



Website: www.sosbsa.org.au

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Telephone Help Line 24/7: 1300 767 022



Issue No. 6

November/December 2011

President's Report

Welcome to the November/December Newsletter for 2011.

If you would like to see this newsletter in COLOUR – please ask us to send it to you by email, or access it through our website. Just email us at secretary@sosbsa.org.au.

Reminder: *the venue for the Brisbane Support Group has changed.
(Please see page 2)*

Hi everyone.

We have been busy over the past few months and I'd like to thank everyone who attended our social get together and our Mourning Tea. A special thanks to those people who gave of their time to share their expertise with us at our Mourning Tea. Jen has put together some photos from these days.

We also launched our new logo. A great deal of thought went into what we wanted our new logo to be – and after reviewing almost 100 ideas we agreed on the one chosen. I hope that in time this logo will become as identifiable as the old one was of who we are and what we do.

Christmas is just around the corner and we'd all like to wish you all the very best for the season. I'm well aware of how bitter sweet special occasions such as these can be for those of us who have lost loved ones.

Please be gentle on yourself, and stay safe.

I know as I face Christmas without my son it's with a realisation that life will never be the same again and this special occasion will never be the same again. His absence seems so strong at these times – his special kind of love and his constant tormenting of his sister and cousin that brought so much laughter.

Continues on page 3...



2011 Meeting Dates for the Annerley Support Group (Brisbane)

Friday fortnightly at 7:30pm

November 11,25

December 9 (Last meeting for 2011)

January 6, 20 + AGM (2012)

Management Committee

President: Cherrie Cran
Vice President: Marcia Upton
Treasurer: Darrin Larney
Secretary: Jennifer McMahon
Fundraising Coordinator:
 Vacant
Members: Mary Hesse

SOSBSA Inc.
P.O. Box 334
Springwood
QLD 4127



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

Brisbane Support Group

Facilitators: Mavi & Marcia
 Aust. College of Community
 Services

473 Annerley Road
 Annerley (Cnr Fanny St)

Fortnightly from
 Friday 11th November
 7:30 pm

Contact 1300 767 022

Bundaberg Support Group

Neighbourhood Centre
 111 Targo Street,
 Bundaberg

2nd Wednesday of every
 month.

Next meeting 9th Nov.
 10:30 am

Contact Peter on 4155 1015



Cairns Support Group

Red Cross House
 247 Lake Street,
 Cairns

2nd Tuesday of every month.

Next meeting 8th Nov.
 7:30 pm

Contact Fran on 4045 2955
 or 0407 695 891

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Become an SOSBSA member for 2011!

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

Contact secretary@sosbsa.org.au for membership form or to renew.

Fundraising Coordinator WANTED!

SOSBSA is looking for a volunteer to help us organise fundraising events in 2012.

Perhaps you know a celebrity guest speaker, or could hold a movie night, trivia night, raffle/silent auction etc.

Any help would be appreciated greatly!

Contact secretary@sosbsa.org.au for more information and to volunteer.

President's Report cont.

Continued from page 1...

I will light four candles for him at this time (together with my family) to remember him – each one will represent my grief, courage, memory and the love we shared. Each of you will find your own way to honour your loved ones at this time or maybe choose to not do anything special but remember them. Whatever you choose, know that it's right for you.

We will be having a Christmas get together and I'm hoping to see many of you there (see page 5 for details).

As 2011 comes to a close and we look back on the year, we have achieved a number of things:



S.O.S. President Cherrie Gran

1. A new layout for our newsletter
2. A new logo
3. A new venue for our support groups and committee meetings
4. A number of events – including our inaugural Mourning Tea that we hope will become a yearly event.
5. A new SOSBSA brochure outlining all of our services.
6. A big clear out and stock-take of all our resources and documents.

As 2012 approaches, we look forward to another year and to building on what we have started this year.

Be kind to yourselves over the next few months and hopefully we'll see you at our Christmas party. May you find some peace at this time in the precious memories of your loved one.

Love and peace to all of you
Cherrie

Christmas Blessings

x x x



Please Note: We are in the process of updating all of our brochures and booklets. Some contact details on the current booklets are now out of date, especially relating to other support organisations. Please contact by phone, or check via the internet, to check addresses and meeting times.

