

T H E

# Suicide or Survive

Summer Newsletter  
August 2011



Hi Happy Holidays,

Well the summer is in full swing even if someone forgot to tell the weather! Hope that whatever you are doing this summer you will be taking some time out to rest. I was amazed recently when I read of survey done in the states among a group of octogenarians who were asked to look back on their lives and to share some wisdom. Three things emerged as a common thought. They said looking back that they wished they had related more, they wished they had risked more and they wished they had reflected more. In this short newsletter we are going to try to reflect on all the great things that have been happening to SOS and indeed through SOS. None of it would have been possible with out the help and support of you our volunteers and donors. So THANK-YOU.

Warm regards ,

*Caroline.*

## Poem for Summer

Laughter of Lilacs

Rainbows of roses

Songs of the robins

Lily of the valley borders

Sunshine to warm the heart

Oh what joy this season does impart!

*by Anne Morrow Lindberg*

## In This Issue

### EDEN PROGRAMME

SOS are launching two new EDEN programmes in the Autumn. Leo Pattison explains what is the EDEN programme and who might it help.

### Show Me The Money

Meet some of our fundraisers and find out how they have helped SOS deliver its message across the country

### All Aboard

The annual DART challenge provided a great day, lots of sponsorship and far too many embarrassing photos. Read on !

# ALL ABOARD!



So it's a quiet Saturday afternoon you hop on the DART but just as the doors close you hear laughter (a lot of laughter) and the carriage fills with a crowd that includes Batman and Robin, Superman, Captain America, Dorothy and her friends from the yellow brick road, soldiers, sailors, cowboys, cowgirls, indians, a parish priest, bunny girls, bunny boys and a collection of random characters that makes you wonder have you fallen asleep and entered some strange dream. But as one of the happy crowd approaches you your fears are allayed as you are informed that this is the "SOS DART Challenge". Well dressing up may be fun but it can hardly be described as a challenge! But wait there is more. Stephen Pender from Dublin Fire Brigade has dreamed up some pretty bizarre and outlandish tasks to test the mettle of the participants. ☺



So at Clontarf station the teams had to take on an inflatable assault course with points awarded to the fastest time and if possible dignified (some chance) completion of the course. Then on to Blackrock station where the teams would locate Caroline's market stall which strangely enough

stocked only the wildest lingerie. Here teams had to don some extra underwear and do the locomotion (railroad theme!) Then on to Bray where they had to get to the bowling alley and score a strike before heading to Dalkey where they had to swallow some oysters and a glass of the black stuff! As they travelled they had to answer the 20 questions on their quiz sheet and get back to MacTorcaills for food, fun, dancing and prize giving. It was a fantastic day with a new record in funds raised for the DART challenge. Needless to say the day would not have been such a success without the help and support of the legend Stephen Pender and The Dublin Fire Brigade. We are hugely thankful to MacTorcaills, Bray Bowling, The Queens in Dalkey and Blackrock market. To Paul O'Kelly at Iarnrod Eireann thanks for putting the DART into Dart challenge. But of course to all those who dressed up, turned up and coughed up .THANKS and look forward to seeing you in 2012





## Eden Programmes

***Suicide or Survive* working towards Suicide Prevention, Intervention and Mental Illness Stigma Reduction.**

Leo Pattison has recently taken on the responsibility for coordinating our Eden Programmes. With two new programmes about to start Leo tells us a little about the EDEN Programme and what its purpose is.  
**What Is The Eden Program?**

A supportive weekly group program based on a therapeutic educational approach, run over six months for people over 18 years of age who have attempted suicide or have had suicidal thoughts.

***'Take action now for your mental wellbeing'***

SOS (*Suicide or Survive*) is now seeking participants over 18 years of age for an upcoming Eden Program as part of a strategy towards suicide reduction.

*Suicide or Survive* through **The Eden Program** brings resources to the community by making available a subsidized innovative outreach program. A Therapeutic Educational Eden Program of suicide prevention, intervention and resource awareness.

**Anyone** who has attempted suicide or has had suicidal thoughts can apply to be part of this six month, program of therapeutic educational, weekly support group meetings of 10/12 participants. Places are limited and an assessment is part of the procedure for group formation.

The weekly meetings are held in a safe, confidential environment in order to foster individual resilience, coping skills and resource awareness.

*Suicide or Survive* (SOS) is collaborating with other mental health organisations as part of its national strategy to provide the Eden Program nationwide.

If you wish to take action towards your positive mental health, why not become part of a community based mental health awareness Eden program provided by *Suicide or Survive*.

To apply **confidentially** please contact (Leo or Louise) at *Suicide or Survive* we would be delighted to hear from you.

**By phone or Email.**

Telephone Lo Call: 1890 577577

Email: [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie)

**Further Information on *Suicide or Survive*: Website: [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)**

## Show Me The Money!



SOS relies almost entirely on donations and sponsorship for its survival. In short if we don't raise the funds we cannot provide the programmes, workshops and services to the community. We are so fortunate that we have a group of committed supporters who time after time, come up trumps for us. So here's a small flavor of the lengths people will go to, to ensure our doors remain open.

