



From the CEO Rebuilding Lives – Strengthening Communities – Restoring Hope

- a message from our CEO Charlie Blatch.



Goldbridge services enable people to meet their own recovery journey from the hazardous use of drugs, and is a recovery focused Organisation offering services in both a residential and community setting, with a positive approach to partnership working, we are uniquely placed to create fully-integrated services which offer clear and flexible pathways, to meet our service users, diverse and unique needs, in **Rebuilding Lives, Strengthening Communities and Restoring Hope**. We have had a very busy, productive and successful year, working in partnership with justice and child welfare systems, health service providers, policymakers, community leaders, and many others to develop avenues to success, with improving health, reducing recidivism, reuniting families, and restoring dignity. Recent highlights include;

Extended Residential Family (Pilot) Project

In our ongoing vigilance to support clients responsible for children, a recent initiative has seen Goldbridge partner with Horizon Housing, Child Safety and Dept of Housing and Public Works to implement a pilot Family Re-Unification Project – and while successful, and with the continuing help of our partners, this recently morphed in to a Residential Family Pilot Project whereby safe, stable and affordable housing is now provided, in which to accommodate the re-unification of families, who are addressing alcohol and drug issues.

Goldbridge On-Line www.goldbridge.com.au

Just recently we gave our website a fresh, new look and a new focus, providing key information about our services to those seeking help. We know that recognizing a problem is often the first step towards recovery, but finding out exactly what treatment entails, where it is available, and who to call is often daunting. Our new site makes this challenging

process far more manageable—by mapping the route from treatment to recovery, and providing detailed information about our programs. Currently the website is providing information to 1450 enquiries per month

Quality Improvement Program



Goldbridge is enrolled with SAI Global, (ISO 9001 Quality Management Systems), and successfully completed the second year review in maintaining its Accreditation. In tandem

with this process, we have participated in the Australasian Therapeutic Communities Association (ATCA) program of evaluation, having adopted the standards, and has become **the very first agency in Australasia to be Accredited as a quality Residential Therapeutic Community** as independently assessed by ATCA/ ISO (International Standardisation Organisation) and IHCA (Institute for Healthy Communities Australia)

We are very proud of these achievements

In closing, I send a BIG Thank you to everyone involved with Goldbridge - our Board of Management, staff, service users, graduates, volunteers and loved ones who have helped make this a very good year. To all our stakeholders, supporters, donors and partners – thank you for your valuable support over the past year, and we look forward to achieving more together during 2016

Wishing you and your loved ones peace, health, happiness and prosperity in the coming New Year

Goldbridge Annual Christmas Pageant

Thursday 17th
December 2015 - 6pm

Southport Community
Centre, Lawson St,
Southport

Finger Food and
Drinks supplied



Gold Coast Wellness Festival A Fun Family Day Providing Support

Be Active. Get Connected. Stay Involved

10th October 2015

The Gold Coast Wellness Festival is an annual event that concludes the festivities of Mental Health Week. This event gives *Goldbridge* the chance to promote our services and to provide a fun activity for the children. There was a change in venue this year to the Southport Broadwater Parklands where entertainment, food and activities were provided to promote mental and physical wellness within the Gold Coast Community.

With the opportunity of using art therapy as an avenue to express, all who were involved came to this message – anyone with a lived experience or associated with someone with mental illness has an equal place in society

This year the activity was making ribbon wands. This kept Josh (AOD Worker), Suzi (Work Crew Trainer), Hannes and Peter (Transition Clients) extremely busy helping the children make these festive wands. Big decisions needed to be made in what colour ribbons, what size bell and which jewels to put on the ribbons (especially for the girls) and what colour pipe cleaner to trim the handle.

There was an overwhelming response from the children and it was great to see them running around twirling their colourful wands. We also had many enquiries about the services that *Goldbridge* provide.



