



THE  
ROSE PATERSON  
TRUST

2022 Grant Recipients

## Introduction

“If we can help save just one family from the agony of suicide, this initiative will have been worth it.”

The Rose Paterson Trust was established in honour of Rose, who took her own life in June 2020.

The outpouring of support from family, friends, and the general public was overwhelming. The Trust’s mission, to support those who combat suicide, inspired hundreds of people and raised over £500,000.

The Paterson Family have subsequently met with dozens of people who are passionate about preventing suicide, many of whom with stories similar to their own. They have founded incredible community programmes to boost mental wellbeing, assist those in crisis, and spread awareness of the suicide epidemic gripping the country.

Through this remarkable network, The Rose Paterson Trust has found seven small, innovative charities who are saving lives in their community and beyond.

This pack details the seven inaugural Rose Paterson Trust Grant Recipients.

## Summary of Grant Recipients

The Rose Paterson Trust trustees selected a geographically disparate cohort of grant recipients working to prevent suicide in their local community and beyond.

Each of these charities are small and passionate about their work. Their innovative approaches to suicide prevention are effective and demonstrate real results. They save lives and spread hope.

Small charities are often overlooked by funding organisations, despite having a huge impact on their service users, community, and region. The grants provided by the Rose Paterson Trust are therefore crucial – enabling the continuation of vital programmes, recruitment of staff, and the growth of life-saving organisations.



Find out more about each of the 2022 Rose Paterson Trust Grant Recipients by clicking on the links below or turning to the relevant page:

Organisation Name	Grant Awarded	Page
<a href="#">Creative options community project</a>	£10,000	5
<a href="#">If U Care Share Foundation</a>	£20,000	6
<a href="#">Kintsugi Hope</a>	£20,000	7
<a href="#">Pillar Kincardine</a>	£16,000	8
<a href="#">Ripple Suicide Prevention</a>	£20,000	9
<a href="#">Shropshire Mental Health Support</a>	£20,000	10
<a href="#">The Listening Place</a>	£25,000	11
<b>Total Grant Amount</b>	<b>£131,000</b>	

## Next Steps

The Rose Paterson Trust is currently fundraising for the next round of grant giving. The Trustees have identified the following goals for the 2023 Rose Paterson Trust Grants Programme:

### Objectives:

- Continue to distribute grants to a geographically disparate cohort of recipients.
- Identify effective suicide prevention charities with a focus on creative activities and equine assisted therapy.
- Learn from this grants programme to improve processes for the next funding round.

### Key Results:

- Identify and support at least one effective, innovative suicide prevention charity based in the North West, Northern Ireland, or Wales.
- Identify and support at least one effective charity that places provision of creative activities or equine assisted therapy as a central component of their strategy.
- Maintain close relationships with the 2022 Grant Recipients.
- Ensure that the 2022 Grant Recipients report on the impact of their grant, and hold a Trustee Meeting to discuss learning and points for improvement going forward.



CREATIVE OPTIONS  
COMMUNITY PROJECT  
Registered charity no. 1169194

£10,000 Grant Awarded

## Creative Options Community Project

“We are delighted to receive support from The Rose Paterson Trust, which will help to relaunch a vital mental health service and save lives across Southampton.”



Frances Heather, Trustee and Founder

Creative Options Community Project offers continued support to vulnerable people who struggle daily with their mental health. They run suicide prevention and awareness days and provide long-term, pre-crisis support. There is a strong peer support network, a Facebook group and a chat forum. Around 75 people access their service, and participants have reported in monitoring surveys that sessions helped to prevent self-harm and avoid suicidal thoughts and attempts. Creative Options was the only local organisation to offer continued face to face support throughout the pandemic.

The funding provided by The Rose Paterson Trust will re-establish S.P.A.C.E (Suicide Prevention, Awareness, Connection and Education) at Creative Options, a vital service that lost funding after COVID restrictions were eased. The RPT Grant will enable them to host a range of helpful courses (including mindfulness, dealing with emotions, journaling and creative programmes), tutor-led wellness activities (such as positive psychology, inter-active theatre, art journaling and laughter yoga) along with weekly face-to-face sessions led by a professional facilitator.

