

THE OLLIE FOUNDATION NEWSLETTER

NSPA Suicide Prevention Conference

24 January 2023



OLLIE STANDS FOR

ONE LIFE LOST IS ENOUGH

The OLLIE Foundation

The Foundation is a suicide prevention charity on an important mission. Founded in 2016 by three Hertfordshire parents who had each tragically lost a son to suicide. They met in bereavement support and committed to doing everything they could to prevent other families from experiencing the same devastating loss they were living through.

OLLIE stands for
One Life Lost Is Enough.

Today, OLLIE serves communities across the UK through a variety of initiatives including wellbeing events, prevention and intervention training, talks, and panel discussions for professionals, parents, and students. Our goal is to reduce suicide rates, particularly among young people. Our training programmes are delivered in a wide range of settings including schools, universities, healthcare facilities, and corporate organisations.

At OLLIE, we understand the importance of mental health and suicide prevention, and we are dedicated to providing support for your community. Let's work together to address this pressing issue, and find a way to support your community in the future.

If you're interested in learning more about what we do, visit the final page of this newsletter, where you will find all of our contact information.

Together, we can make a difference.



OLLIE's Safer Prescribing Initiative

It is estimated that a university student ends their own life every 4 days in the UK.

We all understand the unique challenges facing university students and how these can impact their mental health. The transition to university life, combined with the pressure to manage one's own wellbeing, can, for some students, be overwhelming. Some students will reach out for help and may be prescribed antidepressants (SSRIs).

It is of course so important that students do reach out for help but not all will appreciate the possible and serious side effects of their medication, which counterintuitively, include an increased risk of anxiety, depression and suicidality.

That's why we created OLLIE's SAFER PRESCRIBING INITIATIVE - a comprehensive program designed to support university communities through training, resources, and support for all stakeholders, including students, patients, and healthcare professionals. Our initiative aims to equip everyone with the knowledge and skills to support students and keep them safer, in the event they experience side-effects or feel suicidal after being prescribed SSRIs.

Team OLLIE is committed to working with universities to bring this initiative to your campus. This programme is fully funded for the 22-23 academic year.

For more information or to schedule an exploration call, please email contactus@theolliefoundation.org.



The Oli Leigh Legacy Programme

We have partnered with The Oli Leigh Trust to launch a new bursary fund in the name of Oli Leigh - The Oli Leigh Legacy Programme.

The programme has been created in recognition of the increasing need for suicide prevention education, as well as support for the challenges children and young people are currently facing.

The Oli Leigh Legacy Programme provides bursaries to cover the costs for schools, colleges, community groups and universities providing access to a range of OLLIE's lifesaving talks and training.

We fundamentally believe that we are stronger when we work together, and this programme will help us on our mission to create suicide safer communities and ensure that One Life Lost Is Enough.

If you are interested to know more about this funded suicide prevention and well-being training programme, you can find out more [here](#).

OLLIE's Suicide Prevention and Wellbeing Training



2 hours

The Science of Goal Setting

Are you tired of setting goals and not achieving them? Do you want to learn a tried and tested method of goal setting that will help you to set and achieve those aspirational goals? If the answer is yes, join us in 2023 for one of our online The Science of Goal Setting guided practice sessions.

In this session delegates will learn a successful goal setting process based on the world renowned business methodology, The Theory of Constraints (TOC) and consider how psychology and neuroscience can be harnessed to implement effective goal planning.

This session takes SMART to a whole new level, teaching delegates how to uncover the obstacles that could trip them up so they can mitigate or remove them and plan more effectively to reach their goal.

2.5 hours

Talk Safe, Plan Safe - Suicide Prevention Training

This 2.5 hour session will explore what can get in the way of people asking for help and what may prevent others from offering help. Delegates will explore a range of risk factors and will be challenged to explore their understanding of mental health, mental illness and suicide. This session will show you ways to maintain your own boundaries whilst effectively supporting someone in crisis. You will learn how to create a safe-plan with a student or colleague you are concerned about, with clear guidance on appropriate/ inappropriate language to use so you can keep someone safe 'for now'. This session aims to leave you confident to support others experiencing an emotional crisis where suicidal ideation may be present.

Talk Safe, Plan Safe is now available as 2 separate 90 minute sessions

Talk Safe - Covers the basics of what prevents someone asking for help and what can get in the way of our confidence to offer help. This session explores who may be at a higher risk of suicidal behaviours and why.

Plan Safe - Features guided practice on how to create a safe-plan with someone you are concerned about so they can plan how they will stay from overwhelming thoughts, tonight, over the weekend, across the holidays etc.



Our training can be delivered online or in-person



We run regular open online sessions for the public and can also deliver these sessions in-house



Sessions can be adjusted in duration and content to suit the needs of your community.

90 mins

Keeping Safe and Carrying On

Do you struggle with anxiety? Have you noticed that somebody in your life is becoming increasingly overwhelmed and you're not sure how best to help them?

