



S.O.S.
SURVIVORS OF SUICIDE
BEREAVEMENT SUPPORT
ASSOCIATION INC.

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Caring, Support, Awareness, Education
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January – March 2019

Looking Ahead

- Peter Michael

For many, the holiday period is a time of joy and festivity. The halls are decked, the bells jingle and people spend time with family and friends. For those of us who are affected by suicide however, the holidays can be grim and sorrowful. We think about the times we had with the person that we lost and that the spot at the table, and in our hearts can never be filled. For some, this Christmas just gone was the first they spent without their loved one. Some say the first is the hardest. For those of us who grieved this holiday period, it can seem downright pointless to think about the new year. It's just another year without the person we lost. Why will it be any better, now that our lives are changed forever?

Life *has* changed forever. No one is denying that. But I want to offer a fresh perspective. I believe that each new year brings us new opportunities. It is a good time to close one chapter and open another one. It doesn't mean that things change overnight. But day by day, and week by week we can live again. We can slowly start to find joy and a sense of purpose within our lives. We can create a new dynamic where we still miss our loved ones, but we live again. We feel the rush of the summer breeze as we walk through the park. We hear ourselves laugh as we gossip over that second cappuccino with our best friend. Many people feel that if they do these things, they are betraying their loved one. But just because you feel happy in the moment, doesn't mean you are letting go of that special someone or that you aren't mourning them anymore.

When I lost my mum in 2017, I didn't think I would ever feel normal again. I felt like there was this dark cloud that would always be blocking out the sunlight. It's still there, but it isn't as omnipresent anymore. This year was about working on myself and rebuilding my life. It is a work in progress. I believe that 2019 will give me even more opportunities. There are exciting things in my life. While these things won't bring back my mum, I think that they are worth looking forward to. As this chapter ends, why don't you remind yourself about the good things that remain in your life, and what good things will come in the new year? Each day can lead to something new, something better and something wonderful. And there are three hundred and sixty-five days ahead.



Presidents Report

- *Cherrie Cran*

Hi everyone and welcome to the first newsletter for 2019.

This newsletter

This newsletter focuses on moving forward. When choosing what to talk to you about this newsetter, the theme of 'moving on' came up. A timely topic following the festive season and to start the new year with. Our Secretary Peter wrote an aricile that I hope will help, and I found some information on the goodtherapy blog site that might provide some further assistance.

When we talk of 'moving on' in relation to your grief, we don't ever expect you to heal from it, get over it, forget it or anything like that. We are talking about moving forward in your new life, a life that you never expected or asked for.

Your life has forever changed, and probably you with it. You will never be the same as you were before you lost your loved one to suicide, nor will your life be the same. It can however be meaningful and you can even be happy again.

Your loss will always be with, defining a part of who you are, this changed you. With time you will learn how to rebuild your life and find a new 'normal'. You will be able to love, laugh, have fun and find fulfilment and even joy in your world again, even with your loss that is ever-present.

I hope that this new year will be a time when you can find some of that enjoyment and fulfilment again.

This is the ninth new year I've welcomed since my son died, and with each new year I am reminded how long it has been and how it feels like forever since he gave me a hug, and yet it sometimes still feels like yesterday. So, I move into the new year looking forward to what is coming, knowing that he will always be with me, and my heart will always be full of love for him. I will always miss him, but each year I learn a little more how to carry that loss through life without it stopping me from living my life, enjoying my time with friends and family, and being happy. I know that he would want me to do that. He would never have wanted me to be so sore and broken that I couldn't go to work and contibute where I can to my life and to the people around me.

So, even if it feels impossible, please know that if this is your first new year without your loved one, that you will be able to continue to live a meaningful life along side of your grief.

Annual General Meeting

The 2019 AGM will be held on 22rd February. We are calling for nominations to join our committee. If you are interested in volunteering to help us run SOSBSA, please let us know before the night. If you are a financial member and can't make it – please feel free to send us your proxy (attached). A membership form is also attached.

Membership

If you aren't yet a financial member I'd like to encourage you to join us. Our association is run completely by volunteers and we don't receive any on-going funding. We rely completely on our membership fees and donations to operate and provide support to those who need us. To vote or stand office you must be a financial member.

New Support Group

We are excited to announce that from 4th January 2019 a new SOSBSA support group will be operating in Tweed Heads. Any questions please contact Sharon on the number included with the details below.

Venue: 13 Beryl Street
Tweed Heads NSW 2485

When: 1st **Friday** of the month
(Starting 4th January 2019)

Time: 6.00pm-8.00pm

Type: Support Group

Contact: Sharon on 0474 206 486

Newsletters

If any of you would like to share your own story of life after your loss, please write to us at secretary@sosbsa.org.au. We would love to hear from you, and share your story, so please make sure you include your permission to publish your story if that's what you want.

