



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter

Volume 16 Issue 4 December 2019

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National Helpline: 1300 064 068

Founded in England by Rev Simon Stephens 1969

Australian Founders Lindsay & Margaret Harmer, 1978

Facebook: The Compassionate Friends Mandurah

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Welcome

As we approach Christmas and the end of this year my heart goes out to those who are nearing the first Christmas and New Year without a beloved child. Many years have now past since the death of my son Kevin but, like any other bereaved parent I will never forget the first Christmas without him.

Know that you are not alone at this time. When your emotions well up and you need to speak to someone, please reach out to one of our telephone friends or a member of your support group. They have all been in your position and understand what you are experiencing. Believe me when I say that Christmases in the future will always be painful **BUT** as your grief softens and your shoulders strengthen they will be easier to cope with.

You will not believe this yet, but there will come a time when you will look forward to Christmas and other special occasions and be able to feel joy and happiness while feeling the presence of your child in your heart. How to spend Christmas? What would your child want you to do? What do you want to do? You need not do anything in particular. As part of a changed family or as an individual you can do what is right for you and your family. If you have surviving children then they are entitled to have a say and to have a Christmas even though it will be different.

Our Christmas Candlelight Memorial Service on 8 December at the South Mandurah Uniting Church is a special gathering which helps us to deal with this time. Simply by coming together with others we seem to gain some comfort and strength. By giving this time to our child we can go on to have Christmas with our other children. It really does help to know that we are not alone.

I wish you peace of mind. I wish you moments of joy. Most of all I wish you the knowledge that your child is close to you and that love never dies.

Margot McAllister

Mother of Kevin, Nana of Jackson

Worldwide Candle-lighting Sunday

Sunday 8 December 2019 is the day when bereaved parents all around the world light a candle at 7p.m.in memory of their child.

Candles are lit in New Zealand and then in each time zone.

We can imagine a ring of light around the world

That their light will always shine



Past Events

World Suicide Prevention Day

On 10 September the Murray Suicide Awareness Network held a memorial and awareness event at the Henry Street boat ramp in Pinjarra. The event was named "Speak their Name" and we did that when we said who we were there to honour. We spoke of those we had lost to suicide as we painted rocks with their names and then placed them in the river.

For some people this was the first chance they had to speak of their loved ones with others and they expressed their appreciation of the opportunity.

This was the first community event held by the network and with the good response we've decided to hold the event again next year. Two truckies stopped by after hearing about it on the radio. They gave us a donation and encouraged us to continue this work of raising suicide awareness.

Sylvia Watts and I represent TCF Mandurah and lived experience at the network.

Margot McAllister.

AGM 2019

2019 AGM

TCF Mandurah AGM was held on 24th September 2019 attended by 10 members. All positions were declared vacant. Jackie Kernachan from Westaus Crisis Care was the returning officer.

All nominations were accepted and voted in. The Committee is as follows:-

President: G Withers

Vice President: C Lee

Treasurer: P Connett

Secretary: T Pearce

P.R Manager: M McAllister

Committee Members:

P & J Bright, S Watts, L Richards & M Hope

Congratulations and thanks to all nominees.

Tina Pearce

A Surprise Gift

Today I went into the BWS store at Mandurah Forum to make some purchases to use in our Morning tea raffle. I was telling the ladies on staff about our work and they spoke of making a donation. To my surprise all of the items I selected for the raffle were donated.

What a lovely generous gesture this was and as I thanked them I said "it's this type of support that's enabled us to do our work for almost 18 years with no funding".

I've left some of my business cards there for customers who need TCF services and they're happy to have some of our Candlelight Service flyers on the counter.

I'm so pleased that I called in to that store. Grateful thanks to the team at BWS Mandurah Forum.

*Margot McAllister
Mother of Kevin, Nana of Jackson*



Thank You

Yesterday, Today & Tomorrow

Past Events and Thank you

50th Anniversary Morning Tea

Our morning tea to mark the 50th anniversary of The Compassionate Friends was held in the function room at St Ives, in Greenfields.

Almost 50 TCF members and community agencies representatives attended.

