

*To all you Wonderful Samaritan volunteers, supporters  
and newsletter readers wherever you are...*

## Enjoy a Happy Christmas and a Prosperous New Year



In addition to the Christmas Quiz on page 9 here's another competition for you all. Hidden in the pages of this edition is a picture of Santa - just like the one here on the left. Find it and send an email with the page number and Santa's location to: [gkdavison46@gmail.com](mailto:gkdavison46@gmail.com). *There's a prize for the first correct entry to be drawn.*



James 290  
Branch Director

### Branch Director's message...

Welcome to this, our Christmas, Newsletter. I'm writing my message to you all just a few days after our Annual Branch Meeting. This was an enjoyable event attended by over 30 volunteers. Following an update and review of all that's been happening during 2023 we took part in a great quiz devised by Gordon. This included a photo of our founder. I would have loved to report that every team recognised him! Our new Regional Director, Belinda, was also in attendance and the evening was concluded with a great contribution from Keith... *(also see page 2)*. 2023 has been an inspiring year for us. Little wonder that it is finishing with a flourish of activities and success stories, some of which you will no doubt read about in this newsletter. I'm certain that 2024 will also be another superb year. Soon we'll be blessed with the introduction of no fewer than 6 new Samaritans. We're grateful to Kath and her team for the time they have put into making sure that we have an outstanding training programme in place helping to secure the future of our operations. I'm sure you will all welcome and encourage our new Samaritans. So, finally, may I say a big THANK YOU to everyone for your time and commitment during the last year. You are all indeed wonderful people. I hope every one of you enjoys a really great Christmas and New Year.

James

### 'Thank you' from the editor

I'm finding it hard to believe that this is the fourth edition of our Scunthorpe Newsletter.

I remember only too well when, at a branch meeting, the idea of a newsletter was discussed. With what must have been a sudden surge of blood to my brain, I agreed to undertake the production of what was thought would be two (or perhaps three) pages of news every quarter.

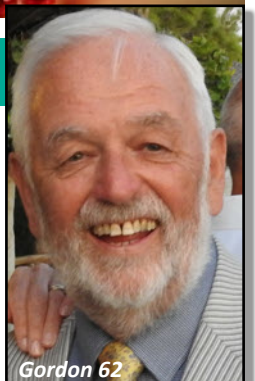
That undertaking has led to what we have today... a publication of never less than eight pages... growing in its content, to which so many of you brilliantly contribute... and a readership which is also growing way beyond our immediate branch volunteers!

I feel its value has been enhanced by, not only bringing you news of what's going on within the branch, but by the great stories we've featured about individuals (both Samaritans and supporters) and some of their magnificent achievements and contributions. I hope everyone who reads these pages will have enjoyed (and will continue to enjoy) doing so..

I want to say a huge thanks to everyone who has helped to make our newsletter one which I hope you are all proud of... and finally a wish for you all;

**Happy Christmas to you and your families.**

Gordon



Gordon 62



## New Regional Director attends Annual Branch Meeting

New Regional Director Belinda Merrison attended the Annual Branch Meeting recently held at Brumby Hall.

An encouraging turn out of volunteers made it a huge success and their participation in the various aspects of the evening meant that it was also an enjoyable and sociable event.

In addition to the formal business associated with an Annual Branch Meeting a variety of presentations and activities all combined to keep everyone interested. There was also plenty of time to chat and meet up with new Samaritans attending for the first time (especially whilst there was an excellent buffet for all to enjoy).



Madeleine, Suzy, and Branch Director James get some updates from Regional Director Belinda



Tea and conversation... A good combination as Cathy, Julie and Carol get to know Regional Director Belinda



Time for cake... Pam and Barbara share the honours

Other items on the agenda included presentations by Cathie on our shop activity and Keith who Spoke about the year's outreach events. There was a quiz and also an informative session delivered by Premises Manager Paul on use of defibrillators now installed in the branch and shop. Our Regional Director spoke about Safeguarding and the Samaritans *Quality and Service Improvement Hub* with particular reference to the 'Listening In' system. She said the objective of having this was to ensure that we maintain a safe, effective and positive experience for everyone, both callers and volunteers. Eventually it is hoped that every branch will have at least one volunteer to take on a listening in role.

A highlight of the evening's events was the cutting (or rather the eating) of a magnificent Scunthorpe Samaritans birthday cake. Not only was it expertly and imaginatively decorated but it also had an amazing taste (especially if you managed two slices!!!). It was cut by two of our longest standing Samaritans Pam and Barbara. A huge thanks to Patrick's husband David for producing this for us to enjoy. So... all in all, a good night was had by all. Full of fun and friendship but also valuable in the way important information was delivered. If you've not been to one of the branch's regular meetings before perhaps you could give some thought to attending the next one if you can? It's certain you'll enjoy the friendly atmosphere.



