

# Olly's Future: At a glance



On February 14th 2017, Olly Hare took his life aged 22, two days before his 23rd birthday. His family and friends came together soon after to create a legacy of hope for Olly and to help others and save lives. Since then, we have grown from a small group of close family and friends into a registered Charitable Incorporated Organisation (no. 1187184) to develop and run suicide prevention initiatives and training courses to save lives around the country and further afield.



## Our Aims

1. To develop and run suicide prevention training courses, projects and initiatives.
2. To support and work with organisations that have the above aims.
3. To promote wellbeing through the arts and other creative activities.

## Our Mission

By sharing Olly's love and light we can help stop our amazing young people losing their lives to suicide.

Since our founding we have developed and delivered five well-defined initiatives which allow us to meet our charity aims.

## Prevention Initiatives

### Talking About Suicide: Ten Tools (TAS 10)

- A 90 minute trainer-led course in which participants are taught the skills needed to spot the signs of someone struggling with thoughts of suicide and how to start the conversation about this sensitive subject and where to get help.
- Adapted from face-to-face delivery to an online virtual platform.
- **We aim** to deliver TAS 10 training to more than 3,000 participants over the next 3 years.

### Practice Hope

- Working in partnership with local health and care authorities, practice hope is a primary care initiative targeted specifically at clinical and non-clinical staff working in GP practices to strengthen their capacity to help 10-25 year olds who self-harm and/or have thoughts of suicide.
- Practice hope was started as part of an initial pilot funded by Health Education England and is now run as an Olly's Future initiative.
- Delivered online with a step-by-step digital manual containing guidelines for GP practices to follow, including staff surveys and the creation of action plans.
- **We aim** to deliver Practice Hope to more than 100 GP surgeries over the next 3 years.

### Life Saving Conversations

- Developed to help people talk to someone they are worried about who might be thinking of suicide.
- Scripted conversations recorded by professional actors and co-produced with the target audience.

## Dr. SAMS (Suicide Awareness for Medical Students)

- A three-part training course for medical students; incorporating our TAS 10 suicide awareness training, self-reflective CareSpaces and MENTAL Health Open Mic Nights.
- With funding from the British Medical Association Olly's Future initially ran a pilot initiative with Brighton & Sussex medical School in which 351 medical students received online training in three months.
- **We aim** to deliver Dr SAMS to more than 1,000 medical students over the next three years.



### MENTal Health Open Mic Nights

- Facilitates open discussion about experiences with mental health issues experienced by young people at university and beyond.
- Run at universities for students as part of Dr. SAMS or standalone.

## Celebration & Wellbeing Initiatives

Throughout the year we hold various events that reflect some of the many aspects of Olly's personality.

### The Love & Light party

- We have held two 'Love & Light' parties (2018 & 2019), which are a celebration of Olly's life. Unfortunately we have been unable to hold events in 2020 or 2021 due to the Covid-19 pandemic.
- Plans for another big event in march 2022 are now taking shape.

### Awards in Olly's name

**The Oliver Hare Altruism Award at UCL**  
Testament to Olly's time at UCL and the compassionate person he was, this award is presented to a nominated individual for their kindness towards others.

**The Oliver Hare Cup at Christ's Hospital**  
Presented by the Lord Mayor of London to the standout marching band member, testament to Olly's time at Christ's Hospital.

### Olly's walk

- Every year on the first weekend of September we hold our annual 'Olly's walk' in the Sussex countryside. It's a chance for friends and family from all aspects of Olly's life to come together.

### The Great Connection Festival

- Founded at the height of the Covid-19 pandemic, this festival aims to help people find a connection with themselves and others through artistic workshops, music performances and fascinating talks. It is run by The Plight Club in aid of Olly's Future.

Follow our work and get involved  
[www.ollysfuture.org.uk](http://www.ollysfuture.org.uk)