ArtBeat Music and Arts Festival

9th October 2015

Goldbridge attended the ArtBeat Music and Arts Festival as part of Mental Health Week, which was held at the Gold Coast University Hospital. The theme of Queensland Mental Health Week was "value mental health" which aimed to reduce the stigma associated with mental health issues.

ArtBeat featured live entertainment, an art exhibition, information on mental health services and a free BBQ lunch for Gold Coast Health staff and consumers to celebrate the powers of self-expression in mental illness, health and wellbeing. This year ArtBeat Featured 10 performers and 50 artworks.



Preventing Suicide: Reaching Out and Saving Lives

Care for Life in conjunction with local service providers hosted this Information Seminar as part of World Suicide Prevention Day.

The format this year was a professional development session for workers in the morning, followed by a forum in the afternoon, which was open to the wider community.

Delicious lunch, morning and afternoon tea was provided by the International Inner Wheel Clubs of Gold Coast North and Broadbeach.

Raylee Taylor performed the official opening ceremony after lunch, which was followed by an afternoon of very interesting speakers. At the end of the day there was an opportunity to check out the service provider stands.

Musical interludes were provided by Headspace, Southport and from Nerang State High School.



Making My Dreams Come True

I completed Goldbridge in September 2007. I'm originally from the UK and all my family live over there except for my soon to be ex-husband. So at the age of 37 I was basically on my own apart from the friends I'd made at Goldbridge and Narcotics Anonymous.

I remember that the most important goal for me was to **be happy** - I'm not going to be in recovery and not have fun! It sounds simple, but for decades I had not felt happy and wasn't sure how I was going to achieve this. Someone told me to think about what used to make me happy before I was in addiction - Art. Travel. Adventure. Water sports. Learning new skills. This has been my template for fun ever since.

There was an art school in Southport that I'd noticed and checked out their website. They had a beginner's course so I took a deep breath and joined up. This was my first experience of mixing with people outside recovery since entering Goldbridge and I was very anxious to start with. I loved that I could still draw and was learning new skills painting with oils and was amazed at the paintings I produced.

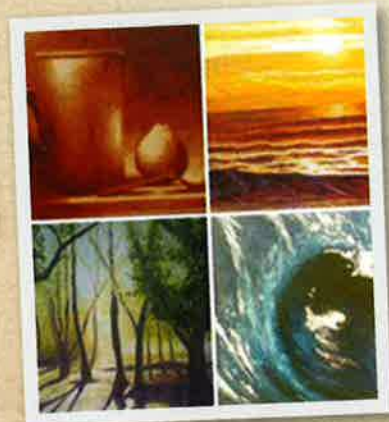
I've always loved exploring and travelling, that's how I ended up in Australia. Since getting clean I've been lucky enough to travel to some amazing places and I've done some crazy things. I've jumped out of an aeroplane over Byron Bay, I've sailed across the Straits of Gibraltar to Morocco, fired an AK47 in Vietnam and stood on top of an active volcano on a remote island of Vanuatu. I think I'm a bit of an adrenalin junkie (pardon the pun)!

A few years ago my partner and I moved to Melbourne so again I had to find ways to meet people and have fun. I discovered the Meetup website that lists heaps of activities and I chose sailing as I had spent many years sailing in the UK. For that first Victorian summer I spent many weekends sailing around Port Philip Bay and having the time of my life.

A year later we moved out of the big smoke up to Emerald in the Dandenong Ranges. Within a week I was looking through the local paper wondering how I could get involved in the local community. There was an article about local SES needing more volunteers. I knew nothing about the SES but reckoned I'd at least learn a few useful skills and have a chance to support my new home town. Again I've met awesome people and they take me for who I am now, not what I've done in the past.

Just recently I got my motorbike learners permit and my partner and I rode to Ballarat for the weekend. This is now my new passion and can't wait to get a motorbike of my own so that we can explore more of Victoria and beyond. ...

