

White Wreath Association Ltd
 Newsletter 40th Edition
 May 2010



White Wreath
 Association Ltd®
 "Action Against Suicide"
www.whitewreath.com

WHITE WREATH ASSOCIATION Ltd® Action Against Suicide
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DIRECTORS REPORT MAY 2010

On Tuesday 2 March 2010 we were invited to attend the Senate Inquiry into Suicide. I as CEO and Founder of the White Wreath Assoc along with our Research Officer Peter Neame attended. I came out of the hearing very disillusioned but hopefully I am wrong and things may change for those suffering Mental Health problems and especially for those that are suicidal.

However let's not forget those who have tragically lost their lives on White Wreath Day – In Remembrance of All Victims of Suicide held on the 29 May with services held across Australia.

Through the White Wreath Assoc they and their supporting families will always be remembered for their courage as we are well aware they had to cope alone, in silence and the best way they could with a life threatening illness that still today holds serious stigmas and discrimination to the detriment of the sufferer and family trying to seek help/assistance.

We have been brought together for a reason and that reason being to combat this epidemic and build our Safehaven Centres for those when suicide threatens. The White Wreath Assoc will continue to bring Suicide/Mental illness to the forefront and nothing in the world can take the place of persistence. White Wreath Assoc estimates in excess of 8,000 deaths yearly that lose their lives by tragic means.

All are welcomed to attend and lay a photo, flowers, memorabilia, poem etc

For more information contact Head Office.
white.wreath@bigpond.com or 1300 766 177

Fanita Clark
 CEO

THANK YOU

Kennard's Hire-Wayne McJarrow, Clayton UTZ Foundation & Clayton UTZ Lawyers, Inkhub South Australia,

PETER NEAME

RESEARCH OFFICER WHITE WREATH ASSOC

There is a desperate need for one standard approach to people who are suicidal throughout Australia, New Zealand and Internationally. In our view and in the view of scientific research suicide is caused by neurological abnormalities. Mentally well people have an instinctive reflex to survive. A normal individual cannot turn off/override this reflex or what the Greeks referred to as Eros-life force. In an individual with a neurological condition commonly referred to as a mental illness this life force can become death force or what the Greeks referred to as Thanatos. Survival instincts are located in the Limbic System of the brain.

All current suicide prevention strategies fail because they do not acknowledge the neurological base of mental illness. Mental illness is a 1) Chronic, 2) Progressive, 3) Neurological Disorder affecting the, 4) Structure, 5) Function, 6) Chemistry, and 7) Electricity of the Brain.

Electro convulsive treatment (therapy) and Deep Brain Stimulation work on the electricity of the brain.

Current drug treatment works on the chemistry or chemical neurotransmission across the gap or synapse from the axon of one nerve cell to the dendrite of the next nerve cell.

THE TIME TO START WORKING ON THAT DREAM IS NOW

Most of us are hesitant to start anything because we are afraid we might make a mistake or fail. Go ahead make mistakes! Don't wait for more experience or to be good enough to start. You don't have to be good to start, but you have to start to be good.

Some may tease and laugh at you. They will warn you, and recite all the reasons why you shouldn't take the risk. These will be the ones to wait around patiently hoping to say, "I told you so." Brush them off. If you let these people influence you in any way, you will never, ever be ready to go ahead and start making your dream a reality.

You will never have enough money, enough time, enough support, or experience to start. But once you muster up the courage to take that giant step forward and start, the rest will fall into place. But only YOU can make it happen! Start NOW with whatever you know, whatever you have, and wherever you are.

Don't let money be your handicap. You don't need money to make the phone call, attend that networking event, or go as a guest to an association meeting in your field. How about volunteering a few hours a week to work for someone in the business arena that you're thinking about? Do you see what I mean? You have so many opportunities out there. Do something! Be sure to keep a good database. Record your contacts and touch base with them every three months. And guess how much that will cost you? Zero. Most computers already come with a database program. All you need is a little time which you can choose to create right now.

CORRESPONDENCE

Hello, My name is S and I would like to submit these articles on managing fear and anxiety for possible publication on your website and/or newsletter if you have one.

