

Sevenoaks Samaritans Newsletter

April-June 2023

Outreach in our community



Outreach is a big part of volunteering outside our hub at 105 St John's Hill, where we answer the phones to people who call for help. We've been out and about this quarter, giving emotional support and raising our profile at Sevenoaks station as part of Southeastern's Wellbeing Day; at Buckhurst Lane and Sevenoaks Markets and at the Chamber of Commerce's Summer celebration.

We also ran an open day at St John's Hill to show



how we take calls and help people work out a way forward in difficult times.

Pics show (top) volunteers Felicia, Karen, Dave and Roy with visitor Gloria Hunniford OBE at Sevenoaks Market and (below) Ellie, Jill, Karen and Judy with Southeastern staff at the Southeastern/Sevenoaks railway station wellbeing day

Emotional support



We trained volunteers in Samaritans' new Outreach approach in April (*above*) A lively morning at Bat & Ball Booking Hall saw volunteers role playing and discussing how to offer emotional support in a safe and supportive way, how to keep the conversation focused and to avoid self disclosing (Samaritans remain neutral during conversations) without seeming rude – harder to do than you might think!

Food for thought

We extended our outreach with a first visit to Sevenoaks Foodbank in June, where we supported users in face to face conversations. Like our now regular visits to Edenbridge Foodbank (which we also visited in June), Outreach lead Karen Gibbons reports that 'both the users and the staff appreciate us being there. We feel we can really help people, through talking on the day, by sharing our listening skills, or just by spreading the message that Samaritans is there for them when they need us'.

Snack survey



We run on tea and biscuits at Sevenoaks Samaritans, so we ran a survey to find out which snacks we should be stocking. KitKats took the biscuit, while Custard Creams and Mini Cheddars wrapped up in second and third places.

Sevenoaks Samaritans
Newsletter

April to June 2023

sevenoaks.recruitment@samaritans.org

SAMARITANS

Sevenoaks

Sevenoaks Samaritans is operated as part of Samaritans of East Surrey, a registered charity

Samaritans tops for Sevenoaks football club



Sevenoaks Town youth coaches in Sams training tops (above); below, volunteers Barbara, Sue and Karen at the club's awards day

We deepened our relationship with Sevenoaks Town Football Club, delivering Samaritans-branded training tops to the club's youth coaches, which they'll wear during their Saturday training sessions, and by taking a stand at their annual awards day, both in June.



The club boasts 69 teams and coaches are keenly aware of how sport can help our community's mental health – and why it's important to look out for team members

who may not be doing so well. According to community engagement lead Dave Hickson, club members told him: 'just having the name and number around, it's going to help. In my mind, us being there sows the seed for someone who might need us in ten years' time.'

Quiz time

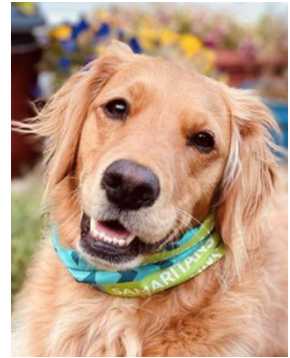
A big thank you to the Greyhound pub at Charcott, for dedicating three of its lively and thought-provoking quiz nights to Sevenoaks Samaritans, raising an extraordinary amount from its generous regulars and matching that amount from its own funds. We're so grateful for their support. Because our volunteers have a range of life experience, we can field a strong quiz team ourselves – on one of the nights we were the only team who knew that Katharine Hepburn had won four Oscars!



Pic shows volunteers Jayne, Jane, Rob, Matthew and Dave at the Greyhound quiz

Next time

We'll report on Mooch with a Pooch – our canine 'marathon in a month' fundraising push in July, part of the national charity's Samarathon event.



We're asking our volunteers and supporters to sign up their dog to walk a sponsored 26.2 miles. Look out for our Dog a Day tweets on @SamsSevenoaks, or why not sign up your own dog and walk with us? Go to <https://samarathon23enthus.com> and search for Sevenoaks or Mooch with a Pooch.

Sevenoaks Samaritans
Newsletter

April to June 2023
sevenoaks.recruitment@samaritans.org

SAMARITANS

Sevenoaks

Sevenoaks Samaritans is operated as part of Samaritans of East Surrey, a registered charity