### ON YOUR MARKS GET SET GO!

Congrats to all the ladies who ran, jogged, walked or crawled the women's mini marathon for SOS. Thanks to Louise for organizing the biggest contingent ever and so a new record in funds raised. It was such a buzz to see our T-shirts and sweat shirts on so many athletes. Thanks a million.

### IRON MAN TONY

Tony Finnegan, a 25 year old Balbriggan native, completed his first Triathlon in Skerries, North County Dublin, on 26<sup>th</sup> June this year.

Tony said *"As a sufferer of depression and after spending some time in hospital I decided to change my life for the better. I took a keen interest in the gym and exercising, after all -"healthy body, healthy mind". I decided to take part in the Skerries Triathlon as it gave me a goal to train for. I decided to do it in aid of SOS as they were a good point of call for me when I needed them, I am still in regular contact with them and recently attended their Wellness Workshop. This is my way of giving back to them. Of course, it's not all about raising money for the charity - obviously it does help but it is also about raising the profile of the organisation and the awareness of suicide and mental health issues in Ireland."*

Thanks Tony.



SOS's inaugural national awareness and fundraising day - *"FeelGood Friday"* took place on Friday 22nd April, 2011. The main emphasis on the day was on wellness and encouraging people across the nation to do one thing to Feel Good!

However, *"FeelGood Friday"* is about much more than feeling good – it's about raising awareness of an issue that is growing across Ireland. An astonishing €3 billion was lost to the Irish economy in 2010 due to absenteeism as a result of stress, anxiety and depression. Promotion ran on the website, through a direct mail campaign to all contacts and through a proactive PR and social media campaign. SOS ran a Facebook campaign and also published Hints & Tips for feeling good, as well as Hints & Tips for fundraising on the website. There were a wide number of articles in regional press and Caroline McGuigan, CEO was interviewed on a number of radio stations across the country including Newstalk, FM104, LMFM and KLFM.

The organisation used the day to focus on sales of their "Life's Little Emergency Kit" (LLEK). The kits, which cost €3 each, act as a reminder that no matter how dark the situation may seem, there is support out there. SOS sold over 2,500 kits as part of the *"FeelGood Friday"* campaign. All the funds raised on *"FeelGood Friday"* through the sales of LLEKs and through local fundraising go directly to the organisation and help to continue educating and empowering our community.



Hi Friends,

I hope you are enjoying this edition of our newsletter which is jam-packed with all the great things we are doing together to make a difference to our nation's mental health. We are, in effect, teaching ourselves and those who journey with us, that there is another way to approach the challenge of suicide in our country. We need to change the way we think about mental health, we need to de-stigmatise issues relating to mental health challenges. We need to think of new ways to help our nearest and dearest through the dark times. We need to think differently!

We are delighted to be able to share the fact that two Eden Programmes are about to start up in Dublin this year. We will be working in collaboration with **Shine and Mental Health Ireland** and running our programmes in their premises, which is also a new venture for us and we are very excited about this. We are looking forward to the collaboration and to the sharing and learning that can happen.

**The Eden Programme** will continue to be evaluated externally with the purpose of creating a manual and a programme that can be franchised. Over time, we will be able to train others centres to deliver throughout the country and so increase the numbers of participants that can access the material. We are also looking at the graduates of the Eden programmes and what training and support would allow them to co-facilitate the programmes with a psychotherapist/Psychologist if they have the desire to do so. This will take time but we have the right team on board both internally and externally.

We are truly inspired from the feedback from our **Wellness Workshops**. Over the last year, we have had a fantastic journey and continue to deliver the workshops nationwide (32 on our last count!). We have also partnered with a number of organisations whereby we shared the cost, which allowed us to deliver even more workshops. We recently received great news from the National Office of Suicide Prevention that we have received a grant to have the Wellness Workshops externally evaluated. This evaluation process will give the programme an external assessment and enable us to promote it to a wider audience.

Our workshops are continuing and we welcome any individuals or organisation that would like to work with us in providing a workshop in their community.

We have recently worked with **DCU** on a joint application to **Genio**. The programme we proposed is a wonderful opportunity for the university and SOS to work together and look at what support family members may need when they are living with someone who is suicidal, and to deliver these. Even meeting with DCU and talking about our different areas of work has been a wonderful opportunity to again learn and share. We have always advocated the view that no one person has all the answers but together we probably have most of them!

We are very excited that we have been chosen by **Permanent TSB** as one of their two chosen charity partners and are currently discussing with them how we can all benefit from this link-up.

We have had a great year of support from our donors and fundraisers who, despite the recession, have come up trumps in raising the money needed to continue our work and to all of you I say a heart felt thanks.