I am a published author and I was wondering if I could submit these articles on dealing with stress and anxiety for your website. Many people are dealing with these issues nowadays and my articles could help some people out.

Please let me know if you can use any of these articles for your website. There is no cost. Thank you for your time.

Sincerely,

S.P

3 nights ago I took a bunch 6 panadol. My boyfriend came in the bathroom just few minutes after I did and he caught me with a blade. I was sad after not able to send my scholarship application. I felt alone and in the dark and lonely. Nothing else or no one was in my head. I don't know if I am depressed. I don't know anything! The next day I still went to school but felt insecure. It was so hard! I cried everyday ever since. During that time I didn't want to die or have the thought of dying. But this is not my first overdose and I can't promise to anyone it is my last. I thought its time for me to get help because all this while I told myself its my last but "the last" never came.

Am contacting the wrong support group

FANITA CLARK CEO

I get very frustrated as many of those that contact our organisation and to whom I speak personally sadly I hear the same story over and over again. My loved one took his/her life and I blame the system. I begged for help but none was forthcoming. The hospital refused him/her treatment and left me in the dark never involving me, using my knowledge and opinion. My loved one begged for help but was ignored. Your website is fabulous with so much information.

Unless you stand up and join forces with the White Wreath Assoc – Action Against Suicide nothing will change. In the end it is peoples power and it is up to you. Tell your story through the White Wreath, become a member, help us fundraise. Together we can combat this epidemic but only with your help. Don't be afraid to stand up as your real life story is our tool. The real stigma, prejudice and labeling is not taking mental illness seriously. Government Policies, State Policies, Funding and Professional Practice are the reason for our high suicide. Changing what we have in place today is up to you.

SSRI STORIES

Antidepressant Nightmares

www.ssristories.com/index.html

With permission from SSRI Stories <http://www.ssristories.com/index.html> we will publish in each Quarterly Newsletter disastrous stories. We will not name names or places. On this site there is literally hundreds of stories from around the world with 122 Australian Stories. We will only publish the Australian Stories.

The site commences with a "Warning" Withdrawal can often be more dangerous than continuing on a medication. It is important to withdraw extremely slowly from these drugs, usually over a period of a year or more, under the supervision of a qualified specialist. Withdrawal is sometimes more severe than the original symptoms or problems. Bear in mind the White Wreath Assoc is Not against prescribed medication. What we are against is leaving the patient in his or her own care when the Medical Profession knows how dangerous Antidepressants' can be. We strongly believe that Antidepressant Medication Prescribed should be under strict Medial supervision in a hospital environment:- Hence our Safehaven Centres.

COURT FINDS DRUG MADE MAN KILL WIFE

A N..... Supreme Court judge has found an elderly man would not have killed his wife if he had not taken an overdose of the anti-depressant, Zoloff.

Justice B O says the case is a tragic reminder of the possible, even dangerous, detrimental side-effects of the drug.

DH, 76, of the southern N.... town of T strangled his wife of 50 years in August 1999, after a night in which he took five times the recommended dose of Zoloff.

He gave himself up to police almost immediately and was found by psychiatrists to have been in a drug induced toxic delirium at the time, suffering hallucinations and psychosis.

He pleaded guilty to manslaughter on the grounds of diminished responsibility.

Passing sentence, Justice O'Keefe found but for taking the Zoloff, Mr H would not have killed his wife.

He sentenced him to three years' jail, but ordered he be freed on parole on July 31, this year.

MY ON GOING BATTLE CONTINUED

I was sitting on the computer, playing a game. Suddenly things went all blurry. I can't remember anything from then. Two hours later I woke up. I was sitting in the bathroom with a pool of blood around me and a scalpel beside me. I looked at my right arm and there was a 15cm deep gash on my arm. I moved and felt an enormous pain in my arm and blood started to squirt out. I ran to my bedroom dripping blood, not taking any notice of the carpet below me and grabbed the phone. I called triple zero. I asked for an ambulance, the man on the other end was pleasant and told me the ambulance was on its way. He hung up and I put a towel around my arm. I was getting concerned that the blood was filling up the towel, and confused at the same time of what had happened.

