

Survivors of Suicide Bereavement Support Association Inc.



Caring, Support, Awareness, Education

Telephone Help Line 24/7: 1300 767 022

Website: www.sosbsa.org.au

Email secretary@sosbsa.org.au

Find us on Facebook by searching [SOSBSA](#)

Issue No. 5 September/October 2011

President's Report



Welcome to the September/October 2011 newsletter – and the third of our new A4 format. I hope you are enjoying the new format.

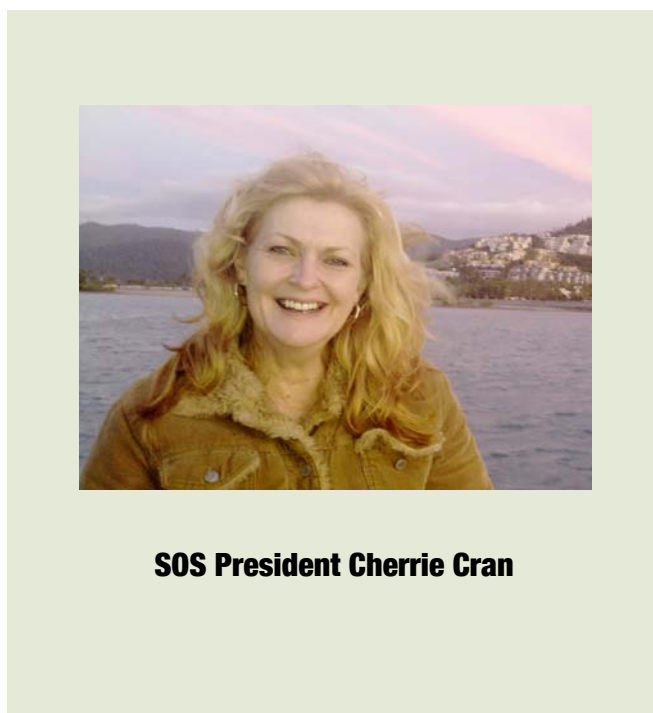
If you would like to see this newsletter in COLOUR – please ask us to send it to you by email, or access it through our website. Just email us at secretary@sosbsa.org.au.

*Please note that the venue for the Brisbane Support Group has changed.
The first meeting at our new venue will be 16th September 2011.
(Please see page 4)*

Over the next few months we have a number of events occurring.

- **8 September** – Self Help and Support Group National Awareness Day (see page 8)
- **24 September** – a social get together at T J Doyle Memorial Park, Dutton Park (see page 4)
- **9 October** – Inaugural Mourning Tea event (see page 4)

We hope to see you at these events. If you would like to volunteer to help out with any of these events, please let us know. We would welcome the assistance. If you have any ideas for any events that you would like to see occur, please let us know.



SOS President Cherrie Cran

Continues page 3...

2011 Meeting Dates for the Brisbane Support Group

Friday fortnightly at 7:30pm

Note~ Change of venue from 16th Sept. See Page 4

September 2, 16, 30 November 11, 25
October 14, 28 December 9, 23

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. Support Group Meetings

Mt. Gravatt Support Group

Facilitators: Mavi & Marcia
Mt Gravatt Community Centre
1693 Logan Road, Mt Gravatt
Opposite Tri-Care Nursing
Home

Fortnightly from
Friday 2nd September
7:30 pm

Contact 1300 767 022

Note~ Change of venue from 16th
Sept. See Page 4

Bundaberg Support Group

Neighbourhood Centre
111 Targo Street,
Bundaberg

2nd Wednesday of every
month.

Next meeting 14th Sept.
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 13th Sept.
7:30 pm

Contact Fran on 4045 2955
or 0407 695 891

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Become an S.O.S. 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.

Support group Facilitator Volunteers WANTED!

SOS provides free, confidential and friendly peer support groups in Brisbane each fortnight.

We are looking for volunteers to help facilitate our group in 2012.

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

President's Report cont.

Continued from page 1...

