

SPRING 2012

SHOULDER-TO-SHOULDER

The quarterly newsletter of Road Trauma Support Services Victoria Inc.

Peer Support... providing assistance through personal experience

RTSSV's foundation of care and support was built upon the shared experience of those impacted by road trauma. Peer supporters, or befrienders as they were called then, provided assistance through the sharing of their own journeys with others.

Funding from the Ian Potter Foundation has enabled RTSSV to offer clients opportunities to participate in peer support activities, providing clients with diversity and choice in the support they receive as part of an overall treatment plan.

Peer support groups encourage reciprocal relationships, promote social networks and opportunities, build a sense of community, provide a sense of one's own inherent strengths and values and offer peer role models who share their experience and hope to peers. A diverse range of groups which cater for age, gender and varying interests will be run. To date we have Time for Remembering, meditation, walking and informal dinner groups and an art therapy program that will run later in the year. A space is created for shared activity to be enjoyed while allowing conversation to arise in whatever way is meaningful for the participants. The groups comprise of counsellors, a volunteer and participants.

For more information on RTSSV peer support groups or to get involved, please contact us on 1300 367 797 or email counselling@rtssv.org.au



Reflections from the Time for Remembering Group:

"At present, group participants are all bereaved women (although the group is open to anyone) who meet twice a month. We are creating mementoes to offer to those attending the Time for Remembering service in November. We meet in the kitchen of a quaint cottage and while each day has been overcast, raining or foggy the sun has always come out to warm us as we work. This matches the warmth in the room. Each member of the group has lost a loved family member and at times the conversation is about their loved one, grief and its unique journey, there is also gentle laughter and discussion on everyday matters. The respect and empathy is palpable and participants gain satisfaction from creating something to give to another grieving and/or traumatised person." - Maria Smart, RTSSV Counsellor



"The craft group is just another example of how RTSSV has used a concept of purpose to bring together a grieving group. While participating in craft work, we find that we can share empathy towards each other through the sharing of stories and memories of our lost loved ones. This takes place in an ambient atmosphere created by the caring counsellors in a cottage, seated at a round table with the sun warming our backs." - Yvonne Callander, Participant

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Message from the GM

Welcome to the Spring edition of our newsletter. We hope it provides you with useful updates on our programs, services and most importantly, our inspiring people.

In this issue we present you with information on our peer support programs and volunteering at RTSSV, profile one of our key organisational supporters and show you how working with local communities and businesses who share our commitment, is helping us make a positive contribution to the wellbeing and safety of Victorian road users.

As we enter the season of regeneration, many of the RTSSV projects and initiatives are reflective of this theme. Plans are underway to relocate to larger premises that will enable the provision of a more diverse suite of support and education options for clients, we are upgrading an ageing IT infrastructure and have introduced an online booking system. We also welcomed a new member to our counselling team, Maria Smart.

Since joining RTSSV at the end of May, I have been inspired by the dedication of our staff and volunteers who work tirelessly with an extraordinary passion and commitment to providing the best possible outcomes for those in the community who need our support.

We appreciate each and every contribution each and every one of you as supporters make. Without it we would not be able to do the work we do and for that, we are grateful.

Thank you for giving generously and we look forward to your continued support.

Cameron Sinclair
General Manager

Coming together to promote road safety in regional communities

Education and raising awareness among local communities about road user safety is a key goal for RTSSV.

Gippsland regional counsellor, Marg Bailey, attended a Heavy Vehicle Awareness Program for young and inexperienced drivers held at Warrigal College. The session ran for two hours providing an overview and some great insight about the importance of driving safely around trucks. This worthwhile program is presented to Year 9 students as they approach a stage in their lives where they will embark on their journey to learn and prepare to drive on our roads.



IN PROFILE



Andy Calder
Uniting Church Minister

How are you involved with RTSSV?

Since 2001, with some great groups of people I've been convening the planning of the annual Time for Remembering ceremony.

A friend and I also recently completed the 60 km Alpine Challenge walk and raised about \$2000 for RTSSV!

I was a Board member between 1997 and 2010, held the role of President 2006/08, with Honorary Membership conferred in 2010, which is much cherished.

How and why did you first get involved?

I read an advertisement about the organisation on the notice-board of the Richmond Library, in about 1995. Having spent 3 years in and out of rehabilitation from 1986 recovering from a near-fatal road incident, this was the first time I had seen or heard of any organisation supporting people recovering from road trauma. Before too long, I was heavily involved!

Hobbies:

Bushwalking, woodwork, gardening, family and fantasising about a Demons premiership before I die.

Favourite TV Show:

Q&A

Worst Habit:

You wouldn't want to know!

If you were an animal, what would it be and why?

A well-loved dog. Lots of sleep, regular food and drink, a few pats and walks and no computer glitches to worry about.

Volunteering... make a difference in the lives of others

RTSSV volunteers give generously of their time and themselves, for the sense of purpose it gives them and to make a difference in the hope that one less family will be impacted by road trauma.

