

# THE OLLIE FOUNDATION'S SPRING NEWSLETTER

March/April 2023



*Updates on our training, events, and resources for educational settings*



**New Training Opportunity!**

**SFA** 20&21 April  
**Suicide First Aid**  
Understanding Suicide Intervention

This **online** course teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting.

The UK's only national qualification in suicide prevention

Hosted by OLLIE and delivered by founder of Mindcanyon and award winning mental health, workplace wellbeing, and suicide first aid trainer, Steve Carr.



This course is made up of 2 half day sessions of 3.5 hours per day- 7 hours in total. You will need to attend both sessions in order to receive your certificate of completion. We have 3 courses coming up this year on:

- 20th and 21st April 9am-12:30pm each day.
- 17th and 18th July 9am-12:30pm each day.
- 9th and 10th October 4-7:30pm each day.

All times shown are for London UK.

These sessions will be delivered by founder of Mindcanyon and award winning mental health, workplace wellbeing, and suicide first aid trainer, Steve Carr.

The usual price for a ticket to this course is £155 per person. However, we are pleased to be able to offer a subsidised price and only request a donation of £50 per ticket. Fully funded tickets are also available to students, those without access to a training budget, and anybody for whom finance is a barrier.

Find out more [and book your ticket here.](#)

**New!**


## Suicide First Aid Through Understanding Suicide Interventions

2 Half Days

SFA is the UK's only national qualification in suicide prevention. It is accredited by the City & Guilds of London, is internationally recognised, and externally moderated and quality assured. This course teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting.

There is no prior training or experience required to attend this course, and it is suitable for anybody aged 16+ who seeks greater understanding and confidence to intervene with people at risk of suicide. By the end of the course delegates will have a greater understanding of suicide behaviour, suicide interventions, and the importance of reflection when working with those at risk of suicide.

**Our training can be delivered  
online or in-person and  
can be tailored in duration  
and content to suit  
the needs and ages of  
your community.**





# OLLIE's Suicide Prevention and Wellbeing Training

2.5  
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 for one of our online **The Science of Goal Setting** guided workshops.

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.

Whether it's for your own personal goals, or to support your students or colleagues in achieving theirs, this workshop will leave you confident to take SMART to the next level and create a robust plan to make those aspirations a reality.

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 also 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.

90  
mins

## Keeping Safe and Carrying On

Do you struggle with anxiety? Have you noticed that a student or colleague is becoming increasingly overwhelmed and you're not sure how best to support 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.

90  
Mins

## History, Language, and Suicide

This 90 minute session addresses the myths and misconceptions around suicide that can prevent someone from reaching out for help and others from reaching in.

The session is fully interactive and uses IT to anonymously draw out students' existing understanding and false assumptions they may have. Our expert trainers will challenge and help students to think critically around the subject using the latest research and understanding around suicide and suicide prevention.

During the session, students will have the opportunity to create a Safe Plan and consider a range of ideas to keep themselves and others safe from suicide or self-harm. The session is suitable for students in years 10-13 and can be delivered online or in person.

A stable Wi-Fi connection is required for full participation.

Here's what one school had to say about our session:  
"The students found the session 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 session obviously made a positive impact and they really recognised the great work that you do."

Join us and be part of creating a suicide aware community where people can speak about suicide without judgment and have access to knowledge and tools that can effectively support themselves and each other through difficult times. Together we can break the stigma and empower our students and young people to be safe and strong. So contact us today to schedule your session.



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

# OLLIE's Curriculums, Resources, and Workshops for Educational Settings



## Transitions Workshops

As we move towards the final term of the academic year, you may be starting to plan how you are going to support your students as they transition to the next stage of their educational and personal journey.

Whether they are making the leap from primary to secondary school, starting their GCSEs or A-Levels in September, or preparing to head off to university, transitions can be daunting and overwhelming for both young people and their parents/carers.

