



Bereavement Seminar - Collaboration between multiple organisations

Let's Talk About Bereavement From Suicide

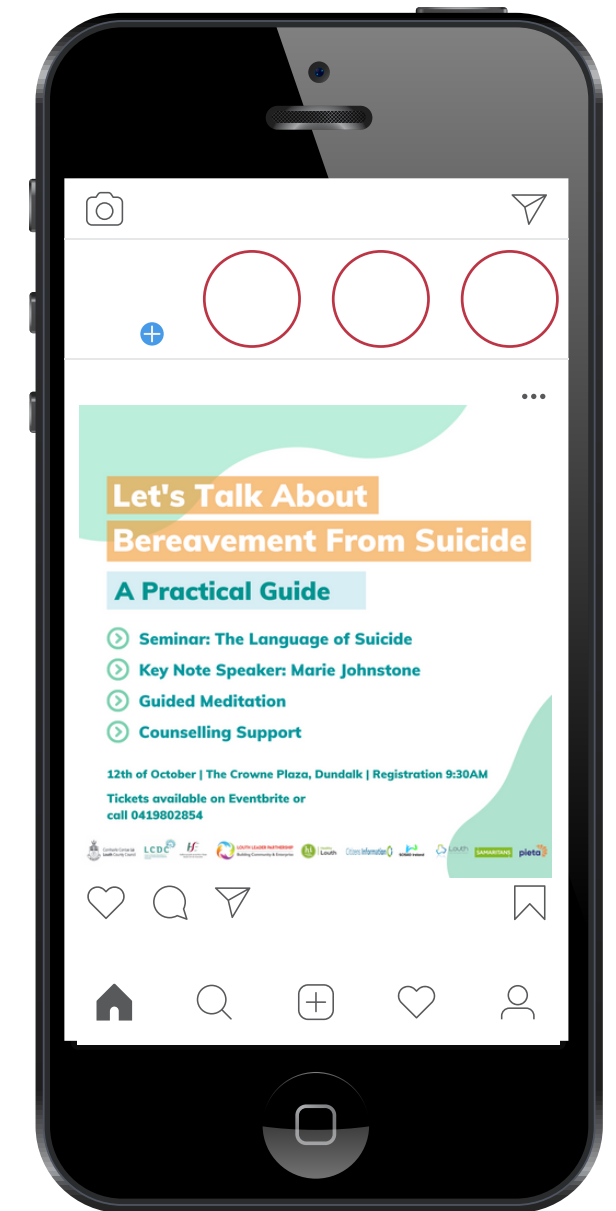
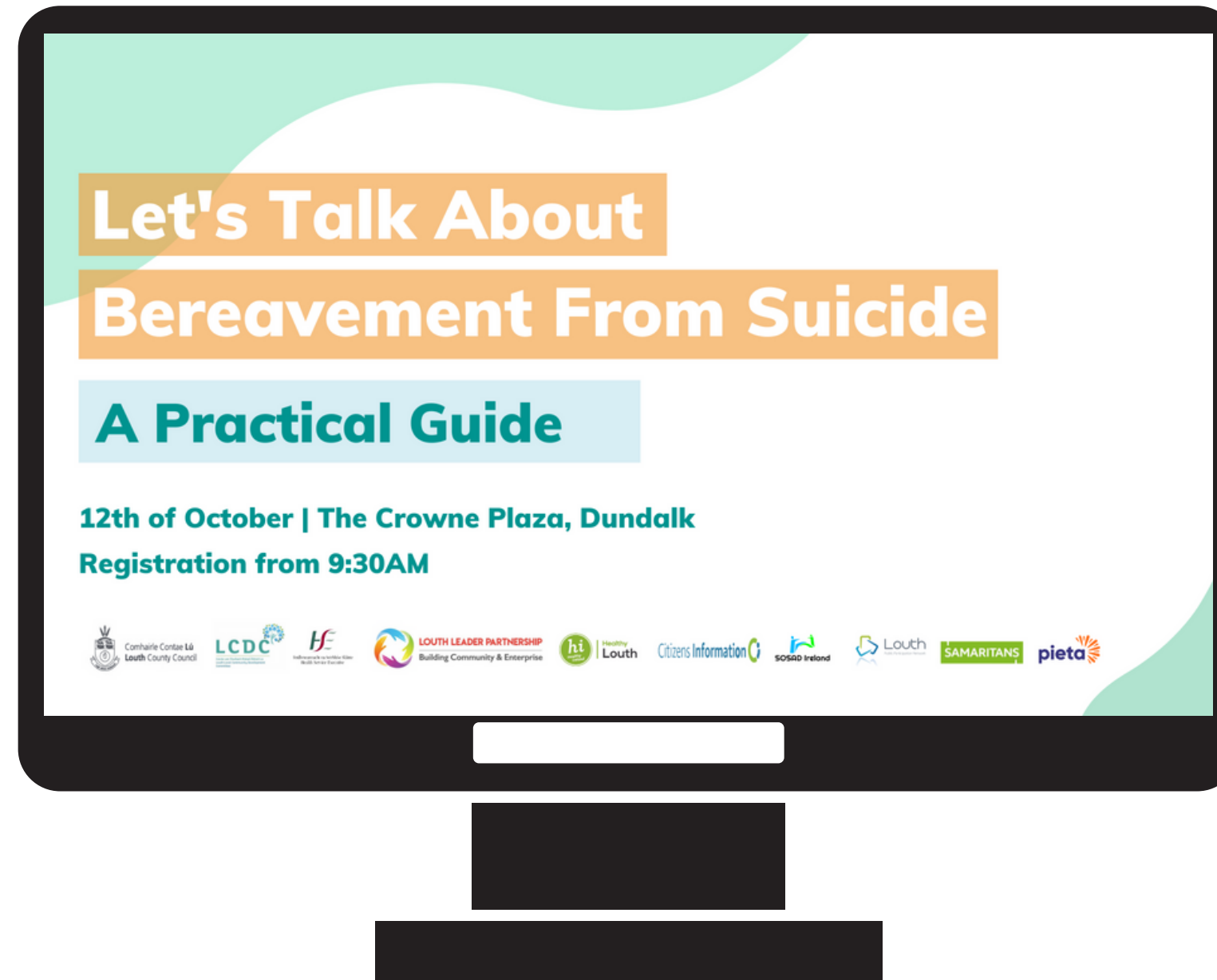
A Practical Guide

