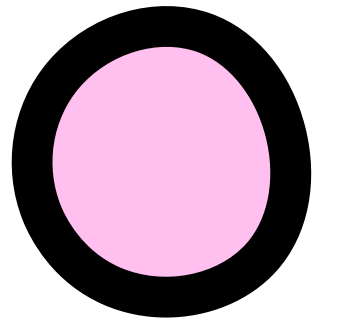




SAP<sup>9</sup>UK

YOUR STORY ISN'T OVER



# 2026 BROCHURE

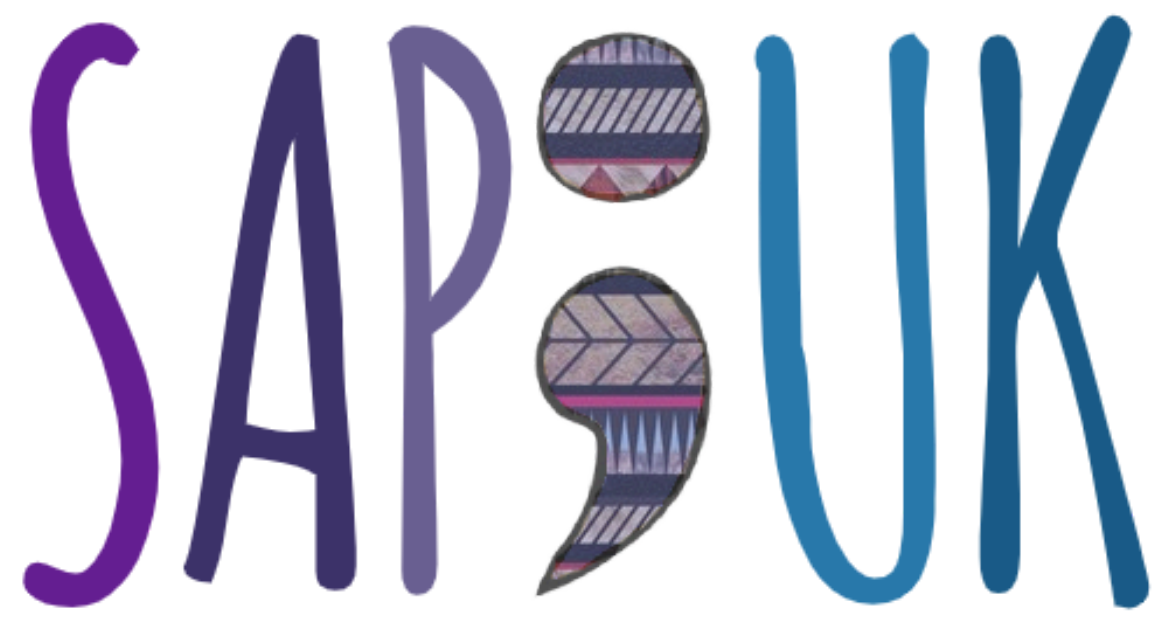
JOIN US

in reducing suicides

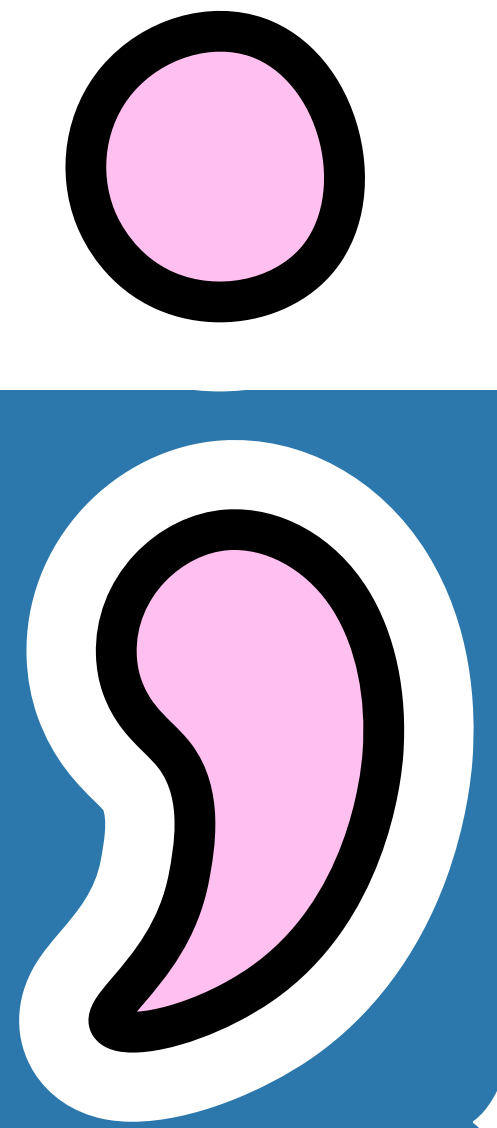


[WWW.SUICIDEAPUK.CO.UK](http://WWW.SUICIDEAPUK.CO.UK)





YOUR STORY ISN'T OVER



# WHO WE ARE

We are a dedicated charitable organization of over 100 volunteers working tirelessly to prevent suicides. Est 2016, we believe in the power of community and the impact of giving back as volunteers.



Contact Us



1 Evolution Park, Haslingden rd,  
BB1 2FD



admin@suicideapuk.co.uk



@suicideapuk

## MISSION STATEMENT



To reduce social anxiety, whilst creating meaningful connections as well as supporting suicide prevention;

JOIN US

in reducing suicides



WWW.SUICIDEAPUK.CO.UK



# WAYS TO GET INVOLVED



## Skilled Volunteering

Use your professional skills to support our mission. our chat line is available everyday  
6am -11pm



## Advocacy & coaching

Help individuals with life choices & advocate for individuals to get them the support they deserve



