



THE
ROSE PATERSON
TRUST

2023 GRANTS ANNOUNCEMENT

“IF WE CAN HELP
SAVE JUST ONE FAMILY
FROM THE AGONY
OF SUICIDE, THIS
INITIATIVE WILL HAVE
BEEN WORTH IT.”

The Rose Paterson Trust was established in honour of Rose, who took her own life in June 2020. Since that tragedy, our mission has been to support those who combat suicide.

SUCCESSFULLY COMBATTING SUICIDE IN 2022

In 2022, after our first and successful round of fundraising,
we distributed £131,000 to seven fantastic organisations.

Our grants helped...

850,000

LIVES REACHED

The total impressions made indirectly or directly by grantee activity.

8,000+

LIVES TOUCHED

The number of people given hope by the Rose Paterson Trust grantees.

7,000+

LIVES CHANGED

The number of people receiving lifechanging support by the RPT grantees.

231

LIVES SAVED

People who would otherwise not be with us today.

But the true impact is exponential, unquantifiable, and likely far greater.

Due to the difficulties involved in capturing these data, we can never really know how many people would have taken their lives if it were not for the **generous support of our donors and the hard work of our grantees.**

DOUBLING DOWN IN 2023

Thanks to your continued support and generous donations, **we are delighted to announce that The Rose Paterson Trust is doubling down in 2023**, increasing both the number of grant recipient charities, and the total grant funding value...

THIS SUMMER WE HAVE INCREASED OUR
GRANT FUNDING AND DISTRIBUTED

**£216,500 TO 12
AMAZING FRONTLINE
CHARITIES**

Following rigorous research, application stages and interview processes, **it is our pleasure to introduce The Rose Paterson Trust 2023 Grantees**, charities dedicated to outstanding frontline work in the fight against suicide.

MEET THE GRANTEES

The Rose Paterson Trust Trustees selected a geographically disparate cohort of grant recipients working to prevent suicide in their local community and beyond. **This year, our selection process emphasised its focus on two areas: innovative, progressive approaches to suicide prevention, and direct intervention at suicide hotspots.**

Each of these charities is **small in organisational scale but giant in terms of their passion for the work.** Their approaches to suicide prevention are effective and demonstrate real, tangible results. Ultimately, they save lives and spread hope.

Small charities are often overlooked by funding organisations despite having a huge impact on their service users, community and region. The grants provided by The Rose Paterson Trust are therefore crucial, enabling the continuation of vital programmes, recruitment of staff, and the growth of life-saving organisations.



IN PARTNERSHIP WITH



THE ROSE PATERSON TRUST 2022

GRANTEES UP CLOSE

BEARDED FISHERMEN
beardedfishermen.org.uk

£17,500 GRANT AWARDED



Registered Charity: 1188510,
Established March 2020

WHERE?

Gainsborough HQ, covering Lincolnshire, Nottinghamshire, South Yorkshire and Humberside

“This grant will go a long way to help prevent future loss of life through suicide by providing more lines in our call centre for supporting people in crisis and will aid the building of a new crisis intervention room to use when we are supporting people in an emergency.” **Rick Roberts, Founder & Chairman**

WHAT?

Formed through lived experience and founded on a lakeside, Bearded Fishermen have grown to offer all manner of mental health support emphasising suicide prevention. Activities are varied, from educational projects through to 24/7 call lines. The Rose Paterson Trust were impressed by their StreetWatch Liaison Team; walking the streets at night no matter the weather to always be present should someone need support. Bearded Fishermen also have a crisis response team, working closely with emergency services and immediately on hand should someone call in distress. They are the ‘go to’ organisation with local police and ambulance services carrying their cards.

The Rose Paterson Trust Grant will be used to boost their phonline capacity, increase volunteer training and cover the cost of core equipment for the StreetWatch Liaison Team (including radios and weather protective clothing), among other overheads including fuel. They hope that this grant will help them cover 3 additional areas, equip 20 new volunteers and set up 4 new groups.

BEACHY HEAD
CHAPLAINCY TEAM
bhct.org.uk

£17,500 GRANT AWARDED



Registered Charity: 1098885,
Established 2004

WHERE?

