



Minutes: Support after Suicide Full Member Meeting

Date	06 May 2016	Time	11:00-14:00
Venue	Octopus Investments, 33 Holborn, London, EC1N 2HT		

Agenda item 1: Welcome and Introductions

Hamish welcomed everyone to the new-style meeting and everyone introduced themselves. This was the first meeting since the new leadership team was assembled and the first leadership meeting was held March 10th. The agenda order needed to be adjusted as Sian Rees and Amanda Duffy were unable to stay and their items were moved up. Hamish updated the group that Sarah Bates the new Support after Suicide Project Manager will start May 16th.

Agenda item 2: Review of the minutes, matters arising, actions outstanding from 22.01.16 SASP group meeting

Minutes of the last meeting were reviewed and there were no proposed amendments. It was noted that the SASP does not currently have a deputy chair, but Hamish noted that the matter was in hand.

There will be updates on the survey, brand HIAH and national framework and pathway at this meeting.

Overall SASP is in well set up for Sarah drive the various project forward.

Agenda item 4.1: Presentation from Sian Rees, Director of Oxford Health Experiences Institute regarding the development of an online resource for staff who are the first point on contact for families bereaved by suicide which JWSMF have co-funded

Sian has contributed to the original Help is at Hand resource and worked on Health Talk for Department of Health. At present the needs of those bereaved by suicide are not being met, existing training is patchy and getting it right early matters, particularly for children. The online resource being developed will utilise existing interviews from Health Talk whilst also engaging with professionals to discover what they wish they had known. They have identified the following concerns for professionals, who feel the following:

- Have insufficient prior experience and training
- Often don't know what to say
- Are defensive due to perceived organisational risk
- Lack knowledge and understanding
- Are not sure how to engage emotionally.

Interviews with families bereaved by suicide have discovered the following:

- Support should be based on 'listening'
- Families don't expect professionals to have all the answers. (This can contradict professionals own identity around their work where they are expected to be definitive)
- Suicide bereavement is different for everyone and needs to be treated individually e.g. not everyone will go through the five stages of grief
- Using third person narrative is unhelpful e.g. the deceased

- Depersonalisation doesn't work

Sian is working with an advisory board to develop the resource to ensure it is most useful. The original idea of a single online resource has evolved so that it can be adapted for different sectors and their different training needs. The resource is now conceived as several short films which can be used in different ways and Sian welcomed the views and opinions of SASP members.

- Clare Milford-Haven highlighted the need for first responders to be skilled in identifying resources and support available. The police went above and beyond what their job was for her, but they weren't trained and she wasn't pointed in the right direction to access the help she needed. Parents bereaved by suicide need that support as they are so vulnerable
- Jane Powell asked Sian to consider those traditionally missed but bereaved by suicide, the best friend and ex romantic partner. Often, due to their own feelings of guilt or perhaps blame by the family they are not always heard, so those working with families need to be able to identify others who might need support
- Paul Kelly reported on the current family liaison officer scheme in Ireland and offered to share this template with Sian

There was discussion on the importance of knowing what national and local resources were available and being able to point to them. There was further discussion about what commissioners want to see and, as support is so individual, presenting homogenised statistics is particularly difficult.

The group identify the following frameworks and ideas, which may be beneficial to Sian's work:

- Salvation Army Australia and their online resource
- StandBy Australia, which has a model about calculating money saved through postvention work
- Lone twin organisation
- Importance of community groups and those in the community who have also been bereaved by suicide reaching back to those in need
- That gifts of food can be unwelcome as often those bereaved don't want to eat and it can add to trauma, but train those responding to remind the bereaved to be kind to themselves
- That, if the person is too traumatised to make the calls to their support network themselves, it can be helpful to do that for them
- Friends are often unable to cope with the trauma of what has happened
- Child bereavement UK have an online resource for teachers and schools
- Reminder that frontline staff can be traumatized by their own experience, and they could find this triggering for themselves.
- Thames Valley and Haringey police identified as having good practice around mental health training
- Teaching responders how to deal with the unknown, so families are not left unclear and confused
- Ireland's 'breaking bad news' police module
- Important to manage expectations, as support varies so much around the country
- Remembering children bereaved by suicide, as if they are not supported well at the time, problems can last decades and create lifelong mental health problems
- First responders should never lie to spare the feelings of those bereaved, as the truth will always come out... resulting in more harm than good
- Suggestion that, as DH consulting on death certification process, they will need training. Caroline Healey leading consultation on this.

Hamish thanked Sian for updating the group. Further discussion with her on the resource was welcomed and Sian was invited to contact the group as needed.

Agenda item 3.4 Framework and Pathway update

Amanda Duffy updated the group on current progress. Post-workshop it is clear:

- That it can be tricky to convince commissioners, who need to understand why they should invest before they hear about how
- Existing evidence is sparse in the UK. SASP members are building this and need to make commissioners realise that much good practice already exists
- Presently section 2 will cover the 'how' and section 3 will be the evaluation
- The copy for section 1 has been completed with help from the expert reference group and Alexandra Pitman. It has taken shape as 10 key items and now requires further work to refine the copy and case studies.
- They have been working with McPin on the evaluation stage
- First copy is now designed and Amanda hopes to be able to share with the group next week. They will also look at consulting wider, for example with non-engaged commissioners so can really identify what would persuade them to invest

The aim is to bring it together by the end of May or beginning of June ready for publication. It will then be available online via PHE and NSPA websites.

