

SAMARITANS

Banbury & District

**Whatever
you're facing**
We're here to listen

Annual report 2018–19

Director's Report

A Quality Team

There is no way that I can start this report without firstly recognising the commitment of the Samaritans at our branch.

We are blessed indeed by having a band of folk who are dedicated to the work they do and give freely and generously of their time. Like all of us, they too have their own private lives with obligations and demands and rely on the support of their families and friends.

The work of the Samaritan, by its very nature, is demanding and can be distressing and for some branches retention is a problem. It was gratifying therefore this year to compare annual national retention data with our own and to discover that our loss was 7% compared with the national figure of 22% whilst our recruitment was comfortably in excess of our losses. This I believe illustrates the calibre of our team.



Encouraging Branch Review

Within six months of the appointment of a new Director the branch is subject to a review programme of all aspects of the work it does. This is a remarkably forensic and thereby demanding procedure.

I was delighted to record last year in the Annual Report (2017-18) that the Visitors' assessment of the branch was indeed of a high order.

Following the initial report further visits are also made and it was heartening last November to receive such encouraging words as "drive and enthusiasm", "clear vision for the future", "robust and comprehensive outreach programme" amongst others as a result of their follow up visit.



Emotional Support outside the Branch

The purchase by our last director of a splendid gazebo together with an array of supporting kit has proven to be a real asset in providing us with a clear presence in a wide variety of places outside the branch. It has to be said that shelter from the elements has been very welcome too!



However, a key role that it has enabled us to fulfil has been that of being out in the community and supporting distressed folk who are greatly in need of unburdening themselves. The ear of a Samaritan then becomes a welcome and probably unexpected opportunity to do just that.

Samaritans in these situations need specialist training and this year we were able to extend our small team thereby enabling us to have colleagues alongside us where these skills were needed. Certainly our outreach programme included particular settings that afforded folk the chance to chat in confidence about deeply disturbing matters.

Reaching Men

The annual statistics concerning suicide show consistently that almost three quarters of the total number of those who take their own lives are men. Sadly too the biggest portion of these is young men. One of the focuses of the branch has been to find ways in which we can reach more of those who fall into this category.



Attending beer festivals in Hook Norton and Brackley together with Brackley Motorcycling Festival has been a good start. Banbury and Brackley Football clubs, Brackley's Ronin Sport-Fit gym and a number of public houses in Banbury have also been sympathetic to our eagerness to display our materials.



It is a start but we continue to look for ways in which we can sustain what we presently do and extend it where possible.

Banbury Young Homeless Project (BYHP)

Where possible branches are expected to enter into a partnership with other organisations where the values and practices complement and support one another.

We have been very fortunate in securing such a partnership with BYHP (Banbury Young Homeless Project) located in Chandos Close. BYHP is a charitable organisation that supports young people between the ages of 13 and 25 who are homeless, at risk of homelessness, disadvantaged or in need of guidance.

Our engagement is to support on a monthly basis its Health and Wellbeing programme. It is certainly proving to be a worthwhile and engaging experience.

Engaging with Our Local Communities

The branch covers a wide area encompassing North Oxfordshire, South Northamptonshire, the top corner of Buckinghamshire, and the bottom of Warwickshire. It is important that we establish and maintain links with these communities so that they are aware of our work and the presence of this well regarded national charity within their immediate neighbourhoods.

The relationship with Banbury Town Council remains a strong and greatly valued one. Over the past 18 months we have established new ties with Brackley also. Such partnerships enable us to have a presence at key events in these towns' calendars. Brackley has added our taking part in its Beer Festival and its Festival of Motorcycling as well as being invited to a number of notable annual public civic events.

Will Adams, Director, Banbury & District Samaritans

Becoming a Samaritan

Samaritans are not experts; we are ordinary people who are fully and carefully trained to support callers by means of ‘active listening’. We hope that by listening to people in this way we will help to realise Samaritans’ Vision that fewer people will die by suicide. Training is designed to enable you to do this.

Active Listening

The active listening which is central to Samaritans’ training is different from ordinary everyday listening. It requires an ability to give people time and attention (all the time they need), to focus fully on them (we never talk about ourselves), to help them to talk through their worries and troubles. Not to be afraid to explore difficult areas and to do so without judgement, without telling the caller what to do and without giving advice: the caller is best placed to decide what’s best for them after exploring their options and Samaritans respects the caller’s decisions.

Training

Training takes place at the branch, led by specially trained Samaritans. The programme is uniform and consistent across all branches, so it doesn’t matter which branch trains you – you will be trained in exactly the same way and with exactly the same outcome.

Initial training is for ten weekly three hour sessions, usually on a weekday evening. During this time you will learn about Samaritans’ policies and procedures and how to support callers by active listening. (These skills are very useful outside Samaritans too).

You will have a chance to practise through role plays (current Samaritan volunteers act as callers via telephone from home).

Training new Samaritans is an important part of the branch's activity: in addition to the training team about half of the branch is involved in this, as role players, mentors or administrators. All Samaritans follow the same policies and procedures over the whole organisation.

In Banbury branch up to eight people will be selected to be in the training group – often, strong bonds are formed between the group members as they encourage each other through training. There are currently two training groups per year.

