

SAMARITANS

BRISTOL

Need to talk?

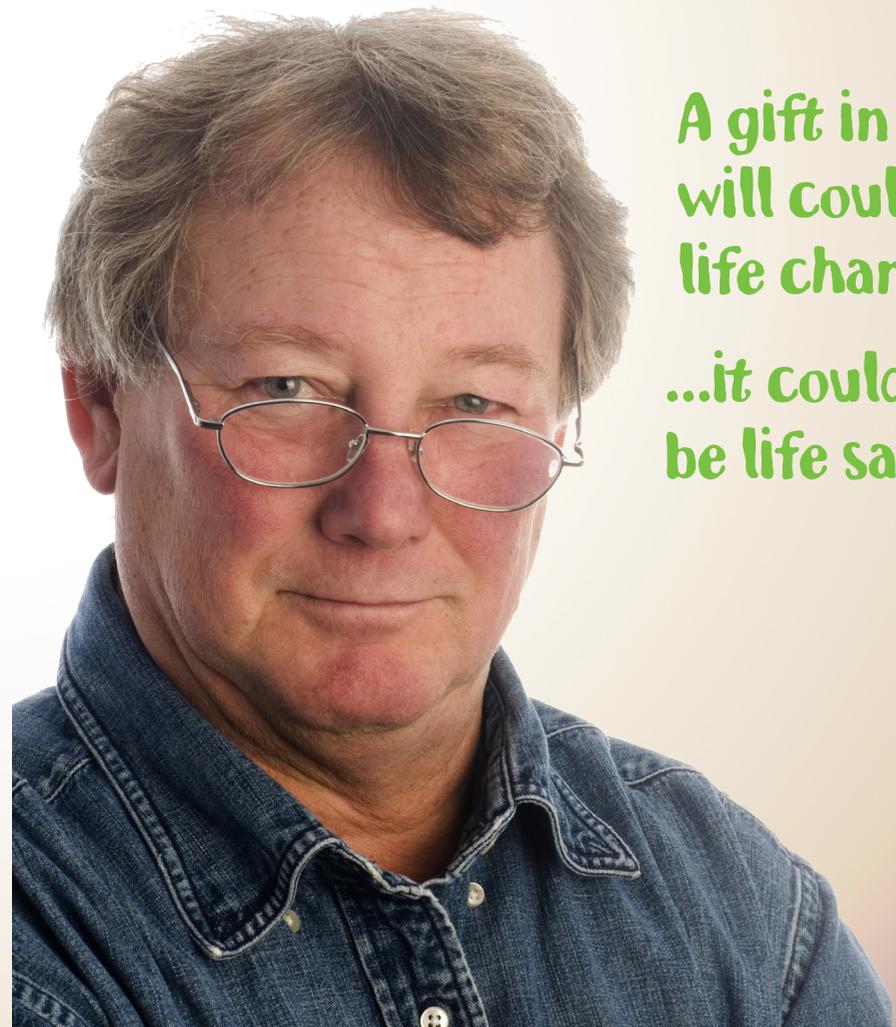
If you or someone you know needs confidential support, please use one of the following methods to get in touch.

Visit: 37 St Nicholas Street, Bristol. BS1 1TP

Phone: 116 123 (*Free Call*)

E-mail: jo@samaritans.org

Registered Charity No. 1168123



**A gift in your
will could be
life changing...**

**...it could also
be life saving.**

The difference a gift will make ...

Your local branch of Samaritans serves all of Greater Bristol and South Gloucester. Every year, we receive nearly 54,000 contacts by phone, emails, texts and callers visiting in person.

We have 170 dedicated volunteers, each giving 15 hours or more every month to offer support at every hour of the day and night to people who are despairing, distressed, suicidal, isolated, alienated, bereaved, traumatised, abused, in debt, in court, in crisis, in trouble, in hospital and in need of our support.

Our local branch offers people in crisis the chance to talk to a trained listener in total confidence. Samaritans don't judge - they listen; they don't advise - they try to help people find their own way. There aren't always happy endings. Sometimes life is hard to bear but Samaritans want to be there to share the burden whenever we can.

Your gift will make a lot of difference to people who need it most.

Your gift will help Bristol Samaritans to be there.

Whenever we are needed, we aim to offer the best service we can. Our callers often tell us that contacting Samaritans was a life-changing experience; sometimes they tell us it was life-saving.

Your gift will help with our running costs.

Our operation needs to be efficient and keep pace with changing technology and lifestyles. We want our premises to be well maintained and welcoming to callers and our volunteers.

Your gift will help us to recruit and train volunteers.

It takes about 40 hours to train a volunteer followed by a period of supervision and mentoring. We are rigorous in selecting volunteers and thorough in their training and it costs £50 to train each new volunteer.

Your gift will help us to connect with people in crisis.

We spend what we can on targeted advertising, distributing literature and talks in our communities and, of course, we're in the phone book. The more we can afford to spread our message, the more we can connect with people in crisis.

How to make a gift...

You might like to donate in a special way. You could talk to us about donating our running costs for a week, a month, a year, or training the next group of volunteers. It costs about £170 per day to run our branch and we have to raise all our own funds as we receive no statutory grant aid. However you choose to donate, we're extremely grateful for your support.

What next?

If you can make a gift to Bristol Samaritans now, or in your will, you can either:



Talk to your solicitor about leaving a bequest in your will to "Bristol Samaritans" (the enclosed sheet gives more detailed information about legacy giving)



Call our Bristol branch on 0117 927 9387



Email us at: mail@bristolsamaritans.org



Write to: The Treasurer, Bristol Samaritans, 37 St Nicholas Street, Bristol. BS1 1TP



Find more information on the Donate page of our website: www.samaritans.org/branches/bristol-samaritans/fundraising-bristol-branch