



Suicide Bereavement Support

For Cumbria &
surrounding areas

Annual Report

August 2021 to July 2022

Helpline:

07896 703757 (Karan) or 07572 975721 (John)

E: hello@sbs.org.uk

W: www.sbs.org.uk

📺 [CumbriaSBS](#)

📘 [CumbriaSBS](#)

Suicide Bereavement Support for Cumbria & surrounding areas

Registered office: Hallin House, North Lakes Business Park, Flusco, Penrith, Cumbria CA11 0JG.

Registered Charity number is 1184889

Contents

Patron's Foreword	3
Chairman's Report	3
Reflections	5
Financial Update	8
Income	8
Investment	10
Impact	12
Governance and Structure	16
Thank You	17
What's Next	18



Patron's Foreword by Marie-Elsa Bragg

It is important to celebrate the good things and Suicide Bereavement Support (SBS) Cumbria is one of those good things. They continuously work to build community, camaraderie and support. Even now that they are returning to in-person meetings, they are keeping up a regular Zoom meeting to remain inclusive. Mental health will always be something that we need to understand in new and increasingly holistic ways, and I am glad to say that SBS watch for the latest surveys and research, not only to campaign for further support, but also to pass on any information that may help.

This year I have appreciated joining some of the Zoom meetings and, in March, I did an evening on mental health and nature in the Words by the Water Literary festival in Keswick. SBS volunteers came with their stand. It was lovely to see them and to know that their support would be there in the foyer for those who are searching.

Thank you to all the volunteers involved in SBS, in any way, and those who work tirelessly to make it possible. You make a difference.



Marie-Elsa Bragg with SBS Trustee, Emily, at Words by the Water

Chairman's Report by John Brown

We established Suicide Bereavement Support (SBS) for Cumbria & surrounding areas as an independent local charity in 2019, learning much from our experience in the previous eight years as a local branch of Survivors of Bereavement by Suicide (SOBS).

Reflecting on the past three years, we have established a small but strong, dedicated team of people, all of whom have been touched by suicide. Every one of them has played a vital role on a wholly voluntary basis, ensuring that people in Cumbria and the surrounding area are thrown a lifeline when they are stricken by the utter tragedy that is bereavement by suicide.



We all owe this dedicated group of people a profound debt of gratitude. I can assure you that it is not easy, having been bereaved, to offer a helping hand to others who share that experience, offering that hand and ear week in and week out for years, which is exactly what they do.

I should also like to acknowledge with gratitude the role that Kate Armstrong, from Blue Shadow Marketing, played in the early days setting up all our social media and website. These are so crucial these days to ensure that people who have been touched by suicide are aware that a lifeline is available.

The date of 13 August 2022 is the third anniversary of our operating the registered charity Suicide Bereavement Support for Cumbria & surrounding areas. This causes me to reflect on the fact that the late, but never forgotten, Paul Gurney as well as Alison Gilvey, John Asher and I established the service originally on 5 November 2010. On behalf of all of us, I'd like to acknowledge profound gratitude to Paul, Alison and John for their unstinting commitment to ensuring that there was and continues to be a small but strong team of volunteers offering a helping hand to those touched by suicide in this area. Tragically, our helping hand is needed more than ever as we are losing more local people to suicide each year now than we did back in 2010.

Another thing that strikes me, looking back, has been our switch to online meetings through Zoom. Back in April 2020, I remember well our first Zoom meeting and being so anxious about what would happen. How could we possibly provide effective support to people who have been bereaved by suicide through online meetings? Now these meetings are a regular part of what we offer. They enable people to join meetings from the comfort and security of their own homes, do away with the need for babysitters and enable people to come and go as they choose. Our really good friend, Frank, usually plays us out on his ukulele and this has become a much-appreciated element of our Zoom meetings – music can be so powerful.

Having said that, there is no doubt that our in-person meetings are hugely important for the many people that they help, and it is a great tribute to our facilitators that we continue to be able to provide regular meetings in four localities across Cumbria.

