



THE SUPPORT CENTRE
For those affected by Murder and Suicide

Petal Support Limited
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Welcome to our October Newsletter

Please use the Newsletter as a means to promote information sharing. So, whatever you want to share, get a message out or even send us a Picture, we will be delighted to receive Your Contributions, No matter how BIG or small So please call on 01698 324502 Text to 0779 352 5891, or e-mail us at info@petalsupport.com

We Celebrated our Second Anniversary in 8 Barrack Street on 17th September 2011

The relocation to Barrack Street and the Successful introduction of the Glasgow Outreach Pilot have led to improved facilities for our members.

This has also led to a substantial increase in the number of people we have provided support to during 2010 and the level of support provided represents an increase of 38% from 2009.

We are extremely grateful to the Scottish Government Victims & Witnesses Unit and both South and North Lanarkshire Council Social Work Departments for their continuing support,

Fundraising & Donations

In this Newsletter we are featuring photos from a number of the recent events and have also detailed the funds raised and all the other contributions made recently:

To everyone that selected us as your nominated charity, on behalf of all the Members, Volunteers and Staff at **Petal**, please accept our thanks and wish you all every success with your future projects.

Fundraising activities provide essential financial support and assistance and helps to ensure the future development and survival of the Petal Support Centre.

The funds raised are used to provide support to our Members across Scotland who have experienced the loss of a family member or friend through murder or suicide and will assist them in developing skills and techniques to identify their own needs and consider a range of solutions to make positive changes in their lives.

We can only continue to provide the necessary level of service provision with the ongoing commitment of our Fundraisers

Your generosity and support is greatly appreciated and assure you that all funds donated will be used for the benefit of our members.

Petal Consultation

Petal is currently undertaking Phase 2 of a survey of our members with the aim of improving our services.

The **Consultation Survey** is completely confidential and there is no way your replies will be identified.

The survey is, therefore, very important to Petal.

We have contacted a number of families asking if they wish to take part by telephone. It takes approximately 15 – 25 minutes to complete this short survey by phone or if they prefer to complete the form personally we can send the Survey to by post and return it in a prepaid envelope.

If the survey is requested by post and anyone is unable to complete it, then a member of Petal can help with you over the phone at a time of your choosing.

If we have not been in touch with you and you do wish to take part in this **Consultation** please give us a call and ask to be included.

Please be assured that all your answers are treated with the strictest confidentiality and anonymity.

The results of the survey will be sent to you once the results have been processed.

LORD CARLOWAY REVIEW

There is no doubt that the UK Supreme Court's judgment in *Cadder v HM Advocate* has had a profound and immediate impact on the Scottish System of Criminal Justice, as well as raising important constitutional issues.

The decision overturned existing Scottish jurisprudence and threw into question existing practice in police detention and questioning.

Lord Carloway was asked to undertake a review of the law and practice in this area.

Lord Carloway was keen that this Review should be more than an attempt merely to adjust or tweak any perceived flaws in the legislation.

It would take the opportunity to re-examine the core principles underlying the procedures of detention, police questioning, charge and arrest, and the implications for concepts such as corroboration and the inference from silence.

He requested the help of all those involved in or affected by the Criminal Justice System in developing robust recommendations that can be put into practice to the benefit of the system as a whole.

Lord Carloway was very grateful for the contribution made by Petal to the consultation which formed part of his Review of criminal law and practice. You may wish to know that Lord Carloway currently plans to issue his Report and recommendations on the morning of Thursday 17 November 2011.

The Report will be made available from 10am on the 17th November on the Review's website, www.carlowayreview.org,

Fundraising & Donations :

We never tire of highlighting all the wonderful Fundraising Events and Donations in our Newsletter and featured in this Newsletter are photos from a few of the recent events carried out by our members



The Campbell Family BBQ & Cycle—Millport on 31st July

Fundraising & Donations :

The photos are only from a few of the recent events and detailed below is an of the funds these events raised and all the other recent contributions:

The Campbell Family Millport BBQ & Cycle on 31st July	£3,591.31
Matthew Martin Memorial Tribute Night on 5th August	£2,074.00
Craig Callaghan Football Tribute Match and Cabaret Night	£2,235.00
Raffle in Memory of Kristofor Graham	£ 424.25
Strathclyde Park Walk & Cabaret Night in Memory of Mark Divers	£2,697.00
Gary Lonie Memorial Football Match & Cabaret Night	£4,267.00
Annual Sponsored Millport Cycle	£2,660.60
Collection cans	£ 51.67

**To all our Members and Friends of Petal,
please accept our very grateful thanks**

Suicide Awareness Week – Bereaved by Suicide

As part of the Awareness Week Petal held a Gathering at Barrack Street on the evening of 7th Sept for approximately 3 hours for **“Those Bereaved by Suicide”**

This was in the form of an Open Event (A Gathering) hosted by Petal staff, volunteers, therapists and Members specifically affected/bereaved by suicide.

The event was very well attended and very successful in highlighting the support available to others who were previously unaware or unsure about what After Suicide Support is available to them

Following the success of this event Choose Life are keen to promote and participate in similar future events of this nature

A Petal Member provides a unique service of Animal Healing for your Pets

The opportunity of healing to your pets to support vet treatment and also to help them through emotional times. Healing works on a physical, emotional and spiritual level, a bit like Reiki, and can help an animal by giving it a deep relaxation and re-balancing its energies.

