

# How we support schools

OLLIE STANDS FOR

# ONE LIFE LOST IS ENOUGH

## Useful Resources for Schools

### Guidance for Educational Settings Following a Suicide or Sudden Death

Over 100 people/organisations have now downloaded our 'Guidance for Educational Settings Following a Suicide or Sudden Death' document which we released on Suicide Prevention Day this year.



Whilst we hope that no school or educational setting will ever need the guidance in this document, we are thrilled with the uptake and to know that over 100 organisations are now better prepared to respond safely and appropriately should somebody in their community attempt or die by suicide.

"Guidance for Educational Settings Following a Suicide or Sudden Death" is a comprehensive document, co-created by us and Tooled Up Education, that will support teams to create policies and procedures for their setting or to refer to in the event of a suicide or sudden death in their community.

If you haven't already, you can download your copy for free from The OLLIE Foundation website here.

### Planting The Seed

Next term we will be launching our Planting The Seed Project, a mini-curriculum which introduces the ideas of wellbeing and goal setting to a primary-age audience through the simple activities of planting, nurturing, and growing a sunflower seed.



We provide free sunflower seeds to all participating schools, along with a booklet of activities designed to develop a range of key skills including numeracy, literacy and creativity, whilst facilitating conversations and reflections with students about their wellbeing.

In order your copy of Planting The Seed ready for next year's Sunflower Season. Email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org) to find out more!

### A bit about OLLIE

The OLLIE Foundation is a suicide prevention charity, set up in 2016 by three Hertfordshire parents who had each lost a son to suicide. They met in bereavement support and vowed to do all they could to stop another family going through the heartache they were experiencing.

OLLIE stands for One Life Lost Is Enough.

We provide wellbeing, prevention and intervention events, training, talks and panel events for professionals, parents and students. Our mission is to reduce the incidence of suicide, particularly amongst our young people.

We deliver our training in schools, universities, healthcare settings, corporate organisations and much more. At OLLIE we have something for everyone, and we'd love to connect with you to discuss how we can support your community in the future. To get in touch with us, please head to the final page of this newsletter where you will find all of our contact details.

### The Oli Leigh Legacy Programme



We have partnered with The Oli Leigh Trust to launch a new bursary fund in the name of Oli Leigh - The Oli Leigh Legacy Program. The program has been created in recognition of the increasing need for suicide prevention education, as well as support for the challenges children and young people are currently facing. The Oli Leigh Legacy Programme provides bursaries to cover the costs for schools, colleges, community groups and universities providing access to a range of OLLIE's lifesaving talks and training. We fundamentally believe that we are stronger when we work together, and this program will help us on our mission to create suicide safer communities and ensure that One Life Lost Is Enough.

If you are interested to know more about this funded suicide prevention and well-being training programme, click here.

# OLLIE's Suicide Prevention and Wellbeing Training



## **2 HOURS** The Science of Goal Setting: Transitions and Exam Preparation.

The Spring term can bring about lots of stress, anxiety and worry for students as exams approach and they start to consider the next stages in their education. These anxieties can be extremely challenging to manage, and we often hear from parents who tell us that they don't know how best to support their young people at home.

Whether they are taking their GCSE's or A-Levels this May, are moving on from year 6 to secondary school in September, or heading off to university this year, our The Science of Goal Setting sessions can help young people and their parents prepare for that next step, by identifying and overcoming the obstacles that stand in the way of them reaching their goals.

These workshops will explore the science of goal setting with a focus on the world renowned business methodology, The Theory of Constraints, its impact on resilience, and how it can be used to reach our goals as well as reduce stress and the overwhelming feelings we can all experience when we have too much going on.

This session is suitable for students aged 10 and over and can be delivered online. The duration of the session can be adjusted to meet the needs of your community.

## **2 HOURS** Talk Safe, Plan Safe – Suicide Prevention Training.

This 2 hour session will explore what can get in the way of people asking for help and what may prevent others from offering help. Delegates will explore a range of risk factors and will be challenged to explore their understanding of mental health, mental illness and suicide. This session will show you ways to maintain your own boundaries whilst effectively supporting someone in crisis. You will learn how to create a safe-plan with a student or colleague you are concerned about, with clear guidance on appropriate/ inappropriate language to use so you can keep someone safe 'for now'. This session aims to leave you confident to support others experiencing an emotional crisis where suicidal ideation may be present.

**Talk Safe, Plan Safe is now available as 2 separate 75 minute sessions – perfect for your INSET Day or Twilight CPD slot.**

**Talk Safe** – Covers the basics of what prevents someone asking for help and what can get in the way of our confidence to offer help. This session explores who may be at a higher risk of suicidal behaviours and why.

**Plan Safe** – Features guided practice on how to create a safe-plan with someone you are concerned about so they can plan how they will stay from overwhelming thoughts, tonight, over the weekend, across the holidays etc.