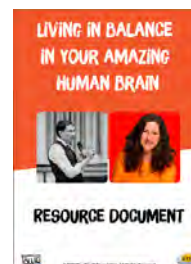
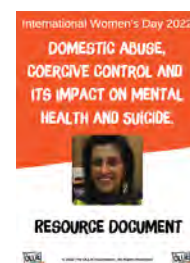
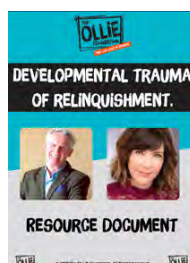
This talk will guide you through how our brains process emotions such as fear, anger and worry, and how that process starts a chain reaction of physical responses that can keep someone trapped with their worries. Like any system, when we understand how it works we are better able to stay in control. In this training, you will learn about your amazing survival system, equipping you with a range of tips and strategies to calm the system and support yourself and others in controlling overwhelming thoughts.

OLLIE's Thought Leadership Events

Our Thought Leadership events bring experts in their field and or with lived experience together to discuss risk and protective factors around wellbeing and suicidal behaviour.

Our talks are always inclusive, bringing all stakeholders together for education, support and development. We believe that together we can be more than the sum of our parts.

In 2022 we ran the following Thought Leadership Events:



These talks will be available to view on our YouTube Channel soon. We will be running more Thought Leadership Events throughout this year where we will be shining a spotlight on a community statistically at higher risk of suicide and sharing ideas from our speakers and audience as to how we can keep everybody safer from suicide.

If you would like to be contacted when new Thought Leadership events are announced, please sign up to our mailing list [here](#). Or if you have an area or section of the community you'd like us to shine a spotlight on in one of our talks, please send us your thoughts via email to contactus@theolliefoundation.org.

Grow and Gather Group

Grow and Gather is a programme of community meets taking place on the first Saturday of every month at OLLIE's community garden in St Albans, Hertfordshire.



Possible activities during the sessions may include:

- Coffee and cake, simply an opportunity to connect with others with a warm drink
- Plot maintenance – painting raised beds, potting shed, fixing equipment
- Sowing bulbs /seeds
- General tidying of the plot, weeding, grass, and mulch maintenance
- An opportunity to hear about the support the OLLIE can offer

However you wish to enjoy the garden, we would love for you to join us in any capacity that you can. Whilst this is an adult focused group, children are welcome with parental supervision and responsibility at all times. Our next session takes place on 4th February from 9:30-10:30am. Email vicky@theolliefoundation.org to find out more.

90 mins

Zentangle



Zentangle is a mindful drawing session providing up to 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art. Led by a certified Zentangle teacher, participants consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful. This session is suitable for all ages. It can be delivered in-house and we run open online sessions twice a month. Tickets for Zentangle cost £5, however we provide fully funded tickets to those who work for the NHS, patients in hospital for any reason, those suffering with Long Covid or any other health condition, and anybody for whom finance is a barrier. To book your ticket head to our Eventbrite page [here](#).



Write To Release

This unique offer from The OLLIE Foundation is for small groups of delegates who have been bereaved or who are experiencing grief of any kind.

This session creates a safe place to explore the range of conflicting feelings that may be experiencing. Participants are guided to privately write down what they are feeling so they can release the power of these thoughts and emotions in a safe and cathartic way. Write to Release sessions also offer participants an opportunity to remember and share the important qualities and memories of the person they have lost in a way that celebrates them and so participants can say goodbye. These sessions are led by multi award winning, international bestselling author and qualified bereavement counsellor Jenny Ford, and supported by a member of Team OLLIE. This session is suitable for children aged 10+ and adults.

Keep In Touch...



Visit our website [here](#).



Email contactus@theolliefoundation.org



Visit our Eventbrite page [here](#).



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2 days



ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop which teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. The training is held in-person and is facilitated by two certified ASIST trainers. We are running our next ASIST course in March (dates tbc) at a venue in Hertfordshire, with each day running from 9am-5pm. Delegates must attend both days in full to pass the course. Tickets for ASIST are usually priced at £200 per person, however we are so pleased to be able to provide fully funded tickets to those without access to a training budget. There is a cap of two fully funded tickets available per organisation per course..

To find out more or to register for your place on our next ASIST course, please email emily@theolliefoundation.org

Dates For 2023



- Monday 30th January 7-8:30pm – Our next open Talk Safe Suicide Awareness session. Book [here](#).
- Wednesday 1st February 9:30-11am – Our next open online Zentangle session. Suitable for all ages. Book [here](#).
- 6-12th February – Children's Mental Health Awareness Week.
- Wednesday 8th February Now and Beyond Mental Health Festival for Schools. OLLIE are offering two fully funded 'Suicide Awareness for Teens' sessions as part of the festival. Find out more [here](#).
- Thursday 9th February 6-7:30pm – Our next open online Keeping Safe and Carrying On session. Book [here](#).
- Monday 13th February 7-8:30pm – Our next Plan Safe Guided Practice session. Book [here](#).
- Tuesday 28th February 6:30-9pm – Our next open online Talk Safe, Plan Safe- Suicide Prevention Training course. Suitable for ages 17+. Book [here](#).
- Monday 13th March 6-8pm – Our next open online The Science of Goal Setting training. Learn how to overcome obstacles and achieve your goals. Book [here](#).

ONE LIFE LOST IS ENOUGH