

# ROAD TRAUMA SUPPORT TEAM OF SA ASSOC INC

## Newsletter December 2011



### A message from the committee

*Welcome to this edition of the RTST newsletter.*

*We look forward to seeing many of you at the RTST Reflection Night to be held on Monday 10 December 2012. It is a time when we can all come together to collectively remember our loved ones.*

*We would like to thank the committee members who retired during 2011 for their time, support and commitment to RTST. Thank you to Cliff Pinkard, Marco Pillen and Jackie Schirripa who provided years of dedicated service to the community in a voluntary capacity.*

*The committee remains passionate about providing support to members of our community that have been effected by road trauma.*

*The committee would like to thank Mr Michael O'Connell, Commissioner for Victim's Rights for his continued support to RTST.*

### **Support Group Meetings 2012**

**7pm** 1<sup>st</sup> Monday of every month  
86 George Street, Thebarton

**6 February 2012**

**5 March 2012**

**2 April 2012**

**7 May 2012**

**4 June 2012**

**2 July 2012**

**6 August 2012**

**3 September 2012**

**8 October 2012** (1<sup>st</sup> is public  
holiday)

**5 November 2012**

*Chris will be there to support you. Please phone Sharon on 0400 705 066 to let us know that you will be there.*

#### **Contact Details**

**Road Trauma Support Team SA**  
86 George Street, Thebarton, SA 5031  
PO Box 292 PROSPECT, SA 5082  
Office phone: (08) 815 20600  
**FREE CALL: 1800 069 528**  
Mobile: 0400 705 066  
Email: [info@roadtraumasupportsa.com.au](mailto:info@roadtraumasupportsa.com.au)

*Please note that all telephone numbers for RTST are monitored between 9.00 am and 5.00 pm - Monday to Friday. If the line is busy please leave a message and your call will be returned. It should be noted that RTST does not provide a counselling service by phone. Please refer to our web site for a list of emergency phone numbers.*

## Reflection Night

*10 December 2012*

*7 pm Mead Hall*

*Flinders Street Baptist Church,  
Adelaide*

*Light supper will be provided*

*Please phone Sharon on 0400 705 066 to let us know that you will be attending.*

**No support group meeting will be conducted on this night.**

# Fundraising Events

*RTST held two fundraising BBQ's at Bunnings, Mile End during 2011 and both events yielded much needed funds which has enabled us to continue to support community members affected by road trauma.*

*These days were great fun and would not have been possible without the generosity of the following people Tony, Sue, Chris, Lorainne, Ingrid, Max, Chris, Tracy, Sharon, Di and Kylee. Thank you to every one of you for donating your time!*

*We anticipate holding BBQ's again in 2012 and are always grateful for any assistance so please consider volunteering at the next one.*

## Coping at Christmas

- Everyone copes differently - accept each other.
- Look after yourself - exercise, eat nourishing food, keep hydrated and rest.
- Don't isolate yourself - reach out to others and surround yourself with people you care about.
- Feeling sad, guilty or excited - its normal, so allow yourself time to feel these emotions.
- Don't bottle 'stuff' up - get it off your chest as it releases tension.
- Talk to someone - having someone you trust nearby may be helpful.
- Write your thoughts and feelings in a diary.
- Start a new tradition - set a place at the table for your loved one.
- It's okay to enjoy yourself - it doesn't mean you miss your loved one any less.
- Avoid making major decisions until Christmas is over.

## The Ripple Effect

Each choice we make causes a ripple effect in our lives. When things happen to us, *it is the reaction we choose* that can create the difference between the sorrows of our past and the joy in our future.

### **Committee Members**

Kevin McIntosh (Chairperson)  
Sharon Neville (Treasurer)  
Di Litton  
Kylie Simpson  
Tracy Gentgall  
Stephen Murray