

## September 2020

### The Coronavirus Pandemic

As we all went into lockdown in March we realised it would be difficult to get into our SAMM office at the Police Training Centre in Birmingham. Our answer machine was set with a message of how to contact us and a large banner was placed on the website of how to get in touch. We continued to receive direct calls and emails from people needing support. As usual our amazing volunteers gave their time and energy to continue making telephone calls and monitoring the secure forum, giving much needed support to other members during this difficult time.

### A word from our Chair, Marie Ellis

Well what a time we have all experienced. The lockdown, although extremely necessary, was somewhat the most difficult time for those who are grieving. SAMM took a lot of calls throughout that time and thankfully people were able to find some comfort by having the opportunity to offload to one of our trained volunteers. These volunteers are all bereaved themselves in similar circumstance and as a result of this understand the great depth of your pain and all that goes with it. Their empathy and compassion comes with a deep knowledge of the pain suffered as a result of murder or manslaughter.

We hate the thought of people suffering alone so if this does apply to you please know that SAMM is always ready to help. We can have you allocated to a phone volunteer within a day and in most cases within hours. We have all been where you are and know the importance of speaking to somebody who cares and understands as soon as possible, so waiting lists and weeks down the line is not an option for SAMM.

My kindest regards to you all,

*Marie Ellis*



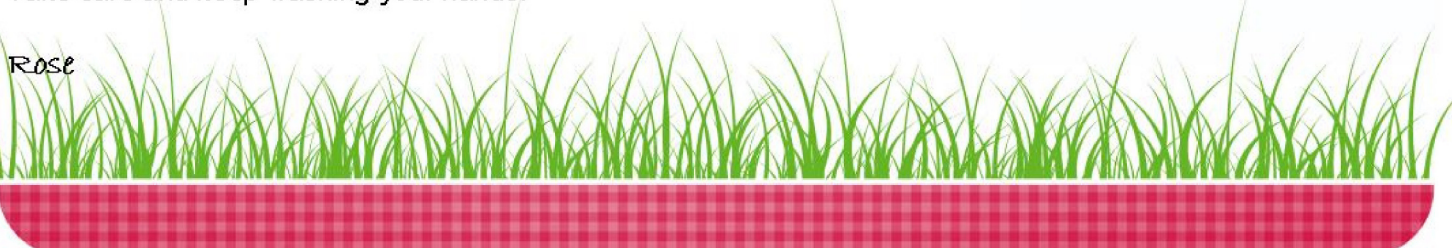
### A word from our CEO, Rose Dixon

Welcome to our new style newsletter. I hope the Covid-19 restrictions haven't been too difficult for you. I know some of our members feel safer at home but there are also some who distract themselves by going out and maybe window shopping or meeting friends for coffee in order to stop thinking of the person you have lost. For those of you who like to get out and about the lockdown has been really difficult to cope with. If you are grandparents it has been especially hard as we have missed out on those special hugs from the little people in our lives. Times like this make us realise just what is important. The staff have been busy working from home and trying to do their best as the office has been closed due to the Coronavirus. If you need support then please email [samm.national@gmail.com](mailto:samm.national@gmail.com) or text to 07850 163 752.



Take care and keep washing your hands!

*Rose*





## Retreats

*"I would just like to thank every one of the staff and trustees from the bottom of my heart for all your hard work and effort you put in to create a wonderful environment and such a compassionate group of people who reassure us victims we're not alone and what we are going through and the feelings we experiencing are normal. Thanks and God bless you all. All my love"*

As many of you know our retreats are recognized as a valuable part of being a SAMM member and we try to include as many people on them as fairly as possible. For those who are not aware, it is an opportunity to meet with other bereaved people over a weekend in a calm and safe environment. There are therapeutic treatments, art activities and discussion groups. It would be impossible to run these without the help and support of our trustees and volunteers so as always a big thanks to them all.

At the February weekend we also managed to launch two art major art projects which we will keep everyone posted about. These were put slightly on hold over the lockdown but there were several Zoom meetings with the artists keeping us in the loop of how we would progress once things began to move again.



Beginning of an art project

## A New publication

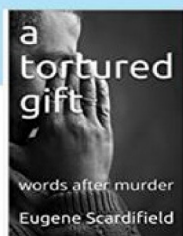
We are extremely proud of the achievements of all our SAMM members. One in particular, Eugene Scardifield, has fundraised tirelessly for SAMM, as well as appearing on TV and in news articles. He has spread knowledge of SAMM to many agencies.

*"a tortured gift, words after murder"*

is available on Amazon as a paperback or for a Kindle. It is a powerful read and touches on many areas that most people are not aware of.

