



IMPACT REPORT

APRIL 2023 - MARCH 2024



INFO@SUNFLOWERSSUICIDESUPPORT.ORG.UK

WWW.SUNFLOWERSSUICIDESUPPORT.ORG.UK

CHARITY NUMBER: 1177266

THIS IS SUNFLOWERS

In 2016 Pete Morris took his own life and his family were thrust into a new world of police investigations, coroners reports, inquests and many other formalities that they had to navigate whilst in the midst of their grief. It was through this experience that Abbie and Rebecca (Pete's sisters), with the support of some childhood friends, made the decision to ensure that no other family should be left in the dark to manage alone after being bereaved through suicide.



Pete Morris with Sisters Abbie and Rebecca (2015).



SUNFLOWERS VISION
For there to be the best possible environment in Gloucestershire where people live, prosper, and are kept safe from suicide, its harms and wider impact.



"STAY IN THE SUN WHEN THE SUNSHINE IS GONE AND YOU WILL SEE THE SUNSHINE LIVES WITHIN YOU"

ARETHA FRANKLIN.

SERVICE USER DEMOGRAPHICS

24%

76%

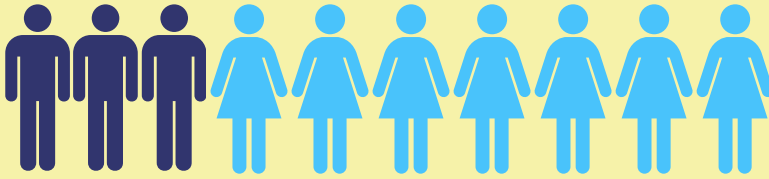


Image 1: Gender

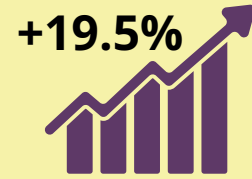


Image 2: Enquiries

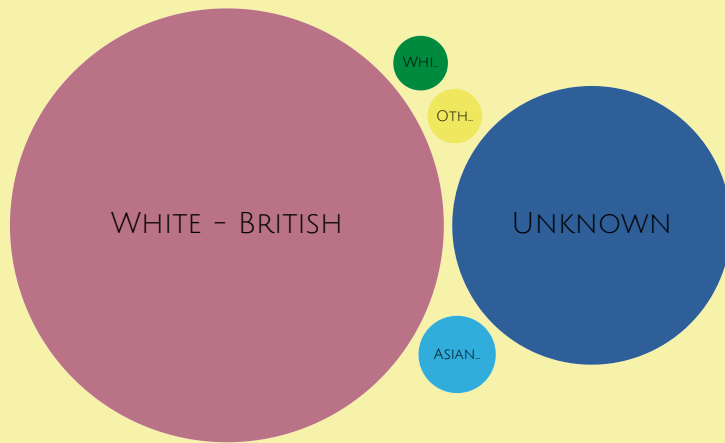


Image 3: Ethnicity

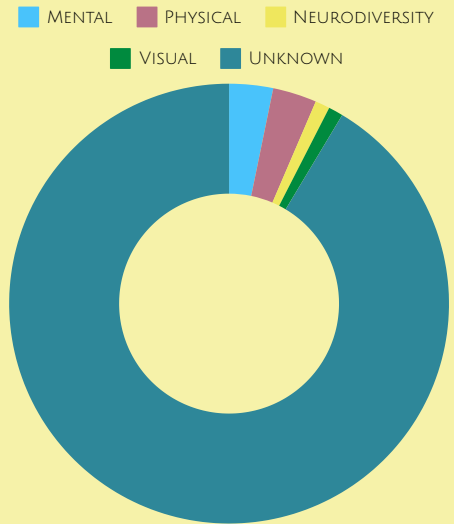
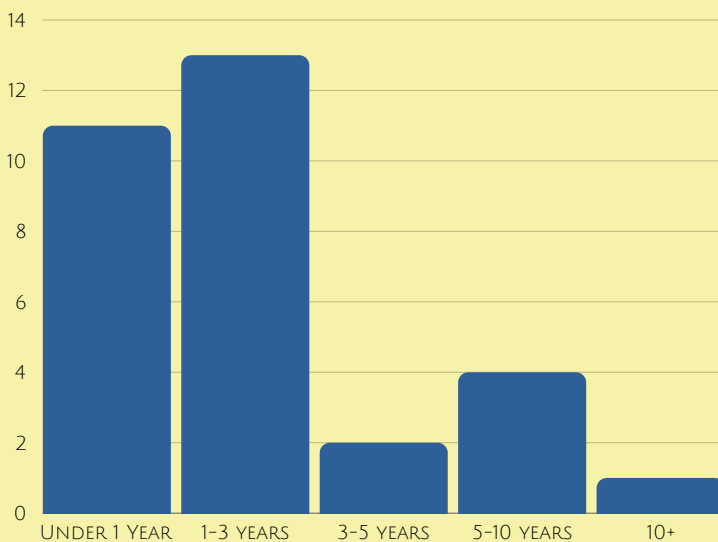
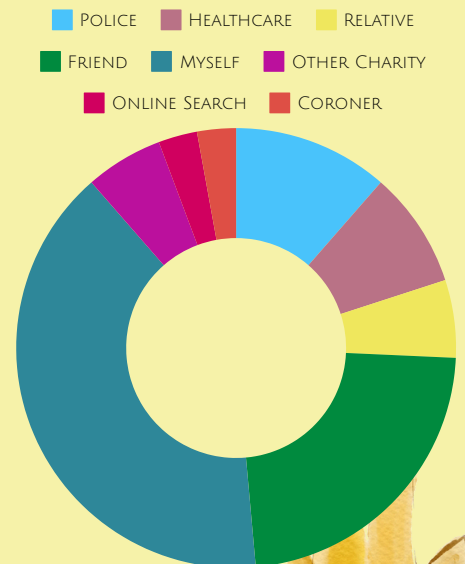


Image 4: Disabilities



How long ago loved one died



Referrals from

“ MY SITUATION WAS UNDERSTOOD COMPLETELY. I DIDN'T FEEL ALONE IN MY GRIEF ”



DEMOGRAPHICS EXPLANATION

Gender

From this data we can see that we are not reaching as many males as females. We are working closely with other organisations such as Gloucester Rugby Community Team, as well as people within our Sunflowers community to try and understand how we can engage with this demographic, we are in discussions with Your Adventure Challenge to see if we can facilitate a Men's residential trip to try and increase the support we can offer to men within our community.

We are not currently supporting any transgender service users but have identified a need for awareness training in regards to this, we want to ensure that any potential barriers (i.e. language) are removed so that we have an inclusive service that all can feel safe and comfortable in accessing, Training will be held in May 2024 by Pride Gloucestershire.

Ethnicity - 'unknown' includes those who have opted to not disclose their Ethnicity to us'.

We can also see that 67.7% of our Sunflowers community are White British; this is a rather disproportionate statistic, and we are aware that it is not representative of the community we serve. We have been working with ethnic community groups such as the Friendship Café who are the heart of Gloucester's Ethnic community to try and understand the barriers that may be preventing other ethnic groups from accessing our liaison services; one of our learning points from these discussions is the cultural/religious differences around suicide and/or mental health. We have invested in some staff training around Muslim Culture and Faith Awareness so that we can ensure that those who we are supporting from these faiths are supported from a place of understanding and sensitivity to cultural and religious needs.



I HAD THE TYPICAL NEANDERTHAL MALE IN ME – ITS MY JOB TO SUPPORT MY WIFE AND FAMILY. THROUGH THE SESSIONS I WAS ABLE TO FACE THIS AND UNDERSTAND ITS OK FOR ME TO OPEN UP AND ASK FOR (AND RECEIVE) HELP.

