

BATON OF HOPE

THE BATON OF HOPE EDUCATIONAL PROGRAMME
In association with The OLLIE Foundation.



The OLLIE Foundation - Who we are and what we do.

The OLLIE Foundation is a suicide prevention charity on an important mission. Founded in 2016 by three Hertfordshire parents who had each tragically lost a son to suicide. They met in bereavement support and committed to doing everything they could to prevent other families from experiencing the same devastating loss they were living through.

OLLIE stands for One Life Lost Is Enough.

Today, OLLIE serves communities across the UK through a variety of initiatives including wellbeing events, prevention and intervention training, talks, and panel discussions for professionals, parents, and students.

Whilst our main goal is to reduce suicide rates amongst young people, we work with communities of all ages and backgrounds, delivering training programmes in a wide range of settings including schools, universities, healthcare facilities, and corporate organisations.

Through our work we aim to reduce both the stigma and the fears people have in talking about suicide. We aim to advance the pedagogy and discourse around suicide studies and effective early intervention and prevention techniques and strategies.

Our work always aims to share best practice, support curiosity, skills, capacities and knowledge so each generation can stay safer from suicide and bereavement from suicide.

Together, we can make a difference.

We are proud to be providing the official Baton of Hope Educational Programme.

We are so proud to have partnered with the Baton of Hope- an initiative we passionately believe in and are honoured to be supporting.

Over the two weeks that the baton is on tour, we will be providing a full timetable talks, trainings, and workshops - available and free to join by anybody wishing to learn more about suicide prevention, the neurobiology of emotion, the importance of wellbeing, and the science of goal setting. This booklet provides a detailed overview of the sessions we have available, including a description of each session, an indication of the duration and age requirements, and a link to reserve a fully funded ticket.

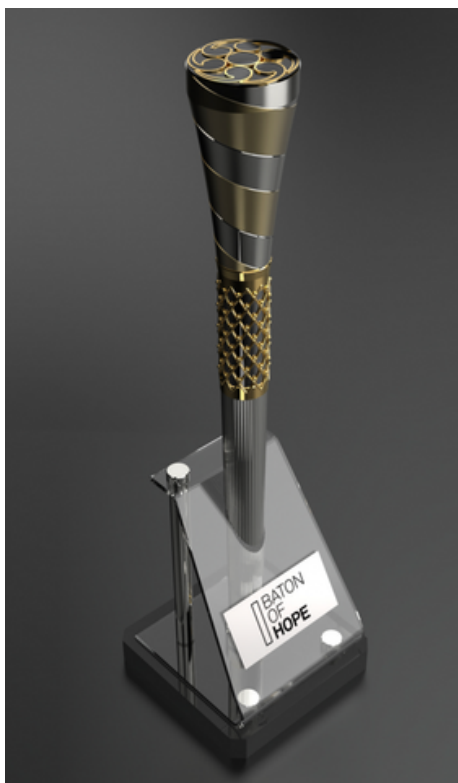
We have sessions available to delegates of all ages, and each session will be delivered online so you can join us from the comfort of your own home or workplace. All sessions across these two weeks have been donated by The OLLIE Foundation's founders in support of The Baton of Hope and to ensure they are accessible to everyone.

**To find out more about our work or if you have any questions,
please email contactus@theolliefoundation.org**

The Tour of The Baton of Hope 2023.



The Baton of Hope Message:
Where there is HOPE, there is a real opportunity to save lives.



Keep In Touch with Baton of Hope...



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VIRTUAL PROGRAMME - A SUMMARY

KEEPING SAFE AND CARRYING ON

Guides you through the neurobiology of emotion, exploring how the brain and body process thoughts and feelings and considers stress as an inbuilt safety feature. Delegates will consider a range of tips and strategies to better manage that safety feature when it goes rogue!

90 mins. Suitable for all

THE SCIENCE OF GOAL SETTING

For BIG aspirational goals or those darkest fears that are holding you back, learn how to identify the obstacles standing in the way of your goals and how you can plan to overcome them and reach your target.

2.5hours. Suitable for all.

SUICIDE: THE INFLUENCE OF HISTORY AND LANGUAGE ON OUR CURRENT THINKING.

Designed for older teens and adults, this session provides a safe place to start a conversation about suicide with those who may not have a wellbeing or safeguarding duty, as well as those who are tragically too familiar with the idea of suicide.

