

Supporting Each Other Through Loss

at The Forum Barrow

on Saturday 15 October 2022

EVENT DIRECTORY

Involving the community of Barrow

Event hosted by:



**Suicide
Bereavement
Support**
For Cumbria &
surrounding areas

Supported by:



WELCOME

I'm Emily, I live in Barrow and I'm a Trustee and a local Facilitator for Suicide Bereavement Support (SBS) in Cumbria and the surrounding areas.

When my partner David died, I didn't know what had hit me or my family, let alone where to go for help. Now, over a decade later, I know that support is there for the suicide bereaved in Barrow-in-Furness. Barrow has certainly had its challenges, but it is a town with a heart of gold, ready to offer anyone who asks skilled support and a listening ear as well as a comforting hug!



“Suicide is often the culmination of a complex history of risk factors and distressing events. The impact on families, friends and communities is devastating and long-lasting.” *

As someone who is myself bereaved, I can fully identify with this statement. It is taken from a report by Manchester University and comes from research that involved contributions from over 7,000 people who were suicide bereaved.

If you have been bereaved (whether through suicide or not, and no matter how long ago) and are looking for support along one of the toughest journeys you will ever embark on, then this directory could be a vital lifeline. Originally created for the Supporting Each Other Through Loss event, held at The Forum Barrow in October 2022, it aims to connect you with the organisations and resources you might need. Equally, if you work, volunteer or support others in this sphere, then the directory will connect you with other services. Some are specific to our community but many work across Cumbria and beyond.

I hope that it will be useful and, on behalf of Barrow, I offer you a warm virtual hug and, I hope, lots of connections to the support that's out there.

Emily

*McDonnell S, Hunt IM, Flynn S, Smith S, McGale B, Shaw J. From Grief to Hope: The Collective Voice of those Bereaved or Affected by Suicide in the UK. Manchester: University of Manchester. November 2020.

EVENT SPEAKERS

Andy Airey – 3 Dads Walking

www.3dadswalking.uk

Andy Airey lost his daughter, Sophie, to suicide in 2018 and, ever since, he has been committed to raising funds for the suicide prevention charity, **PAPYRUS**, and raising awareness of suicide among young people.

You might recognise Andy's name or face from the **3 Dads Walking** initiative. In the summer of 2021, Andy, along with Mike and Tim, walked 300 miles from Morland in Cumbria to King's Lynn in Norfolk.



They walked again throughout September 2022, visiting the parliaments in the four nations of the UK as part of a campaign to highlight the fact that suicide is the biggest killer of young people across the entire UK. They are also asking for suicide awareness to be included in the curriculum for PSHE at secondary level.

Andy will be opening our **Supporting Each Other Through Loss** event in Barrow.

Bev Bishop – Finding Magic

beverleybishop.com

Bev is a creative practitioner who specialises in performances and films that are thought provoking and personal. Her work is often but not always autobiographical and, whilst it often focuses on difficult subjects, her aim is that it is always hopeful, quirky and embedded in humour.

After the death of her son, Jess, Bev thought she'd never find her magic again. Finding Magic is a remarkably uplifting true story of personal survival and triumph and it shows how she survived her grief and found new hope.



Equal parts moving and magical, Finding Magic is a captivating story of loss, longing, love, laughter and solace.

Bev will be hosting a showing of her Finding Magic presentation on film and then a discussion during the morning session of the Barrow event. She will also lead a workshop for those bereaved by suicide, sharing her insights and approach, in the afternoon.

EVENT DIRECTORY – SUPPORT ORGANISATIONS

Bags for Strife

We provide a bag filled with practical and emotional support to loved ones in the immediate aftermath of loss, to support them in their journey of grief both for the short and the longer term.

Angela Allen

A: 1 Exchange Street, Blackburn, Lancashire BB1 7JN

T: 07717 530621

E: info@bagsforstrife.co.uk

W: www.bagsforstrife.co.uk

f [@bagsforstrife](https://www.facebook.com/bagsforstrife)

@ [@bagsforstrife](https://www.instagram.com/bagsforstrife)



Barrow Women's Community Matters

A safe space for all women and young people, offering 1-1 emotional and practical support alongside group work. Our philosophy is simple, "with love, care, compassion and kindness we believe together we can change the world".