Join us on the day for:

- Seminar: The Language of Suicide
- Key Note Speaker: Marie Johnstone
- Guided Meditation
- Counselling Support

12th of October | The Crowne Plaza, Dundalk
Registration from 9:30AM

Tickets available on Eventbrite or Call 0419802854



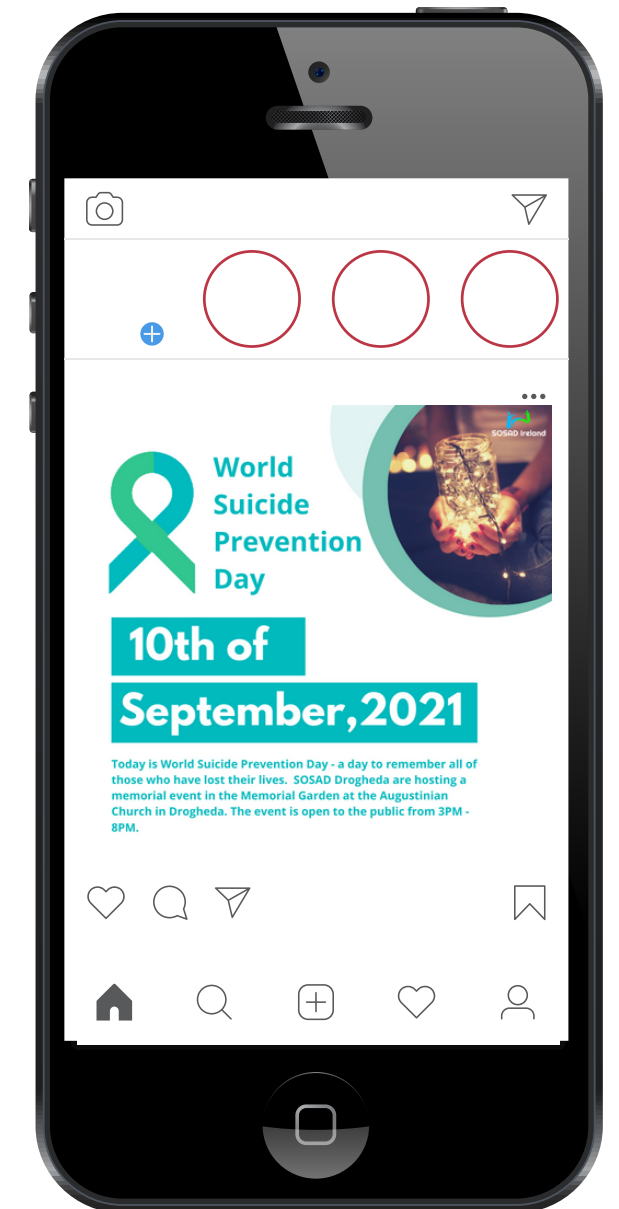
World Suicide Prevention Day - SOSAD Ireland