This session begins to tackle some of the myths and misconceptions around suicide and will explore with delegates how we can maintain our personal boundaries when helping others.

60-90 mins. Aged 14+

CONNECTING THE DOTS: IMPROVING MENS MENTAL AND PHYSICAL HEALTH

Sharing findings from groundbreaking studies, male mental health expert and TEDx speaker, Ryan Parke will connect the dots between mental health, wellness and goal setting in men. A workshop providing answers to your deepest questions about male mental health, as well as specific strategies to improve outcomes for men, and a feeling of hope for the future.

90mins. Aged 14+

TALK SAFE, PLAN SAFE

A Suicide Awareness and Prevention Talk to leave delegates more confident to support others experiencing an emotional crisis where suicidal ideation may be present. This is a great refresher for anyone who has already completed training in suicide prevention and provides a comprehensive starting point for those who have not.

2.5hours. Aged 17+

PART 1: TALK SAFE

This talk explores who may be at higher risk of suicidal behaviour, how our language can help or hinder and what can prevent someone from asking for help and what can get in the way of feeling confident to offer help.

90 mins. Aged 17+

PART 2: PLAN SAFE

In this guided workshop, delegates will learn how to create a bespoke Safe-plan with someone they are concerned about, and support them plan how they will stay from overwhelming thoughts, tonight, over the weekend, across the holidays. This session provides a great refresher for anyone who has already completed training in suicide prevention and a comprehensive starting point for those who have not.

90 mins. Aged 17+

ZENTANGLE

Enjoy this online mindful drawing session and enjoy 90 minutes of calm, regardless of artistic ability, creating a unique and beautiful piece of art. Led by a certified Zentangle teacher, participants consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful.

60-90mins. Suitable for all



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VIRTUAL PROGRAMME - DETAILED OVERVIEW

| Session | Detailed Description | Training Length | More Info |
|------------------------------|---|-----------------|-----------------------|
| Keeping Safe and Carrying On | <p>This 90-minute talk explores our amazing inbuilt survival system, an incredible system that runs 24/7 to keep us safe. Delegates will also consider another amazing inbuilt system, our thoughts, and consider how our thoughts can create untold amounts of overtime for our survival system when the two are out of sync, leaving us feeling stressed and anxious.</p> <p>During this session, delegates will consider how the brain processes emotions like fear, anger and worry, and how that can start an hormonal chain reaction, creating a range of physical and psychological responses that left unchecked, can build up like an emotional and physical Jenga tower, wobbly and on the verge of collapse.</p> <p>When we know how the system works, we are better able to stay in control - even if the foundations are a little wobbly!</p> <p>Delegates will leave this session with a great understanding of how both these systems work so that they can use them more effectively as well as gaining some simple tips and strategies to help stay in control of both!</p> <p>In this talk delegates will consider:</p> <ul style="list-style-type: none">• The science of emotion and our innate survival and psychological systems• How and why the stress response system gets activated and the typical chain reaction of physical and cognitive responses.• A range of strategies that can soothe and support moments of overwhelm, stress and negative thoughts. | 90 mins | Delegates of all ages |
| TALK SAFE, PLAN SAFE | <p>This online training reviews key messages from the world of suicide intervention and prevention, including what gets in the way of 'telling' and what gets in the way of 'asking'.</p> <p>Our expert speakers will explore the barriers that can get in the way of effective support and guide you through the language to use (and not use) when discussing suicide, as you learn about the range of risk factors that can increase the risk of suicidal ideation and behaviours.</p> <p>Delegates will gain a deeper understanding of who is statistically at a higher risk of suicide, why they may be at risk, and what can prevent them from reaching out for help.</p> <p>Delegates will review a range of strategies and modalities such as Cognitive Behavioural Therapy (CBT) and Theory of Constraints (TOC) and how they can be used to create an effective 'safe-plan' with someone who is in emotional crisis.</p> <p>This talk explores:</p> <ul style="list-style-type: none">• the myths and facts surrounding suicide.• a range of signs that someone may be at risk.• what gets in the way of people asking for help and what gets in the way of offering help.• how to talk about suicide calmly and directly with someone you are worried about.• how to provide practical help by creating a safe-plan or crisis plan.• how CBT and TOC can be used to provide support in an emotional crisis where suicidal ideation exists. <p>Delegates will explore and learn the basic skills, language and knowledge needed to keep someone safe 'for now' from suicide.</p> | 2.5 hours | Delegates aged 17+ |

