



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
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ABN: 412 610 911 81

Founded in England by Rev Simon Stephens 1969
Australian Founders Lindsay & Margaret Harmer, 1978
WA Patron Graham Mabury OAM Cit WA FECU BA (Hons)
Grad. Dip. Ed.

The Compassionate Friends Mandurah Chapter greatly appreciate the sponsorship of this quarterly newsletter by Port Mandurah Removals.



Welcome

Welcome

I send a special welcome to those who are receiving this newsletter for the first time and to those fathers who are dreading their first Father's Day without a loved child. This day can be very difficult and you might find yourself approaching the day with trepidation. It can help to meet up with other bereaved dads and so there is an opportunity to lunch at Hogs Breath in Pinjarra Road, Mandurah, hosted by our President, Gary Withers. See details below.

Gary co-facilitates our monthly evening support group and welcomes any bereaved dads who can attend, with or without their spouse. Although it can be difficult for some men to speak openly about their grief rest assured that our support groups provide a safe place to do so. Grief will not go away; it remains unless dealt with and can affect every area of life, health, relationships and employment in a detrimental way. Our grief can make us bitter or better – it's our choice.

We recently purchased two books addressing the grief of Fathers for our resource library. Please feel free to borrow any book and return it to the office or to a support group. The weekend healing retreat will be held at the peaceful Nanga Bush Camp in November. This is a wonderful opportunity for bereaved parents to say "Stop the world and let me off" and care for themselves for a change.

Our beautiful Candlelight Memorial Service will be held this year on 9 December at the Christchurch Anglican Church in Sholl Street, Mandurah so please make a note in your diary now. I'm preparing to attend a meeting of our TCF National board members at the TCFV base in Canterbury, Victoria. This is the first time that the board members have been able to meet up face to face to discuss the future of TCF in Australia. It's an interesting and challenging time for us and I look forward to providing a brief report in our December newsletter.

Margot McAllister, mother of Kevin, nana of Jackson
P.R. Manager, TCF Mandurah
TCF Australia International Representative

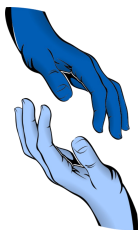
Father's Day Lunch

Saturday September 1st

12 pm

Hog's Breath

51 Pinjarra Rd, Mandurah



Please call office to let us know you are coming.



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Yesterday, Today & Tomorrow

Past Events

National Awareness Week Displays

A display was held at the new Mandurah Bunnings on Saturday 9 & Sunday 10 June. The weather was terrible with a weekend storm keeping many customers away. The volunteers, however, made the most of it and we raised funds with our raffle and sale items plus information was distributed to those who did stop by the table. Our thanks go to the volunteers who braved the inclement weather.

Library displays

We had static displays at three libraries, Falcon, Mandurah and Pinjarra. A librarian at Falcon remarked that she had witnessed lots of people looking at the setup and many of the items of literature had been taken. We are so pleased with that dissemination of information which was our intention. Our grateful thanks go to the library staff for their cooperation and to the volunteers who took the display packs to the libraries and later collected them.

Note: our activities take place during the week in which the 15th of June falls. On that date the first TCF support group in Australia was held at the home of our Australian founders Lindsay & Margaret Harmer.



Pictured: Back—left to right: **John Sedunary, Sylvia Watts, Gary Withers, John Lawrence, Peter Bright.** Front: **Carolyn Lee, Tina Pearce, Margot McAllister, Judy Bright and Pat Connett.**

Visit by CEO of TCF Victoria

At the Management Committee meeting in June we were joined by John Sedunary. John is the CEO of TCF Victoria and TCF Australia and explained to the committee the purpose and plans of the TCFA Board. It was also interesting to hear from John and to discuss various TCF activities



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Waroona Outreach

With the blessing of The Compassionate Friends committee, our Waroona outreach for Bereaved Parents and family, is now held monthly (previously bi-monthly) at the Waroona Resource Centre.

Held on the same morning as the Community Cuppa when local residents have the opportunity to get together and have a morning cuppa and natter, it also gives TCF an opportunity to join in for a short while as well. This will hopefully in turn, make our regular monthly appearance and interaction with the locals, something that will stay in the back of their minds. There maybe a time somewhere in the future, when one of those cuppa contacts might know of someone who could need our help and our monthly contact at Waroona will click in their mind.