Another important lesson we learnt through the COVID pandemic is that we must develop a 'family focus'. In other words, we need to ensure that we are able to support bereaved parents in responding to the needs of their children following the disastrous loss of a family member.

On 15 May 2022, we hosted a social gathering at Brockhole, the National Park Visitor Centre on Windermere, which more than 50 people attended, adults, young people and children. This proved a great success, thanks in no small part to the fantastic staff who work at Brockhole and there is a full report with feedback and images in our Impact section on page 12. Importantly, we were also reminded that we are not constituted to work directly with children, but only those aged 18 and over – and we must be careful to operate within our remit and expertise.

This summer, Jim Ring is retiring as a Trustee as he moves to pastures new. Jim has been actively involved with SBS since 2018 and he took a leading part in establishing the new charity in 2019. He was the facilitator for the Kendal group for several years and we will miss him. As you will read in the Reflections section, it's good that Emily, Kitty and Amber have stepped in to ensure that the Kendal in-person meeting group continues.

Finally, I would like to pay tribute to the people who provide us with expertise in marketing, administration, finance and the development of our family focus. Their expertise, on a freelance basis, enables us to punch significantly above our weight as a very small community-based charity with no paid staff. You can read more in the Investment section of this report.

We are able to operate because people raise funds to enable us to be here. I never cease to be humbled by the willingness of people to raise funds to support our work. We are indebted to them.

Thank you.

Reflections

“I found it very helpful knowing support is there with others who understand exactly what you are going through. Knowing there will be no judgement and you can talk openly.”

The locality meetings and the work of our volunteer facilitators is at the heart of everything that we do – our priority is to offer support to those bereaved by suicide by creating connections with others who share that dreadful experience. Here each locality facilitator – Emily, Sharon and Karan – shares their reflections on the past year.

During the past year, as face-to-face meetings have resumed and online meetings have also continued, more than 250 people have taken part in at least one of our meetings (not including our facilitators). This is not a club that anyone would want to join but, knowing the situation across Cumbria and in our surrounding areas, we know that this attendance is the tip of a tragic iceberg and we hope to reach more of those who might be looking for support in the year ahead.

Barrow

Throughout the last 12 months, the Furness meetings in Barrow have continued, initially on Zoom, then in a different venue due to COVID-related issues. Finally, in February 2022, we returned to our town centre venue. Numbers attending have been fairly low, particularly since the Kendal meeting is now held in the evening, so people are not travelling through but, nonetheless, the meetings have felt very worthwhile.

We have continued to raise awareness of the group through fliers (with help from a volunteer), articles in the local newspaper and attendance at a local music festival. Thanks also to Mind in Furness for putting information out for us at several events we were unable to attend.

We've also had the opportunity to have input with the local Mental Health Trust on their suicide postvention strategy, and I worked with them to produce a short video for their website about the impact of being suicide bereaved. This is now available on YouTube and via a blog on the SBS website and is being used within the Trust for training purposes. Another highlight: I also attended a really interesting book reading in Keswick, with Marie-Elsa Bragg and Horatio Clare, with my daughter, displaying the SBS banner in the foyer of the Theatre by the Lake. Another highlight: I attended the annual Suicide Bereavement UK Conference in Manchester, feeding back highlights via the Facebook Members' Group.



One of several events in Furness and South Cumbria where local volunteers have attended to raise awareness of SBS and its support



Barrow *continued*

Kitty has also been busy, attending a meeting with local police who were looking at their relevant practice and pathways. She has also been working with local people who have made generous donations, but prefer to remain anonymous, as well as kindly using her birthday as an opportunity for her very generous friends and family to donate to SBS. We were also pleased to be able to thank the Co-op for a fantastic donation from their Community Fund, which gave us the opportunity to share information about our work.

Members of our group have also raised funds for groups working for suicide prevention.

Looking forward, in October we are holding an event at The Forum Barrow, in conjunction with other local charities and agencies who provide support in and around the town. You can read more later in this report on page 18.