Many of their users experience severe mental health issues and rely heavily on their service. There is no doubt that the funding provided by The Rose Paterson Trust will save lives.

### Creative Options Community Project's Objectives & Key Results

#### Objectives

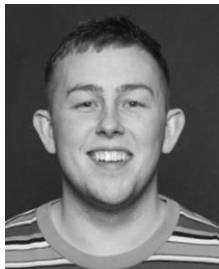
- To support service users to live the best life they can through:
- Development of skills at our Wednesday workshops
- Providing tools to reduce the likelihood of a service user having a crisis event
- Support services users on their recovery journey
- Signpost where necessary to additional support activity, e.g. finance, housing services

#### Key Results

- Promote SPACE programme with service Partners/referrers
- Recruit Counsellor(s) and Assistant(s), secure delivery location
- Update SPACE and counselling materials
- Turn 10 referrals into group counselling attendees
- Effect improved PHQ-9 status in 75% of attendees
- Deliver SPACE programme to 20 attendees
- Maintain contact with 100% of service users



£20,000 Grant Awarded



## If U Care Share Foundation

“We are extremely grateful for the support we have received from the Rose Paterson Trust.

If U Care Share Foundation was set-up in similar circumstances with the ultimate aim of preventing others from experiencing the pain we felt. The funding will allow us to continue our work in saving lives, supporting communities and preventing suicide across the North East.”

Matthew Smith, COO and Co-Founder

The If U Care Share Foundation’s prevention work begins with young people from the age of 4+, as they believe that early years mental health education is vital to improving resilience in adulthood. Variations of this education is offered to the education sector, sports teams, and businesses. They also provide intervention training to groups and individuals in the community that may come into contact with an individual at risk of suicide, from cafes to tattooists. They have trained over 300 police officers so far.

If U Care Share host an open referral system for people across the North-East who are at risk of suicide, working closely with other charities and statutory services. They describe themselves as “like an octopus”, acting as a central body that brings in multiple other services so that vulnerable people can get the assistance they need.

The Rose Paterson Trust has agreed to give If U Care Share a grant of £20,000, funding a Suicide Prevention Worker for six months. This role is central to the success of If U Care Share, connecting people in crisis with the services and tools they need to thrive.

### If U Care Share Foundation’s Objectives & Key Results

#### Objectives

1. Support those in the North East at risk of suicide.
2. Identify personal objectives to improve current circumstances i.e. lack of employment.
3. Collaborate with 3rdparty organisations to develop support networks.

#### Key Results

1. Reduce the instances of individual suicidal ideation.
2. Increase positive circumstantial opportunities i.e. employment opportunities.
3. Navigate supported persons to appropriate services to aid support processes.



**£20,000 Grant Awarded**

## Kintsugi Hope

“We are grateful for the support of the Rose Paterson Trust, which will enable us to grow our network of support groups across the country and ensure that as many people as possible have the opportunity to invest into their mental and emotional wellbeing.”



Diane Regan, Operations Manager

Kintsugi Hope’s vision is to see a world where mental and emotional health is accepted and understood, with safe supportive communities for everyone to grow and flourish. They achieve this through supporting partner organisations such as churches and community organisations with a unique training model that enables them to lead a wellbeing group in their community, along with tailored materials for group activities.

339 Kintsugi Hope partners are dotted around the country, reaching more than 2,000 people. Feedback shows that 95% of participants have learned tools and strategies to help them cope when they are overwhelmed, and 80% experience an increase in self-worth, confidence and wellbeing.

The charity also works with policymakers to try and affect national suicide prevention strategy, and report that they are in conversation with Government and the NHS to deliver Kintsugi Hope as Mental Health education in schools.

The Rose Paterson Trust has agreed a grant of £20,000, enabling Kintsugi Hope to scale up and reach more people. This includes increasing capacity of systems, processes and people, to monitor and safely support the growing number of group leaders and participants, and to build more groups across the UK so that everyone can access a local wellbeing group.

