

Road Trauma Support Team of SA

Newsletter—Summer 2012



A message from the Road Trauma Support Team

Welcome to this edition of the RTST Newsletter for 2012. Our Team offers support through active engagement with people who have personal experience in the effects of road trauma in their own lives.

Families are the hidden Victims of Road Trauma and the Support Team provides access to Social Workers, Psychologists and Trauma Therapists.

We also offer monthly Support Group Meetings. Everyone's grief is legitimate and each person's grief is individual to him or her. The emotions we experience can be extreme. For most of us they are unfamiliar.

You don't have to explain your sadness but if you need to talk we are good listeners. Each one of us truly knows just where you are at and how you are struggling. It may seem strange, but sharing our stories helps us each understand our own.

Why take part in our Support Group Meetings?

To share a cup of tea or coffee with people who, like yourself, are suffering the loss of a child, a sibling, a spouse or a significant other person - and who truly understand the chasm into which you are falling.

To connect with people who truly understand your feelings of grief and loss, shock, anger and bitterness and who, like you, have to keep going – keep on living, keep on working and keep on supporting a family when all you want to do is cry. To not have to explain yourself or apologize for your anger or your tears. Support Group members understand in a way no one else does, not even your partner or your best friend.

To be in a safe place. To give yourself permission to grieve and to know that you are truly not alone in the emotions that you feel.

Come to a Support Group Meeting and be a part of something that could help you reclaim your life.

Acknowledgment

RTST would not be possible without the continued support of Mr Michael O'Connell, Commissioner of Victim's Rights.

Support Group Meeting Dates for 2013



Support Group Meetings

First Monday night of the month (exception on public holidays)
86 George Street, Thebarton

Please phone to let us know you will be there.

Starting at 7.00pm

4 February 2013

4 March 2013

8 April 2013 (1st is public holiday)

6 May 2013

3 June 2013

1 July 2013

5 August 2013

2 September 2013

14 October 2013 (7th is public holiday)

4 November 2013

Reflection Night

2 December 2013 (no support group)

Important dates to mark in your diary!

Fundraising—Bunnings BBQ

24 November 2012

RTST is holding a fundraising BBQ at Bunnings Mile End on Saturday 24 November 2012. We would be very grateful for some help on the day. If you can donate some time please phone 0400 705 066. This event was held in 2011 and raised much needed funds.

Reflection Night

Monday 3 December

7.00pm—9.00 pm

86 George Street, Thebarton

Please join us for a short service and lighting of the candles to be conducted by Reverend Daulby at 7.30pm. A light supper will follow. Personalized candles in memory of your loved one will be available. Please phone **0400 705 066** to advise the name of the person you wish to be written on the candle and number of people attending. This will allow us to prepare the candles in advance.

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