THIS PUT ME IN A BETTER PLACE TO HELP MY FAMILY AS WELL.

DEMOGRAPHICS EXPLANATION

Disability

From these statistics we can see that 80% have chosen the 'prefer not to say' option in regards to disclosing whether they consider themselves to have a disability rather than none. We do have a number of people within the Sunflowers Community who have identified their disability. As a result of several people within the sunflowers community having mobility disability, we instructed a lease on a support room which has access for wheelchair users to ensure we are accessible to them. We have several other identified disabilities and as a result of this we are working with other local charities such as Gloucestershire Deaf Association, and Caring for Communities and People to continue to improve our inclusivity strategy for the year ahead. We have already upskilled the team with deaf awareness and autism awareness training. We will continue to identify relevant training opportunities for the team to ensure we adopt an accessible and diverse culture throughout Sunflowers. We hope that this upskilling, and amendments to the way in which we approach the questions around disability and neurodivergence will go towards improving our data sets in our next report.

“ I WOULD NOT KNOW WHERE I WOULD BE WITHOUT THE SUPPORT OF THE SUNFLOWERS TEAM. YOU ARE A WONDERFUL AND CARING TEAM. THANKYOU. ”



ONE WORD OR SENTENCE TO DESCRIBE SUNFLOWERS

Somewhere to say things out loud that I can't say elsewhere

Lost without them

Amazing

Incredible, beyond words

Gentle

Exemplary

Helped me to breathe.

Brilliant

Excellent support for the recently bereaved

Caring

The support has been amazing,

Invaluable, ameliorating.

Fantastic

Relief

Feeling safe to share my private grief

In the darkest moment of my life you were there and honestly I do not know how I would have coped without you.

Life saving

At a time when your whole world is falling apart, Sunflowers were the safety net, providing care, compassion and a trusted place to talk.

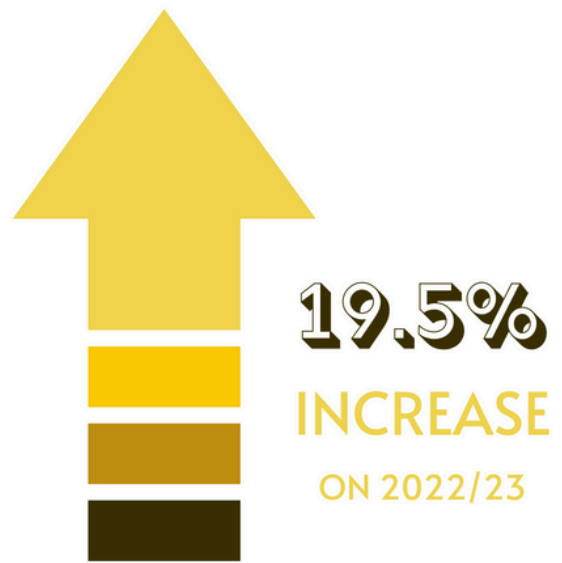
Would be lost without them

Compassionate



The Suicide Liaison Service is a project within Sunflowers Suicide Support charity which provides support and assistance to individuals and families affected by suicide. Our liaison service prides itself on offering bespoke support from day one which aims to meet the needs of our service users. This report summarises the activities and outcomes of our suicide liaison service since April 2023 up until March 2024.

Enquiries and Support Provided:



Between 01 April 2023 and 31 March 2024 we have received 141 enquiries for liaison support; this is an increase of 19.5% on the previous year (22/23).



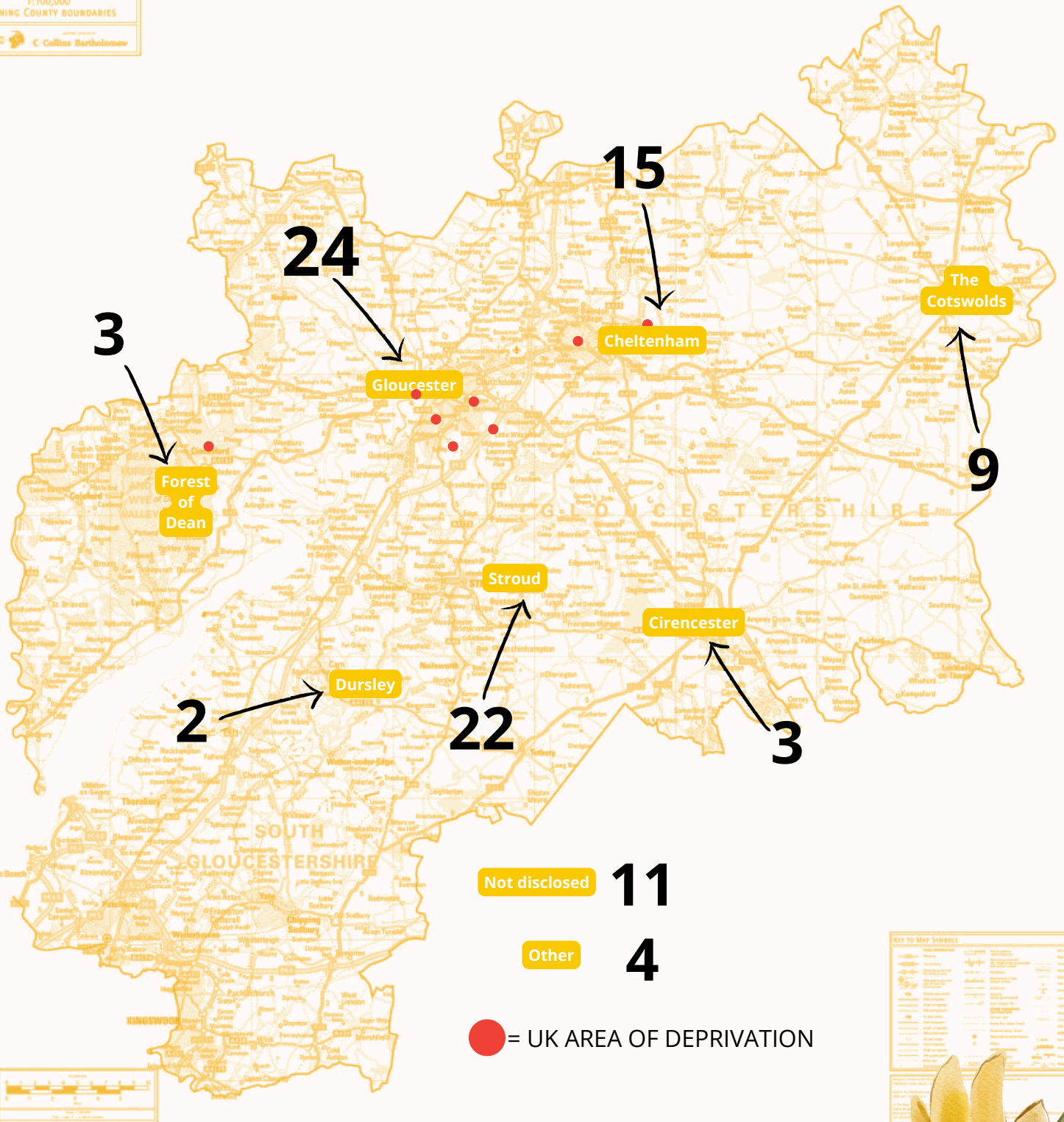
“ YOU ARE A LOVELY SUPPORTIVE CARING CHARITY AND VERY STRETCHED AND YOU DO A WONDERFUL JOB WITH THE RESTRICTIONS YOU ARE UNDER ”