Healing can really help an animal that is under stress e.g. when re-homed or when losing a companion (animal or human).

It takes about an hour for a first visit including taking a case history and the healing.

If you require more information or costs call 01501 829750

If you are interested you can have a look at www.healinganimals.org to find out more about the Healing Animals Organisation where you'll find me listed as a qualified and insured animal healer in Scotland.

Kathy Trussler

Self Esteem

Anne Marie recently delivered a talk on Self Esteem to the Ladies Peer Support Group which was very well received

In conjunction with Anne Marie we now have a leaflet on Self Esteem available for distribution to members

Anyone wishing a copy of this leaflet, please get in touch

The Ladies Pamper Night in East Kilbride on May 13th Raised £926.00





Fin Collins & Murray Webster ran in the Amsterdam Marathon on 16th October to raise funds for Petal
A Big Thank you to all those that Sponsored them

Millport Sponsored Cycle Saturday 6th August 2011

This year's Cycle was extremely well attended and everyone that took part had a great time: despite the very changeable Scottish weather

We are still receiving Sponsorship Money and the total raised to date is **£2,660.60**

A great big thank you to all those that took part and raised these funds



**The Gary Lonie Memorial Match
 in Ravenscraig Sports Centre 3rd September 2011**

Peer Support at Petal

METAL The Mens Group

The Mens Support Group **METAL** is very well attended and the meetings have been moved to every second Wednesday Evening

The men have recently introduced the services of Holistic Therapists' at the meetings With a choice of Relaxation therapies

Each treatment is tailored to suit the person's needs and the therapists' are aware of how this changes from week to week.

Each therapy has its own benefits and the individual member may just need a massage to ease muscular tension and this service has proved to be very beneficial

The men are organising a range of activities, and possible future Fundraising Events

There is an open invitation to **ALL** Petal, sorry METAL men out there to come along and take part

Ladies Group

The Ladies Peer Support Group continues to be very popular and is very well attended.

The Ladies meet every second Friday Morning and due to work & family commitments the Ladies have introduced an evening meeting on the first Tuesday of each Month

They continue to make additional squares for the Petal Memory Quilt, Assemble Friendship Bags, etc

They go on regular outings to Craft Centres and places of interest and are preparing to make their own Christmas Wreaths

To assist with their ongoing development they invited along Ann Marie to the Tuesday Evening Meeting to deliver a workshop on Self Esteem and due to the positive response they hope to invite her back in the very near future

Any Ladies wishing to participate in the Group, please just get in touch

Young People & Childrens Art & Magazine Project

The group meet on a Saturday morning and now that the original concept is complete they are in the process of uploading the DVD on to the Petal Web Site and also on to the internet.

Access will be provide either as individual segments or will be available to view as a whole

We will make a formal announcement when all of this work is completed and available

Petal Christmas Card

The Group are currently designing and formatting the 2011 card, following the success of last years card and we expect to have it ready in time for distribution and will also be available on the Petal Web Site

Petal Panto Trip

Sleeping Beauty Kings Theatre, Glasgow

Saturday 10th December

This year we are going to Sleeping Beauty in the Kings Theatre, Glasgow starring Karen Dunbar, Keith Jack, Tony Roper & Claire Grogan

The Bus will leave Petal at 12:30pm Prompt
and return at approximately 17:15 (5:15pm)

We have put a limit of 4 (Four) tickets per family this year to ensure we accommodate as many families as possible and the Tickets are now available

The Ticket allocation will be based on “First Come—First Served”, so to book your seats, get in touch ASAP

**The Sponsored Walk around Strathclyde Park and the
Cabaret Evening on 4th June in Memory of Mark Divers
raised £2,697.00**



Dear All,

A first grade school teacher had twenty-six students in her class.

She presented each child in her classroom the first half of a well-known proverb and asked them to come up with the remainder of the proverb.

It's hard to believe these were actually done by first graders.

Their insight may surprise you.

While reading, keep in mind that these are first-graders, six year-olds, because the last one is a classic!

1. Don't change horses until they stop running.
2. Strike while the bug is close.
3. It's always darkest before Daylight Saving Time.
4. Never underestimate the power of termites.
5. You can lead a horse to water but how?
6. Don't bite the hand that looks dirty.
7. No news is impossible.
8. A miss is as good as a Mr.
9. You can't teach an old dog new maths.
10. If you lie down with dogs, you'll stink in the morning.
11. Love all, trust me.
12. The pen is mightier than the pigs.
13. An idle mind is the best way to relax.
14. Where there's smoke there's Pollution.
15. Happy the bride who gets all the presents.
16. A penny saved is not much.
17. Two's company, three's the Musketeers.
18. Don't put off till tomorrow what you put on to go to bed.
19. Laugh and the whole world laughs with you, cry and you have to blow your nose.
20. There are none so blind as Stevie Wonder.
21. Children should be seen and not spanked or grounded.
22. If at first you don't succeed get new batteries.
23. You get out of something only what you see in the picture on the box.
24. When the blind lead the blind get out of the way.
25. A bird in the hand is going to poop on you.
26. Better late than pregnant.