

SASP Members Meeting Minutes



Date: 29th January 2020

Time: 10.30am-1pm

Location: Royal College of Psychiatrists, 21 Prescott Street, London, Whitechapel, E1 8BB

1. Welcome

Hamish welcomed attendees and each member introduced themselves. A list of attendees can be found in Appendix 1.

He reflected on the journey the SASP and SASP members have travelled in the last 12 months, including;

- Continuing to work with STPs who received funding in 2019, and those developing services with suicide prevention funding
- Developing a Terms of Reference for a possible Education offer
- Appointing Sue Christie to the role of Implementation Manager for the SASP
- Acting as a national guide for the rollout of services through the NHSE Long Term Plan
- Increasing our membership to 76 members and supporters by January 2020.
- Formalising a partnership with the Tell Us Once Service, Coroners Court Support Service, and AtaLoss.org

2. Executive Lead Update

Sarah updated members on the main activities of the SASP since October 2019. She introduced Sue Christie, appointed to the role of Implementation Manager for the NHS Long Term Plan. Sue joins SASP with over 30 years of experience within Mental Health for the NHS.

Sarah updated Members on our transition to being hosted by Samaritans, which is on time to be completed by the end of February 2020. There will be little outward noticeable change in SASP operations. We will retain our email SASP addresses, our mobile phone numbers, and our website hosting (which is now independently hosted by a third party company). We will cease to use any email addresses with @thecalmzone.net, the CALM landline number, and CALM's charity number on our email signatures; replacing it instead with Samaritan's charity number.

SASP Website update

Sarah presented early designs and a sitemap for the updated SASP website. The new website will better provide support for people who have been impacted by suicide by:

- Bringing together a "bereavement journey" which will accessibly take the reader through what might happen in the first few days, weeks, and months, after the death of someone close to them.
- Introducing pages for who we are, our Partnerships, and our Members
- Developing an audio version of Help is at Hand
- Developing a "stories hub" which will allow people to share their experiences through written and audio accounts.
- Introducing regular podcasts, which will cover aspects of the practical and emotional on a bereavement journey. The first podcasts will be recorded in January 2020.

There was a positive response to the plans and designs. The following points were noted:

- The Term “understandable” in place of “normal” feelings would be more inclusive to those who may not be feeling a certain way
- At a later stage we might consider adding video to feelings and your stories sections
- Members are looking forward to hearing the podcasts

3. Talk: Michael Murphy: Tell Us Once Service

The Tell Us Once service is a cross-government programme that enables people to inform over 30 services at once of a death. This service is useful for people bereaved by suicide as it can often be painful to have to relive the loss every time they inform an organisation of the death. Michael explained the process of the Tell Us Once Process and which organisations/ Government departments offer the service as well as some interesting statistics:

- As of January 2020 there are 396 local authorities offering the TUO service (99.75% of all local authorities). These cover 99.57% of the population.
- They helped 394,581 bereaved families in 2018/19.

Michael opened the last slide to group discussion, and the group discussed how we can improve the signposting of TUO to those bereaved by suicide. Slides for the talk are attached to these minutes, and Michael can be reached by email; michael.murphy3@dpw.gov.uk.

4. Membership and Supporters Updates

Holly outlined the proposed Members’ area on the new website. Members will be able to access SASP information in one place, including newsletters and past minutes. Members felt this would be helpful, and it would add value to being a part of SASP. Holly would be happy to hear members’ thoughts by email; holly@supportaftersuicide.org.uk.

Holly also reminded members that they can share their news through our newsletter by emailing Holly (as above). The next newsletter will be circulated at the end of March.

5. Members’ Forum

Holly introduced a new segment of the meeting, which allows members to share updates and news from within their organisation by pre submitting an update.

- Sarah Bates, on behalf of Alexandra Pitman (our Patron), presented a research project proposal from UCL, which focuses on the imagery people experience following a suicide. Please see slides attached. Members raised the following thoughts, which Sarah will discuss with Alexandra Pitman;
 - What is the maximum time since bereavement to take part in the study?
 - Some members raised safety concerns regarding people being involved as early as 3 months after having been bereaved as well as the concerns regarding images used within the study causing further trauma. – This concern will be taken to the researchers.
 - Members also asked what the hypothesis of the study is.

