

# Rebound Newsletter

Hello Everyone

**Rebound** is having a re-launch from January 2015 when our next Newsletter is due. As we are busy putting together lots of articles for this, the November issue is smaller than usual. We want our future Newsletter to have a slightly different format to reflect the views and ideas from all of our members, so if anyone has any comments, articles or inspirational verses they wish to share please email us at ['info@reboundgroup.org.uk'](mailto:info@reboundgroup.org.uk).

Rebound will not be holding the weekly meetings on Tuesday 23<sup>rd</sup> December and Tuesday 30<sup>th</sup> December but will be back again on Tuesday 6<sup>th</sup> January 2015. I know this can be a very difficult time for some of us so if anyone is feeling they need someone to talk to, please don't hesitate to ring our dedicated phone line 07939580167 and leave a message – we will return your call asap. In the meantime, may we be the first to wish everyone a very Happy Christmas and a Peaceful New Year!



## Goodbye Jamie



On Sunday 21<sup>st</sup> September at Salisbury Sky Dive Centre, Gina Wilson decided to throw herself out of an aeroplane at 15,000 feet! She did this to raise money for Rebound and Ravenscourt Treatment Centre, Bognor Regis in memory of her brother Jamie who sadly lost his battle with addiction in May this year



Gina told us that this Skydive was on her 'bucket list' anyway, but when she lost her beloved brother she decided to go ahead with the plan and raise money in his name. She told us that she was 'not nervous at first' but as the plane went up she felt 'scared, and wondered what I was doing'! She said the helmet was tight and 'ruined her hairstyle' and the pilot told her that after 9,000 feet there was still another 6,000 to go! When she jumped she disappeared under the plane, but after that there was a wonderful sensation as she went into an amazing freefall.

As she descended she said she 'felt sick' and duly was so, the instructor being in the firing line!

*Gina said that she would like to thank Ravenscourt for "giving me the brother I once knew back to me, even if it was for a short time. I can cherish the memory I have of him, handsome, kind, a truly loving brother, dad and uncle and clean from addiction. Thank you Ravenscourt for being so good to my brother. We miss him dearly and can only hope that you are able to help others in the same way".*

*Gina's mum, also called Gina, is a member of Rebound and said that she had found support and empathy at Rebound as so many others are embroiled in the madness of addiction in the family. 'I would be truly lost without them. I am very proud of my daughter'.*

*Of Ravenscourt, Mum Gina said 'my son Jamie detoxed there for six months. It was hard going, but he did it. I watched him bloom and saw him turn into the man he was meant to be, drug free, handsome and big, for the first time in 15 years. We are so grateful to have had that precious time with him. I am able to remember Jamie in this way and will be forever indebted to you. You gave me back my boy and if there is ever a time that our experience can help others, just call'.*

We at Rebound are so grateful for Gina and her mum's support and hope that we can continue to support carers who are facing similar problems, unfortunately it was a sad ending for Jamie and his family, but there is hope, many people do get through it. For families it just takes acceptance, understanding, strength and above all support.

## Flick Drummond: Parliamentary Candidate for Portsmouth South

Here is the response we received after Flick's visit to Rebound in August. Flick received our September Newsletter and it's great to know that she is so passionate about raising awareness of the easy availability of so-called 'legal highs' in the City and taking it to Parliamentary level. She is genuinely concerned about this issue and the impact it is having on us carers. It's so good to have her on board.

Dear Rebound,

Thank you very much for the newsletter. I am very surprised to have been mentioned so thank you. I was very touched by the meeting and I hope that I will be able to help the group so please let me know if there is anything I can do.

I will continue to talk to Ministers about the issues and hope that we can get some legislation through to ban the selling of drugs in shops. I know that this will push it to the internet but at least people might find it harder to experiment or try in the first place.

There is so much to do but this is one of my priorities.

If I am elected next year, I will have more clout so I will work very hard to make sure that happens.

Thank you so much for allowing me to share some of the issues with the families at the meeting, they are much in my thoughts. Kind regards, Flick

### When I feel responsible TO others

I .... show empathy  
I .... encourage  
I .... share  
I .... confront  
I .... level  
I .... am sensitive

### I feel .. relaxed

free  
aware  
high self-worth

### I am concerned with ....

relating person to person  
feelings  
the person

**I believe that if I share myself, the other person has enough to make it**

**I am a helper/guide**

**I expect the person to be responsible for him/herself and his/her own actions**

**I can trust, let go**

### When I feel responsible FOR others

I .... fix  
I .... protect  
I .... rescue  
I .... control  
I .... carry their feelings  
I .... don't listen

### I feel .. tired

anxious  
fearful  
liable

### I am concerned with ...

the solution  
answers  
circumstances  
being right  
details  
performance

**I am a manipulator**

**I expect the person to live up to my expectations**

### *Bereaved by Addiction Support Group (Starts: Tuesday 20 Jan 2015 at 7pm)*

*This group is for those who find themselves bereaved through drug or alcohol use. Often this can leave people feeling very isolated and alone and by sharing with others who are bereaved in a similar way they can find understanding, solace and the strength and acceptance to move forward in their own lives: to lift the stigma and to share the pain.*

*Our aim is provide a confidential, warm, safe and supportive environment for families and friends who have lost a loved one in this way. The group will meet on the 3<sup>rd</sup> Tuesday of every month at 7pm at the Carers Centre in Portsmouth.*

### CARERS CHARTER

**I will NOT support or assist you in any form of addictive behaviour That includes alcohol and drugs**

**I WILL however support you in being free of those things**

**I will NOT tolerate you being aggressive, disrespectful, insulting or controlling**

**I WILL however, support you in any attempt you make to make yourself healthy, well and fulfilling the potential you have to do positive and wonderful things.**

### **Mindfulness**

*"There is no way to happiness - happiness is the way."*

— [Thích Nhất Hạnh, No Death, No Fear](#)

*"Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)."*

— [James Baraz](#)

*"In the end, just three things matter:*

*How well we have lived*

*How well we have loved*

*How well we have learned to let go"*

— [Jack Kornfield](#)

**Rebound Meetings Tuesdays 7.00 – 9.00 pm at The Carers' Centre, 117 Orchard Road, Southsea, PO40AD**