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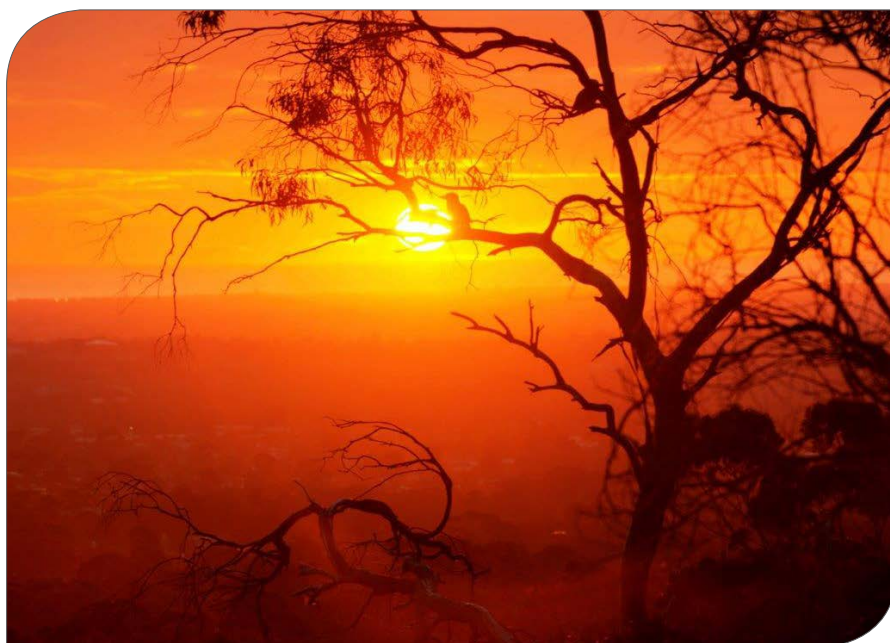
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Adelaide winter sunset

## What's on, Important Up-coming Events

### Sunday 2nd August – BTS Coffee Morning

**10am-12.30pm Botanic Gardens Cafe (by the lake) indoors, please note new location.**

All welcome. This is an opportunity to catch up with others who have lost someone to suicide, in a less formal setting than our regular monthly meetings. Join us for breakfast or coffee and cake while chatting and listening to others and then take a stroll through the beautiful surroundings of the Botanic Gardens. BTS volunteers will be on hand.

### Wednesday 19th August – Support Meeting

**7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market**

Join others who have experienced the grief and trauma of losing someone to suicide in a caring, safe and compassionate environment. Facilitated by support workers who themselves have lost someone to suicide.

### Wednesday 16th September – BTS Annual General Meeting

**6pm – 7pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market**

All members of the BTS community are invited to attend the AGM. The AGM is held prior to the monthly support meeting at 7pm. Refreshments provided. Positions on the committee are available due to a couple of retirements. See page 7 for more details.

### Wednesday 16th September – Support Meeting

**7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market**

### Wednesday 21st October – Support Meeting

**7pm – 9pm, Uniting Communities, Lvl 1 (Way Hall), 10 Pitt St, Adelaide - Parking, Adel. market**

### Sunday 1st November – BTS Coffee Morning

**10am – 12.30pm Botanic Gardens, Cafe Fibonacci - located on the Schomburgk Terraced Pavilion**

## A Welcome from the Chair

Dear All,

Welcome to the third edition of the 2015 Newsletter. Thank you to all those who have sent messages of support on the new, re-freshing layout of the newsletter. Those words motivate and encourage all those associated in the running of BTS to continue with their volunteering and efforts in supporting those who have lost someone to suicide. We hope that those of you who have used our services over the last months and years to be of value and help.

This year we have held coffee mornings at the Botanical Gardens on a Sunday morning, and we have another planned for this Sunday, 2nd August from 10am at the cafe by the lake. We look forward to welcoming as many of you as possible. It is a very informal gathering held in a lovely environment. The last coffee morning was held in sunny conditions and was enjoyed by all. It was pleasing to see the number of couples who attended. Whilst all of us had lost someone to suicide the discussions were extremely friendly and relaxed.



