

# Every life matters ...

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## Job Description

Suicide Bereavement Support Worker

South Cumbria

22 hours per week

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Talking about suicide saves

Registered Charity No. 1180815

# Job Description

Job Title:	Suicide Bereavement Support Worker – South Cumbria
Salary:	£12,486 (£21,000 FTE)
Hours:	22 hours per week
Contract:	Permanent
Employer:	Every Life Matters
Accountable:	ELM Suicide Bereavement Service manager
Base:	Home working

We are looking to recruit a **Suicide Bereavement Support Worker** for South Cumbria who can deliver flexible and person centred support to individuals in the early stages of bereavement following a suicide. This is an exciting opportunity for a suitably experienced individual to help shape an important new service in the south of the County for those bereaved or affected by suicide.

On average one person a week dies by suicide in Cumbria. Suicide bereavement is a unique loss. It has been described as one of the most difficult and lonely experiences a person can have, leaving the person with an overwhelming jumble of feelings and thoughts. It is estimated that every death detrimentally impacts over 30 people - family, friends, colleagues, neighbours, care workers, emergency services and so on - equating to around 1,560 people per year in Cumbria.

**Every Life Matters** has secured long term funding to develop Suicide Bereavement Support Services in Cumbria. Our partnership-based approach aims to offer timely and appropriate support for people and communities bereaved and affected by suicide. The service will work closely with Cumbria Police to ensure that people bereaved by suicide in the County are able to access support from the very early stages of their bereavement.

We are looking for a highly resilient individual, with relevant experience of frontline support work, who is able to support traumatised and distressed individuals, families and communities in a person centred and highly compassionate manner.

We strongly encourage applications from people with personal experience of suicide bereavement.

The post holder will also provide practical support to a small number of local fundraisers, be involved with the development and delivery of an annual memorial event, and provide occasional support to our Suicide safer Communities project.

The post holder will mainly work across the South of Cumbria, in Barrow-in-Furness and South Lakeland, but where necessary in other areas of the county. The post holder will be home based.

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 Thursday 9<sup>th</sup> September 2021.



This post is funded by the Lottery Community Fund.

# Main Responsibilities

<p><b>Initial Outreach and Assessment</b></p> <ol style="list-style-type: none"> <li>1. Provide face-to-face or telephone based assessment/gateway meetings for all new referrals in the South of Cumbria.</li> <li>2. Initiate contact within 48 hours to bereaved individuals/families after Police Real Time Alerts.</li> <li>3. Where appropriate attend newly bereaved families homes with Police Liaison Officers</li> </ol>
<p><b>Information and Signposting</b></p> <ol style="list-style-type: none"> <li>4. Provide all new referrals/self-referrals in the South of Cumbria with suicide bereavement information packs.</li> <li>5. Ensure all key local service gatekeepers have access to good quality suicide bereavement information and signposting materials.</li> <li>6. Maintain up to date knowledge of relevant local referral routes and support services</li> </ol>
<p><b>One to One Support</b></p> <ol style="list-style-type: none"> <li>7. Provide practical and emotional support to individuals and families across South Cumbria in early stages of bereavement including; <i>Appropriate referral and signposting. Support managing practical issues such as finances, housing, employment, funeral arrangements etc. Support informing people about the death. Liaison and meeting attendance with key agencies including engagement with media, Coroners Court etc. Normalisation of reactions and responses within bereavement. Developing emotional and behavioural coping strategies. Safety planning for suicide risk. Advocacy and representation.</i></li> <li>8. Ensure on-going/regular check-in with individuals referred to the service over a set number of years.</li> </ol>
<p><b>Support for those exposed and affected by suicide</b></p> <ol style="list-style-type: none"> <li>9. 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>
<p><b>Training</b></p> <ol style="list-style-type: none"> <li>10. Promote Every Life Matters Suicide Bereavement Awareness Training to frontline public, private, charity and community sector frontline workers.</li> <li>11. Support delivery of Every Life Matters Suicide Bereavement Awareness Training where required.</li> </ol>
<p><b>Events, Service Promotion and Awareness Raising</b></p> <ol style="list-style-type: none"> <li>12. Undertake service promotion through a range of networking, presentations and media work.</li> <li>13. Work with the service manager and other charity staff to support delivery of an annual large-scale memorial event for those bereaved by suicide</li> <li>14. Provide practical and emotional support to our community fundraisers in South Cumbria.</li> </ol>
<p><b>Suicide Safer Community Activity</b></p> <ol style="list-style-type: none"> <li>15. Provide support to Suicide Safer Community activity in Barrow and South Lakes where required.</li> </ol>
<p><b>Volunteers</b></p> <ol style="list-style-type: none"> <li>16. Identify relevant and manageable volunteer opportunities within the service.</li> <li>17. Recruit, train and support volunteers as opportunities arise.</li> </ol>
<p><b>Monitoring, Evaluation and Reporting</b></p> <ol style="list-style-type: none"> <li>18. Undertake relevant project monitoring/evaluation.</li> </ol>
<p><b>General Duties</b></p> <ol style="list-style-type: none"> <li>19. Attend regular line management supervision and annual appraisal</li> <li>20. To identify and implement appropriate your own CPD opportunities</li> <li>21. To implement ELM Health &amp; Safety Policy/Procedure, including Lone Working Practice</li> <li>22. 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 paid/voluntary support work role	E	
2	Experience of supporting people affected by suicide or other traumatic life events		D
3	Personal experience of being bereaved or affected by suicide		D
4	Able to demonstrate a person centred and compassionate approach to supporting clients	E	
5	Able to demonstrate high levels of resilience in pressurised situations, to work under your own initiative, and to be able to manage your own workload effectively	E	
6	Holds knowledge of relevant local support services, and can demonstrate experience of facilitating multi-agency involvement in supporting a client		D
7	Understand and follow best practice regarding safeguarding, data protection & confidentiality.		D
8	Able to demonstrate awareness and understanding of equality issues and there relevance to the work of the service.		D
9	Demonstrate excellent oral/written/IT communication skills in a variety of contexts		D
10	Commitment to work on occasional evenings or weekends when required in response to client need and urgent referrals.	E	
11	Have full driving licence, access to own car and able to travel across south Cumbria	E	