## Event Planning

Support us in coordinating fundraising and awareness campaigns.



## Hands-On Support

Assist with opening a safe space with SAPUK



## In-Kind Contributions

Donate items that we can sell onward

## Corporate Sponsorships

Partner with us to support large-scale initiatives.



## Monetary Donations

One-time or recurring donations to fund programs and resources.

## Legacy Giving

Include us in your will or estate planning to create lasting change.



# HOW TO VOLUNTEER

VISIT OUR WEBSITE

[www.suicideapuk.co.uk/volunteer](http://www.suicideapuk.co.uk/volunteer)

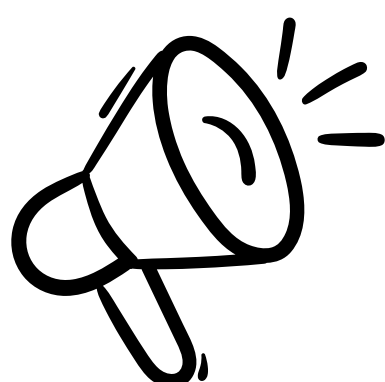
Download & complete a volunteer application.

Then send it to us by email

• [volunteer@suicideapuk.co.uk](mailto:volunteer@suicideapuk.co.uk)

alternatively contact the email above for an application form.

TOGETHER,  
WE CAN MAKE A DIFFERENCE!



## WHY YOUR HELP MATTERS

Your contributions—whether time, skills, or donations—help us expand our outreach and look after those in need.



DONATING  
TO US

Online @ [www.suicideapuk.co.uk/whydonate](http://www.suicideapuk.co.uk/whydonate)





