EDITORIAL — DIRECTOR — G. H. J. KRUGER

Recently a news item on eNCA highlighted the plight of the Delmas community. Nyaope abuse has escalated to alarming proportions. A young woman explained on television the hold that the drug has on her. A concerned community member is doing rehabilitation work by means of “work therapy” – nyaope dependent people must work at an establishment to keep them away from the drug. More young children suffer as a consequence of substance abuse.

Nyaope is a drug consisting of different drugs mixed together. It is reported to have dagga, methamphetamine and heroine as main ingredients, but various other drugs can be added. Some people allege that ARV’s and rat poison also forms part of the mix. However, Nyaope was recently listed as an illegal drug.

Watching the above news clip, I realised that this is a story emanating from one small Mpumalanga community, but it is in fact the story of many communities. Nyaope abuse in Gauteng is well reported, but it is spreading to outlying communities at a rapid pace! It is clearly evident from referrals from towns like Parys and Sasolburg to mention a few. Parents are desperate to get help for their children and the resources are simply not sufficient to intervene meaningfully. Nyaope abuse has the potential to escalate into the “tik” scourge that hit the Western Cape some years ago. Our resources are not sufficient to address an outbreak of that nature. We do not have focused prevention plans in place, out-patient facilities are very limited and the only in-patient treatment Centre (Aurora) has limited beds available for state subsidised patients.

If we look at a model that attempts to explain the most important ingredients of substance abuse in communities – the person, the drug and the environment, we have to agree that most are present in our communities. The first is an environment where high levels of unemployment are present. Large numbers of youth is roaming the streets, unable to find work or to improve their qualifications. The second is the fact that drugs are freely available. Some of the unemployed youth start using drugs and other become dealers to earn an income. The third is people who have limited life skills, poor qualifications and who have become disillusioned with their prospects in life. And to add insult to injury, there are associated costs involved in the above – crime, violence, physical and mental health problems and many other social and economic problems.

Do we have the collective will to address substance abuse in our communities or have we just learnt to live with it?

Positive thoughts on sobriety — clean from alcohol and drugs

I’m not telling you it’s going to be easy, I’m telling you it’s going to be worth it.
THE TOOLS OF RECOVERY FROM ADDICTION
(New Beginnings Aftercare Programme — SANCA National)

The First Rule of Recovery

You don’t recover from an addiction by stop using. You recover by creating a new life where it is easier to not use. If you don’t create a new life, then all factors that brought you to your addiction will eventually catch up with you again.

You don’t have to change everything in your life. But there are a few things and behaviours that have been getting you into trouble, and they will continue to get you into trouble until you let them go. The more you try to hold onto your old life in recovery, the less well you will do.

Here are the three most common things that people need to change in order to achieve recovery. (Rule number one covered in this newsletter edition.)

Avoid High-Risk Situations

Some common high-risk situations are described by the acronym, HALT:

Hungry
Anger
Lonely
Tired

How do you feel at the end of the day?

You’re probably hungry because you haven’t eaten well. You’re probably angry because you’ve had a rough day at work or a tough commute home. You may feel lonely because you’re isolated. You don’t have to be physically alone to feel lonely. And you’re tired. That’s why your strongest cravings usually occur at the end of the day. Here’s another way of looking at high-risk situations:

People. (Avoid co-users from the past. People who you have conflict with, and who make you want to use. People who you celebrate with by using. People who encourage you to use either directly or indirectly.)

Places: (Also avoid places where you have used drugs and/or alcohol.)

Things: (Things that remind you of using.)

How can you avoid high-risk situations?

Of course, you can’t always avoid these situations. If you’re aware of them, they won’t influence you and you can prevent little cravings that can turn into major urges.

Take better care of yourself. Eat a healthier lunch so you’re not as hungry at the end of the day. Join a group so that you don’t feel isolated. Learn how to relax so that you can let go of your anger and resentments. Develop better sleep habits so that you’re less tired.

