**Ed Kenny**

I have been a Listening volunteer with Samaritans for the past 10 years, first at our Bedford branch and now at King’s Lynn since we moved to Brancaster in 2016. I retired after a long career in commercial and I have just completed a psychology degree at UEA. Married to Belinda with two grown up sons plus George the dog. I volunteer because I strongly believe that our 24 x 7 x 365, ‘free to call’ service from any phone available to anybody who is in distress is an essential support for many, many people. It has been my privilege to join the Trustees board in the past couple of years and to have the opportunity contribute to our more strategic work.

**Valerie Woods**

I have been a Listening volunteer with King’s Lynn Samaritans for the past 6 years. I took early retirement from a management career in the NHS in 2016.  Looking to find a useful use of my time and still give something back to the community I became a volunteer with Samaritans.  After 2 years of being a volunteer I became a member of the Branch Trust Board.  Then in 2019 I took on the role of Deputy Director with a responsibility for Recruitment.

I believe the service we offer is second to none, all the more so because it is all done entirely by volunteers.

**Jill Goddard**

I have been a listening volunteer with Samaritans for 18 years, mostly in Somerset

then here at King’s Lynn since July 2020.  In 2018 I retired after many years managing finances and HR for businesses, and this background is very useful in my extra roles as trustee/treasurer and quality mentor.  Hoping in addition to join Samaritans Correspondence branch as a letter-writing volunteer.  Being a Samaritan has changed my life, expanded my skills, and given me a bedrock of true friends.  It’s a privilege to be a part of this unique family and to have our callers trust me with their deepest thoughts and feelings, on the phone or in writing.

**Eilish Crowson**

I have been a listening volunteer at Kings Lynn Samaritans for 3 years which is a privilege and extremley rewarding.

I am married and moved to Norfolk 4 years ago after I retired  following a very long clinical career in the NHS and just love living here.

Volunteering at Kings Lynn Samaritans is predominantly about listening to those who call us but has evolved to support the training of new volunteers as a trained trainer in Samaritans and Lead for volunteer support. The lead role works thanks to being supported by a group of 10 other listening volunteers.

The training, support, skills and friendships you develop when you join are second to none and very special.