**For immediate release**Date: [INSERT DATE]

**Local Samaritans volunteer takes on iconic London Marathon and encourages everyone to believe in tomorrow**

* Jenny Adams, 44, from Northallerton, has been answering calls to Samaritans for over four years
* The 2024 TCS London Marathon is Jenny’s first marathon after being inspired to sign up by the courage of people who reach out for support

A local Samaritans volunteer from Northallerton is running the London Marathon this April aiming to raise vital funds and awareness of the suicide prevention charity, which is the 2024 TCS London Marathon Charity of the Year.

Jenny Adams, 44, a solicitor, has been answering calls for help for over four years, having seen her father struggle with mental health issues growing up. Now, she’s taking on the iconic 26.2-mile challenge to ensure life-changing emotional support continues to be available for everyone who needs it.

**Jenny said:** “I am hugely inspired by the courage of the people who reach out to Samaritans and are facing really difficult situations. I’ll certainly be drawing on their strength to help inspire me to get through the marathon, especially the most difficult miles.

“I hope all the Samaritans runners help to remind everyone that, if you are struggling, life can get better. Remembering that suicidal thoughts, and other challenges we face, are rarely permanent can be crucial – in some cases life-saving.

“I don’t shout about being a Samaritans volunteer much, but I am hugely proud to be part of Northallerton branch and helping provide a listening ear for anyone currently struggling.

“When I was a child, my dad had severe depression and he felt like he couldn’t talk to anyone about it. I know him contacting Samaritans would’ve helped him. I hate the idea people may still be feeling the same way now, even though the stigma around help-seeking is improving.

“Samaritans’ slogan for the marathon is *Believe in Tomorrow,* which is exactly what I hope anyone who calls Samaritans takes away with them.”

All the money raised by Jenny will help Samaritans recruit more volunteers and help the charity keep its helpline open 24 hours a day, 365 days a year.

With two months to go until the big day, Jenny is holding a fundraising evening at the branch on Broad Street on Saturday 17th February, involving a quiz and an auction of promises, hoping to help reach her £2,500 target.

**[Please add in info about any marathon activity your branch is planning i.e. arranging a town takeover, lighting up green, fundraisers etc]**

**Jenny continued:** “I know times are tough financially, so anything anyone can spare – the price of a coffee – will help, £5 could help answer a call for help. I am regularly reminded of the difference volunteers make and know first-hand just how important keeping the helpline going is.

“My training has gone well so far, thankfully – and fingers crossed it will continue to. For me, running the London Marathon will be a once-in-a-lifetime achievement so I’m determined to enjoy every second – and every metre, even the hard ones!”

Samaritans volunteers across the UK and Republic of Ireland spent over one million hours responding to calls for help in 2022 and continue to be there around the clock for anyone who needs a listening ear, helping them believe in tomorrow.

To follow Jenny’s progress and donate, visit her Enthuse fundraising page here.

**Ends**

For more information, photos, or to arrange an interview, please contact X

**About Samaritans:**

* Anyone can contact Samaritans FREE any time from any phone on 116 123, even a mobile without credit. This number won’t show up on your phone bill. Or you can visit [www.samaritans.org](http://www.samaritans.org/)
* Every 10 seconds, Samaritans responds to a call for help.
* Samaritans is a charity and it’s the public’s kind donations and 23,000 volunteers that mean we are always there for anyone struggling to cope. Find out how you can [support us](http://www.samaritans.org/supportus) or [volunteer with us](https://volunteer.samaritans.org/volunteer).
* You can follow Samaritans on social media on [Twitter](https://twitter.com/samaritans), [Facebook](https://www.facebook.com/samaritanscharity/) and [Instagram](https://www.instagram.com/samaritanscharity/).