WHERE ARE NEW REFERRALS FROM

GLOUCESTERSHIRE
1:100,000
SHOWING COUNTY BOUNDARIES

THE OS COPY
C Collins Bartholomew



“ I CAN'T THANK YOU ENOUGH - I CAN'T BELIEVE A RELATIVE STRANGER WOULD GO SO MUCH OUT OF THEIR WAY TO HELP ME. ”



**OUR IMPACT
2023**



94

Newly bereaved adults were able to access 1-2-1 Liaison Support

Between: 1 April - 31 March

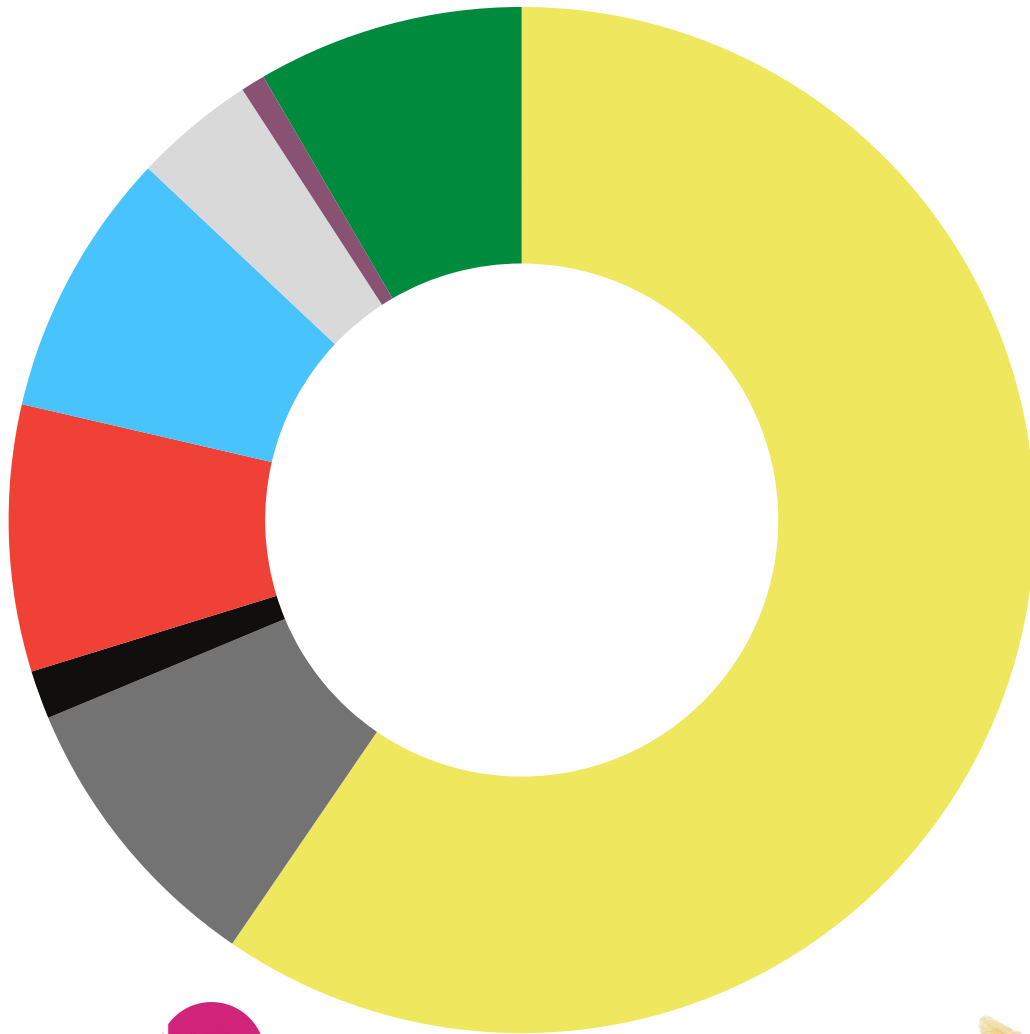
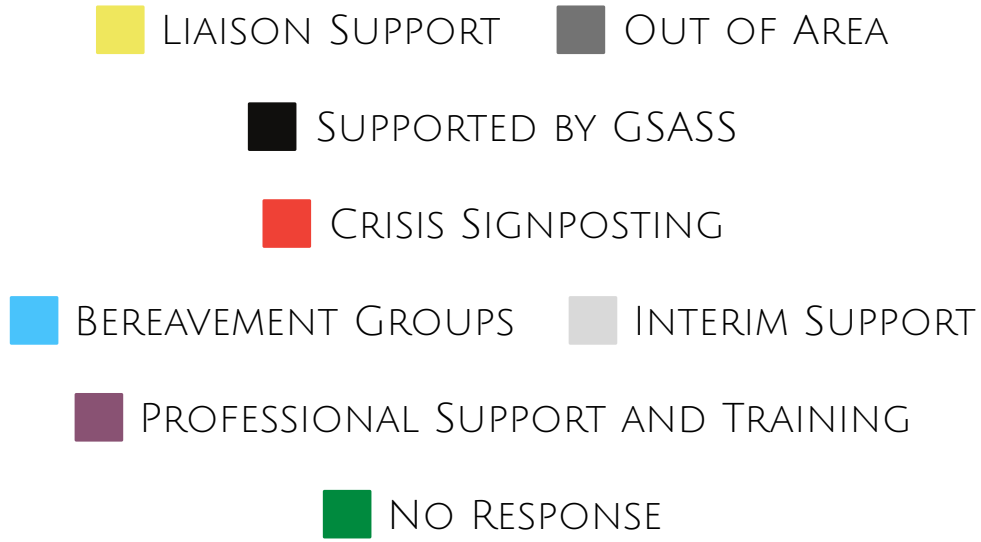
Example of positive wellbeing progress through service



