



**Candidate name, position and organisation**

Evan Grant, Co-founder and Chair, Cameron Grant Memorial Trust

**Seconding member**

David Mosse, Chair, Haringey Suicide Prevention Group.

**Candidate statement**

As a member of the Steering Committee, I would bring my lived experience of being bereaved by suicide, and all that I have learned since through the work of Cameron Grant Memorial Trust and from talking about mental health in schools and workplaces. I retired last year and am keen to commit time to the work of the NSPA. I would be honoured to serve as a member of the Steering Committee if elected.

I am Co-founder and Chair of Cameron Grant Memorial Trust, established after my son Cameron took his own life in 2014 aged only 21. When he died nobody knew he was ill, yet he left a letter describing a silent 7-year battle with symptoms of depression. Because Cameron suffered in silence, in his name we work to signpost services for those in mental distress. We do this with “physical signposts” - like Cameron’s Coasters (simple drink mats) and Wellbeing Postcards - and the message “There is always someone you can talk to.”

We work with communities – universities, schools, colleges, workplaces, sports clubs, GP Surgeries, etc - to customise the signposts with the help information most important for the setting where they are used. As an example of innovation, our most recent signpost is a reusable water bottle for those sleeping rough; the water bottle provides both practical pointers to support and practical help to combat dehydration.

I am a member of the Solihull Suicide Prevention Group, and I recently became a member of the Speakers Collective.

# Greater Manchester Health and Social Care Partnership

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## **Candidate name, position and organisation**

Adele Owen QPM, Greater Manchester Suicide Prevention & Bereavement Support Programme Manager, Greater Manchester Health and Social Care Partnership

## **Seconding member**

Amelia Wrighton, Founder and CEO, Suicide & Co

## **Candidate statement**

After 21 years as a police officer, attending numerous deaths by suicide and supporting suicide bereaved families, I resigned to become the Suicide Prevention Programme Manager for Greater Manchester; a role I have now held for over three years. I run our award-winning city-wide Shining a Light on Suicide Campaign which aims to reduce stigma, oversee our city's Bereavement Service, run our Real Time Surveillance System and hold a city-wide Month of Hope each year to raise more awareness.

I participate in national meetings and have spoken at many national conferences.

I'm a member of the National Emerging Methods Working Group and I'm also a member of the National Police Suicide Prevention Group – using my previous experience and new knowledge to reduce police suicides.

In my personal life, I'm also a Trustee for the charity Suicide & Co; one of my responsibilities being to ensure the charity remains on a secure financial footing.

Connecting and working with others in all spheres of life is a key element of my suicide prevention work as I strongly believe suicide prevention is everyone's business. I work with a vast number of local multiagency and VCSE contacts as well as national organisations. I've written strategies and proposed priorities ensuring all objectives are addressed within set timeframes. I've chaired task and finish groups and set terms of reference for each while also working creatively to raise awareness.

I believe I have a lot to contribute to the NSPA if a Steering Group member.



**Candidate name, position and organisation**

Rachael Swann, CEO, Grassroots Suicide Prevention

**Seconding member**

Ruth Finlay, Suicide Prevention Programme Manager, East Sussex County Council

**Candidate statement**

**Why you are seeking to be elected**

I'm the CEO of Grassroots Suicide Prevention. We empower people to help save lives from suicide through connecting, educating, and campaigning nationally. I'm an expert in mental health to provide support to prevent suicide, mental health and self-harm crises. I would like to use my knowledge and passion for supporting vulnerable people to help grow and increase the impact of NSPA's work.

**What skills and experience you will bring to the role**

I have a broad range of experience as a CEO and non-executive director which includes non-executive director of Southdown Housing Association which delivers housing and a wide range of social care contracts to the value of £28 million pounds in Sussex and Trustee of Crossroads Care which provides support to individuals and families, helping carers to make a life of their own outside caring. I have significant experience of income generation. This includes generating six figure income from a range of funders; including international universities and schools, corporates, trusts and foundations, local authorities, governments, and individuals. I also have experience of leading on the scoping and implementation of new business ventures.

Prior to working in the charity sector and Higher Education, I also have experience of working in the corporate sector as a solicitor and I have a solid understanding of legal and corporate leadership and governance principles and operations. I also have extensive experience of partnering with local authorities, currently working with 16+ local authorities on suicide prevention and previously leading a £3.57 million contract to deliver a wide range of carer services including front line support.



**Candidate name, position and organisation**

Tim Woodhouse, Suicide Prevention Programme Manager for Kent and Medway, Kent County Council

**Seconding member**

Brian Dow, Deputy Chief Executive, Rethink Mental Illness

**Candidate statement**

Hi, I'm hoping that you will support my application to be part of the NSPA Steering Group for a 2<sup>nd</sup> term.

I have been the Suicide Prevention Programme Manager for Kent and Medway (based in the County Council's Public Health team) since 2014, and have grown our local Suicide Prevention Network from 10 members when I started to over 170 currently. Local Authority leads are important given our role as facilitators, but it's the strength of our local Network (particularly our members with lived experience and our voluntary and community sector partners) which ensures that words turn into actions.

During my first three years on the NSPA Steering Group I have helped shape national initiatives (such as NHS England's Suicide Prevention Transformation Funding) to make them as effective as possible at the grassroots level, and I have highlighted our local insight and evidence (on issues such as the links between domestic abuse and suicide) at a national level which is helping to drive Government policy.

I would like to continue to act as that conduit between local partners and national policy; and continue to provide the NSPA with up to date and accurate advice about the role that local areas can play in suicide prevention, and crucially what local Networks need to ensure they can be as effective as possible.

I am honoured that my application is being seconded by Brian Dow, a previous co-chair of the NSPA.

# Suicide&co



### **Candidate name, position and organisation**

Amelia Wrighton, CEO and Co-Founder, Suicide&Co

### **Seconding member**

Jake Mills, Founder and CEO, Chasing The Stigma

### **Candidate statement**

I am seeking to be elected because I believe I can bring a unique set of experience, adding value to the group. Since founding Suicide&Co in 2020 we have been an NSPA member and truly believe in the mission and aims of the group. On a personal level I think I would learn a huge amount from the experience and would benefit from meeting regularly with the sector to discuss the broader challenges and action being taken.

My role as CEO at Suicide&Co has been to lead the strategy and operations and so I can bring these skills to the group. I have lived experience of suicide bereavement, losing my mum 11 years ago when I was 19. I have 10 years experience in the corporate world and most recently the experience of setting up Suicide&Co; a national counselling service for those bereaved by suicide, raising £220k to date and building a community through our website and social channels.

This experience has given me a great insight into the challenges of the sector across the country as we speak to the majority of local bereavement and prevention services. I think our focus on bereavement would add a great benefit to the group as I believe it is crucial that we deepen our understanding of suicide whilst actively working to prevent it as there are many stories that are still untold and complexities that are not widely recognised or understood and we can change that!