

Sunflowers

SUICIDE SUPPORT

NEWSLETTER

NATIONAL LOTTERY FUNDING



Sunflowers Suicide Support based in Stonehouse, Gloucestershire is celebrating today (1st February 2020) after being awarded £91,812 over a three year period in National Lottery, Reaching Communities funding. The money is to be split throughout various different aspects of the Charity each year. This will help to ensure that the services provided can be sustained and continue to grow over the next three years.

Part of the money is to be used toward funding the salary of the new Charity Manager who will oversee all services and projects delivered by Sunflowers. This is an important step forward for Sunflowers; to be able to have their first employee who can dedicate time solely to the interest of the charity and reaching those who need it. There is

also a provision of money for training and development. This means that Sunflowers will be able to develop a more robust and efficient suicide bereavement service within Gloucestershire and a pool of trained volunteers. Another section of the money is to be used towards overheads at the Sunflowers offices based at Bonds Mill. It is here that Sunflowers deliver their Grief Recovery Courses and Family Support for children and young people as well as meeting with individuals who have been bereaved by suicide. This funding ensures that the Charity have a secure base for the foreseeable future. Funding towards these overheads helps to ensure that donations given to the charity can primarily be spent on the support and prevention services they offer. Which is where the remaining money will be spent, to help continue to offer the course delivery and bereavement events the Charity currently provide.

FEBRUARY 2020

Volume 3

Issue 1

Registered Charity
 Number 1177266

“STAY IN THE SUN
 WHEN THE SUNSHINE
 IS GONE AND YOU
 WILL KNOW THE
 SUNSHINE LIVES
 WITHIN YOU”

MEMORIAL CHRISTMAS TREE

Lucy Barrett held an origami making evening to create our beautiful paper sunflowers in memory of loved ones lost to suicide. These were displayed at the Christmas tree festival in Stroud. The Sunflowers tree was stunning and shone



bright through the Christmas period



EVENTS COMING UP

Sunflowers Memory Garden Planting	26 April
Sunflowers Bohemian Ball	2 May
ASIST Workshop, Cheltenham	14&15 May
Chase the Sun	15-21 June

CIRENCESTER BRASS BAND CONCERT



Cirencester Brass Band put on a superb performance just before Christmas at the Church of St John the Baptist in Cirencester town centre. The occasion felt very fitting for the weeks

before Christmas as the band played confidently and the church filled with people listening with glee. The evening was one to lift the spirits of those who attended with heart-warming Christmas music from the band and songs performed by Cirencester Men’s Choir, who offered a beautiful rendition of Oh Holy Night before donning some reindeer antlers for some fun and up beat singing. The evening takes place every year and raises money to sup-

port charities. This year Cirencester Brass Band chose Sunflowers Suicide Support, a charity based in Gloucestershire supporting families bereaved by suicide and delivering suicide intervention training. The Charity founder was in attendance on the evening along with Trustee Graham Foxley and his wife Di Foxley who is a member of the band. Abbie delivered a short talk about the Charity and her story alongside photographs of her brother Pete and the Foxley’s Son Simon. The evening concert raised a whopping £988.00 for Sunflowers. This is so fantastic and will help continue the work happening directly within the local community. The Charity hope to develop further support groups around the County over the course of 2020 and the money will be used to enable this project. Sunflowers would like to express their thanks to the organisers of the events, all who played and sang and everyone who attended and donated toward the Charity.

NATIONAL SUICIDE PREVENTION ALLIANCE CONFERENCE

Rebecca, Abbie and Harvey attended the National Suicide Prevention Alliance Conference at The Kia Oval in London. It was a full on day with lots of inspirational speakers and workshops. Statistics delivered by Professor Louis Appleby are showing that the amount people taking their own lives in 2018 has risen by 12% . **Rise in men = 14%, Rise in Women =7% and the statistics show it has affected all groups of people.**

When you look at the percentage by quarter in 2018 it is clear the suicide rate has shot up in every quarter. There has also been a rise in the first two quarters of 2019 although by a smaller amount, showing it is starting to slow down. Self Harm in Males Mid-life has risen considerably and is linked to the rise in suicide. Young people aged between 15-19 years old have the highest rate of suicide in 20 years.

There is a considerable rise in girls aged between 15-19 years old, which is at the highest rate since the statistics began. Self harm in young girls has risen significantly. For persons that have been admitted for treatment, mostly suicides take place when they have just left hospital and the highest risk day is day 3 after being seen.

3 Priority areas

- Mental Health Patients
- Self-Harm
- Middle aged men

Here is where you can find all the presentations from the day:

<https://www.nspa.org.uk/home/news-events/nspa-conference-2020-2/presentations-from-conference-2020/>



HOPE NOTES

We recently received a message from MBE Installations who have been a wonderful support to Sunflowers to show the most recent Hope Note. This has been attached to the hole MBE Sponsor on Robinswood Hill Golf Course. As well as #IAmListening, there are contact numbers for people in need of additional help and support during mental health crisis. We are so pleased the Hope Notes are getting out into the community and this will be seen by many golfers!



