

Winter Members Meeting

Date	30 th January 2018	Time	12pm – 2pm	Venue	Elizabeth House 39 York Road, SE1 7NQ
Attending	Sarah Bates, Hamish Elvidge, David Mosse, Nina Kennedy, Jax Missen, Alison Penny, Nafeesa Zulfiqar, Sharon Blight (remotely), Liz Koole, Adrienne Grove, Clare Milford-Haven, Sharon McDonnell, Penny Fosten, Fergus Crow, Shirley Smith, Ann Culley Ann Rowland (remotely)				
Guests	Brownwen Edwards, Dr. Alexandra Pitman				
Apologies	Ged Flynn, Helen Garnham, LAS, Ann Chalmers, Laura Pattinson, Karen Lascelles				

Item	Description	Lead(s)	Papers	Time (mins)
1	Welcome and SASP update	Hamish	Verbal	10 mins
2	Members' Updates	Sarah	Verbal	15 mins
3	Forum: changing how suicide is understood, spoken about and prevented, through learning from those with lived experience. With guest Brownwen Edwards	Hamish	Verbal	30 mins
Short break				
4	Research Update and recruitment	Sarah Sharon	Presentation	15 mins
5	Talk: Dr. Alexander Pitman: Research perspectives on everyday experiences of suicide bereavement	Dr. Pitman	Presentation	30 mins
6	Business plan and strategy feedback	Hamish	Verbal	15 mins
7	AOB	Sarah	Verbal	5 mins

Actions

Action: Sarah to send a message out to members again with details of how to recruit for the survey

Action: All to join in with the survey recruitment Thunder Clap on 3rd March 2018.

Minutes

Welcome and SASP update

Hamish welcomed everyone to the meeting, and everyone introduced themselves. Hamish extended a particular welcome to our guest speakers – Brownwen Edwards and Dr. Alexandra Pitman.

Sarah led a brief update of activity at the SASP and the recent work, including developing

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relationships with Funeral Directors, updating Help is at Hand, and working with the research team.

Members updates

If U Care Share Foundation

Shirley updated the group about their recent challenges with funding, and their continuing work with peer support. Sadly, the work with schools has been suspended for the time being. The early alert system continues to grow and has been commissioned for a year. The team are working to make suicide bereavement support a priority with the Local Authorities, and to ensure that the bereavement support plans they have in place are effective and evaluated. They are also working to develop programmes for the football premier league – including their work with the England ladies team, and working with under 24s. To date, If U Care Share have supported over 1065 of people bereaved by suicide.

Local Authorities

The members noted that the quality assessment of Local Authority suicide prevention plans has not happened, due to the concerns of the Local Government Association. The possibility of requesting a Freedom of Information Act for this information was raised, but advice from the Chair of NSPAG was to ensure such a request was done at the correct time, in the right context.

Members put forward the idea of a campaign of getting Local Authorities on board who are proactive in provision of support services, to encourage others to invest.

The members considered structuring a question for Jeremy Hunt, which would encourage more Local Authorities to have bereavement liaison services.

It was suggested that Local Authorities could develop relationships with their local peer-to-peer support groups, as part of their suicide prevention plans.

Action: Sarah and Hamish will take these ideas away for consideration as part of the business plan discussion at the Leadership team meeting.

Harringay Mind

David updated the members on his work in creating an inter-borough suicide prevention initiative, and their liaison service plans for suicide bereavement support. Currently the working group consists of the boroughs of Islington, Camden, Enfield, Harringay. They are working with Public Health England to develop a business plan, and taking knowledge from the field about liaising with counselling services, peer support, local authorities etc. and looking at what works and has been evaluated.

SPIN Oxford NHS Trust

Sarah gave an update in Karen's absence: The group has continued its Oxon pilot with Cruse offering early home support signposting visits for people bereaved by suicide, who are

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referred via the real time monitoring system. This has been extended through funding from public health to provide wider familial support. They held a local focus group to elicit what support people received and what they want and public health is looking at that alongside the guidance from PHE/SASP. Karen is also embarking on a doctorate. The members wished her luck.

