

Jak's World

Salford Suicide Prevention Conference 2025

Morning Events

09:30 - 10:00 | Arrival, Refreshments, Stalls and Exhibition Opens

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10:00 – 10:05 | Welcome & Jak's World Vision (5 minutes)

Our trustees will open the day by welcoming everyone and sharing Jak's World's vision — our mission, what we do, and who we're here for. We'll highlight today's exciting events and give a brief look ahead to upcoming services and projects, including the winter edition of Hopeful Horizons.

10:05 – 10:35 | Rachael Richard, Kooth Mental Health Champion

Rachael Richard, Education and Community Mental Health Champion at Kooth, will introduce the vital work of Kooth.com and Qwell.io — free, anonymous digital platforms that offer daily mental health support to young people and adults. Drawing on both personal experience and professional passion, Rachael will discuss the importance of open conversations, accessible support, and how services like Kooth and Qwell are helping to transform mental health care in our communities.

10:35 – 11:05 | Men's Support Group — Talk About It Mate

Mike Richard, founder of Talk About It Mate, will share how his Salford-based social enterprise is supporting men's mental health through peer-led groups and 1:1 support. As a qualified counsellor and experienced facilitator, Mike is passionate about creating safe spaces where men can speak openly, build connections, and feel truly heard, especially those facing isolation, unemployment, or a lack of self-worth.

11:05 – 11:35 | Craig Winterbottom — Gong Bath & Sound Therapy

Craig Winterbottom, a respected elder and sound healer with over 40 years of experience, will guide us through a transformative Gong Bath and Sound Therapy session. Known for creating powerful soundscapes that support healing and inner balance, Craig offers a safe and sacred space to relax, reflect, and reconnect, helping to restore harmony in mind, body, and soul. Learn more at treedrum.co.uk.

11:35 – 11:40 | Children's Book Presentation (written by Jak's World volunteer)

Ally, a passionate Jak's World supporter, shares her inspiring new children's book — written to encourage bravery, connection, and hope. Designed and published with the support of Jak's World and proudly sponsored by The Lowry's "Together We Create" fund, the book is a celebration of storytelling with heart and purpose.

11:40 - 12:00 Dennis Baldwin (Start to End Suicide Prevention) talk

Dennis Baldwin, Project Manager at START and founder of the award-winning "Reach Out; Start to End Suicide" campaign, brings powerful lived experience and heartfelt advocacy to his work. A suicide prevention champion with deep roots in Salford, Dennis will share his personal journey, insights, and the impact of his innovative approach to tackling stigma and saving lives in our communities.

12:00 - 12:15 Tammy Pike, Jaimie Horrocks Trust

Tammy is one of the founding members of Jamie Horrocks Trust, set up in memory of Jamie, Tammy's brother, who took his own life in 2013.

Locally based in Salford, Tammy has used her lived experience to drive change through the Trust; running monthly suicide support group, supporting the weekly Lad's Den, attending events to raise awareness of the power of conversations and running Youth Wellbeing Hub. A film developed with Salford CCG, become the most watched clip with over 25K views and growing.

Support and Resources – Jamie Horrocks Trust

Tammy now works as a Bereavement Practitioner for Greater Manchester Bereavement Service and is passionate about open conversation on grief/loss especially for those bereaved by suicide.

12:15 – 13:00 Buffet Lunch — Includes:

Poetry Reader

More...

Afternoon Events

13:00 – 13:15 | LGBTQ+ Community Speaker, Charlie Kitching

Charlie Kitching is the Helpline Coordinator for a national charity dedicated to LGBTQ+ health and wellbeing. With a strong focus on inclusion and empowerment, their services offer vital support across areas such as talking therapies, recovery, domestic abuse, sexual health, and more. Charlie will share insights into the challenges faced by LGBTQ+ individuals and the importance of creating safer, more supportive communities for all.

