



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
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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.

Welcome

Welcome to this issue of the newsletter. The main topic is Mother's Day and we invite all bereaved mothers and grandmothers to a lunch on the Friday before Mother's Day. Invitations will go out in the mail during April. Whether you are a mother with many children or with no children living you are warmly welcome to join with others.

As a young girl I had dreams of eventually having a large family. Unfortunately I could only have two children and although this realisation was a heartache, I accepted that fact and was grateful for the two I had. I was thinking recently of the many kinds of mothers there are and how we each are very different to our own mothers. My mother found it difficult to show love and my siblings and I didn't get hugs during our childhood. When we grew up we each started to give mum and dad hugs and they finally accepted and returned them. As children we would be sent out to play and as long as we were home before dark we went where we liked. Things are so very different now.

The world is not such a safe place and parents have to keep a closer eye on their children's activities. I always remember the words of a friend who was a psychologist when he said "The best mother is the just good enough mother". What I do know is that we do the best that we can. When the unthinkable happens and our child dies we suffer terribly with feelings of guilt and it takes us a long time to work through these feelings. It's natural to think that way but one thing I am sure of is that every parent who seeks the support of TCF does so because they truly loved their children and the grief is the cost of their love. What would our children want us to do? I know my son would not want me to give up on life. My life is busy, active and meaningful once again. I've found peace in my heart and mind. So "Live because they lived" and feel the love of your child around you when you think of them.

*Margot McAllister
Mother of Kevin, nana of Jackson*

When I Lost You

I wish that I could see you one more time come walking through the door.

But I know that is impossible, I will hear your voice no more.

I know you can feel my tears and you don't want me to cry,

Yet my heart is broken because I can't understand why

Someone so precious had to die.

I pray that God will give me strength and somehow get me through

As I struggle with the heartache that came when I lost you

Author Unknown



Coming Events

SAVE THE DATE!!

Mother's Day Lunch

Friday 8th May 2020 12 noon

Main Meeting Room Mandurah Lotteries House

We warmly invite all of our members to our annual lunch as above.

Cost just \$5.00. Free door prize, lots of raffle prizes, TCF items for sale, library items to borrow, memorial quilt to sign and a delicious 3 course buffet lunch.

Soroptimists International Mandurah have once again sponsored our lunch and we sincerely thank them for their continued support.

If you are coming for the first time, please feel free to bring a supportive family member or friend.

Our lunch is a special time of friendship, caring and sharing for each other. Seating is limited. Please RSVP by Monday 4th May 2020 on 9535 7761 or email tcfmandurah@bigpond.com.

We look forward to seeing you.

2020 Walk to Remember

Dalrymple Park, Mandurah

On Sunday 8 March we will hold our 15th annual Walk to Remember. The walk has three aims, firstly to provide a meaningful memorial event, secondly to raise community awareness of our services for current and future bereaved parents and thirdly to raise funds needed to continue with the provision of our grief support services. Please attend the walk if you can and bring relatives and friends who wish to come.

Prior to the walk please try to raise funds by asking friends and family for donations. Donations of \$2 and over can be used for taxation purposes. We can issue receipts from the office. This also gives you the opportunity to tell people about the work of TCF.

In return for your \$25 donation walkers receive bottled water, sausage sizzle, name ribbons, heart and TCF items

Remember to Slip, Slop, Slap! And remember to bring a folding chair!

9.30 for a 10a.m. start by

Mandurah MLA David Templeman

Follow the piper along the foreshore to MPAC
and return to a sausage sizzle prepared by
Lions Club of Mandurah

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New Support Service for Bereaved Siblings

The Compassionate Friends Australia is seeking volunteers aged 19 to 30 to provide an App based peer support to young bereaved siblings via online chat.

If you are a surviving sibling, ready to use your experience of loss and grief to help others through a similar experience please contact TCFV (TCF Victoria) on Ph03 9888 4034



Facebook

Have you checked out our Facebook page?

We encourage you to "Like" and post comments on the page

Some women say that there is no greater pain than to bear a child.

I say there is no greater pain than to bury one.

POSITION OF EDITOR

OF THIS NEWSLETTER IS NOW VACANT.

Unfortunately, due to increased work demands I am unable to continue the role of Editor.

If you have some basic computer skills, please consider taking on this rewarding role.

Please contact Margot on 9535 7761

or Michelle on 0427398422.

Office Volunteers Needed

Are you free for 3 hours once a week/fortnight?

Are you two years on since your bereavement?

If yes we desperately need your help!! You will be trained to answer the phone, check messages, collect the mail, open emails and record in the Day Book.

Margot & Tina are just at the end of the phone. We only have 3 volunteers aged between 60 to 82 and have to close the office some days. Please ring and let us know or send an email.

