



SAMARITANS IN SPAIN

NEWSLETTER

JULY 2022

Welcome to the monthly Samaritans in Spain newsletter

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

COVID 19

Covid seems to be bad again, so please do remain vigilant and ensure that you do everything possible to protect yourself and others. The Covid procedures are optional when you are around the shop and the centre.

Volunteers who attend the Punta Marina Centre, please, if you **do have** Covid symptoms, test positive, or are told to isolate due to contacts having the virus you should of course stay home until given the "all clear" to return to work. Your wellbeing and health and safety of fellow volunteers and our customers must be the top priority!

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 (Also, Vice President)	igretail.spainsams@gmail.com
IG Events	Heather Crosby	igevents.spainsams@gmail.com

DIARY DATES

8 Oct – Masquerade Ball in La Nueva Taberna at the Mazarron Country Club. This will mark the end of Mental Health Awareness Week. See the poster on the next page.



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Masquerade Ball
In Aid of Samaritans In Spain

7pm Saturday 8th October 2022
La Grand Sala, La Nueva Taberna
Mazarron Country Club

Tickets 30€ pp
Available Now From The Venue!
Tel 603 11 79 69
Ticket Includes:
Cava or Mimosa On Arrival
4 Course Dinner
Music From José Bolero
Prize For The Best Mask
Disco Til Midnight
5€ Donation to SIS

Samaritans In Spain is operated by Costa Blanca Samaritans as 100% Not For Profit Organisation under CV-01- 042952-A NIF G54341466

31 Oct – Halloween Coffee Morning at the Centre at Punta Marina. More details to follow.

26 Nov – Christmas Fayre at the Centre at Punta Marina. More details to follow.



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We are 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.

VACANCIES/VOLUNTEERING

SHOP VOLUNTEERS WANTED

Do you know somebody who wants to help in the Punta Marina Charity Shop? Do they live in Spain? Do they regularly have a few hours to spare each week?

We are looking for shop volunteers to assist with the sorting and pricing of items donated. The shop hours currently are Monday to Friday 10am to 3pm and Saturday 10am to 2pm

The shifts are Monday to Friday 10am to 12.30pm, and 12.30pm to 3pm and Saturday 10am to 2pm

If you are interested, please either call into the shop at Punta Marina Comercial Centre for an application form, or alternatively email dropin.samspain@gmail.com for an application form.

NEWS

Sadly, no new news again this month, hopefully there will be something next month!



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GOOD READS

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

Good News Bad News	David Wolstencroft	4*
Flavours of Love	Dorothy Koomson	5*
The Limpopo Academy of Private Detection	Alexander McCall-Smith	4*
If I should die	Matthew Frank	5*
The Beloved Girls	Harriet Evans	5*
Nutshell	Ian McEwan	4*

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 Beloved Girls** by **Harriet Evans**. Below is a review by Jo, my fabulous wife:

This is a beautifully written story, but the sort of book you need to give plenty of time to. Set over three timelines, 1950s, 1980s and 2018, it follows the interwoven lives of Sylvia, Simon, Kitty, Janey and their complicated families. It is both heart-breaking and uplifting as the story unfolds and, in some part, uncomfortable or difficult to read. There is darkness in the past that spreads to the present, but this past is critical to understanding the complexity of the characters involved. Hugely enjoyable to read with very believable characters, highly recommended.

NEXT MONTH'S BOOK CLUB READ

In the absence of any other suggestions, I have decided on next month's book club read. I've chosen **The Phone Call** by **A J Campbell**.

A fast-paced psychological thriller full of twists and turns.

The book is currently available 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.



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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 Heather Crosby, our Income Generation Events Trustee.



How long have you lived in Spain?

3 years this year

What brought you to Spain?

Different lifestyle

What do you love most about living in Spain?

Everything is calmer, better work life balance too

How long have you volunteered for Samaritans in Spain?



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Almost one year

What are your hobbies?

Going to the gym, padel and socialising

If you won, the lottery what would you do?

Buy a house overlooking the beach

What 3 things could you not live without?

My laptop, wine, dogs

What is your favourite Spanish word?

Ocho (we named our rescue dog this)

What is your favourite book & film?

Anything by James Patterson, Michael Connolly and Harlen Coben – too many to choose

Where will you travel to when you can?

The Caribbean

Tea or Coffee?

Tea

Beer, wine, or spirits?

Wine and spirits

Spring, Summer, Autumn, or Winter?

I like them all

Fish & chips or Paella?

Just chips, not a fan of fish



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Dogs or Cats?

Dogs

Night out or night in?

