

Sunflowers

SUICIDE SUPPORT

NEWSLETTER

August 2018

Volume 1

Issue 3

Registered Charity Number
 1177266

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

CHASE THE SUN—AWARENESS CAMPAIGN

What a successful week #ChaseTheSun18 was. We are really pleased with the result!

We chose the week of 17-24th June as it included the longest day of the year. We asked people to sign up and pledge to run 10km over the course of the week—either in one go, to be included on the leader board or in small chunks. They then had to post a selfie on social media.

147 people signed up meaning that at least 1470 km was covered on foot not just in Gloucestershire but internationally! This is the distance from Stroud to Monaco!! We raised an incredible £2242 for Sun-

flowers. We have had so many inbox messages with comments which included:

- Those who have never run but felt inspired
- Those who have not run in a long time but felt motivated to try again
- Those who loved getting out with friends
- Those who found solace in being outdoors in the gorgeous weather in their beautiful surroundings
- Those who had seen the campaign and wanted to say thank you

- Those who had seen the campaign and have been struggling with their own mental health
- Those asking if it was too late to sign up
- We also had messages from our runners saying how amazing the public have been; cheering, beeping, stopping to shake hands, to give a donation, to ask about Sunflowers

If everyone who entered has told just one person about Sunflowers another 147 people know about us and the importance of knowing someone is listening.



APPLIED SUICIDE INTERVENTION SKILLS TRAINING

We have completed our second ASIST workshop this year at Treasure Seekers in Gloucester. The feedback from our participants was fantastic and we are pleased to see so many people wanting to learn suicide first aid skills.

We offer this accredited training FREE OF CHARGE.

So far this year we have trained 28 people in ASIST.

With another workshop in October this number will be even higher by the end of 2018. It is great to know that the Gloucestershire community are working together to reduce lives lost to suicide.

GP FORUM @ KINGSHOLM

We were recently asked to deliver a presentation at Kingsholm Stadium to the Gloucester GP Forum. It was a privilege to be able to tell these GPs about our story and give them information about the charity.

*Don't walk in front of me, I may not follow-
 Don't walk behind me, I may not lead-
 Just walk beside me and be my friend.*

EVENTS COMING UP

GRIEF RECOVERY COURSE	September
STAY IN THE SUN WALK & ART EXHIBITION	9 September
APPLIED SUICIDE INTERVENTION SKILLS TRAINING	4&5 October
SUNSET BALL	3 November

POSTVENTION SUPPORT

SOS SUPPORT PACKS



Since November 2017, we have given out 50 support packs. We now have a stock of these held at both Gloucestershire Constabulary and the Coroners offices. It may seem like a small gesture, but at a time of distress and trauma having information like this is essential.

SUNSHINE BOXES



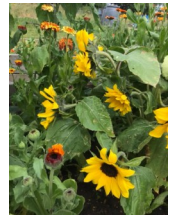
Our Sunshine boxes are put together with love. Each one is personalised for the family receiving it. We take these with us when we first for to visit a newly bereaved family. These were officially launched in May and we have already given out 4.

BUTTERFLY RELEASE AND PICNIC



Part of our postvention support involves getting individuals who live in Gloucestershire and are bereaved by suicide together so they know they are not alone.

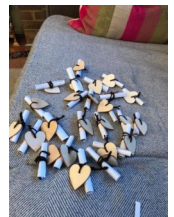
We recently planted a memorial garden together which is now blooming with beautiful sunflowers!



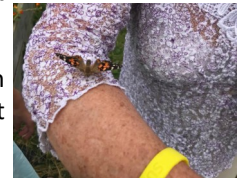
TSF Consultants in Stroud kindly sponsored us to buy 37 butterflies. To release one for each person in Gloucestershire that died by suicide in 2017.



