



## OLLIE's 2022 Highlights

We couldn't possibly list every OLLIE highlight from 2022, but have included an overview below to show the incredible things we have achieved this year thanks to your amazing support:

- 6375 delegates attended our sessions across 115 sessions throughout the year.
- Launched the Oli Leigh Bursary Programme to ensure our training is accessible to all.
- OLLIE's Zentangle blind displayed as part of the Art of Grieving Exhibition.
- Hosting 'Finding Magic' by Beverley Bishop as part of the Art of Grieving Festival.
- The Morgan Falconer Memorial Golf Day raised £5710.61
- A range of holistic wellbeing workshops hosted at our Community Garden as part of our Spring Wellbeing programme.
- Awarded funding by the My Voice project and now delivering suicide prevention and wellbeing training to volunteers and students across the Herts Libraries network.
- A range of successful Thought Leadership Events including The Developmental Trauma of Relinquishment attended by over 270 delegates.
- A number of new training offers created including Write to Release and Suicide awareness for Teens.
- Attended 11 Downing Street to talk about our Safer Prescribing Initiative.
- Built relationships with and delivered talks to a number of corporate audiences including at the AGS Construction Conference.
- Welcomed Ukrainian refugees and their host families at our Zentangle sessions.
- Hosted the panel discussion at the MPFT NHS Suicide Prevention Conference.
- Run our first fully funded ASIST course with another in January.

### Over 130 Downloads – Guidance for Educational Settings following a Suicide or Sudden Death.

Over 130 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.

## 'Tis The Season

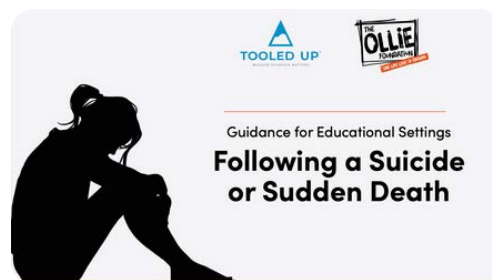
As 2022 draws to a close, we wanted to say a huge thank you to everybody who has donated time, funds, and expertise to us this year, and to share these updates with our supporters and donors.

Your generous donations and support mean that we can continue to offer fully funded places on our suicide prevention training and awareness events for those in need.

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 you and we look forward to connecting and working with you in the new year.



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.



# 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.

2 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 and can be tailored 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?

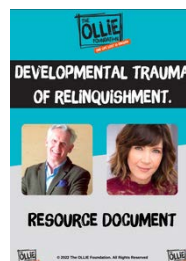
This talk will guide you through how our brains process emotions such as fear, anger and worry, and how that process starts a chain reaction of physical responses that can keep someone trapped with their worries. Like any system, when we understand how it works we are better able to stay in control. 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.

This year we have run 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 in 2023 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 your thoughts to [contactus@theolliefoundation.org](mailto: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.



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.

## 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 register for a free place, please email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org)

## 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.
- 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](mailto:contactus@theolliefoundation.org)



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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 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](mailto:emily@theolliefoundation.org)