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| Session | Detailed Description | Training Length | More Info |
|-----------------------------|--|-----------------|--------------------|
| Part 1: Talk Safe | <p>Part 1 of our Suicide Prevention Training. Our Talk Safe Suicide Awareness session will help delegates gain a deeper understanding of who is at a higher risk of suicide, why they may be at risk, and what can prevent them from reaching out for help.</p> <p>Our expert speakers will also explore the barriers that can prevent people from reaching out for help and what can get in the way of others reaching in and asking about suicide.</p> <p>This session will explore how language can create an unhelpful bias that will guide delegates through the language to use (and not use) when discussing suicide whilst you learn about the range of risk factors that can increase the potential for suicidal ideation and behaviours.</p> <p>This suicide awareness talk is a stand-alone awareness session but also provides a very useful background to those wanting to learn how to use a safe-plan.</p> | 90 mins | Delegates aged 17+ |
| Part 2: Plan Safe | <p>Part 2 of our Suicide Prevention Training. This guided workshop teaches the skills and strategies needed to create an effective safe plan for someone experiencing overwhelming thoughts or in an emotional crisis.</p> <p>This interactive workshop explores what a safe plan is (removed comma) and features guided practice on how to create one with someone that you are concerned about.</p> <p>You will explore a range of strategies and modalities such as Cognitive Behavioural Therapy (CBT) and Theory of Constraints (TOC) and how they can enhance an effective safe plan.</p> <p>By the end of the workshop, delegates will have improved confidence and knowledge in how to keep someone 'safe for now' and support them through an emotional crisis or until other help becomes available.</p> | 90 mins | Delegates aged 17+ |
| The Science of Goal Setting | <p>In this guided workshop, delegates will consider what leading academics understand about the science of goalsetting and the sustained pursuit of worthy goals. Delegates will learn a successful goal setting process based on the world-renowned business methodology, The Theory of Constraints (TOC) and consider how psychology and neuroscience can be harnessed to support effective goal planning.</p> <p>This session takes SMART to a whole new level, teaching delegates how to uncover the obstacles that could trip them up so they can mitigate or plan how to overcome each obstacle, making it more likely they will reach their goal.</p> <p>Whether these are aspirational type goals around career, travel, sports, or those HUGE obstacles we don't talk about but want to overcome - anxiety, anger, self-harming, this session will help delegates create a robust plan to support their journey, and according to science, significantly increase your chances of success!</p> <p>The Science of Goal Setting provides delegates with highly transferable skills that can be applied to personal, academic, and work goals. The method shared in this session comes from the world renowned 'Theory of Constraints' (TOC) developed by Dr Eli Goldratt.</p> | 2.5 hours | Delegates aged 10+ |

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|---|--|-----------------|--|
| Zentangle | <p>Zentangle Mindful Art sessions provide 90 minutes of calm where participants can enjoy, regardless of artistic ability, creating a unique and beautiful piece of art.</p> <p>Zentangle pictures (or tiles) look complicated but are simply created using a series of lines and shapes that participants are guided to place on their paper and before they know it, will have created something quite outstanding!</p> <p>Through their work, participants will consider that there are no mistakes, only opportunities, that we are all unique and we can all create something beautiful. No artistic skills are needed for this mindful art session that offers relaxation, connection and a metaphor for life.</p> <p>This session is suitable for all ages and requires only a scrap of paper and pencil, (although a cotton bud and fine nibbed black pen are useful too).</p> | 90 mins | Delegates of all ages |
| Connecting the Dots: Improving Men's Mental and Physical Health | <p>You may know that 3 out of every 4 deaths by suicide in the UK and Ireland are men. But did you also know that:</p> <ul style="list-style-type: none">• Leading suicide prevention charities are warning that current mental health support offered to men in crisis does not address the specific factors that are linked to thoughts of suicide in men?• Between 2010 and 2022, the average man in the UK became 50% more likely to attend talking therapy, and 11% more likely to die by suicide?• The most effective, proven treatment for depression is not routinely discussed with men who are suffering from depression? <p>...And would you like to know what to do about it?</p> <p>Sharing findings from ground-breaking studies, male mental health expert and TEDx speaker, Ryan Parke will connect the dots between mental health, wellness and goal setting in men. Whether you are a man, or simply want to understand the men in your life, Ryan will reveal:</p> <ul style="list-style-type: none">• Why external factors (such as football results) have such a big impact on male mental health, and how to avoid it;• The key warning signs we should all be aware of, both in ourselves and in the men we care about;• Small, specific steps that men can take to improve their mental health, physical health, and life expectancy;• Which notorious hormone is vital for male performance, concentration and health, and specific ways to naturally increase it;• Why he believes that the solution to male suicide is explained in the science we already have, and which scientific questions need to be asked next... <p>This 90 minute inclusive workshop is as hopeful as it is serious. Delivered in an informal and fascinating style, delegates will leave with answers to their deepest questions about male mental health, specific strategies to improve outcomes for men, and a feeling of hope for the future.</p> | 90 mins | <p>Suitable for adults and young people aged 14+</p> <p>Parental discretion advised for under 18s.</p> |

