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NATIONAL NEWSLETTER

AUGUST 2017

Dear All,

On behalf of the Chair and all the Trustees I would like to say a huge thank you to all our Volunteers, fund raisers and Head Office Staff for all your hard work and dedication. Our services are increasing in demand and this places stress on us all as we try and meet the needs of those who turn to us for support.

We are holding more training days than ever before but as always this is restricted by financial restraints.

The number of SoBS Groups are growing at an unprecedented rate and the small team at Head Office have not increased to meet the demands of our expanding charity. We are therefore looking to recruit another member of staff to not only support the team but also to seek out and apply for grant funding applications available to us.

We are also launching a new look Website and the much looked forward to Forum.

Please keep checking the Website for latest news on our Charity.

Joy Heal (Trustee and Uttoxeter Group Leader)

A message from our Ambassador - Angela Samata

"I'm delighted to accept the role as Ambassador of the Survivors of Bereavement by Suicide. I feel privileged to be asked to represent the work that SoBS do and the continued part that our work plays in the national conversation about the vital need to provide support for those bereaved by suicide. The work and the people that make the Charity all that it is are very close to my heart and I feel honoured to be asked to take up this role.

I'll never forget the relief that I felt as I walked into a SoBS support group for the first time in 2004. I'm humbled now to be able to encourage others to access SoBS support and to give others the chance to experience the same support I received.

I followed the path on many before me, first receiving support and then feeling compelled to give a little back to a Charity that played a fundamental part in where I am today. As a Helpline Volunteer and a Group Leader I gained valuable insight into our work. As a Trustee and Vice Chair I gained valuable insight into how our

work is vital at both a local and national level, and as your Chair from 2010-2014 it was my great honour to work on the Board and to ensure our place in the national conversation.



I was delighted that the BBC brought our work to the fore in our documentary Life After Suicide. Watched by over 3 million people, the film featured the SoBS Liverpool support group, giving a real insight into how our groups work and the vital support they offer. I hope to continue to promote our work and I look forward to working with you."

Angela Samata

Uttoxeter Race Course Charity Collection

On Tuesday 11th July, SoBS was the official charity for the Irish night event at the Uttoxeter Race Course. We were given the use of a paddock box for the evening by Andy Simmell of Rayne Engineering (Thank you for all you do for us Andy) and Andy joined us for the evening along with Survivors and Volunteer collectors.



It was a quiet night regarding numbers in attendance at the races and it rained a lot, but the 10 collectors braved the elements with their collecting buckets and managed to collect an amazing sum of £1015.71. The money will be used to train SoBS Volunteers to enable them to support survivors either by running or helping to run support groups or by volunteering on the SoBS Helpline. The funding for training is essential and we are dependant totally on donations and fund raisers to meet the cost.

So, thank you so much to, Eric, Yvonne Jane, Jan, Di, Shan, John, Clare and Paul for your dedication to collecting and for making it such a fun and enjoyable night.

Yorkshire Building Society Charitable Foundation - Small Change Big Difference Event

The Society supported the Charitable Foundations "Small Change Big Difference" event which ran from 19 September to 15 October 2016.

During this time their customers, colleagues and members of the public were asked to recommend a local charity to be considered to receive funds from the Society's Charitable Foundation.

I nominated SoBS and asked a few group members to fill a short form in too. I was thrilled when I received a letter and call to say our charity had been successful. On December 13th I received a cheque (with Kay & Lyn from the group) for £100 from Jack Croydon, a customer representative at the Yorkshire Building Society in Maidstone.

Donations from the Charitable Foundation are only possible thanks to customers that participate in the Small Change Big Difference scheme. The scheme allows customers to donate the annual pence of interest from their savings or mortgage accounts. The average donation is less than 50p per year and the maximum 99p per account. When all these pennies are added together it enables the Charitable



Foundation to support thousands of charities, the majority of which are recommended by its customers. I think it's a great scheme so I have now become a member.

Sheila – Maidstone Group Leader

News from Swindon SoBS

Darren Johnson from Nationwide with Jan Kilby Swindon SoBS, promoting awareness at Wakefield House, Nationwide, Swindon on Tuesday 6th June 2017.



Several Nationwide work colleagues have come forward to support The Engaging Men Programme barbecue and football event which is hosted by Darren Johnson on behalf of Nationwide. This was held on Sunday July 30th at the cricket pavilion, Pipers way, Swindon, Wiltshire.

Jacky – Swindon Group Leader

Fund raiser for SoBS Uttoxeter

Survivor Joy Moores (Breckles), Chris and Sally held a fund raiser event for SoBS Uttoxeter at the Rolleston Club on 1st July 2017. Joy raised an amazing £1475.00. It was a wonderful night of entertainment and we all released balloons in memory of Joy's Son, Robert and all loved ones lost to suicide. Joy's friend Michelle also organised a cake sale, the cakes were made by the children who are part of the school walking bus. They raised a massive £130 which represents a lot of cakes. Thank you so much to all involved in organising and supporting both these events. Joy presented the SoBS Uttoxeter group with a cheque for £1605.00 at our SoBS meeting in memory of Robert xxxx



Become a Trustee and make a difference

Trustees Wanted

Survivors of Bereavement by suicide are looking for new Board members to join them and help influence the future shape and direction of their organisation.