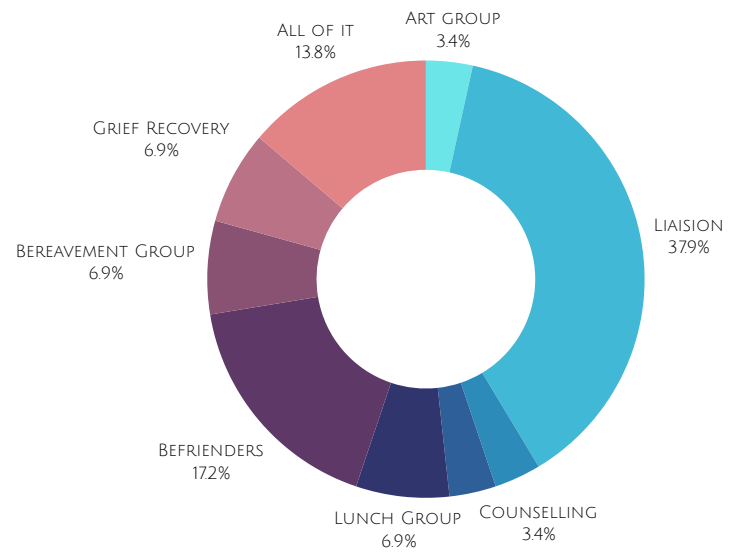
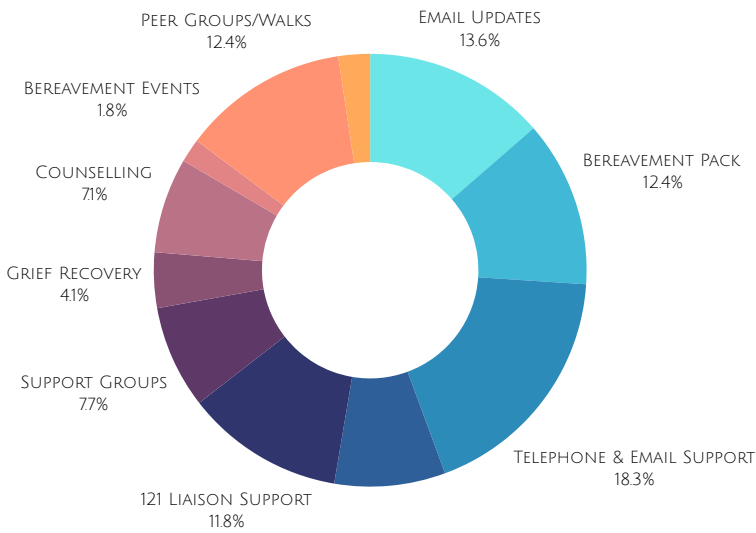
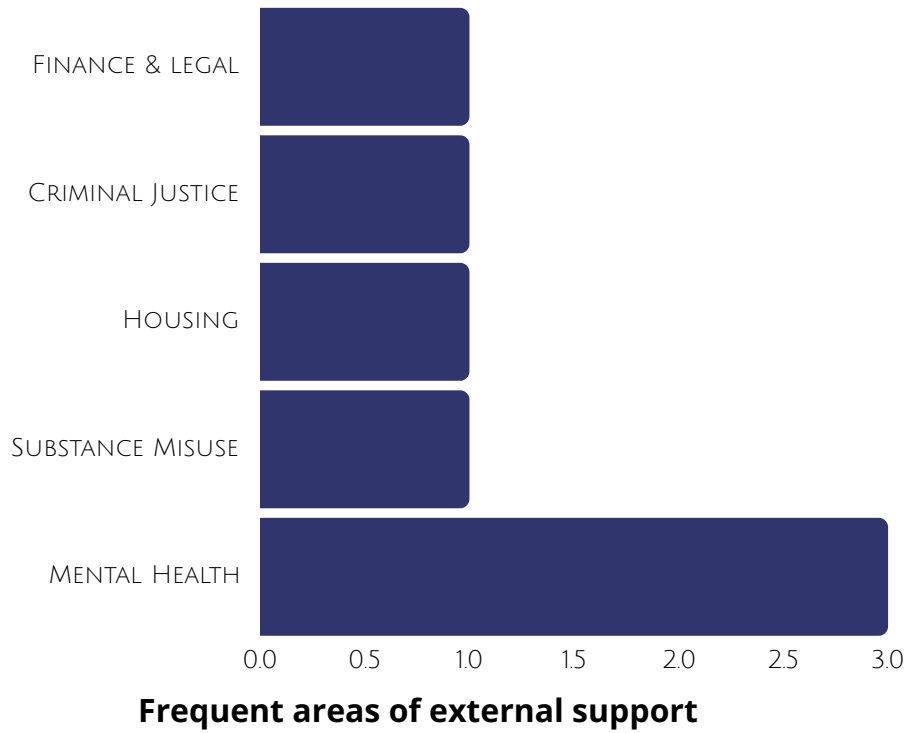
“ THANK YOU ALL SO MUCH FOR THE AMAZING SERVICE YOU PROVIDE. I AM SO PLEASED THAT I GOT IN TOUCH DESPITE HOW NERVOUS I WAS ABOUT IT AT FIRST. ”



PROGRESSION OF NEW ENQUIRIES



“KEEP DOING WHAT YOU ARE DOING .. UNFORTUNATELY LOTS OF US HAVE NEEDED YOU..”



Additional support offered through Sunflowers this year

Most beneficial support



“ THE SESSIONS REALLY HELPED ME TO PROCESS EVERYTHING & MADE THINGS CLEARER. THIS HAS HELPED ME TO GRIEVE & LIVE WITHOUT GUILT ”



We have seen a variety of support needs identified within the liaison service. These vary from practical support around liaising with statutory services regarding the return of loved ones possessions, liaising with the coroners office and supporting with coroners reports/serious case reviews to supporting people who are in and out of crisis and using our expertise to keep them safe and ensure that the correct support is implemented in a timely fashion. This involves a lot of cross sector working and collaborative working with multiple external agencies, such as Social Prescribers, Crisis Teams, GP's, Schools, and Colleges (this is not an exhaustive list).

To note, 77% of service users have declared they are still in contact and receiving support from either their GP or the local mental health teams. We often work closely with social prescribers to ensure communication is effective between the services and this is a positive way for Sunflowers to compliment and supports their offer and in the best interest of the person we are supporting.

Please see case studies for a more in-depth understanding of how a multi-agency approach is benefiting our service users.



“

THANK YOU SUNFLOWERS FOR HELPING ME. GOD
BLESS YOU ALL X X

”





Department
of Health &
Social Care

COUNSELLING



OUR IMPACT
2023



100%

felt listened to

It has really helped having this weekly outlet to be with the grief, nothing has changed but i can see how it is helping me to with the difficult emotions, rather than suppress them or invalidate them, as much as i can i will be continuing with this counsellor.

I've been able to express my feelings - inner feelings - for the first time

100%

could express their thoughts and feelings

100%

felt it was a safe and trusting environment

A sense and feeling of being supported - for me and my boys

Nightmares have stopped. He helped me to process the day of XX' death.

100%

found the counselling beneficial

“ THE COUNSELLING HAS BEEN REALLY GOOD, I DON'T THINK I COULD HAVE GOT THIS FAR WITHOUT IT ”



BEFRIENDER CASE STUDY

Our befrienders program was designed to offer people bereaved by suicide with less complex needs the opportunity to engage, informally, with a matched person with similar lived experiences.



Our Befrienders have been given a variety of training and development this year to support their growth and development. Our initial cohort attended Trauma Training with a professional trauma practitioner. This involved a full day immersed in self-awareness and reflection. It also focused on the physical impact of trauma. Befrienders also have regular group supervision to protect their wellbeing and develop resilience. Offering group sessions enables the Befrienders to build positive relationships with other befriender's and creates a supportive community.



DEBBY'S JOURNEY,

Sunflowers are an amazing charity who were a big help and support when I lost my son. Being a member of sunflowers feels just like being in a big family. Because of all the help and support I've had I wanted to give something back, so volunteered to become a Befriender.

Being a volunteer has had a positive impact on my life. My confidence and wellbeing has improved and I've built positive relationships through volunteering. I have learnt how to develop boundaries and also to recognise my own needs through the conversations we have.

By coming alongside people bereaved like myself I really feel I help to make a difference to them, letting them know it's a safe space to talk.



“ BY COMING ALONGSIDE PEOPLE BEREAVED LIKE MYSELF I REALLY FEEL I HELP TO MAKE A DIFFERENCE TO THEM, ”



BEFRIENDER CASE STUDY

Whilst the project has been a success with the 8 people who have been allocated befrienders we had identified that the needs of people entering our Liaison Service are far more complex than we feel our befrienders are qualified to manage; therefore we are working in collaboration with two larger local charities; both of whom have well established volunteering programmes within their organisation and both include befriending schemes. All of our befriending volunteers will be asked to attend a mandatory two-day training programme which will upskill in all vital areas of support work- this will include (but is not exhaustive): Safeguarding, Equality, Diversity and Inclusion, Crisis Intervention, the importance of accurate Case recording, policies and procedures, professional boundaries and the importance of maintaining them and health and safety. We intend to recruit an additional pool of volunteers between the months of April-July to further enhance our support offer.



“ GREAT SUPPORT. I HAVE MET LOVELY PEOPLE. ATTENDING LUNCH CLUB HAS HELPED ME FEEL MORE NORMAL ABOUT MY FEELINGS AND EMOTIONS . ”



BEREAVEMENT GROUPS



We now run two support groups each month. One takes place from our offices in Stonehouse and the other in Gloucester.

Stonehouse group is facilitated by Lucy Butler who is a professionally registered (MBACP) and experienced counsellor, based in Stroud., Gloucestershire.