Fundraising

We are always looking for ways to raise funds, so if anyone has any ideas for fundraising please let us know. If you wish to make a donation or become a member, you can do so on our website at www.sosbsa.org.au under 'about us'. All donations of \$2 and over are tax deductible.



Take care and be kind to yourself

Cherrie xoxo

!!2019 AGM!!

We will be holding the 2019 AGM on
22rd February 2019 at 7pm

Healthy Options

*Level 1 493A Ipswich Road Annerley
(the building with Chemist Warehouse and Subway)*

Our regular support group meeting will follow at **8pm**

Note: you must be a paid financial member to vote at the AGM and to hold office

Brisbane Support Group
(473 Annerley Road Annerley)

Friday fortnightly at 7:30pm

January – 11, 25

February – 8, 22 (AGM 22nd)

March – 8, 22

Contact: Cherrie 0423 567 055



Management Committee



President: Cherrie Cran

Vice President: Donna Cumming

Treasurer: Darrin Larney

Secretary: Peter Wakeling

Members: Chris Scott

Other S.O.S.B.S.A. Support Group Meetings

Cairns Support Group

Cairns Red Cross Wellbeing Centre Cnr Grove and Lake Street, Cairns
Entrance off Grove Street.
2nd Tuesday of every month at 7:30pm.

Contact Fran: 4045 2955
or 0407 695 891

Bundaberg Support Group

Neighbourhood Centre
111 Targo Street, Bundaberg
2nd Wednesday of every month at 10:30 am

Contact Peter: 07 4155 1015

Tweed Support Group (starting 4th January 2019)

13 Beryl Street
Tweed Heads NSW 2485
1st Friday of every month at 6:00 pm

Contact Sharon: 0474 206 486

Disclaimer: Unless expressly stated, the views expressed in articles, poetry etc in this newsletter are not necessarily the views of SOSBSA. Any articles, poems, quotes that are stated as 'author unknown' within this newsletter are reproduced in good faith and do not intentionally contravene copyright laws.

Membership

Pensioner / Student	\$20
Adult member	\$30
Family	\$50
Not-For-Profit Org.	\$50
Affiliate Business	\$100

You are now able to do this all online:
www.sosbsa.org.au (About us tab/Membership)

or contact secretary@sosbsa.org.au

Memberships help pay for printing, copying, mailing
and our telephone help line.

SOSBSA Phone

Volunteers WANTED

We are looking for expressions of interest
regarding volunteering for our
1300 help line.

Training will be provided.

Contact secretary@sosbsa.org.au
or 1300 767 022 for more information.

SOSBSA Facebook

We now have more than **22,000** people who follow us on facebook.

Join in our online support group.

Search **SOSBSA**



Other Suicide Support Groups

If our support groups don't meet your needs – please check our website for a list of other support groups across Australia

Go to www.sosbsa.org.au

Hover over 'Support Groups' in the top bar
Choose the appropriate sub-section.

Please note – this information is only as good as the information we are provided – if you see errors please let us know at secretary@sosbsa.org.au

Mourning Dove Pins

You can now purchase from us online with payments through paypal
www.sosbsa.org.au ('Items for Sale' tab)

Mourning Dove Pin

Purchase one of our beautiful pewter Mourning Dove pins to honour and remember your loved one

\$8.00 each (+\$3 postage)



or email us at secretary@sosbsa.org.au



The brightness in our lives

You were the brightness in our lives
And now you are the sun
Glowing across our faces
Shining from heaven

You brought us laughter
And now you are the breeze
That blows through our hair
Making us laugh inside

You made us smile
On a dark day
And now you are the sunrays
Shining through the black clouds

You were the sparkle in our eyes
And now you are the brightest star
In the night sky
Guiding us through the hard nights

And with each sunray upon our face,
And each breeze across our bodies,
With each raindrop, snowflake, and starry sky,
We know you are still with us,
Brightening our lives
And bringing a smile to our faces

No matter how dim the day
Or how dark the night,
A single ray and a distinct star
Still shines upon us
Assuring us that we are never alone
And that you're always here
And we look up to you
So that you may know,
That we too,
Are forever with you.

Lisa Meyers

'Moving On' from grief

- www.goodtherapy.org - blog

The phrase “moving on” is common in the grief and loss world, but it isn't very well understood or, frankly, all that helpful.

1. You Are Not Responsible for How Others Feel about Your Grief Process

Typically, it feels like what those around us mean by “moving on” is for us to stop hurting, stop talking about it, stop remembering, stop crying, and just stop grieving. They talk about wishing we would stop dwelling on the hurt and encourage us to just let go and accept what happened.