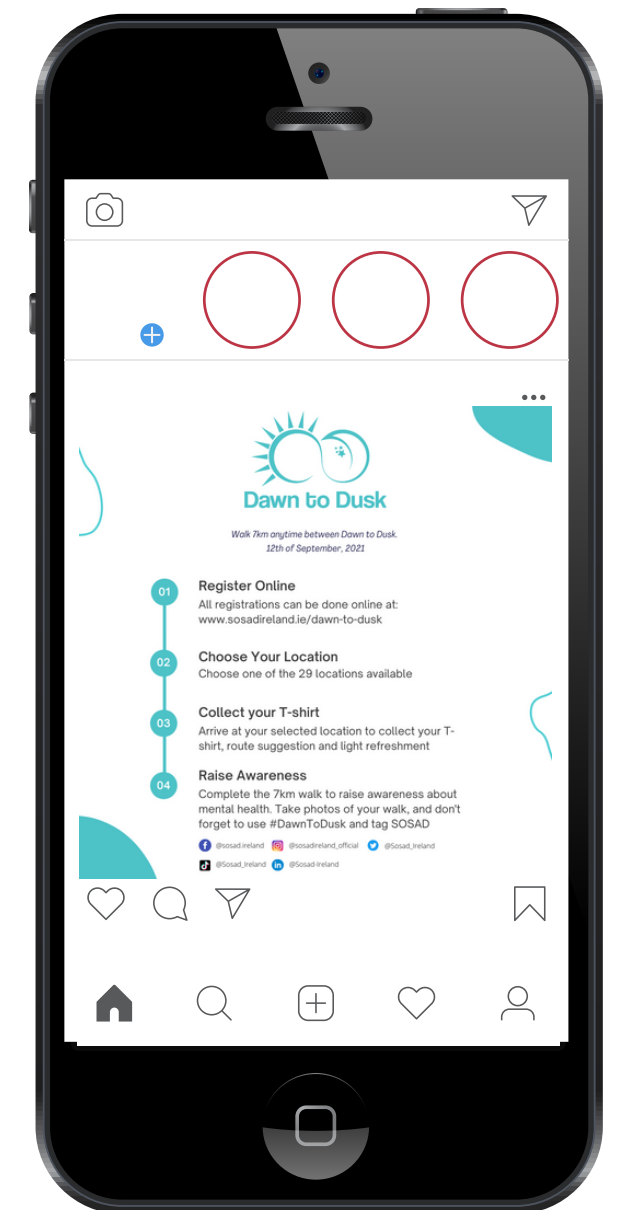
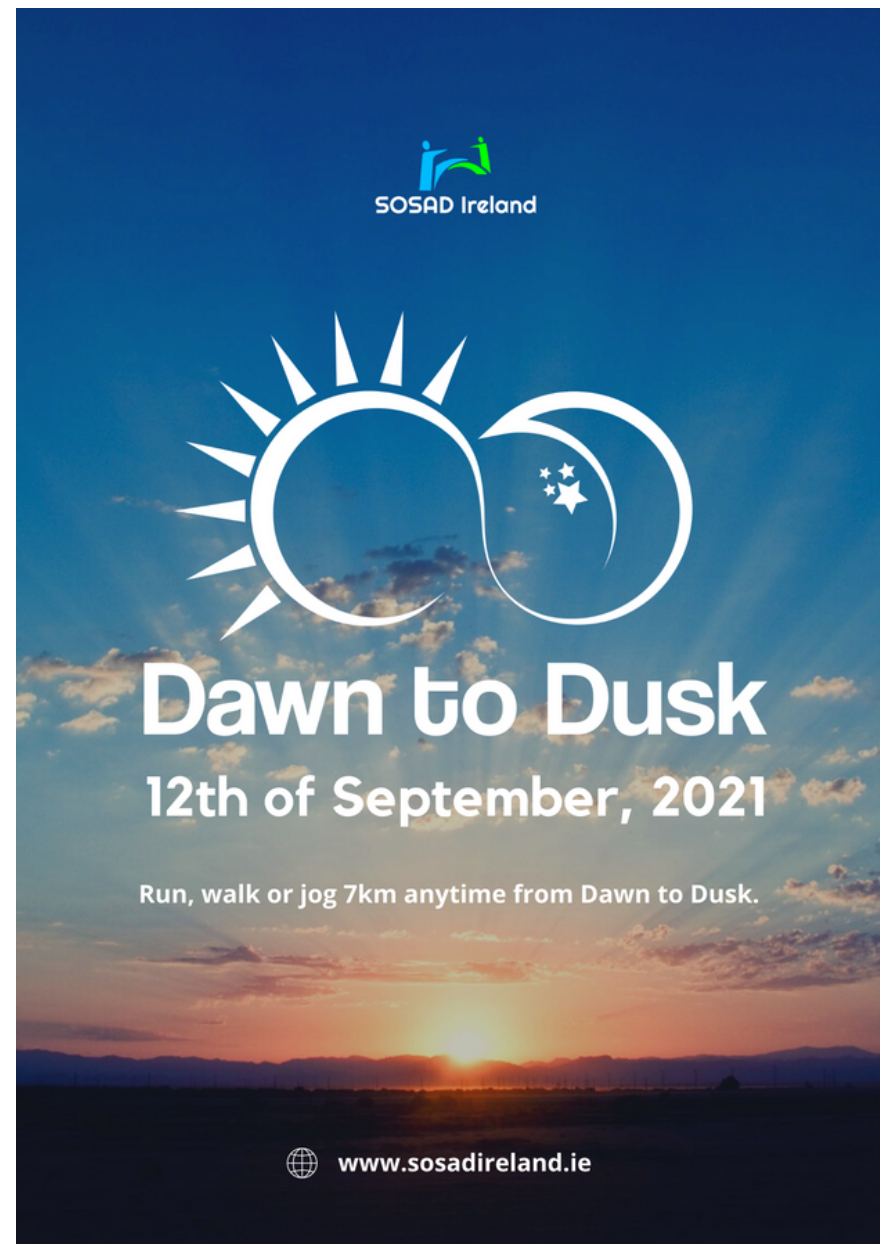
10th of
September, 2021

Today is World Suicide Prevention Day which is a global event and a day to remember all of those who have lost their lives. SOSAD Ireland are hosting a memorial events in Drogheda, Dundalk, Monaghan & Cavan where people will have the opportunity to paint a stone in memory of a loved one and light a candle.

Further information available at www.sosadireland.ie



Dawn to Dusk Annual Fundraiser - SOSAD Ireland



Texa's Hold'em Fundraiser - SOSAD Ireland



TEXAS HOLD'EM

21st of November | 5:30PM | LISDOO

Entry of €30



We are inviting you to a Texas Hold'em night in memory of David Bobby Bourton. All proceeds going to SOSAD Ireland.

Refreshments Served | Spot Prizes | Top prize of €500

Register at the door or by scanning the QR Code 

www.sosadireland.ie 042 932 7311



TEXAS HOLD'EM

21st of November | 5:30PM | LISDOO



TEXAS HOLD'EM

21st of November | 5:30PM | LISDOO

Entry of €30



EVENT TICKET
ENTRY 



500KM for Bobby Raffle - SOSAD Ireland

SOSAD Ireland 500KM FOR BOBBY | **Raffle**

€100 Park Carfe voucher

€100 Dominos voucher

Dine-In Hamper
This hamper includes:
• George Foreman grill
• McCormicks butchers €40 voucher
• Mullens €60 voucher

€100 voucher for The Brake restaurant

Beauty Hamper
This hamper includes:
• McCormacks Pharmacy hamper
• Image Beauty €25 voucher

Leisure Hamper
This hamper includes:
• 6 Month Membership for Felda
• Bag of Goodies from Megapump

€100 voucher for Jay Nevin Tattoo

Dewalt Brushless Twinpack Drill Worth €300

€100 Dundalk Garden Centre voucher

Dine-In Hamper
This hamper includes:
• Kingfisher €50 voucher
• Aine McCardle Bakery hamper €30
• €35 One-for-all vouchers

Dining Out Hamper
This hamper includes:
• Townhouse €50 voucher
• Fairways 1 night B&B stay