We ended up having to organize a second release as families were desperate to attend but couldn't make the first date. **We had 27 people at our first release. 15 of which had never attended our events before and 18 at our second release, 4 of which had never attended our events before.** It was absolutely beautiful. Releasing the butterflies is symbolic of us having to say goodbye to our loved ones. But each person was given a wooden heart and poem to remind them that, although we can no longer see our loved ones, they remain with us always, in our present thoughts, memories and hearts as love never dies!



We then spent time together enjoying a picnic with cake donated from Walkers bakery in Stroud. The children were able to play and the adults could chat in a relaxed environment together knowing they are not alone.



GRIEF RECOVERY COURSES

The Grief Recovery Method[®]
Grief Support Group

Is your heart: Broken? Lost? Stuck?
Learn the actions that allow you to let go of the pain following:

- Death
- Pet loss
- Loss of health
- Job loss
- Relationship
- Moving
- Any other loss

Why Wait? Call Now.
07792 374752

Based on the Best Selling book by John W James & Russell Friedman

As part of our postvention support, we have delivered 4 Grief Recovery courses this year.

Grief Recovery Method is not counselling or therapy, it is an education programme to help move beyond death, relationship breakdown and all losses in life.

We already have a list of people wanting to attend our next course in September. For more information or if you would like to attend, please let us know via email

GriefRecovery.Sunflowers@outlook.com

SOBS & 2gether CONFERENCE

We recently attended the SOBS & 2gether trust conference about Student Mental Health. There were some fantastic speakers who highlighted the importance of having pastoral support in schools and universities. There was evidence of some good practices taking place presently—but also awareness of improvements needed. Last year in the UK 95 university students died by suicide. This does not take into account students in other forms of education, but is still a massive number of young people. It was a very worthwhile and informative conference. We would like to thank all for the hard work put into it.

"Kind words are a honeycomb, sweet to the soul and healing to the body".



Learn the skills to help save a life

FREE 2 DAY WORKSHOP

4th & 5th October 2018

9am – 5pm

Minchinhampton, Stroud

BOOK NOW

glos.sunflowers@outlook.com



SUNFLOWERS Sunset Ball

SATURDAY 3 NOVEMBER | FROM 7PM UNTIL 1AM
THE WHITMINSTER INN, GLOUCESTER, GL2 7NY | TO SIT DOWN AT 8PM
BLACK TIE EVENT

£60 PER TICKET

3 COURSE MEAL • LIVE BAND • ENTERTAINMENT • FUNDRAISING AUCTION

IDEALLY FULL TABLE SALES OF EITHER 10 OR 12 BUT CAN BE FLEXIBLE

CHALFEST



We had an incredible day at Chalfest on 21 July. Our stand was extremely popular with the children as they painted 'Kindness Rocks' then hid them around the festival for others to find. We also had our 'Flower of Hope' which people attached their wishes, hopes and dreams to. Some also attached messages to their loved ones. We had so many people approach us and tell us their stories of both experiences of losing a loved one to suicide and of how they have struggled with their own mental health which was both poignant and heart breaking. We also had people coming to ask what Sunflowers was about which is fantastic, as well as other traders who kept our stomachs full with their delicious food and also gave a donation from their takings. A great day was had by all...!



STAY IN THE SUN PREVENTION WALK



Sunflowers invite you to come and join us for a walk (approx 2 miles) on the beautiful Miserden Estate.

Sunday 9 September 2018

12.30 for 1pm start at Miserden Village Hall, GL6 7JA

Tickets £10 per adult, to include a cream tea. Children free. Refreshments can be purchased

Cream tea and exhibition of the works of Pete Morris also available at the village hall for non-walkers

Tickets and more information from www.sunflowerssuicidesupport.org.uk/stay-in-the-sun



Registered charity no: 1177266



WORLD SUICIDE PREVENTION DAY 2018 IS ON 10 SEPTEMBER 2018.

To mark this important date, please join us on Sunday 9 September for our Suicide Prevention/Memorial walk at Miserden.

There will also be an exhibition of some of Pete's art.

Walkers must pre-book. For more information and to book tickets please visit:

<http://buytickets.at/sunflowerssuicidesupport/171338> (or our website)