**St Dunstan’s Mothers’ Union**

I’ve just returned from a short stay in Devon and have been thinking about the way we deal with our “British Summer” weather.

I travelled down in cool cotton trousers and a tee shirt as the weather was sunny and warm. The following morning it rained so I put on a raincoat and sheltered under an umbrella and in the afternoon, a chilly and extremely strong wind got up (almost gale force) with the added joy of driving, icy rain so I donned a thick anorak, warm trousers and a thick jumper. I remember wishing I’d packed my gloves. Most of us just accept our summer weather peculiarities – hence the need for a large suitcase for an overnight stay!

At our last meeting on Monday, 5th June we had the pleasure of hearing Paul Tame speak about the amazing work of The Samaritans. Paul explained he had been a volunteer Samaritan for over 20 years and described the kind of training and ongoing mentoring each Samaritan receives.

Paul said the telephone was no longer the preferred choice for contacting The Samaritans, most people now use e-mail or just text. Paul talked about how Samaritans often work night shifts, not returning home until they felt sure the person with whom they were talking was in a good place.

Paul ended by saying what an amazing feeling it had been when he recently met a young man he didn’t think he knew. He said to Paul, “I was up there (Beachy Head) and you helped me change my mind – thank you”.

A few years ago, I worked in the same office as a Samaritan who also worked night shifts, often coming straight into the office after his shift. I remember, he used to nod off to sleep during staff meetings and snore very loudly. Our MD just raised his voice above the snoring and we all did the same. All volunteer Samaritans deserve our praise and thanks, it must be a very difficult and often harrowing job.

Coming up in our programme – on Monday, 3rd July we will be hearing Hilary Richardson from the Diocese tell us all about some of the many projects MU are involved with.

On Monday, 7th August at 2.00 pm we will be holding our annual Cream Tea. This year it will be held in Sally Steele’s garden at 17 Scotsdale Close. Please speak to a committee member if you’d like more detail.

I do hope you can join us – all will be most welcome. Hopefully, this year the weather will be warm and sunny – but you know the British Summer, I might bring an umbrella - just in case.

**Sue Wass**