Eastbourne HQ, with patrols by foot and car along Beachy Head cliffs

“Being awarded a grant from The Rose Paterson Trust enables the Beachy Head Chaplaincy Team to provide 3 additional search and rescue patrols every week. This will result in more lives saved at Beachy Head. We would like to thank the Trustees for their support. The grant will make a significant impact in reducing completed suicides.”

Gail Whittington, Chief Executive

WHAT?

Situated at a suicide hotspot, BHCT patrols 4.5 miles of coastal cliffs for 15 hours a day to ensure they are there for suicidal and despondent people. The team are also linked with Sussex police and assist searching for missing people. Using care, compassion and negotiation BHCT volunteers intervene at a critical point for people contemplating suicide. Chaplains are specially trained for these challenging conversations. During 2022 they interacted with over 500 people, successfully helping 99%. Also during 2022 BHCT assisted Sussex police with over 400 searches saving nearly 100 additional people.

The Rose Paterson Trust Grant will employ two additional chaplains for 15 hours per week, helping respond to a 33% increase in interventions from the previous year. This is estimated to save 3 more people per week.

“I was on the edge of the cliff for several hours absolutely sure I wanted to die. The Chaplain who found me was the most understanding person... I truly believed there was no way my life was going to improve and felt that if I didn't kill myself that day, I would surely on one of the following days... But that day was the first step in getting the help I needed... Now, less than 2 months later, I am sat in my home, happy...” **Testimonial**

EVERY LIFE MATTERS
every-life-matters.org.uk

£15,000 GRANT AWARDED

The logo for 'Every life matters' is displayed on a purple rectangular background. The text 'Every' is in a large, white, sans-serif font. Below it, 'life' is in a smaller, white, sans-serif font. Below 'life', 'matters' is in a large, white, sans-serif font. To the right of 'matters' are three small, colored dots: red, green, and yellow.

Registered Charity: 1180815,
Established 2019

WHERE?

Cumbria, with training delivered nationally

“This grant is a huge boost in our aim to make a generational shift in attitudes towards suicide and help seeking among young people in Cumbria and will allow us to increase the number of schools we can engage with, and the number of pupils we can train in life saving suicide prevention skills.” **Chris Wood, Co-Founder**

WHAT?

Founded by a group bereaved by suicide, Every Life Matters exists to plug significant gaps in local provision. The team challenge stigma, encourage conversations, create awareness and make their community safer. In addition to their grassroots campaigning and extensive training programme, Every Life Matters are active in local schools to ensure that younger generations are better equipped to deal with mental health challenges and, importantly, able to talk about suicide. The Safer Schools Project was able to train 1,200 pupils, 350 staff and 250 parents across 4 schools in the first 3 months. Overall the team have delivered over 13,000 training sessions and distributed nearly 600,000 physical resources.

The Rose Paterson Trust Grant will contribute half of the salary for a full time trainer. This staff member will be responsible for co-delivery of Every Life Matter’s mental health crisis, self harm and suicide prevention programme, reaching more children across more schools.

SALUTE HER
saluteher.co.uk
forward-assist.com

£15,000 GRANT AWARDED



Registered Charity: 1195683,
Established 2021

WHERE?

Northumberland, with services delivered nationally

“I am delighted to have been awarded a grant from the Rose Paterson Trust. Suicide rates for both men and women have been on an upward trajectory in recent years. Services are massively stretched and struggling with the weight of demand and levels of complexity. This vital funding will increase the service provision reach and will enable us to target our unique prevention and awareness plan to engage with women who have served in the British Armed Forces.”

Paula Edwards, Chief Executive

WHAT?

The problem of military suicide is prevalent and often overlooked. Tony founded Forward Assist to ensure that veterans get the help and support needed and give professional specialist services for those suffering from sexual trauma, a hidden population. Paula specialises in services for women veterans. The link between military service and suicide is far too high, with far too little provision. Long term mental health recovery comes from intensive sessions with veterans providing the tools and skills needed to move forwards. Education, research, and advocacy complete the life changing services delivered by Salute Her, where Paula is recognised as a ‘thought leader’ across the sector.