Past Events

Community Citizen of the Year

From a record number of nominees for this years' awards the Community Citizen of the Year Award was presented to our past treasurer John Lawrence. As well as spending over ten years as our treasurer John also supported PEACH, Mandurah Musketeers, WA Mums Cottage, South Mandurah Uniting Church, Teen Challenge and South Mandurah Tennis Club. We were so proud to nominate him and to see him presented with the Award.



Candlelight Memorial Service

The 2019 Candlelight Memorial Service was held at South Mandurah Uniting Church in Dawesville on the 8th of December. The service commenced at 7 p.m. We wish to thank Reverend Andrew Morris for all the assistance he gave us as well as his wonderful words of support.

The church was decorated for Christmas with nativity scenes. We thank all those people who attended, especially those who attended for the first time. A special thanks to John Lawrence for assisting Peter Bright with the PowerPoint and audio. Thanks also to those who assisted on the night and those who worked for weeks before the night.

We would also like to thank those who participated with the readings and especially those who did this for the first time. A very moving occasion.



Visit to TCF Malta

It was a pleasure to accept an invitation to attend a support group of TCF Malta on my way home from the International gathering in England 2019.

The President Lino Vella Clark, met me at my hotel and took me to the historical old church in Valetta where the group meets. The ceiling of the old church has a beautiful painting which is done on material attached to the ceiling, what an amazing work of art!

We went by the side through to a room behind the church. Lino's wife Crocy and others arrived and I was introduced. I was reminded again that no matter where we travel we can always find other parents just like us with whom we share that common bond.

It was a privilege to meet the group members and to share our stories. Lino had met my sister and I on arrival in Malta, had shown us Valetta on another day and on my last night I had dinner with Lino and Crocy at a restaurant overlooking Valetta.

Thank you Lino for your warm hospitality and thank you TCF Valetta for allowing me to join your group. Precious memories I now hold dear.

“There are no strangers at
TCF Meetings
Only friends you have not yet met”

The photograph below shows Lino with his car.
Note the license plate !!



Past Events (Cont.)

Christmas Gift Wrapping

We were given the opportunity to take part in the Christmas Gift wrapping at Mandurah Forum on five days and Halls Head Shopping Centre on two days.

We raised \$1070 and spoke to many people about our work. This was a good result and we thank those who volunteered their time to fill our roster.

The photograph shows Sylvia Watts at the Halls Head Shopping Centre.



Loving Sympathy

It was with sorrow that we were notified of the sudden death of Keith, the surviving son of Margaret and Jim Pringle.

Margaret was the TCF International UK representative for many years and she and Jim are still very involved in TCF activities.

TCF Mandurah sends loving thoughts to the family.

“Now with his brother again”.



Sometimes, you just have to bow your head, say a prayer and weather the storm.
~ Mother Teresa

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International Childrens' Memorial Day

Flowers on the Water

Sunday 2 February provided a beautiful sunny morning for a small gathering of members of TCF and partners in Dalrymple Park adjacent to the waters edge in Mandurah.

Conditions had greatly improved from 2 years ago, when the building of the new bridge was in progress and scattering of our flowers on the water, was a little restricted.

This year however, we were able to take a short stroll to where part of the original bridge has thoughtfully been left and we could place our flowers on the water.

After time spent in quiet personal reflection and watching our individual flowers float down the estuary with the tide, we returned to our position in the park and a shared breakfast together.

This yearly event has a gentle simplicity about it. Although it doesn't last for long, it does give out a deep connection to all of those who attend. We all recognise we are there for the same reason - our children and we are sharing the day right around the world with parents who like us, are also remembering and honouring their children on this special day.

Fancy a
cuppa?



Waroona and Pinjarra Outreach

Both Waroona and Pinjarra had a quiet start to 2020. Information tables were not held in January mainly because of the school holidays and little activity took place at either venues.

Everything has bounced back in February and visits to Pinjarra and Waroona have recommenced. Hopefully our information tables which coincide with the Community Cuppa mornings will prove to be of greater service throughout the coming months.

General Notices



Soroptimists International of Mandurah are once again sponsoring our lunch for bereaved mothers. We appreciate this donation because this luncheon gathering is very important.

Our grateful thanks go to **John from JFK Electrical** for his generous donation to the Walk to Remember. One of our volunteers had occasion to use his business and gave us positive feedback on the experience.

Tina & Eddie Pearce had to abandon their weekly raffle at the **Drop inn Warnbro** after Eddie was badly bitten by a dog. His medical treatment has been successful and they have now started back with the meat tray raffle. The customers gave them a great welcome back and were keen to buy tickets. Our thanks go to the raffle king and his helper.

One of Margots friends has been busy **knitting little penguins and dogs** that we can sell on our fundraising displays. Her latest effort is a reversible knitted doll. What a talented lady. Another very talented friend **knitted two beautiful outfits for babies** with matinee jackets, rompers, top and bootees. Thank you ladies. I'm sure these items will sell well and help raise the funds we need.