Beauty Hamper
This hamper includes:
• Eclips hair hamper
• Image beauty €25 voucher

Beauty Hamper
This hamper includes:
• Joanne Woods beauty hamper
• Remington hairdryer

Excel Driving Academy €100 driving lessons voucher

€500 Cash Prize
Wallace Hardy, Hamill & Ann, Jim, Orla, Carol and Martin Wallace so kindly donated a €500 cash prize

Hairdressing Hamper
This hamper includes:
• Remington Hairdryer
• Remington Straighteners



SOSAD Ireland

500KM FOR BOBBY

**2 X ASTON VILLA HOME TICKETS
200 EURO TOWARDS ACCOMMODATION
100 EURO TOWARDS TRAVEL**

RAFFLE TICKET
RAFFLE DRAW ON NOVEMBER 20, 2021

FIRST NAME

LAST NAME

PHONE

SOSAD Ireland

500KM FOR BOBBY

**2 X ASTON VILLA HOME TICKETS
200 EURO TOWARDS ACCOMMODATION
100 EURO TOWARDS TRAVEL**

RAFFLE TICKET
RAFFLE DRAW ON NOVEMBER 20, 2021

SOSAD Ireland

042 932 7311
42 Jocelyn Street, Dundalk
www.sosadireland.ie

Qualified to join are all those who have purchased and paid their ticket/s.

All raffle stubs should be legibly filled out with complete name and contact details.

By buying a Raffle ticket, you will enter a chance to win 2 x Aston Villa Home tickets to a game of choice (you can pick a game within a week of winning the prize), 200 euro towards accommodation and 100 euro towards travel.

All proceeds of this Raffle are going to SOSAD Ireland.

SOSAD Ireland provides support and services free of charge to people who are struggling with: suicidal ideation, self harming, bereavement, depression, stress and anxiety or if you simply need to talk.

If you want to talk, we are here to listen.

Finding Ways to Cope After Suicide Pack - SOSAD Ireland



The aftermath of a loved one's suicide can be physically and emotionally exhausting.

As you work through your grief, be careful to protect your own wellbeing. The most important factor in healing from loss is having the support of other people.

Sharing your loss makes the burden of grief easier to carry. Accept support, no matter where it comes from and do not grieve alone. Connecting to others will help you heal.

Even if you are not very comfortable talking about your feelings, it is very important to express when you are grieving.

Turn to family and friends!



Reach out to loved ones for comfort, understanding and healing. Surround yourself with people who are willing to listen when you need to talk, and offer a shoulder to lean on when you can't or don't want to talk.



Sometimes when you have had a bereavement by suicide, it can be hard to face others, particularly in the early days.

Having to try to explain what happened and answer everyone's questions is extremely difficult and painful. Some also feel, mostly because of the stigma of suicide, or the shame they feel, that they cannot face others and will not get the chance to express their true feelings.

This too is okay and normal. Start talking to those you trust and feel comfortable with first, and as that begins to help you, talk to others until you see and feel that it does not impact you as much as it did at the beginning.



Do what is right for you. Do what you feel is right. If you are not ready to do something, (e.g., go to visit the grave) wait until you are ready. Don't let anyone tell you how to feel, it is your grief and no one can tell you when it is time to "move on" or "get over it".

Don't worry about going crazy, you are not, even if you feel that way sometimes. It is just all the feelings and emotions barraging you when you are at your weakest, and recognising this is a great way forward.

Face your feelings

In order to heal, you have to acknowledge your feelings, or better still, talk them out with a professional. Avoiding or trying to suppress your grief, even if it is for the best of intentions (e.g., looking after the rest of the family) will only prolong the grieving and may lead to further problems down the road, such as depression, anxiety and other health problems.



Poster Designs for SOSAD Ireland

SOSAD Drogheda would like to announce that we are running a

Bereavement Support Group

This group is for anyone who has experienced a loss of a loved one. **Everyone is welcome!**

To register your interest please contact us via email: drogheda@sosadireland.ie or call 041 984 8754

Monday, 8th November
Groups will be held fortnightly
Location: Drogheda
Time: 10am - 12pm

Places available.



Scan the QR Code to go to our website



500KM FOR BOBBY

Walk | Raffle | Tribute Night



David Bobby Bourton was loved by many people. He was always up for a laugh with a cheeky grin, and somebody who was up to a lot of mischief. He was a joker, a friend, a son and a great brother. Sadly, 25 years ago Bobby passed away. In memory to Bobby, we are inviting everyone to participate in a walk on the 20th of November, 2021 from 8AM - 6PM at Kilkenny GAA club in Dundalk. All proceeds going to SOSAD Ireland.

Put on comfy shoes, dress warmly and join us. There will be lots of fun activities sponsored by Pelican Promotions.

Registration on the day or by scanning the QR Code



20th of November, 2021
8AM - 6PM | Kilkenny GAA Club, Dundalk
8PM | Callans Tribute Night, Dundalk



Provides support and services free of charge to people who are struggling with: suicidal ideation, self harming, bereavement, depression, stress and anxiety or if you simply need to talk.

If you want to talk, we are here to listen.

24H Helpline

24h helpline that runs 365 days a year.



One-to-one Counselling

Free professional counselling to anyone over the age of 16 who seeks support.



Bereavement Groups

The support groups are available to anyone who has experienced a loss of a loved one.



Drop in Centre (Cavan)

An informal space for anyone to drop in for a chat and a cuppa. Especially valuable for people who are living alone and feeling isolated. Open 10am - 3pm daily.



Messaging Service

Web chat support service available on our website daily from 8pm - 12am.



Walk & Talk Therapy

A counsellor will meet the client for face-to-face counselling, at a location chosen by the client. Clients find that in this type of therapy it is easier to open up in an outdoor environment.



Young People Matter

Peer mentoring group for young people from 16 to 24.






