

Berkshire Suicide Prevention Strategy (SPS) Media Briefing Event

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WELCOME

Duncan Mclarty, Editor

 Berkshire

Berkshire Suicide Prevention Strategy (SPS) Media Briefing Event

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Public Health Consultant Lead

Berkshire Suicide Prevention Strategy (BSPS)

- National Priority –Public Health England
- NHS 5 year Forward Plan
- Six Local Authorities and six Public Health Teams –one Strategic Director
- Berkshire Strategy with Consultant Lead
- Local Action Plans
- Reduce Suicides by 10% by 2020 (NHS)
- Support Families bereaved by suicide

National Learning

Public Health England (PHE) has recently published a guide to local suicide prevention planning (2016). In it, they identify ten things that **everyone needs to know** about suicide prevention.

❑8 Responsible media reporting is critical
Research shows that inappropriate reporting of suicide may lead to imitative or 'copycat' behaviour.

BSPS-Recommendations

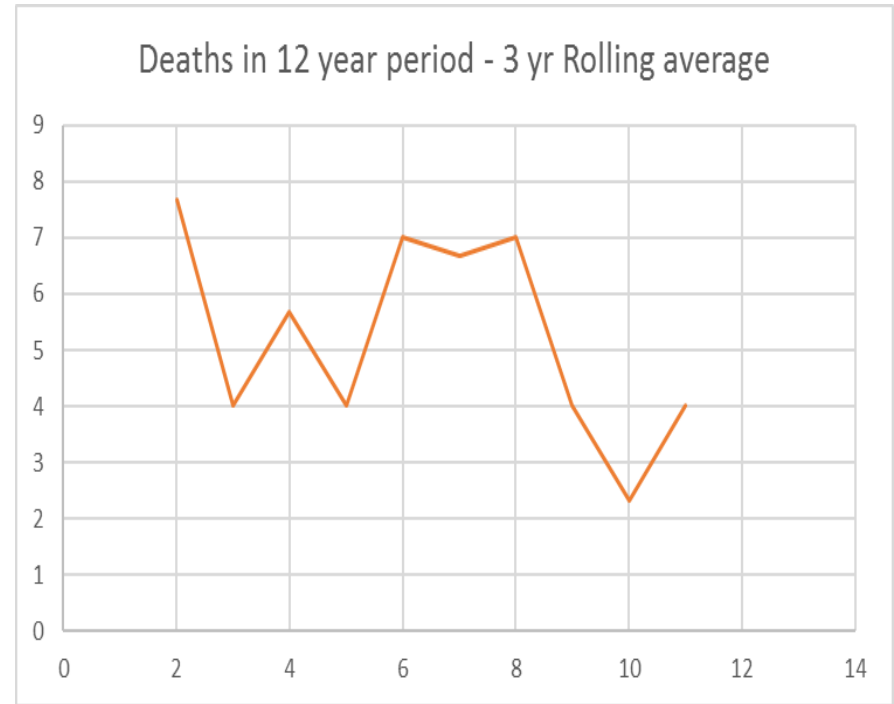
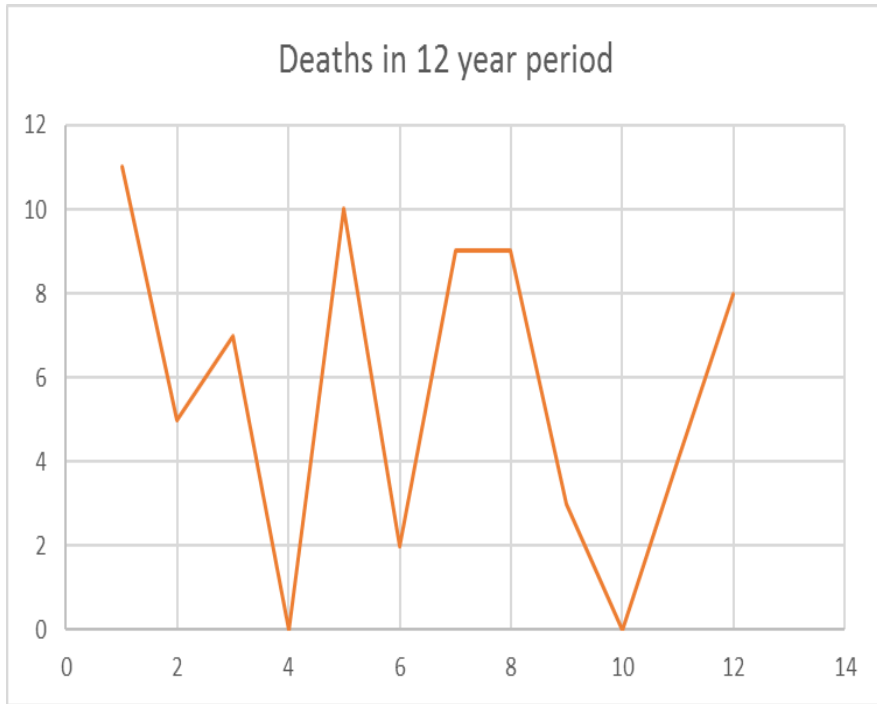
- Ensure bereavement information and access to support is available to those bereaved by suicide, including professionals involved in the case.
- **5. Support the media in delivering sensitive approaches to suicide and suicidal behaviour;**
- **Liaise with local media to encourage reference to and use of guidelines for the reporting of suicide through a summit with local press and media organisations, and to provide information to professionals on the sensitive reporting of suicide.**