- Wendy Lewis-Cordwell presented updates on her Bereavement Care training.
- Beverley Radcliffe shared updates from the Coroners Court Support Service
- Elizabeth Burton Phillips was congratulated on winning a National Lottery Special Recognition Award

Forum Exercise

Members were asked to share their thoughts and knowledge regarding the development of an education offer. The questions below were circulated around the room.

- What Suicide Bereavement Training do you already know of in the UK? What are the specifics of this training? (Child/ Adult specific, 3 day course/ 60 minute presentation etc).
- If you were looking to develop an effective Suicide Bereavement Training program, what would be helpful to include or the 'Do's' for developing a successful resource?
- If you were looking to develop an effective Suicide Bereavement Training program, what would be unhelpful to include or the 'Don'ts' for developing a successful resource?
- Who do you think should develop and deliver the training? (Each bereavement organisation? PHE? etc).
- Who would you consult when developing Suicide Bereavement training?
- Any further thoughts regarding developing Suicide Bereavement training?

If you have any thoughts regarding the above questions, please email Sarah at sarah@supportaftersuicide.org.uk.

Action: SASP will send Members more information about the research, after speaking with Alexandra Pitman

6. Talk: Working across STPs with the Long-Term Plan, Caroline Harroe

Caroline Harroe shared the work of Harmless and the Tomorrow Project. Harmless are an organisation that supports those that do or are at risk of self-harm. They do this by offering practical support from clinical support workers and access to ongoing psychotherapy. Caroline explained the different ways in which Harmless operates through clinical practice, routine data collection, research, strategy, training and workforce.

The Tomorrow Project operates a suicide crisis pathway that can be accessed by self or agency referral. The service short term support delivers support, develops a safety plan for those at risk and refers them to further services if required.

Caroline also discussed 'Let's Talk Training' which is the training branch of Harmless. They deliver a range of specialist CPS accredited and bespoke training including externally accredited Mental Health First Aid (MHFA) courses and Applied Suicide Intervention Skills Training (ASIST). They offer training surrounding self-harm, suicide and mental health. Caroline's slides will be circulated with these minutes.

Members discussed how we can best capture learning from localities and whether research has been done to look at the impact of children.

7. Update on Hosting Transition

Sarah had covered the transition in item 2 of the agenda. However, she assured Members that we will endeavor to circulate Meeting venues as early as possible going forward. If you have any questions or comments regarding SASP hosting, please contact Sarah at sarah@supportaftersuicide.org.uk.

8. Principles of SASP Membership

Hamish discussed with the group the issues members may face as the Long-Term Plan continues to shape the landscape of suicide bereavement support. It was proposed that we should create a set of principles for membership to help us to implement the Long Term Plan in every locality as smoothly as possible.

Members agreed that collaborative working was one of the strengths of SASP membership. The following principles were proposed:

- STPs should look to develop existing services as much as possible
- potential local overlap in service provision should be resolved locally wherever possible, through strong communication and mutual trust
- Each service and STP should have the impact on bereaved people at the heart of development and delivery

Action: SASP will consider developing these principles with NHSE

Action: SASP to develop more information around the operationalisation of services and what NHE funding looks like in practice

Any Other Business

No other business, the meeting was brought to a close.

Appendix 1 - Attendees

Name	Organisation
Abbie Warren	Sunflowers Suicide Support
Alex Robertson	Cruse
Ana Silva	Harmless/ Tomorrow Project
Andrew McBarnett	DrugFam
Ann Culley	SOBS
Anne Embury	Outlook South West Suicide Liaison Service
Beverley Radcliffe	Coroners Court support

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	Service
Caroline Harroe	Harmless/ Tomorrow Project
Caroline Luisis	Brent, Wandsworth and Westminster Mind
Claire Dale	The Kaleidoscope Plus Group
Elizabeth Burton-Philips	DrugFam
Ellen O'Donoghue	James Place
Evan Grant	Cameron Grant Memorial Trust
Gavin Atkins	Mind
Halani Foulsham	SOBS
Julia Stimpson	Leeds Suicide Bereavement Service
Michael Murphy	Tell Us Once
Paul Barber	Suicide Bereavement Information Service
Penny Petchey	Outlook South West Suicide Liaison Service
Phillipa Bates	British Transport Police
Richard Brown	AMPARO
Sadia Ahmad	Maytree
Sharon Merchant	Child Bereavement UK
Shirley Smith	If U Care Share Foundation
Steve Mallen	Zero Suicide Alliance/ The MindEd Trust
Therese McAlorum	Child Bereavement UK
Wendy Lewis-Cordwell	Bereavement Care Services