



## WELCOME — WHATS HAPPENING IN 2010?

### Special points of interest:

- NEXT GROUP MEETING IS ON THE 2ND MARCH 2009 AT 7PM ;
- A SPEAKER WILL BE ORGANISED FOR THE MARCH MEETING.

WE LOOK FORWARD TO SEEING YOU.

WE WELCOME ALL

ESPECIALLY OUR NEW

MEMBERS

WE HAVE A FREE CALL  
1800-069528

MOBILE—0400705066

AFTER HOURS THERE IS PLENTY OF PARKING OVER THE ROAD IN SHOPPING CAR PARK (WATCH OUT FOR PARKING SIGNS ON THE ROAD)



**RTST WOULD LIKE TO THANK OUR NEWEST CORPORATE SUPPORTERS —REMOVALISTS— ALL CARRIER SERVICES MR BOB HARVEY & MR TED GURSKAS**

## GROUP MEETINGS 2010

MARCH 1ST  
JUNE 8TH  
SEPTEMBER 6TH  
DECEMBER 6TH  
(Reflection Night)

—GROUP CARE AND SHARE MEETINGS WERE ESTABLISHED TO ASSIST YOU TO MITIGATE THE EFFECTS OF PSYCHOLOGICAL TRAUMA. BEING HELD QUARTERLY IN 2010.

PLEASE BOOK.

ANDY KIRK WILL BE IN ATTENDANCE AT GROUP MEETINGS 1 & 3 TO ASSIST IN YOUR INSURANCE ENQUIRIES.

IF CONFIDENTIALITY IS REQUIRED THAT CAN BE ARRANGED.

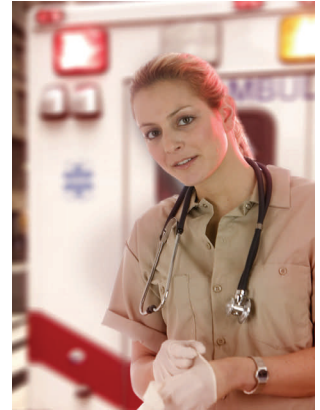
ROD (CHAIRMAN) & PAM (COORDINATOR) ARE TO LEAVE RTST AS OF APRIL TO EXPLORE AUSTRALIA.

ROD HAS BEEN INVOLVED WITH RTST SINCE IT'S INCEPTION IN AUGUST 2002 AS A REPRESENTATIVE OF SA AMBULANCE, UNTIL HIS RETIREMENT IN 2008 (DUE TO ILL HEALTH). SINCE RETIRING HE HAS SPENT MANY HOURS IN THE OFFICE, GUIDING ME, AND CUTTING DOWN ON PHONE CALLS. ALSO ATTENDING SIMULATED CRASH SCENES, HOSPITAL VISITS ALL TO PROMOTE RTST, AND WAS AVAILABLE FOR COUNCELLING IF A CALLER NEEDED TO SPEAK TO SOMEONE ASAP.(ROD HAS A MASTERS IN COUNCELING) NO MATTER WHAT HOUR OF THE DAY OR NIGHT.

PAM BEGAN WITH RTST IN 2005 WHEN GOVERNMENT FUNDING WAS GRANTED, (CAME OUT OF RETIREMENT) TO SET UP THE OFFICE FOR 6MTHS. NOW 5 YEARS LATER IT IS TIME FOR NEW IDEAS AND NEW PEOPLE TO CARRY ON THIS WORTH WHILE CAUSE.

WE WISH THE RTST COMMITTEE ALL THE VERY BEST, WITH THE EVER INCREASING ROAD TOLL THE NEED FOR OUR SUPPORT IS GREATER THAN EVER.

A BIG THANK YOU IS EXTENDED TO MICHAEL O'CONNELL(COMMISSIONER for VICTIM'S RIGHTS) FOR HIS DEDICATION AND SUPPORT TO THE ORGANISATION.



**Contacting us**

Free call no 1800-069528

Office - 08-81520600

Mb - 0400705066

POSTAL ADDRESS UN-CHANGED

PO Box 292 Prospect SA 5082

Email;www.roadtraumasupportsa.com.au

**QUESTIONNAIRE**

ENCLOSED IS YOUR QUESTIONNAIRE WE WOULD LIKE YOU TO PLEASE TAKE THE TIME TO FILL IT OUT AND RETURN IT TO US

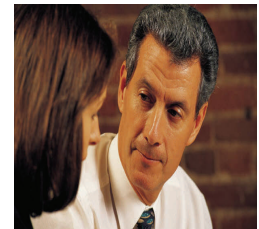
THIS WILL ENABLE US TO ESTABLISH YOUR NEEDS .

