

Summer Newsletter



CEO - DEBI ROBERTS

Here's what has happened in the last month and what's to come!

As we move into the summer term and exam season, we look forward to new beginnings and joyful endings. We hope as the weeks unfold your students exam stress will turn into excitement for new opportunities, for growth, and new possibilities.

We are continually inspired by the dedication, compassion, and resilience shown by educators, students, and school communities like yours and as much as this term is so filled with anticipation, it also heralds the time of year where we see suicide rates climb.

Our mission is to walk alongside you in creating safe, supportive and suicide safe environments. We understand the many pressures facing school staff and the vital role you play in the lives of young people. That's why we're committed to being a reliable partner, offering tools, resources, and training that make a meaningful difference.

Whether you're seeking advice on how best to support a young person, looking for professional development opportunities for your team, or simply exploring workshops to support an emotionally healthy school culture, we're here to help.

And don't forget our online, open access wellbeing and awareness sessions are open to parents and carers too!

Please don't hesitate to get in touch with us for signposting, training or advice via contactus@theolliefoundation.org. We're always happy to hear from you.

Together, let's make this term one of positive change, meaningful connection, and renewed hope.

**THE OLLIE
FOUNDATION**

In this newsletter you can expect:

School's
Updates & News

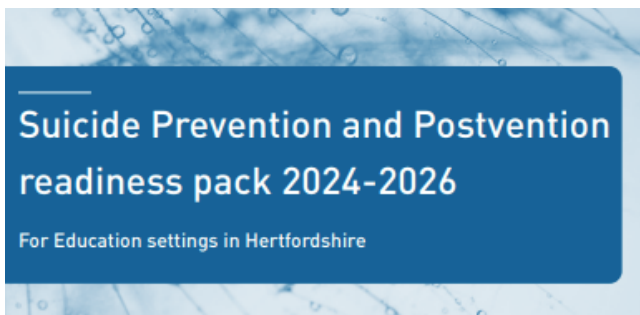
Upcoming
Events

Funded Offers

School's
Training

Fundraising

Signposting



Leadership Event: Suicide Prevention and Postvention Readiness Pack for Hertfordshire

To mark Suicide Prevention Day 2024, Public Health Hertfordshire launched a new [Suicide Prevention and Postvention Readiness Pack](#) for schools across the county. Developed with system professionals, the pack offers clear guidance and key mental health resources to support staff and students during times of crisis.

To help schools make the most of this vital resource, we're hosting a free 30 minute leadership event on Friday 16th May, giving education and system professionals the opportunity to explore the pack in depth.

When: 16th May

Time: 12:15- 12:45PM

Where: online

Cost: free

[BOOK HERE](#)



Helping Students Transition to their new year group with Confidence

We have been delivering Transition workshops to schools across Hertfordshire this term to ensure students going through transitions from year 6 to year 7 and from year 13 onwards are prepared.

If you would like to book a workshop for your students this term or from September please do get in touch with us to have a conversation about this.



Planting the Seed - A Fresh New Edition for Primary Schools

We're thrilled to relaunch Planting the Seed, a refreshed mini-curriculum that uses sunflower growing to teach primary pupils about wellbeing, emotional awareness, and goal setting.

Now with updated lessons and hands-on activities for KS1 and KS2, we also offer in-school workshops and if needed, we can even provide your schools with the seeds, just get in touch!

Fully Funded Events & Resources for Schools, Teachers & Families



Pilates

We now offer guided 'beginner' Pilates classes focusing on low impact movements that build strength, mobility and the connection of our bodies to to our mind.

We run sessions during the day and evening and your community can access fully funded places.

BOOK NOW



Zentangle

Zentangle Mindful Drawing sessions provides a calm space where you can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art.

We run weekly sessions including evening and weekend dates!

BOOK NOW



Important Resources that are free to download:

We offer schools a wide range of free resources, that can be accessed via our website;

Guidance for Educational Settings Following a Suicide or Sudden Death is a comprehensive document that will support you to create policies and procedures for your setting to refer to in the event of a suicide or sudden death in your community.