The Rose Paterson Trust Grant will provide part funding for a salary to continue the women’s intervention work of Salute Her, alongside completion and dissemination of a consultation report and a documentary which serves as a training aid for women veterans and others supporting females in the military service.

IF U CARE SHARE
FOUNDATION
ifucareshare.co.uk

£22,000 GRANT AWARDED
REPEAT FUNDING



Registered Charity: 1142001,
Established 2011

WHERE?

HQ Chester-Le-Street, operations across North East England

“Receiving the suicide prevention grant from the Rose Paterson Trust is an incredible honour and a testament to the critical work we are doing to save lives at If U Care Share Foundation. Rose’s legacy will enable us to expand our reach and provide even more support to those who are struggling with their mental health and contemplating suicide. Together, we can make a difference and save lives.”

Matthew Smith, Founder

WHAT?

The Trustees are delighted to continue supporting the amazing work of If U Care Share. Born from a family tragedy, Matthew and the team work tirelessly to deliver a range of programmes for people who need it most. Lived experience is at the core of the organisation, focusing on prevention, intervention and bereavement support. Access to timely services tailored to individual needs and circumstances puts the person front and centre. Recent efforts have focused on helping younger people following a notable increase in demand. They have many ways to engage people, not least through their partnership with sports clubs, particularly premiership football. Matthew also ran nearly 300 miles to Downing Street to put suicide prevention in the levelling up debate.

The Rose Paterson Trust Grant will help fund a support officer specially focused on young adults. This will form a key role which assists young adults transition to adulthood, investing in suicide prevention for the next generation. Last year If U Care Share managed to provide holistic support to over 150 people and, significantly, not one person using their services took their life. The Trustees feel privileged to continue supporting what we consider to be an outstanding organisation.

KINTSUGI HOPE
kintsugihope.com

£20,000 GRANT AWARDED
REPEAT FUNDING



Registered Charity: 1175529,
Established 2017

WHERE?

Essex, with wellbeing groups facilitated across the UK

“We are delighted that the Rose Paterson Trust have chosen to support Kintsugi Hope for a second year! We hugely appreciate the partnership we have and look forward to it continuing this coming year, as we bring about significant change and meaningful support for people who are feeling overwhelmed and suicidal, as well as people struggling with their mental and emotional wellbeing.” **Diane Regan, Co-Founder**

WHAT?

Through wellbeing Groups, Kintsugi Hope exists to create safe and supportive spaces for those struggling with mental and emotional health challenges. The team foster connectivity between people suffering and provide a place where people can turn for advice and peer support. Groups run for 12 weeks and are set in local communities to help people understand core areas of mental health and build the tools and resilience to lead their lives. There are a staggering 325 registered groups around the UK, reaching nearly 3,000 people. The open, inclusive and scalable model proven to be scalable sets Kintsugi Hope apart.

The Rose Paterson Trust Grant will primarily be used to increase Kintsugi Hope’s infrastructure which will ensure their model can continue to be scaled and supported by their central team. They hope to reach 5,000 people in their safe and supportive groups. The Trustees are amazed at the reach achieved by the dedicated team and are excited to continue the partnership into a second year.

PILLAR KINCARDINE
pillarkincardine.co.uk

£15,000 GRANT AWARDED
REPEAT FUNDING



Registered Charity: SC005244,
Established 1989

WHERE?

Kincardine & South Aberdeenshire

“Pillar Kincardine are very grateful recipients of a grant from the Rose Paterson Trust. As a small local charity whose existence is reliant on small grants, fundraising and donations, this award will help to ensure that those in the early stages of poor mental health or living with long term mental health conditions and at risk of relapse have easy access to a community mental health resource at their time of need.” **Gillian Grochla, Service Manager**

WHAT?

Operating in an area with minimal statutory service provision, Pillar Kincardine directly addresses a gap sorely needed in their community. The team are led by the community, inviting participation from their locality and ensuring that their board holds lived experience to best inform project delivery. Activities focus on empowering people and facilitating peer connections. They work to compliment other agencies, offering easily accessible resources and face to face services alongside a programme of group activities to bring people together. Over 150 group sessions and nearly 150 individual appointments took place in 2022.