Last month -July, was a very wet, windy and an extremely cold day. So it was no surprise that there were no visitors to our information table or even for the Community Cuppa!! Nonetheless it is important for TCF to maintain consistent monthly visits in order to achieve our aims for all concerned.

ONE NEED NOT DO GRAND THINGS IN ORDER TO BE A BLESSING TO SOMEONE'S LIFE. IN FACT, TO MAKE OTHER PEOPLE SMILE AND HAPPY, ONE ONLY NEEDS TO SHOW KINDNESS AND COMPASSION TO OTHERS.



Past Events

Guest Speaking

I gave a talk to the Aged care & palliative care students at Mandurah TAFE on Friday 1 June. It's always a pleasure to give these talks as the mature age students are so receptive and then have this knowledge to take out to their future work place. On this occasion I took some TCF butterfly badges & pens and was pleased to sell \$50 worth. Even more pleasing was the interest shown in our activities by one student who has now our newest Volunteer. I was presented with a lovely bouquet of flowers.

Margot McAllister, P.R. Manager

Mother of Kevin & nana of Jackson

Rotary Community Youth Mental Health Forum

The Rotary Club of Mandurah Districts organised a forum with displays and speakers for the evening of Tuesday 19 June. This was held at Halls Head shopping Centre and we were pleased to have the opportunity to display our grief support services for suicide bereaved.

Sylvia Watts and I were impressed to see the interest shown in our literature and services.

Our most recent pamphlets were updated with the help of a financial donation from this Rotary club. This was a good networking time also with a number of agencies there.

Annual General Meeting

Tuesday 25 September

Meeting room: Lotteries House

7 Anzac Place, Mandurah

Meeting starts at 11a.m and concludes with a light lunch before the new committee holds it's first meeting at 1p.m. Please try to attend to ensure we have the required quorum, and if you are more than two years in your grief journey please consider nominating to join the committee.

We are always looking for new board members, and we meet bi-monthly so the time commitment is not too much.

Nomination forms are available from the office.

Please ensure your financial membership is up to date

And make a diary note of the date now.

Peel Connect Incorporated Dinner

On 1st August, Sylvia Watts and I attended the dinner which Peel Connect organised to thank agencies involved with homelessness, mental health, drugs & alcohol. This was held at the Platinum Room of Bendigo Stadium and we watched the storm lashing rain down on to the football ground. The dinner was well attended and we shared our table with the staff, paid and unpaid, of HALO. We shared information about the work we do and met up with people from other agencies. This was another good opportunity for networking which is so important for us.

Margot McAllister



Margot and Sylvia at the Forum

Volunteer Update

Training was provided to four volunteers, John & Val Salerian (Waroona contacts), Pat Connett (office volunteer) and Jo Di Bisceglie (sibling contact) on Monday 16 July. The Waroona Resource Centre provided a room and morning tea for us free of charge and TCF Mandurah paid for a light lunch. We are very grateful to the Resource Centre for this support. It's always reassuring to train volunteers who continue the work of TCF.

Future Events

Soroptimists Fundraiser

Gina Conway and I attended the fundraiser at Sunbreakers, Mandurah on Saturday 21 July. We went to give our support as the Soroptimists Mandurah have supported TCF Mandurah by sponsoring our Mothers Day lunch which is an important event for us. For \$35 each we enjoyed a morning tea, an interesting talk from a local author and a two course lunch. In October this club will be hosting a High Tea at Peel Manor. We attended this last year and it was well organised and very enjoyable. If you can attend to give your support please let me know.

Margot McAllister



World Suicide Prevention Day 10th September

"If those who are suicidal don't want to die, but rather experience emotional pain beyond the threshold of what is tolerable and see no means to rebuild selves that have fallen apart, and cannot ask for help, then we need to and can, intervene and save lives. Engaging with this hope has for me been a way to give meaning to a loss that threatens to be unbearable."

David Mosse

Father of Jake

Note: TCF Mandurah will hold a display of our 'Bereaved by suicide' support services at the Mandurah Forum on September 10th.

