

SA Police Legacy

From the President...

Hello everyone I hope this edition of our SA Police Legacy Newsletter finds you well.

As I write my legs are still aching from my participation in the Stadium Stomp event which was held at the Adelaide Oval on Sunday 20 May 2018. The event was a fantastic fundraiser for SA Police Legacy and I am very hopeful that our team will again commit to the grueling 6,000 steps next year - you can follow our Facebook page for full updates however I'm pleased to advise over \$1,200 was raised.

In March this year SA Police Legacy received a most generous \$1,150 donation from Brett and Dee Gibbons. At their recent wedding, they chose to raise money for SA Police Legacy in lieu of wedding gifts. Their kindness and generosity is truly admirable.

Our social events continue to be very well received and the Facebook images of the recent mystery bus tour, which ended up being to Strathalbyn, remind me of the valuable role we play in bringing friends together.

We continue to expand activities offered to our wards. Attending the Bounce and Adelaide Oval Roof Climb events, provide a unique opportunity for them to share stories that unite them in their circumstances and experiences.

Our partnership with 'Cops for Kids' and their contribution to our wellbeing grants is a vital initiative. Use of the grants has included choir fees, flute tuitions, basketball hoops, sporting uniforms, camera for a hobby course, musical theatre workshops, laptops



and more. Already almost \$7,000 has been paid out to Police Wards, supporting activities which enhance their Wellbeing.

The memories of those that have fallen are not forgotten and on Sunday 22nd April I represented SA Police Legacy at SAPOL's Anzac Day Service. The courage and resilience of those who have served inspires us all.

Please keep a look out for our SA Police Legacy raffle at www.rafflelink.com.au/sapolega5000. It's a great opportunity to win either a Port Power or Adelaide Crows signed football, among other great prizes!

This year continues to be shaping up as an engaging year and I encourage you to read the SA Police Legacy Newsletters and visit our NEW website for up to date information. We remain focused and committed to supporting SA Police widows, wards and families. Take care,

Mark Willing
President

Board Changes

The Board of SA Police Legacy Inc. dedicate their time on a voluntary basis, often during times that would otherwise be spent with their families.

Occasionally that commitment can't be upheld and in March there were two resignations, Inspector Peter Clifton and Senior Constable First Class Nic Whiteside. It is unfortunate to lose two dedicated Board Members and both are wished all the very best with their future endeavours.

At this point in time the two positions will remain vacant.

In April, the Commissioner's Representative on the Board, Inspector Joanne Sharman, moved in to a new role with SAPOL and the Board is very pleased to welcome a new Commissioner's Representative, Inspector David Scutchings. David will join our Board in June 2018. Welcome David!



2018 SOCIAL EVENTS

IMPORTANT DATES

SUNDAY 1 JULY

Mid-year luncheon at the Police Club

WEDNESDAY 8 AUGUST

Movie (a touch of nostalgia) at Ingle Theatre, followed by lunch at The Maid of Auckland Hotel

FRIDAY 28 SEPTEMBER

Police Remembrance Day service at Police Academy
Followed by lunch at Port Dock Brewery

WEDNESDAY 31 OCTOBER

Fashion Parade & light lunch at *Dressed 4 Success*, Keswick

SUNDAY 2 DECEMBER

Christmas luncheon at the Police Club

For full details of all upcoming events, please contact the office.

Meet our legatee...

Matthew Patterson

Tell us about your family... Our family consists of Bailey 9 and Leia 7. They tragically lost their Mum, Danielle through a medical episode. The family also has a new addition in 'Bobbie'- my girlfriend, who I met after Danielle's sudden passing. We also have our menagerie of four cats, two sheep and a dog.

How has Police Legacy been able to support you and your family? Police legacy has been a great support during the initial journey of grief. Assisting with education and wellness grants, birthday and Christmas gifts. Whilst a great support, it is certainly something I wish I didn't have to be so appreciative of. It's a sad club to be a member of, but in saying that, it is fantastic that it exists.

