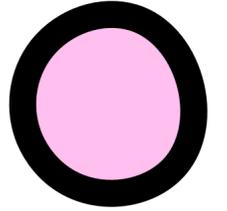




SAP;UK

YOUR STORY ISN'T OVER



2026 BROCHURE

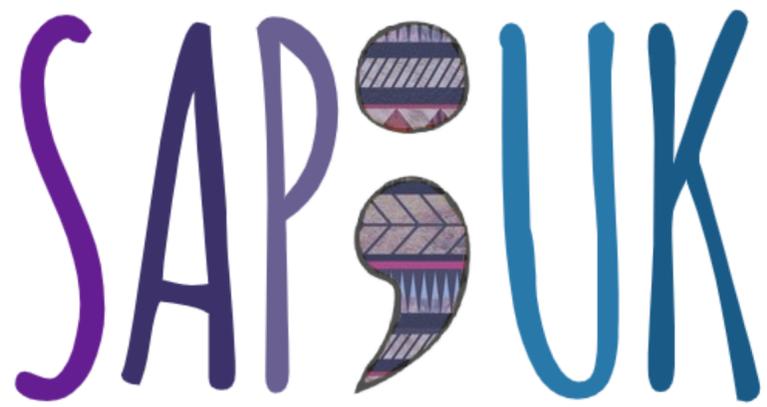
JOIN US

in reducing suicides



WWW.SUICIDEAPUK.CO.UK





SAP;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

Download & complete a volunteer application.

Then send it to us by email

• 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



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

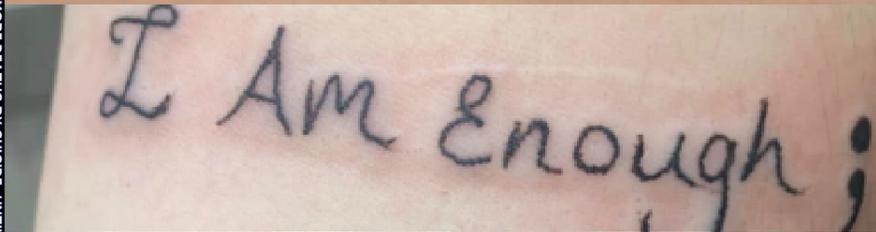
WWW.SUICIDEAPUK.CO.UK

@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



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

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

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#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**

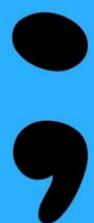


**JOIN OUR MAILING
LIST FOR UPCOMING
EVENTS!**



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

WWW.SUICIDEAPUK.CO.UK





LONGRIDGE SAFE SPACES

our monthly safe spaces are available
9.30am - 12.30am

- ✿ THURSDAY 8TH JANUARY
- ✿ THURSDAY 5TH FEBRUARY
- ✿ THURSDAY 5TH MARCH
- ✿ THURSDAY 2ND APRIL
- ✿ THURSDAY 7TH MAY
- ✿ THURSDAY 4TH JUNE
- ✿ THURSDAY 2ND JULY
- ✿ THURSDAY 3RD SEPTEMBER
- ✿ THURSDAY 1ST OCTOBER
- ✿ THURSDAY 5TH NOVEMBER
- ✿ THURSDAY 3RD 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 2ND FEBRUARY
- ✿ MONDAY 2ND MARCH
- ✿ MONDAY 6TH APRIL
- ✿ MONDAY 4TH MAY
- ✿ MONDAY 1ST JUNE
- ✿ MONDAY 6TH JULY
- ✿ MONDAY 7TH SEPTEMBER
- ✿ MONDAY 5TH OCTOBER
- ✿ MONDAY 2ND NOVEMBER
- ✿ MONDAY 7TH 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 3RD 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

