

SAMMNational

Support After Murder and Manslaughter

April 2023

Newsletter

Support After Murder and Manslaughter

L&DC, Tally Ho!

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Charity Number 1000598

A word from our Chair, Marie Ellis



There are certain times of the year when being traumatically bereaved seems to be harder, Mother's Day being one of them. For those of us who have had our child or children taken from us, and those of us who no longer have our mothers miss them at Mother's Day. No matter how old we are, if you had a good mother then we will miss them on Mothering Sunday. It is even harder if your mother was taken by murder and everywhere we look there are adverts etc for Mother's Day and the pain of our loss is excruciatingly painful.

Also be aware, that if we are dealing with painful experiences in our lives that are not related to our bereavement, we can find ourselves being impacted by the pain of our loss. Feelings of helplessness in certain situations can key into the way we felt "out of control" during the aftermath of losing our loved ones and throughout the police investigation and the trial if we were lucky enough to have one! When feelings overwhelm you please know that we are here for you to help you through difficult times. Contact Sarah in the office and ask her to organise some extra support from us.

As we greet the spring and see the crocus and daffodils forcing their way through to another spring, try to see a chink of light in your grief and bereavement and know that you are not alone. SAMM is here to support and help you. Even if you haven't been in touch with us for a long time, reach out to us for help and support. **Marie Ellis—Chair**

A word from our CEO, Jo Early



Spring is here as we head further into 2023 I know that for some of you it feels as if time has stood still without your loved one. It can be difficult to function when we are surrounded by others who are getting on with their lives when we know how difficult it can be to get through the day.

When someone is taken from us in such a cruel way, the trauma we experience can affect us both physically and mentally. Traumatic grief can often make us feel physically unwell as well as test our mental health. You might be experiencing, memory loss, flashbacks, intrusive thoughts of what happened, physical tension and headaches, sleep disturbances and more. Whether it's the first time you've experienced these symptoms or if you've had them before, it can be a very worrying time.

At SAMM we are here to support you and help you understand your own trauma. We know that being able to talk about your symptoms and understanding them will help normalise your situation and manage how you feel.

When someone asks how you are, you might be tempted to say you are fine or OK even if you don't feel fine. You may feel you don't want to burden anyone with your own grief. However, if you feel you can talk to someone about how you feel it may help them to understand your grief and trauma. Either way you will always have someone at SAMM to talk to as we are here for you when you need us.

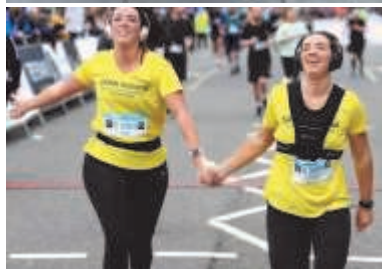
If you would like more information on understanding your stress and trauma, we can send you our information leaflet, which also contains some helpful information and suggestions about how to manage and cope with your symptoms. **Jo Early—CEO**

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Fundraising for SAMM National

Ruth Goodey is fundraising for SAMM National, her daughters are running a half marathon in memory of her little sister and her daughter. Stephanie was 25 years old and her daughter Lili-Beau was 9 months old. They were murdered at the hands of the man that should have loved and protected them. Although, this trauma is one that eases every day through the love and support from family, friends and others, it is something that we have to face still. One day his sentence will end and we will face a renewed hurt. The pain of losing two young lives, lives with us all daily. This is where SAMM come in. The support and care from the staff and many volunteers provides a shared understanding to those in need and suffering from these horrific crimes. SAMM really are life changing, they have shared in this pain and use it as a tool to help others through their grief and it is something Ruth is proud to be part of as a volunteer! If you would like to donate please use the link. <https://www.justgiving.com/fundraising/ruth-goodey3>



On 8th July Julie, Billy and Jenny, along with a group of family and friends will be attempting the National Three Peaks Challenge in 24hrs. They are raising money for SAMM National that has supported and helped them following the murder of Joanna in 2006. They will be climbing the three highest peaks in England, Scotland and Wales and tracking around 26 miles and ascending a total height of almost 3,000m (much of it in the dark and through the night!)

SAMM provides a unique support service, designed by the bereaved for the bereaved to meet a persons' emotional support needs. All volunteers receive bespoke training and have been bereaved through homicide themselves. They have a unique understanding of what it is like to be traumatically bereaved and are a constant source of support and help to families in need.

They will be taking some of Jo's ashes to scatter at the top of each mountain so she can be with them. If you would like to donate please use the link. [justgiving.com/fundraising/sammthreepeaks](https://www.justgiving.com/fundraising/sammthreepeaks)

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Fundraising—Paul Kitson

One of our SAMM members, Paul Kitson, has kindly raised a total of £338.00 together with Straight Blast Gym Belfast a Martial Arts Academy, which is based in the heart of Belfast City Centre.

