

## Summer Members Meeting 2018

<b>Date</b>	12 <sup>th</sup> June 2018	<b>Time</b>	11am – 1pm	<b>Venue</b>	Elizabeth House 39 York Road, SE1 7NQ
<b>Attending</b>	Carolyn Brice, Simon Gunning, Sarah Bates, Hamish Elvidge, Fergus Crow, Penny Fosten, Alex Robertson, David Mosse, Anne Embury, Nina Kennedy, Alison Jordan, Jacqui Morrissey, Nina Clarke, Ann Rowland, Ruth Pugh, Sophie Margove, Saira Waheed				
<b>Guests</b>	Julia Samuel, Julia Weston				
<b>Apologies</b>	Helen Garnham, Ged Flynn, Sharon Blight, Shirley Smith, Alison Penny, Karen Lascelles, Steve Mallen, Ann Culley, Nafeesa Zulfiqar, Claire Milford-Haven, Elizabeth Burton Phillips, Liz Koole				

Item	Description	Lead(s)	Papers	Time (mins)
1	Welcome	Sarah	Verbal	5 mins
2	Talk, Julia Samuel, Patron and Founder of Child Bereavement UK	Julia Samuel	Presentation	30 mins
3	SASP update	Sarah	Paper	5 mins
4	Forum: The Winston Churchill Memorial Trust; Suicide prevention, intervention and postvention	Julia Weston	Verbal	30 mins
5	Members' Updates	Sarah	Verbal	10 mins
6	Discussion: Implementing local support nationally, Outcomes from the roundtable meeting	Fergus	Paper and discussion	25 mins
7	Discussion: How to maximise our partnerships as members	Sarah	Verbal	15 mins
8	AOB	Sarah	Verbal	5 mins

### Actions

Action	Responsible	Timeframe
Think about 3 people who should apply for Winston Churchill Travel Fellowships, and encourage them to do so	All	By September 2018
Consider what would be helpful feedback from members about the development of their services, to input into a framework	Sarah	By the end of summer 2018
The SASP will post updates on members' activities and progress in the field on the website, and signpost to this through an e-bulletin every 6-8 weeks	Sarah	To start asap

### 1. Welcome and SASP update

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Hamish welcomed everyone to the meeting, and everyone introduced themselves. Hamish extended a particular welcome to our guest speakers – Julia Samuel and Julia Weston.

### 2. Talk from Julia Samuel

Julia spoke about her experiences of bereavement, of her work as a psychotherapist, and her thoughts from personal experience. She emphasised the benefits of communicating about bereavement, and learning from each other. She highlighted the taboos we face when talking about grief, partly because of the stigma, shock, and grief that surrounds bereavement, which often lead to people not communicating when they are in pain from a bereavement. She highlights differences in generation and genders in coping with and communicating their feelings of grief. She also emphasised the physical reaction to grief that many people experience, and the dangers of unresolved grief.

Julia concluded her excellent talk by introducing the importance of learning a language of grief which allows people to communicate their trauma and bereavement. She felt that learning that joy and pain can co-exist, are particularly important to recovery. The key to recovery after a death is to connect with others and learn to live again.

The group discussed how physical exercise, such as running, had helped members personally, and the talk finished with the group identifying 3 areas of challenge when discussing bereavement by suicide;

1. Talking about death
2. Talking about suicide
3. Exposing people, including children, to the reality of death and suicide

### 3. SASP update

Sarah updated the group on recent progress made by the SASP, including:

- Development of the compelling case and the economic case
- Reaching our target of 5,000 responses for the research survey
- Our developing partnerships with Funeral Directors
- Our recent meeting with Coroners
- The development of Finding the Words
- Welcoming two students on placement with the SASP for the summer

The group were particularly interested in the SASP's work with coroners and it was agreed that the Executive Lead would update SASP members when we make further progress.

Members were also invited to take copies of Finding the Words, and expressed support for the resource to become part of the suite of resources available through PHE.

### 4. Talk from Julia Weston, WCMT

Julia took the group through the development of the Winston Churchill Memorial Trust, and introduced us to the Fellowships, which are open to anyone in the UK to travel abroad to learn from international knowledge.

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The WCMT fund projects from many sectors, and the categories are broad. Requirements are; you are over 18, you have an idea of what you'd like to learn, and what you will bring back. Julia spoke of the diversity of Fellows, and impressed that you do not need academic qualifications, or to be a certain age, background, or level of expertise to apply!

The WCMT are delighted to announce that applications are currently open for 2018-19 Fellowships, including a category for Suicide Prevention, Intervention, and Postvention. Applications are open until 18<sup>th</sup> September 2018.

**Action: Each member should think about 3 people who would may wish to apply, and actively encourage them to do so**

*Items 5 and 6 were reversed in order during the meeting.*

### 5. Implementing local support nationally

Fergus took the group through the outcomes from a roundtable meeting held on 4<sup>th</sup> May, to discuss implementing local support on a national scale.

A framework of 'franchised' local services spanning the UK was well received, and it was suggested that this could be developed to incorporate a tool for Local Authorities to use to calculate how much support they need in their area and the cost, based on their population and suicide support.

It was noted that a strong framework will need to recognise that there are difficulties with engaging people to implement a service, which might include coroners or the police office.

The group discussed the importance of encouraging local authorities to take up the framework, with incentives and a strong argument to 'sign-up'. One option was to use a similar accreditation to ASIST, which is evidence based, is internationally recognised, and is appealing to potential funders. It was decided a strong application for funding a framework should centre on a core set of evidence based standards.

It was suggested that the SASP should use the collective knowledge of all its members including their challenges, and how they overcame difficulties, to develop a strong, highly practical framework. Sarah will consider how this could be done.

**Action: Sarah will consider what would be helpful feedback from members about the development of their services, to input into a framework.**

### 6. Members' Updates

#### 6a. Leeds Suicide Bereavement Service

Just received funding from Leeds council for another 4 years

#### 6b. Cruse

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Launched a service “*more than words*” with the Red Cross, which looks at support that is not face to face. Money to put 20 people on a course to provide bereavement support. Co-op are involved and are promoting it. There is a group in every area for people bereaved by suicide. They will also have supervisors who provide specialist support. There is also a toolkit for support. It will be available digitally and on mobile. In Cruses’ 75 areas of operation there will be an open support group, where people can register and there will then be closed groups for different types of bereavement.

### 7. Members’ Feedback

Sarah took the group through the members’ feedback and it was decided that members are generally happy with their engagement and role with the SASP. Members suggested that they could be contacted with up to date news around every 6-8 weeks with an e-bulletin, where more information could be found on the News section of the SASP website, which Sarah will keep up to date.

**Action: The SASP will post updates on members’ activities and progress in the field on the website, and signpost to this through an e-bulletin every 6-8 weeks**

### 8. Any Other Business

There was no other business so the meeting was brought to a close.

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