GRIEF RECOVERY COURSE

We are currently mid way through our first Grief Recovery course of 2020. We have quite a waiting list now which makes spaces on this course extremely valuable. Those attending work through a set programme to help understand their own loss and accept that it is Okay to feel sad after losing someone we love. They build strong relationships with other attendees and learn techniques to help live with the loss they feel. At present we are able to offer two courses per year, but we desperately need more funding to deliver more of these courses within our community to enable us to support more people.



APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) & SAFETALK

ASIST is a two day interactive workshop in Suicide Intervention. It enables participants to recognize the signs of suicide and gives them confidence to ask difficult questions and keep someone immediately safe. SafeTALK is a four hours workshop in Suicide Awareness, it enables participants to spot the signs of suicide and signpost on for further support.

Sunflowers have already delivered two ASIST workshops in January and February 2020. We have another booked for February and one for March. We still have limited spaces on our workshop running in May 2020 from Uckington Community Fire Station. This will mean already within the first half of the year, 125 people have been trained in Suicide Intervention. Please note, We only offer two spaces per organization on each of our ASIST workshops to enable everyone within the community to have the opportunity to access this vital training. Please visit our website to book your space. <https://www.sunflowerssuicidesupport.org.uk/ASIST-Booking/>

We have also delivered one SafeTALK workshop in January 2020 and we have another taking place at the end of February 2020.



WESTBURY YOUNG FARMERS

Abbie recently visited Westbury Young Farmers to give a presentation about Sunflowers and help start the conversations about our mental wellbeing. It was a lovely group of young people who have been working hard over the past few months fundraising for Sunflowers. Their efforts included a bonfire party. They will also be creating their very own kindness sunflower for our

Stay in the Sun walk taking place on 12th September. Through their hard work and dedication they have managed to raise an incredible £700 for sunflowers! What a wonderful team of people. We are incredibly grateful.

ARRIVA DIGITAL


Arriva Digital have been a wonderful support to Sunflowers and donated us a desktop computer, printer/scanner/photocopier and two laptops. This IT equipment was so desperately needed. Not only did they donate the items but have spent time at our offices setting up the equipment and helping us install and use it. The computer items are such an important part of being able to deliver training, but also for the office to continue to develop our services. A huge thank you to the Arriva team.



PROFESSIONAL LED SUPPORT GROUP

Our Stroud Support Group is facilitated by a BACP accredited counsellor alongside Sunflowers volunteers. It runs on the first Wednesday of EVERY MONTH. Here are a list of topics that will be covered at the group over 2020:

- How does grief affect us
- Common reactions to death and loss
- Traumatic grief
- Exploring grief and anger
- Windows of tolerance
- Self care
- Good/Bad days and moments
- Relaxation exercise
- Memories
- Photo sharing
- Difficult times, social events and accepting invitations



Sunflowers Suicide Support Group

2020 Sessions

Purpose of group:

1. To provide safe open supportive environment where thoughts & feelings can be shared
2. Offer comfort in knowing you're not alone
3. Opportunities to meet others who are grieving
4. Reassurance regarding your feelings through exploration of grief process
5. Present opportunities to develop coping skills & learning from others experience
6. Mutual support
7. Confidentiality- safety within the group there may be work in pairs at times and individual work.

Sessions that will be covered during 2020 will include the following discussions:

- How are you?
- How does grief affect us
- Common Reactions to death and loss
- Traumatic Grief
- Exploring guilt and anger
- Windows of Tolerance
- Self Care
- Good & Bad days/moments
- Relaxation exercise
- Memories
- Photo sharing
- Difficult times, social events and accepting invitations

We will have a feedback/social session at the end of the year. We always welcome any ideas and feedback to help improve the groups.

www.sunflowerssuicidesupport.org.uk
Call: 07542 527 888 | info@sunflowerssuicidesupport.org.uk

Registered Charity No. 1177266

Instagram Twitter Facebook GlosSunflowers

RAY OF SUNSHINE BOXES & RAFFLE PRIZES

We ran a Christmas appeal asking for people to donate items toward our Ray of Sunshine boxes and raffle prizes. We had some incredibly generous donations come in from the Practice Development Team at Shire Hall and a huge carrot who will be our prize draw at our Stay in the Sun Walk on 12 September from Highways. Laithwaites Wine have also donated six bottles of prosecco towards welcome drinks at our Bohemian Ball on 2 May. We are going to open up this appeal to continue. If anyone would like to put together their own box and bring it to our offices, we would be very grateful.




Be a ray of sunshine in someone's storm

Be a ray of sunshine in someone else storm by donating your own 'ray of sunshine' box. These boxes are given to newly bereaved families and offer comfort in a time of need. See the list below of what we usually include in our boxes and use it to create your own.