Coffee morning at the Botanic Gardens,

The BTS Support Group Annual General Meeting is being held in September (details on the front page and page 7). We need to replace a couple of retiring committee members and I personally would ask that if you have 3-4 hours per month free that you consider nominating for the committee. We are dealing with a extremely difficult subject and one that causes great distress. Being a committee member gives one a rewarding feeling knowing that you are providing the management of the support services to those experiencing the grief and loss of someone to suicide. Without new persons standing for the committee BTS will not be able to provide these services.

Personally, I would like to thank all those involved in the running of BTS. To the support workers and volunteers, the management committee and the members of our professional advisory council go my thanks to your continued involvement and providing your services on a total voluntary basis. A big thank you!

## Fundraising film night

In early June BTS held a fundraising film night - Woman in Gold, at the Capri Theatre. The night exceeded our expectations from both a fundraising and enjoyment aspect. The extremely positive comments from the 140 plus patrons have encouraged us to plan another next year. I understand that the food, the drinks, the organ recital and the movie were all extremely well received.

Special thanks must go to the fundraising committee for their planning and to the committee members on the night for ensuring that everyone was looked after and that the lucky dip raffle was a great success. Also many thanks to the Capri Theatre, nothing was too much trouble, a great venue. Below are a few photos from early in the evening.

We look forward to seeing all of you again at our next film night and thank you for your contribution to ensuring that BTS is able to continue to offer, as well as expand, its services to those bereaved by suicide.

Kindest regards,

Tim Porter



The Capri Theatre foyer prior to Woman in Gold commencing



**This page is for those of you who would like to remember the person you have lost.**

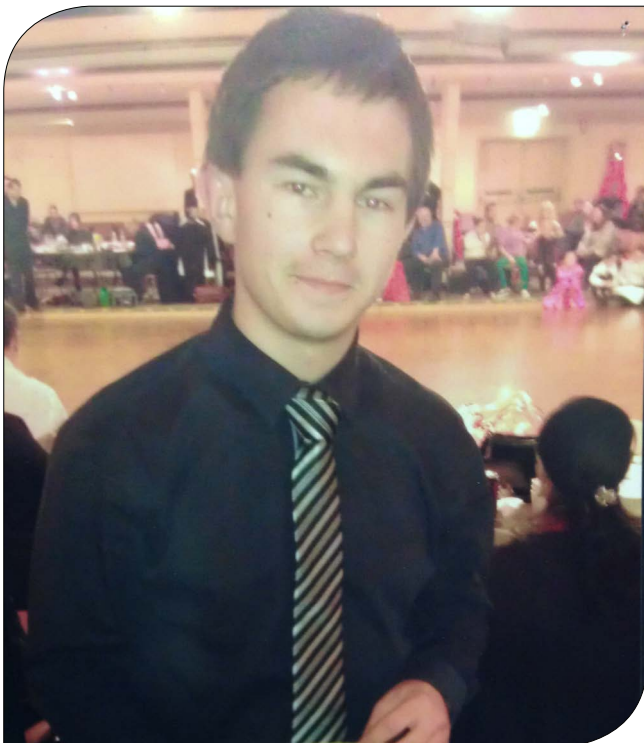
If you wish to contribute to this page, please email any images, plus a small poem or verse to [support@bts.org.au](mailto:support@bts.org.au), we will ensure your loved one is included as soon as possible in future issues. Thank you.

## Nadia El Sayed

15.04.1977 - 14.09.2012

In our shattered hearts the cherished memories  
Of our beautiful daughter remain vivid:  
the fiercely loyal, vulnerable child woman  
with the infectious laughter, wacky sense of humour,  
compassionate and generous nature  
made our lives complete.

The tender feel of her hand in mine,  
the warmth of her hugs, we deeply miss but  
the love we share remains  
in our hearts forever.