Scan the QR Code to go to our website

1800 901 909
30 Magdalene Street

[@SOSAD_Ireland](https://twitter.com/SOSAD_Ireland) [@sosadireland_official](https://www.instagram.com/sosadireland_official) [@SOSAD-Ireland](https://www.linkedin.com/company/SOSAD-Ireland)
[@sodad.ireland](https://www.facebook.com/sodad.ireland) [@SOSAD_Ireland](https://www.tiktok.com/@SOSAD_Ireland)

Poster Designs for SOSAD Ireland

Reach Out!



SOSAD Ireland

Drogheda	📞 041 984 8754 📍 30 Magdalene Street
Dundalk	📞 042 932 7311 📍 42 Jocelyn Street
Cavan	📞 049 432 6339 📍 26 Bridge Street
Navan	📞 046 907 7682 📍 15 Trimgate Street
Kells	📞 087 409 3749 📍 The Old Clinic, Carrick Street
Monaghan	📞 047 723 75 📍 Unit 3 The Diamond
Carrickmacross	📞 042 966 8992 📍 6 Parnell Street
Portlaoise	📞 083 029 1706 📍 Shamrock House, Abbeyleix Road



Scan the QR Code to go to our website



Scan the QR Code to go to our website



SOSAD Ireland

Provides support and services free of charge to people who are struggling with: suicidal ideation, self-harming, bereavement, depression, stress and anxiety, or if you simply need to talk.

We provide a number of services such as:



24h Helpline



Messaging Service



One-to-one Counselling



Walk & Talk Therapy



Drop in Centre (Cavan)



Bereavement Groups



Young People Matter

If you need to talk, we are here to listen

041 984 8754

📍 30 Magdalene Street, Drogheda
🌐 www.sosadireland.ie



SOSAD Ireland



IF YOU NEED TO TALK, WE ARE HERE TO LISTEN
1800 901 909

🏠 30 Magdalene Street, Drogheda
🌐 www.sosadireland.ie



Scan the QR Code to go to our website

Poster Designs for SOSAD Ireland




Do you have an idea for fundraising and would like to make it a reality?

We would love to hear it!

- 1 Reach out and tell us about your idea.
- 2 Send us a description about the event and we will create the fundraising page for you.
- 3 Let us know if you would like us to create the campaign graphics.
- 4 We will send you the fundraising link and graphics which you can then share across your social media channels.
- 5 We will promote the fundraiser by publishing it on our website and across our social media channels.

☎ 087 357 4317
✉ stephanie@sosadireland.ie



Scan the QR Code To Make A Donation



SOSAD Ireland provides support and services free of charge to people who are struggling with: suicidal ideation, self harming, bereavement, depression, stress and anxiety or if you simply need to talk.

If you want to talk, we are here to listen.

041 984 8754



Christmas Market

Local business stalls, Santa's Grotto, Raffles & much more...

Hot Drinks & Treats served by: The Crafty Mare

SOSAD Ireland are inviting you to come see our Christmas Market & Santa's Grotto!

St. Peters Church of Ireland | Drogheda
Saturday 18th December | 11am-4pm

Santa Entry €5 inc Selection box



Social Media Designs for SOSAD Ireland

 SOSAD Ireland

Do you have an idea for fundraising and would like to make it a reality?

We would love to hear it!

- 1 Reach out and tell us about your idea.
- 2 Send us a description about the event and we will create the fundraising page for you.
- 3 Let us know if you would like us to create the campaign graphics.
- 4 We will send you the fundraising link and graphics which you can then share across your social media channels.
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☎ 087 357 4317
✉ stephanie@sosadireland.ie



 SOSAD Ireland



“

Part of my identity is saying no to things I don't want to do... I check in with myself throughout the day and I say, 'Do I really want to do this?' and if the answer is no, then I don't do it. And you shouldn't either.

- Lady Gaga

Photo by Alex Wong, from Allure

 SOSAD Ireland



“

If you have been brutally broken but still have the courage to be gentle to other living beings, then you're a badass with a heart of an angel

- Keanu Reeves

Photo by Photo by Jack Guy, IMDB

 SOSAD Ireland

Feeling overwhelmed?

Reach out to us!
If you want to talk, we are here to listen.



