



# 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



## Event Planning

Support us in coordinating fundraising and awareness campaigns.



## Advocacy & coaching

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



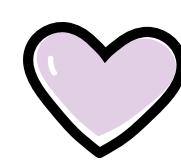
## Hands-On Support

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

UNTIL NO MORE DEATHS BY SUICIDE UNTIL NO MORE DEATHS BY SUICIDE

SAPUK ARE  
LOOKING FOR  
**TATTOO**  
ARTISTS

FOR THE  
**SEMI COLON**  
TATTOO PROJECT  
FROM £15 ; TATTOOS  
STARTING FROM  
THE 4TH APRIL  
2025  
& TATTOING  
FOR  
SUICIDE  
PREVENTION  
[WWW.SUICIDEAPUK.CO.UK](http://WWW.SUICIDEAPUK.CO.UK)



UNTIL NO MORE DEATHS BY SUICIDE UNTIL NO MORE DEATHS BY SUICIDE

# SEMICOLON FEST

FULL DETAILS FOR THE  
EVENT COMING  
SPRING 2026

DEATHS BY SUICIDE UNTIL NO MORE DEATHS BY SUICIDE UNTIL NO MORE DEATHS BY SUICIDE UNTIL NO MORE DEATHS BY SUICIDE

THE SECOND SEMICOLON FESTIVAL

FOOD &  
DRINK  
GAMES

MH FOCUSED  
LIVE ACTS

COMMUNITY GROUPS  
STALLS  
SEMICOLON TATTOO'S  
SUICIDE PREVENTION

MORE  
&  
#SAPUK

PROJECT  
@SAPUKSCPROJECT

# #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**

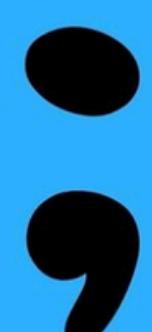


**JOIN OUR MAILING  
LIST FOR UPCOMING  
EVENTS !**



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

### ADDRESS

1 CALDER AVE  
LONGRIDGE  
PR3 3HJ

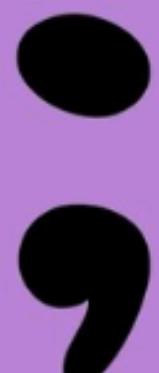
TO GET INVOLVED  
PLEASE SEE OUR  
VOLUNTEER  
PAGE!



THE UK'S  
**SEMICOLON TATTOO**

**PRO,JECT**  
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

ADDRESS

TBC

TO GET INVOLVED  
PLEASE SEE OUR  
VOLUNTEER  
PAGE!



THE UK'S  
**SEMICOLON TATTOO**

**PROJECT**  
2019

@SAPUKSCPROJECT



for more information please see our website

LANCASHIRE

# ART WEEK

## ’A DAY OF SUPPORT & ART

REDUCING SUICIDAL IDEATIONS / ACTIONS THROUGH ART

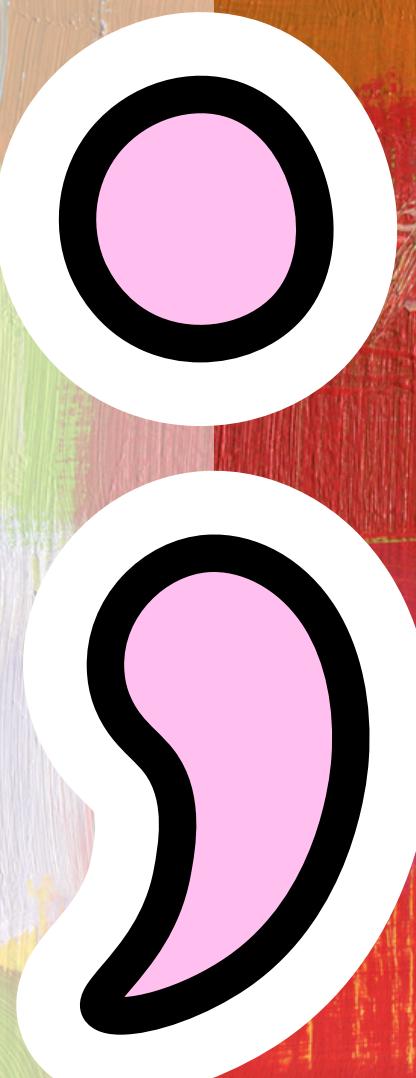


**THE 3<sup>RD</sup> WEEK FULL  
WEEK OF EVERY  
MONTH**



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

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

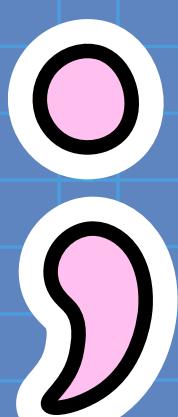
TUESDAY 22<sup>ND</sup> SEPTEMBER

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)

