacts from callers in distress. It costs around £5 to receive a call, if you would like to help us answer more calls for help please donate [HERE](#) Your donation could change a life.

## Laura Trott MP visits

We were delighted to welcome Laura Trott to our offices where we discussed our journey so far and how we can raise awareness locally. We talked about possible future collaborations with other support groups, and how our local voluntary organisations can impact on the local community!



## Introducing our Friends Group

If you would like to join a friendly team of supporters and do wonderful things in your community, why not become a **Friend of Sevenoaks Samaritans**? You can support us financially by making a regular donation [HERE](#) and we will keep you informed of our progress, invite you to exclusive events and meetings and send you regular Samaritans updates. To find out more contact [jphillips@sevenoakssamaritans.org](mailto:jphillips@sevenoakssamaritans.org)

## That's All Folks, thanks for reading!

If you would like to find out more about volunteering with us or supporting us, please get in touch [HERE](#).



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A registered charity