The truth is, what they actually want is for us to stop making *them* uncomfortable about our pain. Let's face it—being with someone who is in pain and grieving isn't the easiest of experiences. It's difficult to watch someone we love hurting so deeply.

But other people's discomfort with your grief is their business, not yours. You are not responsible for making them feel more comfortable.

2. Moving On Doesn't Mean Forgetting

I suspect that the primary difficulty many of us have with the phrase “moving on” is that it often feels as if we're being told to forget our loved one or the relationship we once had.

That's not what moving on means. Moving on is more about learning to live what I call a *both/and* life rather than an *either/or* life. It's not about grieving or forgetting, [happy](#) or [sad](#), black or white. It's shades of grey.

It's about learning to live a full and happy life even as you miss and long for what you have lost. It's about remembering and honouring the one you loved while also embracing the beauty and fullness of the life you still get to live. It's about the brilliance of your love and the shadow of your loss coexisting in this complex and expansive experience we call living.

3. Moving On Doesn't Mean the End of Grief, Either

Moving on from grief doesn't mean a static end. It doesn't mean suddenly we're done grieving and will never hurt again. Moving on is more about moving forward than being done.

Grief and loss are complex, multifaceted, and multilayered. Loss and our experience of grief are integrated into our lives, not things we get rid of. Grief changes and morphs over time. We get stronger as we carry it, the edges of it round and dull, and with time it begins to take up less space in our lives. It doesn't simply disappear. Grief can (and will) continue to remind us of our loss throughout our lifetimes, in different ways and at different times.

We move forward with life, embracing the fullness of it, even as our loss becomes part of who we now are.

4. Ultimately, You Get to Define “Moving On” for Yourself

People will have all kinds of advice and well-meaning intentions about how you should move on, when you should do it, and what it should look like. They, however, cannot determine that for you.

There are no timelines or rules to the grieving process. You will move through it at your unique pace and not one minute faster. The process of grieving is unique to each of us. No amount of pressure from others can make us move through our process any faster, not in any kind of healthy way.

Only you can know when you are ready to move forward after your loss. Only you can decide what it means to let go or accept the loss you experienced. Only you can truly decide what it means to move on and move forward.

Whatever that looks like for you, it is perfect and right.

STOP PRESS

Members Needed

One of the things we have always prided ourselves on is that we do not require anyone who uses our service to pay in any way, we never actively encourage membership subscription, we have always left it optional. Now as then, we still understand if people do not wish to become a member, our service still remains free and accessible.

There is also the dreaded if 'I become a member they will want to put me to work on the committee or something.' Well fresh ideas are always welcome but membership has no strings attached.

This drive is about two things,

1. We have been lucky of the years in being able to access grants and donations to cover our operating costs, we have also embraced the digital age to dramatically reduce our overheads and making our fundraising efforts go further. We receive no government or recurrent funding, so everything we do is paid for with membership dues and donations.
2. This year we turn twenty-one, yes quite an achievement. Over those years this little organisation from Brisbane has helped directly and indirectly thousands of people from all walks of life, we created a web presence which became a resource, we published numerous informational booklets and fact sheets, we have held forums and peer support and help lines. We have given "punching above our weight" a new meaning. To be taken more seriously and to expand our reach we need a broader membership base to support us.

So please, help us to continue helping you, please consider becoming a member!!!



In Memoriam



If you would like an 'in memoriam', please send an anniversary record to us at secretary@sosbsa.org.au.

For everyone whose anniversary of their loved one is during January to March: On this anniversary of your loved one's death, may you remember the best experiences you shared, the most meaningful words that were spoken, the happiest moments you had together and the comfort that has given you the courage to go on.

Loved one lost to suicide: **Neville Graham Dykes**

Date of Birth: 28th Jan 1950

Message: *You are always in my thoughts & you live on in my heart. Much loved & sadly missed - your partner & soulmate, Donna*

Your Name: **Donna Cumming**

Date of Death: 31st Jan 2011



QLD Helplines

Standby Brisbane 07 3250 1856

Standby Response Service 0438 150 180

(24 hour mobile crisis response to suicide bereavement.)

Sunshine and Cooloola Coasts 0407 766 961

National Helplines

LifeLine: 13 11 14 (24 hour)

Mensline: 1300 789 978 (24 hour)

Suicide Callback Line: 1300 659 467 (24 hour)

National Hope Line: 1300 467 354 (24 hour bereavement support)

Beyond Blue: 1300 22 4636

Kids Help Line: 1800 55 1800 (24 hour)

SANE Helpline: 1800 18 SANE (M-F 9am-5pm)