



SAMARITANS IN SPAIN

NEWSLETTER

MARCH 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

A very interesting and productive meeting was held on 16 Mar 22 which included a meeting with our Patron, Stevie Spit BEM.

DIARY DATES

23 Apr 22 – World Book Day 2022

To be held at Samaritans, Punta Marina Commercial Centre from 10am to 2pm

This will include a Tombola and a Coffee Morning where tea/coffee will be available, together with a homemade cakes stall - so please come along!

The World Book Day will provide a display of not only the usual fiction books and non-fiction books, but other specialist books for sale including biographies, autobiographies, cookbooks, hobbies, and other books of interest. We will also have books in foreign languages available.



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To make this a success, firstly we are looking for bakers to provide cakes, buns etc. We are also looking for helpers on the day.

If you are available to offer support for any of the above, please contact Les Holloway on 711 022 658 or email him at igretail.spainsams@gmail.com

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

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

NEWS

A personal note below from Joanna Urbanek, our Listener Services Trustee:

When I woke on the morning of 24th of February, I thought the day is going to be like any other, I am going to drop my daughter to school, take my dogs for a long walk and then continue with my long to do list but it was not going to be...

My mum was telling me for weeks that „a war is coming, and everything is going to change, and we (me and my sister) are not even bothered”. At that time, I barely watched news and I wasn't sure what she is talking about. Just for her own peace I searched on BBC news and found out that Russian army is positioning themselves on Ukrainian borders but experts, Russia themselves and even French President said, „Russia is not going to attack!” but they did.

I, like anyone else, couldn't believe what has happened. In the 21st century one country brutally attacks another without any reason.

Cities in Ukraine looks very similar to cities in Poland, Ukraine's family culture is very similar to the Polish one, the Ukraine's lifestyle is very similar to the lifestyle in Poland. That made me think that could be my country, that Poland



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maybe is next. I have started to worry everyday about those innocent lives being taken away, about those small children feeling fear instead of joy, about those families' saying goodbyes to their dads and not knowing when they are going to see them next; about the animals that were left behind when people fled their homes. I felt so depressed and helpless, I couldn't help them. My mum offered her spare room to a Ukrainian in need, my sister signed up to foster a Ukrainian cat and I got involved in collections of needed items organised in my area and send to Poland. I still feel extremely and utterly sad but a little bit less useless.

So, on the 24th of February I dropped my daughter to school, took my dogs for a short walk and came home to watch the news and from that day, first and last thing I do is to check the news app hoping that this nightmare is over, and all this poor people can come back to their homes to live their normal life's...

I would like to thank you the Board and especially amazing Les, the shop supervisors, and lovely ladies - Sheila, Ann C, Ann J, Helen, Sue B, Moira, and Tina from the Samaritans in Spain charity shop at Punta Prima, for collecting clothes, blankets, towels etc that are going to be sent to one of the support centres in Poland and given to Ukrainian people in need.



The pile of excess stock that we have donated to the Ukrainian people.



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#standingwithukraine

A message of thanks from Joanna to David Upjohn:

Hello everyone, I would like to take this opportunity to say a BIG thank you to an amazing David Upjohn for his support, dedication, and positiveness he has shown to myself and all listeners while undertaking a role of the Listening Service Manager. David, due to personal reasons will terminate to work on LSM position from 16th of March but he will remain with us as a Listener. Thank you so much David for all your hard work and the commitment you offer to the Samaritans in Spain.

GOOD READS

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

Magpie Murders	Anthony Horowitz	5*
Moonflower Murders	Anthony Horowitz	5*
My Grandmother sends her regards and apologises	Frederik Backman	5*



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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.

SAMARITANS MONTHLY BOOK CLUB

LAST MONTH'S BOOK CLUB READ

So last month's Book Club read was **Magpie Murders** by **Anthony Horowitz**.

5+++ stars!!! Brilliant! Unique! Fantastic! Loved this book!

This was such a unique and outstanding story! A book within a book - it doesn't get any better than that!! I am so impressed with this author, Anthony Horowitz's, talent, and creativity in developing and constructing this remarkable novel. The flow and format of this book were exceptional - simply brilliant!

On the back of this we have also just read **Moonflower Murders** by the same author, another exception book and I cannot recommend it highly enough.

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 Funny Thing About Norman Foreman** by **Julietta Henderson**.

An inspiring, feel-good boy about a small boy with a big heart. Lifts your spirits and restores your faith in humanity.

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 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 one of our listeners, Moira Sneddon, one of our Shop Supervisors:



How long have you lived in Spain?

4 years this June

What brought you to Spain?

The chance of early retirement

What do you love most about living in Spain?