It continues to be a privilege to meet and hear people's stories and be part of such inspiring activities with our members.

Emily

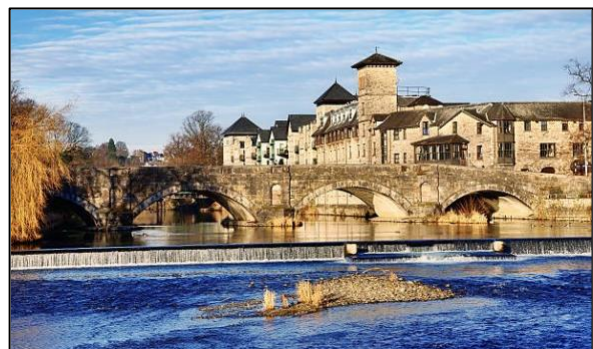
Kendal

In April 2022, we started a new evening meeting in Kendal. Initially, Jim established a daytime meeting in Kendal, but this was not well attended and, as Jim is now moving to pastures new, we are re-establishing an evening meeting. We are very pleased to have Amber join our South Cumbria team of facilitators, having been a member of SBS for three years, and she also contributed to organising online social events through lockdown, including the evening quiz held in November 2021.

We now span the generations and it is noticeable that we also have some younger members attending meetings. The early Kendal meetings have been very well attended and many of the group went to the Brockhole social day.

We should like to thank Jim for his work as facilitator for many years, and all our members for being such caring, lovely people, supporting us (Amber, Kitty and me), as well as each other. They've really mucked in, helping rearrange tables, washing up and (although it's not compulsory for those attending) often joining us to eat cake!

Emily



The River Kent at Kendal

“Although I don’t attend the group it does help me to know it’s there, and that I can go if I ever need to, so thank you for the work you do.”

Carlisle

Following the resumption of the face-to-face monthly meetings in autumn 2021, the Carlisle group saw a change of venue and began meeting in Stanwix, a residential community close to Carlisle city centre.

Despite some winter central-heating glitches, the venue has proved to be a success, offering everything we need to meet in comfort and privacy, with ample parking and located in a safe neighbourhood. The enforced interruption of the in-person meetings has meant there has been a change in the regular attendees, with some not returning and others choosing to attend the Zoom meetings. We have a core group of three who have attended for several years and this group is vital in assisting me in welcoming new members and making them feel at ease. Their empathy and understanding are invaluable.

We have almost reached the stage where we have a level of understanding and insight and intuitively know which of us will speak and how best we can support those at the start of their journey – I've really appreciated this consistency and their contribution. The same members are also very supportive on the closed Facebook group and are evidence of the vital contribution made by all our members, in addition to the facilitators, to the support that SBS can offer to bereaved families. Outside of the monthly meetings, I offer email support to those contacting SBS for the first time and continue to see the value of what we're offering and of the mutual support approach.

Sharon



Carlisle Citadel



The Beacon at Whitehaven Harbour

Whitehaven/West Cumbria

Like the other areas of Cumbria, we saw a return to pre-COVID numbers at our face-to-face meetings in Whitehaven but have had no new attendees since the meetings resumed. It has been encouraging to meet up with previous members and I am sure that word will gradually spread and those looking for support after bereavement by suicide may be in touch. For now, we continue to promote our meetings on social media and encourage the 20 or more regular members of the group to mention SBS to others.

My role as a facilitator also extends to being one of those answering our county-wide helpline phone. Those conversations continue to be a vital part of the charity's work. If you can help in promoting our availability and support to those that you know, please do – and keep in touch.

