

**Suicide Prevention Programme North Yorkshire: A synthesis of Projects Funded across Hambleton / Whitby / Richmondshire / Harrogate / Craven**

**2019 - 2021.**



Round one

**Darlington Mind**

This Project aims to improve the mental wellbeing of those at risk of suicide through building their ‘emotional resilience’ skills and working with individuals to “bounce back” from adversity. This funding will enable Darlington Mind to deliver a minimum of 24 training sessions for at least 50 people. The Project will deliver a series of self-help courses, and those who need further support will be supported through 1:1 counselling and individual sessions to help them set goals and assist with signposting to other services.

**Scarborough Survivors**

Scarborough Survivors have put together a Project that will involve weekly well-being activities, and ‘Life-skill’ workshops looking at: confidence building, self-esteem, and positive mental attitude. Additionally, four Mental Health First Aid sessions will also be provided to members of the local community.

**Kaleidoscope Plus Group**

Funding will be used to deliver two Mental Health First Aid training courses to those working within and around the farming and agricultural sector in Hambleton and Richmondshire. By the end of this training, participants will be able to; identify the discrimination surrounding mental health problems, define mental health and some common mental health problems, relate to people’s experiences, and understand how the issues affect the individual and their family.

**Stokesley School**

This Project will raise awareness of mental health and break down negative stigmas and discrimination associated with it by creating a positive open and honest environment: The Zen Garden.

With targeted groups of students, Stokesley School will create a relaxing ‘Zen’ garden filled with opportunities for students to:

* Take notice whilst on the friendship bench
* Calm down and relax whilst enjoying fresh air and the scenery of the Roseberry Topping
* Keep learning through lunch time sessions of mindfulness
* Give to others through the anonymous compliment tree.

This garden will be situated in the centre of the school and therefore become a focal point.

**Northallerton Business Network**

This Project will cater for three meaningful interactive sessions of an hour. One of which would be delivered by NYCC mental health and wellbeing, a mindfulness/reiki practitioner will deliver a second and the third would involve showcasing local businesses who provide relevant services, which can be delivered to groups of staff in the comfort and convenience of the workplace. Sessions will be followed up by two half-day workshops on managing stress and a workshop on ‘Using Technology Mindfully.’

**Dual Tree**

Dual Tree will run music events around key mental health awareness dates across the region. At these events, will be a qualified counsellor, available for confidential ‘drop-in’ sessions during the daytime for any member of public. Counsellors will also be present at the events to offer guidance towards services and methods to help address the public’s mental health and wellbeing.

**Herriot Hospice Homecare**

Funding will cover the costs of a two-day Applied Suicide Intervention Skills Training (ASIST) course for up to eight bereavement support volunteers, who lead bereavement support sessions for any person over the age of 18 bereaved through suicide. This training will ensure volunteers are able to identify anyone with feelings of suicide, understand the actions required and recognise the important aspects of suicide prevention. ASIST-trained, Clare Godden will manage the Project, supervise bereavement support volunteers and lead the ASIST training.

**Whitby Area Sheds**

This Project will see the addition of ‘BayThorpe Shed’ a shed to serve Robin Hoods Bay and Flyingthorpe – similar to the other five Sheds across the Whitby Coast. The Sheds can have a preventative role and a restorative role that takes time and is led by the individual. Activities on offer are varied – sedentary for some less physically able – but essentially active with people in view of each other. Stimulating and providing creative distraction from the everyday. The Shed will start as a Men’s Shed on one day (<5 hours) but then evolve (potentially into a women’s Shed). With a reduction of suicide in mind, this Project also caters for 1-day of training for staff (to be repeated later with annual refreshers).

North Yorkshire Sport

This funding would support:

* North Yorkshire Sport in delivering 4 courses to engage with 40 delegates with an initial spread of two courses in Hambleton, one in Whitby and one in Richmondshire.
* Costs of the course including staff time and resources.

Each course could accommodate a maximum of 12 participants and would be managed by lead tutor, Simon Pierce.

**The Wensleydale School and Sixth Form**

This Project aims to further extend Wensleydale’ Wellbeing and mindfulness initiative by establishing a peer-mentoring group to support young people resolve conflicts, empower others and befriend those that are finding life difficult.