### A REMINDER

Do you know anyone who would appreciate receiving the Scunthorpe Samaritans Newsletter on a regular basis?

If you do, please inform the Editor (gkdavison46@gmail.com) and supply an email address to be added to our circulation list.

NB Please ensure you have permission to pass on an email address before doing so.

*Thank you*



Nick Ray lives in Tobermory on the beautiful Isle of Mull in Scotland. Amongst his many attributes he is a proponent of minimal living, an expeditionary sea kayaker, adventurer, photographer, writer, and inspirational public speaker. Importantly, he's a vocal advocate for mental health and suicide prevention. Nick lives with treatment resistant depression and is a suicide attempt survivor. His website 'Life Afloat' (<https://www.lifeafloat.co.uk>) is well worth a visit.

We are honoured that Nick has agreed to write this article exclusively for our Newsletter. I know you will all be inspired by his story...

Editor



Nick Ray... Navigating a perpetual storm

## A Journey of Hope

By Nick Ray

I live with enduring clinical depression and at times, powerful suicidal ideation. I find this can be like navigating a perpetual storm within the confines of my own mind. Many days are sometimes a relentless struggle, the weight of persistent despair casting a shadow over even the simplest of tasks. The vibrancy of the world fades into muted tones around me, and experiencing joy becomes an elusive concept.

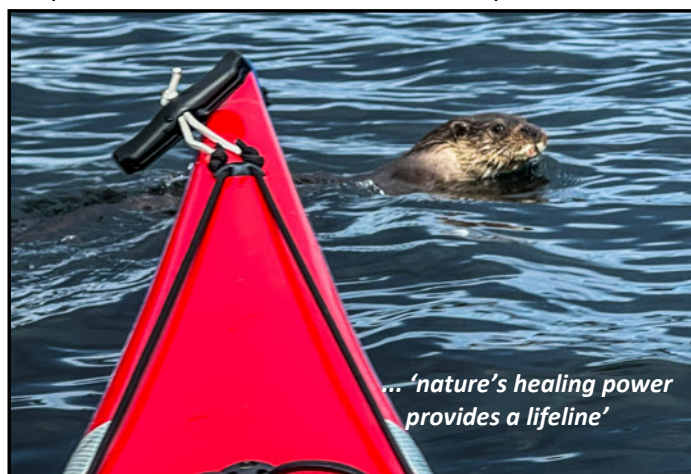
In my low ebbs, my mind is a battleground, assailed by intrusive thoughts which seductively suggest to me, there is wistful escape through completing my suicide. It's akin to a journey through a dense fog, where hope feels like a distant memory. My sense of isolation can be profound, as the darkness wraps around me like a suffocating cloak, making it a challenge to connect with the world around me. Enduring clinical depression and suicidal ideation transforms time into an endless loop of psychological and emotional pain, where my future appears bleak, and the past is a haunting reminder of lost happiness.

**Seeking professional help is an essential lifeline for me but the journey towards recovery is mine alone.** This can be like a slow and arduous paddle into a gusting headwind, where each metre gained is a hard-won victory against the relentless pull of despair.

Embracing nature is my refuge, a sanctuary which cradles my weary soul with gentleness and offers solace amid the tempest of my depression and the haunting whispers of suicidal ideation.

As I explore the wilds of Scotland or stand in awe beneath the vast expanse of a star-studded sky, a profound sense of interconnectedness envelopes me. The whispering winds, the musical cacophony of birds, and the eternal rhythm of waves, remind me I'm part of something greater, something resilient and enduring.

Nature becomes my confidant, a silent witness to my inner turbulence. The soothing touch of the earth beneath my feet and the fresh, invigorating air around me, breathe life into my weary spirit. In these moments, the weight on my shoulders begins to lift, and mindful awareness of the kaleidoscope of colours and textures, offers a respite from the monochrome of despair.



**Nature's healing power is not a cure-all, but it provides a lifeline, an anchor grounding me in the vitality of the present and offering a glimmer of hope for every tomorrow.**

Embarking on adventures has proved to be a transformational and crucial aspect of my journey in coping with depression and suicidal ideation. The allure of the unknown and the challenges which come with each new expedition, provide a powerful distraction from the darkness often clouding my mind. The infusion of mood enhancing adrenaline and sense of accomplishment which accompany overcoming obstacles in the great outdoors, serve as a stark contrast to the internal struggles I face.

... continued on page 4

Through these adventures, I discover my own resilience and strength, and this helps reshape my perspective on life. Nature becomes a therapeutic canvas, allowing me to escape the confines of my mind and find solace in the beauty that surrounds me. **Each adventure serves as a beacon of hope, illuminating the path towards healing and offering a glimmer of light in the face of despair.**

Embarking on my recent year-long solo sea kayak journey around Scotland proved to be a transformational odyssey, not only in the physical sense but, more importantly, in the depths of my own self-discovery. I departed Tobermory on the Isle of Mull on August 28th 2022 and returned to the same beach, a year later, on the August 28th 2023. This was the day I turned sixty years old!