What did your children get out of the recent Ward Event at Bounce? The family day at 'Bounce' was great to meet some other widows who could share their experience and appreciate there are some commonalities in terms of exposure in tragic circumstances. The kids enjoyed the 'escapism' of the event and the party like atmosphere.



What advice do you have for those police families who have had a recent loss or crisis? My advice to anyone who has to walk this terrible road is that it is your journey, not someone else's. You are the only one who "knew" what you both had and shared. You are the only one in the shoes and it is yours to make choices. Don't worry what others think. You know what is right at the time. Celebrate and cherish the memories of those you have lost. Honour them in any way you can every day. In Danni's words "You need to build a bridge, and get on with it". It is a tough bridge to construct – time helps but it never heals. Also remember it's not a common cold, you don't ever "get over" your loss.

The first 12 months after a bereavement

Written by SAPOL Social Worker, Margie von Doussa.

Most of us can't escape loss. If you have ever loved, then chances are you have also lost. The irony of grief is that whilst many people report similar experiences and feelings, grief is a deeply personal and unique experience for each person. Every member of a family may have completely different experiences of grieving for the same person. At the heart of your grief is the meaning of the relationship between you and your loved one, shaping a uniquely personal loss that no-one else will fully know.

A common experience for people, is the profound change in that the first 12 months after the death of a loved one. The intense fast changing emotions and pain that manifests itself at times, physically. It can be a time of heightened connection to the person gone and at other times a harrowing sense of distance that seems insurmountable. In a moment you may feel panicked - not able to recall the sound of their voice, or smell of their perfume and then, without notice, all those senses are in high definition and you glance sideways expecting them to be next to you where they once belonged.

And whilst you are riding this roller-coaster of grief you may also be juggling your children's grief and needs, caring for extended family who seek solace in your presence, organising your return to work and managing your finances. Then comes the process of ticking all the official boxes that need to be ticked when someone dies because receiving that letter or voice message for them after their death is more painful than the challenges faced notifying every service provider.

The early days of grief may be so profound that many people report their surprise when they realise others can't see their grief etched onto their face. Like the first time you venture to the supermarket mixing with people who appear to be so carefree and the check-out operator cheerfully asks, 'are you having a good day', and you look back in shock thinking, 'well of course I'm not, can't you tell?'... only to realise that from the outside you too may appear carefree whilst internally everything has changed.

The first 12 months after the death of someone you have loved dearly is a series of firsts. Birthdays, Christmas, family gatherings, friendship groups all suddenly with a gaping hole where your loved one once was. You may find yourself managing your first parent teacher interview alone or sitting uncomfortably in your regular seats at the football or facing retirement years without your much loved partner of decades. And as inevitably will happen at some point, your brave mask slips and you show your pain and someone will say what every bereaved person dreads and that is, 'you have to move on and find closure'. Well intended perhaps but with a deeply isolating outcome. The person you have loved and

lost will always be woven into the fabric of your life. They have often shaped who you are so their influence and love is visible in you. All the experiences you shared and all you loved about that person remains; and so begins the process of adjusting from having them physically in your world to re-integrating them into your life in a different way, keeping close all that you loved about them.

A Narrative Therapy approach to grief proposes that if we connect with those we have lost in new ways then we become stronger. It honours our ongoing connections to our loved one and encourages this connection in a way that can be healing and nurturing at a time when it is desperately needed.

What are some of the ways you can achieve this? Plan ahead for the firsts. What will you do on the first birthday, yours or theirs, without each other? What will you do on your anniversary? Who do you want around you that will allow you to be how you need to be on that day? Many grieving people talk about desperately wanting a place to reminisce and talk about their loved one. Recruit people who have the courage to share stories, laugh, cry, listen or sit in silence when needed and by doing this you begin to create new rituals of connection and remembrance and your loved one gradually takes up a new role in your life.

