

Every life matters ...

Job Description

Suicide Safer Communities Co-ordinator
West Cumbria

Nov 2022



Talking about suicide saves

Registered Charity No. 1180815

Job Description

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|--------------|---|
| Job Title: | Suicide Safer Community Co-ordinator – West Cumbria |
| Salary: | £23,500 - £26,750 FTE Starting salary * |
| Hours: | 3 – 4 days 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 36 months across Barrow, Carlisle 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. The post holder will work widely across the Barrow-in-Furness and will be home based.

We encourage applications from people with lived experience of thoughts of suicide or those who have been bereaved or affected by suicide.

***Starting salary is £23,500 - £26,750 FTE, dependent on experience. Actual salary will depend on the number of days worked. Eg 4 days per week £18,800 - £21,400 p/a.**

**** We are looking for applicants who can work a minimum of 3 days per week, but this could be extended to 4 days for the right applicant. Please indicate on the application form the number days you would be able to commit to the post.**

***The post holder will be home based, but with the option to work at our office near Penrith for up to a day or week to ensure good contact with colleagues if required.

For more information about our projects visit <https://www.every-life-matters.org.uk/> If you would like to discuss the post please contact Chris Wood at chris.wood@every-life-matters.org.uk or call 07908 537541.

Closing date for applications is 5pm Friday 27th January 2023.

Main Responsibilities

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

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.

Every life matters

Thanks to all your support Every Life Matters has now **Trained 6,017 People** in suicide prevention skills across Cumbria

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|--|--|---|
| 2,795 Suicide Awareness Baseline Training for the whole Community | 1,923 Suicide Alertness Half day Awareness and Intervention Skills Training | 403 Self-harm Alertness Half day Awareness and Support Skills Training |
| 178 Applied Suicide Intervention Skills Training ASIST | 412 Suicide First Aid | 306 Mental Health First Aid |

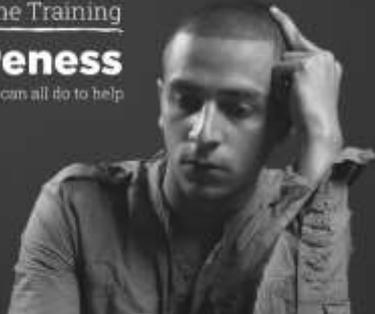
FREE 1 hour Bitesize Online Training

Suicide Awareness

Learn more about suicide and what we can all do to help

- Getting informed
- Empo Aware
- Acting Directly
- Listening Carefully
- Building Support

Funded by
KENSINGTON AND CHELSEA City of Westminster



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Suicide Prevention Self-harm & Mental Health Training in Cumbria

Winter 2021

Introductory level for all community members and those in helping roles

Suicide Awareness
This bite-size Suicide Awareness session is aimed at anyone in the community who wants to learn more about the myths and facts surrounding suicide, understand when someone might be at risk, how to talk directly about suicide, and what we can all do to offer support. Over 2,000 people in Cumbria have now attended this training.
Cost: Free. Duration: 1 hour. Booking via Eventbrite

For Parents and Carers
This short one-hour introductory session is designed as an introduction to mental health, self-harm and suicide for parents and carers, or anyone who works with young people, who wants to understand how to help support them, and get a better understanding of the range of services and support locally and nationally.
Cost: Free. Duration: 1 hour. Booking via Eventbrite

General training for frontline staff and those in helping roles

Suicide Alertness
An interactive training session that is aimed at anyone in a helping role who wants to understand more about the context of suicide, identify when someone may be at risk, how to ask directly about suicide, how to support someone experiencing thoughts of suicide, and how to guide them to the help they need.
Cost: Free. Duration: 2.5 hours. Booking via Eventbrite

Safety Planning
A practical and interactive two hour session looks at how to support someone with thoughts of suicide through creating a **stopped Safety Plan**, helping an individual manage thoughts of suicide from fleeting ideas to an overwhelming desire to end ones own life. Aimed at people in a helping role who may be supporting those experiencing thoughts of suicide.
Cost: Free. Duration: 2 hours. Booking via Eventbrite

Self-harm Alertness
Suitable for school staff, health and social care practitioners and professionals and anyone who wants to understand more about self-harm, to develop practical tools and strategies to support people, and gain knowledge of the range of local and national support available.
Cost: Free. Duration: 3 hours. Booking via Eventbrite

Courses on this page are **FREE OF CHARGE** and available to book through **Eventbrite**. We can deliver in-house training sessions at your organisation for groups of 8 or more, via Zoom or face to face. We can also tailor sessions to various time constraints and for particular sector/industry groups. Contact us at training@every-life-matters.org.uk or 07908 537541 for more details and to book a session.

