



## About FUN-RAISING with WINGS of Hope's Running Team!

Did you know that every year, over 50,000 Australians lose a friend, loved one or co-worker to suicide? It's also estimated that every 3.5 hours an Aussie takes their own life and every eight minutes a person attempts suicide.

**On Sunday, 21 September, 2014**, WINGS of Hope supporters are making a positive difference to the lives of people tragically bereaved by suicide by FUN-RAISING during the **Blackmores Sydney Half-Marathon**. Preparing for and completing the run will not only be good for all of us, it will be a lot of fun for our group of runners and enables you to get involved, or to raise funds to support the registered harm prevention charity, **WINGS of Hope Inc.**, to provide education, resources and support events for those left behind.

When a person is bereaved by suicide they can be at risk of suicidality themselves. Suicide bereavement is an intense form of grief, which can be complicated, and contagion raises the risk of further suicide amongst the bereaved. The Senate Inquiry into suicide in Australia reported: *"The Commission's child death review had found 42 per cent of young people who completed suicide did so after the suicide, or attempted suicide of a friend, family or community member."*<sup>1</sup>

**WINGS of Hope** helps by:

- Their website [www.wingsofhope.org.au](http://www.wingsofhope.org.au) enables people to find supports such as opportunities to connect with others with a shared experience, or to access in-depth therapeutic group support, to join in networking and fundraising events, speak out and share their bereavement story, or to attend the annual remembrance gathering.
- Red Chocolate Elephants DVD/book is an educational resource developed by Dr Diana Sands, drawing on her two decades of experience in suicide bereavement counselling. The DVD and book are a WINGS of Hope project, featuring the voices and art of children who have lost a loved one to suicide. WINGS of Hope's major project goal is to place a copy of this resource into every school across the nation. Funding is urgently needed to place copies in schools and community channels where it is needed most.
- **For every \$50 donated you can nominate a school or workplace where you would like WINGS of Hope to place a copy.**

WINGS of Hope, the voice of people bereaved by suicide, is one of the few organisations free from political, religious, spiritual or other forms of governance. Donations over \$2 are tax deductible.

**Donate via this link <http://bsrf2014.gofundraise.com.au/page/wingsofhooperunningteam>**

**For more information about running or joining in email Wendy at [contact@wingsofhope.org.au](mailto:contact@wingsofhope.org.au)**

Reference: 1 'The Hidden Toll' senate committee inquiry into suicide in Australia 2010, P 116.



[www.wingsofhope.org.au](http://www.wingsofhope.org.au) The Voice of People Bereaved by Suicide