I camped wild, journeyed through all seasons, visited every loch on Scotland's mainland and covered over 3,000 miles, alone and self-supporting.

Against the awe-inspiring backdrop of the rugged Scottish coastline and the ever-changing sea tides, I found solace and a profound connection with nature which acted as a healing balm for the wounds of depression and suicidal ideation I'd carried so long.

The rhythmic paddling, the atmospheric sound of waves crashing against the looming cliffs, and the endless expanses of oceanic vistas, served as a metaphorical journey through the recesses of my mind. In the solitude of the open water, I confronted the darkest corners of my thoughts and emotions, learning to navigate the turbulent currents within myself.



*'I camped wild, journeyed through all seasons, visited every loch'*

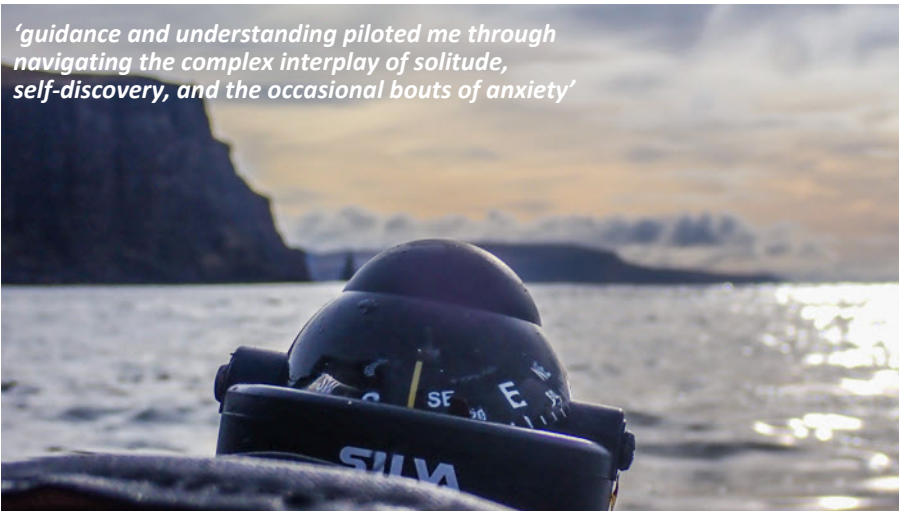
The isolation of the journey allowed me to delve into the complicated intricacies of my mental health, acknowledging the nuances of my depression and finding strength in my vulnerability.

As the days turned into nights beneath the expansively dark Scottish sky, I discovered resilience within the challenges of the open sea. Facing fierce storms and embracing the serene moments of calm, I learned that life, like the ocean, is unpredictable. The kayak became my vessel of hope, propelling me forward even when the depths seemed insurmountable. Each stroke became a metaphor for my determination to move beyond the shadows which had cast their long, persistent presence over my adult life.

The encounters with the coastal communities of Scotland further enriched my journey. Engaging with the warmth of strangers and the camaraderie of fellow adventurers, I realised the power of human connection in dispelling the isolation which often accompanies mental health struggles. The sea, with its vastness, mirrored the expansiveness of possibility in life, offering a renewed perspective which transcended the confines of my own mind.

During my year-long kayak journey, maintaining regular contact with my community psychiatric nurse proved an indispensable source of support and stability. The unpredictable nature of my adventure, coupled with the inherent challenges of long-term solo travel, made the consistent communication with my mental health

*'guidance and understanding piloted me through navigating the complex interplay of solitude, self-discovery, and the occasional bouts of anxiety'*



professional a crucial lifeline.

Despite the physical distance, our text conversations provided a comforting anchor, allowing me to share the highs and lows of my expedition. Her guidance and understanding piloted me through navigating the complex interplay of solitude, self-discovery, and the occasional bouts of anxiety which often arose during my journey. Her unwavering support not only helped me manage my mental health but also fostered a sense of connection to the familiar, reminding me I wasn't entirely alone in my venture.