Discussion on whether it is in scope to develop a tool kit for how to personalise to local areas.

Action - Amanda to look at what she can pull from existing work.

Discussion by the group of the importance of a building a business case, that postvention is also a money saving measure and need to show commissioners this. Discussion about who are the commissioners and not just limiting that to central government. Hamish reiterated commitment to the framework. It is not something that they intend to produce but then stop working on. The idea is to make it more and more compelling and built the case.

Alison Penny highlighted existing work by Child Bereavement UK on modelling cost saving.

Action - Amanda to put Alison in touch with McPin.

Whilst the expert reference group formally reviews the document, it will go out to SASP members informally with a deadline to submit feedback. Both the framework and the project on local authority guidance will reference and link to each other.

Agenda item 3.1 Review of the 2016/17 work plan and funding update

Hamish presented a short report to the group, pulling together past achievements with actions for the future. The outlined next steps in box three will be Sarah's priorities once she officially starts. Hamish welcomed feedback from the group.

There was discussion about taking next steps towards support after suicide being available nationally and engaging national organisations.

Potential ideas identified:

- Whether SASP could or should manage a national programme similar to victim support, but this creates accountability and procedural problems
- That it is about political will. The government knows the stats and they know the financial cost. We need to make a public case
- Adapting the Irish model of local liaison officers.
- SASP attempts to influence 2020 party manifestos. (Examples given of top leadership taking the issue and running with it in Ireland and in Australia.)
- Making contact with Hanover Communications to help develop an influencing campaign

Fergus reminded the group that, whenever you take an issue to politicians, must always present a solution at the same time and keep things simple!

Agenda item 3.2 National Survey update

Agenda item 3.5 Online forum

Jane updated the group that CALM have been chosen by the Royal Foundation along with other charities and will be working with The Duke and Duchess of Cambridge and Prince Harry.

They will also be launching a coalition May 12th, including National Rail, RNLI, and Samaritans with support from Lynx to work together to look at bringing an online asset aimed at men. The plan is for the coalition to serve as a platform for working with other industries with large male groups of employees.

The survey will be picked up by Sarah when she starts. Jane has briefed Hanover Communications and they are expecting us to contact them to work on the publicity of the survey.

As per the survey, there is work for Sarah to do on the online forum, specifically to flesh out the specification and seek funding.

Action - Margaret to share document from Compassionate Friends on coping with suicide ideation online.

Agenda item 4.4 Update from Liz Koole - Churchill Fellow visit to Australia and New Zealand

Liz presented the short paper she had prepared for the group and talked through its main points. See attached report. (Note, bullet points in bold are additional to the paper presented at the meeting.)

Agenda item 6 AOB

Jane raised an issue for the framework resource, as we discussed accessing community support but men typically don't reach out like that. Therefore we need to ensure gender differences are included in the framework.

Action - Hamish to contact Meadows Communications on this.

Richard Brown will be working with Liverpool Football Club, as a way to bring in men to talk in morning workshops and a football tournament in the afternoon. This will utilise the strong emotional connection felt to the club and raise self-esteem.

Action - Hamish to put Richard in contact with Shirley Smith as she works with premier league academies.

Referencing Jane's earlier point about difference in gender, Paul Kelly reported that they receive more calls from women but that men generally prefer to access help by text.

Agenda item 5 2016/17 meeting dates

There was an in principle agreement that the group would meet 3 times a year. There was discussion around timing for the September meeting and the potential for linking it to the Manchester Conference on September 28th.

Action - Sarah to confirm September date with members when she is officially in post as well as, perhaps, January and May 2017.

Hamish thanked attendees, and those who dialed in.

As there was no further business, the meeting was closed.

Attendees and apologies.

Present	
Hamish Elvidge	Chair, Support After Suicide Partnership
Liz Koole	Churchill Fellow
Dr Sharon McDonnell	University of Manchester
Dr Margaret Brearley	The Compassionate Friends

Amanda Duffy	Meadows Communications
Clare Milford-Haven	JWSMF
Dr Sian Rees	Director of Oxford Health Experiences Institute
Peter Armstrong	Guest of Sian Rees
TBA	Guest of Sian Rees
Karen Lascelles	Oxford NHS
Diogo Duarte	Cruse Bereavement Care
Robin Tu	Suicide Bereaved Network
Nina Kennedy	Suicide Bereaved Network
Richard Brown	The Listening Ear
Jane Powell	CALM
Alison Penny	Child Bereavement Network
Alison Hill	Pete's Dragons
Elizabeth Burton-Phillips	DrugFAM
Paul Kelly	Console
Kate Fleming	Department of Health
Oliver Chantler	Samaritans
Claire Walker	National Suicide Prevention Alliance
Fergus Crow	Winston's Wish

Via conference call	
Sarah Bates	Support After Suicide Partnership
David Brown	If U Care Share
Anne Embury	Outlook South West

Apologies	
Jacqui Morrissey	Samaritans
Rosie Ellis	National Suicide Prevention Alliance
Helen Garnham	Public Health England
Diana Youdale	BPSON
Paddy Bazeley	Attending in a personal capacity
Shirley Smith	If U Care Share
Ann Culley	SOBS
Ann Rowland	Child Bereavement UK
Ged Flynn	PAPYRUS
Amy Meadows	Meadows Communications
Tim Kelly	Console
Di Stubbs	Winston's Wish/attending in a personal capacity
Andy Langford	Cruse Bereavement Care
Jax Missen	The Red Lipstick Foundation
Andrew Herd	Department of Health