

# THE OLLIE FOUNDATION'S Christmas Newsletter



## T'is The Season

The first term of the academic year often feels the most challenging, as school communities adjust to new routines whilst the days get shorter and the weather gets colder.

We hope that all of our readers are looking forward to the festive season and will have the opportunity for a relaxing and restorative break ahead of the Spring term.

Before you put those out-of-office replies on, we wanted to send a short update from The OLLIE Foundation with information on the support we can provide your school community over the remainder of the academic year. We hope you will find it useful, and if you have any questions please don't hesitate to contact us.

For all who celebrate for any reason at this time of year, we are sending our very best festive wishes, and we look forward to connecting with many of you next term.

## Over 100 Downloads – Guidance for Educational Settings following a Suicide or Sudden Death.

Over 100 people/organisations have now downloaded our 'Guidance for Educational Settings Following a Suicide or Sudden Death' document which we released on Suicide Prevention Day this year.



Whilst we hope that no school or educational setting will ever need the guidance in this document, we are thrilled with the uptake and to know that over 100 organisations are now better prepared to respond safely and appropriately should somebody in their community attempt or die by suicide.

"Guidance for Educational Settings Following a Suicide or Sudden Death" is a comprehensive document, co-created by us and Tooled Up Education, that will support teams to create policies and procedures for their setting or to refer to in the event of a suicide or sudden death in their community.

If you haven't already, you can download your copy for free from The OLLIE Foundation website here.

### Planting The Seed

A wellbeing project for primary schools in Herts

**Overview**

Planting the Seed is a mini wellbeing curriculum for primary schools created by The OLLIE Foundation. We chose to base this project around a sunflower because they represent a symbol of light and hope. They also grow in patches, reflecting ideas of community cohesion and growing together for the children.

**About OLLIE**

- The OLLIE Foundation is a suicide prevention charity set up in 2015 by three Hertfordshire parents who had experienced a son to suicide. They met in bereavement support and vowed to do all they could to stop another family going through the heartache they were experiencing.
- OLLIE stands for One Life Lost is Enough.
- OLLIE provides wellbeing, prevention and intervention events, training, talks and panel events for professionals, parents and students.
- Our mission is to reduce the incidence of suicide, particularly amongst our young people. One way we do this is through the provision of training and education to parents, children, teens and young adults and to all those with a duty of care for others.
- Through our work we aim to reduce both the stigma and the fears people have in talking about suicide. We aim to advance the pathways and discourse around suicide and effective early intervention and prevention techniques and strategies.

**The Project Details**

Our thanks to generous donations from our local community. The OLLIE Foundation will deliver sunflower seeds to each primary school who would like to take part in the project. In this pack are a range of activity ideas to use when growing the sunflowers, with staff at each school choosing which activities their students will participate in.

**Aims of the project**

- Whilst we wouldn't talk to our primary age students about our core purpose of suicide prevention, this project is designed to promote the importance of wellbeing and teach good setting skills to a primary-age audience through the simple concepts of planting, nurturing, and growing a sunflower seed.
- To raise awareness of The OLLIE Foundation as a wellbeing organisation amongst primary children, staff and parents.

## Planting The Seed

Next term we will be launching our Planting The Seed Project, a mini-curriculum which introduces the ideas of wellbeing and goal setting to a primary-age audience through the simple activities of planting, nurturing, and growing a sunflower seed.

We provide free sunflower seeds to all participating schools, along with a booklet of activities designed to develop a range of key skills including numeracy, literacy and creativity, whilst facilitating conversations and reflections with students about their wellbeing.

To order your copy of Planting The Seed ready for next year's Sunflower Season, email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org).



# OLLIE's Suicide Prevention and Wellbeing Training



2 HOURS

## The Science of Goal Setting: Transitions and Exam Preparation.

The Spring term can bring about lots of stress, anxiety and worry for students as exams approach and they start to consider the next stages in their education. These anxieties can be extremely challenging to manage, and we often hear from parents who tell us that they don't know how best to support their young people at home.

Whether they are taking their GCSE's or A-Levels this May, are moving on from year 6 to secondary school in September, or heading off to university this year, our The Science of Goal Setting sessions can help young people and their parents prepare for that next step, by identifying and overcoming the obstacles that stand in the way of them reaching their goals.

These workshops will explore the science of goal setting with a focus on the world renowned business methodology, The Theory of Constraints, its impact on resilience, and how it can be used to reach our goals as well as reduce stress and the overwhelming feelings we can all experience when we have too much going on.

This session is suitable for students aged 10 and over and can be delivered online. The duration of the session can be adjusted to meet the needs of your community.

2 HOURS

## Talk Safe, Plan Safe – Suicide Prevention Training

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.