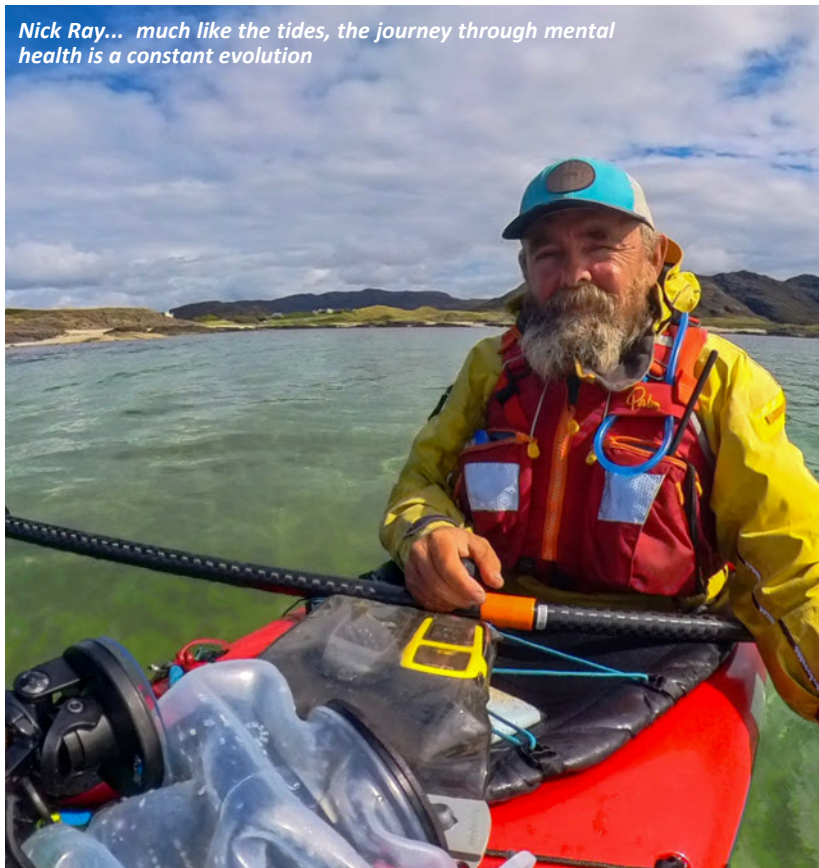


In essence, the regular contact with my community psychiatric nurse became a therapeutic thread woven into the fabric of my adventurous odyssey, offering reassurance and empowerment when I needed it most.

In the final stretch of my circumnavigation, as the rugged cliffs of the western Scottish coastline came into view once again, I reflected on the person I had become over the course of this extraordinary year. The sea kayak journey had been more than a physical expedition; it had been a pilgrimage into the depths of my soul. I emerged from the adventure with a newfound understanding of my resilience, a profound appreciation for the beauty of life, and a sense of purpose which anchored me in the present. The sea, with its ceaseless ebb and flow, had taught me that, much like the tides, the journey through mental health is a constant evolution, and with each passing wave, there is every prospect for renewal, rehabilitation and everlasting hope...

**I discovered I am stronger than I perceive and above all, my life with depression is in fact an opportunity.**

Nick Ray... much like the tides, the journey through mental health is a constant evolution



#### Editor's Note:

I must express our sincere gratitude to Nick Ray for writing this article especially for our newsletter. His honest and inspiring approach to dealing with his mental health is an eye opener and I am grateful that Nick has willingly shared his thoughts with us.

I must also thank Barbara 316 for introducing me to Nick. Barbara's son Richard worked with Nick at an outward bound centre and their friendship has been maintained through the years since.

So... *Thank You* Barbara for ensuring we could all benefit from reading Nick's story.

### The latest BOOK CLUB news from Kath 15 and Grace 14

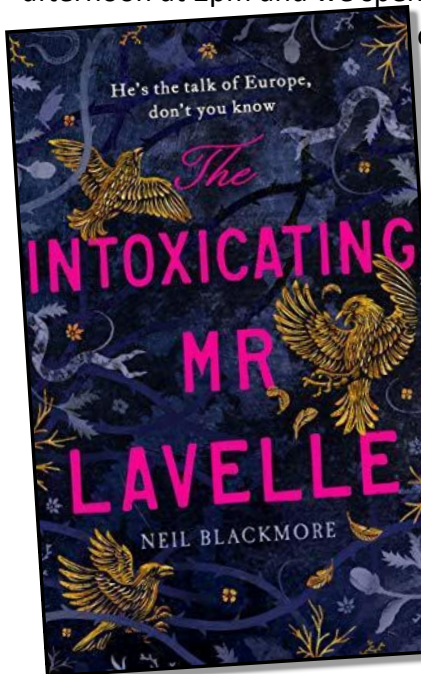
Samaritans Book Club is now happening on a regular basis! Every four or five weeks our little group meets at The Old Farmhouse in Scunthorpe on a Saturday afternoon at 2pm and we spend a fabulous couple

of hours talking books..... or usually one particular book agreed by the group beforehand!

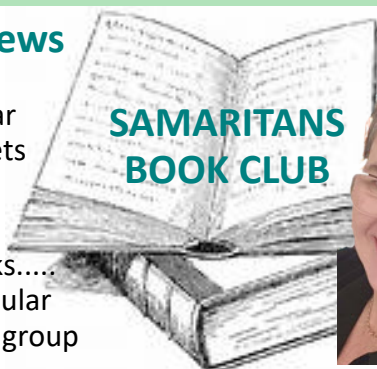
So far we have read some really diverse books, all brilliant reads and often **unputdownable!**

Suitably refreshed with a drink of choice, we initially score the chosen book out of ten, giving our reasons and then prompted by open questions (of course), which are easily sourced on the internet, we discuss the text, the characters, the plot, the themes. Finally we revisit our original score, maybe amend it, and decide whether we would recommend the book to a friend or maybe read other books by the same author.