Candlelight Memorial Service 2018

The Candlelight Memorial Service will take place on
Sunday 9 December

At Christchurch Anglican Church, Sholl Street,
Mandurah

Arrive 6.30 for a 7p.m. start.

Hosted by Father Ian Mabey.

Candles are provided.

Please bring a plate of food for a shared supper

And a small framed photograph of your loved one.

Enquiries to 9535 7761 or email
tcfmandurah@bigpond.com



The Compassionate Friends Australia

Members of the National board held their bi-monthly telephone meeting on Friday 13 August. It's always interesting to speak to those who represent other states; to discuss their activities and the issues which involve TCF nationally. One hour every two months does not give much time to discuss topics in detail and contribute to the future direction of TCF in Australia and so the board members are going to meet in August at TCFV. We are so grateful to TCFV for covering the cost of my return airfare. We will be meeting on Saturday 25 August and on my return I'll be making a report which will be included in the December newsletter.

Margot McAllister
TCFA board member and TCFA
International representative.

Nanga Bush Camp Dwellingup

Weekend Retreat

Friday, Saturday and Sunday November 2-4th

\$100pp for the weekend

\$30pp for attending Saturday only

Information will be mailed out closer to the time.

Please phone the office to book ASAP.



To live in the hearts we leave behind is not to die—Thomas Campbell

Yesterday, Today & Tomorrow

Father's Day Grief

Father's Day is filled with the joy and celebration of recognition and acknowledgement, the coming together with family in moments of togetherness. Yet for many Dads it can be tinged with great sadness. They can feel the cold stabbing pain of loss that comes from their child not being there to cuddle and to hold on a day when many other Fathers experience just that. There are no indents in the bed or squeals of joyous laughter at gifts lovingly made and wrapped. An empty chair at the table is a reminder of the painful void and the ache of someone so obviously missing. There are no texts, no emails, no phone calls and no visits.

It's a natural thing to focus on what we don't have and are missing on this day because it hurts so very much, yet impossible as it seems there is much we do have. Our loved ones imprint themselves and make footprints in our lives forever. Those footprints are always there for us to step into.

As Fathers your love is unique and forever – your love for them and theirs for you is something grief can never take from you. It is there a constant pendulum swinging between the two of you.

Bring them with you on this day – include them in what you plan to do. See their wonder. Their mannerisms, their joy, their habits and what they loved most. Let the happy moments sit amidst the sadness. Share a beautiful memory, speak their name or eat some of their favourite food. Remember them with love, with gratitude and with laughter on this day. Let the essence of them be with you today as you and your family celebrate you as a Father.

What comes to mind above all – your one special thing, the one that encapsulates all that they were and all that stays with you when you think of them? Those one or two words that perfectly sums up them! Keep this, treasure it and let it be with you today.

Family celebrations are never the same after losing a child. They will always be different from now on. There flows an undercurrent of sadness. There is missing and there is wishing as we see others enjoy moments together. Those are the reminders of our loss that we will bump up against forever. Yet amidst those reminders let the invisible ways your loved one has touched your life always be with you. Step into their footprints and feel them with you this Father's Day.

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At the blueness of the skies and in the warmth of Summer, we remember them.



Why not join us as a friend on Facebook?

If you have something special you would like to share, please email to the office and we will post on the main page with your first name only.