The ISBN number is:

ISBN-13: 979-8645143619



## Memorial Quilt

One of our previously mentioned art projects is back underway. Working with a professional textile artist we are going to produce a memorial quilt. It is a way of permanently including your memories of your loved ones and a visual way of raising the profile of the work here at SAMM. Each member who wishes to participate can stitch a small cotton square in tribute to their loved one. Please contact the office if you would like to contribute and we can post a pack to you free of charge.



## Volunteering for SAMM

We are constantly trying to move SAMM forward and sadly as support calls rise we are looking to increase our team of volunteers. We offer a full training programme for people who may at some stage feel strong enough to want to join our phone line team. It is up to the individual as to how much time you put in. It can be from one hour a week to several hours a week—whatever suits you.



We are also looking to add several people to our existing dedicated board of trustees. You would have specific skills to bring to SAMM by assisting staff with decision making and bringing fresh ideas to help us provide the best service possible for those who are suffering and are traumatised by their tragedy. It is most important to have bereaved people on the board alongside non-bereaved people. This gives a balance and a greater understanding of complex issues. However the majority of trustees must always be SAMM people for obvious reasons.

If you are interested and would like any further information regarding volunteering for SAMM please contact the office.







## Lottery Meeting



On 13 February 2020 our Trainer, Penny and one of our trustees, Avi attended a meeting in Birmingham.

Along with some other charities they were invited to give two, half-hour presentations about the work of SAMM . Since we have secured Lottery funding this year it was certainly an opportunity not to miss. Their audience were actually the staff of the National Lottery who all work behind the scenes in finance and computing and who don't often get to see the final results of where all the funding actually goes. It was a great chance to get the work of SAMM recognized and they managed to connect with other charities as well as potential volunteers to help us out with various IT tasks in the future.

You may see their logo on our literature and this is in recognition of the funding they have given.

## Lockdown Gardens

Here at SAMM we never underestimate the therapeutic benefit of getting out into nature and how it can bring us some calm when dealing with sometimes overwhelming emotions. Most of us were unable to visit friends and relatives recently so those members who were lucky enough to have gardens have spent much more time in them. Those who live in smaller spaces have spoken about a deep need to nurture houseplants, take over balconies and even be creative with doorsteps! It was an opportunity for a lot of us to take some time to reconnect with day to day surroundings that can sometimes go unnoticed. We hope the pictures we have included here are inspiring and think you'll agree that even small spaces can be used to create a place of quiet contemplation.



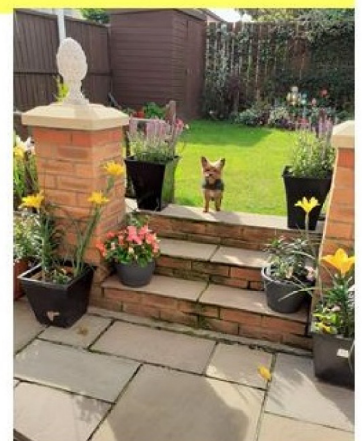
*Daniel Duke's Garden*



*Where will Rose's Fairy door lead to?*



*A Gnome from Gnome*



*What are you doing in MY garden?*





## SAMM Memorial Service - CANCELLED

Saturday 12 December 2020

Preparations were well underway for the Memorial Service at St Martin's-in-the-Field Church, London. We normally have several hundred people join us for this but taking into account social distancing procedures as well as travel concerns we feel it is best to cancel the service this year. Hopefully we will be able to run it next year with the usual warmth and depth it entails.



Please check the main page on our website nearer to the date as we are attempting to run a virtual service on the day instead.

## SAMM AGM

This was scheduled for the end of April this year and could not go ahead due to restrictions of movement.

It will now take place via a ZOOM meeting on Saturday 31st October 2020.

Please contact the office if you would like the meeting link and so that we are aware of numbers.



## Support After Murder and Manslaughter


L&DRC Tally Ho!  
Persore Road  
Edgbaston  
Birmingham  
B5 7RN

0121 472 2912

Samm.national  
@gmail.com

www.samm.org.uk

 @SAMMNational

 @sammnational

 Support After  
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## Fundraising?

Yes please!



SAMM as a charity could not survive without your fundraising and generous donations. You can donate by Paypal to samm.national@gmail.com

Then there's virginmoneygiving.com

Or a plain and simple cheque to SAMM.

Don't forget to let us know if you are a UK taxpayer or not as we claim gift aid on your donation making it work even harder for the charity!

## SAMM Trustees:

Marie Ellis (Chair)

Marie Wright (Vice Chair)

Avi Sanders-Royle

Sylvia Smithies

Kathy Barber

Satesh Sharma

Khadija Samuels

David Reid

Keith Mellalieu  
(Treasurer)

## Staff:

Rose Dixon, CEO

Penny Dixon, Trainer  
and (acting) Office Co-ordinator

Thank you for staying in touch with us. As a valued SAMM member this is *your* newsletter. We would love some feedback and suggestions for future issues.

Stay Safe,

The SAMM team.