Twenty minutes later an ambulance came down my street with the siren on and the officers were soon up the stairs. They applied a bandage and soon after the police arrived, asking me questions about why I could not remember what had happened. I was bundled into the ambulance and was on the way to the hospital.. I asked the ambulance officer if I could have some panadol for the pain. He responded, "No you should not have done it to yourself." I sat in silence than, tears pouring down my face until we arrived at the hospital.

I was taken into the Emergency ward and I approached with the ambulance officers, the Emergency nurse director. The ambulance explained to the nurse in charge that I had self-harmed and it was very deep and I had hit an artery. The Emergency nurse said "Put her in the waiting room." The female ambulance officer stated that I had lost a lot of blood and was still loosing a lot. The nurse in charge said, "Oh well, too bad." I was shown to the waiting room where I sat down. There was no one else in the waiting room. I was still crying and rang my step mother to tell her what had happened, she advised me to call the mental health ACT team and tell them what had happened.

I rang mental health and she said that she would come over later to see me, there as nothing she could do. I sat there crying and in a lot of pain. About five minutes later the towel was full of blood and I started bleeding on the floor. The triage nurse came over and asked me to put my arm against my clothes so it did not leak on the floor.

About a half hour later the doctor called me in. Straight away I asked for some pain relief and he went and got a panadol. He looked at my wound and asked me how it happened. He told me to wait in the cubicle as the suture room was occupied. He never applied a bandage so once again I had no choice but to bleed on the floor, as my clothes were drenched with blood. About 20 minutes later a female doctor took me to the suture room and started to do stitches. I asked for pain relief, however I was refused and told that I had done this to myself and this is the punishment.

I laid there for the next hour and ten minutes getting stitches internally and externally on my arm without pain relief. The doctor never said a word. At one stage she left and got a senior doctor, as her stitches were not stopping the bleeding. At the end she put a dressing on the wound and she asked when next I see mental health and I replied not for another week.

I was sent home. I was not asked if I was suicidal and they did not call mental health over to speak to me. So I went to a pay phone and called mental health and told the ACT worker what went on. She was amazed that they never called her over. She told me to call her tomorrow. Not having enough money for a taxi I walked home for an hour in the rain. The rest of the night I spent it cleaning my bathroom and carpet and lounge room of blood. I also gave myself some pain relief.

I was told by mental health I had, had a dissociative episode. It was scary knowing that I could have bled to death. I can't remember doing it or the time I had lost after. I was stressed and had not self harmed for, four months prior. This usually happens when I don't self-harm for an extended period. I hate it when it does happen, as it is scary and leaves you confused. Then you are treated like crap by the emergency staff and ambulance and then on top of it punished for doing it by putting you through excruciating pain, while been stitched. I really hate having this mental illness it feels like have no control over my thoughts, actions and feelings.

AMERICAN NEWS

TREATMENT ADVOCACY CENTRE

www.treatmentadvocacycenter.org

During the 1960s and 1970s, state mental health laws governing treatment of severe mental illnesses, such as schizophrenia and manic-depression, for individuals who refused it underwent sweeping reform. Most notably, assisted treatment laws were changed to require a court finding of dangerousness before treatment could be provided to those incapable of recognizing their need for it. While well intentioned, efforts meant to protect people with mental illness resulted in many of the most severely ill going without needed treatment and, in too many cases, becoming homeless, incarcerated, suicidal, victimized or prone to violent episodes.

As the consequences of non-treatment continue to build, a new wave of reforms is under way in many states. States are abandoning dangerousness as the sole standard for assisted treatment. Instead they are facilitating needed intervention before tragedy occurs. These states are enacting and utilizing standards based on the need for treatment.

Another important reform happening in many states is to encourage the use of assisted outpatient treatment as a way to prevent repeated hospitalizations and other consequences of non-treatment. When appropriate, assisted outpatient treatment fosters treatment compliance in the community through a court-ordered treatment plan. Not only does the court commit the patient to the treatment system, it also commits the treatment system to the patient.