The Rose Paterson Trust Grant will help address an observed shortfall in income against required expenditure to help Pillar Kincardine continue delivery of their services. Their ambition is to increase the number of groups they run and ensure they have capacity to deal with growing referrals. The Trustees are eager to continue the relationship with Pillar Kincardine and ensure that rural areas of Scotland have the support needed to combat poor mental health and suicide ideation.

RIPPLE SUICIDE
PREVENTION

ripplesuicideprevention.com

£30,000 GRANT AWARDED
REPEAT FUNDING



Registered Charity: 1194331,
Established 2021

WHERE?

Across the UK, with software deployed internationally

“We are absolutely thrilled to be the beneficiary of the Rose Paterson Trust. Our mission is to prevent suicide via innovative, digital means and stop other families from losing a loved one to suicide. This funding will enable our charity to develop our technology and expand our reach globally, saving many more lives in the process.” **Alice Hendy, Founder**

WHAT?

Tech deployed for good. Alice is a real leader in the suicide prevention space, delivering a platform which intercepts harmful internet searches. Ripple replaces content with a message of hope and signposting toward appropriate local support. This software is a real game changer in the fight against suicide with huge potential for scale and wide spread adoption. The internet has become the go-to place for those seeking tips on how to end their life. Ripple can reach them at this critical time, often when they are at their lowest and most isolated. The software has been downloaded a staggering 950,000 times across businesses, schools and universities, home computers and many other areas. This has resulted in over 5,000 harmful searches being intercepted. Ripple, despite only starting in 2021, is now available in 13 languages across 35 countries. The Rose Paterson Trust are extremely proud to support Alice’s work.

The Rose Paterson Trust Grant will support Ripple with two main areas. Firstly, provide funding to help with technical development. The next step for Ripple is to become compatible with smartphones and tablets, ensuring reach is maximised. Secondly, the grant will provide resources to increase marketing. The more people who are aware of Ripple, the more businesses and schools who subscribe, the more downloads, the more interceptions, the more lives saved. Ripple is truly extraordinary.

SHROPSHIRE MH
SUPPORT
shropshiremhs.com

£10,000 GRANT AWARDED
REPEAT FUNDING



Registered Charity: 1003117,
Established 1991

WHERE?

Shrewsbury HQ with operations delivered across Shropshire

“We are delighted to have been selected by The Rose Paterson Trust to receive this grant, in support of our suicide intervention programme. This will enable Shropshire Mental Health Support to make contact with the most vulnerable people within society at their time of need. The Rose Paterson Trust has had the faith to support our work and empower us to prevent suicide through education, support, signposting and companionship.” **Clive Ireland, Chairman**

WHAT?

Varied mental health support across Shropshire including crisis response, phone lines, group work and outreach programmes. The team launched an exciting new service last year with the help of the 2022 Rose Paterson Trust Grant: a mobile support vehicle. Shropshire Mental Health Support are now actively taking teams into hard-to-reach communities and having conversations which otherwise would not take place. They are actively challenging the stigma surrounding mental health and providing a critical point of contact in areas with little support. The team work closely with local emergency services and act as key coordinators and training providers. Shropshire MH Support also focus on helping people who work within emergency services, critically supporting the wellbeing of frontline workers.

The Rose Paterson Trust Grant will build on some funds retained from the 2022 grant and provide salary support for a frontline mental health worker and driver for their outreach vehicle. This is a fantastic initiative, one Shropshire MH Support have shown to be effective. The Trustees are proud to support this work and have been impressed by the reach achieved by the team.

STABLE LIVES
stable-lives.co.uk

£20,000 GRANT AWARDED



Registered Charity: 1186580,
Established 2019

WHERE?

Stables in Parbold, Lancashire. Service users come from across the North West

“The world can be busy and brutal, and people can begin to feel isolated just trying to navigate mental ill health, life challenges and pressures on their own even when surrounded by friends, family and colleagues. At Stable Lives we come together as a team of people and horses to offer care and respite to those who need it... With this funding we will work hard not only to provide a calm, safe place for people to access courses and respite days but also to get into society to talk about and shine a light on suicide and mental health.”