Every day you manage in the first 12 months is an achievement. Take note of the tasks you have undertaken that you never did before. Be proud of the smallest of successes. One woman I worked with had never cooked a BBQ for her children as her husband had always done this task and her achievement in successfully cooking her first BBQ was a bitter sweet celebration for her as it marked her gradually changing to accommodate his loss.

The first 12 months is often a time when people report feeling buoyed by the love and care of others however it may be that many of these people are also grieving the loss of their relationship with your loved one. When they retreat to take care of themselves, utilise a formal therapeutic support for yourself. Your GP is well positioned to refer you to a counsellor or psychologist. The importance of having an independent support person cannot be underestimated. Grief is often described as an isolating experience so gather a team around you which includes professional support.

And remember one step at a time. If your husband, wife, partner, child, friend, colleague, cousin, best friend, sister or brother could speak; they would say 'keep going, I am proud of you and remember me often'. Over time when the pain subsides you will be able to remember without the intense pain of these first 12 months but rather with love and laughter.

Fundraising and Donations

Like most charities, SA Police Legacy Inc. relies on donations and fundraising to ensure sustainability. So it was a pleasant surprise to see the new year commence with a number of generous donations being presented.

Wall to Wall – Ride for Remembrance

In our last newsletter the Wall to Wall fundraiser had well and truly come to a close, however the final amount was still busily being tallied. In February 2018, SA Police Legacy Inc. was delighted to receive a further \$6,813.00 from Wall to Wall.

To recap, the Wall to Wall is a motorcycle ride from Fort Largs Police Academy to the National Police Memorial in Canberra. The Ride for Remembrance commemorates police officers who have lost their lives whilst on duty, paying the ultimate sacrifice.



Top L-R: Senior Constable Brett Gibbons with SA Police Legacy's President, Senior Sergeant Mark Willing. Above L-R: Senior Constable First Class Michael Klose, SA Police Legacy Board Member, Sergeant Samantha Strange and SA Police Legacy's President, Senior Sergeant Mark Willing.

Wedding Present Donation – Brett & Dee Gibbons

It's not very often that a couple, embarking on their lives together, decide to donate their wedding gift monies to charity. But this is exactly what Brett and Dee Gibbons did! This generous gesture provided SA Police Legacy Inc. with a donation of \$1,150. As a Police Officer, Brett knows the importance of organisations that provide support to those in need. Thank you Brett and Dee!

Police Barracks – Open Day Stall

Each year SA Police Legacy Inc. is lucky enough to be invited to set up a merchandise stall at the SA Police Museum Open Day. This year it was on Sunday, 6th May. The Vice-President and the Manager of SA Police Legacy, Jodi-Lee Black and Karen Cucchiarelli, worked their magic on the day and were pleased to see hundreds of people share the fun of the day and raise over \$850. Thank you again to everyone who has fundraised for us.

Stadium Stomp

This year SA Police Legacy President, Mark Willing with his daughter Edan, joined SA Police Legacy Manager, Karen Cucchiarelli, and her husband David, to take on the challenge of jogging/walking over 6,000 plus stairs at Adelaide Oval. It really is true that every seat at the oval has a great view according to our four challengers. Whilst the leg pain is only just starting to subside, as a team they raised over \$1,200! A great effort and another reason to feel proud that morning.

Coming up...

In July this year, Karen Cucchiarelli and Mark Willing are thrilled to be attending the National Police Legacy Conference - hosted by Queensland Police Legacy. This conference will provide them the opportunity to hear about state Police Legacies with regards to Grants/Services, fundraising and general business. Both are looking forward to sharing some key outcomes in the next newsletter. And if you haven't already, please like our page on Facebook as news is often shared there first.

What Grants are available?

SA Police Legacy Inc. provides financial support to SA Police families who have either lost a loved one, or are suffering a serious health issue. The financial support is often, but not always, paid in the form of a Grant. So what Grants are available? And how might you apply?

