

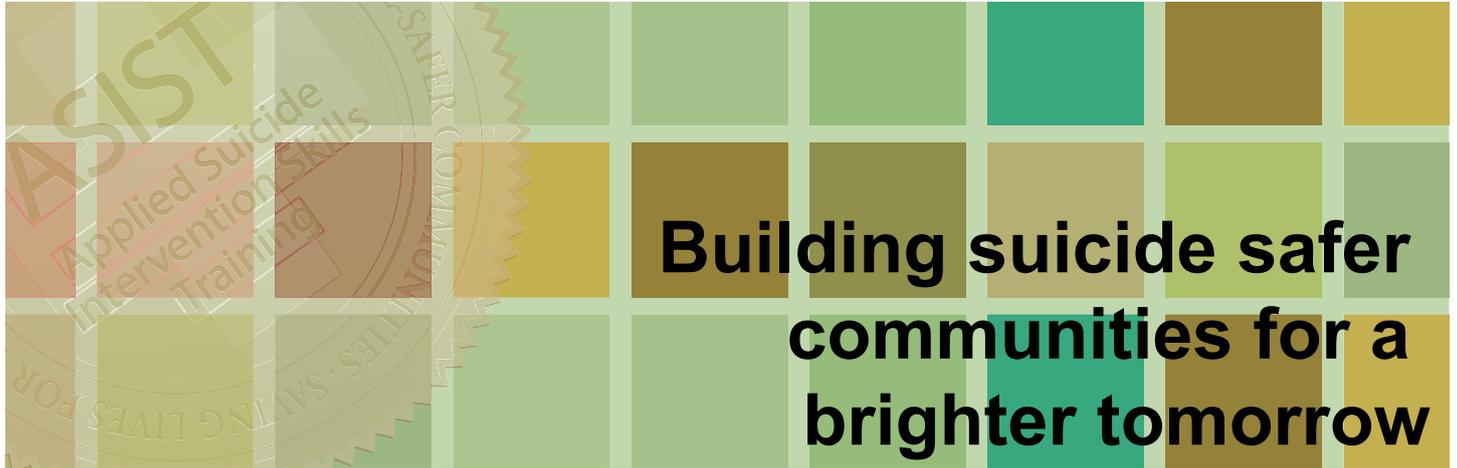
Common Unity 

# Vanguard

Community News



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



## Suicide Prevention In Sandwell

**“Suicide does not end the chances of life getting worse. Suicide eliminates the possibility of it ever getting better.”** Steps towards a suicide safer Sandwell, Sandwell Borough Council have commissioned Common Unity to help achieve a suicide safer community. Over the next 3 years Common Unity and partner organisation, Forward for Life will be delivering the world renowned suicide prevention training programmes of ASIST and safeTALK across Sandwell. Common Unity and partner trainers are keen to push the message across Sandwell **“that one suicide is one too many”** in a bid to help communities be suicide safer.



### The Pamper Zone

Established in 2012, The Pamper Zone aids the well-being of communities through using a range of spa therapists offering the citizens of Birmingham an opportunity to engage with their own self-care through relaxation and treatment options that improves their well-being. Click the image for more information.



### Man Made Dudley

Forward For Life, in partnership with Common Unity and specialist associates are empowering men to have the strategies and coping skills to manage the challenges they experience as a result of job loss including reduced financial income, loss of time structure, isolation, loss of purpose and changes in identity and relationship status.

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## Man Made Dudley

Through a range of approaches that pivot around the 5 Ways to Wellbeing, this half day per week, 9 week programme has sought to best enable men to engage in dialogue about issues they face associated with the life changing experience of unemployment.

The programme seeks to provide men with various strategies to assist them in managing distress that they experience as well as looking at how they can promote their own mental health and well-being through improved resilience.



## Self-harm Programme



Common Unity is working with Warwickshire Public Health to develop and deliver the YOUth Matters young people's project to reduce self-harm. The YOUth Matters programme aims to adopt a similar approach as the URBRUM well-being programme by utilizing social media to engage young people.

Working alongside young people the project seeks to raise awareness of current issues and tackle the associated stigma. YOUth Matters actively engages and empowers young people through providing a safe environment that allows the sharing of personal journeys, ensures appropriate support and enables an opportunity for young people to take control both for themselves and their peers through a range of approaches.

The Youth Matters programme will be a project that develops over time and will be an effective way of engaging young people in Warwickshire on a number of related lifestyle challenges.



*"I think, strategic documents try to bombard people with facts and figures, yet overlook how people feel about issues. If things or situations make emotional sense, we're far more inclined to carry them out. We tend to communicate and respond emotionally far more than we're aware of."*

**Caron Thompson**  
Director  
Common Unity

## Message from the Director

Welcome to our first of many newsletters that looks to bring you up to speed with the work that Common Unity continues to deliver alongside and on behalf of often seldom heard communities.

This first edition of Vanguard looks to provide you with a quick overview of the key areas of work we deliver across a range of settings alongside our Grassroots Associates. I would like to thank our partnering organisations and associates for their support in delivering some excellent projects and services.

## "Suicide is back in the news"



"Suicide does not end the chances of life getting worse... it just stops the possibility of it ever getting better."

Common Unity & Forward For Life speak live on BBC WM 95.6 on the topic of suicide and suicide prevention. Common Unity, Forward For Life and Time to Change were invited to speak at BBC West Midlands Radio 95.6 on ChatBack on the subject of suicide and more importantly, suicide prevention.



**BBC WM**  
BBC WM 95.6  
Joe Aldred & Nikki Topper

## Birmingham Well-Being Forum

There is an intrinsic relationship between poor wellbeing and wider health inequalities. The Birmingham Well-being forum is a newly formed representative group that provides vital input in respect of the well-being agenda in its widest sense.

The forum was developed as current decision making processes and arrangements within Birmingham need to be further expanded to fully take into consideration the wider well-being agenda incorporating the vast knowledge base existent within smaller third sector and social enterprise organisations that deliver well-being outcomes across the City for all communities.

This forum will ensure that well-being will have a recognised place within Birmingham in respect of the various decision making forums across the city.



## URBRUM Wear

A new urban brand created by young people, **URBRUM Wear** is the new and exciting unisex clothing range. Check out [urbrum.org](http://urbrum.org) for more products. URBRUM clothing is available from our online store [www.urbrum.org/shop](http://www.urbrum.org/shop) or you can purchase any item from your mobile device. A true urban fashion label. Keep with the trend for 2015 with URBRUM Wear. View our wide range of garments online, with easy to purchase buttons.



## Support our chosen cause

Every few months we will be choosing a local charity to bring to your attention. Even the smallest amount of support for these organisations could make the world of difference to them. Our chosen charity for the next few months is **Cruse Bereavement Birmingham** who do sterling work supporting people struggling to cope with loss.

Donate



## Grassroots Associates

Grassroots Associates has been established by a group of well-being focussed social enterprises and local entrepreneurs that offer, through a specialist partnership, an innovative and highly flexible solution focussed approach to development, training and well-being opportunities.

For more information about Grassroots please feel free to get in touch.

