



SAMARITANS IN SPAIN

NEWSLETTER

AUGUST 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



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8 Oct – Tapas Trail. Further details to follow next month.

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.

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

We are always on the look 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 volunteer, a listener, a trustee or helping with our admin in the Punta Marina Centre (**which we are desperate for a volunteer for!!**) then please contact Jan our Secretary for more information.

NEWS

A message from our Trustee Listener Training, David Upjohn:

Dear Colleague

Refresher training.

We are now approaching the time when the refresher training will commence and I know some of you are feeling excited, while others feel some anxiety. We are in this together and will all learn something from the process. Not everyone is in the first round of refresher training in September, so the next round will be in November and, if necessary, a further session in January. The trainers have worked so hard to prepare so I trust you will support them in what is a new style for them and us.



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Mentoring

There are some misplaced fears regarding this, and I will try to alleviate these:

1. There are no extra shifts required should you choose to be a mentor, just one shift per week for six weeks is all that I ask for so that the new, enthusiastic person can learn with the same person and as we signed up originally for one shift per week that seems to work well.
2. There will be some face-to-face mentoring which will be good, but as we have new Samaritans in different parts of Spain a new way will have to be found i.e. Zoom, Facetime and using the call monitoring system by Megacall. No doubt the technical aspect will present challenges but will lay the foundation for the future and with new people on board the pressure on the rota will be eased.
3. Mentoring matters and I for one am very committed to this and see it as a strong way of nurturing new people into our important service.

I do hope you find this information helpful. I am always here to answer any concerns or fears so please get in touch and let's keep things open, simple and free from stress.

With my sincere thanks,

David Upjohn

GOOD READS

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

A Divided Spy	Charles Cumming	4*
Little Disasters	Sarah Vaughan	4*
Where the Crawdads Sing	Delia Owens	5*
Now You See Her	Heidi Perks	4*
Afterlight	Alex Scarrow	5*
Bomber	Len Deighton	10***
<i>Bomber was one of the best books that I have ever read, superb story telling. I cannot recommend it highly enough.</i>		
The Phone Call	AJ Campbell	1*
Rules of Deception	Christopher Reich	4*
Hostage	Clare Mackintosh	4*
Songbirds	Christy Leferti	5*



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A Slow Burning Fire	Paula Hawkins	5*
The Outsider	Stephen King	5*
Stasi Child	David Young	4*
Good Me Bad Me	Ali Land	5*
All my lies are true	Dorothy Koomson	5*
The Perfect Lie	Jo Spain	4*
Apples Never Fall	Liane Moriarty	5*

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 Phone Call** by **A J Campbell**. Below is a short review:

An awful book with an awful plot and awfully written!! I am so sorry if you read this on our recommendation.

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 **V2** by **Robert Harris**.

Victory is close, vengeance is closer. A WWII thriller about a German rocket Engineer, a former actress turned British spy, and the Nazi rocket programme,

'A riveting read with a corker of a twist' Daily Telegraph

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.

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 Paul Cooper, one of our Listeners based in Monte Pego:



How long have you lived in Spain?

This time round - 10 months, though previously lived in Barcelona for 2 years about 10 years ago

What brought you to Spain?

Fed up with the UK, wanted better weather and a more relaxed pace of life

What do you love most about living in Spain?

The beautiful countryside and coastlines and the more laid-back approach to living

How long have you volunteered for Samaritans in Spain?

Since February this year, though was a listening volunteer in the UK for nearly 3 years

What are your hobbies?

Cycling, swimming, paddle boarding and I'm very passionate about cooking, but suffer here through being a vegetarian

If you won the lottery, what would you do?

Donate most to charities - money is not what it's cracked up to be!



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What 3 things could you not live without?

My health, my humour and my Lapierre bike

What is your favourite Spanish word?

tranquilo

What is your favourite book & film?

Book - The Count of Monte Cristo by Alexander Dumas, film - Inherit the Wind with Spencer Tracy

Where would you most like to travel to?

I've been fortunate to have travelled extensively around the world, but I might well end my years in the Far East (Vietnam perhaps)

Preferences:

Tea or Coffee?

Depends - tea usually, but I have come to love iced coffee

Beer, wine or spirits?

Wine

Spring, Summer, Autumn or Winter?

I love the seasons - no real preference

Fish & chips or Paella?

Neither - as a chef, I much prefer trying new tastes and recipes

Dogs or Cats?

Dogs

Night out or night in?

Depends on who the night in is with 😊



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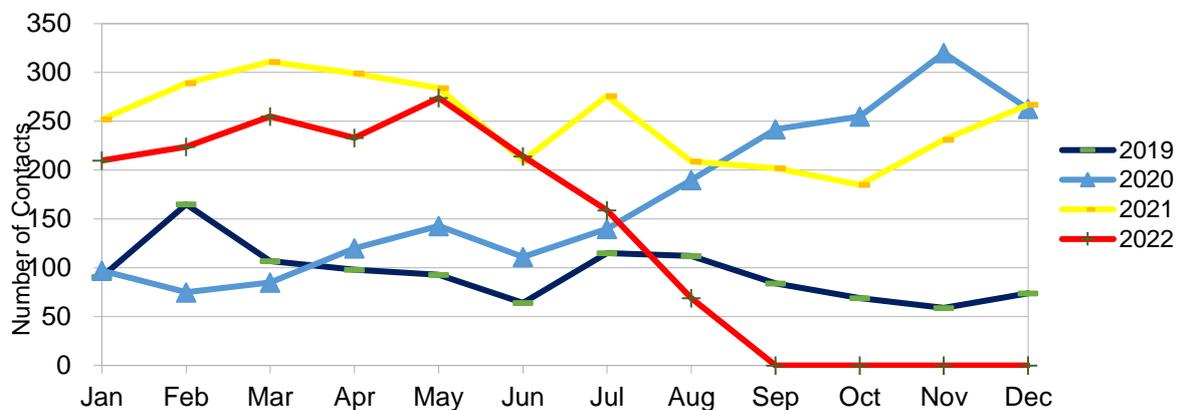
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Thank you, Paul for this insight into you. Keep an eye on your inbox, next month it could be YOU!!

CALL DATA COMPARISON 2022

Below is an extract from the Call Logging Database (as of 12 Aug 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	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	214	4	2
Jul	124	123	115	140	276	159	-117	-42
Aug	155	90	112	190	209	69	-140	-67
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!



As you can see July was a very quiet month, our quietest for two years.



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A BIT OF FUN!!

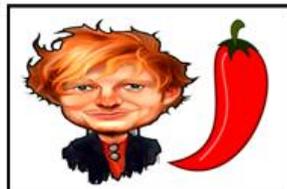
www.quizmasters.biz **DINGBATS 80** www.quizmasters.biz



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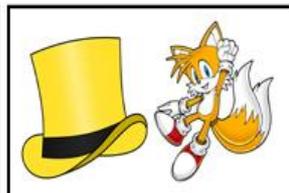
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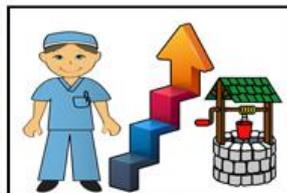
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09



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NO CHEATING!!!



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ANSWERS:

1. Trafalgar Square
2. I Dream of Jeannie
3. Ginger Spice
4. Beat the Chasers
5. 50 Shades of Grey
6. Chain mail
7. Corner kick
8. Top hat and tails
9. Undercover agent
10. Six o'clock news
11. Scrubs up well
12. Emmerdale (Emma Bunton)