

# Sunflowers

SUICIDE SUPPORT



I AM LISTENING

## February 2018 Newsletter

Issue 1

6 Feb 2018

## I AM LISTENING FILM RELEASE

Our 'I AM LISTENING' Campaign has officially launched on social media.

It is great to see that people who are suffering with mental ill health are being encouraged to talk, to speak out, to tell someone how they are feeling. What the 'I am listening' campaign aims to address, is that we all as individuals have a part to play in suicide prevention. We all have the capacity to listen to one another. Listening helps give others a voice and feel like they have worth. When someone we love has the courage to speak out, are we listening to them?

Brendan Conboy has worked incredibly hard to film and produce this suicide prevention awareness film. With the support of a wonderful group of local people the 'I am Listening' film sends out this important message.

Please log on to our website and watch the film. Then share it to social media with #IamListening. We also have yellow wristbands for sale which can be purchased through our shop.



## ASIST

We have now booked in our Applied Suicide Intervention Skills Training. This will take place over 22 and 23 February 2018. There is still one place remaining. If interested in securing this FREE training please get in touch as soon as possible.



## CURRY AND QUIZ NIGHT

This fundraising event taking place on 9 March 2018 is now sold out. Thank you to

everyone for your fantastic support. We hope you have a really enjoyable evening.

### CHRISTMAS TREE FESTIVAL



Our Christmas Tree was part of this year's St Laurence's Tree Festival in memory of those who have lost their lives to suicide. It then spent December on display in Randwick Church. We had lots of lovely messages written on the back of our handmade sunflower

decorations. If you wrote one and did not leave your contact details, please get in touch so we can forward the decoration to you as a keepsake.

### THANK YOU

To our supporters over the past few months. We have received extremely generous donations from Stroud Vintage Transport and Engine Club, Royal York Lodge and Randwick Church.

# SUNFLOWERS

## MEMORIAL GARDEN



COMING 2018  
IN ASSOCIATION WITH  
HUMAN'S TRUST

TURN YOUR FACE TOWARDS THE SUN  
AND THE SHADOWS WILL FALL BEHIND YOU

### COMING SOON

We will be planting Sunflowers in our Memorial Garden to remember our loved ones lost to suicide. Please join us for our planting event. More details to follow soon.

### CHASE THE SUN

Watch this space for our next big event. We will be hosting a 'virtual run' – does this sound like your idea of fun? We will be releasing further details shortly.



The Grief Recovery Method®  
by The Grief Recovery Institute®

We now have two qualified Grief Recovery specialists. Over the next few months they will pilot the course both in schools and group settings. Grief is caused by the end or change in a familiar pattern, even when the end is our choice. There are over 40 losses in like that evoke feelings of grief.

Unresolved grief can leave you feeling physically and emotionally unwell. Exhibiting signs of

headaches, panic attacks, IBS, infections, depression and in the worst cases suicide.

Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness.

GRM is not counselling or therapy- it is an education program to help move beyond death, relationship breakdown, and all losses in life including health career and faith.

It is possible to regain energy and wellbeing following loss.....would you like to know more?

Please contact Bekki @ sunflowers

### NATIONAL SUICIDE PREVENTION ALLIANCE CONFERENCE

We attended the NSPA Conference on 31 January at The Oval. It was a very informative and useful day where we were able to learn about services being offered elsewhere around the UK for both prevention and postvention. We also listened to talks from various experts about most recent statistics and research that has taken place. As well as Rt Hon Jeremy Hunt on reducing inpatient suicides to zero! We met and got to speak with other organisations which was very beneficial. We are pleased to have been able to attend.

**We would like to thank everyone for their support so far. It has been absolutely incredible**

### SOS packs



Together with Public Health in Gloucestershire, we have put together packs with information about Services Offering Support. As well as various leaflets, included in the packs is a copy of the Help is at Hand booklet. This is a very informative book helping with practical advice after suicide loss. These packs are now available from Sunflowers or Public Health.

### Sunshine Boxes



We also offer an alternative to flowers after loss by suicide. Each box is bespoke with some thoughtful items to shine a ray of hope into the darkness. Letting others know they are not alone.

### TRUSTEES

We have appointed three new Trustees to the board from February 2018. Marcus Green who is now our Chair as well as Sue Bullingham and Jo Cant. We are really excited to have them all on the team and are looking forward to working with them over the next year.