

# Code 1.4.1 Samaritans of Boston.

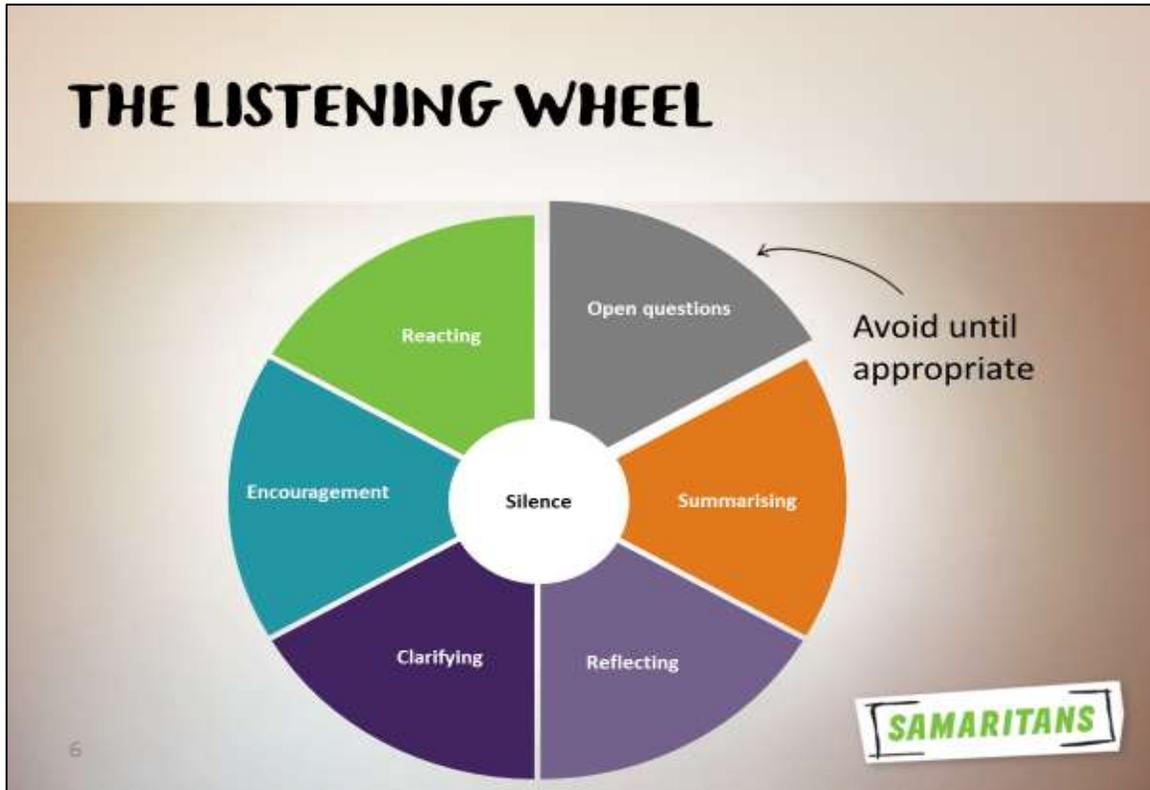
## December Quarter Report to date for progress on use of BBL funding

The overall purpose of this funding is to support the access to provision of health and wellbeing activities to benefit residents in the BBL area by promoting the Samaritan Service in Boston through the delivery of events and sessions on mental wellbeing and emotional resilience to organisations and groups, using prescribed Samaritan material, thus giving them credible value.

Our aim is to carry on making a difference within the local community after this BBL funding period and so this current funding will have helped us as by enabling the expansion of and exposure to the Samaritan service.

During the quarter October to December we continued to fulfil our Suicide Awareness Workshop schedule.

These short skills- sharing sessions have been designed by Samaritans to cover the core areas who we are and what we do, suicide awareness and prevention; active listening and questioning skills (including the Samaritans Listening Wheel).



On Friday 4th of October, we gave a workshop to NACRO at The Haven in South Square. All attendees covered how using active listening can help support those going through a tough time. A discussion on barriers to listening was also very productive and received a lot of feedback. The role-plays, based on the skills learnt regarding the listening wheel and explanations on how the Samaritans support people, encouraged many questions about the service the Samaritans offer.

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A focus of our workshops is on how Samaritans support those experiencing mental health issues. Rather than concentrating on different mental health conditions, we share tips and tools for course attendees to use when helping others experiencing difficulties.

We discussed appropriate responses to scenarios where someone receives emotional support together with the signs that somebody may be going through a difficult time or is struggling to cope. We also shared the latest Samaritans' statistics around suicide which include that, in 2018, a person, on average, took their life every 90 minutes.

*'I found it very interesting, well presented and opened my eyes. The listening wheel is very useful'*

*'Brilliant, I loved the drawing exercises'*

On 17th of October, we delivered the same workshop to the staff at Stickney Surgery and whilst this is outside the BBL area many Boston residents use this and the team may be involved with similar practices in the town.



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Our Branch Volunteers, Mark and Lorraine have been consistent in delivering these successful workshops, and in the spirit of development and learning about the work of Samaritans, Mark a BBL resident visited the Central Charity in Ewell on one of their Open Days.



This opportunity is open to all volunteers and as well as hearing from a range of departments from across the charity like volunteering, fundraising and the There for Everyone project, volunteers have a guided tour of the building and meet the Central Charity team

Also, in October we were invited to Boston College to provide a 'market stall' during a Workforce and Wellbeing Conference Breakfast Conference.

The conference focus was around fostering a healthier workforce and highlighted the links between employment and health, a feature of which is that 1 in 6 employees in the UK reported having a mental health condition (1:5 where a physical condition is also present).

**Fostering a healthier workforce**

David Stacey  
Public Health Programme Manager  
Lincolnshire County Council

**Lincolnshire**  
COUNTY COUNCIL  
*Working for a better future*

### Support Available

Local resources

- Workplace Health Group
- Local training
  - Royal Society of Public Health
  - Making Every Contact Count
  - Mental Health Awareness
- Local support services
  - NHS Steps 2 Change / Samaritans / Tonic Health Safe Places
  - Carers First / Every-One
  - Lincolnshire Community Health Services
  - Active Lincolnshire
  - One You Lincolnshire
  - Boston College- Mindfulness for Health & Wellbeing
  - NHS Diabetes Prevention Programme

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In the lead up to the Christmas period which can be a difficult time for some we spoke to pubs and bars in the BBL to ask if they would pop our coasters on their tables



Thank you once again for your support in helping us grow our presence and raise awareness of our service in the Boston Big Local area.

Samaritans of Boston.

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December 31<sup>st</sup> 2019.

[www.samaritans.org/boston/](http://www.samaritans.org/boston/)

[www.twitter.com/SamsBostonUK/](https://www.twitter.com/SamsBostonUK/)