Volunteers contribute so much to RTSSV – our history is founded on the passion, energy and foresight of volunteers wanting to provide peer support to others affected by a road incident. The diversity of volunteer experiences lends itself to involvement across all levels of our organisation. Today, volunteers are active in education and public speaking, peer support, administration, marketing, events and governance roles. Performing multiple functions across the organisation, many volunteers support RTSSV for many years.

The primary role of our volunteers has been to speak in a variety of education settings namely at Road Trauma Awareness Seminars, youth programs, to community groups, in professional contexts and at community road safety events. They provide an incredibly powerful interaction with the audience, sharing their personal experiences and the impact on their lives. With funding from the Ian Potter Foundation, volunteers are now also actively involved in peer support programs, running activity based groups with counsellors, allowing RTSSV to offer clients choice and diversity in support.



The Geelong Education team: Front - Colin, Heather, Therese Back - Jeffrey, Connie, Greg (Absent - Robin).

RTSSV provides training and ongoing support to all volunteers to ensure a positive experience. We are grateful for all volunteer contributions to our organisation and extend our thanks to our invaluable team who support the delivery of programs across the State - we are inspired by what you share with us and the Victorian community.

If you are interested in volunteering with RTSSV, we welcome your inquiry. For more information please contact our Volunteer Coordinator, Melanie Sanders, on 03 8877 6900 or email volunteering@rtssv.org.au

DID YOU KNOW?

- RTSSV receives the invaluable support of 135 volunteers to deliver services across Victoria
- Volunteers contribute 6,000 plus hours of service per year to RTSSV programs
- Just over 75% of volunteers undertake speaking engagements with the main purpose of getting the road safety message out into the community

I would like to support Road Trauma Support Services Victoria.

Name: _____

Address: _____

Telephone: _____ Mobile: _____

Email: _____

My donation is \$500 \$250 \$100 \$50
Other \$ _____

Method of Payment:

Cheque MasterCard Visa AMEX

please make cheques payable to Road Trauma Support Services

To donate please complete the form with your cheque or credit card details and mail or fax to:

Road Trauma Support Services Victoria PO Box 1283, Blackburn Vic 3130 OR Fax: (03) 9877 9799 Telephone: (03) 8877 6900

Card Number: _____ / _____ / _____ / _____

CCV _____ Expiry: ____ / ____

Name on Card: _____

Address: _____

Signature: _____ Date: ____ / ____ / ____

If you would like further information regarding our work please indicate below:

Information on your bequest program

Information on volunteering

I would like to make a major gift, please contact me

Donations of \$2.00 or more are tax deductible and a receipt will be provided.

Privacy Statement: The personal information we collect on this form will be used to track and manage donations and for marketing purposes. This information may be disclosed to other members of the organisation or third parties who do things on our behalf where it is required or allowed by law or where you have otherwise consented. You can access the personal information we have collected, if we have retained it, by calling the organisation.

DATES FOR YOUR DIARY

Have you been affected by a road incident? Free Information Sessions

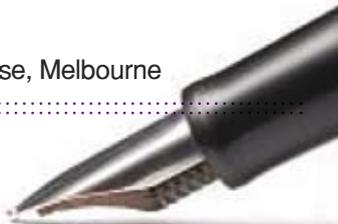
Date: Tuesday 23 October 2012
Time: 4.30 – 6.30pm
Venue: Horsham RSL, 36 McLachlan Street, Horsham

Date: Monday 12 November 2012
Time: 5.30 – 7.30pm
Venue: Latrobe Community Health Service
Activity Room, 81-83 Buckley Street, Morwell

The 12th Annual Time for Remembering

Date: Sunday 18 November 2012
Time: 12:00pm
Venue: Queen's Hall, Parliament House, Melbourne

*For further information
on these events,
please visit www.rtssv.org.au*



ANNOUNCEMENT

The
RTSSV Annual General Meeting
will be held on
Wednesday 24 October
6:00 – 8:00pm

Special Guest Speaker
Mr Reuben Aitchison
Personal Insurance, Suncorp Group

For more information,
please contact us:
reception@rtssv.org.au



Tenix Solutions Trivia Night Event Report

Tenix Solutions demonstrated their commitment to working with the community and raising funds for RTSSV by holding their annual Trivia Night on the 6 September 2012.

The evening was well attended with 56 guests - attendees from all areas of the Tenix business joined with members of the RTSSV team and faced off head to head to claim the right of 'trivia champs' for the year. In all, the night raised a total of \$6,400 to benefit RTSSV's work in the community.

We wish to acknowledge the Tenix Community and Sustainability Team for putting on a fun and worthy event. Our sincere thanks and appreciation must go to Melbourne Trivia for hosting a great evening and to the Tenix staffing team and parent company Olbia, for their amazing support.



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2/109 Whitehorse Road Blackburn Vic 3130
Tel: 8877 6900 | Fax: 9877 9799
Email: info@rtssv.org.au | Website: www.rtssv.org.au

