Suicide Bereavement: Using Our Collective Voice

Suicide Bereavement UK’s 9th International Conference

Online Programme

Wednesday 18th November 2020
Welcome

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The following organisations are providing support during the conference:

**SAMARITANS**
Some people might feel the need to talk to someone. The Samaritans have kindly agreed to support this conference and are available to talk to you.

Free Helpline: 116 123 (available 24/7; n.b. your telephone number will not be recorded on your phone bill. You can also use your mobile, even if you do not have credit).

Text: 07725 909 090
Email: jo@samaritans.org (response time within 24 hours)

**CRUSE BEREAVEMENT CARE**
CRUSE BEREAVEMENT CARE have kindly agreed to increase their capacity on their helpline, grief chat function and email service from the 18th November (Suicide Bereavement UK conference) until 23rd November.

Helpline: (Freephone): 0808 808 1677
Email: helpline@cruse.org.uk

**HELP AND SUPPORT**
The following link also provides a comprehensive list of organisations that support those bereaved or affected by suicide.

suicidebereavementuk.com/key-resources

Dear Friends and Colleagues,

On behalf of Suicide Bereavement UK and Pennine Care NHS Foundation Trust I would like to welcome you to the conference.

This event brings together experts, people bereaved or affected by suicide, professionals/agencies who come into contact with us, academics who advance understanding, commissioners and policy makers who are instrumental in helping to develop postvention support/services, from 20 countries across three continents.

The theme of the conference is ‘using our collective voice’ and is reflected in the diversity of the presentations and the people who are attending. I am thrilled to inform you that we will presenting findings from several ground breaking research projects, which will reveal unique insights into the experiences and perceived needs of those bereaved or affected by suicide. The national suicide bereavement report is also being launched today. Findings from these studies will undoubtedly generate national, international and media interest.

The following link also provides a comprehensive list of organisations that support those bereaved or affected by suicide.

suicidebereavementuk.com/key-resources

We might not be able to meet face to face, but it doesn’t mean that we can’t interact with each other. There will be lots of online interaction during the conference. We are combining the arts (poets and artists), science, lived experience and professional expertise. This event is going to be creative, innovative, engaging, informative, sometimes challenging, definitely inspiring, with a huge measure of HOPE thrown into the mix!

I hope that you are able to protect these next few hours so that we can spend some quality time together. Remember to take good care of yourself. Take breaks when you need them and refer to page 2 for contact details if you want to talk to someone.

So … comfy chair, favourite biscuits and kettle at the ready, let’s begin.

Dr. Sharon McDonnell
Suicide Bereavement UK

Investing in People, Research and Lived Experience

For those that will be using social media during the conference, please use the hashtag #collectivevoice
Speakers

Please note, detailed information about each speaker is provided in the conference flyer and is available on this link.

Angela Samata
Reagan Blyth
Ellie Chapman
Jenny Berry

Lee Fryatt
Hamish Elvidge
Professor Gill Haddock
Dr Sharon McDonnell

Dr Sandra Flynn
Barry McGale
Shirley Smith
Jake Mills

Rebecca Jackson
Andrea Walraven-Thissen
Dr Pauline Nelson
Dzmitry Karpuk

Professor Tom Stoneham
Dr Ananta Dave
Dr Hayley Gorton
Ged Flynn

Suicide Bereavement UK provide the following services:

- Consultancy in suicide bereavement
- Crisis consultation after suicide
- Evidence-based suicide bereavement training
- Suicide bereavement research
- International conference
- Keynote presentations

suicidebereavementuk.com
Contact Paul Higham
Email: paul.higham@suicidebereavementuk.com Tel: 07850 710 555
### Programme