In the words of Micky Flanagan 'out out'

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

Ten ways to beat the heat this summer

- 1) Mix aloe Vera with water and freeze in ice cubes to use on skin for a cooling effect and to treat sun burn.
- 2) Refrigerate skin care products such as sprays and lotions for a refreshing skincare routine.
- 3) Strategic placing of fans can really make a difference and don't forget to make sure your ceiling fan rotates counter clockwise during the summer months (and back to clockwise for the winter)
- 4) Make sure to up your water intake to counteract the sweat you're expending and to help regulate your internal temperature
- 5) Use hot water bottles at night after filling with tap water and freezing for a couple of hours and sleep with the bottle at your feet as this is one of the most temperature sensitive parts of your body and cooling them should help cool the rest of your body.
- 6) Wear loose cotton clothing to allow air to circulate, and lighter colours are generally cooler to wear.
- 7) Eat plenty of foods with a high water content such as fruits and vegetables and spicy food increases the circulation causing perspiration which has a cooling effect.
- 8) Similarly hot drinks also have a cooling effect, as it increases sweat production, just make sure you're not wearing clothing that can trap the sweat, it needs to escape quickly to be effective.



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9) Be strategic with your windows and shutters, open them at night when the air is coolest and keep them closed when the sun is hitting them. Invest in thermal curtains which are brilliant at keeping the heat out in summer and the heat in in winter.

10) Save on electricity whilst keeping cool, eat meals that don't use the oven and only turn on lights, if necessary, both are heating your home

CALL DATA COMPARISON 2022

Below is an extract from the Call Logging Database (as of 8 Jul 22), I thought you would find the graph and figures to be an interesting read.

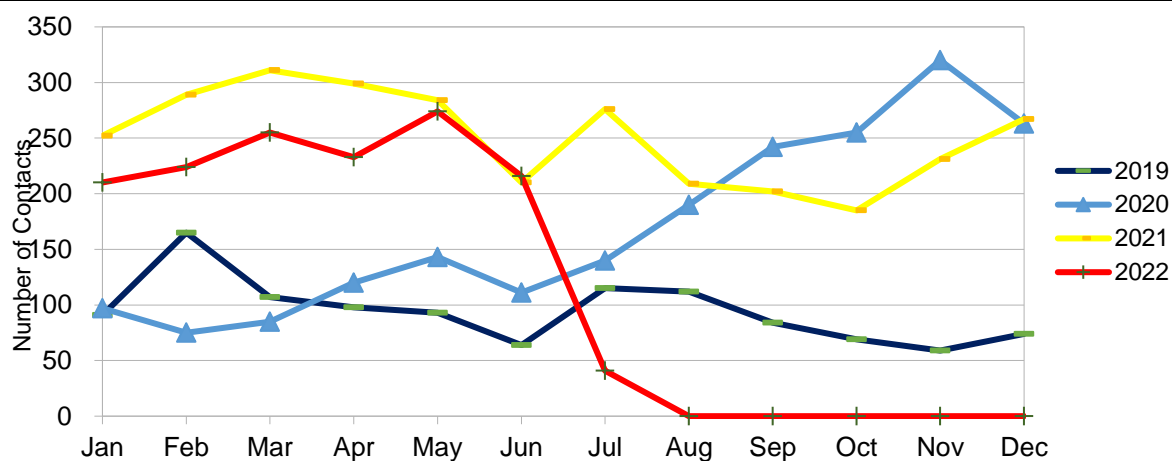
							Difference	
	2017	2018	2019	2020	2021	2022	prev year	%
Jan	77	109	91	97	252	210	-42	-17
Feb	84	96	165	75	289	224	-65	-22
Mar	93	118	107	85	311	255	-56	-18
Apr	122	74	98	120	299	233	-66	-22
May	111	165	93	143	284	274	-10	-4
Jun	112	161	64	111	210	216	6	3
Jul	124	123	115	140	276	41	-235	-85
Aug	155	90	112	190	209	#REF!	#REF!	#REF!
Sep	175	107	84	242	202	#REF!	#REF!	#REF!
Oct	186	111	69	255	185	#REF!	#REF!	#REF!
Nov	171	98	59	320	231	#REF!	#REF!	#REF!
Dec	198	67	74	263	267	#REF!	#REF!	#REF!
Total	1608	1319	1131	2,041	3,015	#REF!	#REF!	#REF!



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A BIT OF FUN!!

Flag Guessing

Can you recognize the flag of the country?



1



6



2



7



3



8



4



9



5



10

1. United States
2. Japan
3. Canada
4. Brazil
5. Spain

6. South Korea
7. Australia
8. Argentina
9. Cambodia
10. Swaziland

NO CHEATING!!!



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ANSWERS:

1. United States
2. Japan
3. Canada
4. Brazil
5. Spain
6. South Korea
7. Australia
8. Argentina
9. Cambodia
10. Swaziland