Yesterday, Today & Tomorrow

Poems and articles

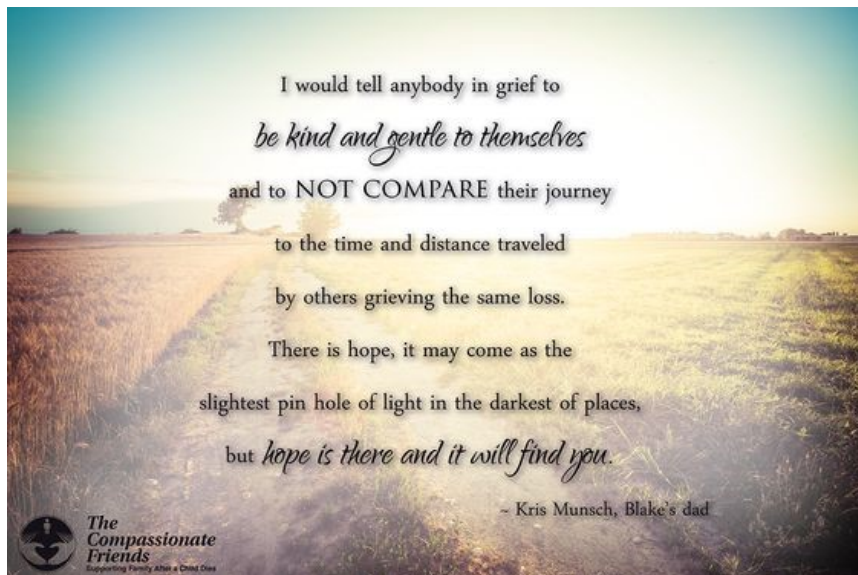
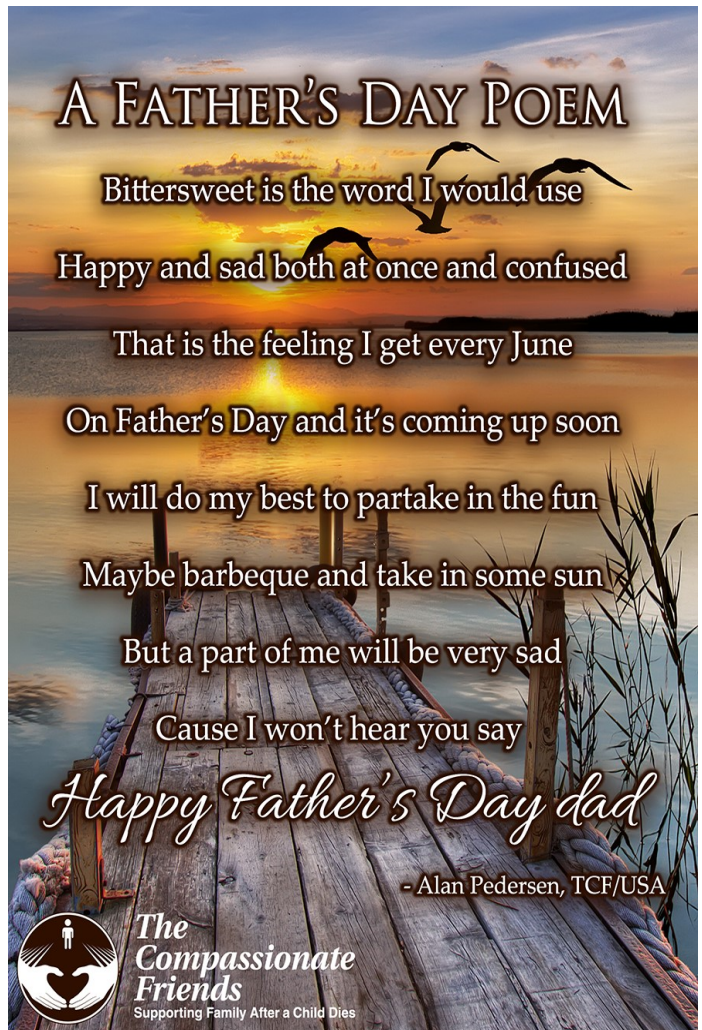


Ask My Dad How He Is

My Dad, he tells a lot of lies, he never did before.
But from now until he dies; he'll tell a whole lot more.
Ask my Dad how he is, and because he can't explain,
He will tell a little lie, because he can't describe the pain.
Ask my Dad how he is, and he'll say "I'm alright".
If that's the truth, then tell me; why does he cry each night?
Ask my Dad how he is, he seems to cope so well.
He didn't have a choice you see, nor the strength to yell.
Ask my Dad how he is, "I'm fine, I'm well, I'm coping."
For God's sake Dad, just tell the truth.
Just say your heart is broken.
He'll love me all his life, I loved him all of mine.
But if you ask him how he is, he'll lie and say he's fine.
I am here in Heaven. I cannot hug from here.
If he lies to you, don't listen. Hug him and hold him near.
On the day we meet again, we'll smile and I'll be bold.
I'll say "You're lucky to get in here, Dad, with all the lies you told!"



