



SAMARITANS IN SPAIN NEWSLETTER JANUARY 2023

Welcome to the monthly Samaritans in Spain Newsletter.

Happy New Year to you all, let's hope that 2023 is a great year for us all, and for the world.

If there is anything that you think we could in our Newsletter, please do not hesitate to email me at Treasurer.spainsams@gmail.com

BOARD OF TRUSTEES NEWS

CURRENT BOARD OF TRUSTEES

President	Donna Williams	president.spainsams@gmail.com
Treasurer	Ade Webster	treasurer.spainsams@gmail.com
Secretary	Jan Knight	secretary.spainsams@gmail.com
Listener Services	Joanna Urbanek	listenerdelivery.spainsams@gmail.com
Listener Training	David Upjohn	listenertraining.spainsams@gmail.com
IG Retail	Les Holloway	igretail.spainsams@gmail.com
	(Also, Vice President)	
IG Events	VACANT	igevents.spainsams@gmail.com

We will be advertising for an IG Events Trustee soon so if you are interested, or you know somebody who is, please contact Jan at the email address above.

DIARY DATES

Sat 25 Feb 23 – POSTPONED - All Volunteers Meeting.

Sat 29 Apr 23 – All Volunteers Meeting – 1000 – 1600. To be held at **The Captains Table, Punta Marina Mall**. An outline plan for the day is something like this but full details will follow nearer to the meeting.

1000 – 1030 Meet & Greet Coffee
1030 – 1230 All Volunteers Meeting
1230 – 1330 Buffet lunch
1330 – 1600 Workshops – details of this are to be confirmed

The BOT have agreed that expenses will be paid, in arrears and with full receipts (No receipt no claim), for those travelling over 20km as follows:

Travel:

Car – mileage claim minus the first 20km of each single journey.

Train – refund of train fare minus a personal contribution (40km @ €0.10 = €4)



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Accommodation:

An allowance of up to €80 per person but receipted costs only if lower. Volunteers are encouraged to share accommodation where possible to keep the expense claims to a minimum.

Any further queries on expenses for this event should be addressed to me, your Treasurer at the email address on page 1.

We are always planning some other events, some of which will be coffee mornings and have a tombola, if you are a baker and can provide us a cake or two, or if you could donate a tombola prize, it would be hugely appreciated. Please let Les know if you can help.

If you wish to organise any events, then our Income Generation Team would be delighted. However, before you organise anything please contact our IG Events Trustee, Heather, on igevents.spainsams@gmail.com to ensure that we do not have any clashes in the diary and that the marketing for the event is correct.

NEWS

Sheila Jackson retired in December from her Duty Supervisor role in the charity shop after being a volunteer for over 4 years. In the photo below she is being presented with a retirement card, certificate of thanks and a seasonal plant.





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Walk Tall Campaign

The last poster for the Walk Tall Campaign is below, we feel that the Campaign has been a success as the number of male callers has certainly increased since it started.

TOGETHER WE ARE

SO MUCH STRONGER

Call FREEPHONE 900 525 100
Available 10am -10pm every day

Providers of confidential
emotional support

900 525 100
www.samaritansinspain.com



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VACANCIES/VOLUNTEERING

We urgently need two Duty Listening Managers, if you think you could help out, or know someone who does – they don't need to be a listener just somebody with good organisation skills – then please contact Joanna or Jan on the email addresses on page 1 for further information.

We are always looking out for volunteers for every part of the organisation, if you know anybody who wishes to get involved in any capacity, be it a shop supervisor (**which we are desperate for**), a shop volunteer, a listener, a trustee or helping with our admin in the Punta Marina Centre (**which we are desperate for**) then please contact Jan our Secretary for more information.

GOOD READS

My reading list since the last Newsletter was published, I have given them a * rating out of 5.:

The Thursday Murder Club	Richard Osman	5***
The Paris Apartment	Lucy Foley	4*
I'm Travelling Alone	Samuel Bjork	5**

A quiet reading month for me again but life has been a little hectic!!

If you have just read an enjoyable book and want to share your experience, please let me know and I will include it in the next issue.

SAMARITANS MONTHLY BOOK CLUB

LAST MONTH'S BOOK CLUB READ

So last month's Book Club read was **The Paris Apartment** by **Lucy Foley**.

Below is a brief review:

A decent mystery book with a surprising twist towards the end. I liked the short chapters, made me feel I had to read another.

NEXT MONTH'S BOOK CLUB READ

In the absence of any other suggestions, I have decided on next month's book club read. I have chosen **Anxious People** by **Fredrik Backman**.



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Funny, touching and unpredictable from the writer of A Man Called Ove. A brilliant story of humanity, told with flair and finesse. A superb book and worth every second spent reading it.

This is also available as a Netflix series but read the book first!!

The book is currently available, for a limited time, on Kindle Store UK for £0.99.

I would be delighted if volunteers could let me know if they have read the book and if they could send me a brief review, it would be nice to get different viewpoints on books.

If you would like to recommend a book for a Monthly Book Club read, please let me know.

FOCUS ON A SAMARITAN

This month's 'Focus On' is Donna Jenkinson, one of new Listeners. Thank you, Donna, for agreeing to be quizzed and welcome to Samaritans in Spain:



How long have you lived in Spain?

Nearly 7 years

What brought you to Spain?

Promotion to relocate my position as a hypnotherapy tutor

What do you love most about living in Spain?

