

Your Link To A Caring Community

Winter 2020

Providing counselling and information for everyone experiencing grief and loss. We believe in a community where no one has to cry alone.

Covid-19 Lockdown Level 3 & 4



The government announcements in March lead to some interesting and challenging times for all. With a mad scramble we joined everyone else in our team of 5 million to shift our service, Counsellors, admin staff and clients to a work from home setting. Within 48 hours we were set and ready with laptops and mobiles to learn to master Zoom and telephone counselling. We were able to continue 'seeing' most of our clients at level 3 & 4 but certainly enjoyed moving back to face-to-face sessions once we shifted levels. Learning Zoom has given us an excellent tool to be able to offer clients an alternative way to access support and we will continue to include this where appropriate in future.

Thanks For Not Coming Virtual Gala

Lounges became party central on Tuesday 12th May as we hosted a 'Virtual Gala' called Thanks For Not Coming featuring Waihi based Singer/Songwriter, Sarah Spicer. GSS receives much of its funding through foundation grants, many of which were in limbo due to Covid-19. In addition, the pandemic put extra stress on the lives of New Zealanders, complicating what might already be difficult situations or putting people in circumstances they would not have dreamt of a few months ago. Thanks for not Coming was designed not only to raise money, but also awareness of the valuable mental health service we provide. Participants were automatically entered in a draw for prizes from generous local sponsors including a gift basket worth \$100 from FreshChoice Papamoa; voucher from Essential Beauty Therapy; and \$100 cash from anonymous donors.

If you missed the gala but would still like to donate you can do so by phoning the GSS office or through the Give-A-Little page at www.givealittle.co.nz/donate/org/griefsupp



For more information on Sarah Spicer go to <https://www.sarahspicer.com/>

An Expanding Team

We are delighted to welcome a few new faces to GSS and now have 15 Counsellors, Volunteers, Students and Admin Staff across the team. We have also taken on more office space and moved our reception, waiting room and meeting space/staffroom.

One of our newest team members is **Helen Boardman**, Counsellor, Member NZAC, Bachelor of Counselling (Bethlehem Tertiary Institute). Helen was initially drawn to the field of counselling after experiencing its impact on her own life following the sudden loss of a close family member. During her years as a Counsellor she has had a strong interest in walking alongside people during times of loss, grief and change. She knows the difference it can make when we have a safe place to share our story and feelings, and to start to make sense of what has happened. She, along with her colleagues, is very glad to be able to offer that safe, supportive space to people in her work here at GSS.

To meet the rest of the GSS team head over to www.griefsupport.org.nz/our-board-and-team

Alternative Support Numbers

Free call or text 1737 to speak with a trained counsellor.

Lifeline: 0800 54 33 54

MH Crisis Line: 0800 800 508

Contact Us

Administrator

Denise Carroll

Ph: 07 578 4480

support@griefsupport.org.nz

Website

www.griefsupport.org.nz

After Suicide Support Groups

Find Us On Facebook

We are extending our services to include **peer led support groups** in the community and an **individual peer support programme**.

We are currently inviting people with lived experience of loss to suicide to join a volunteer team called 'Suicide Loss Support'. The members will be trained and supported to provide support to the newly bereaved by **Glenda Light** who has joined the GSS team to lead the development of this. Glenda@griefsupport.org.nz

Amy Colonna has also joined the team to lead the development of the peer led community support groups in the WBOP. Amy@griefsupport.org.nz

The next WAVES 8-week group starts on Tuesday 21st July. Click here for more information: www.griefsupport.org.nz/waves-program



Unsubscribe

To unsubscribe please email support@griefsupport.org.nz



Our Supporters

We wish to acknowledge and thank our supporters. We couldn't deliver this subsidised service to our community without you.



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