Credits: Author unknown, poem altered for "dad". Picture is the "View Dad" figurine by Willow Tree



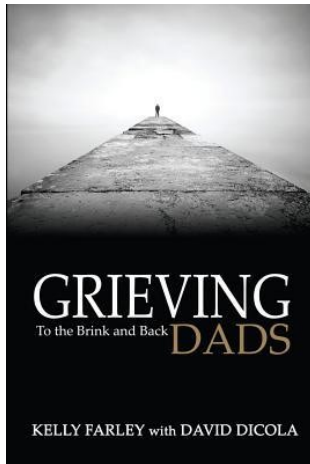
If you need help, we are here for you. TCF Mandurah has a range of grief support services and resources available for bereaved parents, grandparents and siblings. We offer understanding, friendship, compassion and hope.

There are no strangers at TCF meetings — only friends you have not yet met.

Yesterday, Today & Tomorrow

Book Review

Grieving Dads—To the brink and back **Kelly Farley with David Dicola**



This book is written for grieving fathers, by grieving fathers, and depicts stories of all descriptions, from fathers who lost their children in infancy or at a much later age. In this book, men bare their soul and describe their grief in an incredibly raw way. Many of these men have not only struggled with the loss of a child, but also with situations such as addiction and suicidal ideation.

Many men have no idea how to deal with or react to the overwhelming amount of emotional, physical, or mental responses to the loss of a child, and this book does not claim to be a cure or to promise to take away the pain, but it does offer help, from people who have already dealt with the situation.

We all know the party line about how men are "supposed" to deal with loss or even disappointment: toughen up, get back to work, take it like a man, support your wife, don't talk about your emotions, don't lose control, and if you must cry-by all means do so in private. This book not only helps fathers to grieve, it tells them that grieving, and grieving openly is okay.

Men Do Cry! **By Ken Falk**

I heard quite often heard quite often "men don't cry", though no one ever told me why. So when I fell and skinned a knee, no one came by to comfort me. And when some bully boy at school would pull a prank so mean and cruel, I'd quickly learn to turn and quip, "It doesn't hurt" and bite my lip.

So as I grew to reasoned years I learned to stifle any tears. Though "Be a big boy" it began, quite soon I learned to "Be a man." And I could play that stoic role, while storm and tempest wracked my soul. No pain nor setback could there be could wrest one single tear from me.

Then one long night I stood nearby and helplessly watched my son die, and quickly found to my surprise that all that tearless talk was lies. And still I cry and have no shame, I cannot play that "big boy" game. And openly without remorse I let my sorrow take its course.

So those of you who can't abide a man you've seen who's often cried, reach out to him with all your heart, as one whose life's been torn apart. For men do cry when they can see their loss of immortality.

And tears will come in endless streams when mindless fate destroys their dreams.

TCF Membership Reminder

Annual Membership Fee is now \$20 and is due on 1st July. This is only payable after the first year of bereavement.

This can be paid by cash, cheque, money order or directly into The Compassionate Friends Mandurah, Bendigo Bank BSB 633000 A/C # 157735895.

Remembered With Love

September, October, November 2018

NOTE: TCF Mandurah has decided to adopt the policy, held by the USA and other countries, of omitting the full details of birth and death dates from our newsletter. This policy is required to help prevent the risk of "Identity Theft", which is becoming more common. We have a responsibility to avoid placing our members families at risk. In future the year/years will not be included.

Christopher LEE

10th February to 21st September

Son of Carolyn and Dave, brother of Jessica.

Our special Supernova who burned brightly, but whose circle of life was too short. Xxx

McKenzie Jean McGUIGAN

18th November to 29th July

Daughter of Valerie. My darling girl, another agonizing year without you.

I miss you so much my Angel. Your infectious laughter no longer surrounds my home.

Love and hugs, Mum

Chad Peter NORRISH

7th November to 4th March

Dearly loved son of Peter & Leslie and brother of Shawna. Our hearts are broken, but you will be loved forever and missed forever. Until we meet again 'Somewhere Over The Rainbow'

Susan Linda PENCO

25th November to 31st March

Always in our hearts, never forgotten. Love Mama and Tania

Kevin John PERRY

18th November to 13th July

Son of Margot, brother of Lorraine and Uncle of Samara, Lewis, Harry & Tommy.

