



Rebuilding Lives, Strengthening Communities

GAZETTE
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P 07 5503 1255 F 07 5532 1316 E info@goldbridge.com.au W www.goldbridge.com.au



From the CEO Change Starts Here

Many people come to us without having experienced 'normal' things for many years as they've been lost in the chaos of addiction. At Goldbridge we pride ourselves in not only supporting people to address their causes of addiction, but to improve their quality of life. We introduce people to real friendships, new hobbies and interests, and help build positive support networks. For more information please call our Admissions Team on 07 5503 1255, or visit our website at www.goldbridge.com.au

Trying to deliver good quality responsive rehabilitation services in a climate of fiscal uncertainty, services that must keep up with the increasing deprivation and vulnerability of people who want our help - is just plain hard.

but ...

It is not as *hard* as deciding to stop using (say) heroin after 25 years and 6 prison sentences.

It is not as *hard* as facing up to the abuse you have suffered as a child which has led you to living a lifetime on the street selling sex for money, to fund your drug habit.

It is not as hard as admitting that you need help to address your alcohol/drug problem, so you can be a good parent to your 4 kids.

And while people living those lives have the bravery and self determination to want our help, we will continue to have the passion and commitment to support them as best we can, for as long as we can ...No matter how hard it gets !



- YOU HEARD IT HERE FIRST -

Goldbridge Annual Christmas Pageant

When: Thursday 15th December 2016

Where: Main Hall, Southport Community Centre, Lawson Street, Southport

Time: Finger food and drinks from 6pm
Gala Show begins 6.30pm

IT PROMISES TO BE WORTH THE WAIT!



Escape To The Hinterland

Transition clients enjoyed a day trip to Springbrook National Park recently.

It was a beautiful day, perfect for the planned activities!

The day started with the forty minute drive. The first stop: The Famous Fudge Shop for coffee and fudge (of course!). Choosing from one of the many varieties was a challenge in itself!

Then we proceeded to the National Park to start the 600 metre walk to the Incredible Artic Beech Tree – a truly amazingly

beautiful tree that is approximately 2000 years old and over 33 metres high.

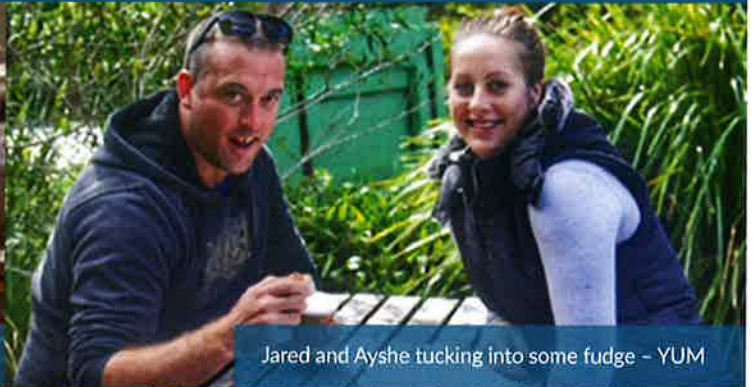
Then it was on to the 'Best of All Lookout' to enjoy the breathtaking views of Mount Warning. – photos were taken here to capture the awesome views.

Then time for lunch – a perfect picnic overlooking a babbling creek bed. Then for some more adventures – a lush rain forest.

A great day was had by all Transition residents who went along.



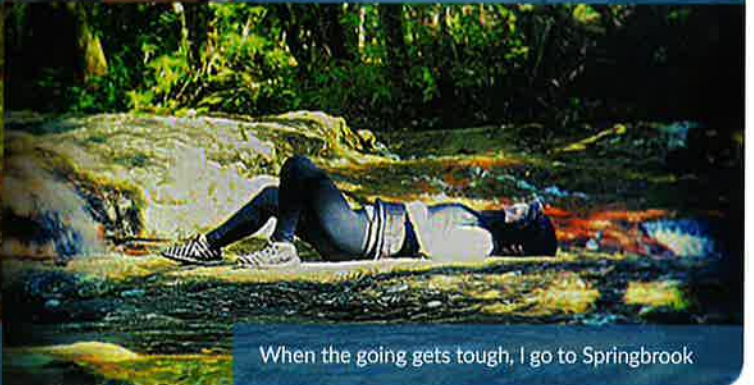
What to choose - that is the question



Jared and Ayshe tucking into some fudge – YUM



Great place for long walks



When the going gets tough, I go to Springbrook

Road to Recovery (a work in progress)

