



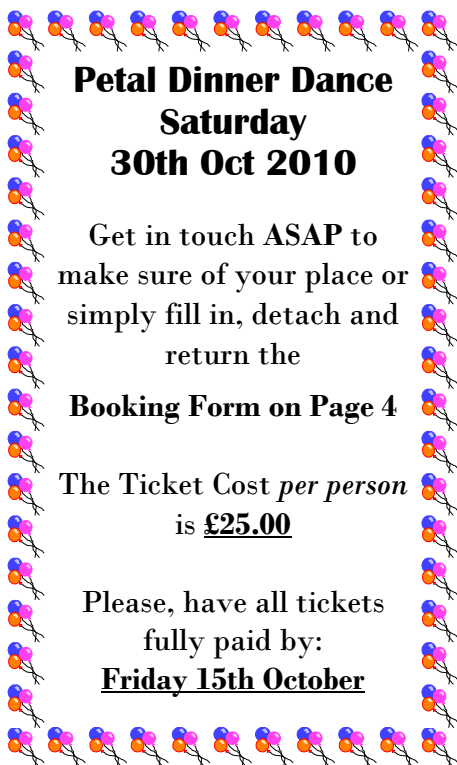
THE SUPPORT CENTRE

For those affected by Murder and Suicide



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Petal Dinner Dance Saturday 30th Oct 2010

Get in touch ASAP to make sure of your place or simply fill in, detach and return the

Booking Form on Page 4

The Ticket Cost *per person* is **£25.00**

Please, have all tickets fully paid by:
Friday 15th October

Your 1st Anniversary Newsletter

**Hello and Welcome to our First Anniversary
Newsletter from 8 Barrack Street, Hamilton**

We relocated on 17th September 2009 to our new premises and we are delighted to say that the move has allowed us to further improve the support services to our members.

Our Support Centre has developed to meet the specific needs of those affected by Murder, Culpable Homicide and Suicide.

Within the New Support Centre we provide services to Adults, Young People & Children.

The comprehensive range services we deliver have been expanded and include:

Psychotherapeutic Therapies, One to One Counselling, Group and Telephone Counselling, Stress Relieving Therapies, Suicide Prevention, Peer Support Groups, Advocacy, Practical Advice on Legal Aspects

and Related Issues, And Mediation between Clients, Agencies And Employers.

These needs will continue to be identified through consultation with our members

PETAL Memory Quilt

We have decided to add some New Squares to the Quilt

For anyone that is not aware of the Quilt, it consists of a square featuring either a **Star** or **Heart** with individual memories

If you wish to participate or require any additional information, please just give us a call

We look forward to hearing from you

PEER SUPPORT GROUP RECIPE

Recently the ladies that attend the **Peer Support Group** had a Tray Bake Competition when they made a Tiffin and a Lemon Slice. The 2 recipes' below were used and the winner on this occasion was the **TIFFIN**

Tiffin

6oz butter, 2 tbsp syrup, 2 tbsp sugar
2 oz cherries and nuts, 6 oz milk chocolate
12 oz crushed digestive biscuits

Melt butter, sugar and syrup, add milk chocolate and melt. Stir in other ingredients and press into Swiss roll tin.

Lemon Slice

For base:

100g (4oz) unsalted butter, 1 small tin condensed milk
225g (8oz) digestive biscuits, crushed
225g (8oz) desiccated Grated rind of one lemon

For Icing:

350g (12oz) icing sugar, 2 tbsp lemon juice,
1 dessert sp butter, melted

Melt the 100g (4oz) butter; add milk and biscuits, mix in coconut and lemon rind. Press into Swiss roll tin. Mix icing sugar, lemon juice and melted butter.

Spread over base. Sprinkle a little coconut over before it sets. When set, cut into squares.

*Nothing intensifies our memory more,
Nothing moves our soul deeper
Than the observation of belongings
That are soaked with the pain
From the ones we miss*

Upcoming Event

Some of our members have organised a sponsored walk
Up **TINTO hill with Elvis**, on **Saturday the 16th of October**

Everyone wishing to take part in this event please
contact us for more information and Sponsor Forms

Donations Received

**We are extremely grateful to everyone for all the
Fundraising & Donations received during 2010**

The FrewFest Tribute at the Cat house raised an amazing £ 2,924.00

Our Therapist, Jean who requested her family and friends make a donation instead of a gift for her Wedding, donated the wonderful sum of £ 840.00

A Donation of £ 200.00, From one of our Counsellors, who left to take up a new post with NHS

Individual Donations of £ 200.00 and £ 75.00 from Petal Family Members and Friends of Petal
Spotlight Youth Theatre's very generous Donation of £ 200.00 raised at their recent Show

From our fitter members and friends we received £ 193.00 and £ 170.00 for competing in and
completing 10K Road Run and £ 320.00 for completing a Marathon

The Collection Cans from local hostelrys raised £ 43.66 from Doherty's and
an amazing £ 78.57 from The Butterburn Bar

The Ladies Annual Cycle round Millport as usual had a great attendance and so far it has raised
£1848,

**A very big thank you to everyone who organises, attends, contributes
and participates in all of these activities.**

Petal Dinner Dance

Saturday 30th October 2010

Almada Suite, Council Headquarters, Hamilton

We look forward to you attending this very special annual event.

A Set 3 Course Dinner Live Music

Round Tables of 10 people per table

Its that time of year when we need your to confirm your booking

We have had a great response again this year,

So get in touch **ASAP** to make sure of your place

The Ticket Cost *per person* is **£25.00**

All tickets should be fully paid by:

Friday 15th October

