

# Every life matters ...

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## Job Description

Suicide Safer Communities Co-ordinator

Carlisle & Eden

25 hours per week

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Talking about suicide saves

Registered Charity No. 1180815

# Job Description

Job Title:	Suicide Safer Community Co-ordinator – Carlisle & Eden
Salary:	£15,878 (£23,500 FTE)
Hours:	25 hours per week
Contract:	Permanent
Employer:	Every Life Matters
Accountable:	ELM Development Manager
Base:	Home working

Every Life Matters formed in late 2018 with a singular mission - to take an innovative and long-term approach to suicide prevention and suicide bereavement support in Cumbria, a county that has had suicide rates well above the national average for too many years, and particular along its West Coast communities.

To achieve our charitable aims, of reducing death by suicide and ensuring those bereaved have timely and effective support, we will deliver two key strands of activity - developing **Suicide Safer Communities**, and establishing a Cumbria wide **Suicide Bereavement Service**.

At the heart of our approach is the belief that suicide is everyone's business, requiring a combined focus on:

- Challenging the stigma related to thoughts of suicide and encouraging help seeking behaviour
- Developing communities who can recognise risk and support those experiencing thoughts of suicide
- Safe and compassionate services, clear care pathways and suicide aware gate keepers
- Early and effective support to those bereaved/impacted by suicide

Our Suicide Safer Community programme, which has been trialled over 18 months across Barrow and West Cumbria, seeks to address all these areas, and aims to engage a wide range of community stakeholders to develop maximum collective impact. We are now working to embed this approach at scale across Cumbria, keeping a particular focus on those areas most impacted by suicide.

Project activity will be focused around;

- Delivery of a local **training programme** face to face and online
- Supporting roll out of a range of **suicide prevention projects and resources** such as the Orange Button Community Scheme, Employers Toolkit and a variety of paper based resources.
- Facilitating **grassroots action against suicide** through providing support, resources and training to individuals and organisations in the local community.
- Supporting **focused interventions** around high risk communities or suicide clusters
- Organising **local leadership** groups at a District level
- Supporting community focused **Postvention interventions**

Ideally, the post holder will have community development experience, training delivery experience, and some existing knowledge of mental health/suicide prevention issues. However, significant training, supervision and CPD will be offered to any candidate. We welcome applications from people with lived experience of thoughts of suicide and those bereaved or affected by suicide.

For more information about our service visit <https://www.every-life-matters.org.uk/affected-by-suicide/> If you would like to discuss the post please contact Chris Wood at [chris.wood@every-life-matters.org.uk](mailto:chris.wood@every-life-matters.org.uk) or call 07908 537541.

**Closing date for applications is 5pm Monday 7<sup>th</sup> June 2021.**

*(Please note, for individuals seeking a **full time position** we would consider combining this post with the Charity Administrator post, which is also currently advertised, where a candidate has suitable skills and experience for both roles. Please contact us for more details).*

# Main Responsibilities

<b>Suicide Safer Community Development</b>
<ol style="list-style-type: none"><li>1. To empower and support individual and organisations to take action around suicide prevention in the <b>Carlisle &amp; Eden</b> communities</li><li>2. Ensure individuals and organisations have the relevant resources to support their action</li><li>3. To support local project leadership through regular meetings (format tbc)</li><li>4. Work to ensure a broad cross section of the local community is represented within the project</li></ol>
<b>Training Delivery</b>
<ol style="list-style-type: none"><li>5. Deliver our core half day suicide prevention training packages in the <b>Carlisle &amp; Eden</b> areas plus supporting countywide training online</li><li>6. Deliver bespoke suicide awareness sessions to a broad variety of audience, with a particular focus on reaching the general public through community settings eg sports clubs, churches etc</li><li>7. Manage required areas of training administration.</li></ol>
<b>Project Champions</b>
<ol style="list-style-type: none"><li>8. Recruit and provide relevant support and resources for Project Champions</li><li>9. Co-facilitate training for Project Champions in the <b>Carlisle &amp; Eden</b> area.</li></ol>
<b>Project Promotion</b>
<ol style="list-style-type: none"><li>10. Actively promote Suicide Safer <b>Carlisle &amp; Eden</b> across all sectors of the local community</li><li>11. Work with other ELM staff to effectively promote the project across all media</li><li>12. Co-ordinate distribution of suicide prevention materials and resources across <b>Carlisle &amp; Eden</b></li></ol>
<b>Monitoring, Evaluation and Reporting</b>
<ol style="list-style-type: none"><li>13. Ensure training and other project monitoring frameworks are adhered to and a full range of project impact information is collected</li><li>14. Ensure all Data Protection, Confidentiality, Information Sharing Protocols are adhered to.</li></ol>
<b>Support for those exposed to and affected by suicide</b>
<ol style="list-style-type: none"><li>15. Provide advice, support and information for wider communities, workplaces, and education providers affected by or exposed to suicide in collaboration with service partners.</li></ol>
<b>General Duties</b>
<ol style="list-style-type: none"><li>16. Attend regular line management supervision and annual appraisal</li><li>17. To identify and implement appropriately your own CPD opportunities</li><li>18. To implement ELM Health &amp; Safety Policy/Procedure, including Lone Working Practice</li><li>19. To undertake any duties or tasks relevant to the project as required.</li></ol>