SAP  UK

PROJECT  2023

WWW.SUICIDEAPUK.CO.UK

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 20TH JANUARY

TUESDAY 17TH FEBRUARY

TUESDAY 17TH MARCH

TUESDAY 14TH APRIL

TUESDAY 12TH MAY

TUESDAY 16TH JUNE

TUESDAY 21ST JULY

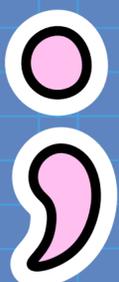
TUESDAY 15TH SEPTEMBER

TUESDAY 13TH OCTOBER

TUESDAY 17TH NOVEMBER

TUESDAY 22ND DECEMBER

IF YOU REQUIRE MORE INFORMATION - DANIELLE@SUICIDEAPUK.CO.UK



SAP UK

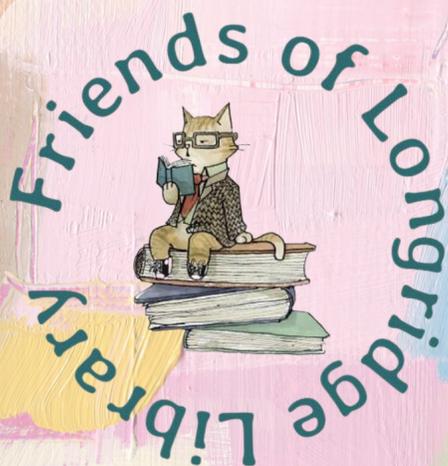
PROJECT
2023

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 SAFE
SPACE RESOURCES



FRIDAY 23RD JANUARY

FRIDAY 20TH FEBRUARY

FRIDAY 20TH MARCH

FRIDAY 17TH APRIL

FRIDAY 15TH MAY

FRIDAY 19TH JUNE

FRIDAY 24TH JULY

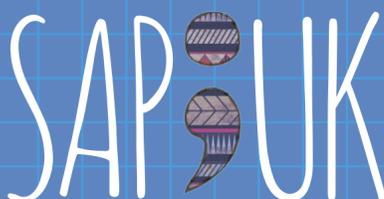
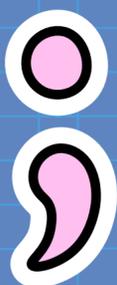
FRIDAY 18TH SEPTEMBER

