

Common Unity 

# Vanguard

Community News



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[common-unity.org](http://common-unity.org)



# MM

## ManMade | THE CONFERENCE

*"men surviving change in an ever changing world"*

**STEADFAST & UNFLINCHING....  
WE ARE MEN & WE ARE DYING**

It's not often that men have a real opportunity to talk about what challenges are happening in their lives. As co-founders of the ManMade Concept, it was felt that more needed to be done to create a safe space to allow men to talk.

The ManMade programme is currently being delivered across the West Midlands...  
For more information visit [www.manmade.org.uk](http://www.manmade.org.uk)

ManMade | The Conference 



## Suicide - More Harm Done Through Silence

There are a range of commonly held myths about suicide, but one of the most challenging myths is the idea that by openly asking a vulnerable person if they are thinking of suicide might actually encourage suicidal behaviour, or even put the thought into their head. Evidence has shown though that this couldn't be further from the truth - In Preventing Suicides: A Global Imperative, The World Health Organisation stated that

**“Rather than encouraging suicidal behaviour, talking openly gives an individual other options or the time to rethink his/her decision, thereby preventing suicide.”**

So talking about suicide, be it in a professional or personal setting doesn't make people think about it as a new option for consideration nor does it encourage a suicidal act and could actually save a life...

Infact, one could even argue that not talking about suicide and suicidal thoughts when it presents itself as a possibility means we are less likely to have a reductive impact on the number of suicides across the UK.

So why don't we talk about it more? We know about the risk of injury and death in road accidents and invest heavily in road safety yet suicides per year outnumber deaths in road accidents by 300%

Suicide takes over 6000 lives per year in the UK and the silence that surrounds it because of the stigma associated with it means that

suicide and suicidal acts will continue to happen.

Thankfully, people are starting to take notice of this devastating issue. Many much needed organisations are being established that provide a range of approaches to breaking the silence around suicide and assisting opportunities for living life.

Common Unity and Forward For Life have recently had the pleasure of working alongside one of these newly established



organisations known as The Ollie Foundation.

### The OLLIE Foundation is a charity set up by three parents who lost their children to suicide.

OLLIE stands for One Life Lost Is Enough.

OLLIE's key mission is to ensure the rolling out of both safeTALK and ASIST courses across Hertfordshire, especially targeting professionals and carers who work alongside young people. As recognised Master Trainers, having trained over 1400 people in the last 3 years, OLLIE approached Forward For Life and Common Unity to provide guidance, support them with their initial set up and provide the high quality suicide prevention training needed until a time when OLLIE have their own licensed trainers in suicide prevention.

## “Community News!”

Welcomed to issue 5 of Vanguard.



## Message from the Director

It has been a very exciting few months, with the development of new innovative approaches to support the wellbeing of citizens across Birmingham and wider. Manmade | The Conference (as featured on the cover of this issue) will play a crucial role in raising awareness of the challenges that men face in our ever changing society. Challenges that may often threaten the very existence of some men. In addition, Urbrum Resource Key is our new way of using digital technology to best enable communities to access local health and social care services as well as highlight some of the community based assets we all should know more about. The Urbrum Resource Key is ready for distribution across Birmingham now. Connecting Community Networks, is our new upstream solution for community wellbeing and you can read more about it below. Suicide Prevention is still being rolled out across Sandwell, Birmingham, Dudley and Hertfordshire with over 1400 people being trained in the last 3 years alone. Our focus for the next twelve months is to take a more strategic approach in developing some clear pathways to ensure that the areas of Prevention and Protection remain high on the local agenda.