# Person Specification

No	Criteria	Essential	Desirable
1	Minimum two years' experience working in a community development role or similar	E	
2	Demonstrate a commitment to social action	E	
3	Able to demonstrate good networking skills across a wide range of stakeholders to achieve project goals	E	
4	Experience of delivery of training and/or presentations across a variety of audiences and subjects		D
5	Experience of recruitment, management and support of volunteers		D
6	Experience working in mental health and/or suicide prevention		D
7	Ability to effectively use social media and other digital platforms to promote project goals	E	
8	Able to demonstrate high levels of resilience in pressurised situations, the ability to self-monitor, and to work under your own initiative.	E	
9	Able to demonstrate awareness and understanding of equality issues and their relevance to the work of the project.	E	
10	Demonstrate excellent written/oral presentation skills and a sound experience of MS Office and other commonly used software.	E	
11	Qualification in Social Work, Community Work, Counselling, Psychotherapy, Advice Work or similar.		D
12	Commitment to work on occasional evenings or weekends when required in response to client need and urgent referrals.	E	
13	Have full driving licence, access to own car and able to travel across Cumbria	E	

# About Suicide Safer Communities

Suicide Safer Communities are about a whole system approach to preventing suicide. While our local NHS focuses on making safer services, around 75% of people who die by suicide in Cumbria are still not in contact with any mental health services in the year leading up to their death – and at the heart of our approach is the belief that Suicide is everyone's business – that it is family, friends, colleagues, neighbours and members of our networks of community, faith, third and public sector groups who are best placed to make suicide prevention interventions.

## 1 Training Programme

We will deliver Suicide Prevention training at a large scale across West Cumbria, targeting the private/public/community/faith sectors, and general public. We'll deliver a range of training packages from brief Awareness sessions through to specialist training such as ASK, Assessing for Suicide in Kids. Training will be free of charge in the majority of cases, will be a mix of online/face-to-face and will be available both as in-house or open access sessions widely advertised across the local community.



## 2 Suicide Prevention Projects and Resources

We will roll out a range of suicide prevention projects and resources including;

- The Orange Button Community Scheme. The Orange Button is worn by someone in a workplace/community setting who has completed qualifying training and identifies them as someone who is comfortable talking about suicide and is able to offer signposting and support.
- The Employers Toolkit will give all sizes of local employers a framework to develop, and become badged as, a Suicide Safer Workplace. We will offer a parallel product for community groups/sports clubs, and are currently developing a Suicide Safer Schools Toolkit, and accompanying whole school training programme, with Barnardos in West Cumbria.

- Our Project Champion Volunteers will support our work through engagement with media, localised campaigning, representing the charity at events or through fundraising activity.
- Cumbria suicide prevention Website Resource for people at risk of suicide/those supporting them/frontline workers, and a dedicated Cumbria Suicide Prevention/Safety Planning App being developed in Whitehaven.
- We continue to develop a wide range of digital and paper based suicide prevention resources for those at risk/those supporting them. We are very proud of the quality of the materials we produce, such as our Mental Health and Wellbeing during Covid-19 guide, which has now been distributed to over 3 million households, or our Self-harm Safe Kit, now being rolled out across the North West.



### 3 Community Action

A key learning for our Charity so far has been the sheer scale of passion and drive in our local communities to make a difference around suicide. An issue that has touched so many people's lives. We also find that very often people are not sure where to start, or what they can do to help.

As a result, we have increasingly seen our role as empowering, supporting and providing resources to this significant base significant base of support that exists in our local communities. Examples of this assets based community development approach include;

- Bringing together the Ewanrigg Project, Maryport Matters, people bereaved by suicide and the We Will campaign group to undertake suicide prevention activity in Maryport.
- In Moor Row we bought together local artists and business people to develop a huge hope mural on a prominent gable in the town centre.
- In Barrow we worked with council leaders, staff and individuals personally impacted by suicide to design and pass a Suicide Safer Barrow council motion, which includes a wide range of commitments including training all council staff in suicide prevention.





#### 4 Raising Public Awareness

We'll undertake ongoing social marketing campaigns across media/social media platforms focusing on our key educational/social change messages. This will be supported through engaging people from the local community with lived experience to support campaign messages.

#### 5 Focused Interventions

Where there are significant areas of high-risk population, or a cluster of suicides in a particular geographic/demographic community we will focus our project resources through;

- Targeting training at key gatekeepers/peer supporters/related organisations and developing a localised network of Suicide First Aiders.
- Supporting multi-agency Suicide Cluster responses/engaging with those impacted by the cluster of suicides/promoting awareness of suicide bereavement support.

#### 6 Local Leadership

In each District of the County we will support organisations/individuals to come together to shape local action on suicide. In Allerdale/Copeland we currently work in partnership with Public Health Cumbria to run ongoing multi-agency suicide prevention leadership groups.

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## 7 Supporting Bereaved Communities

Underpinning any successful suicide prevention programme is timely/appropriate support for people and communities bereaved/affected by suicide. As well as being a particularly severe and traumatic form of bereavement, people affected by suicide are in themselves a very high suicide risk group.

The other strand of our charities work is delivering our Suicide Bereavement Support Service, particularly in the first weeks and months after the death, through our close working relationship with Cumbria Police.

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## Project Outcomes

The overarching aim of Suicide Safer Communities will be to reduce the number of people who die by suicide in the District. Lower level **Outcomes** from Suicide Safer Communities include;

1. People are more able to **talk openly about suicide**, there is less stigma attached to talking about suicide and common myths and misperceptions about suicide are reduced
  2. People better understand **who is at risk of suicide** and the nature of suicidal thoughts and behaviour
  3. People have the confidence, skills and resources to more effectively **support those at risk of suicide**
  4. People are more aware of the **help and information** that is available to those at risk of suicide and those in some way supporting an individual at risk of suicide
  5. People at risk of suicide are more likely to be able to **access appropriate support** in a more timely manner
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Suicide Prevention | Suicide Bereavement | Training

Registered Charity Number 1180815

[www.every-life-matters.org.uk](http://www.every-life-matters.org.uk)






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