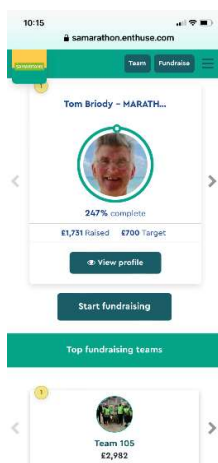


Samaritans Sevenoaks Newsletter

Summer 2022

Samarathon 2022 is Here!

Our biggest fundraising opportunity of the year is here, SAMARATHON 2022! 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.



This year we have had some really creative ideas from fun bike rides to litter collecting. Our very own volunteer Tom Briody has been up at dawn, collecting litter in various spaces across Sevenoaks, covering 26.2 miles. He has raised nearly £2,000 and currently stands at the Samaritans national top fundraiser. To keep Tom on the top of leader board and to see our Samarathon efforts please visit our page [HERE](#)

Talk to Us Campaign

Throughout July we will also be promoting our [#talk to us campaign](#) reminding people it doesn't matter how big or small your problem feels, it matter to us and you can #TalkToUs.



You may have seen our banner at Sevenoaks Railway Station as a reminder that we are here to listen.

CALL US ON 116 123

Sevenoaks Football Club Awards Day 2022

Our volunteering team were pleased to be part of the annual Sevenoaks Football Club awards day back in June. The weather was glorious, and we were pleased to take part in the day, raising awareness of our services, to players, coaches and families involved in the club. We were given a great



reception and we are very thankful to the club for inviting us.

We are planning further

outreach activities with the club during the 2022/23 season.

Mental Health Awareness Week



Our Sevenoaks team were out in force during Mental Health Awareness Week during May when we were kindly invited by Sevenoaks Railway Station and SE Rail to provide an information point at the station and talk to commuters as they head for their morning trains. We

also placed banners and posters on the concourse to help raise awareness of our services. Keep an eye out for us at the station as we plan to offer more outreach activities at this busy commuter station.

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 [@SamsSevenoaks](#)

SAMARITANS

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The Tri Two raise over £4000!

Volunteers Vicki Rushton and Dave Hickson have raised a whopping £4051 by taking part in the Tonbridge Triathlon. Well done Vicki and Dave, you are amazing! If you would like to fundraise for Sevenoaks Samaritans for an event or challenge please get in touch with jphillips@sevenoakssamaritans.org and we can help you set up your own fundraising page.

Sevenoaks Samaritans recognised in Sevenoaks Business Awards

We were thrilled to be nominated for this year's Sevenoaks Business Awards supported by the Sevenoaks Town Team. Thank you to the Town Team for including us in this prestigious business event. If you would like to know more about how we can support businesses, please contact jphillips@sevenoakssamaritans.org

Sevenoaks Festival Concert

We were so pleased to be the beneficiaries of a concert held during the Sevenoaks Sumer Festival by [the Listening Room Agency](#). We were joined by the Mayor of Sevenoaks Cllr Rachael Parry and the Chair of Sevenoaks District Council Cllr Avril Hunter and other distinguished guests at a beautiful concert by the Blue Café Duo, held at St Luke's Church Hall. Thank you to all who supported us.



Cost of Living Crisis

You may or may not be aware that volunteers completely run our Sevenoaks Hub, and we are responsible for all our own costs from rent, rates, utilities etc. We have been encouraging our volunteers to claim back any costs incurred in volunteering as we do not believe any volunteer should be out of pocket when supporting us. If you would like to help us build our funds to support our volunteers, by providing late night taxis, re-imbursing parking and paying increasing petrol costs, please consider donating to help us be there for others struggling to cope. Monthly regular donations really help us manage our costs. Please consider supporting us if you can.

- **£5 enables us to answer a caller for help and save someone's life**
- **£10 keeps our helpline open for just over one minute per month - enabling our volunteers to answer 100 calls per month**
- **£24 Could help us train and support a volunteer to be there for our callers**
- **[Click HERE to give a regular donation.](#)**

Join us at Outreach Events

Our outreach team will be participating in different events over the next few months. Please consider joining us at the following events.

5th September – [Heavy Horse Show](#) with Sevenoaks Lions.

10th September – Sevenoaks Station supporting World Suicide Prevention Day

5th November – Sevenoaks Fireworks with the [Sevenoaks Round Table](#)

Volunteer for Us

We are on the lookout for friendly and energetic listening and support volunteers. To find out about how to join our fabulous team please visit [HERE](#) or email: sevenoaks.recruitment@samaritans.org

THAT'S ALL FOLKS!

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