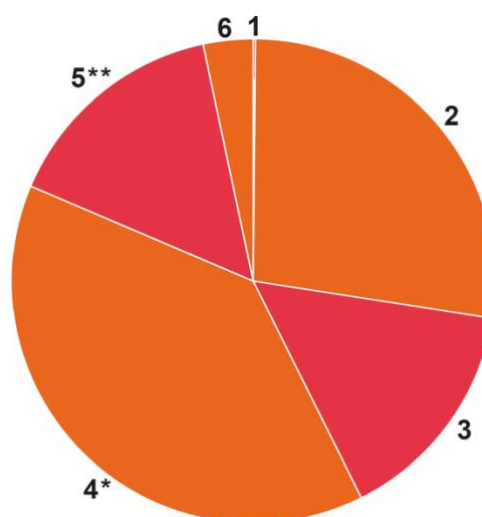
Karan

Financial Update

Opening balance on 1 August 2021	£24,600.60
Total annual income	£ 7,862.89
Total expenses	£14,754.80
Closing balance on 31 July 2022	£17,708.69

Income

		2020/2021	2021/2022
1	Amazon Smile	-	£12.17
2	Donations	-	£2,146.52
3	Facebook	£1,218.04	£1,192.96
4	Grants*	£3,138.18	£3,050.21
5	JustGiving**	-	£1,199.09
6	Paypal	† £13,978.49	£261.94
	Every Life Matters	£45.00	-
	Gift Aid	£123.64	-
	TOTAL	£18,503.35	£7,862.89



2021/2022 income

† JustGiving and Paypal combined

* Grants from the Co-op Local Community Fund

** JustGiving donations includes some of the fundraising by Maria Carruthers

As the pie chart shows, our income is drawn from various sources and we appreciate every contribution. One thing that is not shown here is the huge value of all the volunteer hours that our facilitators, Trustees, members and others contribute to everything that we do – our income would seem huge if that could be quantified and added to the chart! As Trustees, we never underestimate this added value and want to thank all those who have given their time, commitment and emotional energy to SBS Cumbria in the past year.

Fundraising, in particular, is always appreciated. Our fundraisers often have stories to tell that are a great focus for raising awareness of SBS Cumbria with a broader community – and that awareness is essential if people we could support are going to know we exist!

At Easter 2022, Maria, from near Wigton, climbed Skiddaw with family and friends in memory of her brother, Jason, who died in 2021.

As well as raising over her target of £1,000, Maria also featured in local newspaper reports and her story created an opportunity for John Brown to be interviewed on BBC Radio Cumbria. Maria was happy for us to share more as a blog on our website.

Here's an extract:

“Hillwalking was one of Jason’s hobbies so this seemed a fitting thing to do. We lost my beautiful brother to suicide in April 2021 and I set myself the challenge of raising £1,000 to support SBS.

They're an amazing charity that helps anyone who has lost someone by suicide. Everyone in the group is friendly and you're made to feel so welcome. To be honest, I'm normally a strong person, but SBS volunteers are helping me, as talking to people who are going through the same thing is helping me get through this devastating situation.

Doing the walk in memory of Jason and one year on was very emotional, but I know my brother was looking down on us when we did it and it seems fitting to raise money to support SBS too.”



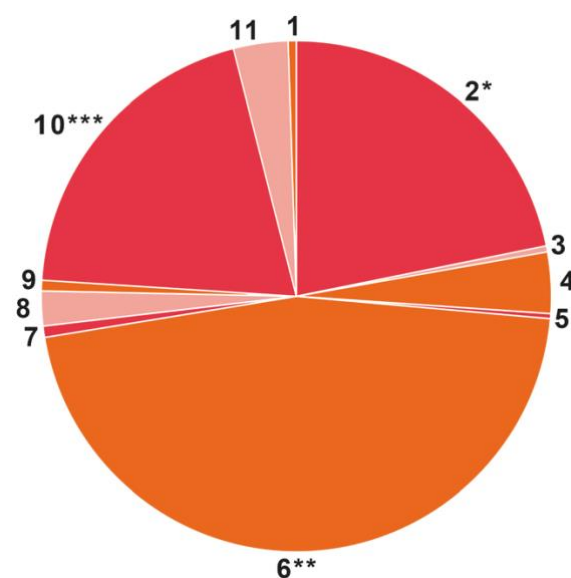
Investment

We've called this section Investment, rather than Expenditure, as we really hope that every penny we spend is an investment in enabling us to continue our work and to reach those in our Cumbrian communities who need to know about us. That could be people and organisations who are also providing support to others or individuals who have been directly affected by bereavement by suicide and could use a connection to our support.