A Safe Plan can play a vital role in keeping someone safe when they are feeling distressed or thinking about suicide, and can be used to record what they can do should their well-being deteriorate, or to prevent deterioration.

A Prescription Safe Plan provides a useful document to support anyone starting a medication that lists suicidal thoughts as a side-effect so they are clear what to do in the unlikely scenario that their well-being deteriorates after starting their medication

All resources are free to download from our [website](#).



Grow & Gather

Join our monthly meet-up to connect with others while learning how to grow your own food and herbs sustainably.

It's a relaxed, hands-on way to build skills, share ideas, and enjoy some time outdoors with others.

When: 1st Saturday of each month. 10-11am

Where: Marshalswick Community Garden, The Ridgeway, St Albans AL4 9TU



Arts in the Garden

Running June- September, are monthly artist led craft workshops which take place after our Grow & Gather meet ups at our Community Garden within the Sandridge Allotment space.

June 7th, 10:30- 11:30AM

July 5th, 10:30- 11:30AM

August 2nd, 10:30- 11:30AM

September 6th, 10:30- 11:30AM

BOOK NOW

Our Training for Schools



Keeping Safe and Carrying On

Explore the intricate workings of your innate survival system and how the brain processes emotions, while learning simple tips to manage moments of overwhelm, stress and loneliness.

14+

The History of Suicide

Understand the historical trends and their influence on today's suicide prevention strategies & learn about the side effects of medication and how to use our Prescription Safety Plan.

17+

Year 6 Transitions

These workshops address the increased anxiety and stress which can be experienced during this change. Students will be led through a goal setting process to adapt positively to this transition phase.

70 minutes



The Science of Goal Setting

Planning to Achieve Your Goals? Or perhaps wanting to overcome your biggest obstacles? This guided workshop will take you through a goal setting process using psychology and neuroscience to support effective goal setting.

14+

Safer Prescribing for Educators

This session is specifically crafted for educators and educational settings deepens their understanding of the potential side effects of antidepressants for young people and equips them with valuable resources to enhance support systems within the school environment. 17+

Year 13 Transitions

This talk explores Stress, what a Duty of Care is and how it changes from school to university and again into the workplace. Why this matters and what students need to consider in relation to these changes and their stress levels. This talk also explores prescription safety - how they can keep themselves / others safe so they can enjoy the benefits of their medication and not suffer alone with side-effects.

90 mins



Talk Safe

An essential talk exploring the nature of suicide, what might lead someone to consider suicide, what might stop them reaching out for help, and what gets in the way of others reaching in and having life-saving conversations.

17+



Plan Safe

A workshop exploring what a Safe Plan is and what a solution-focused conversation can sound like within suicide prevention. Delegates will complete their Safe Plan as a way of understanding how to create one with someone else

17+



Fundraising and Thanks

A huge thank you to all the schools, students, and families who've supported us — from hosting OLLIE training and assemblies to choosing us as your charity of the year. Your efforts help build suicide-aware, safer communities.

Special thanks to Sir John Lawes School, whose students raised an incredible £3,345.68 through Connect Dacorum's Dragons' Apprentice Challenge!

If you want to organise a fundraising event to help raise awareness and vital funds in support of our work, we would love to hear from you. From bake sales and raffles, to creative classroom challenges, there are so many fun and engaging ways to get involved. Whether it's a one-off event or part of a bigger school initiative, every effort makes a difference. We're here to help with ideas, resources, and everything you need to make your fundraiser a success.

Help & Advice	
If you are looking for non-urgent help and advice, please head to our website where you can find help guides. We also have a section for Educators .	While we don't run a crisis or helpline we can signpost you to appropriate help here. If you need immediate assistance, we can connect you with organisations that specialise in urgent help here.



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contactus@theolliefoundation.org



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