The Project involves a 3-hour training session to key staff members, and a full school day session of training delivered for up to 30 children / young people. This training will support the implementation of a peer-mentoring scheme. The Project also calls for the provision of a friendship bench in Wensleydale’ newly developing mindfulness garden to create a safe space for young people to meet and talk.

**The Clock**

This funding will be used to run a ‘Mens in Shed’s’ Project as part of the Community Re-use Store and Workshop. Participants will be encouraged to share their DIY skills with each other to upcycle the donated furniture that will be sold in the shop. They will also have the opportunity to learn new skills from one another. Participants will use their skills to complete small DIY tasks for people in the community.

Additionally, a Pay it Forward model will be embedded – which will enable beneficiaries to utilise skills learnt on the Programme to help others.

The Clock, alongside partners, would like to act as an anchor for other local organisations to promote their well-being activities and for members of the community to find out about well-being activities. With this in mind, The Clock will hold a monthly community ‘match evening’.

**Scarborough, Whitby, Ryedale Mind**

This funding will allow Scarborough, Whitby and Ryedale Mind (SWR Mind) to pilot a Mental Health Surgery with Whitby Group Practice. Individuals will be able to book 40-minute appointments with a Community Support Worker in the surgery every other week for 5 hours. 1-hour community-based sessions will be offered for five alternating weeks and there will be 8x90 minute workshops on developing skills, knowledge and changing behaviours to groups.

Round two

**Whitby Area Sheds**

Whitby Area Sheds will be supporting villages to come together and to care for themselves. The Project focuses on young people and young adults in smaller village settings and empowers them to define everyday life as it is for them now, agree a vision for what they would like to have available to them, explore the possibilities for doing things to meet that vision, and envisage some of what needs to be done practically to realise such outcomes.

Three villages will be recruited within 10 miles of each other to share thinking and progress. Each village will carry out a health check on what goes on in the village wider than children and young people work. Teams will then engage with organisations and meet with councils to design questionnaires, SWOT assessment and Appreciative Inquiry materials to understand how the place might be improved and strengthened.

**Hambleton & Richmond Carers Centre**

Hambleton & Richmond Carers Centre will extend their existing ‘Chill Club’ to young carers on high support pathways, which is currently not offered due to a lack of specialist provision. The Centre will recruit a specialist member of staff with a mental health background to attend the club and support young people from medium and high levels of support to attend.

The Centre runs two Chill Clubs a month and approximately six pop-up clubs a year. The specialist worker will support each one. These will be in Hambleton and Richmondshire primarily. In these clubs, the aim is to give young carers a break from their caring role and to give them the opportunity to meet up with other young carers.

40 young carers are due to benefit directly from this Project.

**LGBT Children and Young People’s Strategy Group**

The LGBT Children and Young People’s Strategy Group will be delivering ‘Improving mental health and wellbeing outcomes for LGBT children and young people’ train the trainer sessions for professionals who work with children and young people. This training aims to identify what we mean by mental health, to discuss thoughts, attitudes and assumptions around mental health and LGBT and children and young people and to identify roles in keeping LGBT children and young people safe, free from stigma and discrimination.

One training session will be delivered in Hambleton and Richmondshire; another will be delivered in Whitby with 10 places per session. A follow up meeting will be offered 4-6 months after the training to support colleagues to embed and sustain learning.

This Project will be delivered by the health and wellbeing advisor from North Yorkshire but done in Partnership with Stonewall.

**Herriot Hospice Homecare**

Herriot Hospice will deliver one to one bereavement support from January 2020 for young people aged 10 – 18 who have experienced the death of someone close to them. A bereavement worker will meet with the young people (usually fortnightly, for an hour) until the young person reaches a stage where they can manage their grief well.

The one to one sessions are largely directed by the young people and could include simply talking, memory work for example producing memory boxes and diaries but can also include visiting the grave or another special place and working through online resources on grief and bereavement.

**Darlington Mind**

Darlington Mind will engage 11 – 18 year olds from schools, social clubs, Scouts, Brownies, youth clubs etc. in a previously successfully run self-harm prevention Project. This will include awareness sessions and target young people who are suffering with low-level mental health projects such as low mood, stress and anxiety as well as those at risk of suicide.