TATTOO ARTISTS/STUDIOS ACROSS THE UK GET INVOLVED IN



THE UK'S SEMICOLON TATTOO

PROJECT 2019

£15 ; TATTOOS

STARTING EVERY 4TH/5TH APRIL

UNTIL NO MORE DEATHS BY SUICIDE

WWW.SUICIDEAPUK.CO.UK

@SAPUKSCPPROJECT

SAPUK ARE  
LOOKING FOR  
TATTOO  
ARTISTS

FOR THE  
SEMI COLON  
TATTOO PROJECT  
FROM £15 ; TATTOOS

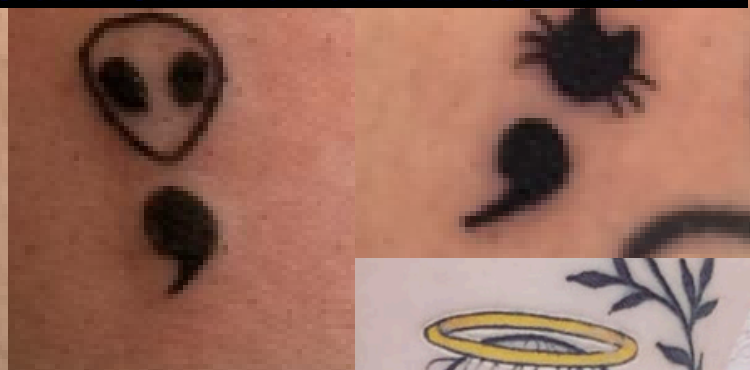
STARTING FROM  
THE 4TH APRIL  
2025

& TATTOOING  
FOR  
SUICIDE  
PREVENTION

WWW.SUICIDEAPUK.CO.UK

My story isn't over ;

I Am Enough ;



SEMICOLON FEST

FULL DETAILS FOR THE  
EVENT COMING  
SPRING 2026

THE SECOND SEMICOLON FESTIVAL

FOOD &  
DRINK

COMMUNITY GROUPS

STALLS

GAMES

SEMICOLON TATTOO'S

MH FOCUSED

LIVE ACTS

SUICIDE PREVENTION

& MORE

#SAPUK

@SAPUKSCPPROJECT



# #SAPUK

EST 2016;

**SUICIDE IN THE BIGGEST  
KILLER FOR PEOPLE  
UNDER THE AGE OF 35**



**OUR SAFE SPACES ARE  
AVAILABLE ACCROSS  
LANCASHIRE & DEWSBURY  
AT DIFFERENT LOCATIONS**



**WE COLLABORATE WITH  
DIFFERENT ORGANISATIONS  
TO PROVIDE YOU WITH A  
SPACE WHERE YOU CAN  
REGULATE AND RELAX**



**WE PROVIDE RESOURCES  
AND SIGNPOSTING  
INFORMATION**



**FROM LIVED / EDUCATED  
EXPERIENCES**

**YOU CAN HELP US,  
BY DONATING**



**JOIN OUR MAILING  
LIST FOR UPCOMING  
EVENTS!**



THE UK'S  
**SEMICOLON TATTOO**  
**PROJECT** 2024

[WWW.SUICIDEAPUK.CO.UK](http://WWW.SUICIDEAPUK.CO.UK)





## LONGRIDGE SAFE SPACES

our monthly safe spaces are available  
9.30am - 12.30am

- ✿ THURSDAY 8<sup>TH</sup> JANUARY
- ✿ THURSDAY 5<sup>TH</sup> FEBRUARY
- ✿ THURSDAY 5<sup>TH</sup> MARCH
- ✿ THURSDAY 2<sup>ND</sup> APRIL
- ✿ THURSDAY 7<sup>TH</sup> MAY
- ✿ THURSDAY 4<sup>TH</sup> JUNE
- ✿ THURSDAY 2<sup>ND</sup> JULY
- ✿ THURSDAY 3<sup>RD</sup> SEPTEMBER
- ✿ THURSDAY 1<sup>ST</sup> OCTOBER
- ✿ THURSDAY 5<sup>TH</sup> NOVEMBER
- ✿ THURSDAY 3<sup>RD</sup> DECEMBER

for more information please see our website

### ADDRESS

1 CALDER AVE  
LONGRIDGE  
PR3 3HJ

TO GET INVOLVED  
PLEASE SEE OUR  
VOLUNTEER  
PAGE!



