



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
Rm 2, Mandurah Lotteries House, 7 Anzac Place
Mandurah 6210

Ph. (08) 9535 7761
website:- www.tcfmandurah.com

National Ph: 1300 064 068

E-mail:- tcfmandurah@bigpond.com

Volume 17 Issue 2 June 2020

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.

Proudly sponsored by



Welcome

Welcome to this edition of the newsletter. As I write this, we are all in a situation which is so unexpected and different to anything we have encountered before. Due to the COVID-19 pandemic we are “socially isolated”. Our everyday lives have changed in ways we could never have imagined and this has been described as a “collective traumatic experience”.

Does that remind you of something that we bereaved parents have experienced and will never forget?

When your child died you entered into a “social isolation” which was not of your choosing. Living in a nightmare world where you felt alone, even if you were in a crowded place. As if you’d stepped off this world into another planet from where you observed people going about their normal daily lives, wondering how they could do so when your world had fallen apart?

You probably went into a state of shock which stayed around for a long time. Contrary to the opinion of some, shock can last for much longer than a few hours, days or weeks and we are so thankful for that because it helps to absorb some of the assault to our bodies and senses.

As bereaved parents we were not part of a collective. We were very much alone and although some people did what they could to help, many didn’t and in fact made our feelings of isolation worse by avoiding or excluding us.

In this current situation we are all in the same boat and can encourage each other. We understand the issues and are able to maintain contact in various ways. How lucky we are to have the resources which make this bearable and so easy compared to what we endured when our child died.

Stay safe, stay well and remember that you have endured and survived a much worse situation.

Margot McAllister
Mother of Kevin, nana of Jackson

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.



G FORCE PRINTING 3/125 Garling Street, O'Connor WA 6163
T (08) 9331 3391 F (08) 9331 3291 www.gforceprinting.com.au



Yesterday, Today & Tomorrow



Our first **THANK YOU** goes to Michelle Hope, our newsletter editor for the past few years. We owe a huge vote of appreciation to Michelle who stepped in at a time when we desperately needed someone to edit the newsletter. This newsletter is a vital communication tool for our members and so the task of newsletter editor is very important. Michelle has filled this role with empathy and compassion whilst at the same time raising a family and studying. Michelle now is working full-time so cannot continue. All the best for the future Michelle, we love you and thank you. xx

- On third March Margot was pleased to accept an invitation to attend the **craft group at the South Mandurah Uniting Church** in order to tell the group all about the work of The Compassionate Friends. The group then decided to support TCF Mandurah by a donation of \$500. We received \$200 before the Covid 19 restrictions put an end to the group meetings for the present. We thank the talented craft group for their generous support.
- **Tina & Eddie Pearce** held the weekly raffle at the **Warnbro Drop Inn** until restrictions also put a halt to this with the closure of the Inn. The Drop Inn is one of TCF Mandurah's longest supporters. The owner not only allows the weekly raffle but contributes prizes to our annual Walk to remember. We give a huge thank you to The Drop inn and to Tina & Eddie.
- Several years ago **Karen Fan** was a valued TCF Mandurah volunteer. Karen worked mainly in the office and when she moved from Mandurah and left us we were very sorry to see her go. Recently Karen made a donation to us and we say Thank you Karen and we wish you well.
- Finally we send a thank you to **all of our volunteers**. Whatever you do and whatever part you play in helping to provide support to those who are grieving, parents, grandparents, siblings and other relatives, please know that your part is as important as that of any other TCF volunteer. Together we combine our efforts to help others walk the path we've been on.

Office Volunteers Needed

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

Thank you in advance.

Facebook

From April 19 to May 15 we had a 33% increase in people looking in. We had 15 likes to our Mother's Day lunch photos and Blue Tree Day. This is an important social media page for people to touch base and find out what we are doing in the coming weeks. Contributions are welcome

Tina Pearce Mother of Ian

Yesterday, Today & Tomorrow

Rockingham Coffee Morning

Saturday 11th July 2020 10am

12 Ninda Road Shoalwater

Please bring a small plate to share

RSVP the office 9535 7761

All welcome



Past Events

Walk to Remember 2020

We were so lucky to hold the memorial walk on 8 March this year. The Crab Fest, which is the main tourist attracting event in Mandurah, was due to be held on the following weekend, but had to be cancelled with the introduction of Covid 19 restrictions. On Sunday 8 March we were blessed with beautiful weather and as we walked along the foreshore from Dalrymple Park to the MPAC behind the piper several people stopped to ask who we were. Most of us were walking to honour our children who have died too soon but we were joined by others who walked in memory of other loved ones.