FRIDAY 16TH OCTOBER

FRIDAY 20TH NOVEMBER

FRIDAY 18TH DECEMBER

IF YOU REQUIRE MORE INFORMATION - DANIELLE@SUICIDEAPUK.CO.UK





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



THE

i DON'T KNOW

anyone either



EVENT

REDUCING SOCIAL ANXIETIES 2026

JANUARY

Friday 30th January

FEBRUARY

Saturday 28th February

MARCH

Friday 27th March

APRIL

Saturday 25th April

MAY

Friday 29th May

JUNE

Friday 26th June

JULY

Saturday 25th July

AUGUST

Friday 28th August

SEPTEMBER

Saturday 26th September

OCTOBER

Friday 30th October

NOVEMBER

Friday 27th November

DECEMBER

Friday 18th December

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

Walk & Talk

WITH DAN, ED & RAFFY



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



SUNDAY 18TH JANUARY

SUNDAY 1ST MARCH

SUNDAY 12TH APRIL

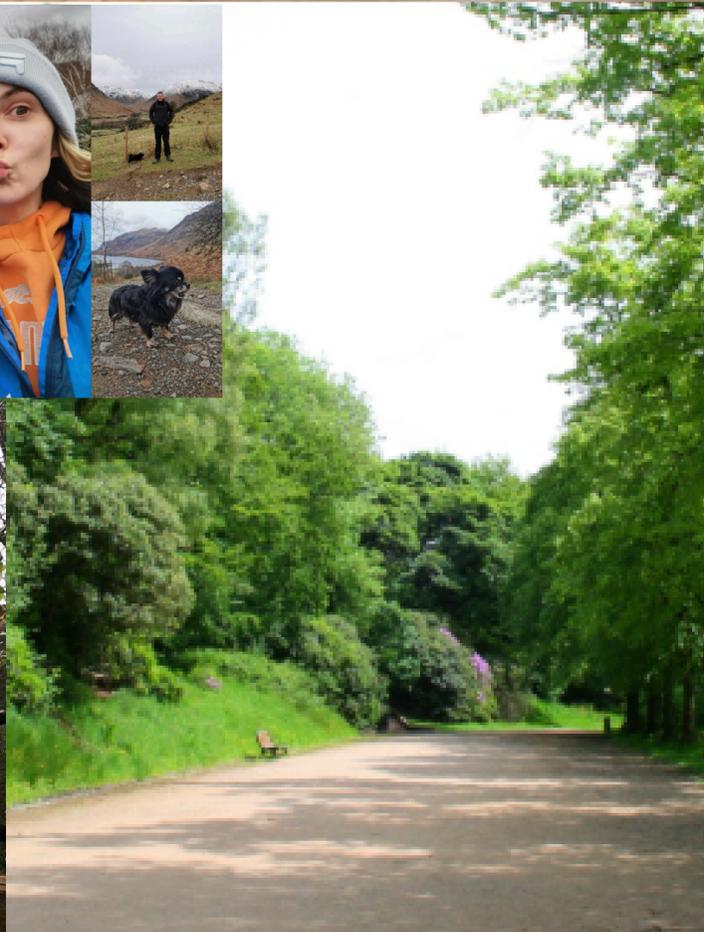
SUNDAY 31ST MAY

SUNDAY 12TH JULY

SUNDAY 20TH SEPTEMBER

SUNDAY 4TH OCTOBER

SUNDAY 13TH 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 16th @ 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

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.



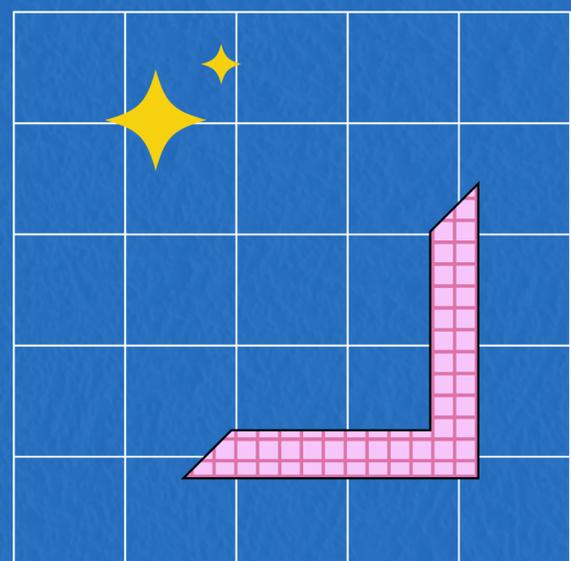
Thursday 16th October

Blackpool

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

@DANISACE

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



26 Queen St
BB6 7QQ

@IDONTKNOWANYONEEITHER

SOCIAL NIGHT

SOCIAL ANXIETY REDUCTION

START
19:00 PM

The Walmsley, Great Harwood

Wednesday 4th February

Wednesday 8th April

Wednesday 6th May

Wednesday 1st July

Wednesday 7th October

Wednesday 4th November

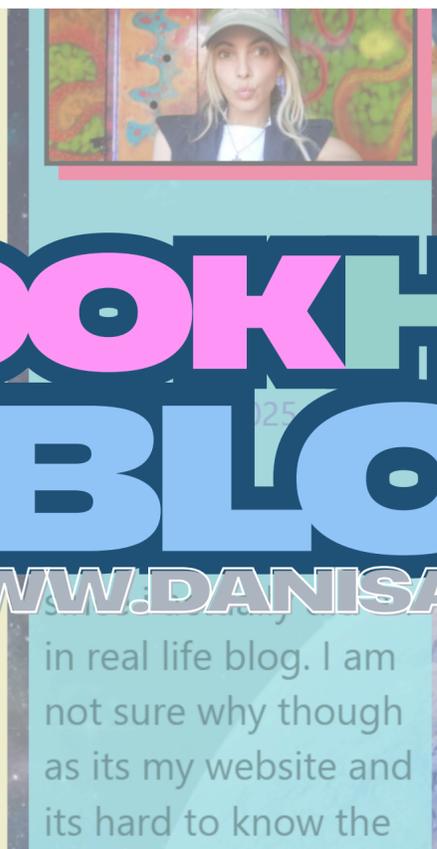
8th March

7th June

6th September

20th 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.

<i>Jan</i>	SATURDAY 17TH
<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