Valuable and Rewarding

The ten week initial training is followed by a probationary period of at least six months, throughout which you will be supported by an experienced Samaritan as mentor. During this time the second stage of initial training takes place.

The aim is that at the end of it you will be able to recognise and put aside your own prejudices in order to listen fully and actively, to support anyone who chooses to contact us: often someone who's very distressed, perhaps suicidal. You will also have an opportunity to explore your own attitude to death and suicide.

The training is rigorous and thorough, and it can be challenging. Some of it might surprise you. But many people find the experience very valuable and rewarding.

Kate Wait, Training Director

How much it cost

12 months ended 31 March 2019

| EXPENDITURE | £ |
|--|---------------|
| Rent | 4,600 |
| Utilities & Rates | 2,342 |
| Branch Contribution to Central Charity | 939 |
| Cleaning & Housekeeping | 1,007 |
| Equipment purchases | 783 |
| Advertising & Outreach | 1,710 |
| Phone line | 1,650 |
| Training & Recruitment | 2,310 |
| Volunteer & Director's expenses | 11,845 |
| Fundraising costs | 595 |
| Stationery, Postage & Office expenses | 759 |
| Governance costs | 248 |
| Maintenance & Inspection charges | 3,198 |
| Insurance | 363 |
| VAT | 1,122 |
| | |
| TOTAL | 33,471 |

£142 will pay for the publicity costs for the Branch for one month.

£92 will support the work of the Branch for 24 hours.

£5 will pay the phone bill for one day in the Branch.

£4 will support the work of one Samaritan for one hour.

Banbury & District Samaritans are indebted to all those who have contributed so generously over the past year. Please continue to support us. We depend on voluntary contributions.

Where the money came from

12 months ended 31 March 2019

| INCOME | £ |
|--|---------------|
| Donations | 20,879 |
| Gift Aid | 1,023 |
| Fundraising Income | 9,275 |
| Lotteries | 109 |
| Reimbursements | 7,803 |
| Grants/Trusts | 1,687 |
| Trading Income - sale of Christmas cards | 327 |
| Sales VAT | 14 |
| | |
| TOTAL | 41,117 |

Balance Sheet as at 31 March 2019

| | £ |
|-----------------------------------|---------------|
| Balance brought forward | 21,903 |
| Excess of income over expenditure | 7,646 |
| | |
| TOTAL | 29,549 |
| | |
| Cash at bank | 29,549 |
| | |
| TOTAL | 29,549 |

Thank you!

We are extremely grateful to all our supporters. Every donation we receive helps us to provide vital services to people in emotional distress.

Our supporters include:

A Perry
A Sinclair
Adderbury Cine Club
Anon Donor
Audrey Bench
Banbury Charities
Banbury Crematorium
Banbury Round Table
Brackley Round Table
Byfield W I
C Keane
Caroline Gilbert
Celia Chandler
Duns Tew PCC
Cherwell Lodge L599B
Chipping Warden Parochial Church Council
Chris Humphris
Croughton W I
D & J Walker
Derek Jones
Dr I C Dellacqua
Dun Cow, Hornton
Duston W I
E Herringshaw
Flore W I
G Cooper
G Lewis

Gordon Catlin
Helmdon Mothers Union
In memory of A M Paulo deceased
In memory of A R Price deceased
John Critchfield
John Haywood
John Stephenson
Jon & Richard Wyness
Jonathan Moore Trust
Lady Greenaway
Laura & Rebecca
Lois Weedon & Weston W I
M Holstead
M Humphris
Martin Bird
Mick & Angey Yallop
Milton & Collingtree W I
Mr & Mrs I Draper
Oakley Vale W I
P L Hotson
Peter & Mary Chaunt
Phil Cliff
Primary Bereavement Service
Professor W E J Neal
Queensgrove Methodist Church Tuesday Ladies Group
Roade PCC
Rotary Club of Brackley
St Hugh's Parochial Church Council
Susan Hughes
Sutton under Brailes PCC
Syresham Wesleyan Reform Chapel
T O'Donnell
Terry Beasley
The Claire Squires Fund
Will Adams
Yvonne Miller

How you can help

Become a volunteer

- I'm interested in becoming a volunteer in either a listening or a support role. Please send me information.
(Please fill in your details overleaf)

Spread the word

- Our organisation would like a speaker at one of our events.
(Please fill in your details overleaf)

Donate

- I would like to make a donation of £ towards the work of Banbury & District Samaritans.
(Cheques to "Banbury & District Samaritans")
- Please claim Gift Aid on my donation.
(Please fill in your details overleaf)

Boost your donation by 25p of Gift Aid for every £1 you donate.

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

My details

NAME

.....

ADDRESS

.....

.....

POSTCODE

EMAIL

.....

TELEPHONE

DATE

Please return this form to:
The Director, Banbury & District Samaritans,
33 Albert Street, Banbury, OX16 5DG

The branch conforms strictly to all current legal data protection requirements. Banbury & District Samaritans is part of Samaritans, a charity registered in England and Wales (219432) and in Scotland (SC040604) and a company limited by guarantee registered in England & Wales (757372). Samaritans' registered office is located at The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF

We're here to listen

Call free day or night on

116 123

Email

jo@samaritans.org

Web

samaritans.org/banbury

Visit us

**33 Albert Street
Banbury
OX16 5DG**

SAMARITANS