THE UK'S  
SEMICOLON TATTOO

PROJECT  
2019

@SAPUKSCPROJECT





## BLACKBURN SAFE SPACES

our monthly safe spaces are available  
18.00pm - 20.00pm

- ✿ MONDAY 2<sup>ND</sup> FEBRUARY
- ✿ MONDAY 2<sup>ND</sup> MARCH
- ✿ MONDAY 6<sup>TH</sup> APRIL
- ✿ MONDAY 4<sup>TH</sup> MAY
- ✿ MONDAY 1<sup>ST</sup> JUNE
- ✿ MONDAY 6<sup>TH</sup> JULY
- ✿ MONDAY 7<sup>TH</sup> SEPTEMBER
- ✿ MONDAY 5<sup>TH</sup> OCTOBER
- ✿ MONDAY 2<sup>ND</sup> NOVEMBER
- ✿ MONDAY 7<sup>TH</sup> DECEMBER

for more information please see our website

**ADDRESS**

**TBC**

**TO GET INVOLVED  
PLEASE SEE OUR  
VOLUNTEER  
PAGE!**



THE UK'S  
**SEMICOLON TATTOO**

**PROJECT**  
2019

@SAPUKSCPROJECT



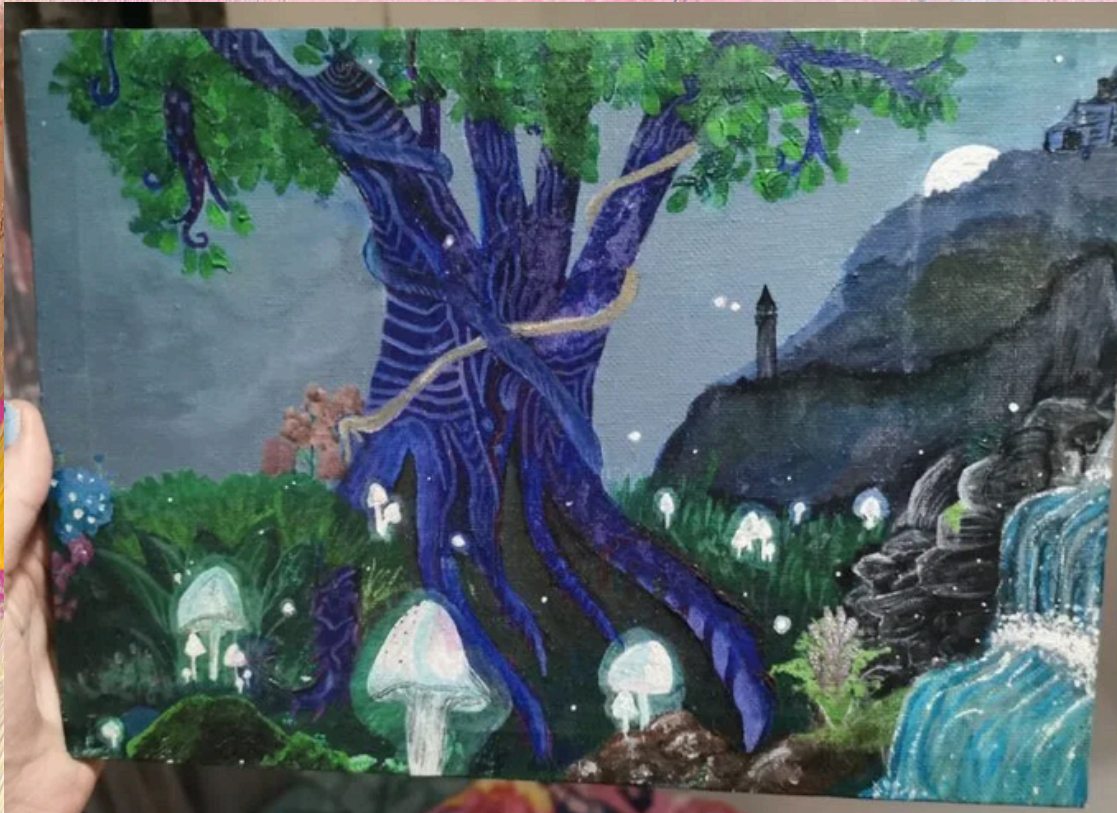


LANCASHIRE

# ART WEEK

A DAY OF SUPPORT & ART

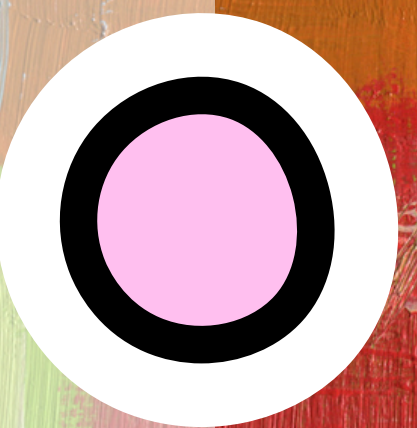
REDUCING SUICIDAL IDEATIONS / ACTIONS THROUGH ART




THE 3<sup>RD</sup> WEEK FULL  
WEEK OF EVERY  
MONTH

your facilitator for  
these Art sessions  
is Dan, Dan is an  
independent artist  
with over 20 years  
experience and a  
level 3 in fine art

FREE EVENT- BUT  
PLACES MAY NEED  
BOOKING FOR H&S



IF YOU REQUIRE MORE INFORMATION - [DANIELLE@SUICIDEAPUK.CO.UK](mailto:DANIELLE@SUICIDEAPUK.CO.UK)

SAP  UK

PROJECT  2023

[WWW.SUICIDEAPUK.CO.UK](http://WWW.SUICIDEAPUK.CO.UK)

[ADMIN@SUICIDEAPUK.CO.UK](mailto:ADMIN@SUICIDEAPUK.CO.UK)





DARWEN

# ART DAY

## A DAY OF SUPPORT & ART

REDUCING SUICIDAL IDEATIONS / ACTIONS THROUGH ART

URBAN  
SEED