Suicide Prevention Training - Children and Young People

ASK Workshop
This one-hour interactive training session is aimed at young people aged 11-18 who want to learn more about suicide, understand when someone might be at risk, how to talk directly about suicide, and what we can all do to offer support. Over 2,000 people in Cumbria have now attended this training.
Cost: Free. Duration: 1 hour. Booking via Eventbrite

LifeSize Workshops ASK Training specifically addresses suicide risk in children. It gives participants appropriate tools to identify young people at risk and quickly gather and organise details needed to assess risk and inform safety planning.
Cost: £80 (includes materials). Duration: 9 hours over 2 half days online or one day in person. For more information contact training@every-life-matters.org.uk or book via Eventbrite

Suicide Prevention Training - General

ASIST Applied Suicide Intervention Skills Training
The gold standard training in community suicide prevention skills. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. This is a highly interactive and practice-based workshop.
Cost: Various. Duration: Two days - in person only. For more information contact training@every-life-matters.org.uk

Suicide First Aid
Suicide First Aid is available as a half day "Virtual Live" online course or a one day face-to-face version. It teaches the skills and knowledge needed to identify someone who may be thinking about suicide and how to competently intervene to help through a first aid approach. Delivered by Zoom.
Cost: Online "Virtual Live" Free for people living or working in South Cumbria. Duration: 3.5 hours. Booking via Eventbrite

Mental Health Training

Mental Health First Aid
Our team of experienced trainers offer the full suite of Mental Health First Aid training across Adult, Youth and Armed Forces. With One and two day options as well as Classroom Training and Self-guided. We are also able to arrange local TTT's where organisations want to develop their own trainer workforce.
Costs: Various. Duration: Various - online or in-person. For more information contact training@every-life-matters.org.uk

MECC (Making Every Contact Count)
MECC (Making Every Contact Count) is an approach to behaviour change using the millions of day-to-day interactions frontline healthcare staff have with others to support them in making positive changes to their mental health and wellbeing.
Cost: Free of charge. Duration: Various. For more information and bookings contact training@every-life-matters.org.uk

Bespoke Mental Health Training

Every Life Matters is a leading provider of Mental Health training in Cumbria. We have a team of 11 mental health trainers, with a wide range of experience and backgrounds, and have worked widely across the Public, Private, Education, Voluntary and Community sectors in Cumbria to provide mental health training relevant to individual organisations needs. Contact us at training@every-life-matters.org.uk or 07908 537541 for more details and prices.

All profits from our training are re-invested in suicide prevention activity across Cumbria.

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 or 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

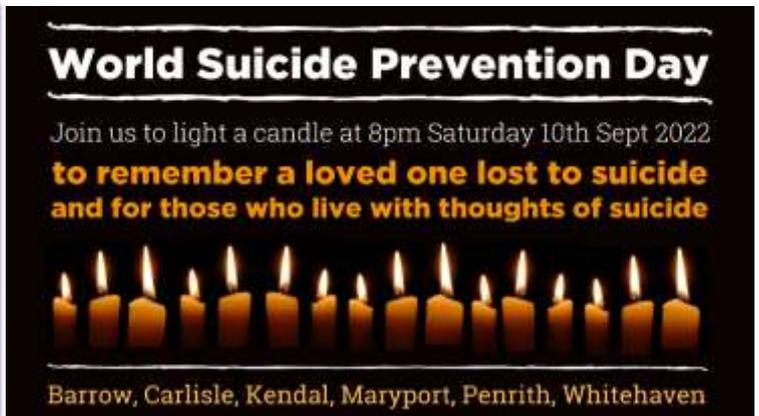
We'll undertake ongoing social marketing campaigns across media/social media platforms focusing on our key educational/social change messages. This will be supported through engaging people from the local community with lived experience to support campaign messages.



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.

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.



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



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