

Good Grief

Inside this issue:

- > Welcome to the new Board of Management
- > Farewell and thanks to Mary Walton
- > Xmas hours for Grief Support Services
- > Tips on getting through the holiday season



News from the Board

Kia ora everyone
I hope this update finds you enjoying the glorious summer weather!

Thanks to those that attended our recent AGM. A big outcome of the evening was the election of new members to the **Board of Management**. We are very pleased with the new crew which represents a great mix of experience including three previous Board members, and a dash of fresh new members bringing skills in areas from counselling to senior management. We will be introducing the new Board members in future newsletters.

Farewell to Mary Walton

Sadly, we say farewell to our much-loved previous Chairperson, **Mary Walton**. Mary

has been a devoted and incredibly hard-working member of Grief Support for 17 years. During this time Mary has touched hundreds of people's lives and been a major driver in developing the Centre's services to the professional level we see today. A huge thank you to Mary for her immense contribution to Grief Support.

The staff, carers and Board are all committed to ensuring we continue to develop this fantastic work and expand this essential service to the local community.

Fundraising volunteers

As mentioned in earlier newsletters, we are continually looking for new opportunities to raise funds for the organization. We will be appointing a Board member to coordi-

nate our **community-based fundraising**—all those fun and important activities like sausage sizzles, fundraising events and raffles! We're always looking for keen volunteers to help out with these, so if you have a couple of spare hours, we'd love to hear from you.

Xmas hours

Please note the Centre will close on **Wednesday 24 December** and reopen on **Monday 5 January**.

From all the team at Grief Support, we thank you for your continued support and wish you a happy and safe holiday season.

Meri Kirihimete!



Contact details:

Grief Support Centre
147 Chadwick Road
Greerton, Tauranga
Ph 07 578 4480
www.griefsupport.org.nz

Janet Baird
Grief Support Facilitator / Counsellor

Donna La Fauci
Administrator

Heather Tipene
Children & Youth Social Service Facilitator

Check out our new website!

Mark www.griefsupport.org.nz in your favourites. You'll find:

- News & information
- Details of upcoming events
- Previous newsletters
- Links to other services

Thanks to Wayne Larsen for providing his time and expertise in setting up and maintaining the site.

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 throughout the year, and look forward to continued support in the New Year, to help our worthwhile work in 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 an excerpt from:

Life Lessons : The Lesson of Loss
Elizabeth Kubler Ross

We eventually lose everything we have, yet what ultimately matters can never be lost. Our houses, cars, jobs, money, our youth and even our loved ones, are just on loan to us.

Like everything else our loved ones are not ours to keep. But realizing this truth does not have to sadden us. To the contrary, it can give us a greater appreciation for the many wonderful experiences and things we have during our time here.

In many ways if life is a school, loss is a major part of the curriculum. As we experience loss, we also experience those we love—and sometimes even strangers—caring for us in our time of need. Loss is a hole in our heart. But it is a hole that calls forth love and can hold love from others.



Beating the holiday blues

The holiday season is fast approaching and although it can be a wonderful time of sharing celebrations and relaxation; it can also be a very tough time for those of us who have lost friends and family, or dealing with life changes.

Here are a few thoughts on ways to get yourself through the low moments:

☞ Memories are ours to keep—talk, laugh and cry over these memories. Often photos help at these times.

☞ Talk about your grief. Ignoring it will not make it go away and talking to others does not make the

pain worse.

☞ Express your feelings by writing or drawing. Journal writing can be a wonderful asset.

☞ Escape from your feelings of loss for a while by indulging in an activity you enjoy—your favourite music; watch a movie; walk on the beach.

☞ You can change your plans on the day. Sometimes we plan to be alone and then find we want company.

Listen to what your body is telling you and take care of it.