UNIT 7A, HACKING ST  
BB3 1AL

10AM - 1PM

HERE WE WILL ALSO HAVE A  
SAFE SPACE FOR  
EMOTIONAL REGULATION



TUESDAY 20<sup>TH</sup> JANUARY

TUESDAY 17<sup>TH</sup> FEBRUARY

TUESDAY 17<sup>TH</sup> MARCH

TUESDAY 21<sup>ST</sup> APRIL

TUESDAY 19<sup>TH</sup> MAY

TUESDAY 16<sup>TH</sup> JUNE

TUESDAY 21<sup>ST</sup> JULY

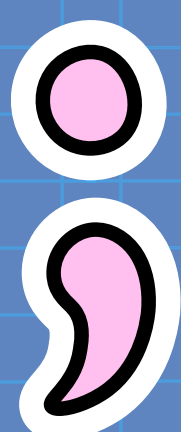
TUESDAY 22<sup>ND</sup> SEPTEMBER

TUESDAY 20<sup>TH</sup> OCTOBER

TUESDAY 17<sup>TH</sup> NOVEMBER

TUESDAY 22<sup>ND</sup> DECEMBER

IF YOU REQUIRE MORE INFORMATION - [DANIELLE@SUICIDEAPUK.CO.UK](mailto:DANIELLE@SUICIDEAPUK.CO.UK)



SAP<sup>UK</sup>

PROJECT

[WWW.SUICIDEAPUK.CO.UK](http://WWW.SUICIDEAPUK.CO.UK)

[LANCASHIROFFICE@SUICIDEAPUK.CO.UK](mailto:LANCASHIROFFICE@SUICIDEAPUK.CO.UK)





# LONGRIDGE ART DAY

## A DAY OF SUPPORT & ART

REDUCING SUICIDAL IDEATIONS / ACTIONS THROUGH ART



LONGRIDGE LIBRARY  
BERRY LANE  
PR3 3JA  
9.30AM - 12.30PM

HERE WE WILL ALSO HAVE A SAFE  
SPACE FOR EMOTIONAL REGULATION



FRIDAY 23<sup>RD</sup> JANUARY

FRIDAY 20<sup>TH</sup> FEBRUARY

FRIDAY 20<sup>TH</sup> MARCH

FRIDAY 24<sup>TH</sup> APRIL

FRIDAY 22<sup>ND</sup> MAY

FRIDAY 19<sup>TH</sup> JUNE

FRIDAY 24<sup>TH</sup> JULY

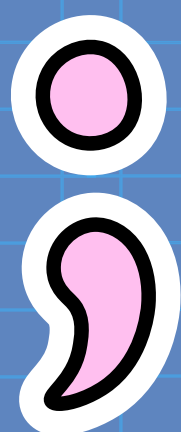
FRIDAY 25<sup>TH</sup> SEPTEMBER

FRIDAY 23<sup>RD</sup> OCTOBER

FRIDAY 20<sup>TH</sup> NOVEMBER

FRIDAY 18<sup>TH</sup> DECEMBER

IF YOU REQUIRE MORE INFORMATION - [DANIELLE@SUICIDEAPUK.CO.UK](mailto:DANIELLE@SUICIDEAPUK.CO.UK)