So many years and so many tears. Always remembered with so much love. Xxx

Troy Ashley PRIDDIS

25th October

Forever in my heart Darling Son – Troy xoxo

Love you to eternity, from Krystle (sister) xo

Unforgettable memories you leave behind to your big circle of friends.

Gary David WHITHERS

21st January to 31st October

You touched us with your light, your infectious giggle, your cheeky smile. You made us whole.

While we are here, you are here, in our minds, in our hearts, in our memories.

We think of you long and often.

Vincent Lee BLAGDEN

15th November to 15th November

Son of Mark and Anna, brother of Leigh and Dean.

Forever in our memory. With love always.

Remembered With Love Application

For inclusion in future newsletters for anniversaries, birthdays or special occasions as requested

Name:.....

Child's Full Name:.....

DOB: Day/Month.....

DOD: Day/Month.....

Message:

.....
.....
.....
.....
.....

Mail to TCF Mandurah, Lotteries House, 7 Anzac Pl, MANDURAH 6210

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Remembered With Love

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Christopher BROWN

12th February to 13th September

Not a day goes by that we don't think of you. Your determination and spirit will live with us always. Love Mum, Dad, Natasha and Tim

Vivian CHANDLER

11th October to 14th June

You are always with us Viv, love from Mum and Dad, Karen, Marlene and Adam, daughters Emily, Sophie and Olivia, nieces and nephew.

Scott Byron CLARKE

8th October to 17 September

*Will always love you and miss you, and even though we can't see you anymore, we will never forget your loving face or your smile. You will always be the wind beneath our wings.
Lots of Love: Mum, Dad, Jason, Shane, Tristan, Brandan and James.*

Andrew James DOY

1st March to 13th November

*Son of Robert & Heather, brother of Jenny and Father of Caleb.
Always in our thoughts and prayers, forever in our hearts. We miss you so much.*

Robert John GALLAGHER

2nd February to 27th November

*Dearly loved son of Margaret & Ned, loved brother of Leesa.
Death leaves a heartache no one can heal, love leaves a memory no one can steal.
Forever in our hearts. Xxx*

Steven Wayne HEDLEY

12th September to 19th December

*Time passes, memories stay as near and dear as yesterday.
Loved always, from Mum and Family.*

Karen Louise HUTT

28th October to 15th February

My beautiful daughter. I miss you every moment of everyday. You are in my heart, always and forever. Loved always from Mum and Family. Xxxx

Ellie Lorraine HOPE

19th September to 19th September

Our beautiful daughter, you are always in our thoughts. You are very loved and missed. Love Mum, Dad, Bethany, Sophie and Rory xxx.



Library

We have a substantial library of resources at our Mandurah Drop in Centre, offering excellent **books, magazines, tapes, cds, etc.** on grief issues associated with the death of a child/ren and siblings. All library resources are available for loan by our members. Access to the library is available by visiting the Drop in Centre. In return, we need our members to be vigilant and return these items back to the Drop in Centre so other TCF members are able to avail themselves of this useful service.



Support Groups

Bunbury Coffee Morning

When: Held as required
Contact: Wendy Ph.: 9725 0153 or centre 9535 7761



Evening Support Group

When: Thursday, September 6th
Thursday, October 4th
Thursday, November 1st
Time: 7pm—9pm
Where: Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah
(Opposite Peel Health Campus)
Contact: The centre on 95357761

Metro Groups

Contact: TCF WA on 9486 8711 for details



Rockingham Coffee Morning:

When: As required.

Bereaved by Suicide Group

Dates: Friday, September 21st
Friday, October 19th
Friday, November 16th
Time: 10 a.m.
Where: Mandurah Lotteries House.
Contact: The centre on 9535 7761



Changed Your Contact Details

Please let us know if you have changed your telephone number or your address, or if you would like your newsletter e-mailed.

Please contact us on:-
tcfmandurah@bigpond.com

Yesterday, Today & Tomorrow

Unsubscribe

If you no longer require the newsletter please e-mail or phone to cancel.