As mentioned under Income as well, we never underestimate the value of the time and energy invested by all our volunteers into what we do and, if quantified, it would make a huge piece of the pie chart below!

Investment

		2020/2021	2021/2022
1	Subscriptions/training	£744.88	£76.00
2	Advertising*	£1,598.31	£3,220.92
3	Banking fees	-	£55.80
4	Telephone	£623.59	£572.13
5	Travelling expenses	0	£46.50
6	Professional fees**	£2,326.49	£6,790.18
7	Computers	£424.93	£105.64
8	Insurance	£312.87	£324.34
9	Stationery/printing	£117.72	£99.78
10	Expenses***	£734.92	£2,953.51
11	Room hire	0	£510.00
	TOTAL	£6,883.71	£14,754.80



2021/2022 Investment

* Advertising includes branded items and Facebook advertising of monthly meetings

** Professional fees includes bookkeeping, admin support and marketing

*** Expenses includes Brockhole and Treetop Trek (£1545.40)

As indicated under Financial Update, our closing balance for the year end (31 July 2022) was £17,708.69.

During the early months of 2022, we invested in a range of branded merchandise with T-shirts and running vests from Stitch & Print in Wigton and SBS logo lapel pins from Gelt Gifts. These appear as advertising costs in the table and pie chart. While the lapel pins have been used to identify our volunteers at events such as the Brockhole social gathering, the T-shirts came into their own with

Maria's fundraising (see Income) and we will be maintaining a stock, ensuring that our fundraisers can also help in promoting awareness of the charity.

The Expenses line above includes most of the costs for the Brockhole event (just over £1500), including the Treetop Trek adventure for our guests.

Part of the reasoning behind our investment in freelance support is to enable our volunteers to focus on what only they can do. In a self-help organisation like ours, it would be too easy to overload people and, given the fact that all of our volunteers have also been bereaved by suicide themselves, we need to take care of them where we can. We are also keen to spread the load on things like administration, marketing and financial support so that we have a sustainable structure and a route to succession for the longer term.

With all of this in mind, we wanted to introduce you to three people:

Catherine Ellis of Cumbria Admin Services has been looking after our accounts since we were established in 2019 and she continues to provide the data that the Trustees need for managing the charity as well as handling our day-to-day payments and bookkeeping.



Hazel Duhy of Woodrow Services started working with us early in 2022 and has already had a brilliant impact on our administration, organisational procedures and communications. She's also established herself with our volunteer facilitators as someone who understands their challenges and can create solutions!



Sally Seed of Stoneleigh Communications inherited our marketing and publicity from Kate Armstrong (see Chairman's report for our thanks to Kate) in January 2022. Sally's working with a small team of our volunteers to develop our website content, especially our blog, and our social media channels, as well as supporting the PR for events and fundraising. This aspect of our work is vital if people are to know that we are here.



Impact

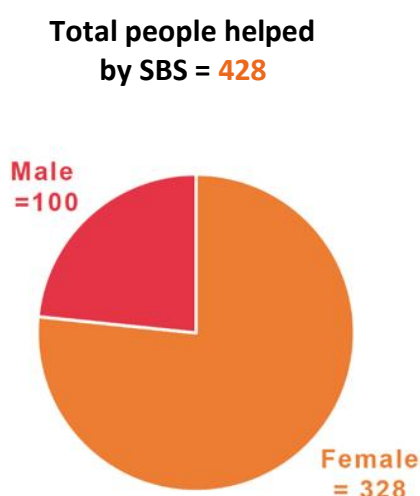
This section of the Annual Report is all about how we are making a difference. First, the key area of impact for us are the people who take part in our meetings and those who have contacted us by telephone or email in the past year, seeking support. These numbers may not seem huge, but to have helped 52 people to cope with something so devastating as suicide by bereavement is what we are about.