Death is nothing at all
 I have only slipped away into the next room
 I am I and you are you
 Whatever we were to each other
 That we are still
 Call me by my old familiar name
 Speak to me in the easy way you always used
 Put no difference into your tone
 Wear no forced air of solemnity or sorrow
 Laugh as we always laughed
 At the little jokes we always enjoyed together
 Play, smile, think of me, pray for me
 Let my name be ever the household word that it always was
 Let it be spoken without effort
 Without the ghost of a shadow in it
 Life means all that it ever meant
 It is the same as it ever was
 There is absolute unbroken continuity
 What is death but a negligible accident?
 Why should I be out of mind
 Because I am out of sight?
 I am waiting for you for an interval
 Somewhere very near
 Just around the corner
 All is well.
 Nothing is past; nothing is lost
 One brief moment and all will be as it was before
 How we shall laugh at the trouble of parting when we meet
 again!

*Canon Henry Scott-Holland, 1847-1918, Canon of St Paul's
 Cathedral*

Mourning Dove Pin



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

Price: \$8 each (+ \$3 postage)

Please submit any orders & cheques
 either by mail to:
 P.O. Box 334
 Springwood Qld 4127

or by email to
secretary@sosbsa.org.au

Grief's Little Emergency Kits

Gentle reminders to keep us strong while
 grieving.

Fits perfectly into a
 handbag or drawer.

**\$4 each (+ \$3
 postage)**

Please submit any
 orders & cheques by
 mail to:

SOSBSA
 P.O. Box 334
 Springwood Qld 4127



Red Chocolate Elephants

For Children Bereaved By Suicide



**Why is Red Chocolate Elephants an important
 resource for children?**

- Many aspects of this kind of grief are confusing and don't make sense, and children need support in expressing these bewildering inconsistencies. The Red Chocolate Elephants provides a sensitive, age appropriate way of talking with primary school age children about the difficult questions of death through suicide.
- The unique combination of text, children's words, drawings and voices allows children to hear their concerns and questions put into words by other children just like them, to support them in finding a way to express their own grief.
- The interactive activities assist identifying grief responses and provide opportunities for meaning making conversations to help reduce the sense of "I'm the only one this has happened to".
- These activities support development of a healthy bond with the deceased, strengthen resilience and build hope.

The author **Diana C. Sands, PhD**, is the Director of the Bereaved by Suicide Service, Sydney, and has for over two decades provided community education, family counselling and group programs for adults, adolescents and children bereaved by suicide.

SOSBSA Picnic at Dutton Park September 2011



Thanks to those of you who attended. It was a great success... except for the parking! Was wonderful to have a chat, enjoy the sunshine and all the beautiful food with people who 'understand'. Hope to see you all at the Xmas get-together.



SOSBSA Christmas Get-Together
Glindemann Park, Logan Rd, Holland Park
Sunday 4th December 1:30pm



*BYO plate to share, picnic blanket, chairs, etc. &
 Kris Kringle present (value \$10) per person*
 Contact Cherrie on 0408 157 765 for any details.

Ideas for Preserving Special Memories

- Photo logs. Ask family and friends to supply copies of their photos as well.
- Scrap booking. Ask family and friends to contribute a favourite photo and special memory about the person lost.
- Make a quilt from his/her clothing/scarves/ties.
- Make pillowcases from their t-shirts or a teddy, mini-pillow or “bunny rug” for children to hug. Make a “hold all” bag out of the tougher materials eg- jeans, work clothing.
- Write the story of your loved one’s life.
- Create a memorial web page – include helpline numbers for those who visit who may be in need.
- Grow a special tree or plant a special garden. If they loved a particular plant/flower/vegetable you could collect as many of the different varieties as you have space for. Tell your friends to keep a watch for rare varieties – they will be grateful for having something practical to do.
- Start a charm bracelet collecting something they loved eg horses/boats/birds.
- Make a book of his/her poems/drawings/writings.
- Paint a picture using his/her favourite colours. You don’t have to be an artist, draw up squares or “dot painting” shapes.
- If she/he has young children, write a story about what their parent was like as a child especially the funny stories and adventures.
- Make a cd of their favourite songs.
- Buy or make the loudest, brightest hat/scarf possible and wear it when you're having a “memory flood” day.
- Did he/she have a very “daggy” hat/shirt they loved but everyone hated? Wear it whenever you have to hang out the washing or mow the lawn – it is sure to make you smile, even for just a moment. When they become too tattered to wear, cut out a small square and place in a photo frame.
- Build a memorial seat of rocks/bricks/timber for quiet moments in the garden.
- If they loved birds, put in a bird bath.
- Even something as small as saying that you will honour your loved one by always making sure to smile at and thank shop assistants and bus drivers.
- Each week perform a random act of kindness in his/her honour.
- Raise money for a cause which was close to his/her heart eg- conservation, sports or service club.
- Get involved in a survivors’ support group and go on to support others.
- Later when you feel able, support suicide prevention and community building projects in your area. Eg- Do a “Mental Health First Aid” course and encourage others to do the same, including workplaces and community groups (eg <http://www.mhfa.com.au/>)