Progressive assisted treatment laws must be crafted to reflect the significant advances that have been made in the last two decades in our understanding and ability to treat severe mental illnesses. We now know that these conditions are treatable biological brain diseases and not lifestyle choices, as was the prevailing thought four decades ago. Research shows

that at least 40 percent of those diagnosed with schizophrenia and manic-depressive illness lack insight into their illness because of a biologically based symptom known as anosognosia. A person suffering from this symptom does not believe he or she is ill and is likely to refuse treatment reasoning, "Why should I take medication if there is nothing wrong with me?" Additionally, for those who previously refused treatment because of unpleasant or dangerous side-effects of medication, a much broader array of medications is now available so that possible adverse effects of treatment can be more effectively mitigated.

DESERTLANDS ABORIGINAL MINISTRIES

PASTOR BETTY MILLS - Part 2 of 3

I lived with it for years, until one day I came to a breaking point in my life where I had to make a choice for me and my kids and to me I felt it was the right choice just like my two sons story. So I chose to take my own life by over dosing with sleeping tablets. My first thought was I must be a bad person to be bashed, to be bashed all the time. I felt I wasn't good enough. I never drank or smoked or run around with other men. I stayed home like a good little housewife and looked after my children and yet I really couldn't understand what I have done to deserve this. So being in the situation I was in at the time it was best for myself and everyone around me to get rid of myself. I did have a very serious problem but I was jolted back to reality when I woke up in a Mental Institution with a lot of very unstable and mentally ill people around me. I remember my first words to the nurse, "Why am I her, I'm not mentally ill like these people"? She answered "If you try to take your own life then there is something seriously wrong with you. When I told her why I did it then she said you need counselling for domestic violence, we'll talk to a doctor when he does his rounds. That was a hard lesson I had to learn and I know all of you have a story to tell. Not one of us haven't been touched by grief and loss through suicide somewhere along the lines, maybe by a friend, neighbour or a loved one or family member. It's devastating and if you let it, it can destroy you and your sense of well being as well as your family. A few years ago my daughter Susan lost her boyfriend taking his own life and to this day she doesn't know why. She was heart broken as she had just given birth to a little baby girl who is now 12 years old.

I remember my young nephew, Lonigan my sister's son. He was the runt of the family and didn't have any self-confidence or self worth as all his brothers were big and strong. I think he was pushed over the edge when he had a fight with two of his brothers. A few hours later they found he had taken his own life in 1986. We all were devastated especially his two brothers he had the fight with. Somehow we all coped but without the strength of God I wouldn't have been able to take his funeral service, to lay him to rest. Grief and loss through suicide comes in all forms. I could remember years ago a couple of ladies, died in a terrible death by setting themselves on fire. Unbelieving and most devastating I seen one of these ladies brought into the out patient at the Palm Island Hospital where I was working as a nurses aide in 1968. I said to her "Why have you done this to yourself? She answered "I didn't mean to do this but Jack (that was her husband) was so jealous and blamed me for other men, I just couldn't take it anymore" She died on her way to the Townsville Hospital. What a waste of life. She was a good women and she left behind seven small children. Sadly my own sister-in-law, Shirl (Who just passed away the same week in August this year 10th & 27th 2009 when I lost Roswell and my son Brad) tried to do the same thing to herself a couple of years later because of the same reason. Luckily she survived but had the burn scars that she had to live with. Just this week I received bad news that another nephew Nathan, Roswell's young brother took his own life on Tuesday 29 October 2009. What motivates someone to do such a thing. I believe there is a thin fine line or a breaking point that pushes a person to the limit which goes beyond their capacity of sound understanding or reasoning. I could honestly vouch that this is true for people in desperate situations, like the ones I have mentioned including myself.....

To Be Continued

SPONSORSHIP

SIDEBAR ON FRONT PAGE OF WHITE WREATH WEBSITE

Why add your site to the White Wreath Assoc homepage?

The White Wreath Assoc homepage has a Google Page Rank of 6. Google assign this page rank mainly due to the fact that this site has so many links on other sites which are all linking to it. Page Rank in itself is not the secret to successful Search Engine Rankings however it does help. Any site with a page rank of 4 or more is considered a "trusted site" by Google.

By placing your link on the White Wreath Assoc homepage some of the page rank is leaked to your site which in turn helps your site to gain a higher page rank. This is especially beneficial if the correct key words are used in the link. Eg. If your site sells ink cartridges then obviously part of the keywords used would be just that "Ink Cartridges". Google counts each link that points to your website as a vote. The more votes from trusted sites means the higher your search engine rankings. When you pay out your hard earned cash to a SEO Company a large part of their optimisation is exactly this. eg.