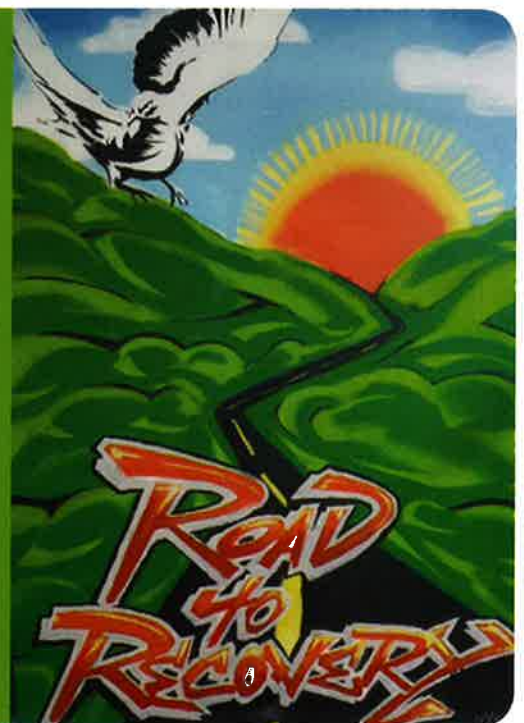


Goldbridge has been working in conjunction with Red Clay Community Theatre to utilize theatre and performance in working with our residents.

Weekly 3 hour workshops over 12 weeks have focused on mime, song, poetry, improvisation, theatre sports, story-telling and physical theatre as vehicles for self-expression and process work. Our residents were also given insight into the technical aspects of theatre work including lighting, sound and stage management. All of this hard work culminated on August 18 with two performances at the Gold Coast Arts Centre of our very own production; Road to Recovery (A Work in Progress).

Due to the nature of the content being explored (the lives and experiences of our residents), along with the challenging nature of theatre work (especially for those with no previous experience), these workshops and performances were at times quite intense to say the least. It's an incredible privilege to have seen the growth in the participants, the pride in what they were able to accomplish, and to have been a contributor in my own way.

Thanks to Dr Mike Foster and Bella Pidcock for facilitating our adventure, as well as Veronica, Nadia, Nick and Shock Therapy Productions for helping us out along the way.



Trevor's story

I can still clearly remember the desperation I felt when I was sleeping on the beach in Mooloolaba Qld. I was using a wine cask as a pillow, rarely eating or washing, and carrying my worldly possessions in a backpack.

I could not understand how I had reached this stage... Homeless... Unemployable and totally insane.

I was born and raised west of Geelong Victoria on a sheep and cattle farm and had a great education at an elite boarding school in the district.

I was an 'A' grad student, and excelled at Aussie Rules and tennis, but the obsessive personality was already in motion. I would kick a football or hit a tennis ball until exhausted, needing to be the best.

Later when I left school, sport was a big part of my social life, and drinking afterwards, which I now realise, became the major attraction.

I could leave the farm on Saturday to play football, and get home on Monday or Tuesday.

The Aussie culture of alcohol being in everything to be celebrated is crazy, and at the time, seemed normal.

I married a lovely young lady 26 years of age, but after 10 years, and constant promises to reform, she left me. We had a farm, and a 2 year old boy I adored, but no human could stop me, or help me change my ways.

The downhill slide was swift and shocking as after a few months I became a morning drinker.

In a period of 5 years after moving to 3 or 4 different cities, I gave up hope and moved to Queensland, going from backpackers on the Gold Coast to Cairns.

In a 2 year period, I had 'worked' at resorts, and on fishing boats, continually reaching points where I needed to be hospitalised or sleeping in homeless shelters.

After my 7 Year Black Hole I had lost touch with all family and friends and was ready to die.

I called an ambulance, told them I had a 'stroke'- a total lie, and pleaded with them when they arrived to help me before I died.

The hospital guided me to a detox unit and from there I went to Goldbridge. This was June 1998.

I had no faith in the program, but just wanted 3 meals a day, a bed and a roof over my head.

The AA meetings seemed like a joke and propaganda, but after a month or so I felt changes in every way. The compulsion to drink had left me!

I completed the program, but had the feeling I could drink socially, but a horrible 'bust' and another detox, and



a few more months rehab got me back on track with a deeper conviction.

I got into service work, had a great sponsor and a home group at Broadbeach.

At this point I had meaningful contacts and relationships again with my son and family.

Two years sober and I was able to move to Taiwan near China, teaching English.

I had this strange feeling that I really had control over this disease, and after a few meetings here I stopped... A near fatal mistake as a month later I drank some vodka and orange to impress a local lady... 10 days later and continual uncontrollable drinking I really thought I was going to die, and a few local AA's got me into a local hospital psych ward to detox and people from AA visited me and assured me if I came back to meetings I would be ok.