Carrie Byrom, Director

WHAT?

A stables committed to using their experience and equine expertise to help people suffering from poor mental health in innovative new ways. Courses and programmes are delivered to help people through their individual challenges, in a calm and safe space full of compassion. Formed to provide respite, Stable Lives are making a huge difference to the lives of many, emphasising recovery and offering a pathway through the darkness. Nearly 300 people had their lives changed interacting with Stable Lives 6-week programme. The benefit to their service users shines through testimonies. Equine therapy is close to our hearts at The Rose Paterson Trust and we are excited to support such an excellent initiative.

The Rose Paterson Trust Grant will go towards the running costs of 6 additional courses and help pay core staff salaries, alongside providing workbooks, certificates and materials. Programmes provide a great blend of structured equestrian training and mental health support, reaching over 50 additional people.

SUICIDE PREVENTION
BRISTOL
spuk.org.uk

£17,500 GRANT AWARDED



Registered Charity: 1187866,
Established 2020

WHERE?

Patrols across Bristol and Bath, call centre nationwide

“We are so grateful for this grant which will help Suicide Prevention UK to offer further compassionate care, continuing to be committed to those in their darkest hour. To be responsive at a vital time for those in need will mean we can support the vision of making the local cities zero suicide environments.” **Jessica Gardiner, Manager**

WHAT?

Founded in the wake of a local tragedy, Suicide Prevention Bristol are committed to ensuring that access to support is available when it is needed most. The team actively patrol the streets paying close attention to areas where suicides regularly occur, ensuring they are there to provide care and compassion. Suicide Prevention Bristol also have a fully established call centre with nationwide reach. Staff are well trained and able to be of immediate assistance when the phone rings. These interventions, both in person and over the phone, come at a critical time and Suicide Prevention Bristol are the only organisation in their region to offer this support.

The Rose Paterson Trust Grant will be split between two main areas. Firstly, contribution toward a staff members salary to ensure that their excellent call centre can keep pace with the hundreds of distressed contacts received each week. Secondly, by equipping their volunteers to be out on the streets reaching people in their moment of need. The provision of radios and bodycams will ensure that 5 more volunteers are present at known hotspots and on-hand for people in crisis.

ZEST NI
zestni.org

£17,000 GRANT AWARDED



Registered Charity:
NIC100174, Established 2014

WHERE?

Derry HQ, with services across Northern Ireland

“The recent award of funding from the Rose Paterson Trust has enabled our organisation to engage those who are suffering suicidal ideation but do not attend GP or statutory services. Statistics tell us that only 30% who die by suicide had been seen by statutory medical services in the year preceding their deaths. 70% were not seen. Our funding will target this vulnerable group and allow us to see these clients without their having to wait weeks, maybe months, for an appointment.” **Connor, McCafferty, Chief Executive**

WHAT?

Northern Ireland, understandably, has unique problems concerning mental health, trauma and subsequent suicidal ideation. Zest NI ensure that top quality provision is available across the region in a timely and accessible manner. Programmes blend together groups, workshops and individual sessions to ensure that recovery can take place and crisis can be avoided. Critically, Zest NI focus on people who are ‘non-referred’, those who have been unable to obtain statutory support or people who are lost in waiting lists while their condition worsens. They are challenged by their own waiting lists in the face of growing demand and their key objective is to ensure people can receive the help they need in a timely manner. The team work closely with statutory services and support wider mental health delivery.

The Rose Paterson Trust Grant will directly go towards reducing waiting lists and ensuring people receive timely support to ensure recovery can take place and crisis can be avoided. This funding will provide for at least 80 people to access needed help through a series of sessions and interventions delivered by Zest NI.

WITH SPECIAL THANKS TO OUR SUPPORTERS AND DONORS
WHO MAKE OUR WORK POSSIBLE, AND TO ALL OF OUR
GRANTEES WORKING TIRELESSLY TO SAVE LIVES.