

Suicide Prevention and Community Development Test and Learn 2026

As part of the UOK partnership, The Hangleton and Knoll Project (HKP), Grassroots Suicide Prevention (GSP) and Rethink Mental Illness partnered with the Hangleton and Knoll Multi Cultural Women's Group to coproduce and deliver a suicide prevention training session as a test and learn activity.

The training enabled 13 women from the Hangleton and Knoll Multi Cultural Women's Group to become community champions, providing them with confidence and skills to have conversations in their communities around suicide.

“This is a very difficult subject to talk about, it was good to be in the space, hear from professionals and real-life experiences of others and to learn how we can help ourselves and our communities where this not talked about”

“I wanted to be here, it was difficult at times, but it is so important that we talk about this, raise awareness and help prevent this happening to anyone else”



Background -

HKP have worked with the women's group for over 15 years supporting them to develop a regular programme of wellbeing activities that meet their needs and increasing their representation and voice in local decision-making forums, participation in citywide consultations and their development of skills, confidence and training.

In recent years HKP and Rethink have co facilitated sessions on suicide with the group building trust, relationships and creating a safe space for the women to talk openly about their experiences.

It was therefore a natural progression of the work with the group to offer them suicide prevention training as a next step.

We approached the group with the offer, and they were very interested in the training and that they would have some ownership of the content through a coproduction process.

Coproduction process -

HKP met with GSP in February to scope the training offer which was agreed - a coproduced, half day, in person tailored suicide prevention workshop. The aim of the partnership was to create an accessible and relevant training offer for the group.

GSP identified appropriate staff to deliver the training and HKP allocated their Equalities and Inclusion worker to support the process with the group.

GSP provided a booking link and overview of the course for HKP to share with the group to support them to book on and gain an initial understanding of the draft workshop content.

In April, GSP attended an online meeting with the Multi-cultural Women's Group, organised and facilitated by HKP. The purpose of the meeting was to -

- Present draft course content to the group for comment and refinement
- Ensure the course was shaped by the input of the participants and the group, including a relevant scenario
- Confirm wellbeing support available both during, and after the session, with clear escalation pathways and local signposting
- To check format and delivery methods (including technology test run)
- Ensure culturally accessibility and suitable delivery modes, addressing digital exclusion and language barriers, including briefing on the GSP Stay Alive app (which translates into 22 languages, and HKP'S support with translation on the day)
- Consult with people with lived experience, and group members, to ensure pedagogy met group needs and upheld psychological safety
- GSP prepared a detailed brief for the trainer who would be delivering the workshop, based on the meeting feedback
- Align training content and requirements with co-production outcomes and accessibility needs

The brief included iterative delivery guidance, advance provision of resources for accessibility, recommended teaching and learning activities (discussion, engagement, group work, agree-disagree continuums), minimal reliance on slides/technology, and required materials (flip chart paper, markers, signs, etc.)

GSP provided hard copies of all materials (including Stay Alive app resources) and surveys to ensure accessibility (including visual impairment)

Workshop timings were adjusted to suit the Group (later start time)

During this time a meeting also took place between HKP and Rethink, following discussion with the group, it was agreed that Rethink would attend the workshop to observe and take notes to inform the development of future sessions around suicide post the workshop.

Delivery of the workshop -

In June GSP delivered the co-produced, tailored workshop to 13 women from the multi-cultural women's group at St Richard's Community Centre, the women were from Bengali, Pakistani, Chinese, Egyptian, Japanese and Indian backgrounds.

A highly experienced trainer delivered the session, utilising the GSP co-produced brief on the project and the tailored materials, preparing in advance to ensure accessibility and facilitated group discussion, and adapting iteratively to meet group needs.

HKP provided Interpreting support to three Bengali women at the session, including supporting one woman who had recently lost her son to suicide, HKP supported the individual pre and post the workshop.

Emotional support was also factored into the session with regular comfort breaks, where the women could leave the room and talk to HKP and Rethink staff.

Insights and Feedback from the group

Documented feedback from the workshop via Rethink and HKP

- Most of the group who attended said they knew of someone who had lived with thoughts, attempted or been bereaved by suicide.
- The group felt their communities would benefit from ongoing peer support in safe spaces.
- The group want to continue developing their skills and confidence in assisting someone with thoughts of suicide and increase understanding and access to services to support group members, family and friends and the wider community.
- Though conversations about the workshop the Madinah Mosque have expressed an interest in working in partnership to share the work and support the mosque community around suicide.
- Future topics identified around barriers to accessing services include cultural factors, judgement, isolation, fear of ridicule and gossip.

- Overall, the women felt comfortable and safe to open up and share their experiences and ask questions and enjoyed the training.
- Agreement suicide can occur without obvious warning and when someone 'appearing to do better'.
- Want to talk about the signs
- Hesitant to speak up in case others judge

Partnership Reflections and Learning

In July GSP met with HKP to review the co-produced training package, to discuss successes and identify future improvements

HKP fed back that the training had been extremely well-received, participants felt able to engage with the workshop and left more confident supporting someone with thoughts of suicide

The co-production had been key in making sure the workshop was relevant, accessible and tailored appropriately

Participants who needed support had immediate access (both internal and external services)

Importance of impact was discussed – HKP agreed to request feedback on how any skills from the training have been utilised – ranging from a 'reaching out' to someone they are concerned about, through to a full intervention.

Next Steps

- HKP and Rethink are currently planning a follow up session with the group in October building on the groups feedback from the workshop, this will include a short film focused on providing support, discussion on coproducing a community information leaflet of support and services to increase awareness and access and a discussion in small groups about specific case scenarios.
- HKP continue to work in partnership with GSP to plan a coproduced suicide prevention training session for the West Area Network taking place January to March 2027 followed by a training session for HKP staff and volunteers.

Report written by Claire Johnson

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For and on behalf of The Hangleton and Knoll Project

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