We are particularly keen to recruit individuals who have relevant work experience in areas such as marketing, fundraising, finance, human resources, business development, law and safeguarding, although this is by no means essential.

You should have a keen interest in mental health, enthusiasm and commitment along with skills and experience gained through family life, volunteering or professional roles. You must be eligible to become a company director.

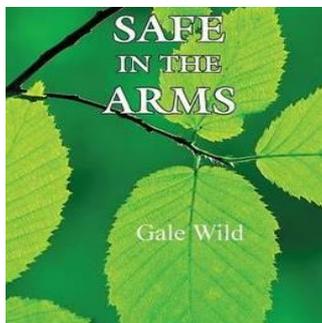
This role is voluntary with paid expenses and involves attending up to six Board meetings per year as well as involvement in chosen work streams and other events.

The following guidelines from the Charity Commission are available on the web.
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/509664/cc3_lowink.pdf.

If you are interested, please contact our National Office. Telephone: 0115 944 1117 email: SoBS.admin@care4free.net. You can also complete the following application form from our website and attach it to an email for the attention of the Chief Officer SoBS.admin@care4free.net
TRUSTEES APPOINTMENT APPLICATION Articles of Association Amendment 10.03.13

Book Review

Safe In the Arms is an unflinching auto-biography written to highlight the fact that untreated family trauma reverberates through the generations. The author shows how health services fail to address the recovery needs of young people stranded in damaging situations and what happens in their subsequent lives as they grow older. Sufferers are often branded with shaming diagnostic labels which effectively write them off.



The book is an urgent call for health service providers to address the emotional health needs of this significant section of the population - to stop resorting

to medication and to train and provide the numbers of trauma-therapists to begin to address the issue of intergenerational social and family re-enactment.

The author tells her life story from a childhood of living with parental emotional and physical tyranny, cruelty and coldness **to abusive relationships and losing her sister to suicide.**

Poems

The "Hole" Family

My family has a hole in it

My "whole" family has a hole

There is no "whole" family

There is just a family with a hole

A large gaping hole

No one can fill that hole

No one can enter that void

No one in my "whole" family

My "whole" family goes on

My "whole" family goes forward

We struggle to remain whole

But the hole remains

Sometimes the hole pulls us closer together

Sometimes the hole separates us

Can our arms embracing each other diminish the hole?

When someone says, "Is your "whole" family here?"
or

"Do you want to take a picture of your "whole" family?"

I think to myself, "Can't you see the hole?"

Reflection

Another day for you to wonder, another day for you to mourn

It wasn't my intention to go before the coming dawn

My pain was deep within my heart and troubled head

It wasn't my intention to go without words said.

My frame of mind seemed normal, or so I heard them say

It wasn't my intention not to see another day

I did not mean to make you suffer or cause you so much pain

It wasn't my intention to never see you again.

Despair and confusion left my aching mind unsure

It wasn't my intention to suddenly close life's door

If only I could give you reasons and brush the tears away

It wasn't my intention to leave and not stay.

I did not mean for you to grieve, now left alone to cry

It wasn't my intention to leave you, forever asking why

As the burdens of life's worries slowly ebb from my heart

It wasn't my intention to tear your soul apart.

Dates for your Diary

2nd September 2017

A Service to mark World Suicide Prevention Day and to celebrate the lives of those lost to suicide, the support given to those who have lost a loved one to suicide and the people and organisations that work to prevent.

Location: Gloucester Cathedral
12 College Green
Gloucester
GL1 2LX
2:00 pm – 4:15 pm

More dates for your diary

8th – 10th September 2017

SoBS Bolton 2017 retreat weekend

For more information, Contact Janet on 01942 201 744 or Maria on 07391 540 763. You can also email: janet_taylor7@sky.com

29th September 2017

Conference – Towards Zero Suicide

Preventing Suicide, Saving Lives. This Suicide Prevention event will provide you with national updates, practical case studies, extended focus sessions and interactive discussions.

For more information about the event and a booking form please email: kate@hc-uk.org.uk

20th – 22nd October 2017

SoBS Gloucester Retreat 2017

The 2017 SoBS Gloucester Retreat is to be held in Lichfield this year. For bookings and further information, please contact Margaret Carter on 07810 386 216 or by email: onemargaretcarter@talktalk.net

20th – 22nd April 2018

Kent Retreat Weekend 2018

For further information, please contact Sheila on telephone number 01622 751 976 or 07751 522 125. Email: shebee330@gmail.com for information and about the 2018 retreat and booking form.

Survivors of Bereavement by Suicide does not support, advertise or endorse any commercial organisation involved with the legal, financial or investment advantage of any volunteer or any group of Volunteers.

Submission of articles, news, events, reflections, etc., for consideration for the January 2018 newsletter must reach the editor no later than 1st December 2017. We reserve the right to publish those submissions that seem most relevant and suitable for the newsletter. Submission does not guarantee inclusion. Submissions can be sent via Email to Joy Heal sobs.news@googlemail.com or sobs.admin@care4free.net
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