

# EALING ABBEY LENTEN PROJECT



**Helen Denny** (Cath's sister)  
trustee for Papyrus-  
prevention of young  
suicide

<https://papyrus-uk.org/trustees/>

Helen is also a RSPH  
(Royal Society of Public  
Health) connect 5  
trainer



'When my older Sister Cath died by suicide on November the 7th  
1996,

I was handed a generic flyer regarding bereavement and sent on my  
way . . .

Fast forward to early 2000, when I began supporting Papyrus, they  
were then a very small speck of hope on my horizon, and have since  
grown from a head office in Warrington to offices in Birmingham,  
London and Cardiff with Ireland in discussions.'

**Papyrus's work centres around three key principles; Support  
Equip and Influence:**

**SUPPORT:** We provide confidential support and advice to young  
people struggling with thoughts of suicide, and anyone worried about a  
young person through our helpline, HOPELINEUK.

**EQUIP:** We engage communities and volunteers in suicide  
prevention projects and deliver training programmes to individuals and  
groups. This includes equipping local councils, healthcare professionals and  
school staff with suicide prevention skills.

**INFLUENCE:** We aim to shape national social policy and make a  
significant contribution to the local and regional implementation of national  
suicide prevention strategies wherever we can. Our campaigning comes  
from our passion as individuals, parents, families and communities who have  
been touched personally by young suicide. We press for change in many  
places using hard-hitting and dynamic campaigns as well as presenting  
evidence to those in power so that lessons can be learned and learning  
implemented to help save young lives+

'Some days it feels like such a long time ago since I saw Cath, then  
others I catch a whiff of her perfume on a passing stranger and I can  
see our childhood flash before my eyes and hear her voice.

Like many siblings, the once slightly unkind nickname of 'Stink' had  
later turned into a term of endearment.

I will never again be able to reminisce on times that Cath and I could  
only recall, I can never call her for a chat, to moan, pass the time of  
day or plan a night out together, neither can I pop in for coffee nor  
have her cook for me her infamous Indian dinners.

I can however, help others to understand the importance of talking  
and learning about suicide, the need for people to be trained in  
prevention, where to get help and how if we all begin to say the word  
it will start to feel less frightening.

At 21 and 24 years respectively I was so scared and I had lost my  
biggest ally and confidant.

It's my belief that together, we can help prevent this happening to  
other families

*HELEN will be speaking about PAPYRUS the charity's works, at  
6.00pm Mass on Saturday 23<sup>rd</sup> March,  
and at all Masses on Sunday 24<sup>th</sup> March.*

*All second collections will be for PAPYRUS, and there will be gift aid  
envelopes available in the church and at the PAPYRUS display throughout  
LENT and HOLY WEEK. Please be generous towards this very good cause.  
Thank you*