Each month provides a different topic for discussion and is Lucy offers psychoeducation and open-discussions. Topics covered this year include:

- Understanding grief
- Understanding trauma
- How does grief and trauma show up in the body
- Emotional first aid - coping strategies
- Lets Talk Guilt
- Lets Talk Anger
- The Social Impact of Suicide
- Special Events - anniversaries, Christmas, birthday's
- Continuing bonds - remembering our loved ones
- Beyond surviving

67%

felt more hopeful
& more optimistic
as a result of attending

100%

built good relationships
& felt it had a positive
impact on them

Gloucester is our new group which started in January 2024. This group is facilitated by Serena Fisher, who is a Psychodynamic Counsellor qualified to work with adults and young people.

YOU HELPED ME IN A WAY THAT YOU PROBABLY
DIDN'T EVEN REALISE. I LEFT FEELING BETTER AND
SOMEHOW STRONGER AND ACCEPTED THAT IT'S OK
TO FEEL HOW I DO



CREATIVITY HUB



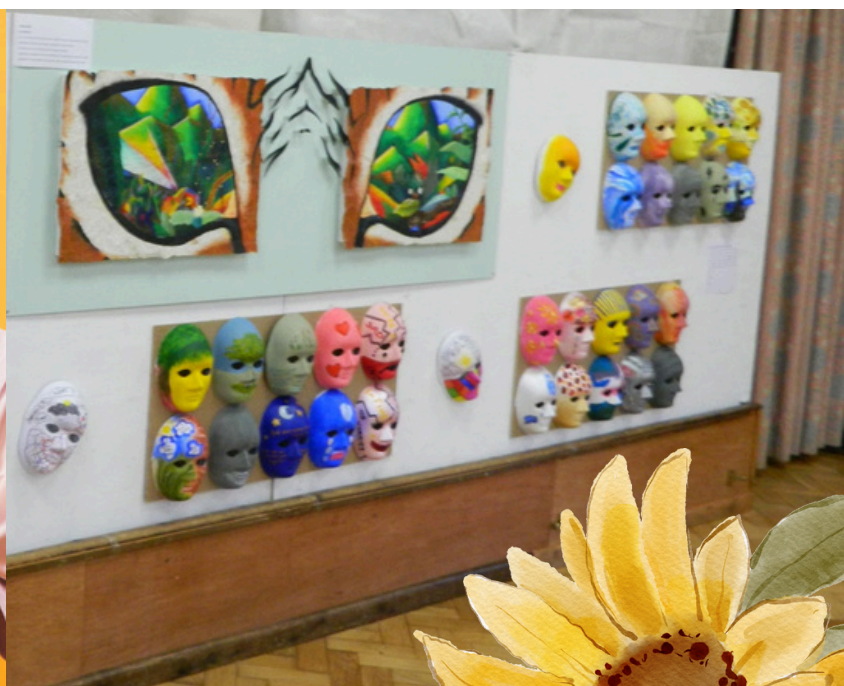
Our creativity hub has been facilitated at our main offices in Stonehouse this past year, which has made it much easier to store equipment, and less time setting up. As the group has grown, space has become tight once again.

We have had Pet's in Therapy attend once per month with a therapy dog to give participants an opportunity to spend time away from being creative to immerse themselves in the therapeutic impact of animals.

100%

built good relationships
& felt it had a positive
impact on them

For World Suicide Prevention Day in September, the creativity group hosted and Art Exhibition at Stonehouse Community Centre. They displayed the work they had been doing, alongside their loved ones art (if they wanted to share this). The exhibit was very well attended and incredibly powerful, with some great feedback.



“ I LIKE SHARING CONVERSATION, AND DOING CREATIVE ACTIVITIES IN A FUN ATMOSPHERE WITH PEOPLE WHO SHARED MY GRIEF. ”

PEER GROUPS



We changed our Ladies Lunch Club to Sunflowers Lunch Club this year to try and make it more inclusive of all genders.

Each month we have a good number of participants attending the lunch sessions and varying the location has ensured that there are a mixture of different people attending. Whilst the office team share the locations each month, the running of these sessions and decisions on locations have been left to the group. The aim is to enable them to make this group and session what they need. Some sessions are held in our support room, others are in cafes, garden centres or community rooms.

Those attending have formed strong bonds and supportive relationships and the sessions are a good informal way to meet others within the Sunflowers Community.

“ GREAT SUPPORT. I HAVE MET LOVELY PEOPLE.
ATTENDING LUNCH CLUB HAS HELPED ME FEEL
MORE NORMAL ABOUT MY FEELINGS AND EMOTIONS ”

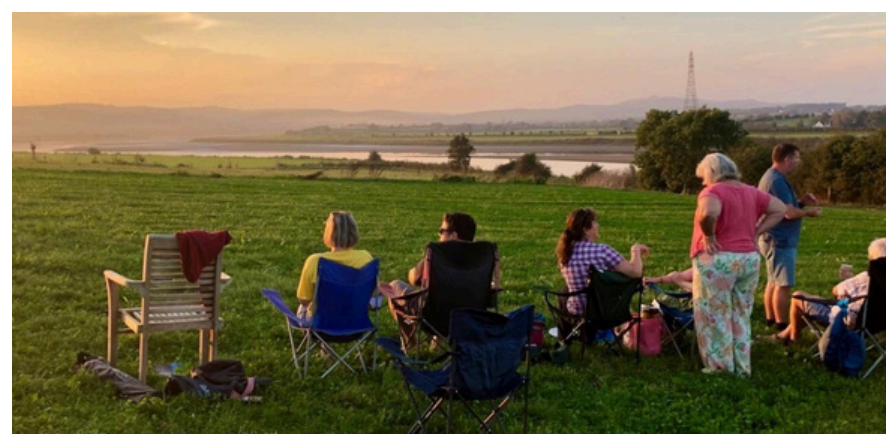


BEREAVEMENT EVENTS



We hosted our annual memory garden planting event which allowed families to come and plant a Sunflower in memory of their loved one. This was placed alongside a painted rock.

Our 'Glimmer of Light' was held at Overton Farm on the banks of the river severn in Arlingham. It was a spectacular setting for a very poignant event. We had approximately 60 people attend, we read poems and shared stories, before playing songs chosen by those attending as we watched the sun set whilst an electrical storm provided a natural light display. Lanterns were then lit to guide the path back to the cars. It was a very special evening.



THANK YOU FOR GIVING ME THE HELP TO BE ABLE TO HELP MY FAMILY DEAL WITH THEIR GRIEF. I WILL TRY AND WORK ON ME BUT I'M A DIFFICULT PERSON. YOU HAVE MADE LIFE A LITTLE EASIER BEING ABLE TO UNDERSTAND MY CHILDREN'S PAIN OF THE LOSS... SO THANK YOU AGAIN...



ADULT WELLBEING OVERVIEW

Of all reportable adults that we have comparable WEMWBS scores for we can see that on average there is an increase of 5.3 in scores after Liaison Support has been implemented.

It is important to note reports by Liz Koole (Improving Services for Children and Young People Bereaved by Suicide, 2015) and Professor Rory O'Connor (When it is Darkest: Why People Die by Suicide and What We Can Do to Prevent It, 2022) that grief is not linear, it is in fact turbulent and we can expect to see quite significant fluctuations within a person's wellbeing score throughout their time with us at Sunflowers. For example, we would expect to see a dip in these scores around the time of an anniversary of loss, a birthday, Christmas or any other significant date in a person's story involving the person they have lost. Due to this learning, we have altered the frequency in which we will be measuring wellbeing for 24/25 this will enable us to get a more accurate understanding of an individual's wellbeing as a result of our input, as well as being able to identify where more complex issues are occurring and ensuring that we are then able to signpost people accurately to the most specialist services in order to get them the most effective support in a timely manner.