☎ 041 984 8754

 SOSAD Ireland

DANCE-A-THON

WORLD MENTAL HEALTH DAY
10th of October | 10AM - 10PM



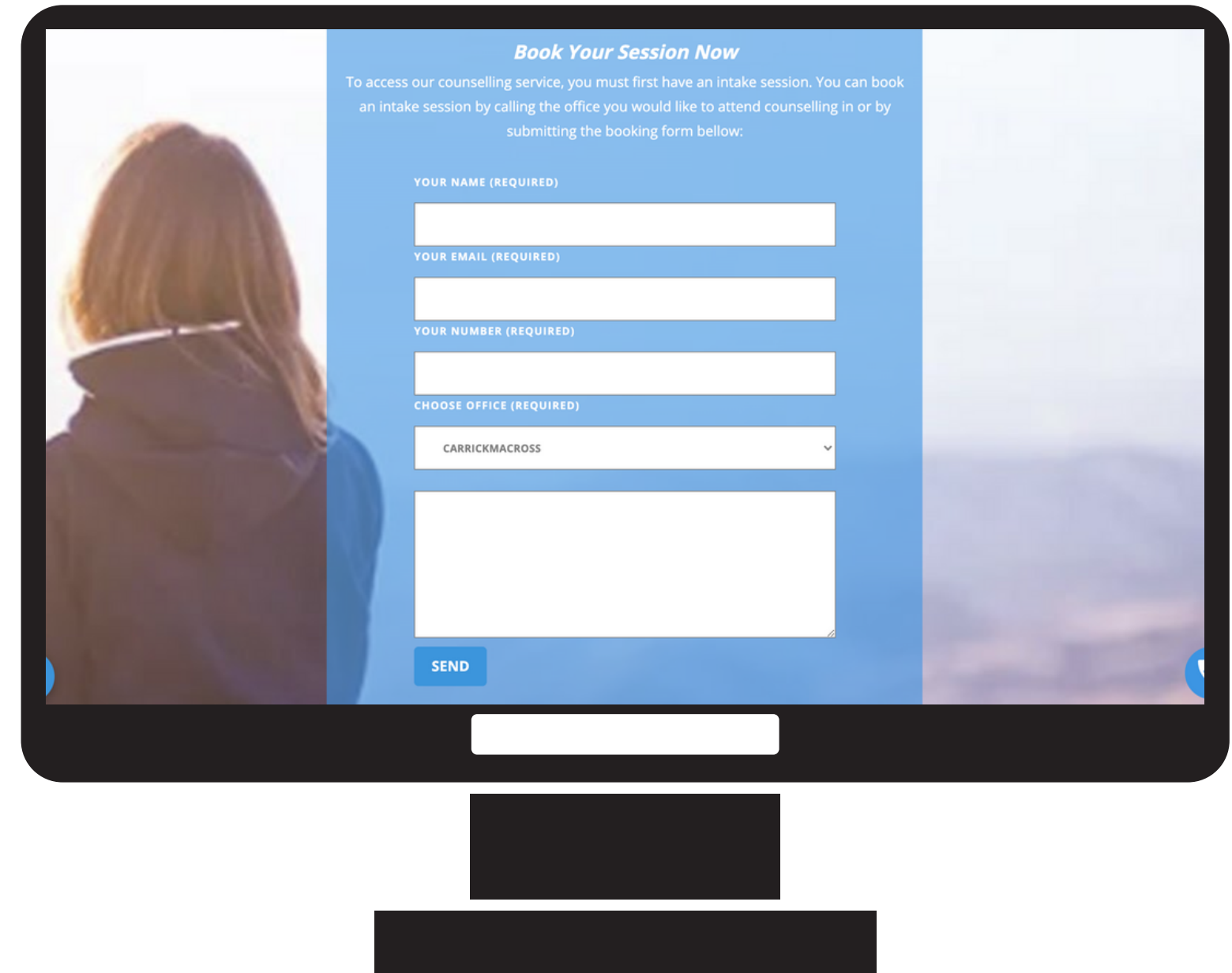
 SOSAD Ireland

SOSAD Ireland supports you and your mental health, by offering free counselling along with a range of other services. We are currently supporting 693 people a week with individual counselling sessions.

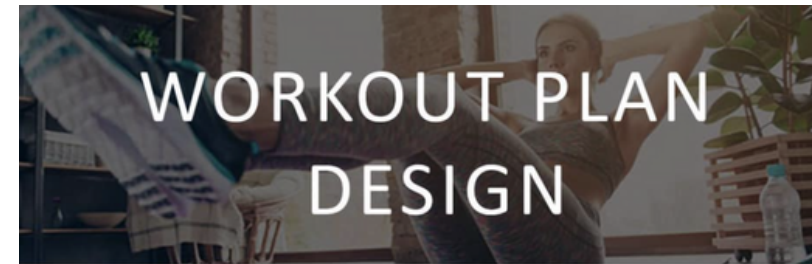
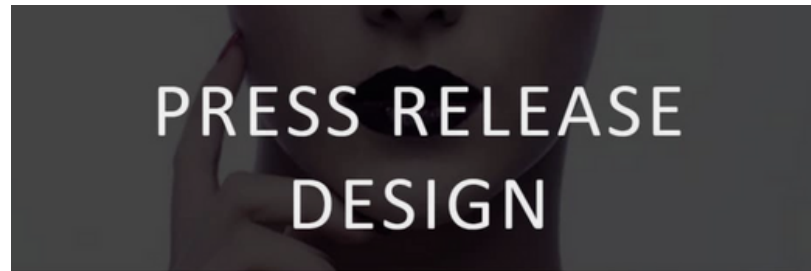


This would not be possible without your continued support as we rely on fundraising and donations from you to continue this life saving service.

SOSAD Ireland Website Design & Development



College Portfolio Designs



SIMPLICITY

Is The Key Note Of All True Elegance

Natural beauty is individuality. It is also giving health and vitality. It is awareness and action, of course, and technology and, of course, well groomed looks, perfectly nourished skin, and a toned and balanced body. We are no longer interested in finding quick cosmetic effects, but want long-term anti-aging natural beauty secrets to make us look and feel younger. Real health and beauty secrets to make us look and feel younger. Real health and beauty secrets to make us look and feel younger. Real health and beauty secrets to make us look and feel younger.

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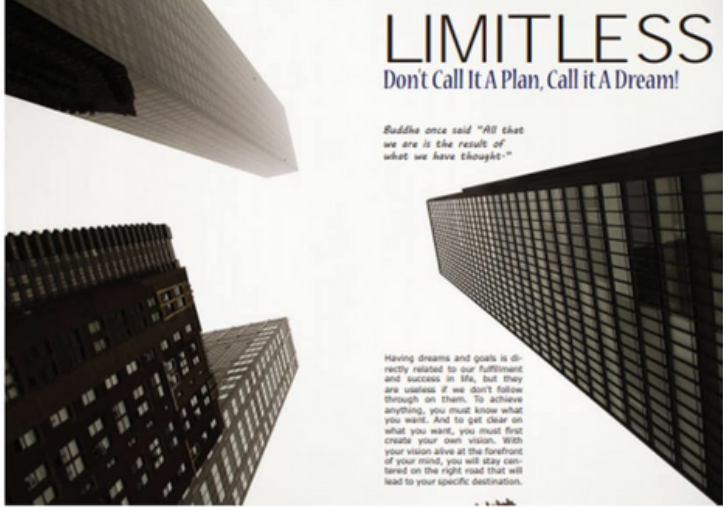


LIMITLESS

Don't Call It A Plan, Call it A Dream!

