

Brew Monday



To help celebrate and raise awareness of Brew Monday, Sevenoaks Samaritans is handing out tea bags and talking about the power of connecting over a cuppa and a catch up.

Service Director Kay Turner said: "It's simple, there is no such thing as Blue Monday. People can feel low at any point in the day, week or year and we want them to know that they are never alone.

"Forget Blue Monday and instead check in with people who you care about for a cuppa and a chat as talking really can save lives. Our volunteers are available around the clock to listen to anyone who needs support this Brew Monday and every other day of the month and year, 24/7."

The team has been in action at:

- The Bat & Ball Station Tea Rooms
- Bridges Café – Edenbridge
- Edenbridge Food Bank
- Seal Church Hall

Our next events are at
 Sevenoaks library 8th March 10.00 – 13.00
 Do come by for a chat and a cuppa.