We are currently exploring alternative options to WEMWBS as a way of measuring impact more efficiently and effectively.



**Overall WEMWBS SCORING
after Liaison Support**





CHILDREN'S WELLBEING OVERVIEW

OUR IMPACT 2023

Seeds of Hope Sunflowers

39 recently bereaved Children and Young people supported by Sunflowers

Between: 1 April - 31 March

@GlosSunflowers www.SunflowerSupport.org

The infographic features a young child with blonde hair and green heart-shaped sunglasses, smiling and holding a white sign. The background is a field of sunflowers. The sign displays the number '39' in large orange font, followed by the text 'recently bereaved Children and Young people supported by Sunflowers' and the date range 'Between: 1 April - 31 March'. The top left corner has the text 'OUR IMPACT 2023' and the top right corner has the 'Seeds of Hope Sunflowers' logo. The bottom of the infographic is an orange bar containing social media icons for Twitter, Facebook, and Instagram, the handle '@GlosSunflowers', and the website 'www.SunflowerSupport.org'.

Our Children and Young people's support is currently under development; we are working alongside children and young people within the Sunflower's community to develop age-appropriate resources for adults to use when supporting a child or young person who has been affected by suicide.





CHILDREN'S WELLBEING OVERVIEW

We are working with children and young people in a trauma-informed way, ensuring all support is child centred. We are in the process of setting up a youth focus group to support the growth and development of our children's and young people's offer. We are working with local agencies to develop youth groups where children and young people affected by suicide can share a safe space. We have been using an emotion based outcome tool for the children we are working with and whilst this is effective at gaging how that child is in the moment, it isn't the most effective tool for gaining a more holistic evidence-based view of a child or young person's emotional wellbeing or to monitor progress, we have therefore invested in the 'Outcome Star' which is an evidence based tool that supports and measures change when working with people in a more holistic way, looking at all area's of a child/young person's life and identifies need more sensitively.

A large proportion of our children and young people's development work is being funded through the Suicide Prevention Fund.

Through feedback and our current outcome tools we can see that several of our U18's demographic report to have improved self-esteem, feel as though they are regaining a sense of control, are feeling more positive regarding the future and there are strong indications through feedback from parents/guardians that they will adjust to their changed life and will develop into resilient adults.



SERVICE USER WELLBEING OUTCOMES

71%

feel more optimistic about the future since being supported by Sunflowers

68%

improved confidence and more able to manage daily challenges since being supported by Sunflowers

71%

improved outlook on self-care since being supported by Sunflowers

71%

feel their emotional wellbeing has improved since being supported by Sunflowers

68%

have you built positive relationships within the Sunflowers community

100%

are part of a community that is caring and supportive

HAS ANYTHING CHANGED FOR YOU PERSONALLY AS A RESULT OF BEING SUPPORTED BY SUNFLOWERS

I Function.

Slowly building my resilience and appetite for life in widowhood.

My outlook seems brighter!

Being able to open up.

I am coping. That is more than enough.

My awareness of grief in general.

My positive outlook and being able to talk about it.

I feel less guilty and less like I deserve to die. I'd like to be happy and less lonely, I have a date lined up with a girl I like. I hope it works out and sunflowers has helped me be in a better position for this.

I'm feeling more confident.

No, but in the early days yes. Helped me understand that other people have lots of their own troubles and to be mindful of that.

Sense of community; optimism and coming to terms with suicide as a terminal illness.

Supported.

My life would not be the same. It help me so much and as a result I am getting stronger everyday.

I'm able to live with it.

The grief recovery course really helped me let go of negative feelings that were keeping me stuck and this allowed me to rebuild other family relationships.

Not feeling so alone.

100%

would recommend Sunflowers

“ SUNFLOWERS ARE A LIFE LINE. THEY HAVE KEPT US SAFE, ”





We have identified through feedback, that support offered within Gloucestershire's rural locations, particularly in the Cotswolds, is sparse and many of our families are unable to access our services due to limited public transport and not being able to drive; therefore, we have reached into these rural areas with drop-in services facilitated by a Liaison Officer every six weeks. The ambition for the next 13 months is to look at implementing further drop-in sessions across the more rural locations within the county, i.e. Forest of Dean.

As part of our outreach programme our team have attended 24 outreach events from 1st April - 31 March. These are community-based events where we have a presence to spread awareness of the charity and to provide immediate support to anyone who approaches us.

We have hosted three 'Storms Walks', these are wellbeing walks that are open to the community, they are designed to promote self-care, getting out into nature and to support people in navigating through life's storms together. A Liaison Officer attends each walk to ensure that any person impacted by suicide has someone trained to talk to and so that they can be signposted accurately. Across the year we have had had 61 members of the community engage with our Storms Walks. The walks are hosted quarterly and are rotated around the county to ensure that as many people have access to them as possible. Feedback has suggested that members of the community would like these to be hosted more frequently but we currently do not have the capacity to facilitate this.

Research has indicated that there are six areas of deprivation within Gloucestershire, and we are keen to ensure that we target our outreach project to these localities wherever possible over the next 12 months.

“ RELOCATE! GLOUCESTERSHIRE IS BIG SO SOMETHING THIS SIDE OF THE RIVER SEVERN. I KNOW THAT'S NOT POSSIBLE AT THE MOMENT ”



SUPPORT PACKS AND SIGNPOSTING

After feedback from service users, we redeveloped our SOS 'Services offering Support' Packs.

Instead of leaflets from various organisations, these packs now have a signposting sheet with all information included. On this there are also QR codes for easy access directly to those services websites. This reduced the administration time in producing the packs, and ensures information is more accessible for all. The Help is at Hand booklet remains in the pack, alongside various Sunflowers information for support we have available.



These packs are now branded in line with the liaison service.

We also provide Sunshine Boxes to service users as wellbeing boxes. Each box can then be used as a memory box. Over the coming year we will be changing these to bags with our new mascot printed on and including a Positivity Planner which will be used as part of our liaison work and support.



We have distributed;

- 51 adult Sunshine boxes (£1785)
- 10 children's Sunshine boxes (£245)
- 6 doodle diaries (£72)
- 7 Positive Planners. (£84)

- 54 Liaison packs to community organisations
- 79 Liaison packs to service users

“ WE THINK YOU ARE ALL AMAZING PEOPLE AND WANT TO THANK YOU FOR HELPING US SO MUCH THROUGH SUCH A TRAUMATIC LOSS. ”





DIVERSITY, EQUITY AND INCLUSION COMMITMENT

Sunflowers remain committed to ensuring that our service is accessible and inclusive to all. We invest in learning and development for our team to expand our knowledge, experiences and connections enabling us to support a more diverse Gloucestershire.

Due to several team members, volunteers and service users having additional hearing needs, the team (consisting of paid staff, trustees and volunteers) embarked on a transformative journey with GDA (Gloucestershire Deaf Association) 3-hour Deaf Awareness training. We gained valuable insights into supporting the Deaf community both in our services and workplaces.

Sunflowers team also had the incredible opportunity to undergo training on Muslim culture and faith. Understanding the rich tapestry of diverse beliefs is crucial in our mission to support everyone affected by suicide. Suicide bereavement can be especially complex and by deepening our understanding of Muslim culture and faith, we're taking a significant step toward providing more compassionate and effective support for those who have lost a loved one to suicide.

We believe that every individual's journey is unique, and acknowledging the diverse ways people cope with loss is vital. Cultivating a culture of empathy and respect allows us to create a safe space for everyone affected by suicide.



“KEEP GOING. YOU ARE DOING A WONDERFUL JOB AND I RECOMMEND OTHERS TO CONTACT YOU.”

