



the Buttery UPDATE

“We support the Buttery because it meets an important local need”



Jennifer and John at home with Louis the poodle.

John Bennett and Jennifer Regan are pleased to be active in the local community. Both do what they can to make the Northern Rivers Region a better place for everyone who lives there or visits.

The couple from Possum Creek is involved with many local organizations and both have done much over the years to support the work of the Buttery.

“The abuse of drugs and alcohol is a big hidden problem in this area and it’s fabulous that we’ve got a local place like the Buttery that can help tackle the issue,” said John.

He moved to the area full-time 20 years ago. Retired from the field of market research, he now farms Angus-Hereford cattle and, as well as supporting the Buttery, is involved with the Uncle Project, Southern Cross University, Rainforest Rescue and the Northern Rivers Community Foundation.

Jennifer is also very active locally as a committee member of the Byron Writers’ Festival and Artscape.

Formerly a prosecutor in Northern Rivers

courts for eight years she has experienced first hand the connection between substance abuse and crime.

“Many of the people I saw coming before the courts were affected by illegal drugs or alcohol or both when they committed crimes. So the Buttery is meeting the need to help people tackle addiction,” she said.

Jennifer served on the Buttery Board for a number of years and both she and John donate regularly and have bought a number of art works through the Buttery’s FEHVA events.

Neither John nor Jennifer adopts a moralistic attitude to drug abuse.

“I say ‘there but for the grace of God go I’ and we both know that drug and alcohol abuse can affect any family, including a number of local families we know,” he said.

“I like the idea of being able to give for a specific purpose, such as being able to pay for a week or two of recovery for someone in need. That way you know your donation is going into something of lasting value.”

The Buttery is a treatment centre for people seeking recovery from addiction.

www.buttery.org.au

The Buttery Therapeutic Community

Ph: 02 6687 1111

E:info@buttery.org.au

The Buttery Outreach Programs (all services are free of charge)

INTRA alcohol and other drugs intervention

Ph: 02 6687 2835

E:info@intra.org.au

NRGS Northern Rivers Gambling Service

Ph: 02 6687 2520

E:info@nrgs.org.au

The Buttery Development Office

Ph: 02 6687 1623

E: fundraising@buttery.org.au

THANK YOU

On behalf of the people whose lives have been transformed through The Buttery, thank you. The continuing support of donors, supporters and friends is greatly appreciated.

Residents in recovery, the community reports

It's been a busy time for the Buttery Therapeutic Community with 27 new residents joining the community and settling in to a busy treatment program. The day starts early with meditation and exercise, followed by breakfast at 7.30 and continues into the evening with meetings and activities six days per week. Sunday is a day of leisure with outings and a group evening meal.

Residents are settling in to the newly renovated Loft House. The extensive renovations were overdue as the building was quite run down. The work was made possible thanks to an ATS grant.

The donation of gym equipment by local supporter, Michael Goldberg was very well received and is getting a lot of use.

A highlight of the past six months was a visit to the Buttery by Patrons Gillian and David Helfgott. The piano maestro played for almost an hour to the delight of guests and staff.

The Buttery Choir practises weekly and as well as singing for David and Gillian was invited to sing at the annual Narcotics Anonymous conference in Bangalow. It was very warmly received. Residents also undertook a creative writing course and participate in regular art classes.

Buttery residents celebrated Christmas by exchanging gifts, phoning family and loved ones and enjoying a hearty meal. The Buttery is most grateful to the local businesses that donated food for the lunch.



A highlight this year was a visit by Patrons Gillian and David Helfgott. David played beautifully for residents and staff.

It is encouraging to know that so many local people are so supportive.

As well as a busy daily program of counselling and group meetings we each have our chores like cleaning, gardening and maintenance. Residents have enjoyed a number of Sunday outings including trips to the cinema, hiking at Minyon Falls and going to the beach. A camping trip to Evans Head gave residents a welcome breather from a very full program.

By Angela , on behalf of residents.

A big thank you to FEHVA supporters and participants



Truly a community effort: artists paint local artist James Guppy for the FEHVA 2009 Portrait Prize in the Bangalow A & I Hall.

Since 2004, FEHVA (Forty-Eight Hours of Visual Art) has been a popular fixture on the Northern Rivers arts calendar. From small beginnings, the festival grew into a week-long event and a significant fundraiser for the Buttery.

To the thousands of people who supported the event as donors, buyers of artworks, volunteers and participants, thank you on behalf of the many Buttery residents who benefited from the generosity of people in the local community and beyond.

"FEHVA is a community event with wide appeal. It's a wonderful expression of the generosity of people from far and wide," Buttery Executive Director, Barry Evans said.

Now, following consultation with the local arts and philanthropic communities, the Buttery has decided it is time to pause and review FEHVA and its place among the many community events in the Region.

"We're hoping to come up with an exciting festival that is still relevant to the local arts community and art lovers while helping the Buttery raise funds so we can continue our life changing work," Barry said.

Over the years, funds raised through FEHVA have underpinned Buttery programs that are not funded by government as well as practical needs such as building improvements and equipment purchases. Funds raised have also contributed to the Build a Better Buttery Appeal.