<table>
<thead>
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<th>Time</th>
<th>Event</th>
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<tr>
<td>8.45am - 9am</td>
<td>Registration</td>
</tr>
<tr>
<td>9.00am</td>
<td>Angela Samata  <strong>Chair (Welcome)</strong></td>
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<td></td>
<td>Ellie Chapman  <strong>TFP Visualiser</strong></td>
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<td></td>
<td>Jenny Berry  <strong>Opening Poem: ‘They Say Nout’</strong></td>
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<td></td>
<td>Lee Fryatt  <strong>Sharing is Caring – Is Protecting Data Risking Lives?</strong></td>
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<tr>
<td>9.50am</td>
<td>Stretch Break (5 minutes)</td>
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<tr>
<td>9.55am</td>
<td>Launch of the National Suicide Bereavement Report</td>
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<td></td>
<td>Collaboration between the University of Manchester and Support After Suicide Partnership</td>
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<td></td>
<td>Hamish Elvidge  <strong>Support After Suicide Partnership</strong></td>
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<td></td>
<td>Professor Gill Haddock  <strong>The University of Manchester</strong></td>
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<td></td>
<td>Dr Sharon McDonnell  <strong>From Grief to Hope: Findings from the National Suicide Bereavement Study</strong></td>
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<tr>
<td>10.35am</td>
<td>Stretch Break (10 minutes)</td>
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<tr>
<td>10.45am</td>
<td>Panel discussion</td>
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<td></td>
<td>Dr Sharon McDonnell, Dr Sandra Flynn, Shirley Smith, Barry McGale and Hamish Elvidge</td>
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<td><strong>Looking Forward and Instilling Hope</strong></td>
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<td></td>
<td>Jake Mills  <strong>Chasing the Stigma</strong></td>
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<td></td>
<td>Rebecca Jackson  <strong>Film about Gtr Manchester Memorial Quilt led by textile artist, Rebecca Jackson</strong></td>
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<td></td>
<td>Andrea Walraven-Thissen  <strong>Looking at an International Window of Opportunity</strong></td>
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<tr>
<td>12.10pm</td>
<td>Stretch Break (5 minutes)</td>
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<tr>
<td>12.15pm</td>
<td>Workshops (You will be assigned to the workshop chosen when you registered to attend)</td>
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<tr>
<td>1. Dr Pauline Nelson</td>
<td>‘We’re the First Port of Call’ Ambulance Staff Experiences of Suicide and Responding to Bereaved Families.</td>
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<tr>
<td>2. Andrea Walraven-Thissen</td>
<td>The Development of Evidence-based Emergency Services Postvention Response (ESPR) training</td>
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<tr>
<td>3. Dzmitry Karpuk and Professor Tom Stoneham</td>
<td>Preventing Suicide by Working with Nightmares</td>
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<td>4. Dr Ananta Dave</td>
<td>Who Cares for the Carer?</td>
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<td>5. Dr Hayley Gorton</td>
<td>Are Pharmacy Teams a Missed Opportunity in Suicide Prevention?</td>
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<td>Ged Flynn  <strong>Too Young to Die? A Glimpse into the Work of PAPYRUS</strong></td>
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<tr>
<td>12.55pm</td>
<td>Back to Main Event</td>
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<td>Jenny Berry  <strong>Closing Poem ‘In it Together’</strong></td>
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<td></td>
<td>Angela Samata  <strong>Reflection and closing remarks</strong></td>
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<td>1.30pm</td>
<td><strong>CLOSE</strong></td>
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### Authors of the National Suicide Bereavement Report

**Dr Sharon McDonnell**
Suicide Bereavement UK and The University of Manchester
Sharon McDonnell has specialised in suicide bereavement research for over 20 years. She has led the national suicide bereavement study, on behalf of the University of Manchester and Support After Suicide Partnership.

**Barry McGale**
Suicide Bereavement UK and Support After Suicide Partnership
Barry McGale was a Registered Mental Health Nurse, Cognitive Behavioural Therapist and Suicide Liaison Officer until his retirement. He was responsible for setting up the first NHS postvention service nationally. This model is currently being replicated throughout the UK.

**Dr Isabelle Hunt**
The University of Manchester
Isabelle Hunt has 25 years of experience in epidemiology and suicide research. Her particular interests lie in suicide prevention among high risk groups including psychiatric in-patients and those recently discharged from hospital.

**Dr Sandra Flynn**
The University of Manchester
Sandra Flynn has specialised in suicide prevention research for over 20 years. Most of her work has centred on improving safety in mental health and criminal justice settings, with a specific focus on suicide prevention.

**Professor Jenny Shaw**
The University of Manchester
Jenny Shaw is Professor in Forensic Psychiatry at the University of Manchester, with interests in homicide, suicide and violence risk and offender health care. She is also Head of Homicide Research at the National Confidential Inquiry into Suicide and Safety in Mental Health.
Conference Workshops

Please attend the workshop which you chose when you registered to attend.

Workshop 1
Dr Pauline Nelson
‘We’re The First Port of Call’ Ambulance Staff Experiences of Suicide and Responding to Bereaved Families

Workshop 2
Andrea Walraven-Thissen
The Development of Emergency Services Postvention Response (ESPR) Training

Workshop 3
Dzmitry Karpuk and Professor Tom Stoneham
Preventing Suicide by Working With Nightmares

Workshop 4
Dr Ananta Dave
Who Cares for the Carer?

Workshop 5
Dr Hayley Gorton
Are Pharmacy Teams a Missed Opportunity in Suicide Prevention?

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Suicide Bereavement UK Training Programmes

Suicide Bereavement UK deliver evidence-based and evaluated suicide bereavement training. All training programmes are informed by a research project to inform their development. All are first of their kind internationally.

suicidebereavementuk.com/sbuk-training

Testimonials
suicidebereavementuk.com/testimonials

Contact Paul Higham
Email: paul.higham@suicidebereavementuk.com Tel: 07850 710 555
Suicide Bereavement UK provides confidential, bespoke suicide bereavement consultancy to individuals or organisations responsible for planning, developing, commissioning or delivering support for those bereaved or affected by suicide.