Sunflowers have delivered nine Applied Suicide Intervention Skills Training (ASIST) workshops. This is a two-day suicide intervention skills training session with powerful audio-visuals and role plays to enable participants to learn life-saving skills to work with people at risk of suicide.

162 local caregivers were trained between 1 April 2023 - 31 March 2024.

EDUCATION & TRAINING



Sunflowers delivered:

- 4 workshops for Healthy Lifestyles Gloucestershire
- 1 workshop for Public Health Gloucestershire
- 1 workshop for Gloucester College
- 2 workshops for the University of Gloucestershire
- 1 Community workshop funded by Sunflowers



In addition to ASIST. Sunflowers have trained up two members of the team to deliver safeTALK, a 3-hour suicide alertness for everyone course.

Sunflowers have also trained up one member of the team to deliver a new UK program called Suicide First Aid. At present this offer is only available for delivery online, however over the coming year we hope to make this available to commission in person.



Suicide First Aid



Sunflowers delivered:

- 2 online Suicide First Aid Lite sessions for Public Health Gloucestershire
- 1 safeTALK community session funded by Sunflowers.
- 3 Bespoke trainings to other charities such as Julian's House, Home Start and Gloucestershire Domestic Abuse Service.



This year Sunflowers invested in the upskilling of 1 additional Grief Recovery Method Specialist. This training will allow this staff member to deliver the 'Grief Recovery Method' and 'Helping Children with Loss' courses; the Helping Children with Loss course will sit within the 'Seeds of Hope' project where we will target adults who are supporting children who have been bereaved through suicide; this will include school staff, social workers, youth workers, parents and carers (not an exhaustive list).

This year we have delivered 2 Grief Recovery Method courses, this has meant that 11 people have completed the Grief Recovery Method.

Feedback received following the course was 100% positive.



100%

rated the delivery and content as 'Excellent'

100%

would recommend the course to others

It's a nice, step by step process

I learnt different dynamics of grief. It's something I can apply later on in life as and when

It was useful to be reminded what 'forgiveness' really means

The group was gently and kindly held, creating just the right tone, and importantly - trust

I can see how the programme can be useful in any area of loss - It's a very useful tool

It's intensive but very helpful and healing - I would recommend to anyone experiencing grief

It was extremely humbling, warming, informative, encouraging, and healing

Other peoples honesty helped to support me

It's helped my life - Thank You!



The Grief Recovery Method®
by The Grief Recovery Institute®

“ THANK YOU SUNFLOWERS. I DREAD TO THINK WHERE I WOULD BE IF IT WASN'T FOR YOU AND THE TEAM. ”



CREATING A SKILLED WORKFORCE

NICE Guidelines – Preventing Suicide in the Community:

- People affected by a suspected suicide may, as a result, be at risk of harming themselves.
- Bereavement support can reduce this risk, especially when tailored to the person's needs. People who had bereavement support were also likely to experience lower levels of depression and anxiety”.

Lifecraft Suicide Bereavement Support Service, Fiona Breaker-Rolfe – Jan 2020:

- Friends and relatives of people who die by suicide have a 1 in 10 risk of making a suicide attempt after their loss.
 - Research is now showing that suicide bereavement is associated with a number of adverse mental health outcomes, including depression, psychiatric admission and suicide attempts”.
- (<https://bmjopen.bmj.com/content/7/3/e014707>).

Sunflowers are committed to developing our workforce to ensure they are skilled and able to risk assess and support our service users. Our liaison team have a variety of training to aid them in offering the most appropriate and safe service.

A liaison officers journey:

In-house training has included 1:1 training with liaison manuals, 1:1 training with staff members to learn reporting processes and procedures, along with watching all introduction videos. There has been opportunities to meet with service users to learn about what they want from liaison support officers, this ensures their needs are met.

Sunflowers outsource training that is relevant to the role. The team attend accredited PABBS training, along with other relevant training sessions externally. Suicide prevention and intervention training sessions is also offered and facilitated by Sunflowers such as Suicide First Aid Lite, SafeTalk and Applied Suicide Intervention Skills Training.

Staff have monthly 1-2-1 clinical supervision and quarterly group supervision.

“On a personal note, I have never had as much relevant, up to date and helpful training with any other company as I have done with Sunflowers”. - Roxanne



Evidence-based Suicide Bereavement Training

Evidence-based • Evaluated • Engaging • Effective



The Grief Recovery Method®
by The Grief Recovery Institute®



ON A PERSONAL NOTE, I HAVE NEVER HAD AS SO MUCH RELEVANT, UP TO DATE AND HELPFUL TRAINING WITH ANY OTHER COMPANY AS I HAVE DONE WITH SUNFLOWERS



We have been working with Friends of Elmfield who have given us a plot at the Cheltenham Rest Garden for our memory garden.

A team from Spirax Sarco used their volunteer days to help us create a wonderful space for people to come and enjoy. They spent the morning at the new Cheltenham memory garden digging, planting and mowing. They also painted up two skips with beautiful Sunflowers.

The team at Michael Tuck also helped at the Gloucester memory garden digging, weeding and prepping in August 2023.

Ultra PCS helped us fund our support room, which is now called the 'Ultra Room'. The team came along to help us install racking for storage that they had donated. They also came along to support the art exhibition for world suicide prevention day. Ultra PCS team have helped Sunflowers with 'skills sharing' to support our IT grow and have recently donated a TV to allow us to use the Ultra room for training.

The team from Hooray Recruitment came along for World Gratitude Day to help us call around our fundraisers and donors to say thank you for supporting Sunflowers - a gesture which was very well received.



“WORKING WITH THE AMAZING TEAM AT SUNFLOWERS HAS FOSTERED A NEW SENSE OF TOGETHERNESS AT ULTRA PCS AND WOULD RECOMMEND PARTNERING WITH THEM, NOT ONLY TO SUPPORT A GREAT CAUSE BUT TO ALSO INCREASE INTERNAL COLLABORATION”

We currently have 25 active volunteers.
10 of these being active befrienders.

Feedback from our volunteers, the majority of whom have been personally impacted by either; thoughts of suicide/ill mental health or bereavement by suicide, indicates that they are developing healthy boundaries and are recognising their own needs with support from the Sunflowers team. We believe our new training proposal will further aid this among our volunteer pool.



Volunteers are reporting that they are building positive relationships both inside the Sunflowers community; through bereavement events as well as through volunteering and also externally with family and friends, these relationships are all contributing to our volunteer feeling part of a community- to fully embrace the sense of community we are developing all of our volunteers are part of a Whatsapp group where we chat all things Sunflowers and communicate regularly with good news stories and updates about things that they can get involved in with the charity, we send newsletters and bereavement updates to keep them up to date with what's new within the organisation- including any staff changes we may see; and to celebrate our volunteers we also have a volunteer of the month who is recognised for their wonderful and invaluable volunteering contributions.

Over the course of the 12 month reporting period we have seen our volunteers donate in excess of 650 recorded hours; in context of the national minimum wage which was £10.42 per hour we are seeing added value to the organisation of a financial comparison of £6,773.