"It is encouraging to know that so many generous people got behind the Buttery by making FEHVA such a success. We'd like to build on that."

Recovery involves the whole family

“Addiction is a hurricane that roars through the lives of everyone it touches,” said Coordinator of the Buttery’s Family Inclusivity Program, Trasannah De Vos.

“This means addiction can devastate not just the ‘user’, but all relationships around them and indeed the core structure of health within the family.”

Many families feel overwhelmed and ill-equipped to deal with both their loved one’s addiction and its impact on their own lives.

Trasannah works to help such families.

“The family’s suffering can be even greater than that of the addict. While the addict is, in some measure, anaesthetised to their impact on the family through their drug use, the family sees and experiences this destructive behavior ‘in the raw’. They feel powerless and the effect of this and constant crises can cause extreme ill health for family members too.”

Families in this unhappy situation often operate from the mistaken view that addiction is a moral issue and that they have failed if a family member continues using. Therefore support for the family needs to be based on three important considerations.

Firstly, the family needs to have their side of the story heard and witnessed in a non-judgmental way. Often for years all emphasis has been on the user with the voice and stories of other members of the family ignored.

Secondly, the family often needs to be educated on the true nature of addiction. Using drugs in order to cope can mask underlying issues for the addict.

“The family can often feel a sense of immediate relief when they recognize addiction is not a moral issue for anyone involved and that it is a symptom of an inability to meet life on life’s terms for the addict. The family needs support in recognizing they are not responsible for the addict’s using,” said Trasannah.

Thirdly, the family needs support in addressing issues of safe boundaries, communication and unhealthy patterns of behavior that have developed over time. Just as the addict needs support to learn and change old behaviors that keep them locked in destructive cycles, often so too does the family.

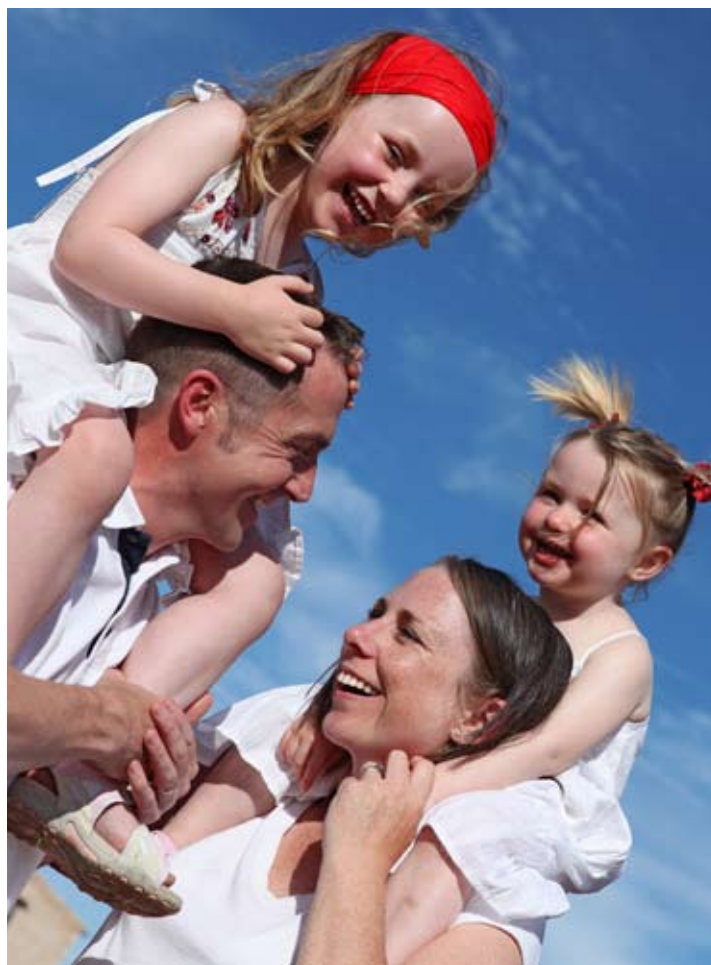
“If the family can obtain support at the same time that the recovering addict goes through treatment, then the family has a common ground to continue their journey to recovery in together. My job involves supporting and preparing families for the journey of recovery for all involved,” added Trasannah.



Counsellor, Trasannah De Vos.

Trasannah is available by phone at the Buttery on Fridays to offer this support to families struggling with addiction.

The Buttery’s Family Inclusivity Program is seeking funding for it to continue beyond July 2010 when the current round of government funding ceases.



The Buttery Family Inclusivity Program is there to help the families of addicted people heal.

Have you ever considered leaving a charitable gift in your will?

Many people express the view they would like to be able to do more to help good causes during their lifetime. Yet this is not always possible. Some people, after taking care of loved ones in their wills, leave a portion of their estate to help others. Their enduring gift will help people in need long into the future.

If you would like confidential information about leaving a gift in your will to The Buttery please contact The Buttery Development Office 02 6687 1623 or email fundraising@buttery.org.au.