**Suicide Bereavement UK consultancy will support your organisation to:**

- Develop suicide bereavement services and/or a postvention pathway
- Respond appropriately to and support those bereaved or affected by suicide (e.g. patients, clients, prisoners, students and employees in the workplace)

Our team come from diverse backgrounds; each is a recognised expert in their field. In combination, our team members offer a specialist and unique skill-set in the field of postvention (i.e. care of those bereaved or affected by suicide.), and the ability to provide postvention consultancy across the lifespan, in all settings.

[Suicidebereavementuk.com/suicide-bereavement-consultancy](suicidebereavementuk.com/suicide-bereavement-consultancy)

**Contact Dr Sharon McDonnell**

Email: sharon.mcdonnell@suicidebereavementuk.com Tel: 01706 827 359

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Suicide Bereavement UK’s (SBUK) research division is led by Dr Sharon McDonnell, Managing Director of Suicide Bereavement UK and Honorary Research Fellow at the University of Manchester. She has specialised in suicide bereavement research for over 20 years and is recognised as an international expert in this field.

**SBUK funds and conducts its own research focusing entirely on suicide bereavement and its impact. Dr McDonnell and her research teams are leading the way in this field, examples include:**

- translating research findings into evidence-based and evaluated training
- leading the National Suicide Bereavement Survey which is a collaboration between the University of Manchester and Support After Suicide Partnership

[Suicidebereavementuk.com/research](suicidebereavementuk.com/research)

**Contact Dr Sharon McDonnell**

Email: sharon.mcdonnell@suicidebereavementuk.com Tel: 01706 827 359
CONVERSATIONS THAT MAKE A DIFFERENCE.

The Power of the Collective Voice
Thursday 19 November 6.00 till 7.00 p.m.

We all know how powerful our voice can be, but when that voice is amplified by a collective it can become a movement for real change.

Join the conversation as Dr Sharon McDonnell and Shirley Smith discuss with Chris Hemmings the National Suicide Bereavement Report and how they feel the collective voice of those affected by suicide who took part in their research will influence change.

Click here to register or visit www.speakerscollective.org

“The Speakers Collective is a social enterprise, whose members work together with a shared commitment to challenge stigma, facilitate important conversations and promote learning on a variety of social issues.”

Acknowledgments

Sponsors of individual places

We are very grateful to the following people and/or organisations who have kindly sponsored a place at the conference, for people who would otherwise be unable to attend. Some have funded a place in memory of who they had loved and lost. Combined, they have sponsored 32 free places. We are extremely grateful to them all.

Pete Johnson dedicates a place to ‘his mother Grace and his late father Sid, who found his way through raising 3 young children’.

Our Fathers Wines sponsored two places in memory of Wendy Cooke

Dawn Stemmer from Into Health Wellbeing dedicates a place in memory of her father Billy.

Sarah Brooke Consultancy funded three places for people bereaved by suicide.

Action to Prevent Suicide sponsored 24 places to help build upon the ‘Beyond Hope’ Life project.

Andy Chapman funded a place for a professional.

Crisis Consultation after Suicide

Suicide Bereavement UK provides a confidential, bespoke crisis consultation and suicide bereavement service to organisations affected by suicide. This is led by Andrea Walraven Thissen, who has considerable experience working in this field.

Our Business Crisis Consultation:

- Offers immediate support and advice after suicide
- Is strictly confidential
- Will be customised to your company’s needs
- Will give you perspective and clear expectations within the first contact
- Can be offered on site, via telephone, skype, email or other medium
- Is flexible and tailored e.g. one-to-one support and team/group meetings
- Will be informed by research in this field

suicidebereavementuk.com/crisis-support

Contact Dr Sharon McDonnell
Email: sharon.mcdonnell@suicidebereavementuk.com Tel: 01706 827 359
Suicide Bereavement UK’s aims

To conduct suicide bereavement research that will help to advance understanding, increase awareness, reduce stigma and influence policy and practice.

To develop and deliver evidence-based suicide bereavement training that will increase knowledge, confidence and skills on how to respond to those bereaved by suicide.

To create a hub where knowledge, expertise and good practice can be shared and disseminated through consultancy, publications and Suicide Bereavement UK’s website and international conference.

For more information:
Email: paul.higham@suicidebereavementuk.com
Tel: 07850 710555
www.suicidebereavementuk.com

Suicide Bereavement UK
Key Resources

Key Resources for Those Bereaved or Affected by Suicide

The following link provides key resources and contact details of organisations that support those bereaved by suicide.

suicidebereavementuk.com/key-resources
The NIHR Greater Manchester Patient Safety Translational Research Centre is a partnership between the University of Manchester and Salford Royal NHS Foundation Trust, in collaboration with the University of Nottingham.