### Kintsugi Hope’s Objectives and Key Results

#### Objective

1,500 people to attend a safe and supportive group where they can invest in their mental and emotional wellbeing, learning self-management tools, in a facilitated peer mentoring setting, with clear signposting for further help if needed.

#### Key Results

1. Partner with 50 new Organisations who can provide volunteers
2. Train 150 volunteers to become Wellbeing Group leaders to run adult, youth, and student groups across the UK
3. Step change evidence-based improvement in group participants’ emotional, mental, social, and overall wellbeing.
4. Increase in group participants’ self-worth and confidence

## Pillar Kincardine

“We are very grateful to the trustees for their support, without which smaller, locally accessible mental health services such as ours simply would not be able to exist.”

Gillian Grochla, Service Manager

Pillar Kincardine is a small voluntary organisation based in Stonehaven, Scotland, supporting people in and around Kincardine and the Mearns who are coping with serious emotional, social or mental health difficulties. They are the only mental health charity in the local area whose service has no limits on the age of service users or the duration for which they access the service. At their core is the belief that, with expert support, people can be enabled and empowered to maintain their own mental health and navigate their own road to recovery. Support is therefore discussed and agreed with individuals as part of their Personal Support, and Action Planning can be either time limited or flexible, dependant on individual need. The voice of service users is present at leadership level and helps to form the Pillar Kincardine strategy.

Pillar Kincardine’s services include; one to one support; professionally facilitated activities such as cooking, walking, and horticulture in their allotment space; and a rolling programme of Mind and Body modules offering a combination of psychoeducation, creative expression and community activity. The majority of service users are referred through support services, with many having had hospital admissions. Though it is difficult to arrive at a number, there is no doubt that Pillar is doing life-saving work.

The Rose Paterson Trust has agreed to award £16,000 to Pillar Kincardine, to support their core organisational costs, helping to deliver all of their services.

### Pillar’s Objectives and Key Results

#### Objectives:

Ensure that people in the Kincardine and Mearns area experiencing mental health problems:

- Have regular access to professionally facilitated, local, mental health group support when they feel they need it
- Have improved access to 1:1 support when they feel they need it
- Are less isolated by their illness
- Are more connected to their community
- Are better able to self -manage their own recovery

#### Key Results:

- An easily accessible, non-time-limited, resource for people at risk of, and recovering from crisis and their wider support networks
- A holistic approach to Personal Support and Action planning
- Support for individuals to identify and address issues affecting their mental health
- Facilitated peer networking and support
- A regular, reliable drop in space where people can address loneliness, make connections, improve confidence and self-worth
- Support individuals to develop skills and opportunities to self-manage their mental health and establish community connections





£20,000 Grant Awarded



## R;pple Suicide Prevention

“As a family we are blown away by your generosity. Your support will enable us to develop the R;pple technology to make the tool more intuitive and to save many more lives from being lost in this devastating way. It means the world to us, thank you from the bottom of our hearts.”

Alice Hendy, CEO and Founder

In a moment of crisis, R;pple offers hope and an alternative to someone considering suicide by interrupting someone’s online search for a method to take their own life and instead, providing them with messages of hope and practical actions they can undertake to access help and support.

This is delivered via an innovative pop-up message on a search engine. To date, R;pple has been downloaded over 100,000 times. Schools, colleges, universities, parents, carers, and charities are able to download R;pple free of charge. Individuals with R;pple installed on their computer will be intercepted if they search for harmful online content relating to self-harm or suicide and redirected to mental health support. 22 individuals so far have reached out to R;pple and share their story of how the tool has intercepted their online search and empowered them to seek mental health support.

£20,000 will help to develop technology that ensures the tool is compatible with all browsers, cover costs to deploy R;pple on mobile devices, and allow them to design, create and build country specific versions of R;pple to reach a global audience. All of these objectives will undoubtedly save thousands of lives.