I'd also like to bring your attention to some facebook pages / groups that you might be interested in:

1. **SOSBSA** – Our own facebook page (find by searching SOSBSA)
2. **Putting a Face on Suicide** – this site aims to take put some reality around the statistics by putting faces to the suicides
3. **Mental Health Awareness Australia** – this facebook page has lots of interesting information and shares lots of news articles.
4. **MHAA Australians Want Better Mental Health Care NOW** – this is a page that provides the opportunity to share stories and provides updates on any developments in Mental Health Care. This is a private page so you have to join to be able to see this one.

For those of us who have lost loved ones to suicide being involved in this torrent of information sharing and gatherings can be both a comfort and a challenge. Wherever you sit in your grief is just fine. However, if you want to know what's happening and if there's a way that you can contribute to raising awareness then these might be of interest to you.

I'd like to just mention Daniel Morcombe and his family and the journey that they have been on over the last 8 years or so. My son was born the same year as Daniel and his twin, and I remember feeling so connected to that story because I looked at him at that time and thought just how young Daniel was and wondered how I would cope with such a dreadful situation. When I heard that someone had been charged with Daniel's murder I cried as I'm sure many of you did.

I know now how it feels to lose a child but I'll never know how the Morcombe's have possibly faced not knowing where Daniel is or what happened to him for such a very long time.

My thoughts and prayers go out to the Morcombe's as they move to the next phase of their journey and put Daniel to rest and move forward with their grief.

They are truly inspirational and their strength during this awful experience is truly amazing.

From all of us at SOSBSA we wish the Morcombe's all the best and hold them in our thoughts.

Be kind to yourselves over the next few months and hopefully we'll see you at one or all of our events.

Love and peace
Cherrie



IMPORTANT NOTICE

New Location for Brisbane Support Group Meetings



Brisbane Support Group (Annerley)

Commencing 16th September 2011

Facilitators: Mavi & Marcia

Australian College of Community Services

473 Annerley Road, Annerley

(Corner of Fanny Street)

Fortnightly from Friday 16 September at 7:30 pm

Contact 1300 767 022

S.O.S. Survivors of Suicide
Bereavement Support Association Inc.
proudly presents

MOURNING TEA

A **FREE** event to promote mental well-being throughout the grieving process.



You are not alone.

ALL WELCOME.

Come and find out what can help you in your time of grief.



Psychic medium~ Jade-Sky
Hypnotherapist~ Tony Grant
Holistic Therapist~ Lisle Pryor
Art Therapist~ Millie Simic
Grief writer~ Jennifer Poulter
Counsellor~ Dawn Spinks
And more.

SUNDAY 9TH OCTOBER

10am - 2pm

473 Annerley Road (Cnr Fanny St)
Annerley



SOSBSA Social Get-Together *T.J. Doyle Memorial Park Annerley & Gladstone Roads Dutton Park*



BYO picnic and a plate to share, chairs, blanket, or whatever you like.

A purely social gathering.
Hope to see you there.

All welcome.

Sat 24th Sept. 11am



Suicide in the Media

The most recent media coverage relating to suicide include:

1. **Reporting on Suicides:** The Sydney Morning Herald dated 13 August included an article, "Do We Need to Speak More Openly About Suicide?" that provided 4 different perspectives. From the Politician, the Mental Health Expert, the Parents and the Media Regulator. Interestingly the one thing they all agreed on was that suicide should be reported on in a sensitive compassionate manner with the permission of the families involved. Interestingly this article talks about the need to consider those bereaved by suicide. The parents talk of said "hiding that our son took his life only diminishes the life he led... and it does give his life meaning and allows us the pride we feel for our son"

Suicide is not to be praised but it is not a sin, either. We must be willing to speak on behalf of the life that can no longer advocate for itself. How do you feel about the media reporting on suicides? Please contact us with your feedback.

2. **Bullying and Suicide:** The topic of cyber-bullying is still in the media. Sunday Herald Sun on 24 July, in "Parents Must Go Online Where Evil Lurks in Many Guises" talks about one facebook page that was setup in memory of a young girl who suicided and how it was bombarded with vile hate messages and images, and also about the constant nastiness that young people can be subjected to online. It calls for parents to be aware of what their children are doing online.