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VIRTUAL PROGRAMME - DETAILED OVERVIEW

| Session | Detailed Description | Training Length | More Info |
|--|---|-------------------------------|---|
| Suicide: The Influence of History and Language on our Current Thinking. | <p>Designed for older teens and adults, this session provides a safe place to start a conversation about suicide with those who may not have a wellbeing or safeguarding duty, as well as those who are tragically too familiar with the idea of suicide.</p> <p>Using Mentimetre, this interactive session will support delegates explore and challenge any unhelpful pre-conceptions and think critically around the subject as well as consider what a 'safe plan' is and how to use it in a non-clinical setting.</p> <p>This session begins to tackle some of the myths and misconceptions around suicide and will explore with delegates how we can maintain our personal boundaries when helping others.</p> <p>Be part of creating a suicide aware community, where people feel safe to reach out for help and others feel confident to reach in. Explore ideas and skills to support yourself, those you care about and those who you have a duty of care for. Together we empower our communities and break the stigma for those who are trapped in their thoughts.</p> | 1 hour (90 mins available) | <p>Suitable for adults and young people aged 14+.</p> <p>It's advised that students under 18 should seek parental permission to attend.</p> |



Seen a session that's sparked your interest, but unable to attend the Baton of Hope session for any reason? Don't worry! Our open sessions are here for you.

At OLLIE we run our online trainings on a regular basis (approx once a month) which can be booked and attended by members of the public. We believe that finance should never stand in the way of somebody accessing training that could save a life, so we always have fully funded places available to any of our trainings, talks, and workshops. To find out more about our open sessions, or to book your tickets, please visit our [Eventbrite page here](#).

We can also deliver any of our sessions in-house to your community and have partnered with The Oli Leigh Trust to provide a bursary for educational settings and youth community groups who require financial assistance to access our work. To find out more about our in-house offers or the Oli Leigh Trust Legacy Programme, please email contactus@theolliefoundation.org

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VIRTUAL PROGRAMME - ITINERARY

| SESSION | DATES AVAILABLE | TIME | BOOKING LINK |
|---|---------------------|------------|-------------------------------------|
| Keeping Safe and Carrying On | Monday 26th June | 4-5:30pm | Click here to book |
| | Wednesday 28th June | 4:30-6pm | |
| TALK SAFE, PLAN SAFE | Tuesday 27th June | 6:30-9pm | Click here to book |
| | Friday 30th June | 7-9:30pm | |
| Part 1: Talk Safe | Sunday 2nd July | 7:30-9pm | Click here to book |
| | Wednesday 5th July | 6:30-8pm | |
| Part 2: Plan Safe | Tuesday 4th July | 7:30-9pm | Click here to book |
| | Thursday 6th July | 6:30-8pm | |
| The Science of Goal Setting | Sunday 25th June | 6-8:30pm | Click here to book |
| | Monday 3rd July | 5-7:30pm | |
| Suicide: The Influence of History and Language on our Current Thinking. | Sunday 25th June | 4-5pm | Click here to book |
| | Saturday 1st July | 5-6pm | |
| Zentangle | Saturday 1st July | 10-11:30am | Click here to book |
| | Sunday 9th July | 10-11:30am | |
| Connecting the Dots: | Thursday 29th June | 6:30-8pm | Click here to book. |
| | Saturday 8th July | 5-6:30pm | |

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Community Giveaways

PLANTING THE SEED

This mini-curriculum introduces the ideas of wellbeing and goal setting to a primary-age audience through the simple activities of planting, nurturing, and growing a sunflower seed.