We returned to enjoy the sausage sizzle prepared by the Lions Club of Mandurah volunteers. Our thanks go to them and to the Mandurah Mail, Mandurah MLA David Templeman and our piper Viv Riley. Thanks also to our sponsors, Mayday Op Shops, J.F.K. Electrical, Bowra & O'Dea, Halo Team Inc., Bendigo Bank and Soroptimists International Mandurah Club. It was good to see some sponsors in attendance and our banner was carried by representatives of Bowra & O'Dea and Bendigo Bank.

The Drop Inn again provided the raffle prizes which were very popular and the parishioners of Our Lady's Assumption Catholic Church were very supportive again this year. It was good to The Parish priest, Father Theo and several parishioners take part in the walk. Finally a huge thank you to our volunteers who always work well as a team on the day as well as collecting and bringing things along, setting up and of course welcoming people to this event. When a young family who attended the walk for the first time made a point of thanking me for inviting them, I was reminded of how the walk truly is a meaningful memorial event.

Margot McAllister



Photographs

Above: President Gary Withers leading the walk with piper Viv Riley .

R.Top. Several walkers pose with Father Theo.

R.Bottom. Father Theo, Gary Withers and MLA David Templeman.

Cancelled events

Unfortunately due to the Corona Virus pandemic we had to cancel a **display and fundraising stall** which was booked to take place at Mandurah Forum shopping centre in April. As soon as we feel it is safe to do so we will rebook this display. Displays help us to raise funds with the raffles and sale of TCF items plus items made by hand by our talented volunteers and friends. The other purpose is to increase community awareness of our services and make contact with people who need these services.

Our lovely “**Mother’s Day**” luncheon is one of our most popular annual events and is usually held on the Friday prior to Mothers’ Day. The Soroptimists International Mandurah club sponsored this event for this year but we returned the funds when we had to cancel. Hopefully we can hold this again next year.

In June each year we hold displays in shopping centres and libraries to mark our “**National Awareness Day**” with the sole purpose of promoting our services to the community. We may not be able to do this unless the current restrictions ease.

I Miss My Son

I miss seeing the twinkle in his dark brown eyes
as he says G’Day mum and gives me
a big bear hug.

My heart aches with the pain of missing him,
my eyes ache to see him
and my arms ache to hold him.

It’s been so very long without him.

Forgive me if today I weep,
for I am his mum
and I miss my son.

*Margot McAllister
Mother of Kevin John Perry*



Yesterday, Today & Tomorrow



Thank you PEACH and AWA Bank

Due to the cancellation of several fundraising events and other factors related to the Corona Virus Pandemic, TCF Mandurah did not have the income we normally would have during the past few months.

An alliance between PEACH and the AWA Bank approved a grant to us which has enabled the purchase of a laptop & printer (to replace very old ones), the reprint of three pamphlets which we had almost run out of and also the sponsorship of this newsletter.

The above photograph with Nola Edwards of AWA Bank, Margot McAllister of TCF Mandurah and Lisa Dixon of PEACH was taken on Wednesday 20 May. We are very grateful for this support.

Beannacht

A Celtic Blessing

On the day when the weight deadens on your
shoulders and you stumble, may the clay dance
to balance you.

And when your eyes freeze behind the grey win-
dow. and the ghost of loss gets in to you, may
a flock of colours, indigo, red, green and azure
blue
come to awaken in you a meadow of delight.

When the canvas frays in the Curragh of
thought
and a stain of ocean blackens beneath you,
may there come across the waters a path of yel-
low moonlight to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours, may the fluen-
cy of the ocean be yours and so may a slow
wind work
these words of caring around you, an invisible
cloak to mind your life.

- John O'Donahue

TCF Australia Update

A recent restructure of TCF Victoria has resulted in the removal of the position of C.E.O. This position was occupied by John Sedunary.

It's so sad and such a setback to lose John. With his knowledge, experience and innovation, he has led TCF in Australia to areas where we hadn't previously been. He organised a gathering of all TCF Australia board members in Victoria and obtained funding which enabled the attendance of two of us from WA and others for whom distance and cost would have been prohibitive.

John was also CEO and Director of TCFA and so resigned this position accordingly. After three attempts by TCF reps. in previous years to establish a National TCF board we finally have a good working committee representative of all states. I hope this continues, For the future of TCF in this country we need to maintain our enthusiasm and positivity despite this huge setback.

Margot McAllister, TCFA board member, TCF Mandurah P.R. Manager and TCFA International representative.

TCFA chairman John Bradley had this to say

I wish to advise you that John Sedunary resigned as CEO and Director of The Compassionate Friends Australia effective 1st May 2020.

It is with some regret that I accept his resignation. In doing so I wish to acknowledge the time and effort John spent - in a voluntary capacity – advancing the concept of TCFA.