"We know that most children who suicide have a mental illness and one could argue that the gun is loaded and (cyber bullying) is the trigger."

I have a facebook page in memory of my son and gratefully it has never had any nasty vile comments posted on it. Do your children get bullied online? Please write to us with your feedback.

3. **Connection between sex abuse and suicide identified:** A detective investigating sex abuse in catholic schools has uncovered that as many as 26 victims of sexual abuse in Victorian catholic schools have died by suicide during the years following this abuse. The Age reported on 30 July that some of living victims had also told the detective that they were contemplating suicide.

It does raise the topic of the connection between child abuse (sexual or otherwise) and suicide. Please write to us with your feedback.

4. **Parliamentary Inquiry into Suicide Rates:** The Northern Territory Parliament are conducting an inquiry into the suicide rates. In the ABC News on 18 August it was reported that one of the Ministers said "Given the silent crisis that has been going on, it has to be dealt with as a matter of urgency". It also reported that all sides of politics agree.

It seems to me that the focus on suicide by our politicians across the country can only be good. Let's hope that they come up with something concrete. Please write to us with your comments.

5. **Suicide project named finalist in PANPA Awards:** The Daily Mercury has been nominated for PANPA award (prestigious awards in the field of journalism) for its "12 Days of Suicide Prevention for Christmas Campaign" that ran in partnership with Grapevine and Youth Information Referral Service's (YIRS) One Stop Youth Shop. Congratulations to the Daily Mercury - Well done in raising awareness in the community about the increased risk of suicide at Christmas time.





Nutritional Assistance During Times of Great Personal Trauma

-- Holly Smith APD AN (hsmith@daa.asn.au)

Getting the right nutrition is important (but often difficult) for those facing great personal trauma.

Nutrition can assist the body in the healing process by providing the body with the energy it needs and reducing the risk of tiredness and fatigue.

People facing acute grief may experience one or more of the following, making it difficult to get the right nutrition.

Loss of appetite or nausea

If loss of appetite or nausea is making it difficult to eat, the following suggestions may be useful:

- **Try small meals often.** Small, frequent snacks may be better tolerated than large meals. Unsalted nuts, low-fat yoghurt, cheese and biscuits are good options.
- **Try not to skip meals.** An empty stomach may make nausea worse, so try and opt for small, frequent meals such as baked beans on toast.
- **Try cold foods.** Strong food smells can often make nausea worse. So try choosing cold, less-aromatic foods such as sandwiches, creamed rice, yoghurt or tinned fruit.



Eating for comfort

Eating out of emotion (rather than hunger) may be an issue for those in very acute grief. Rather than turning to foods for comfort, try alternatives like: taking a bath, reading a book, watching a movie, calling a friend or family member, or going for a walk. Food may provide short-term comfort but it is always short-lived and often followed by guilt.

Reliance on fast foods

Difficulty and lack of motivation to prepare and purchase foods can lead to reliance on fast foods. To make sure you always have a healthy meal available, be sure to:

- **Stock the pantry.** Having staple foods in your cupboard is the key to creating a quick and easy meal. Cupboard staples include: canned and frozen fruits and vegetables, wholegrain crackers, pasta, baked beans, canned soups, healthy frozen meals and dried fruits and nuts.

Continues...

Nutritional Assistance During Times of Great Personal Trauma

-- Holly Smith APD AN (hsmith@daa.asn.au)



Continued from previous...

- Online shopping may be an option if you do not wish to travel to the shops.
- **Cook in bulk.** Make extra serves of your meals and freeze them in portion-controlled containers for later. Lasagna, casseroles, soups and curries are perfect for freezing.
- **Accept offers of meals.** Family and friends may offer to cook you meals, so accept these meals and freeze any leftovers for another day.



Quick and easy meal idea

PIZZA

Spread wholemeal pita bread with tomato paste and then add your choice of toppings. Some suggestions:

- Lean ham, dried herbs, canned pineapple pieces and low fat cheese
- Diced and cooked potato with dried rosemary and low fat cheese
- Shredded barbeque chicken, roasted capsicum (made yourself or from a jar) and mozzarella
- Sweet potato with pine nuts, basil pesto and ricotta.