2 days



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 on the 26th and 27th January at a venue in Stevenage, 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. Two fully funded tickets available per school. To find out more or to register for your place, please email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org)



## Suicide Awareness for Teens.

45 mins

There has been a growing cry from students, parents, and professionals for our young people to learn about suicide in a way that protects them from it. This is a subject that needs to be explored in a safe and age-appropriate way with wisdom, knowledge, compassion and integrity.

To that end we have developed and successfully trialled a new 45 minute suicide awareness session for older teens. This session provides a safe place to start a conversation with young people who may know nothing about such things or are tragically too familiar with the idea of suicide. This session will tackle some of the myths and misconceptions around suicide and teaches teens that it's OK to implement boundaries to keep themselves safe whilst helping others and shares transferable tools to manage moments of overwhelm.

The session aims to address some of the myths and misconceptions that are perpetuated today, and which may prevent someone from reaching out for help and others from reaching in.

This is a fully interactive session that uses IT to anonymously draw out students' existing understanding, as well as any false assumptions they may have. Our expert trainers will supportively challenge and help students to think critically around the subject bringing in the very latest research and understanding around suicide and suicide prevention.

Students will enjoy guided practice to create a Safe-Plan and consider a range of ideas to keep themselves and others safe from suicide or self-harm.

Testimonial:  
"The students found the sessions really interesting. Being able to use their phones to respond to questions on sensitive issues enabled a more open discussion and all the volunteers were personable and knowledgeable. The sessions obviously made a positive impact, and they really recognised the great work you do."



**We have partnered with The Oli Leigh Trust to create a bursary programme for schools who need financial support to access our training. Email us to find out more.**



# 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.



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 Saturday 7th January from 9:30-10:30am. Email [vicky@theolliefoundation.org](mailto:vicky@theolliefoundation.org) to find out more.

## Benchmarks:

### An Accompanying Curriculum

Benchmarks is a mental health film written by William Grave and starring Emmerdale's Bhasker Patel, which considers 'what would you say to your younger self' from the perspective of someone who is in emotional crisis.



Winner of Best Short Film at The London Independent Film Festival 2021 & nominated for best screen play at the Papaya Rocks Film festival, Benchmarks is about a 30 something man who has a conversation with his 10 year old self.

The character in the film hasn't met his own expectations and wonders if he can go on living. Thankfully things take a positive turn when his 70 year old self arrives and lets him know how amazingly things turned out.

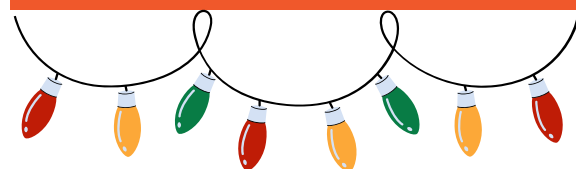
We have created this resource to provide schools with a range of resources that they can use in these lessons to begin to raise students awareness of suicide in a safe and appropriate way and have included a range of lesson plans and activities to facilitate students' exploration the film, the messages it shares, and their responses to it.

Email [emily@tholliefoundation.org](mailto:emily@tholliefoundation.org) to be sent your free copy.

# Dates For 2023



- Friday 30th December 4:30-6pm – An additional Zentangle session we are running for those who find the festive period challenging for any reason or anybody would benefit from 90 minutes of mindful creativity. Book [here](#).
- Wednesday 11th January 6-7:30pm – Our next open Keeping Safe and Carrying On session which teaches the neurobiology of emotion and strategies for managing moments of overwhelm. Book [here](#).
- Wednesday 18th January 6-8pm – Our next open online The Science of Goal Setting training which teaches delegates how to overcome obstacles and achieve their goals. Book [here](#).
- Monday 30th January 7-8:30pm – Our next open Talk Safe Suicide Awareness session. Book [here](#).
- 6-12th February – Children's Mental Health Awareness Week.
- Monday 13th February 7-8:30pm – Our next Plan Safe Guided Practice session. Book [here](#).
- Wednesday 8th February – Now and Beyond Mental Health Festival for Schools.



## Keep In Touch...



Visit our website [here](#).



Email [contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org)



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## Now and Beyond- Mental Health Festival

8th  
February  
2023

**Now and  
Beyond**

Now and Beyond is the UK's only mental health festival for educational settings. It is hosted by mental health charity, Beyond, and will be taking place on the 8th of February 2023. By signing up, your school can access free educational resources, signposting, celebrity co-produced content with young people and unique opportunities to book free wellbeing workshops with The OLLIE Foundation and other local workshop providers.

For Hertfordshire Schools, Now and Beyond falls within 'Feeling Good Week'.

Find out more and sign up [here](#).

