

THE SUPPORT CENTRE

For those affected by Murder and Suicide

Welcome to your Festive Newsletter

In this issue of the Petal Newsletter there is information on even more Fundraising Events and Donations', Dates and Times for Upcoming Events and the Centres' closing dates over the Festive Period.

Remember, the newsletter is to promote information sharing, so we are always 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 info@petalsupport.com



YOUNG PEOPLE & CHILDRENS ART GROUP

The Group have completed this year's **Petal Christmas Card** and we will be distributing this to our Members and Friends of Petal, hopefully in time for Christmas.

The Card will also be available to download from our website: www.petalsupport.com

We are confident everyone will appreciate all the hard work and commitment in formatting and producing the card and take this opportunity to thank everyone associated with the group for all their commitment and dedication during the last year

Helga McLean

Our dear friend and colleague Helga recently passed away. Helga had worked with Petal for twelve years and over that time she played a major part in introducing the Seasons for Growth Programme for the Children and Young People that come along to Petal.

Helga had a calming manner that was felt by all who knew her. Her love and appreciation of the young people she worked with will continue within the Art Group which she so enjoyed. I am sure there will be lots of stories to share of Helga: the Reiki she would provide to those who were in pain, the sense of humour she shared with her colleagues.

Most of all Helga will leave a lasting memory within Petal of a woman who helped children & young people rebuild their lives and believe in themselves.

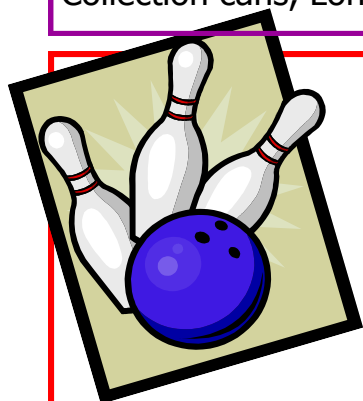
I am sure she has left a footprint in our hearts,

Kate Duffy

Fundraising & Donations :

We continue to receive generous donations and have detailed below the recent contributions:

City Building Glasgow	£ 200.00
Funds raised by McCormick Brothers in Half Marathon	£ 200.00
Charity Night in Cambuslang organised by Gordon Hope	
In Memory of Scott McNeil	£2,000.00
The Dougan Family donated the Funds received at their Golden Wedding in Memory of Gary Lonie	£ 200.00
Donation from the Unite Union	£ 250.00
Collection cans, Lonie Family & Butterburn Bar	£ 92.00



JOIN US AT OUR

TEN PIN BOWLING NIGHT **AT M & D'S, STRATHCLYDE PARK** **FRIDAY 20TH JANUARY 2012** **AT 6.30PM *PROMPT***

THIS INCLUDES : TWO GAMES OF BOWLING, A WELCOME DRINK AND A MEAL.

We are now taking Bookings, so to ensure we accommodate as many families as possible the Ticket allocation will be based on

“First Come—First Served”:

So to book your lane:

Get in touch **ASAP**



We are delighted to announce the
Petal Annual “**Cabaret Night**”
with special guests

Paul Anthony &
Helen Aitken



Friday 2nd March 2012

The Greenfield club Burnbank

Tickets cost **£5**,

Everyone wishing to attend please contact
us

Please remember this event is not fancy dress !

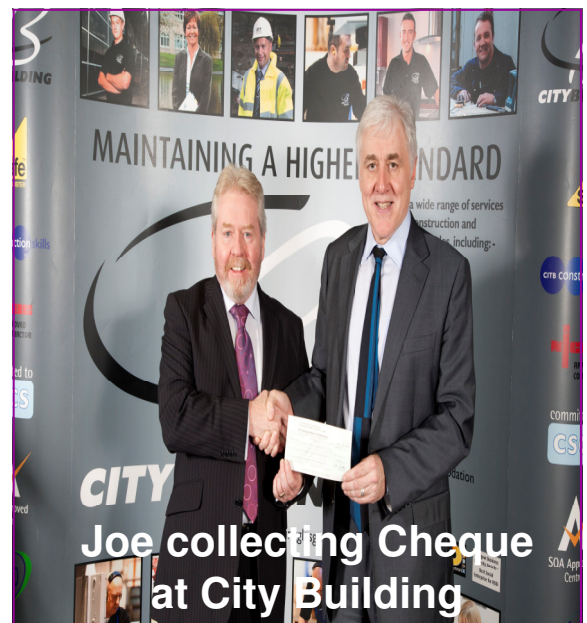
Tickets cost £5,₂

Martin, Christopher & Dom McCormick taking part in the Half Marathon



Petal Panto Trip Sleeping Beauty Kings Theatre, Glasgow Saturday 10th December

The trip to the Panto this year was very well attended and everyone had a great time
The cast of Karen Dunbar, Keith Jack, Tony Roper & Claire Grogan kept all our younger members well entertained



Petal Ladies Group

The Ladies Peer Support Group meet every second Friday Morning and on the recently introduced evening meeting, on the first Tuesday of each Month

These are very popular and very well attended.

The Ladies go on regular outings to Craft Centres and places of interest and are making their own Christmas Wreaths

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

METAL The Men's Group

The Men's Support Group **METAL** meet every second Wednesday Evening

The recently introduced services of Holistic Therapists' at the meetings, with a choice of Relaxation therapies is proving very beneficial with each treatment tailored to suit the person's needs has proved to be very beneficial.

The men are currently organising a range of activities, and possible future Fundraising Events to be held during 2012 and this is an Open Invitation to **ALL** Petal, sorry METAL men out there to come along and take part

Reindeer Poop

Materials:

- cup butter or margarine
- 2 cups granulated sugar
- cup milk
- 2 teaspoons cocoa
- cup peanut butter
- 3 cups oatmeal (not instant)
- cup chopped nuts (optional)

Instructions:

- In a large saucepan, mix butter, sugar, milk and cocoa together.
- Bring the mixture to a boil while stirring constantly. Boil for 1 minute.
- Remove from heat and stir in the remaining ingredients.
- Drop by the teaspoon-full onto wax paper and allow to harden.
- They will set up in approximately 30-60 minutes.

This will keep for several days without refrigerating, up to 2 weeks refrigerated and 2-3 months frozen. Pack into zip lock sandwich bags.

Reindeer Poop

I woke up with such scare when I heard Santa call

"Now dash away, dash away, dash away all!"

I ran to the lawn and in the snowy white drifts,

those nasty reindeer had left "little gifts".

I got an old shovel and started to scoop,

neat little piles of "Reindeer Poop!"

But to throw them away, seemed such a waste,

so I saved them, thinking-you might like a taste!

As I finished my task, which took quite awhile.

Old Santa, passed by and he sheepishly smiled.

And I heard him exclaim as he was in the sky...

"Well they're not potty trained,

but at least they can fly!"

Christmas Holidays

The office will close at end
of business on

Wednesday 21st

December 2011

and will then reopen on

Thursday 5th January 2012

The answer machine will be
checked on a regular basis
for any urgent messages

Every time a hand reaches out

To help another

That is Christmas

Every time someone puts anger aside

And strives for understanding

That is Christmas

Every time people forget their differences

And realise their love for each other

That is Christmas

May this Christmas bring us

Closer to the spirit of human understanding

Closer to the blessing of peace

Author Unknown