

Samaritans Quarterly Report for Boston Big Local – June 2023

Celebration of Volunteering

We were very proud to be invited to take part in the Celebration of Volunteering event hosted by Mayor, Councillor Anne Dorian, which took place in the Stump on Thursday May 18th. This was an event to recognise, honour, and thank local organisations for everything they do within their local community. As the event was attended by several parties, we were able to take the opportunity to share our service and our outreach potential whilst accepting a couple of invitations to develop the provision of some workplace training in the area.





Boston Borough Council 'Supporting each other' programme.

During the early part of the year, we were asked by HR & Learning & Development Officers of BBC to deliver two three-hour in person sessions during May to their managers and team leaders, to help them support their teams, each other, and their customers around mental and emotional wellbeing issues.

Lorraine and Paula, our branch trainers, delivered sessions which covered topics such as 'who Samaritans are and what we do', effective listening and questioning skills, suicide awareness and risk factors, supporting yourself and dealing with anger and aggression. They also provided individual packs for the 37 attendees containing a substantial range of Samaritan branded materials and course handouts.

There was a good engagement from all the delegates who felt comfortable asking questions and talking about their various situations. A particular standout moment was from someone who felt they were not good at supporting others as they tended to use humour during difficult situations. After doing some of the practice sessions, they discovered that by applying some of the skills they had learned during the morning, they could be quite good at giving support to a colleague or customer and felt significantly more confident about doing so, thus enhancing their transferable skills.

New Samaritans begin their volunteering.

During April and May five new Samaritans started their six weeks in person training at the Len Medlock Voluntary Centre.

Each Saturday morning, they worked through our mandatory CORE training module sessions supported by other volunteers with their skills practice before meeting their mentors and beginning their mentored shifts on the telephones. Following a successful mentoring period, and after their first session of secondary Embedding training they can now take calls and will increase our numbers to 35 engaged in our work.

Outreach Training

In June, Samaritans Central Charity redesigned and relaunched their Outreach Training to comply with a new policy for all volunteers delivering our service outside the branch and anywhere in the community. In two parts, a digital module followed by an in-person session scheduled for July at the Voluntary Centre, this has attracted 14 of our volunteers, almost half the branch, who have opted to enhance their skills when at community events, stalls, markets, festivals, hospitals, with partnerships, and open days all of which we continually aim to have a presence.

Boston United Football Club

At long last we finally look as though we are going to have pitch side awareness advertising at the new ground for this coming season. Design, planning and discussion with the football club over the last few months will hopefully result in the board being in place in August.

Volunteers' week – June 1st -7th a big 'Thank you.'

An annual celebration to recognise the contribution that volunteers make to charities, this year Samaritans used the opportunity to highlight that we've been here to listen for 70 years and to remind people Samaritans is needed more than ever. To support this, the charity made a wide range of materials available to branches to thank volunteers as well as publicity materials to raise awareness of our work and we thanked our own volunteers with a celebratory lunch!



... and a thank you to Boston Big Local

From everyone at Samaritans of Boston, Lincolnshire to all of you, we would like to thank you for your ongoing support in helping us both raise our profile in the local area for the people of Boston and to continue to deliver our service to those in need of emotional support.