Two hours passes really quickly. There are currently five of us meeting (Melanie, Grace, Kath, Sally and Gill) but we would love for more people to join us. Our next meet up is 13th January when we will be discussing a book chosen by Melanie... ***The Intoxicating Mr Lavelle* by Ian Blackmore.** *Do come and join us.*



Ian Blackmore





## The day our MP dropped in...

Scunthorpe Samaritans were recently honoured by the visit of **Holly Mumby-Croft MP**.

Holly was particularly keen to learn how volunteers received support themselves following a difficult call. The Samaritans present were able to explain the process we go through following such circumstances.



Tea and cakes (generously baked and supplied by Karen Astle - left) enjoyed by Holly Mumby-Croft MP with Branch Director James, Louise and Keith...



... and at the shop, Aiden, Carole, Cathy, Dave and Debbie meet Holly Mumby-Croft MP

She spoke about her knowledge of Samaritans and her understanding and her support for all we do. Holly made it known that she has a family member who used to be a Samaritan .

The MP's visit to the shop was also a success. She commented on the way the shop was managed and acknowledged that, in addition to a shop which provided valuable revenue for the Scunthorpe branch, it was also a place which provided a valuable community service.

Shop manager Cathy was delighted to have the opportunity to outline how many local people came into the shop to talk about difficulties being experienced in their own lives. Meanwhile, shop volunteers Aiden and Debbie were able to speak to Mrs. Mumby Croft about their individual experiences and how they had become involved in working in the shop.

As she spoke to each volunteer working in the shop she made everyone feel appreciated and commented on how she was really impressed by the contribution the shop makes to the cost of running the centre.

**Equity, Diversity, and Inclusion:**  
**A commitment to welcoming everyone**

**Patrick 194 (Deputy Director Volunteer Care)**  
**EDI and what it means to all Samaritans**

**Over the next year, Samaritans will be placing a greater emphasis on Equity, Diversity, and Inclusion (EDI). It is our goal to foster an environment where everyone feels welcome, included and respected.**

In particular, we aim to prioritise individuals with 'protected characteristics' outlined in the Equality Act. Protected characteristics relate to age, gender, race, disability, religion or belief, sexual orientation, gender reassignment, marriage or civil partnerships, pregnancy or maternity. We are committed to making reasonable adjustments to meet the needs of people with protected characteristics.

**EDI is a matter of policy and full compliance is not only highly important but also deemed essential.**

We are committed to ensuring that Equity, Diversity, and Inclusion becomes an integral part of our branch, guiding our actions and decisions at all times. To support this commitment, we look to the S.T.A.R. behaviours that underpin our approach: Supportive, Trustworthy, Aspirational, and Respectful. In our interactions with callers, fellow volunteers and the wider public we should exemplify all of these behaviours.

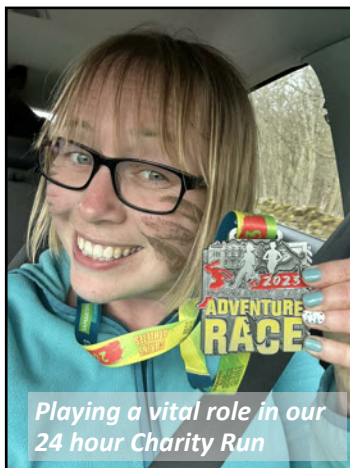
When you are on shift, take 5 minutes to familiarise yourself with our EDI policy and the S.T.A.R. behaviours, which can be found on the Volunteer Care notice board in the operations room.

**If you have any questions about EDI or the S.T.A.R behaviours please contact Patrick 194.**



## Our Amazing Volunteers

Featuring two more fantastic volunteers in our ongoing series features... KarenFund and Kate9



Playing a vital role in our 24 hour Charity Run

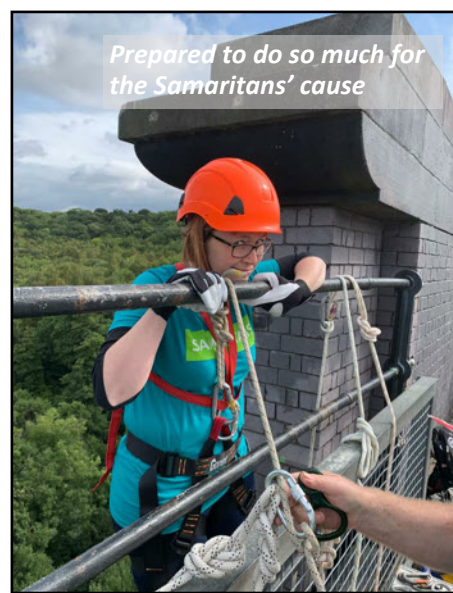
**KarenFund...** got involved with Samaritans in 2013 when she bet her brother Martin that he couldn't run to Grimsby and bike back ... and he bet he could! She said if he was silly enough to do it he might as well do it for charity. Martin says Karen picked Scunthorpe Samaritans as the charity, but Karen claims he picked us, but either way ... that was the start of this 10 year relationship.