## Dion Anderson

20.12.1993 - 24.12.2012

Dion was a bright, intelligent young man attending university, working at McDonalds, learning ballroom dancing and entering competitions and an avid scuba diver with nearly 250 dives under his belt over 100 of them together as a father and son team, just a normal teenager with the world ahead of him.



## Experiencing Trauma - Understanding suicide and grief

Grief is not the only experience that people bereaved by suicide face. Many people also suffer the impact of trauma. Some people will have found the person who died and will usually be affected by trauma. But those who have not found the person may also be traumatised by the impact of the death

### Definition of trauma

The word trauma derives from the Greek word for wound. Melbourne psychologist and trauma expert Rob Gordon writes: we can define psychic trauma as an experience with such intensity or meaning as to injure the psychic apparatus—the mental, physical, and social systems that provide the framework for psychic life.

The suicide of a loved one certainly falls into this meaning for many people. It is an event of such intensity as to seriously wound a person's sense of themselves, their value and worth, their world view and their sense of safety in the world.

Trauma is caused by witnessing disturbing and horrific scenes but can also occur for those not present, when they are told about what happened. The experience of trauma is a reaction to these traumatic events.

As trauma is different to grief, trauma and grief may be experienced either alternately or at the same time. It is possible that the combination of trauma and grief may intensify the reactions they have in common. Sometimes, the impact of the trauma must be addressed before bereavement can begin to make progress.

### Reactions to trauma

A person's mind and body may react to trauma over a period of time, perhaps days, weeks or months. As with grief, people react to trauma in different ways.

Some of the more common reactions are listed here. We don't expect that everyone will experience all of these reactions.

### Behaviour

- palpitations, trembling or sweating
- easily startled by noises
- breathing difficulties
- headaches or muscle aches
- digestive problems such as nausea, constipation, diarrhoea or a change in eating patterns
- tiredness, fatigue, restlessness

- increased irritability
- increased use of alcohol and/or drugs
- withdrawal or detachment from others, loss of interest in social activities
- lack of motivation
- avoidance of certain places or situations that are reminders of the experience
- sleep problems

### Thoughts

- flashbacks or re-experiencing the disturbing event while awake, or in dreams
- pre-occupation with what happened, repetitive thoughts, asking 'why?'
- confused or slowed thinking
- understanding suicide and grief
- difficulty concentrating or making decisions
- experiencing memory problems
- feeling responsible

### Emotions

- increased anxiety, panic attacks
- troubled or distressed when exposed to other disturbing events e.g. on television or in the newspaper
- worry about others
- feelings of abandonment, isolation,
- powerlessness
- feeling out of control or that life and the world are out of control
- numbness and/or have mood swings
- may experience a variety of emotions, including depression, sadness, guilt, blame, anger, frustration, fear, and irritability

These symptoms can be distressing, however there are ways to work through trauma. In many cases, these symptoms decrease dramatically in the weeks following the traumatic event.

### Ways of responding to trauma

Acknowledge that you have experienced a traumatic event and consider trying some of the following:

- reassure yourself that the traumatic event is over, that you are safe now, and that seeing mental images of the events is normal and will decrease over time
- if you want to be left alone, allow yourself time to be alone; this is a normal way to react after a highly stressful experience. However, if your mood is not improving when alone, it may be better to seek company



- if you are feeling alone or isolated, spend some time with friends or family
- express your thoughts and feelings by talking to friends and family, or write, listen to music etc. Only do this if it feels comfortable, do not push yourself
- do not feel that you have to be in control of your life straight away. Give yourself time to recover and rest
- try to get back to your normal routine and go back to work when you feel you are able, even if at reduced hours
- rest more; if you are having difficulty sleeping, get out of bed and try to do something calming instead, then try again
- take care of your health as best you can; eat healthily, in smaller portions if necessary, and drink fluids regularly
- be aware of how much tea and coffee you are drinking. These may further agitate your body when it is already under stress. Exercise can help burn off the stress chemicals
- because traumatic events affect concentration, be more careful when undertaking activities like driving and cooking
- avoid making major decisions. However, making smaller, day-to-day decisions can help to restore a sense of control

It is important not to go through this experience alone. Grief is difficult enough by itself but when there is also trauma it is better to seek support (see page 6).