Hayley Preston, Project Worker

A: Nan Tait Centre, Abbey Road, Barrow-in-Furness, Cumbria LA14 1LG

T: 01229 311102

E: reception@womenscommunitymatters.org

W: www.womenscommunitymatters.org

t [@WCMBarrow](https://www.twitter.com/WCMBarrow)

f [@WCMBarrow](https://www.facebook.com/WCMBarrow)



Bluebell Foundation

Provides free emotional support following the death of a child at any stage (including in pregnancy) or following suicide. We also provide training and supervision to professionals.

E: info@bluebell.org.uk

W: www.bluebell.org.uk



CADAS – Cumbria Alcohol and Drug Advisory Service

We offer free support for individuals who are struggling with their own, or someone else's, drug, alcohol use or addictive behaviour.

A: Lesser King's Hall, 59 Hartington Street,
Barrow-in-Furness, Cumbria LA14 5S5

T: 0300 111 4002

E: contact@cadass.co.uk

W: www.cadass.co.uk

Twitter: [@cadascumbria](https://twitter.com/cadascumbria)

Facebook: [@cadascumbria1](https://www.facebook.com/cadascumbria1)



Child Action North West (CANW)

Our mission is to support children, adults and families, ensuring that when life presents difficult circumstances we're there every step of the way to make sure they get the support they need. Inspiring lives, changing futures.

T: 01254 244700

E: info@canw.org.uk

W: canw.org.uk



Child Bereavement UK

We provide free support to children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

T: 0800 02 888 40

E: northsupport@childbereavementuk.org

W: www.childbereavementuk.org



Coroners' Courts Support Service

Our trained volunteers offer emotional and practical support to families and witnesses attending inquests.

Samantha Catt, Regional and Helpline Manager

T: 07496 613632 and 0300 111 2141 (helpline)

E: samantha.catt@ccss.org.uk
helpline@ccss.org.uk

W: coronerscourtsupportservice.org.uk

Twitter: [@orgCCSS](https://twitter.com/orgCCSS)



The Coroners' Courts
Support Service

Here for you

Cruse Bereavement Support (Cumbria)

A free of charge, self referral service supporting bereaved people throughout Cumbria. We provide information, advice or we simply listen...

- A:** PO Box 237, Penrith, Cumbria CA11 1EE
T: 0300 600 3434 (voicemail)
0808 808 1677 (national helpline)
E: cumbria@cruse.org.uk
W: www.cruse.org.uk
www.cruse.org.uk/get-support/contact-local-branch/
www.cruse.org.uk/get-support/crusechat/ (chat facility)



Cumbria Constabulary

Cumbria Constabulary investigate sudden and unexpected deaths on behalf of the HM Coroner and work with partner agencies to offer support to those who are suicide bereaved.

PC 1937 Paul SALMON, Mental Health Liaison Officer,
Westmorland and Furness BCU

- A:** Cumbria Constabulary Police Headquarters, Carleton
Hall, Penrith, Cumbria CA10 2AU
T: Emergencies: 999
Non-emergencies: 101
W: www.cumbria.police.uk
Twitter: [@cumbriapolice](https://twitter.com/cumbriapolice)
Facebook: [cumbriapolice](https://www.facebook.com/cumbriapolice)
Instagram: [cumbriacops](https://www.instagram.com/cumbriacops)



Drop Zone Youth Projects

We offer support, guidance, education and activities for children and young people across Furness. We provide free tailored support for all our young people and signpost to relevant agencies, if necessary.

- A:** Lakeland House, Abbey Road, Barrow-in-Furness,
Cumbria LA14 1XL
T: 01229 812888 and 07787 417838
W: dzyp.co.uk
Twitter: [@dropzone2112](https://twitter.com/dropzone2112) and [@furnesspride](https://twitter.com/furnesspride)
Facebook: [Drop Zone Youth Projects](https://www.facebook.com/DropZoneYouthProjects) (Cath Corkill)
Instagram: [@dropzoneyouthprojects](https://www.instagram.com/dropzoneyouthprojects)



Every Life Matters

Provides one-to-one emotional and practical support to individuals and families bereaved by suicide in Cumbria, time limited group peer support, and guidance to employers, schools and community groups who have lost members to suicide.

