

# Sunflowers

SUICIDE SUPPORT

## NEWSLETTER

May 2018

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Registered Charity Number  
 1177266

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

### QUIZ AND CURRY NIGHT SELLS OUT

We had an incredible evening for our first official fundraising event which took place at East-ington Community hall. 120 people attended making the night a complete sell out. Naina Go-hill and her Mum from Mummas Meals produced and donated the most delicious curry with a vegetarian and vegan option.

Cameron's Butchers donated the chicken and we had a vast array of raffle prizes donated from so many generous people. It was wonderful. A huge thank you to everyone that donated to help make the evening such a success. Rob Barrett delivered a cracking Quiz and the winning team generously donated their



£100 winnings back to Sunflowers. Everyone thoroughly enjoyed the evening and a whopping £1631.80 was raised for sunflowers.



Our  
 2018  
 Quiz  
 Winners



### KINDNESS ROCKS

Keep an eye out for our 'Kindness Rocks' hidden around the area. If you find one, please post a picture of yourself with it to our social media account @GlosSunflowers with the word or letter that is written on the rock.

### EVENTS COMING UP

GRIEF RECOVERY COURSE	8th May weekly
RANDWICK WAP	12th May
ASIST TRAINING—GLOUCESTER	18th & 19th May
CHASE THE SUN—10K RUN	17th-24th June
BUTTERFLY RELEASE & PICNIC	8 July @2pm
CHALFEST	21 July
STAY IN THE SUN WALK	9 September

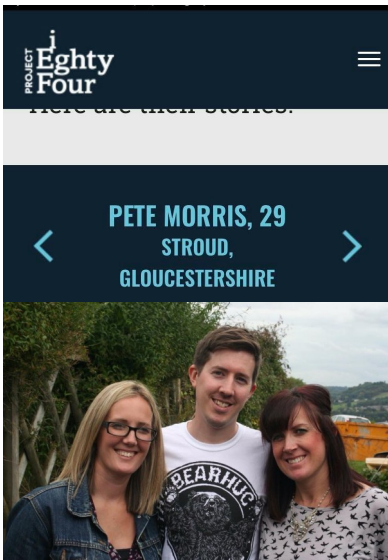
### APPLIED SUICIDE INTERVENTION SKILLS TRAINING

on our first ASIST workshop held in Minchinhampton, Stroud which received excellent feedback. We have booked in two more workshops. One will take place in Gloucester on 18th and 19th May 2018 and the other we will hold in Minchinhampton on 4th and 5th October. We are really pleased to be get-

ting the message out and have people signing up to learn this valuable training. If you would like to attend please get in touch via email [glos.sunflowers@outlook.com](mailto:glos.sunflowers@outlook.com)

We hope this training, will help work towards a suicide safer community in Gloucestershire.

We had 14 participants



*"The wings of Hope carry us high over the winds of Life".*

### CALM—PROJECT 84

CALM initiated 'Project 84' to highlight that **84 men die by suicide in the UK EACH WEEK!**

You may have seen the campaign on ITV This Morning.

We were informed that 84 statues would be produced, each representing an actual man that had died by suicide to raise awareness and get people talking. We were asked to

provide some information about Pete and his life so that one of these statues could represent him.

When this image was first released on the television, it caused us some trauma and was quite shocking for our family. We were not sure that where the statues were positioned was the right place.

This said, it shocked people! And with that it

seemed to get people talking.

With any campaign like this, we feel it is important to remember that each suicide is not just a statistic or a number but a life. Each life is someone's loved one. Each life means another family is destroyed and left forever with the guilt and unanswered questions that suicide leaves behind.

### POSTVENTION SUPPORT

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 will bloom bright yellow this summer.

TSF Consultants have kindly sponsored us to buy 37 butterflies. We would like to release one for each person in Gloucestershire that died by suicide in 2017. Releasing the butterflies will represent a physical symbol allowing griever to privately release their pain and grief and carry their messages of love high.



### GRIEF RECOVERY COURSES



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 have an open evening on Tuesday 1 May 2018 at Cashes Green Community Hall in Stroud which is open to anyone to come along and find out about Grief Recovery. For more information or if you will be attending, please let us know via email

[GriefRecovery.Sunflowers@outlook.com](mailto:GriefRecovery.Sunflowers@outlook.com)

As part of our postvention support, we are now able to offer Grief Recovery Courses.

### CHASE THE SUN



**Chase the Sun is our first 'sporting' fundraiser.**

Our physical health and mental health are closely linked – so physical activity can be very beneficial for our mental health and wellbeing too. Even a short burst of 10 minutes' brisk walk increases our mental alertness, energy and positive mood. The aim is to encourage people to get outside and do some exercise.

A virtual run still means you actually run/walk but the great thing is you can do it when suits you. You might be an early morning runner or an evening runner but you can still take part in this event! It also means that you can get a group together and arrange a date to 'chase the sun' together, giving you a goal to aim for and motivation to complete the run.

The idea of 'Chase the Sun' is you will compete 10k run/walk within the week of 17th June to 24th June 2018

For more info visit

<http://sunflowerssuicidesupport.org.uk/chase-the-sun>