Buddha once said "All that we are is the result of what we have thought."

Having dreams and goals is directly related to our fulfillment and success in life, but they are useless if we don't follow through on them. To achieve anything, you must know what you want. And to get clear on what you want, you must first create your own vision. With your vision alive at the forefront of your mind, you will stay centered on the right road that will lead to your specific destination.



4 Week Workout Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Full Body Workout 60min	Self-Defence 120min	Cycling 16km	Self-Defence 120min	Full Body Workout 60min	Yoga 60min	OFF
Week 2	Cycling 16km	Self-Defence 120min	Full Body Workout 60min	Self-Defence 120min	Full Body Workout 60min	Hiking 8km	OFF
Week 3	Full Body Workout 60min	Self-Defence 120min	Cycling 16km	Self-Defence 120min	Full Body Workout 60min	Yoga 60min	OFF
Week 4	Full Body Workout 60min	Self-Defence 120min	Full Body Workout 60min	Self-Defence 120min	Cycling 16km	Hiking 8km	OFF



College Portfolio Designs

Activation

The Glass Reignited activation allows customers to bring three empty Desperados bottles to the activation point, and watch them get transformed into candy skulls. The purpose is to prevent any glass waste, while also giving the audience something to remember their experience by, branded by Desperados. The activation would roll out across four different events in Dublin throughout the summer, encouraging customers to collect all four.



Packaging




The packaging in Ireland would fit this theming during the summer months, highlighting the four festivals and how consumers can turn Desperados bottles they're holding into a glass candy skull.

These bottles would also be the ones used at the festival that would physically be turned into ornaments, and would have labelling that is easy to remove in order to be able to melt the glass.



College Portfolio Designs

No More Excuses



Activation

Pop up stands will visit schools and colleges to promote the campaign. The pop up encourages people to write down their excuse for not using condoms. Each excuse will be matched with a suitable response printed on a condom. The response will trump the excuse.

Six responses have been formulated to respond to nearly any excuse. The aim of the activation is to engage young people with the subject matter. Ultimately the activation will lead to every student in the school carrying a condom, which is the first step in normalising condom usage and abolishing the stigma.

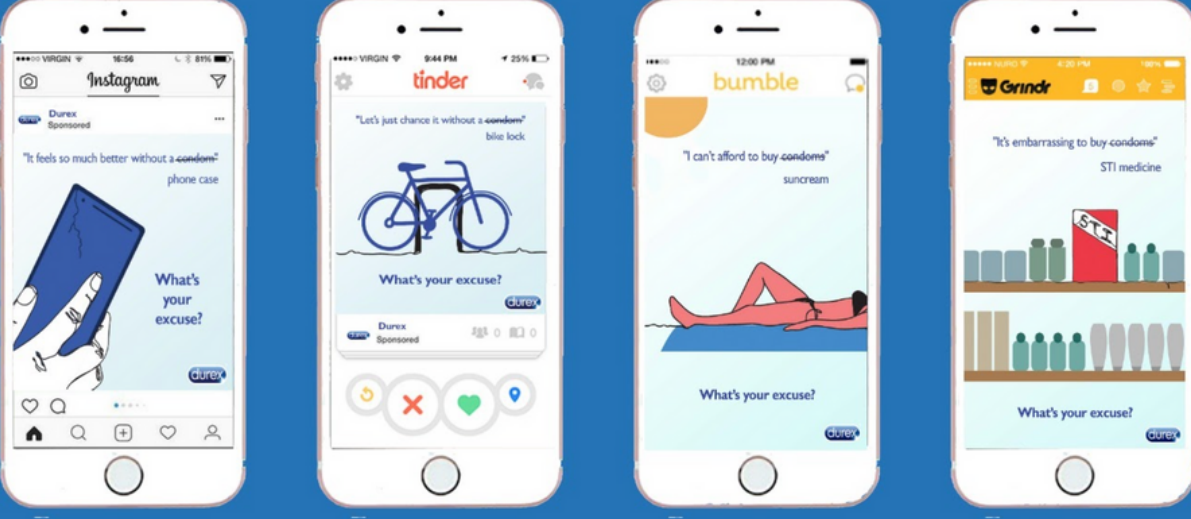
"It's so hard to stop in the heat of the moment"
"But I love you"
"No one would have sex if I didn't"
"It feels so much better without a condom"
"I just want to do it now"
"Don't you trust me?"
"Come on, I won't forget to use them with you"
"Condoms spoil sex for me"
"It's embarrassing to buy condoms"

Problem

People often become sexually active between the ages of 16-24. Research shows that STI diagnosis is highest amongst this age group, suggesting that better sex education as well as an effort to normalize regular contraception usage is necessary.


Social Media

16-24 year olds live through their phones and consume vast amounts of media on mobile devices. Thus, running the campaign on various social media platforms is suitable for reaching the target audience. A specific focus is placed on dating platforms such as Tinder, Bumble and Grindr as they all promote dating and ultimately casual sex.



Freelance CV & Cover Letter Designs.

(The third CV client asked me to keep the photo anonymous.)



Ainars Reboks
23/01/1970

I have the ability to work efficiently and independently. I am a quick learner and not afraid of challenges.