Avoid your drinking friends, your favorite bar, and having alcohol in the house. Avoid people whom you use your substance of choice with. Avoid your dealer’s neighborhood and other paraphernalia.
Recovery isn’t about one big change. It’s about lots of little changes. Avoiding those high-risk situations help you to create a new life where it’s easier not to use.

Make a list of your high-risk situations.
Addiction is sneaky. Sometimes you won’t see your high-risk situations until you’re right in the middle of one. That’s why it’s important to be aware of those risks. Make a list of your high risk situations and keep it with you. Go over the list with someone in recovery so that they can spot any situations that you might have missed. Make the list and keep it with you. Some day that list may save your life.

KINDLY SHARE YOUR IDEAS WITH US ON RULE NUMBER ONE

PETUNIA VAKANSIEPROJEK – DESEMBER 2014

Die Aurora Sentrum in samewerking met Diakonale Dienste het in die Desember vakansie ’n “Fun Filled” vakansieprojek aangebied by Petunia Hoërskool. Die projek het gefokus op die graad 9 leerders wat daaglikse blootgestel word aan dwelms en ander sosiale probleme in die gemeenskap. Die leerders is o.a. met lewensvaardighede soos probleemoplossing, konflikhantering en besluitneming toegerus. Aurora Sentrum en Diakonale Dienste vertrou dat leerders in die toekoms ingeligte keuses sal kan maak en daarom ook ‘n verskil sal maak in hulle onmiddellijke omgewing. Die leerders het getuig dat hulle die sessies baie geniet het en dat die groepbesprekings vir hulle baie, baie lekker was.

Mevv. Leith, Mills en Melinda Otto
LEAD BY EXAMPLE - DON’T DO DRUGS!!!!!

 Myth versus Fact

 Myth: If it’s a prescription, it must be safe; you can’t get addicted to something your doctor prescribes.

 Fact: Medication is perfectly safe if taken in the prescribed dosage for a short period of time, prolonged use can be dangerous — and yes, addictive. Some prescription drugs are especially hazardous if the user exceeds the prescribed dosage or takes a combination of drugs.

 Myth: “Natural” drugs are safer than synthetic ones.

 Fact: Marijuana, mushrooms and “natural” highs still alter brain chemistry and produce dangerous side effects. They aren’t harmless just because they grow in the ground.

(From: Peer Education Programme — SANCA National)

ROERBROOD

Bestanddele: Metode:
1 kg koekmeel Roer alles saam
1 pakkie kitsgis (pers pakkie) Plaas is 2 broodpannetjies
3 tl sout Laat vir 15 minute rys
1 liter louwarm water Bak teen 180º vir 1 uur
1tl suiker

Stuur vir ons ‘n foto van jou Roerbrood!!!
Anita het die resep by tannie Marinda gekry en sê die resep is flatervry!!!

AURORA — We are Free

Aurora — Aurora plek van nuwe begin
Jul sorg laat ons terug staan en alles weer besin
Aurora, Aurora plek van nuwe lewe
Die ou dae laat ons hele liggaan bewe

Situated in Bloemfontein, to be exact in Brompton Road
We gave everything to live — yes we’re sick of existing mode
Out of free will, we open our hearts and soul
So that you Aurora, can do your thing and make us whole

Aurora ‘n plek met verskillende mense
Verskillende oë, ja verskillende emosionele grense
Verskillende probleme, nukke en grille
Tog het ons almal ’n rein hart diep van binne

Aurora, Aurora our goddess of dawn
Release us from this evil, it hurts like a thorn
We wanted change — we must change — yes we have changed
Thanks to you Aurora, just like God had arranged

With no regrets we can shout — We are Free
We are Free now that we can see, We are Free

Met toestemming van Quiton een van
Elmari van der Walt se pasiënte
Recently, I was asked if I was going to fire an employee who made a mistake that cost the company $600,000. No, I replied, I just spent $600,000 training him. Why would I want somebody to hire his experience? **Thomas J. Watson**

Aurora Centre don't have money to pay for mistakes and as part of the prevention strategy management provide training and socializing opportunities.