



SAMARITANS IN SPAIN

NEWSLETTER

MAY 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

Cases seems to have plateaued but it's still out there so please remain vigilant and do everything possible to protect yourself and others. Please ensure you remember to always wear your mask and sanitise your hands, for your safety and that of others. The Covid procedures remain in place when you are around the shop and the centre.

We will continue with our safety procedures, so just a reminder that everyone must adhere to all the Covid guidance wherever you are based. 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



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DIARY DATES

8 Oct – Autumn Ball in Mazarron. Theme and details to be announced. This will mark the end of Mental Health Awareness Week

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 out in the Punta Marina Charity Shop? Do they live in Spain? Do they have a few hours to spare regularly 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.

We currently have a long list of listener volunteers so at present we are not actively recruiting.



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NEWS

A heartfelt message of thanks received by one of our experienced listeners:

"I have never felt so emotional listening for Samaritans as I did this morning. Of all the calls I have listened to over the years this one got to me; I am sure you will understand. What sounded like a young man rang, crying and said he was ringing from hospital his voice was shaky but his words were wonderful. He said I am ringing to thank the Samaritans for saving my life! Thank you, if it wasn't for you, the Samaritans, I would not be here. Thank you. He was full of emotion. I asked how he was he said I will be alright thank you please thank the Samaritans. I said I would make sure everyone is thanked.

It was only a short phone call but suddenly I couldn't stop crying the emotion was immense! The words the sound of his voice and the determination to thank US, The Samaritans. My tears tumbled down, but I understood why, in that moment, we listen and why we do this. I had to let my backup know I needed a 30-minute break, the first time I have ever done that, but I was too emotional to do the best I could. I was happy to sign post it and I knew what every other Samaritan was feeling when they read it. This is why we are Samaritans I could not have been prouder of each and every one of us.

P.S. I felt it necessary to offload after all the emotion, but I was in good hands with my backup. Thank you, Richard."

GOOD READS

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

Emperor of Rome (Final Vespasian)	Robert Fabbri	5**
I have something to tell you	Susan Lewis	4*
Never Greener	Ruth Jones	4*
The Hunting Party	Lucy Foley	5*
The Darkest Hour	Tony Schumacher	4*

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



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SAMARITANS MONTHLY BOOK CLUB

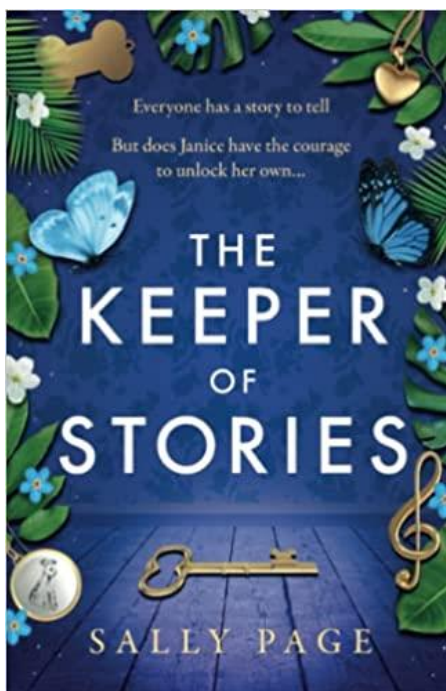
LAST MONTH'S BOOK CLUB READ

So last month's Book Club read was **The Night She Disappeared** by **Lisa Jewell**.

A fabulous novel with a multiple character viewpoint narrative which cultivates psychological intrigue. A fabulous read.

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 Keeper of Stories** by **Sally Page**.



The book is currently available on Kindle Store UK for £0.99 – limited time deal.

I would be delighted if volunteers could let me know if they have read the book and if they could send me a short 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.



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FOCUS ON A SAMARITAN

This month's 'Focus On' is Tanya Balashova, a listener based in Madrid:



How long have you lived in Spain?

37 years, since 1975, just before the demise of Franco!

What brought you to Spain?

I came to Spain to learn Spanish dance (which I did!)

What do you love most about living in Spain?

I love so many things about Spain! Here are some: spontaneity; beauty/aesthetics; communications; literature; theatre; music.