13:15 – 13:30 | Emma & Tristan Stefan, STAK Life (Online – Neurodivergent Community)

Emma and Tristan Stefan are the passionate minds behind STAK Life, an online platform supporting neurodivergent individuals and their families. Emma, a seasoned educator and consultant, brings over 20 years of experience in neurodiversity support. Tristan, who is neurodivergent himself, is a core national trainer for the NHS-commissioned National Autistic Training Program at the Anna Freud Centre. Together, they will share insights on the importance of community, advocacy, and practical support for neurodivergent lives.

13:30 – 13:45 | Group EFT Tapping by Kasia. In this sessions, Kasia will also talk about the Suicide Prevention Safety Plan and set the scene as to how the sessions of today fit within the safety plan

Kasia Halani is a Licensed Suicide First Aid Tutor, Accredited EFT & Matrix Reimprinting Practitioner, and Co-Founder of Jak's World. As a Loneliness & Grief Coach bereaved by suicide, she brings lived experience, compassion, and deep understanding to her work. Kasia is also an Ambassador of Hope, a Public Speaker, a Human Library Author, and is trained in Compassionate Inquiry. She is certified as trauma-informed and will be leading an Emotional Freedom Techniques (EFT) workshop at the conference.

13:45 – 14:15 – Dr Sohrab Panday

Sohrab is a Fellow of the Royal College of General Practitioners based in Derbyshire. He has dedicated himself to the cause of suicide prevention over the last 15 years. He experienced professional and personal challenges due to suicide. He empowers colleagues to be trained and equipped to reduce suicide risk in patients and staff, as well as to reduce risk in the people tragically bereaved by suicide.

He has extensive expertise in training primary care in suicide awareness, prevention and postvention, having trained over 2,000 individuals to date, mainly in Derbyshire.

He is the author of the first National Suicide Postvention Support Pack for Primary Care which provides guidance and support in the event of a patient's suicide, which is endorsed by the Royal College of GPs & NHS Practitioner Health.

Sohrab advocates for regular training in self harm, suicide prevention and postvention for all NHS staff, frequently speaks on suicide prevention at conferences.

He is an Ambassador for Harmless, and involved in academic research with Keele University and University College London.

14:15 – 14:50 | Robin Graham — Laughter Workshop

Robin Graham brings joy and lightness through his much-loved laughter workshops, inspired by his guru's simple yet profound advice: "Stand on street corners and laugh." With over 25 years of experience, Robin has shared the power of laughter with communities, workplaces, and individuals across the country. After the success of his previous session at Hopeful Horizons, we're delighted to welcome him back to uplift our energy and bring some collective joy.

14:50 – 15:10 | Afternoon Refreshments Break

Take a moment to pause, reflect, and recharge with a selection of herbal teas, fresh coffee, and delicious homemade cakes lovingly baked by members of our community. This is more than just a break — it's a chance to mingle, share experiences, and build meaningful connections in a relaxed and welcoming space.

15:10 – 15:30 | Kate Evans, Researcher, ThoughtScapes

Kate is an ethnographic researcher specialising in suicide prevention work across the UK rail network, working with community partners to improve suicide mitigation measures at high-risk locations.

15:30 – 15:50 | Steven Gavin, Public Health Strategic Manager, Starting Well at Salford City Council

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15:50 – 16:00 | Volunteer Testimonials

Hear from some of our dedicated volunteers as they share their personal stories, lived experiences, and what inspired them to get involved with Jak's World. Discover how volunteering can be a powerful way to connect, give back, and make a real difference in our community — and how you can get involved too.

16:00 – 16:20 | Gumcy & Brooke — Friendly Boxing Match

Get ready for an uplifting and energetic moment as Gumcy and Brooke step into the ring for a light-hearted, friendly boxing match! This session is all about fun, fitness, and showcasing how sports like boxing can build confidence, resilience, and community spirit — all while raising awareness for mental health and wellbeing.

16:20 – 16:30 | Closing Words from Trustees and Thanks

To wrap up the day, our Trustees will share a few final reflections, express heartfelt thanks to everyone involved — speakers, volunteers, and attendees — and celebrate the power of coming together as a community. We'll look ahead with hope, gratitude, and a shared commitment to making a lasting difference.