The approach has been tailored to appeal to children and young people struggling with their emotional wellbeing. Topics such as determination, solution focusing, connectedness, optimism and mindfulness will be highlighted and worked on through group workshops and 1:1 intervention. Awareness sessions will be developed to build on this work – on anxiety, depressions, resilience and building self-esteem. Darlington Mind hope to engage 250 young people over the course of the year.

**The Clock**

The Clock will continue to run their successful ‘Men in Shed’s’ Project as a result of the previous round of this funding. However, will now work to expand their offer to women, and respond to requests for mixed gender sessions. Several sessions will also be intergenerational.

To manage this project, the Clock will recruit a co-ordinator of the service and several volunteers to run sessions. These volunteers will be encouraged to access training: Mental Health First Aid, Emergency First Aid, Safeguarding, Health, and Safety.

Members of the Shed will work on crafts, bikes and upskilling of furniture to be sold in the local shop. Skills will also be put to use by doing small DIY tasks for people in the community such as putting up shelves and cutting grass.

The Clock expect to reach 50 individuals directly through this programme.

**Clervaux Trust Ltd**

Clervaux Trust will offer a ‘Wood Works’ programme for nearby military men in Richmond. 30 hours of greenwood work will be delivered across 6 x 5-hour sessions once a month for six individuals.

Men will be able to take part in spoon carving, spindle turning and stool making, lunch and refreshments included. The project aims to help men take time out for themselves, whilst mingling with peers. It hopes to give them the confidence to take up new hobbies and keep in touch with others.

**Eskdale School**

Eskdale School will provide whole school awareness of suicide and self-harm prevention delivered through assemblies, tutorials, newsletters and peer mentoring. The School will also deliver targeted sessions for students with documented mental health issues and separately, their parents / carers where they can talk about their worries and difficulties with advice and guidance offered by existing mental health ambassadors and selected peer mentors in the school.

Students and parents will be able to come together in a final session to solidify information, advice and to encourage open discussion. A further session will be delivered to teachers and afterwards, all targeted students will be invited for a further session per half term until November 2020.

Eskdale School will be working in partnership with Whitby Lighthouse, to deliver this project and hope to engage 500 students, 60 staff members and the parents / families of students directly affected by suicide or engagement in self-harm.

Round three

**Herriot Hospice Homecare**

Herriot Hospice will use this funding to deliver 1:1 bereavement support to 10 – 15 men aged 40+. These men will have experienced the death of someone close to them and who are now expressing suicidal thoughts.

The Project will start in January and will be delivered remotely via eight trained bereavement volunteers.

Volunteers will focus on suicide prevention by working through those feelings, giving the men support, information, practical tools and techniques, build emotional resilience and where needed, help and support to access specialist support.

**Age UK Scarborough and District**

As a ‘sister’ Project to Scarborough, Whitby and Ryedale Mind, Age UK Scarborough and District will use this funding to provide 25 individuals with long-standing complex mental health issues and who are at risk of suicide with 1-2-1 counselling in the Whitby and Esk Valley area. The Project will focus on the over 50’s.

Counselling sessions will be 60 minutes long and each client will receive up to 8 sessions, usually fortnightly.

**Darlington Mind**

Darlington Mind will use this funding to evolve and extend the delivery of their existing support as part of the Hambleton, Whitby, Richmondshire Suicide Prevention Programme.

Adults, children and young people (in separated interventions) will be offered training and a chance to upskill their thinking about mental health equipping them with means of dealing with mental distress.

Mind will encourage individuals to become informal peer mentors in their workplace, community, sports club etc. to share positive dialogue and information including sources of help, to those that may express feelings of anxiousness or depression.

Organisations in Hambleton and Richmondshire will be offered training in mental health and individuals in need will be provided with bereavement and/or post-vention counselling and therapy support by telephone/ online or face-to-face.

In a fight against stigma, opinions will also be gathered from people with lived experience of mental health problems to inform awareness raising and to challenge prejudice.

**Scarborough, Whitby and Ryedale Mind**

Scarborough, Whitby and Ryedale Mind will use this funding to provide 25 individuals experiencing enduring mental ill health and who are at higher risk of suicide with 1-2-1 counselling in the Whitby Esk area. The Project will focus on those aged 40-49 and 16-24. Counselling sessions will be 60 minutes long and each client will receive up to 8 sessions, usually fortnightly.

