

# Meeting Venue's

<b>Largs</b>	<b>The Woodhouse Hotel, 2 Barr Crescent, KA30 8PX</b> <b>2<sup>ND</sup> Monday of the month 7pm-9pm</b>
<b>Glasgow North West</b>	<b>102 Kingsway, Scotstoun, Glasgow, G14 9YS</b> <b>3<sup>rd</sup> Monday of the month 7pm - 9pm</b>
<b>Ayr</b>	<b>John Pollock Centre Main Holm Road KA8 0QD</b> <b>1<sup>st</sup> Tuesday of the month 7pm -8.45pm</b>
<b>Glenrothes</b>	<b>Whitehouse Community Centre, South Parks House,</b> <b>Napier Road, Glenrothes, KY6 1AX</b> <b>3rd Tuesday of the month 7-9pm</b>
<b>Whitburn</b>	<b>Whitburn Community Centre West Lothian EH47 8EZ</b> <b>Last Tuesday of the month 7pm- 9pm</b>
<b>Kilbirnie</b>	<b>Radio City 1a Bridgend Kilbirnie KA25 7DF</b> <b>2<sup>nd</sup> Wednesday of the month 7pm-9pm</b>
<b>Airdrie</b>	<b>Four Isles Community Centre Varnsdorf Way,</b> <b>Airdrie ML6 8EQ</b> <b>3rd Wednesday of the Month 7pm – 9pm</b>
<b>Girvan</b>	<b>Carrick Opportunity Centre, Henrietta St, KA26 9AL</b> <b>Last Wednesday of the month 7pm-9pm</b>
<b>Lanark</b>	<b>Lanark Lifestyles, Thomas Taylor Avenue</b> <b>Lanark ML11 7DG</b> <b>Last Wednesday of the month 7pm-9pm</b>
<b>Glasgow North East</b>	<b>East Bank Health Promotion Centre Academy Street</b> <b>Shettleston G32</b> <b>1st Thursday of the Month 5.45pm – 7.45pm</b>
<b>Kilmarnock</b>	<b>Daniel Coffey Suite, North West Area Centre,</b> <b>Western Road, KA3 1NQ</b> <b>Last Thursday of the month 7pm- 9pm</b>
<b>Orkney</b>	<b>Orkney Hotel 40 Victoria Street Kirkwall KW15 1DN</b> <b>Last Thursday of the month 7 – 8pm</b>

## Telephone Helpline Only

**Contact: Linda 01294 274273**

**Service Provider: Information & Advice please contact Isabel Dunsmuir or James Shovelin c/o DRC Generations 0141 584 3211**

**Registered Office**

**Touched by Suicide Scotland c/o 102 Kingsway Scotstoun Glasgow G14 9YS**  
**0141 584 3211**

[www.touchedbysuicidescotland.org](http://www.touchedbysuicidescotland.org)



Foundation  
Scotland



ALBA | CHRUTHACHAIL

*“Touched By Suicide “*

*Scotland*



## The Parting

The day you decided to go  
The pain you left you will never know  
You are with the angels now  
I will probably never know how  
I wish there were more answers to see  
Why all this should be  
I think of you and wonder where you are  
How near or how far  
The hollowness lies cold and ahead of me  
You are in eternity  
Watch over me is all I ask  
As I parade along, bearing my grim mask

*Julia*

## Reflection

*Another day for you to wonder, another day for you to mourn*

*It wasn't my intention to go before the coming dawn  
My pain was deep within my heart and troubled head  
It wasn't my intention to go without words said.*

*My frame of mind seemed normal, or so I heard them say  
It wasn't my intention not to see another day  
I did not mean to make you suffer or cause you so much pain  
It wasn't my intention to never see you again.*

*Despair and confusion left my aching mind unsure  
It wasn't my intention to suddenly close life's door  
If only I could give you reasons and brush the tears away  
It wasn't my intention to leave and not stay.*

*I did not mean for you to grieve, now left alone to cry  
It wasn't my intention to leave you, forever asking why  
As the burdens of life's worries slowly ebb from my heart  
It wasn't my intention to tear your soul apart.*

**Y. Docherty**

### **I Don't Know Why**

*I don't know why.  
I'll never know why.  
I don't have to know why.  
I don't like it.  
I don't have to like it.*

*What I do have to do is to make a choice about my living.  
The choice is mine.*

*I can go on living, valuing every moment in a way I never did before or I  
can be destroyed by it and, in turn, destroy others.*

*I thought I was immortal, that my family and children were also.  
That tragedy only happened to others.*

*But I know now that life is tenuous and valuable, so I am choosing to go  
on living, making the most of the time I have, valuing my family and  
friends in a way never possible before.*

**Iris Bolton**

## Who Are We

We are a Self Help organisation, whom has been "Touched by Suicide", we exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend

### What Do We Offer?

We offer emotional and practical support in a number of ways.....

Confidential telephone helpline  
Support information  
Help by e-mail  
Group meetings  
Network meetings  
Information relating to practical issues and problems

### Our Aims

We aim to provide a safe, confidential environment where bereaved people can share their experiences, express their feelings, giving and gaining support from and too each other.

We strive to improve public awareness and work with many other statutory and voluntary organisations.

**Suicide recognises no age, social, ethnic or Cultural boundaries – Neither Do We**