The sun, culture, food and wine



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How long have you volunteered for Samaritans in Spain?

A couple of months

What are your hobbies?

Reading, studying, juicing and walking

If you won the lottery, what would you do?

Set up my own wellness centre

What three things could you not live without?

Books, my laptop and my favourite moisturiser

What is your favourite Spanish word?

Hola

What is your favourite book and film?

Too many books to list and I don't have any film preferences

Where would you most like to travel to?

Hiring a motor home and seeing as much of Spain as we can

Preferences:

Tea or Coffee?

Tea

Beer, wine, or spirits?

Wine

Spring, Summer, Autumn, or Winter?

Spring

Fish & chips or Paella?



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Paella

Dogs or Cats?

Dogs, however, seem to attract only cats since being in Spain!

Night out or night in?

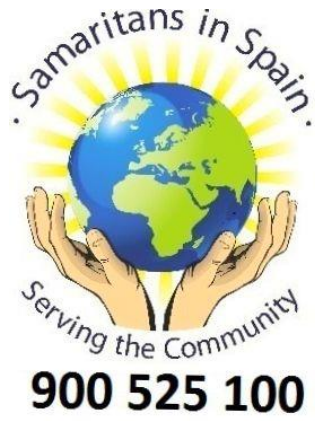
Night in

Thank you, Donna for this insight into you. Keep an eye on your inbox, next month it could be YOU!!

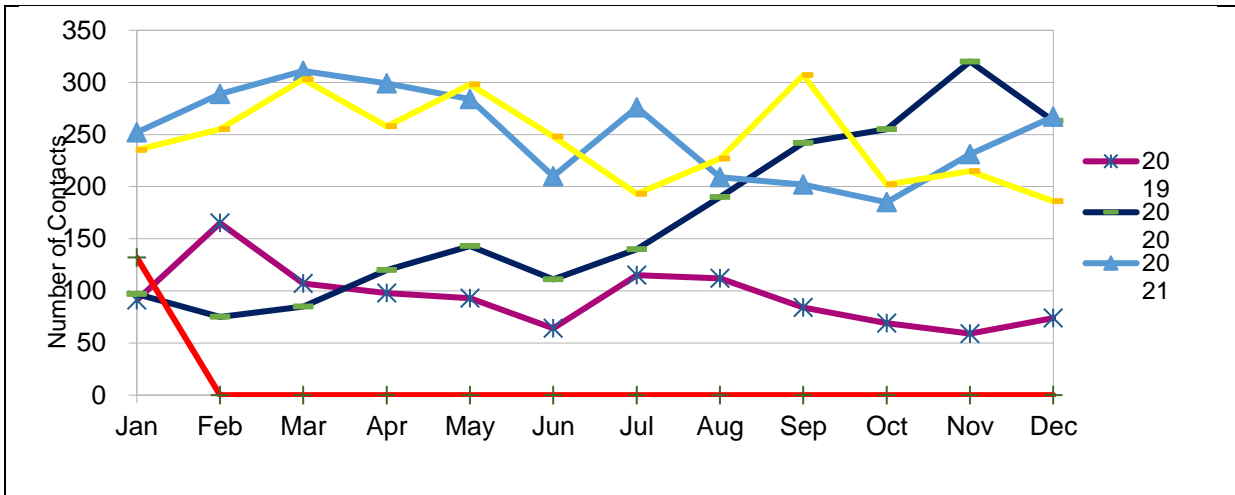
CALL DATA COMPARISON 2022

Below is an extract from the Call Logging Database (as of 19 Jan 23):

Total number of contacts by the month:								
	2018	2019	2020	2021	2022	2023	Prev year	%
							Difference	
Jan	109	91	97	252	235	132	-103	-44
Feb	96	165	75	289	255	#REF!	#REF!	#REF!
Mar	118	107	85	311	303	#REF!	#REF!	#REF!
Apr	74	98	120	299	258	#REF!	#REF!	#REF!
May	165	93	143	284	298	#REF!	#REF!	#REF!
Jun	161	64	111	210	248	#REF!	#REF!	#REF!
Jul	123	115	140	276	193	#REF!	#REF!	#REF!
Aug	90	112	190	209	227	#REF!	#REF!	#REF!
Sep	107	84	242	202	307	#REF!	#REF!	#REF!
Oct	111	69	255	185	202	#REF!	#REF!	#REF!
Nov	98	59	320	231	215	#REF!	#REF!	#REF!
Dec	67	74	263	267	186	#REF!	#REF!	#REF!
Total	1319	1131	2,041	3,015	2,927	#REF!	#REF!	#REF!



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A BIT OF FUN!!

www.quizmasters.biz DINGBATS 89 www.quizmasters.biz



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03



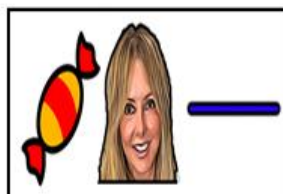
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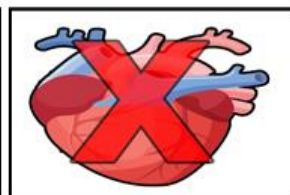
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NO CHEATING!!!



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ANSWERS:

1. Wintertime
2. Summertime
3. Poison Arrow
4. Pain in the arse
5. Love in the afternoon
6. Hot wheels
7. Sweet Caroline
8. Right on time
9. Jason Donovan
10. Goldeneye
11. Double Vision
12. Cross my heart