



Thank you for taking an interest in Eastbourne and District Samaritans.

We are here to answer the **free phone 116 123 helpline**, respond to emails and webchat. We are also open for face-to-face callers from 10:30am in the morning to 8:30pm in the evening. We are here for the community in the Eastbourne area and support a number of outreach activities.

We answer over 20,000 calls per year and nearly 90% of these calls involves a conversation around emotional support. Roughly 1/4 of our callers have had suicidal thoughts or are suicidal and 10% have been or are self-harming.

We are a lifeline to many of our callers who often have no one else to talk to. Our service is simple and follows 5 key principles:

- ◆ **Listening-** exploring feelings to alleviate distress.
- ◆ **Confidentiality-** if people feel safe, they are more likely to be open about their feelings.
- ◆ **Non-judgemental-** whatever your views or your situation, we listen without fear or prejudice.
- ◆ **Self-determination-** people have the right to find their own solution. We help our callers work things out. We don't offer advice.
- ◆ **Human contact-** We give our time and undivided attention with empathy in order to help reduce distress and despair.

Volunteer with us

....it might be the most fulfilling thing that you have ever done.

- ◆ Join our family of 90 **listening** volunteers and 15 **support** volunteers.
- ◆ Train as a listening volunteer.
- ◆ Become a support volunteer and help with events and activities or provide practical help with skills to keep our branch running.

Thank you for your support.

Our Branch is a separate entity registered with the Charity Commission and is affiliated to the national Samaritans. We raise all our own funds for the Branch which costs £60,000/year to run and The Haven needs to be kept warm 145 hours per week for 52 weeks a year. We receive half of our income from our wonderful shop on Grove Road, but we have to find the other half from fundraising activities.

See our website www.samaritans.org/eastbourne if you would like to make a donation or become a **Friend**. All the money goes to running the branch. We are all volunteers.

Eastbourne and District Samaritans
The Haven
13 Bolton Road,
Eastbourne East Sussex BN21 3JT
www.samaritans.org/eastbourne

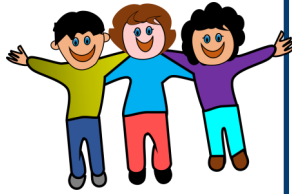


eastbourne@samaritans.org

Registered Charity No. 1170508



**Become a
Friend of Eastbourne Samaritans**



You will :

- ◆ Receive an Information pack on Samaritans
- ◆ Be invited to events and talks at the Branch
- ◆ Receive quarterly updates on what we are doing and news from the national charity
- ◆ Be able to join us for social events
- ◆ Meet current and past volunteers

Fund raising and raising awareness of what we do go together. People see us in Eastbourne and want to know more about what we do.

We are always amazed at how generous the public are.



Carol singing in December and collecting at the Beacon shopping centre.

We have had very successful fundraising events in the last six months.

Cargo Gym, Saffrons Park, Eastbourne is a great friend of the Branch and organised a fundraising Santa Workout in December and a 24 hour non-stop workout in July. The two events raised over £1,500. Thank you Sam Parish at Cargo Gym.



Cargo gym Saffrons park, Eastbourne.



Eastbourne Carnival June 2022

We were a group of singing and dancing emojis at Eastbourne Carnival in June and our stall was very popular at the 999 event in July.

Airbourne in August was a fantastic display of Red Arrows and air displays. We were the People's Charity and raised £3,311. Thank you Eastbourne for voting for us as one of the nominated charities at Airbourne.



Emergency Services 999 Event July 2022

A big thanks to local pubs who organised or hosted a number of events including Quiz night in October at Eastbourne Borough football club in Langney, raising nearly £800 and the Open Mic night at the Rodmill pub in November. This raised £130 in support of Samaritans and was promoted on Hailsham FM, including a replay of some of the songs as part of their Christmas show.



Sarah Millican Brighton Dome December 2022

Sarah Millican— we love you and your naughty jokes! We raised £1,373 collecting after your show at the Brighton Dome in December.