## **45 mins** Suicide Awareness for Teens.

There has been a growing cry from students, parents, and professionals for our young people to learn about suicide in a way that protects them from it. This is a subject that needs to be explored in a safe and age-appropriate way with wisdom, knowledge, compassion and integrity.

To that end we have developed and successfully trialled a new 45 minute suicide awareness session for older teens. This session provides a safe place to start a conversation with young people who may know nothing about such things or are tragically too familiar with the idea of suicide. This session will tackle some of the myths and misconceptions around suicide and teaches teens that it's OK to implement boundaries to keep themselves safe whilst helping others and shares transferable tools to manage moments of overwhelm.

The session aims to address some of the myths and misconceptions that are perpetuated today, and which may prevent someone from reaching out for help and others from reaching in.

This is a fully interactive session that uses IT to anonymously draw out students' existing understanding, as well as any false assumptions they may have. Our expert trainers will supportively challenge and help students to think critically around the subject bringing in the very latest research and understanding around suicide and suicide prevention.

Students will enjoy guided practice to create a Safe-Plan and consider a range of ideas to keep themselves and others safe from suicide or self-harm.

Testimonial:

*"The students found the sessions really interesting. Being able to use their phones to respond to questions on sensitive issues enabled a more open discussion and all the volunteers were personable and knowledgeable. The sessions obviously made a positive impact, and they really recognised the great work you do."*

**Our training can be delivered online or in-person and can be tailored to suit your timetable and the needs of your community.**

## 90 MINS Zentangle



Zentangle is a mindful drawing session providing up to 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art. Led by a certified Zentangle teacher, participants consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful. This session is suitable for all ages. It can be delivered in-house and we run open online sessions twice a month. These open sessions may be of particular benefit to students who are out of school for long term medical reasons or are school refusing..

## + ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop which teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. The training is held in-person and is facilitated by two certified ASIST trainers. We are running our next ASIST course on the 26th and 27th January at a venue in Stevenage, with each day running from 9am-5pm. Delegates must attend both days in full to pass the course. Tickets for ASIST are usually priced at £200 per person, however we are so pleased to be able to provide fully funded tickets to those without access to a training budget. Two fully funded tickets available per school. To find out more or to register for your place. please email [emily@theolliefoundation.org](mailto:emily@theolliefoundation.org)

## 90 MINS Keeping Safe and Carrying On

Do you struggle with anxiety? Have you noticed that your students are becoming increasingly overwhelmed and you're not sure how best to support them? This talk will guide you through how our brains process emotions such as fear, anger and worry, and how that process starts a chain reaction of physical responses that can keep someone trapped with their worries. Like any system, when we understand how it works we are better able to stay in control. In this training, you will learn about your amazing survival system. equipping you with a range of tips and strategies to calm the system and support yourself and others in controlling overwhelming thoughts.

## Write to Release



This unique offer from The OLLIE Foundation is for small groups of students and or staff who have been bereaved.

This session creates a safe place to explore the range of conflicting feelings that may be experienced. Participants are guided to privately write down what they are feeling so they can release the power of these thoughts and emotions in a safe and cathartic way. Write to Release sessions also offer participants an opportunity to remember and share the important qualities and memories of the person they have lost in a way that celebrates them and so participants can say goodbye. These sessions are led by multi award winning, international bestselling author Jenny Ford and supported by a member of Team OLLIE.



## Now and Beyond- Mental Health Festival

Now and Beyond is the UK's only mental health festival for educational settings. It is hosted by mental health charity, Beyond, and will be taking place on the 8th of February 2023. By signing up, your school can access free educational resources, signposting, celebrity co-produced content with young people and unique opportunities to book free wellbeing workshops with The OLLIE Foundation and other local workshop providers.

For Hertfordshire Schools, Now and Beyond falls within 'Feeling Good Week'.

Find out more and sign up here.

## Keep In Touch...



Visit our website [here](#).



Email [contactus@theolliefoundation.org](mailto:contactus@theolliefoundation.org)



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## Benchmarks: An Accompanying Curriculum

Benchmarks is a mental health film written by William Grave and starring Emmerdale's Bhasker Patel, which considers 'what would you say to your younger self' from the perspective of someone who is in emotional crisis.

Winner of Best Short Short at The London Independent Film Festival 2021 & nominated for best screen play at the Papaya Rocks Film festival, Benchmarks is about a 30 something man who has a conversation with his 10 year old self.

The character in the film hasn't met his own expectations and wonders if he can go on living. Thankfully things take a positive turn when his 70 year old self arrives and lets him know how amazingly things turned out.

We have created this resource to provide schools with a range of resources that they can use in these lessons to begin to raise students awareness of suicide in a safe and appropriate way and have included a range of lesson plans and activities to facilitate students' exploration the film, the messages it shares, and their responses to it.

Email [emily@tholliefoundation.org](mailto:emily@tholliefoundation.org) to be sent your free copy.