And we never forget the others who are supported indirectly, when these key individuals are able to pass the support they've received on to their families and friends too.

Relation of person who took their life	Number of people bereaved
Husband/Partner	18
Son	12
Brother	3
Father	4
Friend	3
Mother	3
Wife	2
Sister	3
Daughter	2
Grandson	1
Not known	5
TOTAL	54

NB: Some people have lost more than one person and some prefer not to identify the person they have lost.

The bigger picture, of course, is the number of people helped by SBS and its predecessor in the past 11 years – and that figure is well over 400 people so far, revealing the desperate need for support and services like ours across the county.



Relation to the person lost to suicide			
Husband/Partner	94	Granny	1
Son	79	Sister-in-law	1
Sibling	65	Brother-in-law	1
Father	42	Grandfather	1
Daughter	31	Cousin	2
Mother	29	Work colleague	2
Wife	7	Godson	1
Friend	33	Employer	3
Niece/Nephew	5	Other	16
Grandchild	4	Not known	10
Girl friend	1		
TOTAL			428

Remote Meetings

As well as the monthly in-person meetings (see Reflections) our continued Zoom meetings have also made a difference:

"The SBS Zoom meetings gave me the opportunity to be in my own home and to meet in a safe place with people who knew exactly how I was feeling. It was also a chance to share and to realise how I was feeling in a completely unreal situation. It also gave me the opportunity to share things that I had found out and other things that had been helpful for me and, hopefully, be able to make a small difference to someone in a similar situation. I believe the meetings helped me make a connection, when I felt completely disconnected, alongside people who understood."

Partnership in Training

SBS is also aiming to make an impact by working with partners and contributing to important areas, such as police recruit training. In Autumn 2021, for the first time, SBS entered into a collaboration with Cumbria Constabulary and its new recruit training programme. Our Carlisle facilitator, Sharon Tweedie, explains the background and how this investment of time and care has worked out in practice.



"We know from feedback, by our meeting attendees and members, that the police and emergency services have a crucial role to perform when dealing with families bereaved by suicide. This difficult role often involves not only attending the scene where the death occurred, but also then having to contact the family to inform them of the death and subsequently dealing with the aftermath and all its complexities. The discussion with group attendees and members brought to light the vast range of their experiences with the police, both positive and negative.

"The feedback reinforced the idea with the SBS Trustees that some sort of joint working was an idea worth exploring and a series of meetings was held in Autumn 2021 between Cumbria Constabulary's Training Department and three people from SBS: our Chair, John Brown, Catherine Tate and myself. As an ex-Police Officer, I felt that I could offer guidance both from the perspective of the Officer, who has to attend the scene and communicate with the family, as well as the perspective of the family member receiving the message and information about the death of their loved one. Catherine's wish to be involved in the project stemmed from her experiences with the police service following the death of her son, Matthew.

"The series of meetings led to an invitation for us to attend recruit training days at Carleton Hall, near Penrith. To date we have attended on five occasions, with more scheduled in autumn and winter 2022, following the summer break. Each day of training involves a new cohort of recruits, usually midway through their training course. The recruits are presented with a series of 'live' incidents to deal with: a road traffic collision, driver under the influence of drink or drugs, defective vehicle etc, culminating in the officers having to take details of a fatal road traffic accident and then attending to deliver the message to the deceased's partner. The role of the partner is acted by a member of the training department and their reaction varies with each pair of officers, from silence, to disbelief, to anger, to indifference. The aim is to mirror the reactions that officers will experience in a real-life situation. Cath and I observe each pair and then offer our advice and guidance as to what they did well, what they could consider going forward and what to avoid.