# About us

**Every Life Matters** was founded in November 2018 by individuals either personally affected by suicide, or local third sector professionals with a specific expertise in suicide prevention. We 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.

To achieve our twin charitable aims of reducing deaths by suicide and ensuring those bereaved have timely and effective support, we will deliver two key strands of activity; Developing Suicide Safer Communities, and offering countywide Suicide Bereavement Support.

## Suicide Safer Communities

Our Suicide Safer Community projects involve developing a whole system approach to preventing suicide.

Around 75% of people who die by suicide in Cumbria are not in contact with any mental health services in the year leading up to their death. 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.

Local activity will include;

- **Training Programme** - Delivering a broad range of suicide prevention training into all sections of the community from the workforce through to NHS staff, from faith groups to GP practices.
- **Community Action** - Grassroots action against suicide through developing local partnership with organisations and individuals.
- **Raising Public Awareness** - Ongoing campaigning. Challenging myths and stigma around suicide and promoting practical knowledge about suicide prevention, help and support.
- **Suicide Safer Toolkits** – Specific programmes of training and support for Employers, community groups and schools, including the Orange Button Community Suicide Prevention Scheme.
- **Focused Interventions** - Focusing training and support on high risk groups and support to suicide contagion/cluster responses
- **Local Leadership** - Supporting organisations and individuals to come together to shape local action on suicide.

## Suicide Bereavement Support

We provide Information and support for individuals and communities affected by suicide in the early weeks and months after a death including

- Practical and emotional support for individuals and families affected by suicide.
- Advice and support for employers and other organisations and communities impacted by suicide.
- Psychoeducational/Peer Support Groups
- Delivery of Suicide Bereavement Awareness Training

Suicide bereavement is a unique loss. It has been described as one of the most difficult and lonely experiences a person can have, being left with an overwhelming jumble of feelings and thoughts.

Your experience of grief is as individual as your fingerprint. Each person will be affected in his or her own way – even within the same family. Each had their own relationship with the person who has died, their own experience of other losses, and differing levels of support available to them.

People may also make assumptions that only close family grieve – you may have been a close friend, a work colleague, or maybe you were professionally involved in helping the person before they died – many, many people are deeply affected by a suicide.

## How we help

**Every Life Matters** offers practical and emotional support at this critical and difficult time to people in Cumbria.

When you contact us for help you will be offered an initial Gateway meeting, where we get to know you and your circumstances, and discuss what your support needs might be. After this we can offer further support sessions, either in person, by telephone or online. Everyone has their own unique needs and the support we offer reflects this. We are here to:

- Offer emotional support and a listening ear, a space where you can talk openly and confidentially about how you are feeling.
- Help you to understand some of the responses you might be having to bereavement
- Develop coping techniques to manage some of the impacts of grief.
- Inform you about other organisations that might support you and your family – now and in the future.
- Connect you with others who have lost a loved one to suicide.
- Advise you about talking to your children or telling others about the death.
- Provide information & support around the Coroner's Inquest and other Investigations.
- Help you manage any media interest and coverage about the death.
- Support you managing practical issues around money, housing and employment.
- Support you with arrangements around the funeral.
- Help you identify and access other support, including for your mental health.

Though our support is focused in the first months after the bereavement, we want to be there for you in the long term.

We know that grief is a long and bumpy journey, particularly around anniversaries and other significant times, and you can contact us whenever you need to reach out for further support. And in turn we will reach out to check in with you as the months and years go by.

You can also explore with us meaningful ways to remember your loved one, doing something to help others in your position, or undertaking fundraising or other events to raise awareness about suicide. Many people find this a very important part of their journey.

If you would like to receive support, or find out more about how we might help you at this time, contact Paul on 07588 016 166 or email [support@every-life-matters.org.uk](mailto:support@every-life-matters.org.uk)



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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