SBG Belfast did an open mat and held a raffle in memory of Brian, Pauls son who was a longstanding member of the club and was well liked by the members. The club were the first to sit a vigil over Brian when he was brought home and also gave him a guard of honour at his funeral. They have become an integral part of our Pauls family ever since.

Paul would like to thank the club and all it's members especially the chief instructor of the Jujitsu Club, Damien Mulgrave who was a very close friend of Brian.



When I Go

When I go,
don't learn to live without me,
just learn to live with my love,
in a different way.

And if you need to see me,
close your eyes,
or look in your shadow,
when the sun shines,
I'm there.

Sit with me in the quiet and you
will know,
that I did not leave.

There is no leaving when a soul
is blended with another.

When I go,
don't learn to live without me,
just learn to look for me in the
moments.

I will be there.

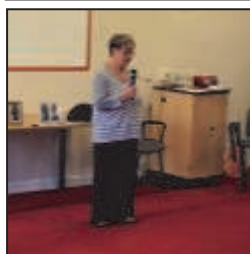
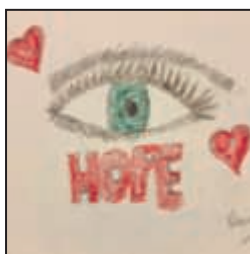
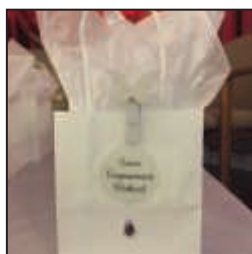
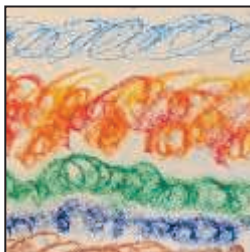
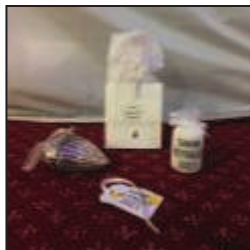
Donna Ashworth



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Volunteer Empowerment Weekend



In February we held a very successful retreat weekend for our volunteers. We provided workshops on stress, trauma, health and well-being and relaxation, as well as a creative session with our resident art therapist Melissa.

'The whole weekend was amazing—thank you so much to all the trustees and Sarah I found it so helpful'.

'I am not lonely here amongst fellow members and volunteers but will be when I get home. Getting to know other volunteers experiences and how can I learn from them'.

'Fulfilled expectations in a safe environment'.

'I felt so safe—thank you. This helped me understand so much more but what is unconsciously triggers me'.

'It's lovely to be able to listen and share experiences—feel less alone, more connected'.

2023 Empowerment Weekend Dates

2nd-4th June / 1st-3rd September / 10th-12th November

If you can receive this newsletter via email please contact the office: info@samm.org.uk



Family Liaison Affiliated Collective of Support Services

FLACSS consists of member organisations who aim to provide assistance to all affected by death in traumatic circumstances. SAMM is a long-standing member of FLACSS and our CEO Jo Early was delighted to attend in person for the first time since the pandemic.



Memorial Quilt

Following the success of our Memorial Quilt we've decided to create a 2nd quilt! This gives our members another opportunity to make a square in memory of their loved one and it will also act as a visual way of raising the SAMM profile.

We will be working alongside a professional textile artist where members can use materials to design their fabric square. Quilts are traditionally all about memories, warmth and love so we are calling the project 'Quilt of Remembrance'.

If you would like to get involved please contact the office on info@samm.org.uk or 0121 472 2912.



Thought of the day

"Don't focus on the pain focus on the progress"

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Grief 31 years on! - Rose Dixon

It is thirty one years since my daughter Avril died and I'm aware that a lot of things have changed in those years. I still miss her and have days where I am feeling sad and lost without her. I didn't just lose my daughter that day. I lost my friend, my companion, my cinema buddy, my going out to lunch buddy. My potential grandchildren from her, and many other aspects of our life. I now don't go to the cinema as it doesn't feel right to be there without her. I think this is an aspect of our grief that many others don't understand about our loss.

I'm glad to say that awful gut wrenching pain and trauma is less but I still find it hard some days to be positive. Don't get me wrong, I am not happy that I no longer have my daughter Avril but I have lots of good days and I am in a comfortable place living a contented life. As the years go by the pain doesn't get easier but I have got stronger! What I realise is that most of my friends nowadays are bereaved parents as they are the only people who really understand the long term effects of traumatic bereavement. When I am with them I know I can laugh without feeling guilty as they understand that laughing doesn't mean I have forgotten Avril. The only way I have survived this awful experience is with the love and support of my friends within SAMM. Thank you all for your wonderful friendships and for holding me up for all these years.

Grief I have learned is really just Love.

It's all the love you want to give, but cannot.

All that unspent love gathers up in the corners of your eyes, the lump in your throat and in that hollow part of your chest.

Grief is just love with no place to go.