It is best to avoid increased use of alcohol, prescription medication and other drugs. These can interfere with the recovery process and cause additional problems later on.

You should consider seeking out some professional help if:

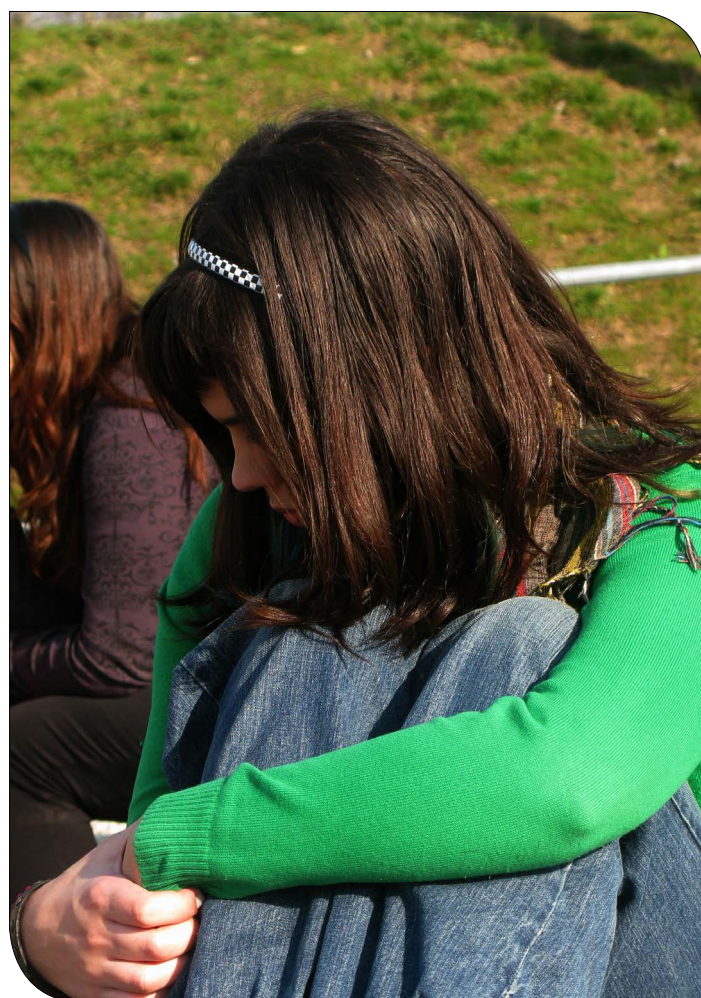
- you are having panic attacks
- you feel very distressed and your life and routines are significantly disrupted
- you are thinking of harming yourself or someone else

Australian Centre for Posttraumatic Mental Health

This web site has some helpful fact sheets specifically about the impact of trauma.

[www.acpmh.unimelb.edu.au/resources/resources-community.html#fact\\_sheets](http://www.acpmh.unimelb.edu.au/resources/resources-community.html#fact_sheets)

[Australian Child and Adolescent Trauma \(ANU\) http://www.earlytraumagrief.anu.edu.au/](http://www.earlytraumagrief.anu.edu.au/)



## Volunteers Wanted

**Are you bereaved through suicide?**

**Have you been supported by our group in the past?**

**Would you now like to consider giving back to the bereaved community?**

**Can you spare approx 3 hrs per month to assist at the support group?**

We are looking for volunteers to help out at our meetings (which are held in the city on the 3rd Wednesday eve of the month). Jobs include manning the door, helping set up, making tea/coffee and packing up at the end of the meetings.

Please give Mandy a call if you are interested on 8332 8240 or 0468 440 287

## A solitary journey...

Grief is a solitary journey.