**Scarborough Survivors**

The Suicide Prevention Programme will be supporting Scarborough Survivors through funding materials such as Mental Health First Aid (MHFA) booklets and training packs for volunteer ‘buddies’ undergoing Mental Health First Aid, Safeguarding and Suicide Awareness training in order to address clients issues and support their mental health and emotional needs on a 1:1 basis.

**Harrogate & Craven**

Round one

**North Yorkshire Police**

This funding will support training members of staff of the North Yorkshire Police, particularly those acting as Mental Health Champions.

Funding will include access to; Mental Health Awareness Training, Suicide First Aid Training, Assessing for Suicide in Children Training and licences for LivingWorks’ online ‘START’ suicide prevention training.

The aim of the Project is to ensure the Police force have access to learning and training in the areas of mental health, wellbeing and suicide prevention.

This may include collaborating with other agencies and cascading learning from conferences, courses and meetings that may not otherwise be offered. This is in hope that the attitude and culture of the organisation will change – for example, partner agencies seeing an increase in support and interest from NYP, leading eventually to a reduction of incidents.

**Blackdog Outdoors**

This funding will support free introductions to outdoor activities in a safe space with likeminded individuals to improve mental health and wellbeing.

Outdoor sports will include; hill walking, climbing, hill skills and paddle sports.

The Project will be based in Harrogate, Skipton and surrounding areas and is designed to offer a programme of outdoor activities to five cohorts of five people.

Blackdog Outdoors will then work with local organisations, clubs and support teams to ensure a sustainable exit route is available with direct referrals for continued engagement and support.

**I Choose Life Foundation**

This funding will support 12 men, aged 50 – 60, well known in the community (police officers, civil servants, local business owners) prepare and climb up a mountain together whilst educating the group about their own mental health and wellbeing and that of others.

The aim is for this cohort of climbers to become ‘Champions’ in the community who will not only encourage people to look after their own mental health but will be able to show others and support them in how to do this. This will be achieved by having skilled conversations around suicide and mental health, being a good role model and being able to signpost on to further support if required.

The common goal of the Project will be to climb a mountain together, which will involve daily exercise together where possible and weekly group walks.

**Wellspring Therapy and Training**

This funding will support the delivery of face-to-face / online counselling sessions for 150 people. These sessions will generally last for 60 minutes and will take place on the same day at the same time with the same counsellor each week. Support provided will be short, medium or long-term (up to one year) depending on the needs of a client.

**North Yorkshire Hospice Care**

North Yorkshire Hospice Care will be providing one to one support for those at risk of suicide. The support will be provided by telephone and video call to residents living in Harrogate and Craven. Longer term, when Covid restrictions allow, face to face sessions will be delivered for those at risk of suicide, who are socially isolated and are experiencing mental health problems.

A small team of highly trained volunteers will be available 7 days a week 8am – 8pm.

This Project will include collaboration with partners North Yorkshire Hospice Care could refer on to, or who might be called upon to ensure a person’s full circumstance is considered to support them holistically.

An individual can be supported to find activities that may help with their wellbeing – they can also refer a person into their own services (wider existing North Yorkshire Hospice Care services) such as bereavement support or general adult counselling.

**Pioneer Projects**

This funding will support the development of community based mental health and wellbeing activity at three new locations across Craven District: The Place in Settle, the Swadford Centre in Skipton and the Institute in Glusburn.

Pioneer Projects will lead the delivery of 10 sessions of wellbeing focused, creative community activity informed by the 5-ways to wellbeing. The sessions will then be completed by awareness days through Mind in Harrogate addressing mental health, stigma, self-harm and suicide.

For Glusburn Institute- Pioneer will develop a weekly wellbeing café. Similarly, in the Swadford Centre, Pioneer will deliver activity in the context of their new wellbeing café Project, and in The Place – Pioneer will work with partners to delivery project activity in this new facility.

Pioneer Projects will collaborate with partners on this Project and offer support in the form of local space, experience and good links to specialist statutory and VCS support.

**Mind in Harrogate**

This funding will secure a befriending co-ordinator to co-ordinate an existing befriending model delivered by Mind in Harrogate. Short term funding expires from the National Lottery in March 2021. This support will keep the model running post March.

A number of support services are offered currently – mainly over telephone over 7 days – to existing service users. However moving out of Covid, a need has been identified in those anxious about attending group services. In response to this, a group befriending service has been developed which will match volunteers with clients who can meet in the community.