An American became my sponsor, I got back to regular meetings, and that is nearly 13 years ago...

I have been able to learn new skills, am financially secure but most important of all, I am no longer a slave to alcohol.

When I wake up in the morning I can look into the mirror and feel ok and know that I am seeing the real me.

My life is amazing, nearly 13 years sober, married to a beautiful local lady and strong in the AA Fellowship where my best friends are, from Taipei, USA, Canada, UK, Brazil and Australia.

When I go back to Oz, and if I am on the 'Goldie', I always visit Goldbridge to say hello, maybe do guest speaking and relive the memories of where my recovery started.

If you are in rehab, shaking and shivering, feeling hopeless and stressed just take it easy, listen to the counsellors etc and remember my story, because this program is all about MIRACLES and you can be one too!!

God Bless You All... and just for today. Trevor.



Tori's story

Hi, I'm Tori! Some of you may have seen me around *Goldbridge* lately and may be wondering who I am. I'm currently studying at Griffith University and working towards my Bachelor of Human Services and can finally say I am in my final semester of University! I am fortunate to have the opportunity to complete a field placement at *Goldbridge*. Even though this is my final semester of University, this is my first year in the beautiful country!

I am from Ontario, Canada and currently hold an Advanced Diploma in Child and Youth Work and decided that I wasn't ready to finish my tertiary education. I had an opportunity of a life time to pursue new education, as well as education of travelling and cultural differences - I felt as if I couldn't not take that chance. It was crazy to think I was able to travel half way across the world and have the ability to achieve an education that is transferable in Canada.

Since I will be involved within *Goldbridge* until the end of October, I feel that it is important to share two things about myself as well as two of the most significant experiences I have had in both Australia and Canada.

Firstly; as a typical Canadian my favourite sport is Hockey and I have played competitive hockey my entire life and was being named in the top team in Ontario in my competition level. Secondly; I love being outdoors and enjoy doing activities that involve new experiences and exploration and here in Australia, I have loved the unlimited access to the most beautiful beaches in the world. My most significant experiences so far while living in Australia would be seeing a kangaroo in person! As a Canadian that is something that you would never imagine possible, to me that's only in movies.

My second most significant moment here in Australia would be being able to understand the Australian "English". I have begun to understand the hidden terms such as "fortnightly, reckon, mozzies, arvo". It has been an absolute blast learning the language and getting a good giggle out of it at the same time. My two most significant experiences I have had in Canada would be of course being able to experience snow! Most Australians I have spoken to have little understanding of how cold it gets in Canada, as much as I complain about the snow in the winter time being able to experience it is something that I take for granted. My last



and final significant experience that I have had in Canada would be the well-known staple food items such as, pure Canadian maple syrup and poutine. Two of my most favourite foods that are such highlights to my home country. Before deciding I was ready to go back to Uni, I have had many different work experience; I have had many different privileges and experiences that have brought me to where I am today. Before coming to Australia I had an opportunity to work in an adolescent rehabilitation for adolescents from age 12 to 21. From the first day I worked there, I knew that helping people change their lives was the direction of my profession I was looking for. As part of my second semester in Australia, I had an opportunity for a field placement. Since being an international student, I had very little insight on organizations on the Gold Coast, I was recommended *Goldbridge*. Even though I hold a previous advanced diploma in Child and youth Work, I was ready to challenge a completely different age category to gain professional development. *Goldbridge* has given me an unreal experience already, on the importance on a Therapeutic Community. I have never had an opportunity to professionally work in an environment that allows honesty and integrity to be in an ultimate safe and therapeutic environment. As a placement student *Goldbridge* is allowing people to change their lives in the most challenging but positive manner.

What golf?

Disc golf, golf with Frisbees.

I can't count the number of times I've started a conversation just like this when trying to explain just what I've been doing with my weekends for the last year or so. Disc golf as an organized sport has been around since the mid 70's. The aim is to throw specialized discs to a target in the least number of throws. Since taking it up last year I've played in 5 tournaments, placing second in the Victorian and Queensland state championships in the novice division.

I've been fortunate to be able to share my enthusiasm for disc golf with the residents and staff of *Goldbridge* recently by taking them to the



course at Country Paradise Parklands at Nerang. So far we've had two mini tournaments with prizes awarded to the male and female player with the best scores. And as the saying goes, a bad day on the golf course beats a good day at work!

If you'd like some more information on disc golf, it can be found here:

www.australiandiscgolf.com
and here: www.pdga.com

Zeke