At OLLIE we know that transitions of any kind can create anxiety, stress, and overwhelm, and that's why, every year, we offer Transitions Workshops, especially designed to provide children and young people, and their parents/carers, with the knowledge and skills they need to manage upcoming transitions (and the emotions they evoke) effectively.

Look out for updates on our online, open transitions workshops coming soon. If you'd like to be notified once the details and dates of these workshops are confirmed, please let us know by emailing [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org)

In the meantime if you'd like to book an in-house transitions workshop for your community, please get in touch with us at [contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org)

## Guidance for Educational Settings



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

Whilst we hope that no setting will ever need the guidance in this resource, we have created it to support schools to be better prepared to respond safely and appropriately should someone in their community attempt or die by suicide.

Download your free copy of the guidance document [here](#).

## Write to Release



This unique offer from The OLLIE Foundation is for small groups of students, parents and/or staff 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.

Get in touch with us today to hear more about Write To Release or to book a session for your school community.

## Planting The Seed



We have now launched our Planting The Seed Project 2023, 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.

Sunflower Sowing Season in the UK runs from mid April to the end of the May, so it's not too late to participate in the project for 2023!

To receive your free copy of Planting The Seed curriculum or to find out more about the project please email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org).



## The Oli Leigh Legacy Programme- Bursaries to access our training



At OLLIE, we fundamentally believe that we are stronger when we work together, and that finance should never stand in the way of people accessing trainings and workshops that could save a life.

That's why we have partnered with @theolileightrust to launch a 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 to access to a range of OLLIE's lifesaving talks and training.

This programme will help us on our mission to create suicide safer communities and ensure that One Life Lost Is Enough.

To read more about the Oli Leigh Legacy Programme or to download your application form, please visit our website here.

## Spring Wellbeing Events at our Community Garden - St Albans



Every Spring/Summer we run a programme of holistic wellbeing and crafting events at our community garden in St Albans. Our full spring wellbeing programme will be available soon, but in the meantime, why not sign up to our two confirmed workshops:

- [Click here to book onto our Outdoor Zentangle session on Sat 3rd June 10:30-11:30am](#)
- [Click here to book onto our Lavender Wands workshop on Saturday 1st July 10:30-11:30am](#)

## Keep In Touch...



Visit our website [here](#).



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



Visit our Eventbrite page [here](#).



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# 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 will be running a number of ASIST courses throughout 2023 and will be able to confirm dates and venue soon. Each day of the training runs from 9am-5pm and 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..

If you would like to be notified once the dates and venue for our upcoming courses are confirmed, please email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org) and we will add you to our registered delegates list.

## Dates For Your Diary

**All times shown are for London, UK**

- **Wednesday 15th March 10am-12:30pm** - Our next open Talk Safe, Plan Safe - Suicide Prevention Training. [Click here to book your tickets.](#)
- **Wednesday 15th March 1:30-2:30pm** - A special beginners Zentangle class, to mark Long Covid Awareness Day. [Click here to book tickets.](#)
- **Friday 17th March 4:30-6pm** - Our next open Zentangle class. This is a full 90 minute workshop. [Click here to book tickets.](#)
- **Wednesday 22nd March 7:30-9pm** - Our next open Talk Safe Suicide Awareness Talk. [Click here to book tickets.](#)
- **Wednesday 29th March 7:30-9pm** - Our next open Plan Safe Guided Workshop. [Click here to book tickets.](#)
- **Thursday 13th April 6-7:30pm** - Our next open Keeping Safe and Carrying On session. [Click here to book tickets.](#)
- **Thursday 20th and Friday 21st April 9am-12:30pm each day** - Our next open Suicide First Aid Training with Steve Carr. [Click here to book tickets.](#)
- **Thursday 8th May 6-8:30pm** - Our next open The Science of Goal Setting Session. [Click here to book your tickets.](#)

# ONE LIFE LOST IS ENOUGH