After a welcome by President Gary Withers our special guests, Mandurah M.L.A. David Templeman, Mandurah Mayor Rhys Williams and Councillor Lyn Rodgers all made short speeches about our work and it's importance to the community.

We presented David Templeman with an enlargement of a photograph taken on the day of TCF Mandurah launch 20/02/02.

Our fabulous bakers, Wendy Hancock, Fran Stretch and Madeline Livingstone made a lovely selection of cakes with Madeline making our large 50th cake.

Wendys husband Tim & daughter Christina with Frans husband Ashley helped make the sandwiches.

Our volunteers once again showed their great team spirit with everything going smoothly. There were door prizes and raffle prizes with six happy winners.

We thank the manager and CEO of St Ives for the use of the venue which was perfect for our event, Judy & Peter Bright for arranging this and the residents who assisted with the parking and the kitchen.

TCF Mandurah will soon have provided services to many hundreds of bereaved people in the region for 18 years.

We've had to find our own resources of funds, equipment and most importantly of volunteers. Well done everyone.

In two years time we hope to celebrate the 20th anniversary of TCF Mandurah.



Mayor Rhys Williams, Councillor Lyn Rodgers, President Gary Withers, PR Manager Margot McAllister & Mandurah MLA David Templeman cutting the 50th Anniversary Cake



Secretary Tina Pearce with MLA David Templeman & Margot McAllister



Group Photo at 50th Anniversary Morning Tea

50 years

TCF International Gathering

6th TCF International Gathering **50th Anniversary**

The gathering was held at Horwood House in Milton Keynes, England from 1 to 3 November 2019. There were 250 people in attendance including 18 TCF members from Australia plus members from USA, England, Scotland, Belgium, Netherlands, Canada, Germany, Malta and South Africa.

Gina Conway and I stayed at a nearby hotel rather than the conference venue and this was a good choice because unfortunately the elevators at the venue were out of order and with lots of stairs to negotiate the attendees with any joint problems found it difficult. Gina would never have managed. The only other negative was the absence in the program of an International Council meeting; however we proceeded to hold one during the first International session.

There were a good selection of workshops and the speakers were very interesting. The catering was excellent and the round tables facilitated our conversations and networking.

As usual, the most beneficial part of the gathering was in exchanging information with other TCF volunteers around the globe, meeting people for the first time and catching up with others who we meet only at these gatherings. The bookshop had a selection of new books and I purchased two books and a DVD of the short film "Say their names" for our library.

Our literature was on display and once again our Butterfly folders caught the attention of people. There was a TCF member there from the USA who takes photographs of bereaved parents with the names of their children drawn on their arms. I had this done with my sons name and that of my grandson. I'm eagerly awaiting the arrival of the photographs.

Margaret Pringle, who has now stepped down as TCF UK representative, formed a choir who sang two songs at the closing session. The second song was "Share the Love" which will be on our Candlelight Memorial Service program. This lovely song was written by a TCF member many years ago.

It was certainly worthwhile attending the gathering and Gina & I took the opportunity to also visit relatives in Ireland and Scotland. We took our mothers ashes to our home town in Scotland and that was an important task undertaken with love.

*Margot McAllister, PR Manager, TCF Mandurah
TCFA board member,
TCFA International Representative
Mother of Kevin, Nana of Jackson*

Yesterday, Today & Tomorrow

TCF International Conference

held at Milton Keynes England

1st – 3rd November 2019

Attended by **Carolyn & Dave Lee**

We arrived the day before and transferred to the venue on Friday. There was a welcome afternoon tea for newly bereaved and at 5pm a welcome for everyone that was chaired by Andrew Miller Trustee UK TCF. He introduced other Trustees and outlined what would be happening at the conference and gave a brief history of TCF.

There was also a welcome given to the International members attending. We later watched a movie named "Say Their Name" followed by a welcome dinner.

Saturday was filled with various workshops. Dave attended one on "The Grief of Men". I attended a few workshops which were very informative.

My favourite speaker was Myrtle Fleming, the International Chairperson, from South Africa. She has been in poor health but was able to attend and as she usually does, treated us to one of her special poems.

There were speeches from Lady Mountbatten whose husband and 2 grandsons died in a bomb blast and two sisters of the UK founders. Our founder Canon Simon Stephens was sadly unable to attend due to illness which was a great disappointment to everyone.

