



A fallen leaf is nothing more than a
summer's wave goodbye...



Leaves are falling.. it must be March

The time of year that Keats called the 'Season of mists and mellow fruitfulness',
Autumn is a season famous for its harvest time, turning leaves, cooling
temperatures and darkening nights.

Fun facts about Autumn

Trees prepare for winter

One of the most stunning signs of Autumn is the turning of the leaves. The shorter days are a sign to trees to begin to prepare for winter. During winter there is not enough light for photosynthesis to occur, so as the days shorten throughout Autumn, the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves.

The chemistry of colour

Chlorophyll is the chemical which makes tree leaves green and as it declines other chemicals become more prominent in the leaves. These are responsible

for the vibrant ambers, reds and yellows of Autumn. The chemicals responsible are types of Flavonoids, Carotenoids and Anthocyanins. Did you know some of these chemicals are the same ones that gives carrots (beta-carotenes) and egg yolks (luteins) their colours

People born in Autumn live longer

A study found that babies born during the Autumn months are more likely to live to 100 than those born during the rest of the year.

The days get shorter

The word equinox comes from the Latin *equi* (meaning equal) and *nox* (meaning night) accounting for the equinox marking the time when day and night are of equal length. We often notice the nights begin to draw in from this point as after the Autumn equinox, the night longer than the day, until this is reversed at the Spring equinox.



Benji's Tip

♥ Trying is a part
of failing.
If you are afraid to
fail then you
are afraid to try. ♥

Competition Time

Back by popular demand, this month's competition is '*How many JellyBeans in the jar*' winner gets to take the jar full of jelly beans home. We will be taping the lid down again as an amazingly large amount of people tried to eat our competition last time!



Drop of Life Team



NATALIE TURVEY

Natalie Turvey is a registered psychologist and Clinical Hypnotherapist. She has over 16 years' experience in a wide range of settings such as Adult Mental Health, school leavers, child safety, forensic psychology, disabilities, and child and adolescent mental health.



TRUDY GOSCH

Trudy Gosch is an Accredited Mental Health Social Worker and Accredited Youth Mental Health First Aid Instructor who has been working in the field of Child, Youth and Family Mental Health for the past 11 years. Trudy works with the broad spectrum of mental health concerns including depression, anxiety, grief and loss, trauma resolution, attachments and relationships, self-esteem and identity.



PAMELA HARDING

Pamela Harding is an experienced psychologist working with clients who are experiencing difficulties that are impacting significantly on their quality of life, relationships and opportunities. Pamela works extensively with adults, children, adolescents, and families. She is an IABA (Institute for Applied Behaviour Analysis) trained clinician and has extensive experience working with clients with disabilities.



LOUISE DEMPSEY

Our friendly Administration Officer Louise is currently away on maternity leave and will be back at Drop Of Life around August 2016.



ASHLEIGH HAIDAR

Our friendly Administration Officer Ashleigh is always here to help.



BENJI THE GREAT

is an Animal Assisted Therapist who loves long walks and listening to peoples problems without judgement. He is 3 year old (which is a mature 28 in doggy years!) and has been working in the clinic since he was 6 weeks old.

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