Roses in the Ocean

Bronwen provided members with a very engaging and inspiring talk on 'Roses in the Ocean' (RitO) and their main achievements and aims. She outlined the core of Roses in the Ocean: utilising the skills of people with lived experience to influence policy and support services. They provide training across the country to help people use their natural skills with their lived experience to make the best impact possible. Lived experience is the key to engaging people with the experience of suicide and helping people to understand what it's like to experience suicide. It's important to co-facilitate evidence based content with lived experience.

The members asked the following questions during the forum:

It's interesting that there are prevention and postvention services together. How did they come about?

It's important that it is a well managed, safe and supportive environment. There are occasions where people feel they don't belong as they've attempted and they meet people who are bereaved. They explain that you need all sides of suicide to have a full support service. Everybody has a part to play, and a place around the table. So RitO find it adds real value.

What about caring for carers who have experience?

People within the collective are in the position that they do become the carer, yet still have their own journey. There is screening to make sure people are ready. They are also encouraged to do what they can, and to self-care too, even when this means stepping out for a month or so.

What about internal reflection for those on a grief journey?

The journey is always ongoing, with us learning new things. People are encouraged to evaluate on their own whether they are in a good place, and to put their MH first.

How about involving people in services such as supporting people who've been bereaved?

Full screening and training, advance communication skills, taking into account the views of others. They are currently developing services such as safe houses/havens, and working with workplaces and primary care services.

At what stage do you say to people that they are ready to help?

Elapsed time is less important than where they are in their journey; sometimes it's 3 months, sometimes 30 years. We provide people with material to read about their personal readiness, interviews online and by phone, talking to them about whether it's the correct time. People often self-screen out if they are not ready.

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Research Update

Sarah talked about recruitment to date, and about the success of recruiting via social media. Sharon spoke about the members recruiting, through media and social media. She encouraged members to recruit through their channels to lead recruitment, and it was agreed that Sarah would resend guidelines for recruiting to members. Members were also invited to take part in the Thunder Clap via Twitter on 3rd March 2018.

Action: Sarah to send a clear message out to members again.

Action: Thunder Clap with 3rd March 2018.

Talk: Dr. Alexander Pitman

Alexandra gave an excellent presentation on the current research work around suicide prevention and bereavement. For the full presentation, please see the document that accompanies these minutes. Some of the main topics of research were:

- The increased risk of people who had been bereaved to take their own life, due to factors which included
 - Spouses
 - Parents
 - Mental illness (such as PTSD)
 - The role of stigma
- She talked about the role of reduced help-seeking when someone is bereaved by suicide as a risk for suicidal risk. This was linked to
 - Reluctance to express their grief
 - Possible negativity from others as a result of the stigma of suicide
- People were also less likely to be offered help from others
- Alex highlighted that suicide bereavement leads to heightened awareness of the difficulties of suicide prevention, and also the trauma that bereavement causes.
- Alex spoke of the policy implications from research findings, such as the risks of suicidality in those who have been bereaved.
- She highlighted the need to identify proactive means of offering support

The floor was then open to questions.

Business plan and strategy

Hamish spoke to the members about the business plan. He mentioned the idea of developing a national helpline and the options for increasing face-to-face support capacity. Many of the members felt that more discussion was needed, and it was decided that the Leadership Team would feedback to the members in a separate update.

There was a discussion around how the SASP could best achieve its vision, and how the members' organisations would fit into a wider campaign. It was noted that many types of

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organisation were involved in the SASP, including foundations, peer-to-peer support, counselling, and liaison services (to name a few) and that these groups offer an important variety of support. It was noted that the work of the SASP should include all of these groups.

The development of guidelines for standardised support was approved by the members, and many expressed interest in being involved in the process. The following members will attend (some remotely) or receive minutes of the initial meeting:

David Mosse
Anne Embury
Sharon McDonnell
Shirley Smith

Nina Kennedy
Alison Penny
Ann Culley
Richard Brown

Any Other Business

It was noted that Sarah had applied for a Winston Churchill Fellowship. There was no other business so the meeting was drawn to a close.