

**Sam**

**Everyone has it in them to be a Sam. You've got it in you too.**

As a Samaritans volunteer, there are lots of ways you can reach out to others going through difficult times. You can support our branches. Keep our IT working smoothly. Help with publicity. Shoulders some of the admin. You'll get so much back. Skills. Insight. Experience... A feeling that what you're doing really matters.

Find out about the many ways you can be a Samaritans volunteer – day or night.  
[www.samaritans.org](http://www.samaritans.org) 01603 611311 08457 909090

**SAMARITANS**

# Pennies, Pounds & Plastic

**WEETU**  
WOMEN'S EMPLOYMENT ENTERPRISE AND TRAINING UNIT

Money management for young women in Norfolk.

Supported by **BARCLAYS**

**Are you aged 16 to 25?**

**Do you wonder where your money goes?**

**Would you like to gain control of your finances?**

**WEETU** has a **FREE** workshop designed just for you!

- Learn how to monitor your spending
- Understand the true cost of borrowing
- Make effective choices about spending and saving
- Be empowered by creating tools for spending and saving
- Know where to go for further help and advice.

Each workshop is 3 hours long and you will take away a Spending Diary, calculator and a pack of support materials. All the information provided is completely independent.

**Ring WEETU on 01603 230625** for more information and to book a place on our next workshop.

**LEUKAEMIA RESEARCH**  
research | symptoms | welfare

**BEEFY'S GREAT FORGET-ME-NOT WALK**

**WALK WITH BEEFY**

Join Sir Ian Botham on his 25th anniversary charity walk and help him beat childhood leukaemia

**15 APRIL 2010**  
EPSOM RACECOURSE, EPSOM

**SIGN UP AND START FUNDRAISING**  
[WWW.BEEFY25.COM](http://WWW.BEEFY25.COM)  
Call 020 7685 5143 or email [befy25@trf.org.uk](mailto:befy25@trf.org.uk)

**OR IF YOU'D RATHER NOT LET EVERYONE KNOW, TALK TOWS.**

WHATEVER YOU'RE GOING THROUGH WHETHER YOU THINK IT'S BIG OR SMALL DON'T BOTTLE IT UP. AT SAMARITANS WE OFFER CONFIDENTIAL NON-JUDGEMENTAL SUPPORT 24 HOURS A DAY.

01603 611311 08457 909090  
08457 90 91 92  
[jo@samaritans.org](mailto:jo@samaritans.org)  
[www.samaritans.org](http://www.samaritans.org)

**SAMARITANS**

I want to buy a mobility scooter but I don't know where to start!

I'm disabled. Where can I find out about driving?

I got a parking ticket even though I was displaying my Blue Badge. I need help!

I want to help stamp out disabled parking bay abuse!

I need a disabled parking space outside my house. Where can I get advice?

**Mobilise can help**  
For a free monthly magazine, information, advice and discounts join Mobilise

Call 01508 489449 or visit [www.mobilise.info](http://www.mobilise.info)

**mobilise**

The charity run BY Disabled People FOR Disabled People  
Registered Office: Mobilise HQ, Ashwellhouse, Norfolk NR16 1EX, Registered Charity No. 1119526, Registered CdnR 5382417, Limited Liability

Helping women take control of their economic lives

Setting the Customer First

**WEETU full circle**

An award-winning business start-up programme designed to support women into self-employment

**FULL CIRCLE WORKSHOPS**

- I Want my Own Website
- Selling Online
- Marketing Skills
- Sales Skills
- Business Planning & Contingency
- Costing & Pricing
- Practical Bookkeeping for Small Business
- Cashflow & Final Accounts

**FREE places available**

**Is Enterprise for Me?**  
Thinking about becoming self-employed but not sure where to start?

This Level 2 accredited course covers setting business goals, market research, start-up costs, business positioning, risk and more.

WEETU is supported by **go for it!** empowering networks

**WEETU** t. 01603 230625  
e. [admin@weetu.org](mailto:admin@weetu.org) w. [www.weetu.org](http://www.weetu.org)

WOMEN'S EMPLOYMENT ENTERPRISE AND TRAINING UNIT