Shaun Blezard, Suicide Safer Communities Coordinator
(Barrow)

T: 07456 673549

E: shaun.blezard@every-life-matters.org.uk

W: every-life-matters.org.uk

Twitter: [@Every Life Cumb](https://twitter.com/EveryLifeCumb)

Facebook: [EveryLifeCumbria](https://www.facebook.com/EveryLifeCumbria)



Family Action

We offer a range of services to support families and children and young people, including family support, groups/courses in schools and children's centres. The support can be on a 1-1 basis or in groups. Our service includes referrals and signposting.

Kirsty Parkinson – volunteer and engagement worker

A: Ormsgill Community Hub, Millstone Avenue,
Barrow-in-Furness, Cumbria LA14 4BP

T: 07971 951716

E: Kirsty.parkinson@family-action.org.uk

W: www.family-action.org.uk/0-19

Facebook: [family action barrow 0-19 children and family support service](https://www.facebook.com/familyactionbarrow)



First Step

Provides free, talking therapies to adults (18+) in South Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders and sleep problems. First Step are able to offer a service to adults following a bereavement (inc bereavement by suicide) if the person is suffering from an associated mental health problem.

T: 0300 555 0345

E: firststep@lscft.nhs.uk

W: www.lscft.nhs.uk/our-services/psychological-therapies/first-step-south-cumbria
where you will find a link to refer yourself online,
alternatively your GP could make this referral.



Furness General Hospital (FGH) Bereavement Office

The Bereavement Team (based at FGH and RLI) comprises of bereavement officers and Bereavement Specialist Nurses. The service aims to facilitate a seamless experience for the grieving family, helping them to make sense of what has happened and to deal with the considerable practical and emotional challenges of death.

They also support health care professionals to deliver the best practice in bereavement care.

Danielle Sadler, Bereavement Nurse Specialist

T: 07816 063864

E: Danielle.Sadler@mbht.nhs.uk



Health and Wellbeing Team (Cumbria County Council)

Supporting adults (over 16) to improve their overall health and wellbeing, through anxiety management, reducing social isolation, building resilience and confidence.

Paula Warriner, Health and Wellbeing Coach

T: 07899 741693

E: Paula.warriner@cumbria.gov.uk

W: www.cumbria.gov.uk/publichealth/hawcs.asp
www.cumbria.gov.uk/publichealth/contactform.asp
(to complete an initial contact form)



Healthwatch Cumbria

We are your local health and social care champion. We ensure NHS leaders and other decision makers hear your voice, including those suicide bereaved and use your feedback to improve care.

Lisa Forster, Senior Engagement Officer

A: 78 Duke Street, Barrow-in-Furness, Cumbria LA14 1RR

T: 0300 303 8567

E: info@healthwatchcumbria.co.uk

W: healthwatchcumbria.co.uk

 [@Healthwatchcumb](https://twitter.com/Healthwatchcumb)

 [Healthwatch Cumbria](https://www.facebook.com/HealthwatchCumbria)



Mind in Furness

Offers a range of peer support groups and activities in our centre and outdoors in Barrow, Millom and Ulverston and surrounding areas. One-to-one support is available by appointment.

A: William Bingley Centre, 64 School Street
Barrow-in-Furness, Cumbria LA14 1EW

T: 01229 827094

E: SchoolStreet@mindinfurness.org.uk

W: www.mindinfurness.org

 [@mindinfurness](https://twitter.com/mindinfurness)

 [@mindinfurness](https://www.facebook.com/mindinfurness)



Orange Button Community Scheme

Community Orange Button Scheme holders can listen non-judgementally and signpost people who are having thoughts of suicide, or who are worried about someone, to the information and support they need.

Miriam Baird: volunteer Orange Button Holder

A: Enterprise House, Meadowbank Business Park, Shap Road,
Kendal, Cumbria LA9 6NY

T: 07970 689026

E: miriam.baird@nhs.net

W: www.healthierlsc.co.uk/OrangeButtonScheme-1

 [#OrangeButtonCommunity](https://www.facebook.com/OrangeButtonCommunity)

 <https://www.facebook.com/HealthierLSC/videos/orange-button-scheme/464271037827604/>



Recovery Steps Cumbria (Humankind)

Recovery Steps offers support for anyone experiencing issues with addiction. If you are ready to start your recovery journey from drugs or alcohol, we can support you to reach your goal.