Getting as many links as possible from other trusted sites. Not only are you gaining a valuable inbound link by sponsoring White Wreath Assoc but more importantly you are helping a fantastic organisation to gain financial support which is desperately needed and its all Tax Deductible ! So grab your spot on the White Wreath Assoc homepage as sponsor numbers are limited.

BE QUICK !

BELINDA'S JOURNAL

Continued.....

16/09/98 18.00 hrs.

25 days clean today. Record for me, for being off all drugs, in ten years. Clint came back today from pissing off yesterday but I think he's being sent back to Brisbane. Sad to see him go. Started Step 3 today. Moving along OK but it's kind of depressing to learn that the rate of relapse after 1st rehab is 80%. I'm going to count my last 4 admissions to psych hospitals as detoxing. I think the rate of relapse decreases after a number of times inside! This way I might better my odds of recovery. Have started to hand my self-will over to my higher power. Also said a little prayer for Clint last night and thanked "god" for returning him safe today. Still having some weird "thoughts" where I'm told I'm being protected but they don't seem to last that long and leave when I ask them to. Am relieved. It's a week today that I've gone off all mx so it looks as though I might not be permanently crazy after all. Good news!

20.00 hrs.- More good news – Clint was allowed to stay despite his escapade last night. Poor guy had a real inner struggle, jumping on and off the train to Brisbane a couple of times before finally getting on in Beenleigh. Has to start detoxing again. Hope this boy makes it – will say another prayer for him tonight.

17/09/98 22.27 hrs.

Just got back from N/A meeting. Feeling a lot better than I did today. Got to speak to Ron the bus driver (been clean 13 years) about some of the problems I've had today. Had the worst day since I got into rehab today. We are doing Grief and Loss workshops at the moment in Jacaranda Group and stuff about my abortion that I had in February started to come for me. I began to wallow in self-pity and started having thoughts of using and suicide. Last night I rang mum who told me of a message I got from my old friend Andrew. So I rang him back and told him what I was doing and he was really supportive. (Last time I saw him I was pretty drug fucked.) Anyway he offered me a ticket to Livid concert in 3 weeks and I readily accepted. This

compounded my thoughts of using just one more time. The thoughts kind of got out of control and I couldn't stop imagining sticking bloody needles in my arm. I kept trying to "hand it over" but it seemed to come back double each time I did. Ron says there are just some things that you can't just hand over and that you actually need to work through. I guess this was one of those things. He agrees. I also kept saying the Serenity Prayer and kept saying to myself I just have to get through the next ½ hr then I'll be OK. It worked. I'm still here, still clean. At one point I did actually consider packing my bags and leaving to go use and then do myself in. But I didn't. There's this guy on the radio talking about 2 different bands called "RE Speed Dealer" and "Weed". Very fitting but very fucking annoying. I'll have to add the media to my list of triggers! Got asked to share again tonight but declined in light of my less than happy day. For some reason I get asked to share at just about every meeting I go to. Ron said something else that was rather enlightening. "Those survivors of drug addiction are those people who want to run like hell when faced with wanting to use. Survivors are those prepared to make sacrifices."

.....to be continued

CAMERON'S DIARY

Continued.....

Thursday June 22

See probation officer at court house and find out about court tomorrow! Went to probo's. Everything went OK. Talked to Robert and Terry. Did shopping and sent phone to Sammy! Going to try and do weights today. Got to psych up for it! Feeling nervous first up as usual but things pan out as the day progresses. Still got a few hurdles to jump but I am having faith!

Friday June 23

Go to court at 9am. I don't know what's going to happen yet! *Get onto Bob Smith and Mark Stevens about references ASAP.* *Get on to Bro Kelly about references and fill in forms from CHR and Victoria Mill.* Rang Bro Kelly about going fishing on Sunday. Started getting really paranoid!

Saturday June 24

Woke up totally paranoid! Went to Bro Kelly's and got gear ready for fishing. I am starting to freak out with paranoia!

Sunday June 25

Went fishing with Bro Kelly. Caught 16 fish. Saw the monster croc! Came home from fishing about 8 o'clock. Mum picked me up. Paranoia bad!