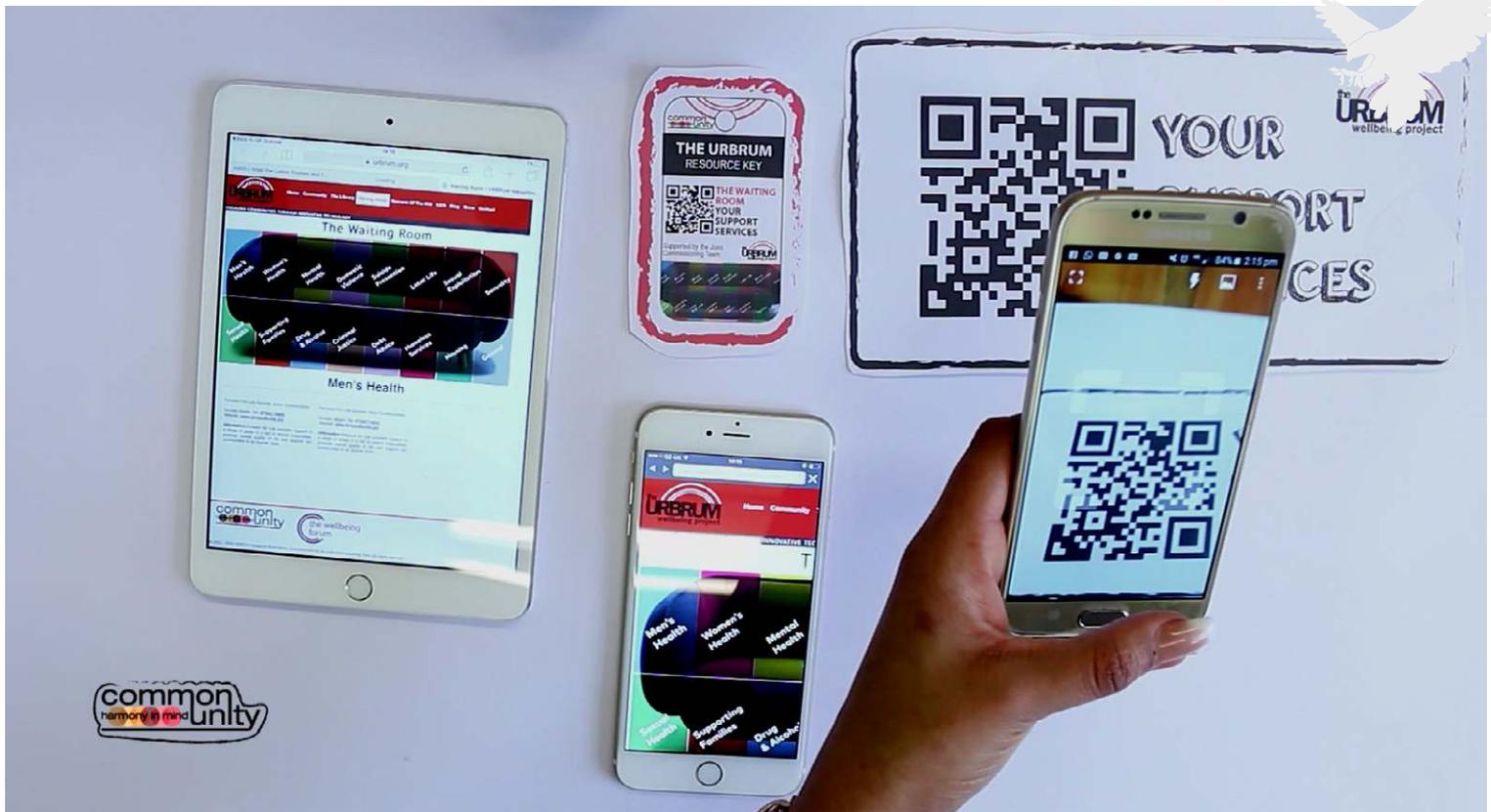
**Caron Thompson**  
Director - Common Unity



## UPSTREAM SOLUTIONS FOR COMMUNITY WELLBEING

Life can be hard...but for some, because of particular circumstances, and more often than not, through no fault of their own, life can be much harder still. Connecting Community Networks recognises this and looks to protect and enhance citizen well-being and promote life quality. It oversees the delivery of a number of much needed holistic services that has real, evidenced based wellbeing benefits for some of our most vulnerable members in the community. CCN takes a different approach from many other traditional services by starting from a premise of vulnerability and risk due to life challenges and looking to demonstrate a positive resolution for the individual based on improved wellbeing.





Accessing information to specific services can be difficult at the best of times. In modern day life, digital technology plays an increasing role in ensuring up to date information is at our fingertips.

The URBRUM resource key gives you the opportunity to access your local services whilst on the go.

The Quick Response Code on the resource key will take you straight to The Meeting Room, a place where you will be able to access information about local services that can support you.



## Do you have your URBRUM resource key?

Scan the QR code to access the URBRUM Resource Key video or visit [urbrum.org](http://urbrum.org).



Scan me with your mobile device to watch the resource key video



We are a not-for-profit organisation with a clear organisational mandate for active social investment going above and beyond to ensure we are a recognised "can do" organisation. Our business has social objectives meaning we reinvest for the benefit of the communities we engage with including free/minimum cost training, project development and wider programme support. Common Unity provides services with social aims and ensures social ownership through both formal and informal participation with a range of stakeholders including users, community groups and employees. Through being a small social enterprise and through the use of highly skilled associate links, we are able to keep our overall management, internal staffing and administrative costs to a fair minimum whilst also ensuring the highest quality of delivery across communities.