



PROGRAMME

SUICIDE BEREAVED NETWORK (SBN) **AGM** EVENT

“Living with Suicide Loss”

SATURDAY SEPTEMBER 29TH 2018

Friends' Meeting House, 6 Mount St, Manchester M2 5NS

(Please note that all timings are provisional and may be changed on the day)

Registration and coffee 11.00-11.30

Welcome and introduction

11:30-11:45

Developing Peer Support for Young People

11:45-12:00

Abbie Mitchell, SBN youth Trustee and mental health blogger, will talk about her work as a peer support mentor for young people.

The Sky Sharma Foundation (SSF)



12:00-12:30

*Neelam and Dinesh have set up the **Sky Sharma Foundation** to tackle the stigma surrounding mental health in Britain's South Asian community. Their son Akash, known as Sky, took his own life three years ago. Now they want to get other parents talking with their children.*

Lunch break 12.30-13.15

Suicide Bereaved Network Annual General Meeting

13:15-13:30

Including the Chair's report, Treasurer's report and voting in of Trustees.

What Remains : a film by Geoff Brokate

'Let the memory on the vine stay sweet'

13:30-14:30

After the death of her husband by suicide, Gillian Brooks wanted to make sense of the events and preserve memories for her children, so she wrote it down as a story. Now her words have inspired a film made with the help of award-winning filmmaker, Geoff Brokate. Gillian will present the film and lead post-screening discussions.

Coffee break 14.30-14.45

Breakout sessions: Support or Discussion Group

14.45-15.45

Summing up and close 15:45-16:00

For further details contact events@sbnwk.org.uk or **0300 999 0003**