How long have you volunteered for Samaritans in Spain?

5 or 6 years

What are your hobbies?

My hobbies include music (I play the piano), dance, philosophy, walking in nature and sharing time with animals



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If you won, the lottery what would you do?

I'd buy a beautiful Steinway grand! (Then I might have to buy a new flat where it would fit!)

What 3 things could you not live without?

Piano, access to nature and a library

What is your favourite Spanish word?

Alucinante!

What is your favourite book & film?

Film – The Life of Brian

Book – Rumi's Masnavi (which I'll be reading for years!!)

Where will you travel to when you can?

I'd like to travel to Kitwe in Zambia because that's where I was brought up

Tea or Coffee?

Tea

Beer, wine, or spirits?

Wine

Spring, Summer, Autumn, or Winter?

Autumn

Fish & chips or Paella?

Fish & chips

Dogs or Cats?

Dogs



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Night out or night in?

Night in or Night out – it depends on who is asking!!

Thank you, Tanya, 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 **20 May 22**), I thought you would find the graph and figures to be an interesting read.

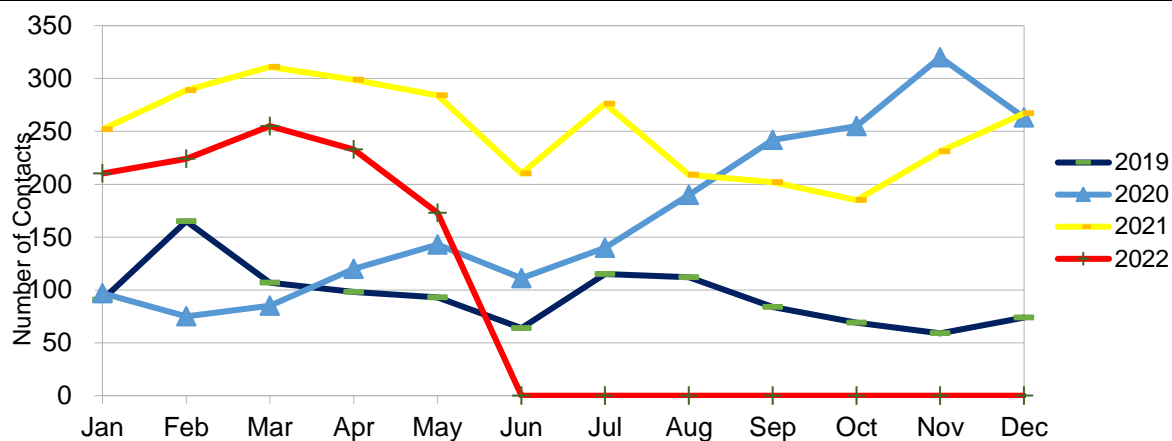
	2017	2018	2019	2020	2021	2022	prev year	%
Jan	77	109	91	97	252	210	-42	-17
Feb	84	96	165	75	289	224	-65	-22
Mar	93	118	107	85	311	255	-56	-18
Apr	122	74	98	120	299	233	-66	-22
May	111	165	93	143	284	173	-111	-39
Jun	112	161	64	111	210	#REF!	#REF!	#REF!
Jul	124	123	115	140	276	#REF!	#REF!	#REF!
Aug	155	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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As you can see our call volume is down on last year quite significantly however the calls, we are currently fielding are tending to be longer, so we are finding that our phone bill is increasing rather than decreasing.



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A BIT OF FUN!!

SCIENCE EDITION 02
www.quizmasters.biz

DINGBATS 85

SCIENCE EDITION 02
www.quizmasters.biz



01



02



03



04



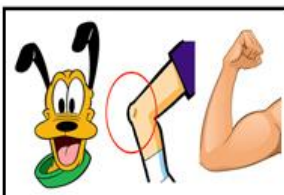
05



06



07



08



09



10



11



12

NO CHEATING!!!



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ANSWERS:

1. Solar System
2. Laboratory
3. DNA
4. X Ray
5. Red Giant
6. Deep Impact
7. Absolute Zero
8. Plutonium
9. Milky Way
10. Light Year
11. Hurricane
12. Magnetic Field