“Volunteer involvement of this type is unprecedented both for SBS and Cumbria Constabulary, but the feedback has been very positive. Cath, John and I are invited to the debriefing session at the end of each training day. The over-riding reaction is that, although the recruits are anxious and find the scenario stressful and challenging, they are wholly appreciative of the fact that it is a role play situation and they have the opportunity to listen and learn and, hopefully, retain the advice and guidance imparted to them. They understand that this will benefit the families that they will come into contact with.

“This appreciation is evidenced by an email from a recruit who, shortly after completing her training, had put it into practice and delivered the message to a family that their relative had died. Although a challenge for the officer, she wanted to let us know that the training and feedback received had been hugely beneficial and that she had incorporated much of what she had learned into how she had communicated with the family involved.

“In addition to the training days, Cath and I have both recorded interviews, led by Inspector Rob Ewin from the Training Department. The interviews allowed us both the opportunity to talk in greater depth about our loss and our experiences with the police and other emergency services. It is envisaged the videos will be used as an additional training tool, not only for new recruits, but also for CID officers and those who perform a family liaison role.”

And one piece of feedback from Vicki Boggon of [Every Life Matters](#):

“A number of the people that I am supporting following bereavement through suicide have commented on the compassionate, caring and kind way in which the devastating message of the death of a loved one has been conveyed to them by the Police Officer that attends their home. I can only assume that much of this knowledge and compassion has been learnt through the training that SBS has provided for the Police and that the effort SBS puts in is really making a difference to families in our communities following a death by suicide. Thank you.”

Brockhole Social Day

Finally, our Annual Report would not be complete without some mention of the family day held at Brockhole on Sunday 15 May 2022. It was the first time we'd organised a get together like this and a first gathering of any kind since the pandemic for many of our members.



It is hard to put the impact of the Brockhole event into words so, instead, here is a selection of images and feedback from the day:

Just talking to others who really did know how I was feeling made a great difference. I feel a lot better and not so *alone*.



Very friendly group with an unspoken mutual understanding.

People with time to listen and offer the most valuable help and understanding of the journey we are on.

Thank you for a lovely day. Really worthwhile and so good to meet face to face and feel among friends who really understand.



Happy fun day, thank you. Felt free in many ways.

Provided a caring environment and activities for children.

I liked meeting and talking with other young people who'd been bereaved by suicide.

Great idea doing family days – today has been great much appreciated quality time with my children.

Provided an opportunity to meet other people who understand.



Governance and Structure

According to our Constitution, the object of the CIO (Charitable Incorporated Organisation), Suicide Bereavement Support for Cumbria & surrounding areas (SBS), is to preserve and protect physical and mental health for the public benefit of people suffering bereavement as a result of a suicide in Cumbria and the surrounding area by:

- self-help support groups, helpline and online support including a closed Facebook group and one-to-one support;
- signposting to helpful resources;
- working closely with any organisation or initiative aimed at suicide prevention;
- media advocacy; and
- research for suicide prevention and bereavement.

Our registered office is:

Hallin House, North Lakes Business Park, Flusco, Penrith, Cumbria CA11 0JG.

Our Registered Charity number is 1184889.

Trustees

- John Brown (Chairman)
- Emily Griffiths
- John Purdie
- Jim Ring (retired on 13 August 2022)
- Karan Smith
- Sharon Tweedie

All Trustees are members of our Steering Group, which also includes:

- Lucy Binfield
- Kitty Birtwistle
- Amber Cropley
- Izzy Sharpe

Full policies, processes and procedures for the operation of the charity are available to all volunteers and are reviewed and updated annually. These include clear safeguarding guidelines and requirements and we encourage all facilitators and Trustees to hold current DBS clearance and to take part in regular safeguarding training.

Thank You

There are so many people to thank after another busy year for SBS Cumbria and we're aware that it would be too easy to miss some people from this list – please be assured that, if your name is not here, we'd still like to thank you for everything that you have done for us this year.

