



Suicide or Survive

Fundraising Volunteer Information and Induction Pack

Introduction

SOS values the contribution of volunteers and the role they play in the success and development of the organisation.

From time to time SOS engages members of the public who give of their time voluntarily to assist with the running of fundraising events:

We view volunteers who offer their time as a major resource who make a vital contribution to the overall work of the organisation. SOS recognises that the role of volunteers is to compliment and not replace the role of paid staff. We are therefore committed to ensuring that volunteers are provided with the information and support they require to fulfil the roles they volunteer for and to ensure that volunteering is a positive experience for them.

SOS is committed to building positive working relationships with volunteers which are founded on mutual respect and valuing the experience and skills which volunteers bring to the organisation.

SOS

Suicide or Survive was set up in 2003. The idea for the organisation was borne through the personal experience of Caroline McGuigan who had attempted suicide and survived. As a result of her own experience she became very aware of the gaps in the healthcare system. From its inception in 2003 the organisation began to attract people specifically interested in suicide and its prevention, who were passionate about being a part of change in relation to mental health. SOS became a registered charity in 2005 and has defined its mission as: “to challenge the stigma attached to mental illness and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active role in its prevention in Ireland” (Suicide or Survive 2012).



The organisation is premised on the belief that there are major gaps in existing services for those who have attempted or contemplated suicide. One of the key drivers behind the work of SOS is the desire to harness individuals' own strengths and provide them with the tools to improve their own mental wellness. Underlying SOS's vision is the idea that "behind every statistic on suicide and self-harm, there is a person" (Suicide or Survive 2012). For this reason, their vision is characterised by four key principles: genuineness, understanding, respect and acceptance (Suicide or Survive 2012).

The aim of the organisation is to fill the gaps in existing services for those who have attempted or contemplated suicide. The gaps that have been identified to date through personal experience and feedback from people who have attempted or contemplated suicide, and through available research literature include a lack of one-to-one psychotherapeutic interventions that can be easily accessed and that are not prohibitively costly to the individual and a safe space to explore experiences and seek support.

Mission, Vision and Values

Mission

To create and deliver innovative approaches that educate, inform and inspire people to cultivate good mental health and reduce stigma leading to less death by suicide

Vision

A world where everyone is empowered to look after their mental health and less people die by suicide

Values

Behind every statistic on suicide and self-harm, there is a person. Based on this fundamental principle, everything we do is based on:

- Genuineness
- Understanding



- Respect
- Acceptance

The dignity of the individual is paramount and we in SOS operate in a way that embodies this approach. Our guiding philosophy is that espoused by the Recovery model. The principle underpinning Recovery approaches is that people can and do recover from mental health difficulties (however severe they may be) and go on to live lives of their own choosing. Recovery is a personal journey rather than an end point whereby the individual recovers or reconstructs a positive and valued sense of identity and purpose. It is about reclaiming personal control and a positive sense of self and recovering a belief and trust in oneself, a recovery of one's voice and a belief and hope in an ability to live a meaningful contributing life despite the challenges we may confront.

Insurance

Insurance is provided by SOS to cover activities carried out by volunteers fundraising for or on behalf of SOS.

Accountability

As a volunteer you are accountable to the CEO who will:

- Ensure you receive the appropriate documentation to inform you of your role and responsibilities and to introduce you to the organisation and any policies and/ or procedures relevant to you in your role
- Answer any queries you may have in relation to your role and address concerns.

Rights

SOS recognises that volunteers have rights and should be treated with equality, dignity and respect within the organisation. SOS is committed to ensuring that as a volunteer you:

- Know what is expected of you
- Understand who you are accountable to



- Are informed about the organisational policies and procedures that relate to you in your role
- Have a safe environment in which to carry out your duties
- Are treated fairly and without discrimination
- Are treated as part of the overall team and are given opportunities to voice your opinions

Volunteer Code of Conduct

Volunteers are expected to carry out their duties in a manner that is consistent with the aims, objectives, philosophy and ethos of SOS. This means that as a volunteer you will:

- Operate in a manner that is consistent with the aims, objectives, philosophy and ethos of SOS
- Respect the confidentiality of the organisation and of any staff and/ or service users you may come in contact with through your work
- Work as part of the SOS team
- Respect the human rights of others and operate within the organisations policies and procedures on equality, discrimination and bullying
- Carry out your duties in a safe manner and report any accident or incident in accordance with the SOS Policy and Procedures in relation to Health and Safety
- Inform the CEO or his/ her representative if you have a difficulty in carrying out your duties or in attending at agreed times and locations

Grievances

If you have a grievance about any aspect of your volunteering work you must first bring it to the attention of the CEO. You can email her on info@suicideorsurvive.ie. He/ she will consider the issue and will decide on the most appropriate course of action. If you are unhappy with the decision you can refer it to the Chairperson of the Board of Management in writing. The Board of Management will consider the issue and will decide on the most appropriate course of action. The decision of the Board will be conveyed to you in writing and will be final.



Fundraising Statement for Members of the Public

As a volunteer if you are asked by a member of the public or anyone wishing to make a donation or contribution to what you are fundraising for, you should state that you are fundraising to support the running of Suicide or Survives programmes on the ground. There are four programmes:

- The Eden Programme – a 6-month group programme for people who have experienced a suicide attempt and/ or are thinking of suicide
- The Wellness Workshop – a one-day workshop open to the public which aims to promote wellness and provide people with practical strategies they can use to manage and maintain their own wellness
- The WRAP programme – a 2 ½ day Wellness Recovery Action Planning programme aimed at helping people to develop and implement their own wellness recovery action plan and to plan for times when they may find themselves in mental health crisis
- The Supporters Programme – a 2 ½ day programme for people who are supporting family members, friends, work colleagues, neighbours etc. who are struggling with their mental health and/ or suicide.
- SOS also have two online workshops free of charge which provide practical tips and tools for looking after your mental health. We have the www.wellnessworkshop.ie and our youth model, www.youmatter.ie

For those who want to know more they can find information on the website www.suicideorsurvive.ie or can call the office on 1890 577 577 during normal office hours.

You can also inform them that as a charity seeking donations from the public Suicide or Survive complies with the Guidelines for Charitable Organisations on Fundraising from the Public and has achieved triple lock standard in terms of governance. You can direct them to our Statement of Commitment to the Guidelines and our Donor Charter which are available on our website www.suicideorsurvive.ie or to obtain a hard copy they can phone the office on 1890 577 577 during normal office hours.