Phil Patterson Team Leader

A: 92-96 Duke Street Barrow-in-Furness,
Cumbria LA14 1RD

T: 01900 512300

E: referrals@recoverystepscumbria.org.uk

W: www.humankindcharity.org.uk

 [@RecoveryCumbria](https://twitter.com/RecoveryCumbria)

 [Recovery steps cumbria](https://www.facebook.com/RecoveryStepsCumbria)



Samaritans

Here to support you around the clock, every single day of the year, whatever you're going through.

T: 116 123 (free)

E: jo@samaritans.org

W: Samaritans.org

 [@samaritans](https://twitter.com/samaritans)

 [samaritanscharity](https://www.facebook.com/samaritanscharity)

 [@samaritanscharity](https://www.instagram.com/samaritanscharity)



Self Harm Awareness For All (SAFA)

Making a difference to the lives of those individuals who self-harm and those that support them.

T: 01229 832269

E: info@safa-selfharm.com

W: safa-selfharm.com

 [@SAFA_Cumbria](https://twitter.com/SAFA_Cumbria)

 [SAFACumbria](https://www.facebook.com/SAFACumbria)

 [@safatoolbox](https://www.instagram.com/safatoolbox)

 [@safatoolbox](https://www.tiktok.com/@safatoolbox)



Speak Their Name Quilt for Cumbria and surrounding areas

A project supporting anyone bereaved by suicide to create their own memorial piece for their loved one, which will then be incorporated into a larger quilt.

The photo shows part of the Speak Their Name Greater Manchester Suicide Memorial Quilt, which has already been completed.



E: mcarrickuk@yahoo.co.uk (Maxine)

St Mary's Hospice

We offer free bereavement support to anyone over the age of 18, regardless of any prior involvement with the hospice for themselves or the person they have lost

Rebecca Barrow, Lead Nurse, Family and Bereavement Support Service

A: St Mary's Hospice, Ford Park Crescent, Ulverston LA12 7JP

T: 01229 580305 option 6

E: rebecca.barrow@stmaryshospice.org.uk

W: www.stmaryshospice.org.uk

TW: [@stmaryshospice](https://twitter.com/stmaryshospice)

F: [St Mary's Hospice](https://www.facebook.com/StMarysHospice)



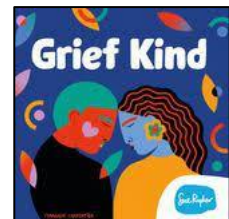
Sue Ryder #GriefKind

Sue Ryder provides palliative neurological and bereavement support.

#GriefKind is an campaign and a source of information and resources for people who want to help others.

Being #GriefKind tells your friend that you will be beside them no matter what and help life grow around their grief.

W: www.sueryder.org/how-we-can-help/bereavement-information/grief-kind



Support Bubble

Support Bubble is an online private group that shares suggestions and posts on topics that may be causing difficulty to individuals – typically mental health, addiction, depression, anxiety and economic struggles.

Many suffer in silence so please invite, share, post and reach out as you never know who you might be helping and who's life you could be saving.

Always remember no one is ever alone ♥

F: www.facebook.com/groups/3148839425148281/?ref=shareort



Suicide Bereavement Support (SBS) for Cumbria and surrounding areas

If you have been left behind by a friend or family member who has taken their own life, recently or on the past, we are here to offer peer group support through meetings, online, one to one, and social events.

T: 07896 703757 (Helpline – Karan)
07572 975721 (Helpline – John)

E: hello@sbs.org.uk

W: www.sbs.org.uk

T [@CumbriaSBS](https://twitter.com/CumbriaSBS)

f [CumbriaSBS](https://www.facebook.com/CumbriaSBS)



Suicide Bereavement Support

For Cumbria & surrounding areas

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

“Although I don’t attend the (SBS) 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.”

Suicide Bereavement UK

Leaders in the field of suicide bereavement training, which is evidence based, practice based, and CPD accredited. Individual and/or in house training can also be delivered.



W: suicidebereavementuk.com

The Compassionate Friends

A national organisation of bereaved parents offering support and understanding to others after the loss of a child, of any age (from one month old to an adult child), from any cause.

T: 0345 123 2304 (helpline staffed by bereaved parent volunteers 365 days a year)

E: helpline@tcf.org.uk

W: tcf.org.uk and tcf.org.uk/support

T [@TCFcharityUK](https://twitter.com/TCFcharityUK)

f [@www.tcf.org.uk](https://www.facebook.com/tcf.org.uk)

@ [@thecompassionatefriendsuk](https://www.instagram.com/thecompassionatefriendsuk)



The
Compassionate
Friends

The Farming Community Network

A voluntary organisation and charity that supports farmers and families, within the farming community, through difficult times. It runs a confidential helpline and e-helpline which is open every day of the year from 7.00am to 11.00pm.