- The team at Brockhole (including the caterers) for making our day in May.
- Inspector Dr Rob Ewin and everyone else involved in the Police recruit training programme.
- Our suppliers, Stitch & Print and Gelt Gifts, for enabling us to have logo T-shirts and lapel badges, at short notice, for our supporters and volunteers.
- Maria Carruthers and her family and friends for their exceptional fundraising and awareness campaign.
- All those who have generously raised funds or donated in support of our work, but prefer to remain anonymous.
- The Co-operative Local Community Fund for the generosity of its grant panel.
- The Times & Star and The Mail (Barrow) newspapers, Border TV News and BBC Radio Cumbria for their support in promoting our work and Maria's fundraising.
- All the other organisations, voluntary and otherwise, working across Cumbria to support those bereaved by suicide and on both postvention and prevention of suicide.
- Our Patron, Marie-Elsa Bragg, for her continued support and for involving us in her Theatre by the Lake event.
- Carol Green for her work supporting us to develop our family focus.
- The caretakers and owners of all our face-to-face meeting venues across Cumbria for their help and patience.
- [Suicide Bereavement UK](#) for their ongoing work and their conference that makes connections for us elsewhere in the UK.

... and every single one of our members and volunteers – take care!



We now have SBS T-shirts and running vests if you are planning a fundraising event and want to promote what you are doing – please contact us via the website for sizing details and to request a delivery.

What's Next?

Barrow Event

Supporting Each Other Through Loss is an event being planned in Barrow for later this year (Saturday 15 October) and organised by our locality facilitator, Emily. The day will be in two halves, free and open to those who are over 18. In the morning, all are welcome as we take over the upstairs area of The Forum. Opening the event is Andy Airey, one of the [3DadsWalking](#) who have raised £700,000 for [Papyrus Prevention of Young Suicide](#) and a huge amount of awareness too. There will also be an exhibition of over 20 support organisations and [Bev Bishop](#) will be presenting her thought-provoking show, [Finding Magic](#) and leading a Q&A about topics raised in it. Barrow's MP, Simon Fell, has agreed to attend to close the morning event. There will then be a light lunch and a workshop for those who are suicide bereaved to come together and share experiences with Bev Bishop. We are very appreciative of all the support for the day from everyone who will be involved and thanks to [The Hadfield Trust](#) for their financial support.

Free tickets are available from The Forum's website at:

www.theforumbarrow.co.uk/event/suicidebereavement/



Andy Airey



Bev Bishop

Grant Funding

Hazel's experience is proving to be an excellent resource when applying for funding from various sources and, as the Annual Report went to press, we had confirmation of a significant grant from [The Hadfield Trust](#) towards the costs of Supporting Each Other Through Loss. Details will appear in next year's Annual Report but it is great news and all thanks to a lot of work by Emily, our South Lakes and Barrow facilitator, and Hazel. Supplementing our income in this way, when we have specific projects, is likely to become even more important in the months and years ahead.



Online Meeting Option

Due to demand, we are continuing to organise regular online Zoom support meetings in parallel with the face-to-face ones in Kendal, Barrow, Whitehaven and Carlisle. The online option seems to have been preferred by a number of new contacts and the distance does not seem to affect the support and comfort received from “meeting” others.

New Trustee Appointment

We are looking to appoint at least one new Trustee during the coming year, to replace Jim Ring who is retiring. At present, all our Trustees have personal experience of bereavement by suicide and we are keen to maintain this aspect, as it shapes so much of how we work together. We hope to have news of another Trustee later in the year.



Suicide Bereavement Support

For Cumbria &
surrounding areas

Published September 2022

Helpline:

07896 703757 (Karan) or 07572 975721 (John)

E: hello@sbs.org.uk

W: www.sbs.org.uk

 [CumbriaSBS](#)

 [CumbriaSBS](#)

Suicide Bereavement Support for Cumbria & surrounding areas

Registered office: Hallin House, North Lakes Business Park, Flusco, Penrith, Cumbria CA11 0JG.

Registered Charity number is 1184889