



THE OLLIE FOUNDATION'S Christmas Newsletter



T'is The Season

As 2022 draws to a close, we want to take this opportunity to say a huge thank you to everybody who has supported us this year and to share these updates with you all.

Whether you have attended one of our trainings, workshops, Thought Leadership Events, have raised money for or volunteered for us, or have subscribed to our newsletter to keep up to date with what we are up to, we are so grateful to the support we receive from our entire OLLIE community.

This year has seen big changes at the Foundation, and we are pleased to announce a range of new training offers, resources, and initiatives, all created to further our progress in achieving our mission - to reduce the incidence of suicide, particularly amongst our young people.

Because One Life Lost is Enough.

Whether you celebrate at this time of year or not, we are sending our very best wishes to all readers and we look forward to connecting with you or welcoming you to an OLLIE event in the new year.

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](#).

Look out for our workplace edition of this resource in 2023.



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 Program. The program 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 New Years Resolutions and never 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 open 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.

The Science of Goal Setting: Transitions and Exam Preparation.

The Spring term can bring about lots of stress, anxiety and worry for young people 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 delegates aged 10+. It can be delivered in-house and we will be running online open sessions for members of the public in the new year. To be contacted once the dates of these sessions are confirmed, please email emily@theolliefoundation.org to register your interest.



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



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 which we are delivering through schools and other educational settings.

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."

Talk Safe, Plan Safe - Suicide Prevention Training

2 HOURS

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.

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 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. £5 and fully funded tickets are now available to book on 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 experienced. 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 Jenny Ford and supported by a member of Team OLLIE.

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.
- Wednesday 8th February – Now and Beyond Mental Health Festival for Schools.
- Monday 13th February 7-8:30pm – Our next Plan Safe Guided Practice session. Book [here](#).

Keep In Touch...



Visit our website [here](#).



Email contactus@theolliefoundation.org



Visit our Eventbrite page [here](#).



Follow us on Instagram [here](#).



Follow us on Facebook [here](#).



Tweet us [here](#).



Connect with us on LinkedIn [here](#).



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 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 organisation.

To find out more or to register for your place please email emily@theolliefoundation.org