The context

- The highest suicide rate in the UK in 2015 was among men aged 45 to 59, at 22.3 deaths per 100,000,
- Slightly lower than the record high seen in 2013. This age group also had the highest rate among women, at 7.3 deaths per 100,000 population
- The average cost of suicide in someone of working age in England is estimated to be £1.67 million.
- The suicide audit taken in Berkshire between 2012-14 recorded 120 deaths, 70% of these were classified as suicide by the coroner and the other 30% were undetermined deaths / open verdicts.

Presenting Statistics of Rare Events

Year	1	2	3	4	5	6	7	8	9	10	11	12
Deaths	11	5	7	0	10	2	9	9	3	0	4	8



Mean deaths per year = 5.67

Local reporting

Long illness led to woman's suicide

Dad learned of death through phone app

By Court reporter
row@readingtribune.co.uk

THE devastated father of a young woman who deliberately walked into the path of a high speed train was alerted to her death through a mobile phone app, a coroner has heard.

Jennifer Starman could no longer cope with the constant pain caused by her gastro-intestinal illnesses when she jumped down onto the railway line. The 28-year-old's father, Richard Barraclough, became concerned when he returned to his home on the morning of December 19 last year to find the gates to the house wide open and his daughter's car missing - despite her not being allowed to drive due to her deteriorating physical health.

After using a mobile phone app to check train times and find out when his wife would be returning from London, Mr Barraclough grew increasingly concerned when he read that there were severe delays on the line between Twyford in Berkshire and London.



Mrs Starman and husband Neil on their wedding day

An inquest into Mrs Starman's death Reading Town Hall, heard how she had threatened suicide just six months earlier when she was talking and messaging her husband Neil, a British Army officer, to say she intended to jump in front of a train.

Giving evidence at the inquest, Detective Constable Matthew Harvey from the British Transport Police said: "Jennifer had experienced a significant decline in her physical health in

the six months before her death. "She was suffering from gastro-intestinal illnesses, her health was deteriorating."

The coroner heard that on the morning of her death, Mrs Starman, of Ferry Lane in Wokingham, Berks, had been staying with her parents in Henley, while her husband was abroad.

Stuart Cook had been driving the Great Western train from London Paddington to Didford when he approached Twyford at 11.21.19, at around 11.20.00, the coroner heard.

In a statement read at the inquest, Mr Cook said he applied the emergency brake once he realised what was happening.

He added: "The woman then climbed deliberately down onto the tracks."

"She turned to face the train and took a few steps towards it. Inevitably, I could not avoid striking her."

Recording a verdict of suicide, Berkshire coroner Peter Bedford said: "From the evidence I have no doubt that Jennifer acted deliberately with the sole intention of ending her suffering."

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News

Suicide is most common cause of

Katie Gibbons

Suicide is now the leading cause of death directly related to pregnancy in the year after mothers give birth, a report has found.

Although maternal deaths by all causes have fallen in the last decade, the number of suicides in pregnant women and new mothers has not changed since 2003. Campaigners warn that a lack of funding for preventative care at a local level is leaving women at risk of mental health problems.

The latest Confidential Enquiry into Maternal Deaths, published today, reveals that between 2009 and 2014 111

women in the UK died by suicide during or up to a year after pregnancy.

Direct causes of death are those related to complications of pregnancy, labour and delivery, and the post-natal period. Indirect causes are pre-existing conditions that may be aggravated by the physiologic demands of pregnancy.

Lesley Regan, president of the Royal College of Obstetricians and Gynaecologists, said: "Greater integration between primary and secondary care is urgently required to ensure that women with significant medical and psychiatric conditions are assessed before becoming pregnant."

The report advises medical profes-

sionals to look out for "red flag" signals in expectant and new mothers, including "new and persistent expressions of incompetency as a mother or estrangement from the infant".

Vicki Nash, of the mental health charity Mind, said: "More than 40 per cent of areas in England have no specialist community perinatal mental health team, and those that do often fail to reach accepted standards."

"Many new mothers go through a period where they feel down after having a baby, known as the 'baby blues'. This usually lasts for a few days, but if it goes on for weeks or months or becomes more severe than it could be

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Chandni Nigam inquest: Death of straight A student could not have been avoided

Section two Harm and offe...

Mirror

Brilliant student throws herself in front of high-speed train after becoming stressed over school studies

Grade A student Chandni Nigam would stay up late studying and also worried about her appearance, the inquest in Reading heard

ager who was struck by a train at Twyford station

3 SHARES

BY MARCUS CHIPPENDALE
17:11, 27 APR 2015



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Perfectionist' straight A student, 19, who volunteered at the Olympics died when she was hit by a speeding train after getting stressed over her studies

Chandni Nigam was struck by a train at Tywford railway station last year

Site OW

Man ends his life 'without warning'

By SIMONA DAVIDSON
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A MAN from Wokingham committed suicide without any sort of warning, an inquest has heard. John Frederick Bromley, 83, of Harrow Court in Churchill Drive, was discovered dead in his home on Sunday, August 26 by his brother, Peter and sister-in-law Tracy.