Research takes place across four main themes:

1. Medication Safety
2. Safer Care Systems and Transitions
3. Marginalised Groups (consisting of programmes on mental health and also patients & carers)
4. Safety Informatics.

The mental health research projects and capacity building are led by Professor Nav Kapur and Professor Roger Webb with Dr Leah Quinlivan and Dr Louise Gorman. It focuses on how mental health services can improve patient safety by reducing risks of self-harm and suicide, especially:

1. patient, carer, and clinician experiences of mental health assessments in hospital emergency departments
2. access to psychological therapies following self-harm
3. the benefit of family and carer involvement in crisis resolution.

We work closely with a dedicated patient and public involvement and engagement panel, and with healthcare staff. Our findings are helping mental health services in supporting individuals who are at raised risk of harming themselves.

www.patientsafety.manchester.ac.uk/
@PSTRC_GM
www.gmpstrc.wordpress.com
The Support After Suicide Partnership is a UK-wide network of over 90 members. We were founded in 2013 to bring together national and local organisations involved in delivering suicide bereavement support to bring about national change.

We believe that everyone bereaved or affected by suicide should be offered timely and appropriate support

Our Work

Increasing the capacity of local suicide bereavement support
Working closely with NHS England to implement suicide bereavement support in every area of the country by 2024, as part of the Long Term Plan.

Connecting members and stakeholders
Enabling members and stakeholders to connect, learn and share good practice.

Ensuring service provision is sustainable
Providing support, and measurement and evaluation resources to help local services make a difference in people’s’ lives... and be sustainable in the long term.

Conducting pioneering research
Collaborating with the University of Manchester to pioneer research into the impact of suicide in the UK. This poignant and personal insight will play a vital role in shaping support services to meet everyone’s individual needs.

Getting in touch
Our website provides information, resources, and support for people impacted by suicide, and those supporting them. You can visit us at supportaftersuicide.org.uk

If you would like to know more about the Support after Suicide Partnership, please contact Sarah Bates, our Executive Lead, on info@supportaftersuicide.org.uk

Patrons: Dr Alexandra Pitman, Barry McGale, Angela Samata
Leadership Team: Hamish Elvidge (Chair), Fergus Crow (Vice-Chair), Richard Brown, Penny Fosten, Shirley Smith, David Mosse, Jacqui Morrissey

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Conference organisers

- Sharon McDonnell (SBUK)
- Paul Higham (SBUK)
- Angela Samata (SBUK)
- Maria Roberts (SBUK)
- Andrea Walraven-Thissen (SBUK)
- Barry McGale (SBUK)

- Liz Koole (SBUK)
- Pauline Nelson (SBUK)
- Dzmitry Karpuk (SBUK)
- Adrian Galloway (SBUK)
- Catherine Hodson (SBUK)
- Nicola Worthington (The University of Manchester)

Volunteers

- Dr Isabelle Hunt (The University of Manchester)
- Jason Corbett (If U Care Share Foundation)
- Shannon Scott (If U Care Share Foundation)
- Debbie Watkins (If U Care Share Foundation)
- Hannah Neil (If U Care Share Foundation)
- Helen Bishton (volunteer)

Further Acknowledgments

We would like to thank the following:

- The conference team for their hard work prior to and during the event
- Angela Samata for Chairing the conference and all the presenters
- Ellie Chapman, The Facilitation Partnership
- Jason Badiozzanian and Josh Williams, Neuron Ltd
- The Samaritans and Cruse Bereavement Care for supporting, this event nationally
- Shirley Smith and her team from If U Care Share Foundation for helping with the Chat Function during the conference.
- Last but not least, you the delegates for your continued support and enthusiasm, which makes all the hard work organising this annual event so worthwhile.

Sponsors

Suicide Bereavement UK and Pennine Care would also like to thank the following organisations for sponsoring this conference:

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Postvention: Assisting those Bereaved By Suicide
Greater Manchester Health and Social Care Partnership
MERCURE MANCHESTER PICCADILLY HOTEL

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Support After Suicide Partnership
supportaftersuicide.org.uk | @AfterSuicide
Suicide Bereavement UK’s 10th International Conference
Suicide Bereavement: Reflecting on Progress

22nd September 2021
Mercure Manchester Piccadilly Hotel, Manchester. M1 4PH
COVID permitting this will be a FACE TO FACE event!

Cost: £140 + booking fee + VAT
This event is always over-subscribed, so early booking is essential.

For more information or to register contact Paul Higham
Email: paul.higham@suicidebereavementuk.com
Tel: 07850 710555
www.suicidebereavementuk.com