So, lots of great things happening, but I am confident that as we all learn to think differently we can change our nation's future and even more importantly change the future for that one person who is currently struggling to figure out their world.

Look forward to seeing you on the 10<sup>TH</sup> September don't forget to book your ticket.

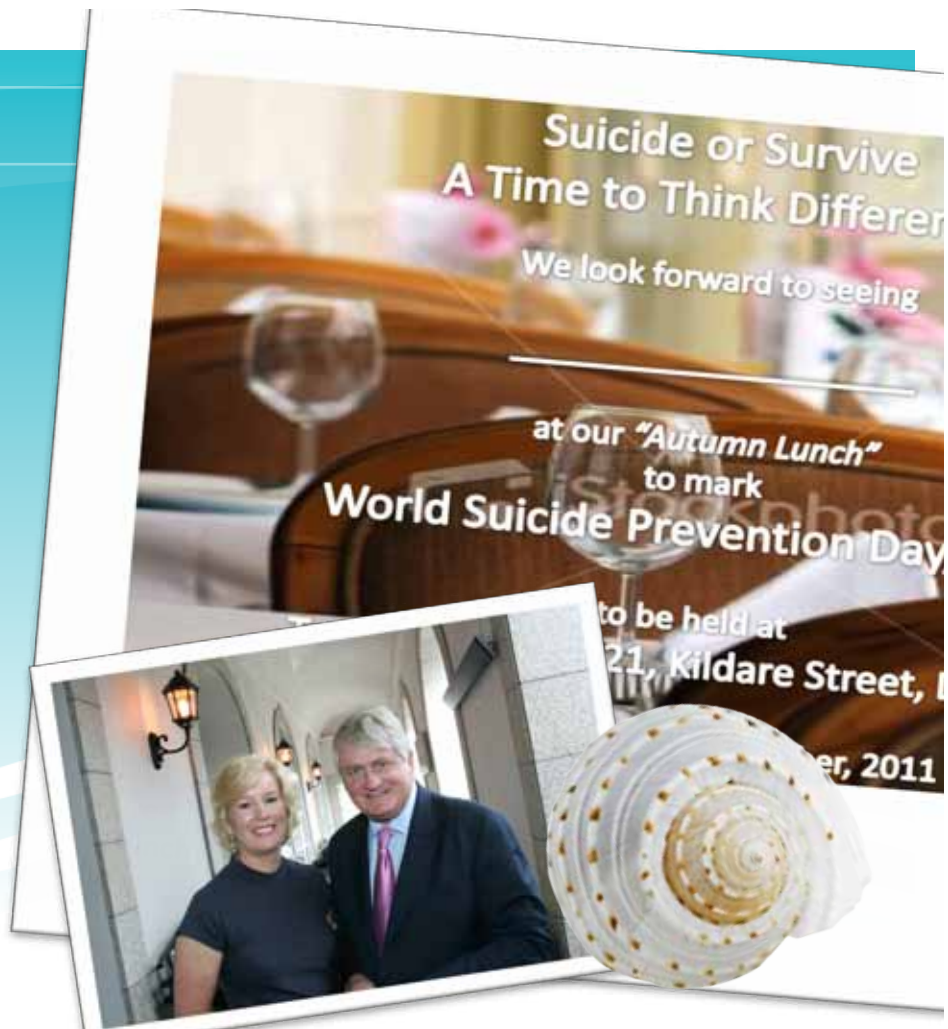
Yours sincerely

Caroline



## **A Time To Think Differently.**

To celebrate World Suicide Prevention Day, which takes place on Saturday 10<sup>th</sup> September, 2011, SOS will host two Autumn Events – a lunch in **Town Bar & Grill, Dublin** and an evening event in **Gullane's Hotel, Ballinasloe**. The Autumn Events promise to be enjoyable events but, importantly, will raise much-needed funds for the ongoing work of SOS.



We appreciate all the support we get and we would strongly encourage anyone who wants to support our mission and have an enjoyable time doing so, to buy a ticket for either of our Autumn Events. Ticket are priced to reflect the times we live in so you can attend the Dublin event for €65 and the Galway tickets are €50

### **Can you volunteer to help?**

We have a great team of people on our Dublin and Galway committees who are working tirelessly to make our events as successful as possible. But we are always looking for support to sell tickets, source auction and raffle prizes and generally get the message out about our work to mark this important day.

### **How can the business community help us?**

We are looking for sponsors to help us make the day a memorable one for the guests at our events. The cost of sponsorship is €3,000 and we will ensure that your brand is visible at the event should you choose to sponsor or part-sponsor this part of our day.

We are also seeking support in the form of items for our raffles and our silent auctions. If you have can contribute goods or services for either of these elements of our events, we would be very grateful for the support.

If you can help out in any way or for more information on any of the above, please contact us directly on 1890 577 577 or by emailing Louise at [louise@suicideorsurvive.ie](mailto:louise@suicideorsurvive.ie)