Police Wards – Grants available:

Education

A yearly lump-sum payment is paid to each eligible Police Ward. The lump-sum amount increases as the Police Ward moves through their schooling and in to tertiary studies. Application forms are sent to the parent every January, with most payments processed in February and March. Currently, yearly payments range from \$600 (kindergarten) to \$3100 (tertiary).

Personal Development

A once-off payment per Police Ward is available when opportunity arises to further develop their skills. These opportunities may be a student exchange program, a career development activity, equipment to assist with further studies and much more. Whatever the need, applications can be made direct with the office, outlining details on how this opportunity will personally develop them and assist them in life. Approval must be gained by the Board.

Job Ready

Police Wards, can apply for the Job Ready Grant which assists them, via reimbursement, for the cost of tools, books or other equipment required by them to enter the workforce. Applications can be made directly with the office and approval is required by the Board.

Wellbeing

This Grant is available until October 2019, and is funded by a donation received from Cops For Kids. This Grant is available to all Police Wards aged 0-18yrs and provides them with reimbursement of activities partaken to improve their general wellbeing. This Grant pays each Police Ward up to \$500 per year, until October 2019, with application forms being sent each August. So far claims received have covered swimming lessons, musical workshops, sporting equipment, dance lessons and much more.

Serving Police Officers – Grants available:

Welfare

A Welfare Grant provides financial assistance to serving Police Officers and their immediate family, when faced with serious health issues. The circumstances requiring the assistance must be as the result of serious illness or serious injury to a serving Police Officer, or serious illness or serious injury to a child or spouse of a serving Police Officer. Applications can be made directly with the office and approval is required by the Board.

In addition to the Grants, SA Police Legacy Inc. also provides Police Wards further support via Birthday and Christmas gifts, driving lesson reimbursements and social activities. Our Police Legatees also have a number of services available including social activities, luncheons, Once off reimbursement of a legal Will (new/review) and more. Please contact the office if you'd like more information on any of these services.

Fundraising Raffle

A fundraising raffle commenced on Monday 1st May and will run until Saturday 30th June - unless sold out prior, with the winner being drawn at 10am, Monday 2nd July. All proceeds from the raffle go towards supporting SA Police families facing crisis.

Purchase tickets Now!

Tickets are just \$5 each. To purchase your tickets now head to:

www.rafflelink.com.au/sapolega5000

Please share the news of this raffle with your family and friends. Only 2000 tickets are available so buy yours today!

FUNDRAISING RAFFLE

Tickets can be purchased at: www.rafflelink.com.au/sapolega5000

Thank you to the following who donated prizes.

1st PRIZE

Value \$2048
2 Nights Riverfront Villa, Renmark
Big 4 + \$500 Visa Cash Card
+ Char Broil Portable Grill 2Go
+ Series 3 Apple Watch

2nd PRIZE

Value \$280
*Choice of Signed Adelaide Crows
or Port Adelaide Football
+ Family Pass To Adelaide Oval Tour

3rd PRIZE

Value \$100
Bunnings Gift Card

TICKETS ON SALE FROM 9am, 1st MAY – 5pm, 30th JUNE.
RAFFLE DRAWN 10am, 2nd JULY 2018. WINNER PUBLISHED ON
<https://www.facebook.com/sapolicelacy/>

TICKETS \$5^{EA}

This fundraiser is run by SA Police Legacy Inc., with all funds raised going towards supporting SA Police families during times of crisis.



Karen R's Corner

My days, and then weeks, seem to run into each other sometimes, and I then continue to wonder where the months have gone. Having officially retired from SAPOL at the end of July last year after 35 years in the job but still continuing to work part time with Police Legacy, I deemed myself 'semi-retired'. However, I have no idea what that really means as the word 'retired' used to conjure up images of lazy days with nothing much to do and all day to do it in. Boy, is that wrong! A number of our fabulous Legatees are 'full time' retired, but I literally have to make an appointment to catch up with them way in advance as they are all so busy. And that makes it a great story, as they are invariably doing things that they enjoy.

