

# Good Grief



## News from the Board

Kia ora— welcome to our Autumn update.

The team at the centre are enjoying the updated office layout and continue to see many new clients, and meet with other community organizations to ensure as many people as possible are aware of our essential service.

We also have our wonderful team of carers providing one-on-one counseling sessions to ensure we keep up with the demand for our services.

There are many reasons people seek our counseling services—not just grief

due to bereavement.

Losses such as leaving things familiar when moving town; children leaving home, not being able to drive or live alone any more; being made redundant or a relationship ending, are but a few of the losses and changes that people may be faced with throughout their lives.

The losses experienced from the current economic situation may be an area where Grief Support sees an increase in the months to come.

Our Board of Management have been making good progress with the 'behind

the scenes' tasks. However, we want to ensure we retain a dynamic board that represents the community in terms of both demographic and experience. As such we are always keen to hear from people looking to take up the challenge of being part of the board.

Make sure to read our profile of current board

member **Andrea Billingsley** who shares her experience of being a Board member.

Until next time, best wishes from all at Grief Support Services

**Janie Hyde**  
**Board Member**

## Contact details:

Grief Support Centre  
147 Chadwick Road  
Greerton, Tauranga  
Ph 07 578 4480  
[www.griefsupport.org.nz](http://www.griefsupport.org.nz)

**\*NOTE NEW POSTAL ADDRESS\***  
PO Box 3186  
Greerton 3142

Janet Baird  
**Grief Support Facilitator /  
Counsellor**

Donna La Fauci  
**Centre Coordinator**

## Our wishlist

■ Our fundraising committee is starting to take shape—we are looking for **volunteers** and as well as any **ideas** that have proved successful.

We would also be grateful to receive **donations of items that can be used for prizes** at fundraising events.

■ A good paper trimmer, of small guillotine  
■ Copy of books to keep our library current (Skylight NZ):

- Helping Ourselves Through Grief—for adults
- Who Will Tuck Me In : Sue Garden-Bachop
- 35 Ways to help a Grieving Child : The Dougy Centre

Please contact the Centre for more titles



## After Suicide Support Group

Our support group meetings offer care and support for families and friends affected by suicide at any time in their life, in a safe environment.

All are welcome

**Meetings are held :**  
**third Monday of every month**  
**at 7.30pm at Grief Support Services**

We would like to express our gratitude to all our supporters for your continued help in providing our worthwhile service for the community.

## FRIENDS OF THE CENTRE

I would like to support the work of Grief Support and enclose my donation of \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Post to: Grief Support Services  
PO Box 3186  
Greerton 3142

If you do not wish to receive our newsletter in future please contact the Centre.  
*Thank you*

Following is a poem shared at a support group meeting

### Author unknown

Time roars on, but I rear back,  
Resisting, afraid to move on and leave you behind.  
I was safe with you, unafraid in my own realm.  
If I heal, will you be gone forever?  
Your leaving opened new worlds.  
I have time now and my days and energies no longer revolve around your needs.  
I want you to come with me into the future.  
Your youth protected my youth, but now new beginnings eclipse the past.  
My eyes strain as they search my heart for distant memories.  
But your face fades as I reach out to you.  
All that remains are warm feelings, smiles, tears, and Glimpses of your love, left in the wake of your parting.  
Will you forgive me if I go on?  
If you can't make this earthly journey through time with me,  
Will you then come along in my heart and wish me well?

We offer individual care to those experiencing grief & loss



## Meet the team –Board member and Carer : Andrea

I joined Grief Support Services in 2007 as a Carer on placement from Bethlehem Tertiary Institute.

In November of last year I was asked if I would consider becoming the Carer Liaison for the Board, a position I was pleased to accept.

As a student I was grateful to have been involved in such a supportive agency whilst on my practicum and felt this was an opportunity to give something back. My job as Carer Liaison is to report to the board following our monthly team meeting with all the Carers.

The other board members are from very different backgrounds such as business, finance, counselling and management. They have a lot of wisdom to offer, which was a relief because I felt I had very little to offer initially.

However, everyone has been very accepting and encouraging. I feel that they are giving time to become familiar with the process of managing the service. It is not all serious—believe me, there are plenty of laughs along the way too!

I enjoy being part of the board and would encourage anyone thinking of joining to take the plunge and approach the office as we are always looking for new members.

**Andrea Billingsley, Trainee Counsellor**