International Survivors of Suicide Day

A Day of Healing, Support & Sharing for the bereaved.

Saturday 19th November 11:00am All Welcome.

90 minute DVD broadcast simultaneously around the world (220 participating cities!)

473 Annerley Rd (Cnr Fanny St), Annerley.

RSVP Contact 0408 157 765 for any details.



Mourning Tea -- Sunday 9th October 2011

-- By Darrin Larney (Treasurer)

Our inaugural SOSBSA Mourning Tea event was quite amazing, at first with people suggesting that we had miss-spelled the title, but the event itself being the brain child of our illustrious and extremely hard working secretary Jennifer McMahon was born at the suggestion we should apply for a small grant from Self Help Queensland. The grant was to assist us in a number of areas of need but the principal focus of the submission was to be a journey through thought and opportunity.

You see Jen's idea was that the morning should be an exploration of the things that people are turning to, to find some sense of momentary or long lasting peace from the experience down the road of their grief journey. The journey should be non judgemental, non-preaching, but holistically supportive of openness to ideas; supportive of permission to express opinions and to ask whatever questions that people may have had.

Stall holders and presenters represented many and varied methods of finding peace from literature to counselling, from aroma therapy to retreats, from authors to mediums and more. The presenters were caring and thoughtful, but most importantly thought provoking. Most have offered to do follow up workshops, so watch this space for a possible calendar of workshops for our next year.

The day was punctuated by short presentations from the various invited guests, and plenty of opportunity to trawl over the various stalls to ask more specific and individual questions of those presenters that participants' resonated with. The day of course could not have happened without the generous support of those tireless workers from the CWA who provided a magnificent morning tea which was served throughout the whole day; but most of all without the tireless efforts and enthusiasm from both Jen and Cherrie.

The day was also a fantastic opportunity to showcase the terrific facilities of our new venue at Annerley and many thanks go the team at Queensland Mental Health Association for their support. It was also a great opportunity to launch our new branding, new logo, banners, and the beginning of our new literature that we will be launching over the next few months.

All in all it was an amazing day hailed by all who attended as a rousing success, an event sure to be repeated in the future.

Photos: *Some of our wonderful presenters & stall holders.*

The quality and professionalism of all stall holders and presenters was outstanding. The audience was engaged and encouraged to participate and ask questions.

Many presenters shared their own stories of loss and grief and discussed what helped them and what further improvements to services for the bereaved still need to be made.



Mourning Tea

-- Sunday 9th October 2011

Our volunteers & donators.

We had a whole team of volunteers from the CWA Sunnybank branch who supplied morning tea, lunch and coffee/tea throughout the entire event all for free! And amazing effort and a wonderful display of support, kindness and solidarity. Thank you so much!

We also had a raffle organised for the day with close to \$1000 worth of prizes donated. An enormous thank you to Comvita Australia, Hideo Wakamatsu Australia, Imperatif Automotive Customer Management, Zelows, Woolworths Keperra, and to our silent donator (you know who you are!).



Our new logo launched!



The inaugural event was a success for all who attended, promoting many varied ways to maintain or regain mental well-being throughout the grieving process.