### R;pple’s Objectives and Key Results

#### Objectives:

- To intercept over 1,000 legitimate harmful internet searches relating to the topic of self-harm and suicide by the end of 2022

#### Key Results:

- 50%+ uptake of UK Universities deploying R;pple (for free) across their IT infrastructure
- Ensure R;pple is compatible across mobile and tablet technology
- Expand R;pple to be an ‘ever present online-guardian’ in 5 or more countries (Aus, NZ, US, Canada, Ireland)



£20,000 Grant Awarded



## Shropshire Mental Health Support

“The support of The Rose Paterson Trust really empowers us to push forward our plans for a Mental Health Vehicle, to reach those even in the remotest areas of the county and give them hope.”

Clive Ireland, Chair

Shropshire Mental Health Service runs the multi award winning Shropshire Sanctuary, which has been running for nearly 5 years to date and provides immediate face to face support for any person in crisis.

This service is supplemented by 24-hour call lines, giving direct access to support and also escalation of services if the call handler believes there is risk of harm to the person calling or others. If a person states they have an intent to take their life, we believe them and take immediate action to protect life, regardless of resources.

The Rose Paterson Trust has agreed to a grant of £20,000. This will enable Shropshire MHS to fulfil their goals for 2022, including the employment of an additional mental health support worker and the purchase of a Mental Health Vehicle. The MH Vehicle will travel around the county, spreading hope and awareness. This will ensure that the hardest to reach are accessed by working in partnership with young farmers, WI, parish councils and other partners.

### Shropshire Mental Health Support’s Objectives and Key Results

Objective	Key Results
1. To reduce suicidal ideation and suicide within Shropshire	1. Deliver person centred mental health support within rural locations 2. Mental Wellbeing vehicle to become Shropshire’s Beacon of Hope, “Starting the Conversation” 3. Provide direct support, and signposting 4. Utilise feedback from GP’s, Locality Organisers and the public to monitor effective resource management 5. Travel to between 6 and 8 locations in Shropshire each week, reaching an estimated 100 people every week 6. Reduce stigma by visible presence and “Starting the Conversation” 7. Production and distribution of business cards with 24/7 helpline details



## The Listening Place

“We are over the moon. The support from the Rose Paterson Trust will go toward a Visitor Support Coordinator, a role vital to our mission which will help to save lives.

We really look forward to partnering with the Rose Paterson Trust and transforming how we support those who feel suicidal.”

Daniel Hall, Head of Fundraising

The Listening Place (TLP) is a volunteer-led charity providing face-to-face, compassionate, ongoing and confidential support by appointment for those who feel life is no longer worth living. To our knowledge, we are the only charity providing this service in London, or in the UK. We pride ourselves in being collaborative and work with over 125 referral partners, including major London hospitals, NHS services, British Transport Police, British Red Cross and a vast array of charities. This allows us to support up to 4,200 suicidal Londoners per annum as we aim to change the face of suicide support in the capital.

TLP believe that it is crucial to tackle suicidal thoughts with an effective and timely intervention. They therefore operate without a waiting list. TLP contacts every referral within 24 hours and offer a first appointment within 7 days. They have continued to achieve this despite a 58% increased demand in the past 12 months.

Since opening, TLP has received 13000 referrals and tragically but extraordinarily has only lost 10 visitors to suicide. The Rose Paterson Trust has agreed to provide a £25,000 grant, supporting a Visitor Support Coordinator. This role is crucial to delivering TLP’s unique service in a timely and appropriate manner.

### The Listening Place’s Objectives and Key Results

#### Objectives

1. To support more people across London who feel life is no longer worth living.
2. To collaborate to improve the way people who have suicidal thoughts are cared for across the UK
3. To manage our charity as effectively and efficiently as possible.

#### Key Results

1. The Visitor Support team will contact 7000 referrals in 2022/23.
2. The Visitor Support team will schedule 40,000 appointments in 2022/23.
3. The Visitor Support team will contact all referrals within 24 hours and offer a first appointment within 7 days.
4. TLP will support 5040 suicidal people in 2022/23.
5. TLP will collect quantitative and qualitative data using the clinically recognised Columbia Suicide Severity Rating Scale, every six months that demonstrates the intervention produces highly significant reductions in suicidal feelings.



In partnership with