On Sunday morning we gathered for a short Walk to Remember and tied our ribbons to a tree. This was followed by a lovely lunch, some farewell speeches and thanks given to people who organized the event.

We enjoyed it very much.

Carolyn Lee, Vice President, TCF Mandurah

The arrogant and thoughtless attitude of others, that they know when it is time to end grieving is like a knife thrust into an already damaged heart.

Ted Menten

TCF Mandurah needs you!!

Are you at least two years in your grief journey?
Do you have one day a week that you could volunteer in our office or in other ways?

We would love to hear from you! Please phone
Margot or Tina on 9535 7761.

General Notices

Candlelight Memorial Service

The annual Candlelight Memorial Service to honour the lives of our children, grandchildren, sisters and brothers who have died too soon will be held at the
South Mandurah Uniting Church

2-4 Rees Place, Wannanup
Sunday 8th December 2019 @ 7pm

The service will be conducted by
Rev. Andrew Morris.



This is a very special service that is conducted worldwide on Sunday the 8th December where candles are lit in sequence around the world. It is a moving service and all are welcome.

Please bring a plate of food for a shared supper afterwards and a small framed photo of your loved one/s.

Enquiries to 9535 7761
or email tcfmandurah@bigpond.com

Memorial Page

Have you looked at our website recently?
On the site we have a beautiful memorial page.
If you wish you can place a photograph of your child, grandchild or sibling with a small item similar to those listed.
Permission forms are available at the office so ring 9535 7761 to arrange.

TCF MEMBERSHIP REMINDER

Is your membership up to date?

Annual Membership of \$20 was due on 1st July, payable only after the first year of bereavement.
If we do not hear from you for 2 years we will assume you no longer wish to be a member, receive newsletters and be invited to our events. You can pay by cash, cheque money order or directly to TCF Mandurah Bendigo Bank: BSB 633000 a/c 157735895 please state membership.

Don't forget the monthly Waroona information and support display continues, coinciding with the Community Cuppa morning, held at the
Waroona Resource Centre.

Grateful Thanks

Thank you to all who helped TCF Mandurah in any way during 2019.

We had people volunteering their time to help with our memorial events, with our groups, as telephone friends, making home visits, manning displays and raffles, attending the office with many administrative duties, preparing the quarterly newsletter, fundraising in lots of different ways, giving talks to agencies and students, attending community meetings, travelling many kilometres and taking every opportunity to tell people of the work of The Compassionate Friends.

This is how we continue to exist and how families get to know that there is indeed a place where they can receive the support they need when the unthinkable happens and their child dies.

Holiday Office Closure

Our office will be closed from Monday 23rd December 2019 and will re-open on Monday 13th January 2020. If you need to speak to someone urgently please phone 9582 8113.

International Children's Memorial Day

International Children's Memorial Day is a 24 hour Worldwide event for the Compassionate Friends and will be held this year (2020) at Dalrymple Park in Mandurah, commencing at 8.15am on Sunday 2nd February.

The Compassionate Friends of Mandurah, warmly invites you, your family and friends to our Flowers on the Ocean. We gather together to remember our children, siblings and grandchildren. Flowers will be provided with cards for you to write a special message. If you would like to share a poem or a special memory, please feel free to do so.

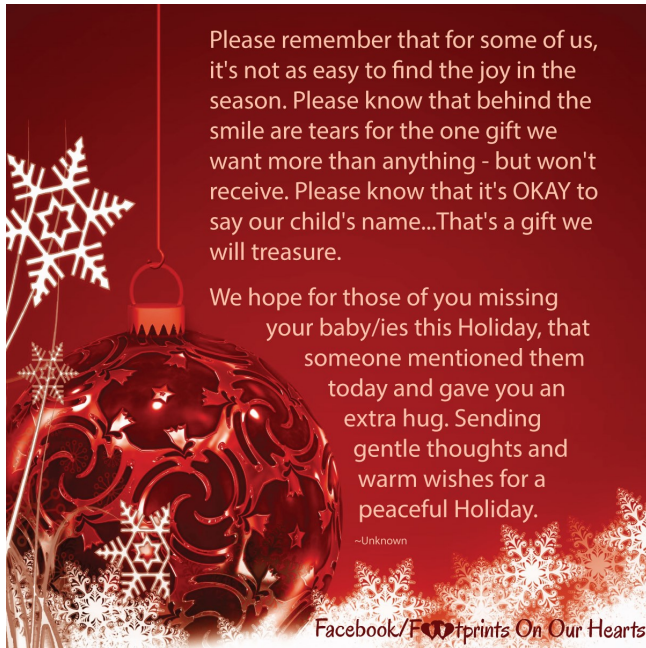
It is only a few steps to the Estuary's edge where we place our flowers on the water and spend a quiet time of reflection. Returning back into the park, a light breakfast will be supplied for a gold coin donation. We hope too that you can join us for a time of caring and sharing with each other and to honour our loved ones. For 24 hours TCF members worldwide, will be remembering their loved ones in their own special way.