No-one but you can know how great the hurt is.

No-one but you can know the gaping hole left in your life when someone you know has died.


And no-one but you can mourn the silence that was once filled with laughter and song.

It is the nature of love and of death to touch every person in a totally unique way.

Comfort comes from knowing that people have made the same journey.

And solace comes from understanding how others have learned to sing again.

- Anon

"Grief is **NOT** a disorder,  
a disease or sign of weakness.  
It is an emotional, physical and spiritual  
**necessity**, the price you pay  
for love.   
The only cure for grief is to  
**grieve**" -- Earl Grollman

 [unspokengrief.com](http://unspokengrief.com)

## Different ways...

"Everyone grieves in different ways. For some, it could take longer or shorter. I do know it never disappears. An ember still smolders inside me. Most days, I don't notice it, but, out of the blue, it'll flare to life."

- Maria V. Snyder

## The weird, weird thing...

"The weird, weird thing about devastating loss is that life actually goes on. When you're faced with a tragedy, a loss so huge that you have no idea how you can live through it, somehow, the world keeps turning, the seconds keep ticking."

- James Patterson

## Little Dove...

Little Dove I love you so,  
But I know, you had to go.  
So spread your wings and fly my love.  
Soar above the world my Dove.  
Paint the sky in Indigo,  
Let your graceful colours flow.  
I'll search the sky for your rainbow.

- Anon

## Additional Support Services

### [Living Beyond Suicide \(LBS\)](#)

between 10am–10pm any day.

Phone 1300 76 11 93

### [Minimisation Of Suicide Harm \(MOSH\)](#)

86 George Street, Thebarton S.A 5031 [www.moshaustralia.org.au](http://www.moshaustralia.org.au)

Phone: (08) 8443 8369

### [Kids Helpline](#)

Phone: 1800 55 1800

### [Lifeline](#)

Phone: 13 11 14

### [Beyondblue](#)

Phone: 1300 22 4636

### [Mensline](#)

Phone: 1300 789 978

### [Suicide Call Back Service](#)

The Suicide Call Back Service is a professional, national, 24/7 counselling service for anyone affected by suicide.

Phone: 1300 659 467

# BTS Support Group Inc. notice of AGM

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Wednesday 17th September, 6pm at Way Hall, 1st Flr, Uniting Communities, Pitt St, Adelaide.

BTS invites all its members to attend the AGM which will be followed by light refreshments. The monthly support meeting will follow. BTS would be unable to function if it wasn't for the those members who make up the management committee. Fortunately we have had a good core group of members who have made up our committee over the last few years. However we have a couple of committee members retiring this year. Being a committee member is a most rewarding position as you realise that you are contributing to the framework that allows BTS to provide its important services to those bereaved by suicide.

## **Nominations are invited for the election of Bereaved Through Suicide Support Group Inc. committee and office bearers.**

Please consider nominating yourself or if you know of someone who may be interested in standing for the committee, please contact them and ask them if they are willing to consider the position.

Give us a call on (08) 8332 8240 or 0468 440 287 or contact us at [support@bts.org.au](mailto:support@bts.org.au) and let us know of your interest or for further information. If you wish, scan and email your completed form to [support@bts.org.au](mailto:support@bts.org.au) by the 10th September.

If you nominate, your nomination can be proposed and seconded by current committee members.

## **Nomination** (Please Print Clearly)

I, (name of member proposing) .....

Phone (h)..... (M) .....

Email .....

and I (name of member seconding) .....

Phone (h)..... (M) .....

Email .....

Nominate (name of nominee) .....

For the position of: (circle one) **Management Committee Member / Chair / Vice Chair / Treasurer / Secretary**

(one form per nomination. If you wish to nominate someone for more than one position please copy nomination and attach)

Nominator ..... Date .....

Seconder ..... Date .....

## **Nomination Acceptance**

I (nominee) .....accept the nomination as indicated above.

Nominee's signature ..... Date.....