The hot weather and relaxed lifestyle

How long have you volunteered for Samaritans in Spain?

3½ years

What are your hobbies?

Assorted crafting, art and reading

If you won, the lottery what would you do?

Help my family to aspire and reach their dreams. Retire from my retirement (ha-ha)



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What is your favourite Spanish word?

Hola

What is your favourite book or film?

Disney's Lion King

Where will you travel to when you can?

Australia

Tea or Coffee?

Tea

Beer, wine, or spirits?

Wine

Spring, Summer, Autumn, or Winter?

Autumn

Fish & chips or Paella?

Paella

Dogs or Cats?

Both

Night out or night in?

Both

Thank you, Moira, for taking part.

Keep an eye on your inbox, next month it could be YOU!!



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CALL DATA COMPARISON 2022

Below is an extract from the Call Logging Database (as at **18 Mar 22**), I thought you would find the graph and figures to be an interesting read.

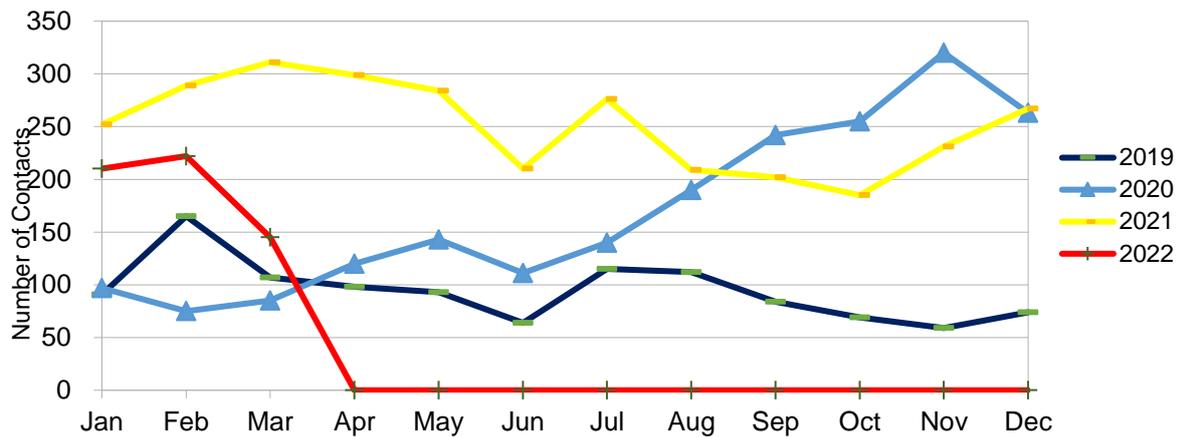
Total number of contacts by the month:							Difference	
	2017	2018	2019	2020	2021	2022	prev year	%
Jan	77	109	91	97	252	210	-42	-17
Feb	84	96	165	75	289	222	-67	-23
Mar	93	118	107	85	311	145	-166	-53
Apr	122	74	98	120	299	#REF!	#REF!	#REF!
May	111	165	93	143	284	#REF!	#REF!	#REF!
Jun	112	161	64	111	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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Nature of Contact	Totals
0 - Distressed but not suicidal/upset but in control	173
0a - Distressed - self harming	2
1 - Suicidal feelings/distressed	64
2 - Suicidal feelings/plans/extreme distress	19
3 - Suicide in progress	3
4 - Silent	8
5 - Information wanted	59
6 - SEAFARERS	7
7 - Regular caller chatting	190

Snap Call	Count of Snap Call
Yes	52



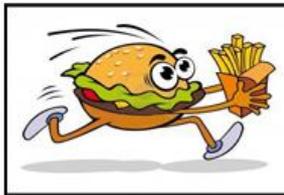
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A BIT OF FUN!!

www.quizmasters.biz **DINGBATS 88** www.quizmasters.biz



01



02



03



04



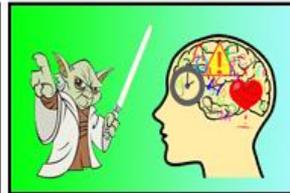
05



06



07



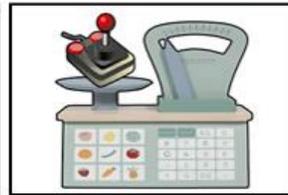
08



09



10



11



12

NO CHEATING!!!



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ANSWERS:

1. Twin Peaks
2. Fast Food
3. Waiting Game
4. Dress for Dinner
5. Jaffa Cake
6. Cop a Feel
7. Common People
8. Mastermind
9. Highland Games
10. Baked Alaska
11. Away Game
12. The Deathly Hallows