Karen started officially volunteering for Scunthorpe Samaritans in 2016 as part of Rachel130's Branch Leadership Team – straight in at the deep end with the responsibility for Fundraising and Publicity. She joined the team because Rachel bought her breakfast and Karen has an inability to say no! But she also likes a challenge and wanted to make sure our AMAZING local charity gets the recognition and awareness we need and deserve.

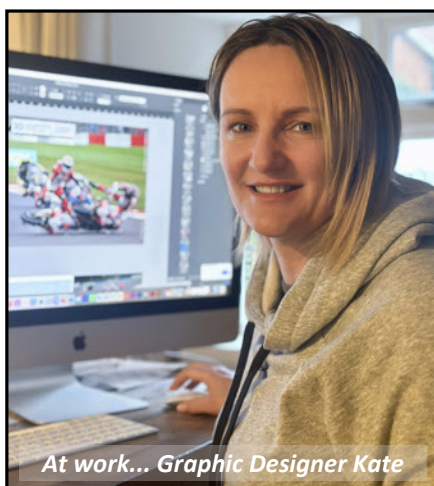
During her time as a volunteer Karen has organised many events to raise funds but she's also forged partnerships with other organisations to ensure the Samaritans phone number and message is visible across North Lincolnshire.

Karen is proud of her involvement with the Scunthorpe Rugby Club, the links she made so we're now working with Curly's, the 150,000 beer mats that she's still seeing in pubs around the area and most of all, the lasting memories people will have from events she's been part of. When the Hornsby's bus is ready (fingers crossed very soon) this will be another proud moment – a Samaritans first!

Karen works here there and everywhere. She has her own Marketing and Social Media business (Evolve Business Developments) which will be 11 years old in November and through this business she works with a variety of North Lincolnshire businesses. She's also a lecturer at the University of Lincoln and Bishop Grosseteste University teaching entrepreneurship, marketing, strategy and much more! Karen is also a board member for Ongo Homes on their community board which is focused on the social enterprises the housing association have. She doesn't have spare time, she gets bored too easily. Karen has a family of four. Her and her husband Stuart, her 16 year old cat Star and her 5 year old German Shepherd Bella.



Prepared to do so much for the Samaritans' cause



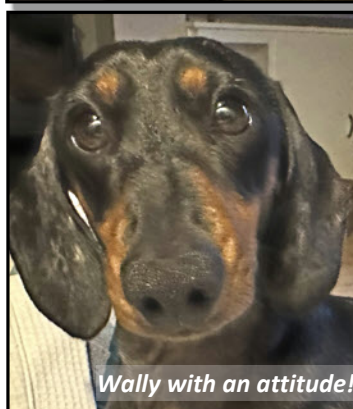
At work... Graphic Designer Kate

**Kate9** joined Samaritans just over two years ago and, like most of us, was at first very apprehensive But she says the training and ongoing support has been brilliant. Kate still feels quite a newbie with lots still to learn and experience. 'Every shift is different and you never know what sort of call you are going to get next' she says.

Just over 12 years ago Kate sadly lost her younger brother to suicide and says, 'it was an unbearably painful thing to go through so now, if I can help just one person avoid taking this path, and save families going through what we went through, that would mean the world. Having said that, it feels just as much an achievement being there for someone who is lonely and just wants to talk. I really try and put 100% into every call'

Kate added that what she finds most interesting is that Samaritans involvement has made her a much better listener in her personal life. She never expected that to be the case, but thinks that, whereas she was always one to offer advice or try to solve a friend's problem she now realises that listening is just as important, if not more so!

Kate's comments on home life... 'Well . . . slightly manic to put it lightly. I'm a single mum of two teenage boys and a miniature sausage dog with a bit of an attitude problem. Juggling the testosterone in the house with a full time job is somewhat challenging, especially as I'm often needed to work away at weekends'. Kate works for a British Superbike race team and a lot of weekends are spent at race tracks. (You'll be pleased to hear she's actually their Graphic Designer/PR so doesn't actually ride the bikes. 'I crashed a scooter on my CBT (Compulsory Basic Training) test, she says. 'I'm lethal on two wheels. The team are a great bunch of guys - but being a Northern Irish team there is quite a bit of 'craic' so you have to hold your own! I've become quite thick skinned *ha ha*'.



Wally with an attitude!