CONTACT

✉ bioblekis@inbox.lv
☎ +353 089 240 4550

🏠 Maryland, North Road Drogheda, Co. Louth A92YE8V

LANGUAGES

English - Basic
Latvian - Fluent
Russian - Fluent

SKILLS

- Quick Learner
- Problem Solving
- Dependability
- Willingness to Learn
- Team Work
- Time Management

OTHER

Driving License ✔

AINARS REBOKS
CURRICULUM VITAE

EXPERIENCE

01/09/2014 - 21/08/2020
Production Operative
Kilmeena, Westport, Co. Mayo, Ireland

20/12/2010 - 30/04/2014
General Operative
SIA "Vergi", Republic of Latvia

06/09/2010 - 03/01/2011
Builder
SIA "Samrode", Republic of Latvia

12/03/2010 - 05/05/2010
Builder
SIA "Gemini Investments", Republic of Latvia

05/05/2009 - 29/10/2009
Builder
SIA "Palsams", Republic of Latvia

15/02/2007 - 21/01/2009
Builder
SIA "Kurzemes Buvnieks", Republic of Latvia


03/05/2006 - 12/02/2007
Builder
SIA "Kurzemes Buvnieks", Republic of Latvia

14/03/2003 - 02/05/2006
Builder
SIA "Sumata", Republic of Latvia

26/08/1999 - 12/03/2003
Builder
SIA "Garantija", Republic of Latvia

02/01/1998 - 31/07/1998
Docker
AS "Ventspils Tirdzniecības Osta", Republic of Latvia

01/01/1996 - 17/04/1997
Locksmith
SIA "Udeka", Republic of Latvia



CONTACT

☎ +353 89 2220 912
✉ davidbreiksh@gmail.com
📍 3 Boice Court Mell, Drogheda

LANGUAGES

English ●●●●●
Russian ●●●●●
Latvian ●●●●●

SKILLS

PROFESSIONAL

Time management
Problem solving
Communication
Creativity
Quick learner
Attention to Detail

HOBBIES

Sport: Football, Ice Hockey, Gym
Programming
Developing New IT Skills

DAVID BREIKSH

PROFILE

I am a punctual and motivated individual who is able to work in a busy environment and produce high standards of work. I'm also a quick learner and always eager to develop new skills. I have an active and dynamic approach to work and getting things done. Thank you for taking the time to review my CV and I hope that you will consider me for this position.

EXPERIENCE

04/2021 - Present
Warehouse Worker - Tesco Donabate

04/2019 - 12/2020
Baker - McCloskey Bakery Ireland

06/2018 - 07/2019
Technical Support Specialist - WebHelp International, Riga, Latvia

- Assist customers through outbound and inbound calls, chats and emails
- Work across different departments and collaborate on projects
- Write Case Reports

2015 - 2018
Casino Dealer, Pitboss - SIA Royal Casino

2012 - 2015
Store Inventory Count - SIA Inventa Group

EDUCATION

2019 - 2021
Programming - Skillbox University

2018 - 2019
Java Guru Programming Courses

2000 - 2012
Riga Anninmuizas Secondary School



CARMEL HANCOCK
CURRICULUM VITAE

PROFILE

With over 70 volunteers in the centre my role is to manage a team of therapists and oversee all clinical issues that may arise. I am responsible for the management of the clinical support (admin) staff including operations, procedures and resources to facilitate and support the delivery of a busy counselling service.

ADDRESS: 4 King of Kings Chapel Hill Slane Co. Meath
PHONE: 087 160 2911
EMAIL: vernazza2020@gmail.com

PERSONAL SKILLS

- Leadership
- Organisation
- Crisis Intervention
- Management
- Communication
- Decision Making
- Adaptability
- Active Listening
- Team Work
- Problem Solving

ADMIN SKILLS

- Data Entry
- Calls/Emails
- Client Facing
- MS Office
- Scheduling
- Working With People

OTHER

Garda Veting ✔ Driving License ✔

EXPERIENCE

2013 - Present
Coordinator
SOSAD Ireland, Drogheda

2009 - 2013
Support Worker & Assistant Programme Coordinator
SOSAD Ireland, Navan

1980 - 2003
Graphics & Document Production Centre
PricewaterhouseCoopers, Dublin

EDUCATION

2017 - 2018
Community Addiction Studies
Louth Public Participation Network

2013 - 2014
Community Work in a Changing Meath
Meath Partnership & N.U.I. Maynooth

2007 - 2009
MSc. in Humanitarian Action
University College Dublin

2003 - 2007
B.Soc.Sc. (Hons Degree)
N.U.I. Maynooth

CERTIFICATES

ASIST (Applied Suicide Intervention Skills)
Children First
Peace Building & Conflict Resolution

REFERENCES AVAILABLE UPON REQUEST

CARMEL HANCOCK
087 160 2911
vernazza2020@gmail.com

To whom it may concern,

In SOSAD Ireland, with over 70 volunteers in the centre, my role is to manage a team of therapists and oversee all clinical issues that may arise. I am responsible for the management of the clinical support (admin) staff including operations, procedures and resources to facilitate and support the delivery of a busy counselling service. My day to day tasks include:

- Provide support to therapists
- Check on waiting lists on a regular basis to ensure that clients appointments have been scheduled
- Call clients on regular basis to check in on their wellbeing
- Check in with the clinical team on regular basis
- Attend clinical & administration meetings
- Provide monthly reports
- Build and foster relationships with other agencies
- Sign off on contract therapist hours at the end of each month
- Manage and analyse procedural and policy processes to ensure maximum operational efficiency
- Oversee and manage initial call screenings and risk assessment process
- Coordinate with staff to ensure that clients are scheduled to appropriate counsellors and that appointments scheduled match resources and capacity
- Manage the maintenance of accurate filing systems and ensure that everything is up to date
- Train all new administration staff
- Ensure Salesforce training is provided for all staff, and strictly adhered to as requested
- Train staff on call monitoring and risk assessment as per guidelines ensuring maximum care and confidentiality to clients
- Ensure that files and forms are maintained and updated in the correct format and inform staff accordingly of any changes made
- Oversee office supply inventory
- Maintain a safe and secure working environment
- Ensure safety and confidentiality of data
- Manage the health and safety aspects of the centre in line with policy
- Manage and maintain costs in line with budgets set

I have attached a copy of my CV. I'm happy to take a call to discuss in detail the position and the experience that I would bring to the table.

I look forward to hearing from you soon!

Kind Regards,
Carmel