We look forward to seeing you on 2nd February.
RSVP for catering, please phone 95357761.

Sylvia Watts

Yesterday, Today & Tomorrow

Poems and articles

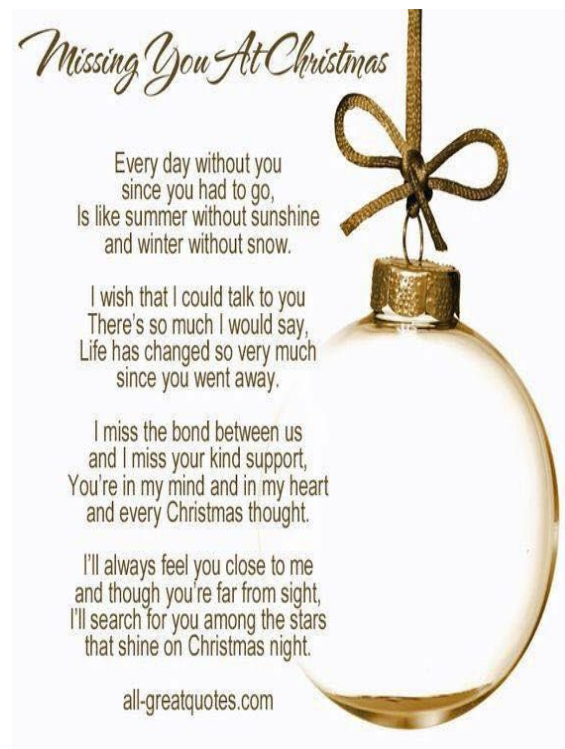


COPING WITH CHRISTMAS

- Light a special candle to burn on Christmas Day in memory of your child or loved one.
- Make or buy a special decoration to hang on the tree in their memory.
- Some bereaved parents buy a small gift for the age their child would be and donate it to charity. - Visiting the grave can help to remember the child.
- Plan your time so that you are under as little stress as possible. Plan your 'escape' if need be. Don't over-commit. Rehearse a simple explanation of why you may not attend a function.
- Share the memories with someone, by telling stories and looking at photographs.
- If you have young children in the family, be aware they might wish for Christmas to carry on as before. While this can be very painful for you, living through the normality of seasonal celebrations can be a comfort.
- New Year's Eve celebrations can also be difficult. Acknowledge your feelings to yourself and to those close to you and spend New Year's Eve with close, understanding family and friends who will allow you to be yourself and remember your child.

Author unknown

Ornaments brightly decorate the Christmas tree,
Some delicate, some sturdy, some old,
some new,
Different shapes and sizes,
Crystal, glass, wood or ceramic,
Ornaments dangle on the branches,
Catching colours from a window, or a candle,
Or a twinkling light.
The old ornaments bring back memories of Christmases gone by,
The new ornaments represent hope & promises for the future.
And when the holidays are over,
The ornaments safely wrapped & packed away in their boxes
till next holiday season,
We still recall the priceless ornaments
That are our precious memories.
Some funny, some happy, some sad,
Times of celebrations, birthdays, holidays,
and vacations.
They glow and sparkle in our minds,
catching the light of our memory
From hearing a favourite song, or seeing a familiar sight.



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

Yesterday, Today & Tomorrow

Poems and articles

New Years Resolutions

I will try not to expect so much understanding from others who have not walked the same path.