## Welcoming our new volunteers

**Our newest listening volunteer is MandyNS... As with all of our new volunteers, she will be certain to experience our support and encouragement as she sets out on her Samaritans' journey.**



**MandyNS** decided to become a volunteer earlier this year. She was encouraged by Jess23 who happens to be Mandy's daughter. Jess told her Mum that she thought she was ideal because of her caring nature and ability to talk to people. Mandy tells us that she has always wanted to help others and loves to feel that she is *giving something back*... Samaritans seemed to be a great opportunity.

Since taking the plunge and joining the Scunthorpe branch Mandy claims she has experienced nothing but helpful encouragement. 'Everybody is so nice, friendly and encouraging', she says, and I just love my mentor Mary who has helped me enormously. She's given me so much self belief and I've enjoyed working alongside her'.

Mandy loves her work as a teaching assistant, a job she's done for over 25 years. She enjoys the interaction with pupils and believes that if she can make a positive difference to the life of just one child it will all be worthwhile.

In addition to daughter Jess, Mandy has a son, Daniel, who works in IT and she and her partner Steve love to go to music concerts and festivals. Steve is a big Alice Cooper fan so a trip to a recent Hollywood Vampires concert was well appreciated (hence Mandy's T shirt!).

Mandy enjoys reading, knitting, and crafts and also can't resist rescuing pets in need... she has a dog, 3 cats, 2 rats and a tortoise which is evidently massive.

Welcome Mandy, we hope you'll have a long and rewarding journey as a Scunthorpe Samaritan.

## Introducing... 'Creative Corner'

I am thrilled to share this new feature in our newsletter: I'm keen for everyone's involvement.

As Samaritans, I know we all deeply value our collective well-being. Within "Creative Corner", I'm certain we could foster an atmosphere of positivity, inspiration, and mutual support.

I've got lots of ideas for what, with everyone's contributions, our shared "Creative Corner" might consist of. Here's just a few of those ideas to start us off:



### Poems or Art:

I've always had a passion for poetry and would love to explore poems you've written or learn about poets who move you. Also, seeing your original artwork and understanding its significance to you could be fun for us all. Together, we could share our feelings, emotions, and celebrations through the arts.

### Personal Reflections:

Within our community must lie countless tales of hope, support, and resilience. I wondered, have you got a story that holds a lesson, or a memory that uplifts your spirits that you'd be willing to share? If so, then it would be wonderful for these stories to be featured in our "Creative Corner".

### Interactive Challenges:

I'm often threatening to make better use of my time. For example, I've always wanted to learn to crochet and become a better cook, but somehow, I've never got around to it. If you've got challenges or passions like this, that you'd like to learn or like to teach, then you could share them in this space. Or why not help me out and share a simple recipe which I can try and impress my family with!

What do you think? Do these ideas resonate, or do you have others? If you'd like to feature in next month's 'Creative Corner' do let me know.

**Our hopes for a "Creative Corner," are that it be a fun and inviting section of our Newsletter. Let's come together, share our contributions, and fill this corner with warmth and positivity!**

**Editor's note:** I'm delighted that Grace has come up with this idea to add further interest to our Newsletter. I hope you will support her and help make *Creative Corner* a success. Grace's contact details can be found on Three Rings.



## QUIZ CORNER...

*For readers who like a challenge!*

### The September Quiz Question was...

1953 was a year of note for many reasons. It was the year that marked the foundation of Samaritans, The Coronation of Queen Elizabeth II and the Conquest of Everest by Sir Edmund Hilary.

### Who stood alongside Sir Edmund Hilary at Everest's peak?



**Sherpa Tenzing Norgay** was the man who accompanied Edmund Hillary when, on 29th May 1953, they became the first climbers to reach the summit of Mount Everest.

Thank you to all those who entered and sent in the correct answer... Alas, there can only be one winner and the first name drawn from my large hat was...

**BARBARA 316**

Congratulations Barbara... A prize will be delivered for you.

## DECEMBER QUIZ



As Christmas fast approaches I thought that perhaps a decent Christmas Quiz would be appropriate...

As always please email your answers to [gkdavison46@gmail.com](mailto:gkdavison46@gmail.com). Alternatively, for this month's quiz you can put your answers in a sealed envelope and leave it in the 'G' pigeon hole in the branch kitchen.

The first correct entry to be drawn from my big Christmas hat will be the winner of a fabulous prize...



1. Who provides the Trafalgar Square Christmas Tree to mark Britain's support during WWII?
2. Why did Mary and Joseph have to travel to Bethlehem?
3. What is the first name of Scrooge in the novel A Christmas Carol?
4. Unravel this anagram?... DISPATCH DRUMS GIN
5. How do you say Merry Christmas in Spanish?
6. On the seventh day of Christmas, what does my true love give to me?
7. Who were the Magi?
8. In Away In A Manger, what are the cattle doing?
9. What kind of pudding is referred to in the carol 'We Wish You a Merry Christmas'?
10. What Maria Carey Christmas hit sold over 16 million copies?
11. What colour Christmas did Elvis sing about?
12. What beverage company is said to have popularised the Santa Claus image we recognise today?