Sure, there's the usual grand-parent responsibilities that many of them are engaged in, but there is also the volunteering and travel, plus the different clubs, groups, interests and activities that fill their days. Long lunches with friends are clearly very popular too! So it comes as no surprise to me when we have such wonderful get-togethers at Police Legacy functions.

Sad, but true, that because of our shared circumstances we have all been through that awful experience of having to go somewhere new on our own. To nervously walk through the door and see a sea of faces that blur together, desperately hoping that you will recognize someone or more importantly that someone will greet you and welcome you into the room so that you won't be on your own.

Well, that's exactly what we do at Police Legacy. We have all been in that very same situation and it takes a lot of courage to be bold enough and gather sufficient confidence to come along to your very first Police Legacy event.

But without exception, every new Legatee can be assured that within 5 minutes of coming through the door, they will be made welcome and have found someone that they know. Where the

rest of the world might experience six degrees of separation, we at Police Legacy can boast about two!

In my relatively few years as the Liaison Officer I have had the great privilege and honour of meeting the most resilient group of people – our Legatees. Each person has their own story of loss, but each same person offers support, encouragement and hope to others. I've recently spent time with some of our Wards at 'Bounce' and on an Adelaide oval Roof Climb. These young people are simply delightful. They are our future, and in their hands our future is looking good.

So hopefully I will see you at an upcoming social event where you can be assured of being amongst people who know what you are going through and will be able to come alongside you with compassion, empathy and friendship. And usually there's lots of laughter too!!!



Ward Events

Written by Karen Robinson and Karen Cucchiarelli

BOUNCE! (4-12yo Wards)

Oh my goodness! If you are ever wondering how to use up some excess energy in a really fun way, then our delightful younger Police Wards have found the answer... Bounce Inc. Mind you, you'll also need to be ready to try lots of new activities like bouncing all over the place on a host of different trampolines and fixtures. And be prepared for the noise – but it's 'good' noise emanating from lots of happy children.

On Sunday 25 March we hosted some of our younger Wards at Bounce Inc, Marleston and what a fabulous morning we had. I knew that it was a big ask for the Legatee parents who had not previously met us to bring along their 'littlies' and hope that the children would get on well together and join in the activities planned. My sleepless night before hand however, was wasted as both parents and children got on perfectly well, right from the get go. Whatever was I worrying about?

While the parents had a chance to catch up with each other over a cuppa, the children were kept busy by Henry - their venue host for the morning. Henry had the patience of a saint and had every child listening attentively to instructions and following him like the Pied Piper. Our morning started with hula hoop play, then wall climbing followed by various trampolining games and free play. I grew weary just watching it all!

We finished the morning in our private room where the children enjoyed the party food and came up with some great ideas for future get-togethers. From all the comments, it certainly sounded as though everyone had a good time. New friendships were forged both between the children and parents, and our Police Legacy Family got just that bit stronger as a result.



ROOF CLIMB (13-18yo Wards)

On Sunday 15th April it was our older Wards turn and believe me, the grey skies weren't going to deter anyone from a breath-taking Adelaide Oval Roof Climb. Everyone had their brave face on and walked up and down the cascading roofs of the oval, whilst hearing some interesting facts from our lovely host. The views were panoramic and the mood was excitable, so it was an afternoon made to order.

Whilst up on the highest platform, some 50-metres off the ground, the group walked over a mesh flooring which was enough to churn any stomach. For those who wanted a further thrill there was the chance to lean back over the edge! It wasn't for everyone, but what the day did do for everyone was enable our Police Wards to come together and start new friendships.

These two events are the first we've had for the Police Wards in over three years. Why the long break? Well the numbers of those interested in attending events were low, however it is great to see that the value of these occasions are being realised again, and rest assured more Police Ward events will be run in the future.

Police Ward events are run for a reason, and that is to bring all of the children together who have lost a Police Officer parent. It helps them realise that they are not alone and in fact, are part of a much bigger family - the police family.





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