By Jamie Anderson

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Volunteer Profile—Ruth Goodey

1. What is the best thing about volunteering for SAMM?

The opportunity to listen, share in others journeys and meet individuals with incredible inner strength.

2. Describe SAMM in three words.

Empowering, Emotional and Enabling.

3. How long have you volunteered for SAMM?

8 months.

4. Where is your happy place?

On the beach.



5. What is something people don't know about you?

I'm a Cockney sparrow!

6. Have you met anyone famous?

Floella Benjamin walking out of Woolworths when I was small!

7. What's the best advice you have been given?

Just Be! I use this all the time and promote it to others!

8. Where is the best place you have visited?

North Island New Zealand



9. What do you do to relax?

Scrapbooking, forest walks, travelling and shopping!



10. What is your favourite food?

Spaghetti Bolognese!

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Volunteers Wanted!



We are looking for Telephone Supporters and SAMP Facilitators to join our team.

Why volunteer for SAMP?

Volunteering is a great way to meet some amazing people and become united by a common cause. We recruit and train people from all walks of life, including a wide range of backgrounds and age groups. Do not worry if you don't think you have a particular skill set as we provide specialist CPD accredited training. You will also receive ongoing support in your role.

It's a great opportunity to try out new things in an environment where help and guidance are always available. You can be proud to know you're helping transform the lives of other bereaved people by using your unique experience and understanding.

**For me the best thing about volunteering with SAMP is being part of the SAMP family and finding the strength myself to encourage new bereavers to talk and let them know that they are not alone and that we are all on the same journey.—
Antoinette**

Improves self-esteem.

Provides you with a sense of purpose.

Teaches you valuable skills.

Gives you confidence.

Helps you meet new people.

Increases your social skills.

Provides job prospects.

Provides a sense of community.

Full online training and support is provided. For more information and a registration form contact:

Sarah McGrory - Officer Co-ordinator

E: info@samm.org.uk

T: 07342 886 672 / 0121 472 2912

Make a difference to someone.

If you can receive this newsletter via email please contact the office: info@samm.org.uk



Self Care

- Meditate for 10 minutes
- Get some fresh air
- Write 3 things you are grateful for
- Put your phone away for a while
- Listen to your favourite music
- Try something new



Remember self care is not selfish – it's essential!

Help us protect the environment by going 'paper free'!

Reasons to go paper free:

- Save SAMM National money
- Reduce waste pollution
- Water conservation
- Save trees
- Prevent deforestation
- Eco-friendly



If you are receiving this as a paper copy and are able to receive it via email instead please email the office: info@samm.org.uk

Donate & Fundraise

SAMM relies on donations and with your help we can provide the support needed for those affected by raising much needed funds. **Ways to donate:**

- **Send a cheque made payable to SAMM**—We can claim gift aid on your donation.
- **Ebay**—we are a listed charity that you can support when selling on eBay.
- **CAF**—Charities Aid Foundation.
- **PayPal and PayPal Giving Fund**—donate via PayPal or PayPal Giving Fund.
- **Direct Debit**—speak to the office to arrange.

We can help you get started with fundraising. Any questions please phone us on: **0121 472 2912**, text **07342 888570** or email info@samm.org.uk



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SAMM Online Pop-Up Cafés



Our Pop-up Cafés are very popular and we have lots of positive feedback about the support they provide to our members. The sessions are a chance to share your thoughts and feelings whilst being supported by others with similar experiences. If you would like to book a space on the online session please get in touch.

Women's - Tuesday 19:00-20:00 / Men's - Wednesday 19:30-20:30 Booking is essential. Call or email the SAMM office to

book your place.

'Thank you for the opportunity - these chats really help me to feel less alone.'

'Thank you. These sessions are so important to me.'

Friends & Family Corner



We would like to hear from members who joined us because their friend was killed as a result of murder or manslaughter. We know the loss of a friend can be very painful and traumatic and we would like to know how your experience has impacted on your life and we would also like to know how you remember them.

Please let us know if you want to add your thoughts to our inspirational friend's corner where you can make a difference to others who have also experienced the death of a friend.



We are looking for contributions for the newsletter e.g:

- Poems that you have written or that mean a lot to you.
- Quotes that you find helpful and supportive.
- Fundraising - are you raising any funds for SAMM
- How has SAMM supported you?

Memorials & Tributes

If you have a tribute you would like to add to the newsletter, our website or the Memorial Book please contact the SAMM Office.

If you can receive this newsletter via email please contact the office: info@samm.org.uk



SAMM Trustees:

Marie Ellis (Chair)

Marie Wright (Vice Chair)

Rose Dixon (Secretary)

Avi Royle (Treasurer)

Sylvia Smithies

David Reid

Steve Williams

Eugene Scardifield

Lesley Rees

Rob Kellas

Staff Members:

Joanne Early—CEO

Sarah McGrory—Office Co-ordinator

Vacancy—Office Administrator

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. We are also keen to receive tributes and poems that we can include in future newsletters and on our website.

The SAMM Team

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