**Good luck and enjoy Christmas**

*Have you entered our Find Santa competition?  
See front page for details.*

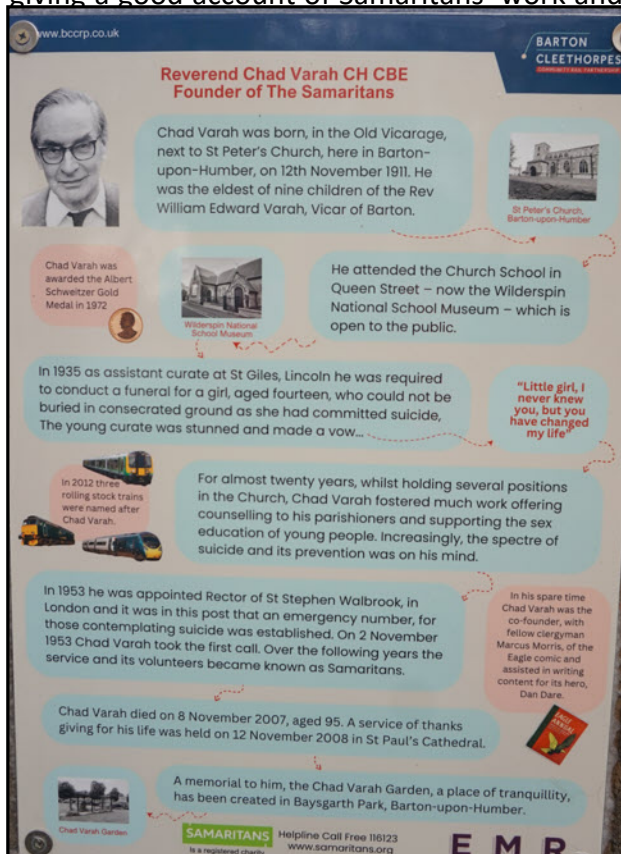


## Barton ceremony to recognise Samaritans' 70th year

Scunthorpe Samaritans were recently asked to attend an event at Barton on Humber Railway Station. An information plaque was being unveiled to recognise the 70 years since Chad Varah (originally a Barton man) founded the Samaritans organisation.

A good sized crowd including representatives of the Barton Community Rail Partnership and members of public attended the ceremony despite a rather damp morning.

Radio and Television reporters were also there to cover the event and Daniela was interviewed giving a good account of Samaritans' work and their place in the community.



Afterwards, at a more informal gathering at the nearby Ropewalk Cafe, Scunthorpe Samaritans who were present enjoyed refreshments. Here they were able to distribute Samaritans leaflets and promotional nic nacs. As they mingled with others a number of people spoke about problems they were experiencing. One lady talked about the recent loss of her husband and said she would phone Samaritans again to get further support.

Overall it was a great event and a wonderful opportunity to spread the word about Samaritans... Thanks to Samaritans Daniela, John, Keith, and Amanda for their support on this occasion.

**WANT TO GET MORE INVOLVED IN OUR OUTREACH ACTIVITIES? CHECK THE IN BRANCH NOTICEBOARD FOR UPCOMING EVENTS or CONTACT KEITH 177**





## Generous donation...



Scunthorpe Samaritans have just benefited from a generous £500 donation from Scunthorpe Masons. Treasurer Joanne is pictured receiving a cheque from David Dowell (son of Carol - 3rd from left). Also pictured (from left) Keith, Branch Director James, and representatives from Scunthorpe Masons

## Just a few reminders...

**THE  
SAMARITANS  
SHOP**

**NEEDS YOUR  
UNWANTED  
CARRIER  
BAGS**

**Do you have any spare  
carrier bags?**

**If so, would you please  
pass them on to either  
Cathy103  
or DaveS/V?**

**Alternatively please leave  
them at the shop in Ashby  
or under the stairs at  
the branch**

**Thank you**

## Would you like to share some of your news with us all?

**Do you have some special news?**

**Have you achieved something you're proud of  
or do you have an interesting story to tell ?**

**It doesn't matter what it is... if you think there's something your fellow  
Samaritans would like to hear about please let the Editor know.**

**Gordon 62 - [gkdavison46@gmail.com](mailto:gkdavison46@gmail.com) - or call 07711 153080**

## **SAMARITANS ANNUAL DINNER**

**Friday 19th January 2024 (7pm) - Sutton Arms - Scawby**

**There's still opportunity to book your place for this enjoyable event.**

**Please contact Keith 177 or add your name to the list in branch...**

**Keith will be seeking menu choices and payment soon... Watch out for further notices.**

**NB: We're told Santa will be making an appearance... Despite the fact it's in January!**