I will be kind to myself - health, physical appearance, and some time...just to myself.

I will remember that I owe it to myself to try to enjoy life.

I will try to be more considerate to my spouse, children and parents. They, too, are coping.

I resolve, in memory of my child, to do something to help someone else.

For I know that in doing this, my child will live through me.

TCF Mobile, Alabama

Death leaves a heartache no one can heal

Love leaves a memory no one can steal

Author unknown

Dear Friend

Because I really care about you, I'm not going to pretend and wish you a Merry Christmas as if nothing's happened. Instead I'm going to reach out to you and tell you that I realise this must be a difficult time for you.

It probably doesn't seem fair that everyone else is smiling and enjoying the holidays as usual while your heart is aching.

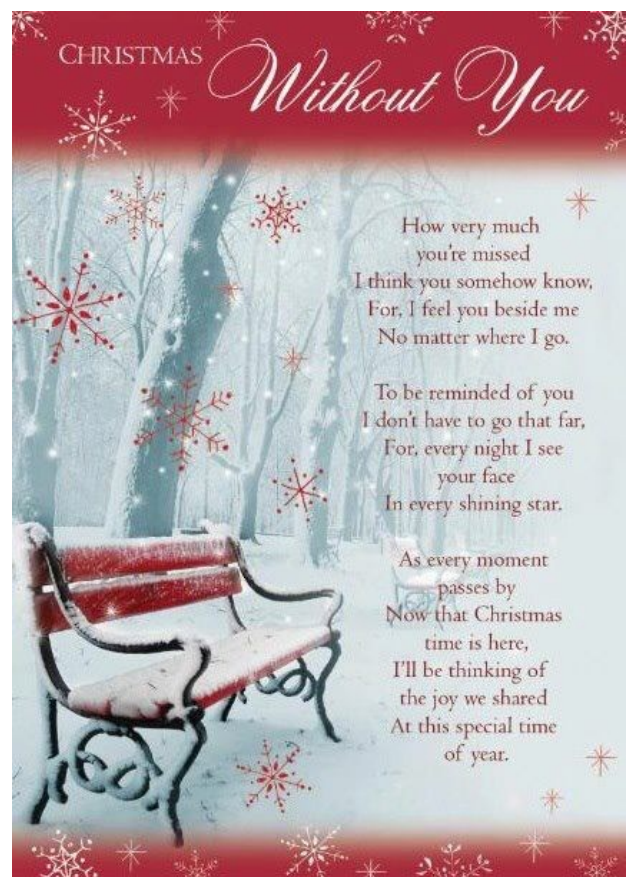
There may be times a favourite carol that used to bring a smile to your face now brings tears to your eyes. You may feel confused, cheated and even angry and I wouldn't blame you.

But rather than force yourself to fake the holiday spirit please be honest with your emotions. Cry, be angry, do whatever it takes to get through this—always remembering that **You Will** get through this.

Remember too, that in time you'll be ready to celebrate Christmas again—and until then know that there are many people whose hearts are with you, especially now, people who care about you very much and always will.

Renee Duvall

TCF South Bay, California



Yesterday, Today & Tomorrow

Remembered With Love

December 2019, January and February 2020

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. The year/years will not be included.

Christopher Glen BRIGHT

8th February to 20th March

You have taken a large part of our hearts. We will miss you always.

Christopher BROWN

12th February to 13th September

HAPPY BIRTHDAY beautiful boy, Forever Young. Love Mum, Dad, Natasha and Tim

Robert John GALLAGHER

2nd February to 27th November

Dearly loved son of Margaret and 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.

Ruben John HODDY

9th June to 1st January

Forever in my heart my beautiful son. Always in our thoughts, Mum and brother Tama. oxox

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

William (Bill) Joseph HUTT

12th March to 25th January

Dearly beloved son of Barbara and Bill (dec'd).

Loved younger brother of Jayne, Tim, Sally, Jill and Terry (dec'd). “He’s just a thought away”.

Christopher LEE

10th February to 21st September

Son of Carolyn & Dave and brother of Jessica.