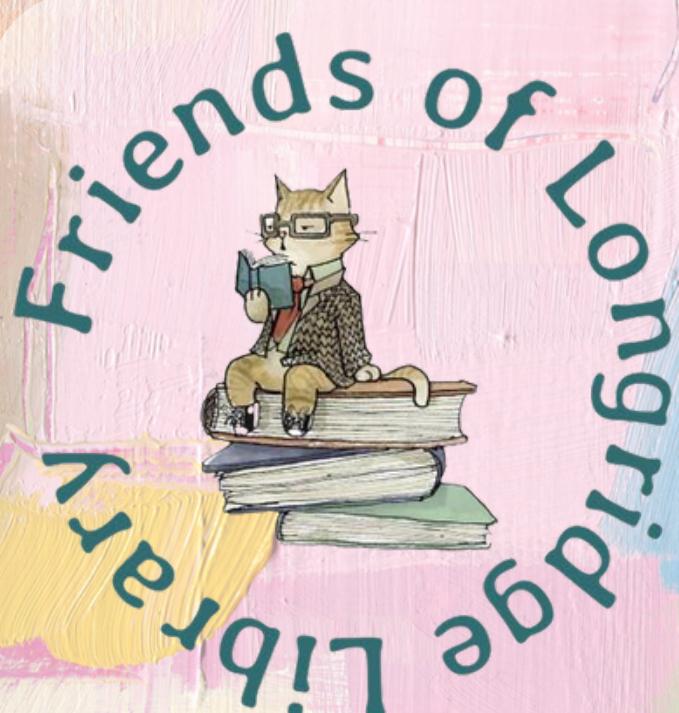


SAP UK

PROJECT  
2023

# 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

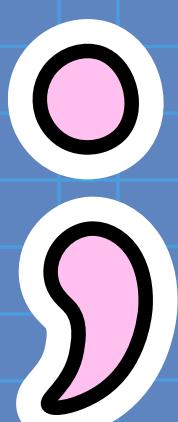
FRIDAY 25<sup>TH</sup> SEPTEMBER

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 UK

PROJECT  
2023

# THE *i DONt KNOW* anyone eiTHER EVENT

## **REDUCING SOCIAL ANXIETIES**

The aim for 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** ●

# 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**



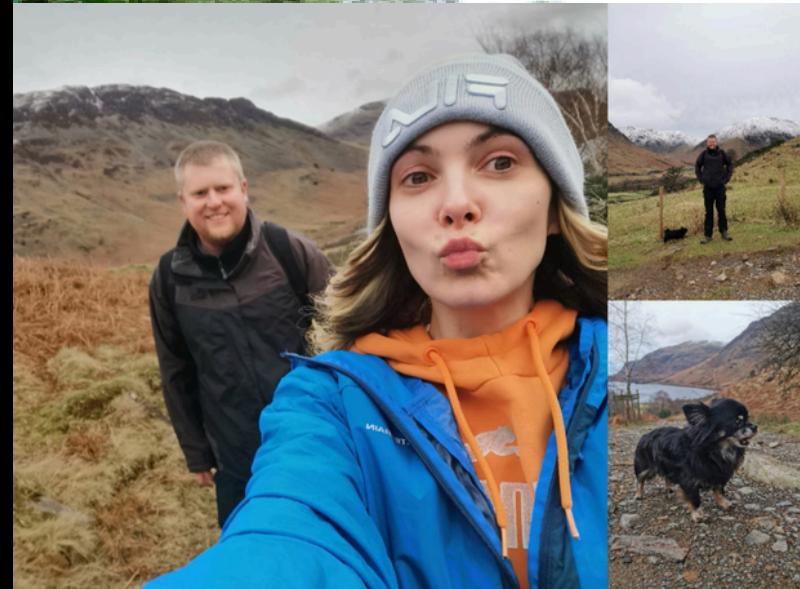
**SUNDAY 18<sup>TH</sup> JANUARY**



**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**



# SUICIDIOLOGY

\*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.

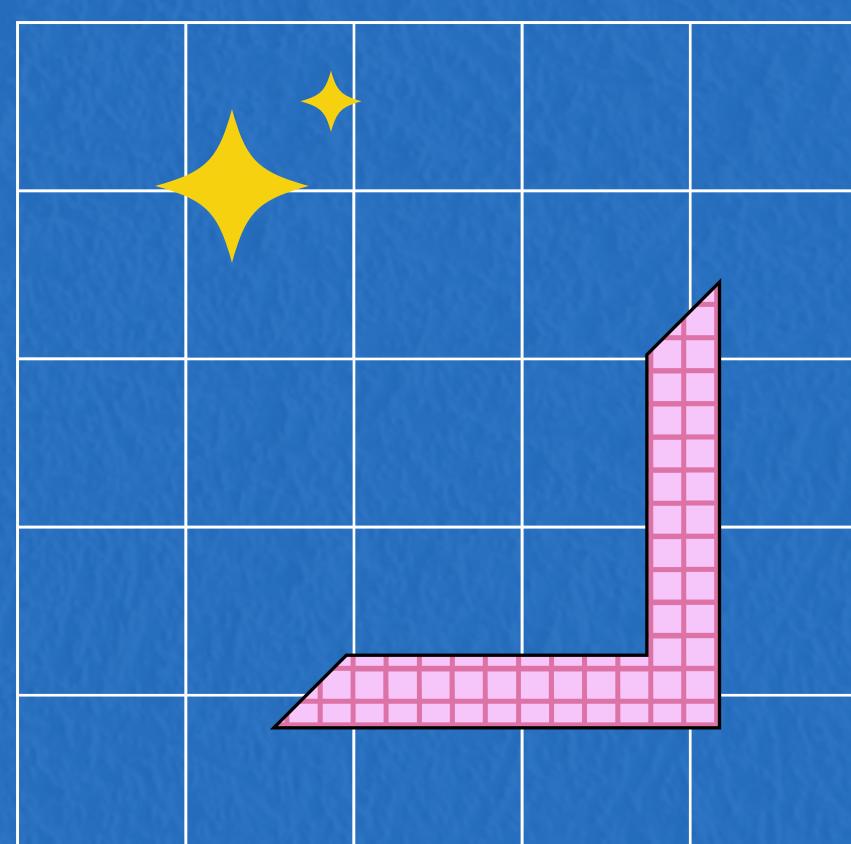
Thursday 16<sup>th</sup> October

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

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

8<sup>th</sup> March

7<sup>th</sup> June

6<sup>th</sup> September

20<sup>th</sup> December

FREE  
FOOD ON



LOOK HERE  
4 BLOGS

WWW.DANISACE.COM



# 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.

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