

Sunflowers

SUICIDE SUPPORT

NEWSLETTER

November 2018
 Volume 1
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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”

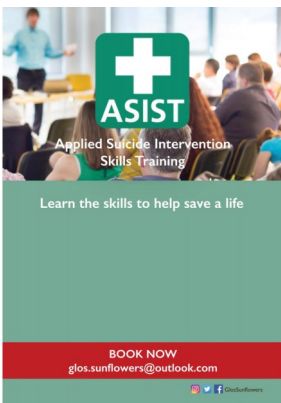
STAY IN THE SUN SUICIDE PREVENTION AWARENESS WALK

We decided to mark World Suicide Prevention Day 2018 by hosting a walk and art exhibition. Sue and Mike Bullingham worked incredibly hard to prepare the walk around Miserden Estate and we hosted an exhibition of some of Pete’s artwork at Miserden village hall along with some delicious cream teas. With 150 adult walkers and approximately 40 children, we had an amazing turn out which meant we had to stagger the walkers to ensure that everyone had the chance to enjoy their tea and cakes. A huge thank you has to go out to all the wonderful local businesses who

donated to make this event such a success and our amazing volunteers who helped set, serve and clear up. Without them all none of our events would be possible. We have such an amazing team of people that encourage and support one another, one of the beauties of our charity. The weather remained dry and Adam’s Gelatos provided much needed ice-creams for the hot and tired walkers. People went away in high spirits and a fantastic time was had by all



APPLIED SUICIDE INTERVENTION SKILLS TRAINING



We delivered another ASIST workshop in October at Minchinhampton Baptist Church with 16 participants. We had a fantastic group from a variety of backgrounds; from GPs and Police Officers, to counsellors, office managers, shop workers and volunteers. We have another ASIST workshop on 14-15th November

which is already fully booked. Our next Sunflowers ASIST training will take place on 25th and 26th April 2019. If you would like to reserve a place please contact glos.sunflowers@outlook.com

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

EVENTS COMING UP

SUNSET BALL	3rd November
SUPPORT GROUP MONTH 2 - Coping with mixed emotions	7th November
GRIEF RECOVERY—Session 8	7 November
CHRISTMAS TREE FESTIVAL	2nd-9th December
CEILIDH—ALTERNATIVE CHRISTMAS	14 December
ASIST WORKSHOP	21 July
STAY IN THE SUN WALK	9 September

COMMENTS FROM LAST WORKSHOP: “AS SCARY AS IT WAS, IT WAS GOOD TO HAVE PRACTICAL ROLE PLAYS”, “REALLY INVESTED TRAINERS” “TRAINING WAS DELIVERED WITH RESPECT OF ATENDEES PERSONAL EXPERIENCE” “I THINK ALL POLICE OFFICERS SHOULD HAVE THIS TRAINING” “BRILLIANT COURSE” “IT ANSWERED ALL QUESTIONS I HAD BEFORE ATTENDING” “WILL ENCOURAGE COLLEGUES TO ATTEND”



Bereaved by suicide?

Join us for the Sunflowers Suicide Support group, find out more at our first meeting on 5 October 2018

Subsequent sessions will be held on the first Wednesday of every month for 6 months covering such things as...

- Dealing with mixed emotions
- Looking after yourself
- Dealing with the outside world

For more information email us on glos.sunflowers@outlook.com or text us 07542527888



GlosSunflowers



BEREAVEMENT SUPPORT

We are currently running a monthly support group for individuals living in Gloucestershire who are bereaved by suicide.

Session 2 –taking place on 7 November from 7pm will involve a discussion about mixed emotions—for an hour, then an opportunity for some mindfulness relaxation for those who wish, or alternatively coffee or tea and an opportunity to chat with others.

If would like to attend please get in touch. These sessions are run in Stroud town centre.

SUICIDE AWARENESS EVENING

Abbie at Sunflowers, alongside another local ASIST trainer Emily Toomer are in the process of looking to deliver a Suicide Awareness evening late November time in Stroud. We are currently looking for a suitable venue to do this. If anyone has somewhere they are able to offer, we would be very interested. We would like to open this evening to approximately 30 people. We will talk a bit about Sunflowers and our stories and then give an overview of the ASIST course and offer some important pointers. There will also be an opportunity to have an open discussion as well as self care tips. If you are interested in coming along, please get in touch.

GRIEF RECOVERY COURSES

We have now delivered 5 Grief Recovery Courses this year. With one due to finish next week. We are planning the next course in the New Year of 2019. These courses are available free of charge to individuals who live in Gloucestershire and are bereaved by suicide. They are delivered as peer support by two of our team, both of which are bereaved by suicide themselves.

We also deliver a course called “Helping Children Deal with Loss” as part of the Grief Recovery Method. This is available to adults who are supporting children. We have delivered this in a school to the pastoral support team. If you are interested in attending a course, please get in touch GriefRecovery.Sunflowers@outlook.com



Dr Dawn Harper and the Secret Party Committee including Steve Knibbs, Kathryn Rudd, Kirsty Muir, Jack Harries and Claire Carter hosted a fantastic Secret Party at Gloucester Prison on behalf of Sunflowers. The evening was filled with entertainment. We had Adam



Street Singer where strictly come dancing Dr Ranj delivered a solo as well as a flash mob of Jazz Jivers and awesome band the full write up can be found at page 50-51 at the link below <http://edition.pagesuite.com/html5/reader/production/default.aspx?>



CEILIDH

Between the acts are hosting a Ceilidh for Sunflowers on 14 December 2018. There will also be a performance of some Bob Dylons classics and a delicious Spanish stew will be served. Please get in touch if you would like more information or to find out about reserving tickets.