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

Daniel Stephen NANI

4th December to 4th December

Daniel, forever our sleeping angel. Hugs Nanna and Nonno

Amanda Suzanne NANI

6th February to 10th May

Happy birthday Sweetheart. Always on our minds. Love Dad, Mum, Jason, Melinda, Craig, Stephen, Trent and Caitlin. Xxxx

Daniel Silvio PENCO

16th March to 29th February

Son of Danica. Always in our heart, never forgotten, Love Mama & Tania

Jackson PERRY-ELLIS

20th January to 5th May

Our angel Jack, always remembered and always loved by his Mum Lorraine, sister Samara, brothers Lewis, Harry and Tommy, and Nanna Margot. Xxxxxx

Haydn John PINNELL

22nd January to 23rd February

Our love for you has no ending, for you are always in our hearts everyday and always will be.

Remembered With Love

December 2019, January and February 2020

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Brooke Lyn RICHARDSON

6th March to 4th December

Miss you Brooke, You are my Sunshine-Love from you Mummum, Granddad and Western Australia. Family.

Nathan (Nat) STUBBERFIELD

6th January to 21st March

My beautiful son. Gone so suddenly and far too young. My heart has been torn apart, but through the precious memories and the 4 bundles of joy you've left us, we will learn to smile more and cry less. Thank you for being my son. You are forever in my heart – Mum

Kris Ronald WITHERS

22nd January to 21st August

Remembered Forever

Gary David WITHERS

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.

REMEMBERED
... WITH ...
Love

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

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

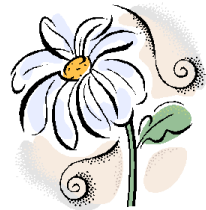
Bunbury Coffee Morning

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



Evening Support Group

When: Thursday, December 5th
No meeting for January
Thursday, February 6th
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 6107 6257 for details

Bereaved by Suicide Group

Dates: Friday, December 20th at the Decadent Café, Chocolate Factory
Husband Rd Barragup from 10.00 am
Friday, January 17th
Friday, February 21st
Time: 9.30 to 12.30 p.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"

BUNBURY	Russ	9797 0625	<u>Siblings</u>	
BUNBURY	Wendy	9725 0153	<u>Grandparent Contact</u>	
DONNYBROOK	Sue	9764 1262	Lyn	9581 9957
PINJARRA	Sheri	0457 747 772	<u>Bereaved Fathers</u>	
KOJONUP	Roberta	9833 6232	Gary	9593 2317
MANDURAH	Drop-In	9535 7761	Peter	0447741219
MANDURAH	Judy	0456852233	<u>Suicide</u>	
MANDURAH	After Hours	9582 8113	Margot (Centre)	9535 7761 (a/h) 9582 8113
TCF WA	Drop-In	6107 6257	Russ	9797 0625
WARNBRO	Barbara	0433 816 445		
WAROONA	John or Val	9739 1281	<u>Miscarriage/Infant/Stillbirth</u>	
			Joanne	0403 336 392 or 9535 7092

(After 6pm & Weekends)

TCF Interstate and Overseas Contacts

National Helpline 1300 064 068

	<u>Telephone</u>	<u>Web Site</u>
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.compassionatefriendsvictoria.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

<u>www.dougy.org</u>	National centre for grieving children & families; a non-profit resource
<u>www.grieflossrecovery.com</u>	Poems, articles, memoirs, memorials, links - professional site
<u>www.silentgrief.com</u>	For those who have suffered a miscarriage and later child loss
<u>www.bereavement-poems-articles.com</u>	
<u>www.menslines.org.au</u>	Phone: 1300 78 99 78
<u>www.kidshelp.com.au</u>	Web & email counselling
<u>www.beyondblue.org.au</u>	National depression initiative
<u>www.parentsofsuicide-aunz.com</u>	Suicide grief support internet community
<u>www.mesotheliomaweb.org</u>	Resource information & support

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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
OLA Grief Support for all bereaved	Brendan & Rosa	0487 588 880 0418 910 230
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
The Safe Woman Safe Family Murray Centre		9507 5834
S.I.D.S & KIDS Bunbury	Narelle	0406 630 119
Solace for Widows & Widowers		9474 3297
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
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120
Youth health Services	Rockingham	9527 7464

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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