SAP<sup>UK</sup>

PROJECT  
2023







**THE**

**i DON'T KNOW**

**anyone either**

**EVENT**



## **REDUCING SOCIAL ANXIETIES**

The aim for the this project is to reduce social anxieties as well as supporting suicide prevention. Each month we will be popping up as a group in a new location with a different theme.

Each month will see a new volunteer event organiser.  
Anyone welcome, because “i don’t know anyone either” -  
SAPUK safe space included;

**2026**

**ONGOING MONTHLY PROJECT**

Join us for reducing social anxieties in 2026  
The ‘I don’t know anyone either’ group

● **FAMILIES WELCOME** ○ **NEURODIVERGENT FRIENDLY** ●

[www.suicideapuk.co.uk/idkaee](http://www.suicideapuk.co.uk/idkaee)





# **THE** **i DONT KNOW** **anyone either** **EVENT**

## **REDUCING SOCIAL ANXIETIES** **2026**

### **JANUARY**

Friday 30<sup>th</sup> January

### **FEBRUARY**

Saturday 28<sup>th</sup> February

### **MARCH**

Friday 27<sup>th</sup> March

### **APRIL**

Saturday 25<sup>th</sup> April

### **MAY**

Friday 29<sup>th</sup> May

### **JUNE**

Friday 26<sup>th</sup> June

### **JULY**

Saturday 25<sup>th</sup> July

### **AUGUST**

Friday 28<sup>th</sup> August

### **SEPTEMBER**

Saturday 26<sup>th</sup> September

### **OCTOBER**

Friday 30<sup>th</sup> October

### **NOVEMBER**

Friday 27<sup>th</sup> November

### **DECEMBER**

Friday 18<sup>th</sup> December

● **FAMILIES WELCOME** ● **NEURODIVERGENT FRIENDLY** ●

[www.suicideapuk.co.uk/idkaee](http://www.suicideapuk.co.uk/idkaee)



# Walk & Talk

**WITH DAN, ED & RAFFY**



**ANYONE IS WELCOME,  
FULL DETAILS ON SAPUK EVENT FB PAGE**



**SUNDAY 18<sup>TH</sup> JANUARY**

**SUNDAY 1<sup>ST</sup> MARCH**

**SUNDAY 12<sup>TH</sup> APRIL**

**SUNDAY 31<sup>ST</sup> MAY**

**SUNDAY 12<sup>TH</sup> JULY**

**SUNDAY 20<sup>TH</sup> SEPTEMBER**

**SUNDAY 4<sup>TH</sup> OCTOBER**

**SUNDAY 13<sup>TH</sup> DECEMBER**



***all skills welcome & family friendly***

**OUR WALKS ARE DESIGNED FOR ANYONE  
WHO WANTS TO GET OUT AND SOCIALISE  
WITH NEW PEOPLE. REFRESHMENTS ARE  
SOMETIMES PROVIDED;**







# SUICIDE PREVENTION SUPPORT AVAILABLE EVERY DAY FROM

## 6AM - 11PM



**CIVIC HALL**  
**LONGRIDGE**



make a  
**difference**  
awards





# SUICIDOLOGY

**\*WHAT IS THAT?\***  
**LETS TALK ABOUT IT!**

Presented by : Danielle Shaw - SAPUK

**April 16<sup>th</sup> @ 7.00pm**

**Preston**

This spring join Danielle and members of SAPUK as they relay important information on Suicidology / Suicidality and its means.