T: 03000 111 999 (helpline)

E: help@fcn.org.uk

W: fcn.org.uk

 [@FCN_north](https://twitter.com/FCN_north)

 [TheFarmingCommunityNetwork](https://www.facebook.com/TheFarmingCommunityNetwork)

 [fcn_north](https://www.instagram.com/fcn_north)



Winston's Wish

Provides help for parents, carers and professionals supporting children and young people affected by death, through practical support and guidance via a freephone helpline, online and text support, publications and training.

T: 08088 020021 (helpline)

W: www.winstonswish.org



Over the years, within our Facebook Group, SBS members have shared many experiences and ideas on what helps in the toughest times.

Some of these suggestions are quoted here.

We dedicate this booklet to these most generous, caring and strong people.

Listening to music, songs, podcasts and reading poetry or books with special meaning • Contributing to training groups eg police, counsellors
 No pressure on yourself to have 'perfect' family events • Meeting relevant organisations and working for change that could help others
 Take one day at a time, don't be too hard on yourself, accept there will be tearful times • Screaming (inside or out (ouch!))
 Writing prose or poetry • Making music • Making a special blanket or cushion from loved ones' clothing
 Trying to avoid difficult thoughts and triggers • Physical activity (often linked to fundraising)
 Be a mental health champion • Welcoming new family babies and other special events
 Distracting yourself • Fundraising for suicide prevention charities or SBS

Some things that help...



Being a part of the SBS, meetings, the closed Facebook group and being able to share pictures and thoughts with others who understand, without any reservations
 A thought diary: writing some of the not so nice things down when they come into your head (if the same thought reoccurs, say 'already wrote that down')
 Organisations such as Compassionate Friends, Winston's Wish (including camps for children) and Suicide Bereavement UK • Cuddling pets
 Company of family and friends • Focusing on positive things you did to help your loved one, not the things you wish you'd done
 Grief counselling from the local hospice, Cruse, First Steps, Samaritans (6-week course) and EMDR
 Memorial acts eg at family events, Cruse dedication page, Every Life Matters candlelit vigils
 Self care: try not to get too stressed/over tired • Apps eg Insight (help with sleep)

More things that help...

Thank You

Emily, SBS Trustee and Event Lead, would like to send a special note of thanks to the following:

Every stall holder here, as individuals and organisations have given us 100% support that this event is not only worthwhile, but necessary. Thank you for caring so much.

To the organisations who have helped publicise the event, because you know this is important, again too many to mention, thank you.

Andy Airey, Bev Bishop and Simon Fell MP have again been 'on side' from the initial concept.

"When we were planning this and I was having a little panic, Andy and the other 'dads' were planning their mammoth walk, but he took time out for an encouraging chat, telling me to 'Keep calm and do the next thing on your list'. Good advice Andy!"

Thank you to the Hadfield Trust for a grant towards the cost of the day – apparently I was the first person on the day the awards were announced to scream 'Aaargh! Fantastic, I love you guys!' down the phone.



To the group and individual who also contributed, but preferred to be anonymous, I hope you feel the money is well spent.

Joanne Marwood, on behalf of the Forum, is just fabulous.

Volunteers and 'friends' of SBS have all contributed to the day, again, too many to mention.

Hazel and Sally, who provide us with admin and PR support have put in huge amounts of work.

Finally, on behalf of all of us at SBS, we thank everyone who has lost a loved one for joining with us today, because its connecting with you that's most important. We hope you have got something from today.

Disclaimer:

We have taken every care in preparing and checking the details in this directory but we're aware that errors may have slipped through. SBS shall not be held responsible or in any way liable for any errors, omissions or inaccuracies, whether arising from negligence or otherwise or for any consequences so arising.

SBS is not responsible for the content of third-party websites or social media channels – please take care online. Thanks.



Suicide Bereavement Support

For Cumbria &
surrounding areas

Published 15 October 2022

Helpline:

07896 703757 (Karan) or 07572 975721 (John)

E: hello@sbs.org.uk

W: www.sbs.org.uk

📺 [CumbriaSBS](#)

f [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