Thanks go to the residents of **Parkland Villas**, Halls Head who regularly send in a donation to assist us.

The Walk to Remember is our main annual memorial & awareness event plus our major opportunity for fundraising. Our sponsors this year are Mayday Op shops, Bowra & O'Dea, JFK Electrical, Mandurah Lions Club, Halo Team Inc., Bendigo Bank and Soroptimists International of Mandurah.

Thank you all

TCF Mandurah

18 years anniversary

On 20 February 2020

Since the official launch of TCF Mandurah volunteers have provided a range of free grief support services to many families after the death of a child.

We started with a small office with carpet on the floor and a blind at the window. Our first items of furniture donated by Pinjarra Rotary Club were a large wooden desk, office chair and a steel cabinet which had held oil pumps.

An application to Lottery West produced our first computer and a Volunteer grant gave us our computer desk & chair and telephone.

Our launch on the above date was conducted by our WA Patron Graham Mabury and attended by TCFWA President Judy Mandurah MLA David Templeman, Mayor Keith Holmes and representatives from many community organisations. On that day we were offered a filing cabinet from Alcoa and a pigeon hole cabinet from a government department.

From five volunteers then, we now have over twenty. We've provided training, held numerous displays, networked with other agencies and expanded our memorial events and services. With the help of a PEACH grant we furnished a larger office and now also have a "Quiet" room for one to one sessions.

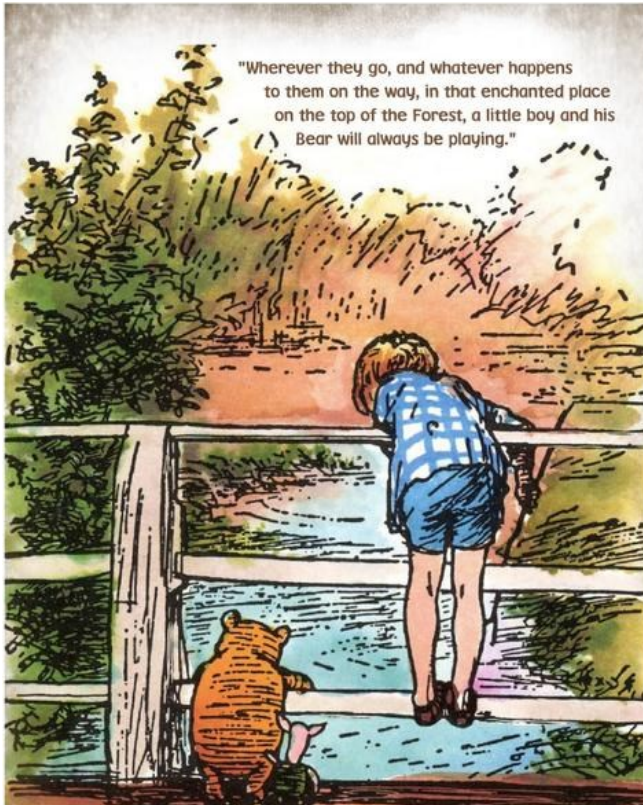
We have had input into research and to State Suicide Prevention Plans. Information and education has been provided to numerous community agencies and all of this while raising funds to cover our costs. What an achievement!! **Well done Team**



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



When someone you love dies, and you're not expecting it, you don't lose her all at once; you lose her in pieces over a long time—the way the mail stops coming, and her scent fades from the pillows and even from the clothes in her closet and drawers.

Gradually, you accumulate the parts of her that are gone. Just when the day comes—when there's a particular missing part that overwhelms you with the feeling that she's gone, forever—there comes another day, and another specifically missing part.

- John Irving



Sharing Stories, Finding Hope

We've come from round the world to gather here together
To share a special friendship that will last forever.
For all of Fifty years we have all been linked in love
In sorrow and in tears for the children up above.
Everyone has lost a child and some lost even more
Oh what bitter heartache - it strikes the very core.
And some of them, I'm sad to say, have lost their only child
And that is quite enough - to drive a parent wild.
Grannies, Grandpas, Siblings, too - you also feel the pain
For the family chain is broken and will never be the same.

But thank you to our Founders who each had lost a son
So bitter was their grief they thought their lives were done.
But found that through their sharing that they would learn to cope
And in memory of the children would give each other hope.
Recognised by Simon, who saw their bitter grief
For he, too, knew deep sorrow, and his heart, too, sought relief.
We're sad that he's not here today - we're missing Iris too
And we send our very special love to these last remaining two.
Andrew brought me here, as your children, too, have done
Your precious, lovely daughter or your darling handsome son.
Their presence still surrounds us as they're gathered up above
Just as we are here, with our hearts so filled with love.
In memory of each one of them, through all the tears you've cried
Live for them for they lived - don't die because they died.
Go out into the world, though your heart may be in sorrow
As memorials to our children, we can face tomorrow.