Sarah's 2022 tour of the UK raised over £179,000 for Samaritan branches. Brilliant!

Update

In spite of COVID still being around throughout most of 2022 followed by a dreadful bout of flu in December, as well as an exciting World Cup, we still managed to keep our service going well in Eastbourne throughout the winter months.

The Samaritan service is in increasing demand with nationally over 1 million calls answered per year. In the first 9 months of the year to March, our Branch answered nearly 16,000 calls which is 13% up on last year.

But we feel that we could do even better as we are having to close the Branch some shifts, especially during the night when our service is most needed. We are seeking to bring at least 25 new Samaritans into the Branch this year.

At the beginning of this year we had 90 active listening volunteers and 15 support volunteers. Ideally we need over 100 active volunteers so we can answer over 25,000 calls per year.

Our first training cohort of the year comprised of 7 trainees starting on 29 January 2023 and by the end of February they were being mentored in the duty room. Their training journey will be completed with a period of mentoring and “embedding” support until May. Another training cohort will start in June and this thorough training journey is the most crucial part of becoming a Samaritan.

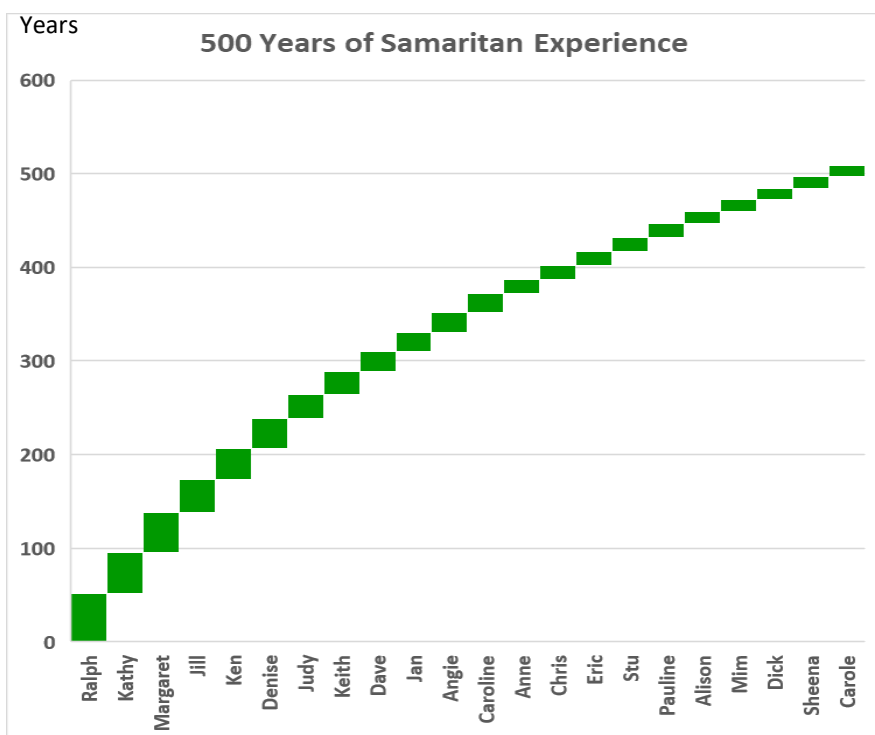
The Samaritans started 70 years ago

Eastbourne Branch is 58

The Rev'd Chad Varrah started the Samaritans in November 1953. Throughout his career Chad offered counselling to his parishioners and wanted to do something more specific to help people contemplating suicide. For many years, Chad would work all day and stay up until 2am or 3am writing scripts and cartoons to make ends meet. In the summer of 1953, Chad was offered charge of the parish of St Stephen in the City of London, a post which gave him the time he needed to launch what he called a '999 for the suicidal'.

Eastbourne Samaritans began in February 1965 in rented rooms in Christ Church, Seaside. We then moved to Terminus Road and subsequently to 25 Susan's Road. We have been in Bolton Road since 1992.

