

Newsletter

2nd Issue December 2008



Well here we are, it's almost the end of 2008 which for us has been another very busy and rewarding year. The alcohol and drug team have been heartened to note that the people who come to counselling with addiction problems appear to be younger and are seeking help earlier than in other years. As one young man said (and I agree with him) "Instead of waiting for the light to appear at the end of the tunnel, it's far better to march down there and light it for yourself".

Along with seeing clients, the team have found it to be important to work outside the office and reach into the community in order to provide education and awareness about substance abuse. This is why they have set up an outreach service by way of off-site counselling in Matura. There has also been a seminar on methamphetamines or "P" which was very well received and will be repeated as a public presentation early in the New Year. We will also have another alcohol and drug expo during 2009.

A few months ago we had an outside audit of the Alcohol and Drug work that we do and are delighted that we passed with flying colours, then more recently we received the SDHB Mental Health Network "Future Directions Quality Award" which is now framed and has pride of place at the Centre.



We take this opportunity to acknowledge all those people and organisations who have provided support, funding, information, advice and services to the Centre which assists us to move forward and help to make positive change for others.

Donations:

Friends of the Centre, Matura Licensing Trust, Southland Community Trust, SDHB, CYFS, Gore District Council, Southland District Council, Pakeke Lions Club, J.R. McKenzie Trust.

The Executive and Staff at Gore Counselling Centre would like to wish everyone a Happy Christmas and Prosperous 2009.