The inquest held at Reading Town Hall on Tuesday heard how Peter and Tracy had gone to visit John as they always did on a Sunday morning, but received no reply when they knocked on his front door.

Tracy looked through a window, but could not see anything, so looked through the letterbox and saw a step-ladder in the hallway. The couple thought this strange as they described John as 'meticulous' and would never leave things lying around the house.

Peter used a key he had to open the front door, and found his brother suspended by a rope above the door.

In a witness statement, Peter said that his brother was 'clearly dead', so the couple alerted (read: called) Forest Homes, who looked after Mr Bromley's flat, who in turn called the emergency services.

Paramedics from South Central Ambulance Service, who arrived at the scene at 11.32am, reported Mr Bromley's body to be cold and stiff, and likely to have been dead for some time.

Police officers attended but noted that the property had been secure, the furniture was neat and tidy and there was no evidence of any third party involvement.

A boating accident last speaking Friday evening spirits.

Mr Bromley's was in relatively from high blood medication.

He was slight interest with or forward to see.

Mr Bromley's health services intention of end

A post-mortem issues, and de

A toxicology body.

The assistant Sidhu said Mr made all the m of the blue.

He said: "It's but the manner indicative that

"There was anyone of his cry for help, or stop him."

Mr Sidhu re

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Death drawing

Tragic woman found hanged

By Luke Adams
luke.adams@readingchronicle.co.uk

A TROUBLED young woman who depicted her death in a series of depressing drawings committed suicide while she was on holiday with her boyfriend in Lithuania.

Rachel Perkins of Druce Way, Thatcham, told her mother of her dark thoughts a few weeks before she was found hanging from a tree in a playground in July.

The 21-year-old said her mood had been improving before heading to Vilnius for a post-exam break with her boyfriend, Edwin Jarosevic.

However, a statement from Edwin's mother Svetlana described how Rachel showed other members of the family drawings of 'a boy standing over a grave

looking sad'.

Sharon Perkins explained: "She said to me five weeks before she died she was having really dark thoughts. I didn't ask her what they were, I just told her there are lots of positive ways of replacing them with nice thoughts.

"As far as I was concerned suicide was a long way off. I wish I had spoken to her about the dark thoughts."

The former Reading College student was found with cannabis in her system after she was discovered by Lithuanian police at around 6am on July 11.

Her boyfriend and his family spent hours searching for her after she vanished.

"The girlfriend and our other son stopped talking to her because she showed her a picture

of a girl in a coffin and a boy standing over a grave looking sad she had drawn herself." Edwin's mother explained.

Rachel suffered from

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READING CHRONICLE

@rdgchronicle

Mum overdosed to stop constant pain

By Luke Adams
luke.adams@readingchronicle.co.uk

A GRIEF stricken mother who was living in agony every day took an overdose to end her suffering, an inquest ruled.

Patricia Oliver was found by her daughter at her Cavesham home on Woodcote Road on September 23 with a suicide note.

The 76-year-old had surgery for a triple heart bypass and lived in constant pain with insomnia, osteoporosis and a leaking heart valve.

Her daughter Claire McCoy said: "She lived alone since I moved out about a year ago, but I saw her almost every day.

"My sister committed suicide 10 years ago and this really hit mum hard. Her second husband was diagnosed with cancer and died

in 2006.

"She was telling me she was in constant pain and she had had enough."

When she went in to check on her mother at around 7pm, she could tell something was not right because her face had fallen on one side and her neck was swollen.

She was breathing and was taken to Royal Berkshire Hospital by paramedics after being found unresponsive in her bedroom.

Medication was seized from her home and police realised large quantities of certain tablets were missing from a container.

"We were trying to get her into the recovery position and it was not until we moved the covers that we found the note," Claire added.

An external examination revealed swelling on both of her

arms and large quantities of medication were found in her system, leading to respiratory failure.

Rhema Jones, assistant coroner for Berkshire, decided she had deliberately taken an overdose because of the note she had left behind.

Speaking at an inquest at Reading Town Hall on May 4 she added: "Your mother had an extensive medical history and it is clear to me she intended to take her own life.

"If she had not left the note, it is possible she could have been confused about the time of day and accidentally overdosed.

"When considering suicide we have to be satisfied beyond reasonable doubt and all of the evidence we have suggests a deliberate course of action."

NEWS

Jasmine Bush death: School pays tribute to 'much-loved and loyal friend' amid 'deep sadness and upset'

Woolmer Hill pupil Jasmine Bush, known to friends as 'Jaz', was killed after being hit by a train at Haslemere railway station last week

Remembering Jasmine Bush



School's touching tribute amid shock



See beautiful floral tributes to teen



Family issue heartbreaking tribute



Tragic train death teenager named