Telephone Friends - The Compassionate Friends

Please call a telephone friend whenever you need to talk "We need not walk alone"

Siblings

BUNBURY Russ 9797 0625
BUNBURY Wendy 9725 0153

Grandparent Contact

Lyn 9581 9957

Bereaved Fathers

Gary 9593 2317

PINJARRA Sheri 0457 747 772
MANDURAH Drop-In 9535 7761
MANDURAH After Hours 9582 8113
MANDURAH Rosemary 9535 9054
WARNBRO Barbara 0433 816 445
WAROONA John or Val 9739 1281
TCF WA Drop-In 9486 8711

Suicide

Margot (Centre) 9535 7761 (a/h) 9582 8113
 Russ 9797 0625

Miscarriage/Infant/Stillbirth

Joanne 0403 336 392 or 9535 7092
 (After 6pm & Weekends)
 Lisa 0428-615-066
 (before 8pm)

TCF Interstate and Overseas Contacts

Telephone

Web Site

ACT/QUEANBEYAN	(02) 6286 6134	www.thecompassionatefriends.org.au/ACT.htm
NEW SOUTH WALES	(02) 9290 2355	www.thecompassionatefriendsnsw.org.au
NORTHERN TERRITORY	(08) 8927 1320	
QUEENSLAND	(07) 3254 2657	www.compassionatefriendsqld.org.au/
SOUTH AUSTRALIA	(08) 8351 0344	www.compassionatefriendssa.org.au
TASMANIA	(03) 6261 4250	
VICTORIA	(03) 9888 4944	www.compassiontefriendsvictoria.org.au
UNITED KINGDOM	(08) 451 20 37 85	www.tcf.org.uk
UNITED STATES OF AMERICA		www.compassionatefriends.org
SOUTH AFRICA		www.compassionatefriends.org.za
SWITZERLAND		www.verin-regenbogen.ch
CANADA		www.tcfcanada.net/

Some Internet Resources

www.dougy.org	National centre for grieving children & families; a non-profit resource
www.grieflossrecovery.com	Poems, articles, memoirs, memorials, links - professional site
www.silentgrief.com	For those who have suffered a miscarriage and later child loss
www.bereavement-poems-articles.com	
www.menslines.org.au	Phone: 1300 78 99 78
www.kidshelp.com.au	Web & email counselling
www.alivealone.org	For childless parents
www.beyondblue.org.au	National depression initiative
www.parentsofsuicide-aunz.com	Suicide grief support internet community
www.mesotheliomaweb.org	Resource information & support
www.gonetoosoon.org	A forum for questions, answers and support from others with similar loss.
www.recover-from-grief.com	
www.gratefulness.org/light-a-candle/	Light a virtual candle and/or leave a message.

Other Useful Contacts

Alcohol & Drug Information Services	Free Call	1800 198 024
Allambee (Sexual Assault Counselling)		9535-8263
angelwasisterstracy@gmail.com	Gowns for born still babies	0438 901 791
ARAFMI (Mental Health Carers & Friends Association (WA) Inc.)		9535 5844
	Country Callers Free-Call	1800 811 747
Beyond Blue Depression Helpline	www.beyondblue.org.au	1300 224 636
Centre Care		9721 5177
Coroners Counselling Services		9321 2491
Crisis Care	Free Call	1800 199 008
Coronial Enquiries		9420-5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Lifeline		13 11 14
Mensline Australia; Professional & Online support for men.		1300 789 978
Mental Health Emergency Response Line	Peel Region	1800 676 822
Relationships Australia		9583 6090
Samaritans	Free Call	1800 198 313
Suicide Call-Back Services (SCDS) - Bereaved by Suicide National Free Counselling		1300 659 467
S.I.D.S & KIDS Western Australia	Free Call	1800 199 466
S.I.D.S & KIDS Mandurah	Helen	9535 3804
S.I.D.S & KIDS Bunbury	Narelle	0406 630 119
South Coast Women's Health Services – R'ham	www.schs.com.au	9550 0900
State Coroner		9425 2900
Peel Legal Services		9581 4511
Palmerston Counselling Services	Drug Related	9581 4010
Peel Youth Services / Family Support Officer	Tanya: 0459-020-179	9581 3365
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120
Youth health Services	Rockingham	9527 7464
Young Widow & Widowers Association	Ruth: 0407-983-093 or	9581 8443

If any TCF member has found an agency or counsellor, other than those listed, To be helpful, please advise us and we will consider their information for inclusion in future issues.

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