

## Suicide Prevention Action Group

Update for HWB Steering Group – 11th April 2024

### Current Activity

The West Berkshire Suicide Prevention Action Group is a stakeholder group managed by Volunteer Centre West Berkshire. The charity employs a suicide prevention outreach worker whose job it is to deliver accredited First Aid Suicide Prevention Training to front line workers and managers in both commerce, the public and community sectors. The post holder is funded for one day per week. (up to August 2024) We undertake one training session per month for up to 20 people. The courses provide attendees with basic tools to be able to talk to someone who is experiencing suicidal thoughts, be able to calm them and assist them to make a plan to seek professional help and support. On none training days the worker is visiting places of work or leisure to discuss the training opportunities and to leave resource materials. Recent training events have included the Newbury Canoe Club, front line homelessness charities/ food bank staff etc. The group also has a website

<https://westberkshiresuicideprevention.org/>

An attendee of the last course reported that following their training they were in situation during the weekend when they were able to successfully apply their learning.

### Future Actions

To continue to deliver the training and manage the steering group. The group is currently engaged in attempting to establish a SOBS group for West Berkshire with the support of The National SOBS organisation. The group is also seeking funding from the August. The annual cost of the project is £7500