



There's always time for a cuppa and a catch-up

Raise funds for Samaritans

Hold a Brew Monday get-together anytime and enjoy a cuppa and a catch-up with friends, family or colleagues.

Right now is the perfect time to connect with those around you. It doesn't matter if it's Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice.

By raising funds for Samaritans, you'll help make sure there's always someone there for anyone who's going through a tough time.



Having a Brew Monday is simple



Join us for Brew Monday

Brew Monday is a lovely way to check in with the people you care about – and share a biscuit or two. This year we're inviting everyone to have a Brew Monday to catch up over a cuppa.

Getting people to come

Don't be shy. People like to be invited to something nice. Share a message via email, text, online chat or invite over the phone. Send a calendar invite and share the digital posters. Send a reminder email and host it in person or on an online channel you'd usually use for work meetings anyway.

Raising money for Samaritans

Let people know your Brew Monday is helping Samaritans. You might be surprised at how many people have some experience of mental health difficulties, directly or through a friend or family member.

Giving made simple

You can set up a JustGiving page so your fellow Brewers can donate easily online. Or they can simply text **BREW** to **70450** to make a £5 donation.

You will be charged £5, plus one message at your standard network rate. Samaritans will receive 100% of your donation.

Ideas for raising money

- People can donate whatever feels right to them. They can bring their own cuppa and cake, but donate what it'd usually cost them.
- Let people know that just £5 could help Samaritans answer a call for help.
- Play a game like 'how many tea leaves in a teabag?', have a cuppa-themed quiz or use your get together as an opportunity to find out how everyone's doing at the moment. You can find more activity inspiration in our Brew Monday [downloadable resources](#).
- If you're all together get a group photo or a screen-grab from a video call to share on social media with #BrewMonday.



Paying in the money you've raised

- The quickest and easiest way is online at: samaritans.org/brew-fundraising
- Send a cheque made payable to Samaritans to: Samaritans, **The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF**
- Remember to include a note with your details so we can say thank you.
- To make a donation over the phone, you can call our Supporter Care team on **03709 00 00 32**.



Thank you for wanting to help Samaritans

We're here for people in emotional crisis, and for people who are just finding life really tough and need to talk to someone who can help them work through it.

Behind us being able to answer each call for help, is a thoughtful person like you.



£5 could help us answer a call for help from someone struggling to cope.

£200 could help us train a new Samaritans volunteer so they can be there to listen to anyone who's going through a tough time.



“Talking helped me to set a path forward”

I was bullied throughout secondary school, nearly every day for about five

years. My mental health got to a point where I needed to fix it, it was going in a really bad direction.

I rang Samaritans for the first time. Speaking to someone was extremely useful. Opening up is hard in general but when you do, you realise there is nothing to stress about. When I talk to Samaritans, I feel like it's judgment free; you're free to say what your problems are.

Vijay, Birmingham

Thank you!



You're brilliant for having a Brew Monday.

Need some help from the Brew Crew?

Email us at community&events@samaritans.org

SAMARITANS

If you or someone you know is struggling to cope, it's free to contact Samaritans.

Call free day or night on

116 123

Visit samaritans.org

Email jo@samaritans.org