Tip: Pita bread can be kept in the freezer and thawed out when needed.

Where to go for more help

An Accredited Practising Dietitian (APD) can provide supportive, tailored advice to help you eat well and stay healthy. To find an APD in your local area visit the Dietitians Association of Australia (DAA) website www.daa.asn.au and look under 'Find an APD'. Visit the *Smart Eating for You* section of the DAA website for some helpful recipe ideas and more nutrition information.

National Self Help & Support Group Awareness Day

SOSBSA will be participating in this event on **Thursday 8th September** at

Reddacliff Place,
Top of the Queen Street Mall
8.30am to 2.30pm.

Hope to see you there!

If you could spare an hour to help out on our stall, we would love to hear from you!
Call 1300 767 022 or email secretary@sosbsa.org.au

Thinking Back

If only I could stop wondering what I could've changed

If only I could stop wishing that things stayed the same

If only I would've come home and spent time with the crew

If only I could've been there and if only I could've helped you

Now and forever I'll always wonder why
I'll always think back and I'll always cry
But all I can do now is help others to survive
My place in all this: to hold hands and dry their eyes

Even though you didn't know it I was always there

I always had your back and I always cared
We're going through hell now that you're not here

Just know this one thing: Much love to you forever and no more tears.
Heaven truly gained an angel.

~^~Anonymous~^~



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



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

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



Chermside



Gold 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.

Lifeline Brisbane North

766 Gympie Road
Chermside
Monthly: First Tuesday of each
month
Time: 6:00pm—8:00pm
Contact: Lyndall Stafford
Email:
lyndall.stafford@lccg.org.au
Phone: 07 3250 1900

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.

Lifeline

2791 Gold Coast Road
Broadbeach
Monthly: 1st Friday of the
month
Time: 6:30-8:30pm
Phone: 5579 6000

NSW

Lifeline Harbour To Hawkesbury
4 Park Ave, Gordon, NSW
Monthly: 2nd Thursday of the
month 7-9pm.

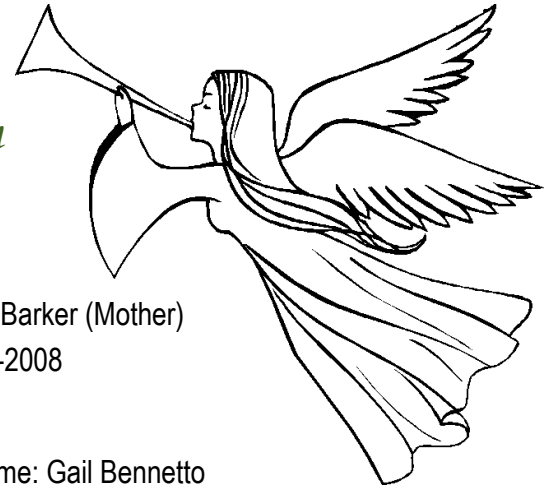
Phone: 02 9498 8805

Email: admin@lifelineh2h.com

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

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.



Loved one lost to suicide: **Suzette Chantal Barker**

Your Name: Paulette Barker (Mother)

Date of Birth: 06-06-1974

Date of Death: 04-09-2008

Message: Love you Suzette.

Loved one lost to suicide: **Andrew James Christian Bennetto**

Your Name: Gail Bennetto

Date of Birth: 28-11-1964

Date of Death: 31-08-1999

Message: Loved dearly and missed always by Heather, daughter Caitlin, son Jamie, Mum and Dad, brother John and family, sisters Jane and Sonja and their families. Twelve long years and your children are grown up - they are our consolation. Thank you and Heather for them. The day the music died.

For everyone whose anniversary of their loved one is in September/October. 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.

Father's Day 2011

To all of you who have lost fathers to suicide and to all the fathers who are grieving, we are thinking of you.

I love my father as the stars - he's a bright shining example and a happy twinkling in my heart.

~Terri Guillemets

A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.

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