ENCLOSED IS A COPY OF

**SPEAKERS**

THE LETTER RE "JOURNEY BEYOND ROAD TRAUMA" CREATED BY SANDRA COOK WHO LOST HER FATHER TO ROAD TRAUMA.

THE SITE CAN BE VIEWED FROM A LINK ON OUR WEB SITE.RTST SUPPORTS THIS INNIATIVE.



**1800-069528**

**PLANNING**

NOW IS THE TIME TO START PLANNING OUR YEAR AHEAD.

ADVISE WILL BE SENT OUT REGARDING EVENTS.

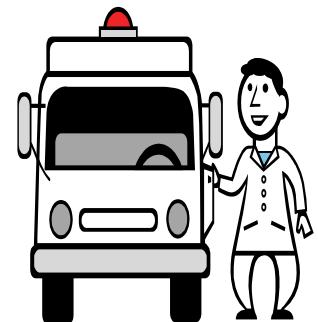
SPEAKERS FOR 'GROUP MEETINGS' WILL BE ADVISED ON OUR WEB PAGE

www.info@roadtraumasupportsa.com.au

TIPS ON COPING

- ◆ ITS OKAY TO ENJOY YOURSELF
- ◆ LOOK AFTER YOURSELF
- ◆ KEEP A JOURNAL

- ◆ TREAT YOURSELF TO SOMETHING YOU ENJOY DOING
- ◆ SHARE SOME OF THE MEMORIES
- ◆ HANG OUT WITH FRIENDS
- ◆ AVOID BOTTLING THINGS UP



## ROAD TRAUMA SUPPORT TEAM OF SA ASSOC INC

86 GEORGE ST.  
THEBARTON 5031

POSTAL ADDRESS  
PO BOX 292 PROSPECT SA 5082

Phone: (08) 81520600 — 1800069528

MOBILE—0400705066

[www.roadtraumasupportsa.com.au](http://www.roadtraumasupportsa.com.au)

Email; [info@roadtraumasupportsa.com.au](mailto:info@roadtraumasupportsa.com.au)

**The following numbers are monitored 9—5,  
7 days a week. If busy or unattended please  
leave a message and we will call you back.  
1800-0069528 0400705066**

### FUTURE GROUP MEETING DATES FOR 2010

**1ST MARCH - JO-ANNE H; Stephen ,Leisa & Andy Kirk (Allianz)**

**7th JUNE - ALI RINALDI; Di, Marco & Chris Rainsford.**

**6th SEPTEMBER - JOANNE Sperou; Tracy, Cliff & Andy Kirk**

**6th DECEMBER - (REFLECTION NIGHT)**

Please note "Group Meetings" will now be quarterly for 2010.

Please ring and book. Check web site for speakers.

Andy Kirk from Allianz and Chris Rainsford, Social worker, will attend to answer your questions.



MOST OF YOU WOULD KNOW THAT RTST WAS ESTABLISHED THROUGH THE AUSPICES OF THE ELLA WOOD FAIRY FOUNDATION, WHICH WAS FOUNDED BY ROBYN-LYN AND DAVID WOOD FOLLOWING THE UNTIMELY DEATH OF THEIR YOUNG DAUGHTER ELLA.

THERE IS A ROADTRAUMA SUPPORT TEAM IN VICTORIA AND TASMANIA ALTHOUGH THEY ARE MUCH BIGGER ORGANISATIONS. IT IS RODS WISH THAT WE ALL BECOME A NATIONALLY AFFILIATE.

RTST HAS A SOCIAL WORKER AVAILABLE TO HELP OUR CLIENTS TO WORK THEIR WAY THROUGH ALL THE PAPER WORK AND FIANACIAL PROBLEMS THAT THEY MAY NOT BE ABLE TO COPE WITH OR KNOW WHERE TO START OR GO.

RTST WILL COVER THE COSTS FOR 4 VISITS TO CHRIS.

CHRIS WILL ALSO BE AVAILABLE AT THE GROUP MEETING ON THE 7th JUNE. (Privacy is available)

### COM MITTEE MEMBERS

ROD KERSHAW (Chairman)  
PAM KERSHAW (Coordinator)  
SHARON NEVILLE (Treasurer)  
DI LITTON  
LEISA PULLEN  
TRACY GENTGALL  
CLIFF PINKARD  
MARCO PILLEN  
STEPHEN MURRAY  
COREY FRAZER  
KEVIN MCINTOSH  
SEAN PERCEVILLE  
JACKIE SCHIRIPA