## BOOKING

WE ARE NOW ACCEPTING  
BOOKINGS FOR GROUP  
TALKS - FOR MORE INFO

[www.suicideapuk.co.uk/bookings](http://www.suicideapuk.co.uk/bookings)

SAPUK is a Suicide Prevention organisation which is dedicated to the prevention of Suicide. As well as offering independent support the group also offer an online chat service 6am - 11pm every day.

**Thursday 16<sup>th</sup> October**

**Blackpool**

**@DANISACE**

Group, 1-1, Podcast, LIVE,  
Safe space, Blog/Vlogs

**"TOGETHER WE CAN HELP THE  
17 - 18 LIVES LOST PER DAY"**





26 Queen St  
BB6 7QQ

@IDONTKNOWANYONEEITHER

05

G  
18

START  
19:00 PM

# SOCIAL NIGHT

SOCIAL ANXIETY  
REDUCTION

The Walmsley, Great Harwood

Wednesday 4<sup>th</sup> February

Wednesday 8<sup>th</sup> April

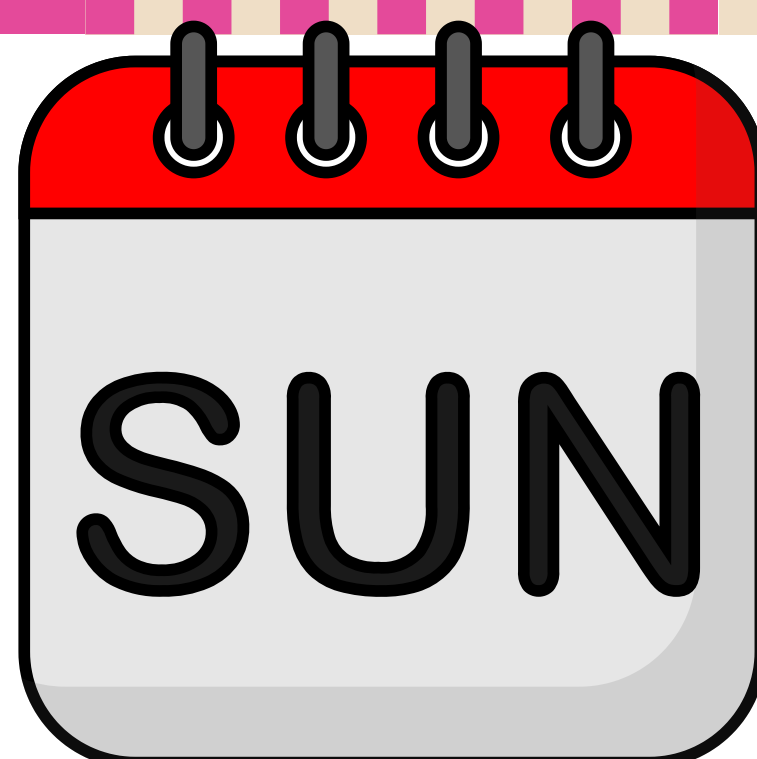
Wednesday 6<sup>th</sup> May

Wednesday 1<sup>st</sup> July

Wednesday 7<sup>th</sup> October

Wednesday 4<sup>th</sup> November

**FREE**  
FOOD ON



8<sup>th</sup> March

7<sup>th</sup> June

6<sup>th</sup> September

20<sup>th</sup> December



**LOOK HERE  
4 BLOGS**

WWW.DANISACE.COM

in real life blog. I am  
not sure why though  
as its my website and  
its hard to know the

types of  
psychological  
processes  
during a suicidal  
experience







# *Longridge days out*

## ONCE EVERY 6 WEEKS

There is no pressure to drink as sometimes we will take a look in the charity shops on the way past too.  
Please note dates may change and also may swap from the Saturday / Sunday. Generally weather permitting.

<i>Jan</i>	SATURDAY 17TH
<i>Feb</i>	SATURDAY 28TH
<i>March</i>	SATURDAY 11TH
<i>May</i>	SATURDAY 23RD
<i>July</i>	SATURDAY 4TH
<i>Sept</i>	SATURDAY 26TH
<i>Nov</i>	SATURDAY 7TH
<i>Dec</i>	SATURDAY 19TH