The shop was opened in 2005 and for this we have to thank a number of our current volunteers including **Keith 770** and **Margaret 427's** husband Jeffrey Russell who was Branch Treasurer at the time and who passed away in early 2023. Thank you Jeffrey, RIP.



Celebrating 500 years of listening

Over the years we are proud of the strong sense of identity that we have at the Branch. We are a grassroots membership organisation and there is a strong feeling of loyalty to our Branch. This is demonstrated by the amazing fact that our **22 longest serving Samaritans** together have **500** years of service. Well done Eastbourne!

Note our 5 longest serving Samaritans collectively have 200 years of experience. Thank you **Ralph 277, Kathy 414, Margaret 427, Jill 587 and Ken 630** and the other 17 who make up the 500 club!

Eastbourne Branch Strategy

We have recently launched our strategy for the Branch under the five pillars of the national Samaritans' strategy. Our main objective is to offer emotional support to our callers nationally on the phones, email and webchat but also to expand our reach to Eastbourne and District in raising awareness of suicide prevention and providing emotional support.

Access: We want to increase the number of active listening volunteers to 100 from 90 in 2021/2. We want to increase our night coverage to 10% of our listening hours from 5.8% in 2021/2.

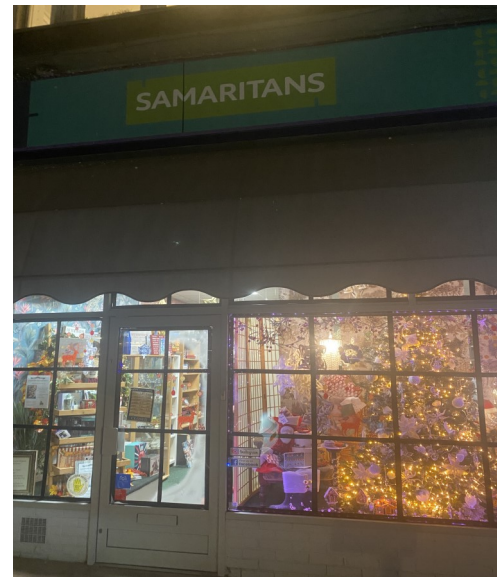
Reach: We are very proud of the support that we provide to HMP Lewes prison in partnership with Horsham and Brighton branches. We want to expand our reach to the Eastbourne community with more outreach activities to schools, the railways and other communities who can benefit from our listening skills and emotional support.

Impact: The national charity is taking a more proactive approach to influence national and local policies in areas of suicide and self-harm prevention. Here at the local level our Branch seeks to be more proactive in getting the message out there through the local media and events.

Capacity: We want to be valued for the role that we play in providing emotional support to those that need it in the community and nationally. We review and upgrade our skills regularly.

Sustainability: We need to raise all our own funding and we are all volunteers, the costs of running the Branch will continue to increase and we need to value our key donors and find new partnerships.

Visit our award winning shop

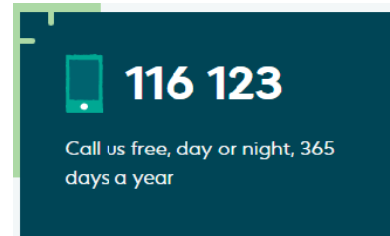


Visit our lovely shop on Grove Road. You'd be amazed at what you might find there— Prada shoes, fine porcelain, bric- a- brac, designer clothes, rare vinyl records.

31 Grove Rd, Eastbourne BN21 4TT

tel:01323 636624

Contact Samaritans Helpline



jo@samaritans.org



Our Branch has volunteers in the Haven between 18.5 and 24 hours per day or up to 144.5 hours per week.

We support our callers and have volunteers in the Branch for up to 24 hours over Friday, Saturday and Sunday. Our Branch lights up to turn Samaritan green in the evening.

We are open for face-to-face visitors from 10:30am in the morning to 8:30pm in the evening and we will extend the hours to 10:30PM in the summer months.