Large gift box (doubles as a memory box)

- Scented candle
- Lavender oil
- Relaxing bath bomb
- Tissues
- Photo frame
- Notebook/journal
- Chocolates
- Forget-me-not seeds
- Heart decoration
- Photo frame keyring

Donations are being accepted at our office:

Sunflowers Suicide Support,
Suite 4 The Counting House,
Bonds Mill,
Stonehouse,
Gloucestershire

www.sunflowerssuicidesupport.org.uk
fundraising@sunflowerssuicidesupport.org.uk

Instagram Twitter Facebook GlosSunflowers

Registered Charity No. 1177266



SUNFLOWERS TEAM DAY



Sunflowers recognise the importance of Self Care and before Christmas hosted a Christmas Party for all our volunteers and helpers. This was an incredible day and we need to thank Charlies Charity in Gloucester for hosting the day for us. It was a wonderful team building session with a mix of strategy planning for the year ahead, and some training, but we also had a time of relaxation and self care. The final part of the day saw the team compete against each other in the amazing Christmas quiz written by our chair Jennie along with a few fun games thrown in. Spending time with others and engaging is part of the ethos at Sunflowers and this day really made all members of the team feel part of the family.

VOLUNTEER FOR US

Fancy volunteering for Sunflowers?

Here are some of the areas we need support.

- Administration
- Support and Training Packs
- Sunshine Boxes
- Fundraising Committee
- Ad Hoc help at events
- Running our stand at events

If you are interested in becoming part of an awesome team please get in touch

UPCOMING EVENTS

Bohemian Ball

2 May

We need help setting up and clearing up, bar staff and general volunteers to help with coats, clear up

Stay in the Sun Walk,

12 September

We need help setting up and clearing up, waiting staff, glass clearing, making refreshments, support for the Fairy Grandmother with children's activities

Sunflowers
SUICIDE SUPPORT

VOLUNTEERS WANTED

Are you able to help us with:

Fundraising Committee • Administration • Running stands at events
Peer mentoring • Running the online shop etc

If you are able to help please contact us on:

info@sunflowerssuicidesupport.org.uk



Registered Charity No. 1177266



**DESIGN A
KINDNESS
SUNFLOWER**

Design a sunflower to represent kindness or anti-bullying with your school or group.

Designs will be displayed at our 'Stay in the Sun' walk on 12 September in Miserden

Contact us on info@sunflowerssuicidesupport.org.uk and we will arrange collection of your class artwork.
Please note artwork must be weatherproof

Sunflowers
SUICIDE SUPPORT
Registered Charity No. 1177266

KINDNESS SUNFLOWERS

On 12th September 2020 we will once again host our Stay in the Sun Walk. The walk takes place in Miserden and it is about getting outdoors in nature together to improve our wellbeing.

This year we are asking local schools or organisations working with young people to get involved by joining our Kindness Campaign. Sunflowers ethos is about kindness and good mental wellbeing. We encourage looking out for each other and that the entire community can play a part in suicide prevention and making people feel less alone.

We are asking schools or organisations to design their own 'kindness Sunflower' to be displayed at the walk. The flower needs to represent kindness and/or anti-bullying and must be weather proof. It also needs to be less than a metre diameter.

The project could be used to open up conversations and you may even like to link it to various awareness days throughout the U.K. to promote the importance of being kind and taking care of our own wellbeing and each other;

- National Stress Awareness Month - April
- Mental Health Awareness Week (18-24 May)
- World Health Day 7th April
- World Suicide Prevention Day 10th September

We really hope you will get involved and create an opportunity for children to talk about mental health. Your Sunflower would need to be ready for collection on Thursday 10th September at the latest. Please let by 31 March if you would like to take part. If you have any questions please do get in touch:

info@sunflowerssuicidesupport.org.uk

SUNFLOWERS MEMORIAL GARDEN

Meet Harvey Taylor who has become our 'sunflowers gardener'. Harvey is working towards his bronze duke of Edinburgh award, part of this involves completing some charity work. We are delighted that Harvey, alongside his Dad, has offered to bring new life into our memory garden and help us get it ready for our new sunflowers this year. If you see Harvey working on the garden give him a smile and a wave. Thank you Harvey, we are looking forward to seeing the sunflowers in bloom again!

Our planting event will take place on Sunday 26th April 2020. Individuals bereaved by suicide will be invited to join us in planting a Sunflower in memory of their loved ones.



TASC SERVICE OF REFLECTION, TRAFALGAR SQUARE

A note on behalf of David Mosse: Sometimes those affected by suicide – just need to come together silently to bear witness to the fact of suicide and all that it means.

To this end, the last 5 years TASC (The Alliance of Suicide Prevention Charities- <http://tasc-uk.org/>) have organised a special non religious **service of reflection at St Martin-in-the-Fields in Trafalgar Square**, to which some 500 people have come – a time together to with music, words (from the bereaved and attempt survivors), and a 'space for reflection for those living with loss and grief, and journeying towards hope and healing.'

If you would like to, please join them in London for this service on Saturday 7th March at 10:30am.

SUNFLOWERS BOHEMIAN BALL 2020

NOT TO BE MISSED! Join us at our Bohemian Ball on Saturday 2nd May - a night with a difference; celebrating the sunrise that follows every sunset. Set at a beautiful location our springtime ball will be filled with Sunshine and Happiness. With an array of surprise entertainment and dancing guaranteed, it will be a night to remember. Over 18's only. Tickets will go on sale 20th February 2020. <https://www.sunflowerssuicidesupport.org.uk/Events/>