Written by TCF International Chair Myrtle Fleming, read at the 2019 International Gathering in England.



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.

Requiescat

Tread lightly, she is near
Under the snow,
Speak gently, she can hear
The daisies grow.

All her bright golden hair
Tarnished with rust,
She that was young and fair
Fallen to dust.

Lily-like, white as snow,
She hardly knew
She was a woman, so
Sweetly she grew.

Coffin-board, heavy stone,
Lie on her breast,
I vex my heart alone
She is at rest.

Peace, Peace, she cannot hear
Lyre or sonnet,
All my life's buried here,
Heap earth upon it.

- Oscar Wilde

Time

Some say that time heals. I believe that is not true. **It's what you do with time that heals.** Work your grief—how? Express it to others in a support group, write it in an exercise book or compile a song or poem.

Give yourself permission to grieve, read to educate yourself about grief and the experience of others. Develop your own coping strategies. Only then will you grieve in a healthy way and find healing.

© M. McAllister

TCF Mandurah Inc.

Long, Long Summer Day

With angels on this summer day,
you never woke; you slipped away.

Now day just dims into the night.
I always wake in sorrow's light.

Your smile, your face, not in my sight.
Your precious memories I hold tight.

My son won't rise from this day on.
Time has stopped; my days don't dawn.

No, not a dream, I'm here to stay.
I cannot breathe past this long day when an-
gels took my son away,

How is my life to carry on?
So empty since my son is gone.

A mother's grief, a window of tears.
Same long, long day into my years!

I pierce this veil of life and death
with purest love within my depth.

No, not a dream; I'm here to stay
within this long, long summer day.

By Patricia L. Cisco

Mothers hold their
children's hands for just
a little while...and their
hearts forever.

— An Irish Blessing —

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.

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Remembered With Love

March, April and May 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.

Ivon Timothy BAKER

24th May to 2nd April

Son of Sylvia. My beloved son Ivon – now reunited with his loving Dad.

Christopher Glen BRIGHT

8th February to 20th March

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

Craig DONEY

29th March to 20th March

Craig, we always will love you, and miss you so much.

Andrew James DOY

1st March to 13th November

Son of Robert and Heather, brother of Jenny and Father of Caleb.

“Always in our thoughts and prayers; forever in our hearts; we miss you so much.”

Blake Joshua EVANS

29th March to 23rd July

Dearly loved grandson of Rosemary. I never got to say goodbye, my brave grandson.

You could not run and play like other boys, so run and play with the angels

and play your guitar in their band. Love always, Nanna xxx

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”.

Amanda Suzanne NANI

6th February to 10th May

Amanda our beautiful one and only, may the wind blow softly to you and whisper how we love you so.

You are loved and missed every moment of every day. Hugs and kisses we send to you, Love Dad, Mum,

Jason, Melinda, Craig, Stephen, Trent and Caitlin.

Chad Peter NORRISH

7th November to 4th March

Dearly loved son of Peter and brother of Shawna.

Our hearts are broken, but you will be loved and missed forever.

Until we meet again “Somewhere Over A Rainbow”.

Daniel Silvio PENCO

16th March to 29th February

Susan Linda PENCO

25th November to 31st March

Son and daughter of Danica and siblings of Tania.

Always in our hearts, never forgotten, love Mama & Tania.

Jackson George PERRY-ELLIS

20th January to 5th May

Our Angel Jack, always remembered and always loved by his Mum Lorraine, sister Samara, brothers

Lewis, Harry & Tommy and Nanna Margot xxxxxx



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Jamie PURSLOWE

10th August to 15th April

Son of Craige. Our brave little man Jamie. The intensity of love for you never diminishes.

Dean RADFORD

11th November to 16th May

Every day we think of you. Thank you for the wonderful memories we have of you. You made us so proud. Wish you were here. Love and miss you, Mum, Dad Lance & Danielle

Brooke Lyn RICHARDSON

6th March to 4th December

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

Geoffrey James STAFFORD

31st August to 5th May

Dearly loved son of Rosemary.
My little blue eyed blonde angel in heaven with Nana.
The years have rolled by but I miss you each and every day.
Love Mum

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 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.

REMEMBERED
... WITH ...
Love♥

Complete the Remembered with love section in your membership form to have your own message included in this section.

Library

We have a substantial library of resources at our Mandurah Drop in Centre, offering excellent **books, magazines, tapes, cots, 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 March 5
Thursday April 2
Thursday May 7
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, March 20th
Friday, April 17th
Friday, May 15th
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

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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

	<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
<u>www.gonetoosoon.org</u>	A forum for questions, answers and support from others with similar loss.

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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
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
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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