This project is designed to develop a range of key skills including numeracy, literacy, and creativity, whilst facilitating conversations and reflections with students about their wellbeing.



BENCHMARKS

This 6-minute film written by William Grave and starring Emmerdale's Bhasker Patel, considers 'what would you say to your younger self' from the perspective of someone who is in emotional crisis.

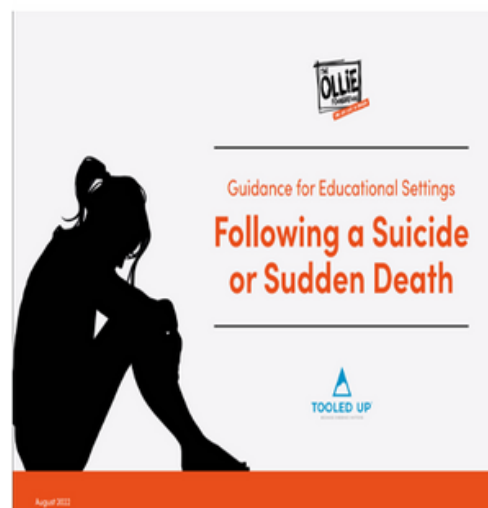
Winner of Best Short at The London Independent Film Festival 2021 & nominated for best screenplay at the Papaya Rocks Film festival, Benchmarks is about a 30 something man who has a conversation with his 10- and 70-year-old self. The OLLIE Foundation has created a free curriculum resource to accompany the film for secondary schools and colleges.



GUIDANCE FOLLOWING A SUDDEN DEATH - FR EDUCATIONAL SETTINGS

Whilst we hope that no educational setting will ever need the guidance in this document, this has been created to help you respond safely and appropriately should somebody in your school's community attempt or die by suicide.

"Guidance for Educational Settings Following a Suicide or Sudden Death" is a comprehensive document, co-created by The OLLIE Foundation and Tooled Up Education, that will support teams to create policies and procedures for their setting or to refer to in the event of a suicide or sudden death in their community.



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GET INVOLVED - SPREAD THE WORD!

We would be incredibly grateful for your support in spreading the word about both the Baton of Hope initiative and our accompanying educational programme.

PRESS RELEASE

The OLLIE Foundation Partners with Baton of Hope to provide the Official Educational Programme.

The OLLIE Foundation, a UK-based suicide prevention charity, has been announced as the official educational partner of The Baton of Hope.

Founded in 2016 by three Hertfordshire parents who tragically each lost a son to suicide, OLLIE has been working tirelessly to prevent other families from experiencing the same devastating loss. Today, OLLIE serves communities across the UK and beyond through a variety of initiatives, including wellbeing events, prevention and intervention training, talks, and panel discussions for professionals, parents, and students.

OLLIE stands for One Life Lost is Enough.

Whilst the charity's primary goal is to reduce suicide rates amongst young people, OLLIE works with communities of all ages and backgrounds, delivering training programmes in a wide range of settings, including schools, universities, healthcare facilities, and corporate organisations. Through their work, OLLIE aims to reduce both the stigma and the fears people have in talking about suicide and to advance the pedagogy and discourse around suicide studies and effective early intervention and prevention techniques and strategies.

As part of their partnership with Baton of Hope, OLLIE will be providing a full timetable of talks, trainings, and workshops, available and free to join by anybody wishing to learn more about suicide prevention, the neurobiology of emotion, the importance of wellbeing, and the science of goal setting. The sessions will be delivered online, making it convenient for attendees to join from the comfort of their own home or workplace, and will take place across the two weeks that the Baton will make its journey across the UK.

"We are thrilled to partner with Baton of Hope and to be able to provide these valuable resources to anyone interested in learning more about suicide prevention," said Debi Roberts, the CEO of OLLIE Foundation. "Together, we can make a difference in reducing suicide rates and provide hope, one conversation at a time."

All sessions across these two weeks have been donated by the founders of OLLIE in support of the Baton of Hope, and to ensure they are accessible to everybody. To find out more about the sessions and to book your tickets, please visit the OLLIE Eventbrite page [here](#).

Contact:
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