Annie



Goldbridge acknowledges and thanks the following for their ongoing support and donations (how these will be used will be revealed in the next newsletter)

- Lions Club Robina
- Canon Geoff Bransgrove and Residents of Aveo Retirement Village - Robina
- Coles Supermarket Australia Fair, Southport.
- Kerry Richards JP

We would like to wish you and your families, a safe and Merry Christmas



Red Clay Community Theatre

Red Clay Community Theatre has set up partnership with Goldbridge utilizing theatre and performance skills to highlight their End of Year Christmas Pageant.

This is being orchestrated through operating 2 x 2hr workshops per week where sharing of stories and devising acts has been both fun and thought provoking.

Red Clay Community Theatre has been in operation for almost a year, and its emphasis has been on inclusion of all communities with a focus on wellness and recovery that encourages self-awareness, self-esteem and self-expression.

Often the essence of arts practice, in particular working with marginalized groups, is the telling and sharing of personal stories, then presenting them in a variety of forms to a range of audiences. This is precisely what the creative process does. Using these creative processes specifically in the field of Theatre and Drama, encourages to assist mental illness recovery, social health, education, personal develop, creative expression and general wellbeing.

The Goldbridge Theatre Workshops have been well under way since the

26th October. Participants have been exploring theatre sports, mime, comedy, improvisation, theatre games, physical theatre, song writing and story telling.

It's amazing to see them participate and be surprised with what they can come up with that can be used and utilized as a lead way into acts for a show.

Their interpretation of the Goldbridge lifestyle has been explored in lots of mediums, particularly with the making of a Goldbridge machine, and lyrical songs.

Their willingness to participate and share their experiences/stories coupled with theatrical elements is set to culminate in a thought provoking and fun Christmas Pageant. Destined to have real stories, funny stories, songs, dance and a couple of surprises.

The Facilitators Dr Mike Foster and Artistic Director of Red Clay Community Theatre Bella Pidcock are overwhelmed with the participant's enthusiasm, imagination and reality check to really look at themselves, have fun, but at the same time deliver a message they hope audiences will receive and reflect.

Bella

red clay community theatre



Parents under Pressure (PUP)

Goldbridge Rehabilitation Services (GRS) has long held the view that families are an integral part of the journey for residents in rehabilitation and to that end is committed to supporting families.

Earlier this year the GRS management team took a further step to enhance the 'Goldbridge Families Program' by sending two staff members to train in an evidence based parenting program called 'Parents Under Pressure' (PUP program). The program was developed by Professor Sharon Dawe, from Clinical Psychology at Griffith University and Dr Paul Harnett, Senior Lecturer in Clinical Psychology at the University of Queensland.

The PUP program is intended to be delivered on a one to one basis. A Therapist Manual provides the theoretical overview behind the PuP program and the Parents Workbook is given to the parent and forms

the basis of the treatment program.

Modules in the Parent Workbook contain many different exercises that help the parent work towards their own parenting goal and are seen as a buffet of options to choose rather than a recipe to follow. Examples of the modules are: Checking out Priorities and Setting Goals: View of Self as a parent: How to manage emotions under pressure: Connecting with Your Child & Encouraging Good Behaviour: Mindful Child Management: Life Skills: Relationships.

The art of PuP therapy is to use the program creatively, acknowledging the unique needs and resources of the family, as both Kay (AOD Worker) and myself (Mary - Family Worker) have discovered.

After attending several training days and monthly Supervisions at Griffith University, we have begun to assist clients from our

Residential Community. After 6 months training and submitting our Case Studies in February, Kay and I will become Accredited PuP Therapists, hopefully assisting many of the Goldbridge residents and their families long into the future.

Mark G was the first Goldbridge participant involved in the PuP Program which commenced in June 2015. He says "It has really helped me with my communication style and relationship with my 2 daughters (aged 9 and 11). It has also created a bond that I have never experienced before with them. It has helped my ability to become sociable with others in general and highlighted the behaviours I need to work on. The PuP Program has been so good for me and my recovery and family that I would recommend it to every parent".

Mary Alcorn - Family Worker

