

Subject: FW: Thank you from CALM



Dear Nicky and the Sandhu Charitable Foundation,

Thanks for your donation of £3,000 to CALM and for match funding your colleagues Ben and Warren Middleton, Kevin McGrath and Cornelius in their epic challenge. You're joining a community of change makers, pavement-pounders, biker riders, and online gamers who are leading a movement against suicide.

In 2020, CALM answered more than 140,000 potentially life-saving calls and webchats. We're now working to expand the support on our helpline, and grow our campaigning activity around the UK to reach more people and save more lives.

Want to continue to support CALM? There's loads of stuff you can get involved with. Head [here](#) for some ideas and find out more about our latest campaigns and activity.

Many people who contact CALM have been affected by suicide. [Support After Suicide](#) is a helpful website with practical and emotional advice and input from people who've been through similar experiences.

Thanks again for being a part of the movement against suicide.

All the best,
From Sarah



CAMPAIGN AGAINST LIVING MISERABLY (CALM)

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Sarah Bodenham
Fundraising Officer
She/Her

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