"Thanks so much for inviting me to your mourning tea yesterday, there was definitely love in that room. It never ceases to amaze me how people can get together at times of crises and create such love and support. You all did an incredible job and I know that the concept of 'Mourning Tea,' will grow from strength to strength every year." (Millie Simic)

SOSBSA also used the Mourning Tea event to launch our new logo. We revealed a logo representing the releasing of the mourning dove and the reaching towards peace.

It is our hope that through our work and support of those bereaved by suicide, that we can offer some hope that grief will be lessened and that there is life still to be cherished and enjoyed. We also hope that we can help to honour the memory and lives of all of our lost loved ones.

Our sincere thanks to you all.

Much Love

x x x



Other Suicide Support Groups

If you would like to add your suicide support group to this page, please email secretary@sosbsa.org.au.

Sunshine Coast



Head High Young People Living Beyond Suicide Support Group

Maroochy Neighbourhood
Centre
Fifth Avenue, Maroochydore
Linda —5479 0394

Meetings are held last
Thursday of the
month at 4:30 —6:30pm.

Caloundra Living Beyond Suicide Support Group

42 Croydon Avenue
Currimundi

Jeanine and Ron —5491 7452

Meetings are held every 1st
Monday of the month at
10:00am-12 noon.

Chermside



Lifeline Brisbane North

766 Gympie Road
Chermside
Monthly: First Tuesday of each
month
Time: 6:00pm—8:00pm
Contact: Lyndall Stafford
Email:
enquiries@uccommunity.org.au
Phone: 07 3624 2400

Also

Lifeline facilitates an 8-week
closed therapeutic group for the
bereaved by suicide (daytime at
Chermside and night time at
Fortitude Valley).
Contact: Lyndall Stafford at
above phone number or email
address.

Gold Coast



Lifeline

Gold Coast
(Uniting Care Community)
Monthly: 1st Friday of the
month
Time: 6:00-8:00pm
Phone: 5579 6000

NSW

Lifeline Harbour To Hawkesbury
4 Park Ave, Gordon, NSW
Monthly: 2nd Thursday of the
month 7-9pm.
Phone: 02 9498 8805
Email: admin@lifelineh2h.com

If you wish to receive this newsletter via email, please contact us on
secretary@sosbsa.org.au.

Putting A Face On Suicide

-- By Madeline Sharples

Every 40 seconds somewhere around the world a person dies by suicide, that's 99 people every 66 minutes. That's almost 100 people in the United States and over 2160 people worldwide, everyday.

The **Putting a Face on Suicide (PAFOS)** project provides suicide awareness and avenues for education and prevention. PAFOS pays tribute to those we have lost to suicide with dignity and respect, humanizing the daunting statistics across the world and lovingly replacing numbers with faces. Its objective is to collect 99 photos of people who have died by suicide for each day of the year; i.e., 36135 faces will represent 365 days of loss by suicide in the United States. PAFOS uses each photo in a poster and a video, posts it on the [PAFOS Facebook page](#), and creates a personal tribute page featuring our loved ones.

I am so glad to have stumbled upon a site about this almost "taboo" subject that is productive and is so caring of the survivors. Since then my son's photo has been included in the Day 4 video with his music playing in the background, the Day 4 montage poster, and on a beautiful poster that I recently wore at a local suicide prevention 5 kilometer walk/run. In addition PAFOS posts our loved ones photo on their birthdays and death days with a caring and thoughtful note. Those two days, in my experience, are the worst all year, and to have PAFOS acknowledge them is a huge help. I also am one of 14 volunteer administrators who work on the page for 8 or more hours a week. As part of this international group from the USA, Canada, United Kingdom, Australia, and Germany, I am so pleased to provide assistance to others who grieve as I do.

This powerful project may be freely used by any person or organization to promote mental health organizations, memorial foundations, and suicide education and prevention causes. Please contact **Mike Purcell** at pafos.project@charter.net for more information about the PAFOS project or how to submit a photo of your loved one.



In Memoriam

If you would like an 'in memoriam', please send an anniversary record to SOSBSA, P.O. Box 334, Springwood 4127 or email to secretary@sosbsa.org.au.



For everyone whose anniversary of their loved one is in November/December. 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.

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)

QLD

Standby Response Service 07 3250 1856 / 0438 150 180
(24 hour mobile crisis response to suicide bereavement.)

Sunshine and Cooloola Coasts 0407 766 961

Photo by Ian Britton