Monday June 26

See Peter the psychologist today at about 1pm. Changed to next Monday 1pm. Walked to Bro Kelly's and cleaned boat and fishing gear and car! Filleted fish. Came home just before lunch. Rang Bernie about Peter. Paranoia really starting to freak me!

Tuesday June 27

Went for walk with mum at Tito Wetlands. Talked a bit. Spoke to Bernie. Paranoia getting really bad! Took medication Seroquel. All day. Child Support rang me about assessment. Reorganised bible study with Bruce! Went for a walk with mum. Had fish and vegies for tea!

Wednesday June 28

Get forms for license – Dept. of Transport. Did weights. Child Support rang again told me about new assessment! I have to wait for paperwork and then get on to tax Dept! Spoke to Jaki about everything! Paranoia still bad. Spoke to Bernie! Did some weights. Going for a walk with mum. Tonight beef stir fry.

Thursday June 29

See probation officer at court house! Saw probo! Told him about paranoia! Went to solicitor's and filled out legal aid application! Did shopping. Did weights! Paranoia still there. Spoke to Mitchell last night! Got paperwork for tax and child support. I am going to go to tax office and ask for group certificates! Spoke to Jacki yesterday! Will give her forms for computer...

To Be Continued

COMING EVENT

29 MAY 2010

NATIONAL WHITE WREATH DAY – IN REMEMBRANCE OF ALL VICTIMS OF SUICIDE

BRISBANE QLD (Main)

KING GEORGE SQUARE, BRISBANE QLD

Display on view all day

Contact: Fanita **P:** 1300 766 177 **M:** 0410 526 562

E: white.wreath@bigpond.com

MELBOURNE VICTORIA

LIVING FAITH CHURCH

2pm

37 Grimshaw Street

Greensborough Vic

Contact: Sue

M: 0458 939 474 **P:** (03) 9431 6083

E: susangail7@hotmail.com

TOWNSVILLE QLD

Contact: Alana

P: (07) 4755 2195 **M:** 0437 186 728

CHARLEVILLE QLD

Charleville Police Station are organising a Breakfast/Barbeque

8am-10am

Graham Andrews Park

Charleville Qld

Contact: maguire.michaelt@police.qld.gov.au

MANDURAH WESTERN AUSTRALIA

CHRISTS CHURCH ANGLICAN CHURCH

10.30am

Sholl Street

Contact: TCF

P: (08) 9535 7761 **A/H** 08 9582 8113 **M:** 0427 777 810

E: tcfmandurah@bigpond.com

MURRAY BRIDGE SOUTH AUSTRALIA

STUART RESERVE

10am-12pm

Contact: Cathy

P: (08) 8531 8888 **M:** 0439 087 523

E: csmith@centacare.org.au

Up to date information will be posted on our website www.whitewreath.com under "Coming Events" listing all other Commemoration/Remembrance Services held across Australia. All are welcomed to attend and lay a Photograph, Flowers, Poem etc and be part of a commemoration service that for most is the first time that they are able to freely admit the loss of a loved one, friend, work colleague etc that have taken their lives by these tragic means. Suicide/mental illness affects all walks of life, all cultures and all ages regardless of whether we are rich, famous or poor.

WISH LIST

Stamps, Copy Paper, DL Envelopes, A4 Envelopes, Volunteers Aust/Wide

OR YOU MAY LIKE TO DONATE

DONATIONS TAX DEDUCTIBLE

1. Via our credit card facility posted on our Website www.whitewreath.com then follow the instruction.

2. Directly/Direct Transfer into any Westpac Bank
Account Name White Wreath Association Ltd
BSB No 034-109 Account No 210509

3. Cheque/Money Order to White Wreath Association Ltd
PO Box 1078
Browns Plains Qld 4118

HUMOUR

Granddad was reminiscing about the good old days...

"When I were a lad, me mother would send me down to t'corner shop wi' a shilling, and I'd come back wi' five pounds o' potatoes, two loaves o' bread, three pints o' milk, a pound o' cheese, a packet o' tea, an' 'alf a dozen eggs. Yer can't do that now. Too many bloody security cameras."