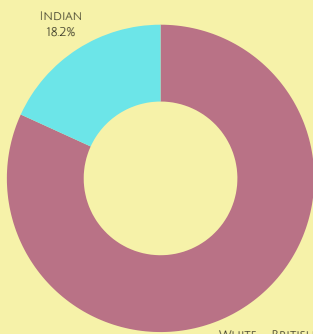
“ MAKE SURE AT LEAST ONE TRAINED MEMBER OF STAFF IS OUT AT EVENTS TO SUPPORT VOLUNTEERS, SHOULD DIFFICULT SITUATIONS ARISE. - VOLUNTEER REQUEST 2024 ”



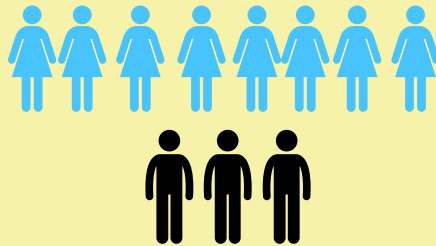
VOLUNTEERING IMPACT

650
Recorded Volunteer Hours

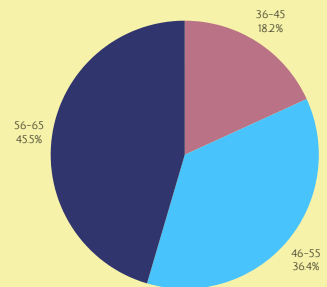
Equivalent saving of
£6,773



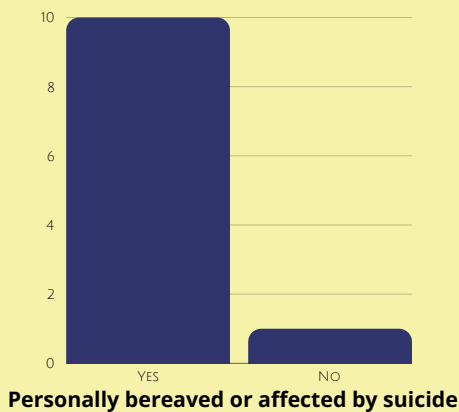
Volunteer Ethnicity



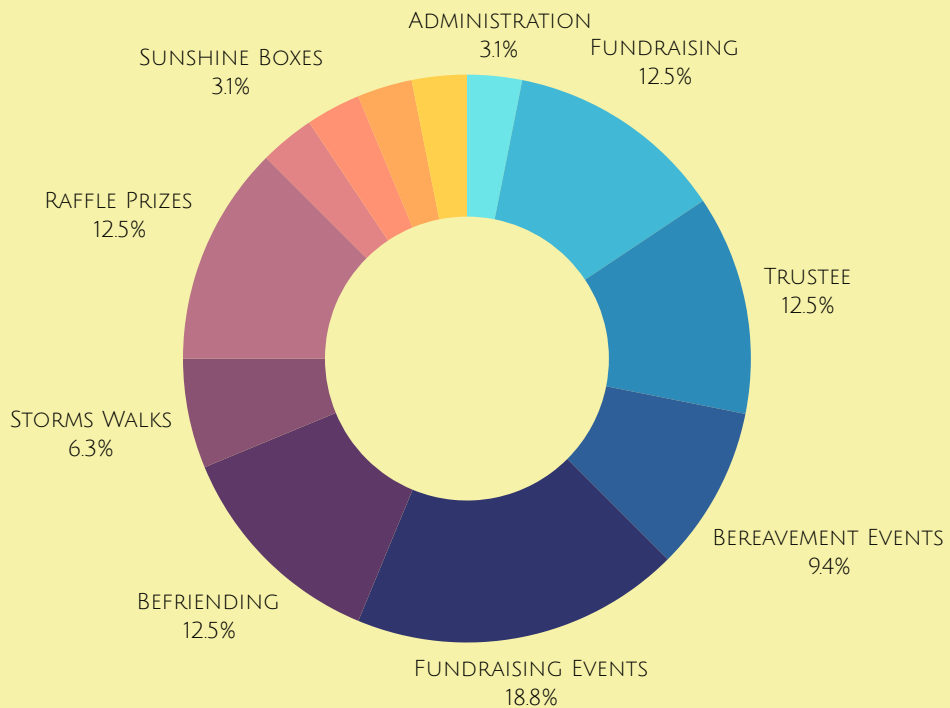
Volunteer Gender



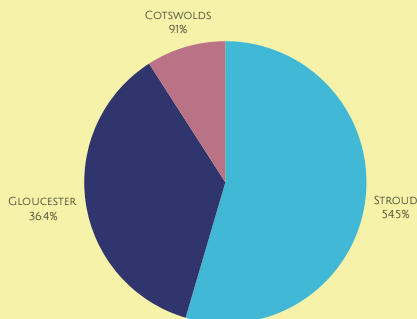
Volunteer Age



Personally bereaved or affected by suicide



Activities involved in



Locality of Volunteers

“ SUNFLOWERS HAS BEEN MY LIFE SAVER - VOLUNTEER 2024 ”



VOLUNTEERING FEEDBACK

91%

developed positive boundaries and more able to recognise your own needs

91%

improved confidence

100%

feel they are making a positive difference through volunteering

73%

feel their emotional wellbeing has improved since volunteering for Sunflowers

100%

have you built positive relationships within the Sunflowers community

100%

are part of a community that is caring and supportive

HAS ANYTHING CHANGED FOR YOU PERSONALLY AS A RESULT OF VOLUNTEERING AT SUNFLOWERS

"I can share my story and encourage others to share theirs"

"Feeling valued"

"My self worth has improved immeasurably."

"I have grown in confidence and developed new skills"

"I have dealt with the grief that I had suppressed"

"More aware of other people's needs and their reactions to situations. Speaking to people who have lost someone to suicide at fundraising events has definitely made me realise the importance of Sunflowers and the support they offer to the community. Personally, I'm definitely less stressed and anxious about certain things."

I've developed friendships I didn't have before & have completed a college course on prevention of suicide & self harm

ARE THERE ANY OTHER COMMENTS, FEEDBACK OR SUGGESTIONS YOU WOULD LIKE TO SHARE?

"Sunflowers have been my life saver"

"Really I am supporting an organisation that is very much needed in Gloucestershire"

"Fantastic charity that looks after their volunteers well and provide support where required."

ONE WORD TO DESCRIBE SUNFLOWERS FOR YOU

- *One big family*
- *Supportive*
- *Loving*
- *Kind and supportive*
- *Amazing A positive, supportive, godsend.*
- *A bright light during a dark time.*

“

A VERY SUPPORTIVE AND CRUCIAL SERVICE FOR FAMILIES EXPERIENCING SEVERE HARDSHIPS - VOLUNTEER 2024

”



TESTIMONIALS

"Without the support of Sunflowers there would be many more people/families struggling to get through life. Knowing that the support is available makes such a difference. We are so lucky to live in an area where this specific support is offered. Thank you Team Sunflowers, you are all amazing!"

"Sunflowers have gone above and beyond to support me after the loss of my sister. They have made the journey of grief less scary, and helped me feel less alone in my emotions. They set me up with some free therapy sessions which have been life changing; I now have the tools to manage my grief in less overwhelming way. Thank you Sunflowers- I am so grateful".

From the very first contact with Sunflowers I felt I was welcomed, understood and supported. You were very professional while still being friendly, warm, open and supportive. I have never been someone who was able to open up and show my feelings, perhaps seeing showing my feelings was a weakness and I had to stay strong for my loved ones. Sunflowers gently coaxed me to open up, share my feelings and worries and helped me deal with the demons within. I was struggling greatly and I'm so glad I was made aware of Sunflowers as without this I was likely to have spun in a downward spiral to nowhere. THANK YOU.

All I can say is I'm beyond grateful for the care and concern, Roxanne, Bheki, Andy have shown me, and all the team at Sunflowers and how so many strangers have helped me. If there's anything I could ever do to help sunflowers I would.

There was no space to put down just how blessed we both are to be part of the sunflower family, you all wrapped us up in your arms and carried us through the last months, we would have been lost on our own. There are not the words to express how we feel, we tell all we meet just how special you all are, our sunflower angels



A SELECTION OF FUNDRAISERS 2023/24



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CHARITY NUMBER: 1177266



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