On behalf of the TCFA Board, I thank John for his vision - and the foundation he laid - in progressing the cause of The Compassionate Friends Australia. John Sedunary, no longer has a role within TCF.

We wish John well in the future.

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 www.tcfv.org.au



A Mothers Fight for Justice

Extracts from an email received from Barbara Schmidt of New Zealand whose daughter died in Perth.

I knew the detail of my gentle Jackie-Lee's last days of life and after viewing various erroneous reports, including pathology and toxicology and scene photographs, I needed to show the facts surrounding her death.

I had much information about the bogus caretaker 'who was the last person to see her alive. He was seen carrying around some of her personal belongings that had been missing since her death. I had made a point of meeting him and listening to his ludicrous claims. I took a photo of him wearing a piece of her missing jewellery. I remained in contact with him. Later I initiated a resumed inquest where he was required to attend and give evidence. He committed obvious perjury. I was denied all of my lawful rights by Coroner Vicker.

Later I presented my findings to experts who agree there is a case to be answered, particularly with the extraordinary speculative findings of Coroner Evelyn Vicker (demonstrable mistakes on each page of her 'findings'.) She seemed to be talking about another person altogether at times. Jackie-Lee and I shared everything in life without censor and relied on each other's love and integrity. Some people constantly urge me to 'put it in a book' but the Fact and Truth for my Jackie-Lee is my only aim right now. Highest officers of NZ law agree "It must be exposed" (Not easy)

Only in the past week I considered there could be more parents/families who have experienced bewilderment caused by the carelessness and callousness of the Perth Justice system.

I know there is 'power' in numbers and so feel I should offer the possibility of passing on cases (such as mine). Two interested professors in Australia with whom I have contact could be interested in further injustices in W.A. Combined, they are successful experts in Miscarriages of Justice, Forensic Pathology, legal matter and more. Both men are personable and approachable. I would be happy to advise them of further such cases as mine.

We are so much stronger when linked together and I open my arms to anyone who feels "our communication" could make a strong chain of evidence against wrong findings and 'covered up' causes of death in our cases. I welcome the approach of anyone who feels this way too.

Finally dear Margot. when Coroner's findings are made public and unsuspecting people read them, they are too frequently influenced by 'Official' documents and so, question nothing! How tragic, when Findings can actually be tantamount to the deliberate crime of perverting the course of justice, with more consequential "lost lives" amongst those of us still breathing.

Note: *If you are interested in contacting Barbara please ring the office.*

Harpers Story

The second Sunday in May this year will be like no other Mother's Day before it. With coronavirus separating mothers, children and grandmothers, many will find themselves in isolation, devoid of the hugs and physical closeness, an integral part of Mother's Day as we've known it.

But, despite the many mothers who undoubtedly will be nursing a deep longing, there's one mother who'll be foremost in my mind. It's a mother whom I've never met but whose life changed forever one day last year, before our world was rocked by bushfires, floods or COVID-19

The sun rose on Sydney Harbour on this day, just as it does on any other day. But this day wasn't like any other because on this day a beautiful child, on the eve of her fourth birthday took her last breath, cradled in her parents' arms with her dog, as always by her side.

It was seven months since Harper had come home from kindy with a tummy ache. Within hours the diagnosis of a brain tumour was followed by surgery.

In the months following that fateful day Harper endured the unimaginable. As her little body fought for life, her engagement with the wonders and delights of a three-year-old remained intact. Harper was a blonde princess whose world was pink.

I never knew Harper personally but like many, was moved to great depths of emotions, carrying Harper in my thoughts as a candle burned brightly, along with many others around the world. They were Harper's candles burning in empathy for this little girl. And of course for her family who were somehow finding a way to navigate this nightmare.

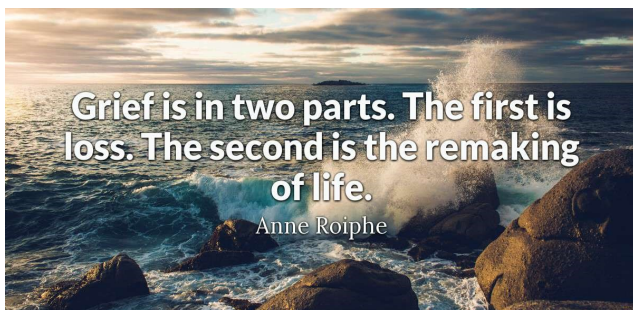
Following her last surgery Harper's birthday party was brought forward. The photos bore witness to a sea of pink, a child's fantasyland of beauty and excitement. No doubt for Harper, this day was perfect. Following more medical treatment, in the later stages at Bear Cottage, the children's hospice, Harper's adoring parents crammed as much joy into her days as was possible. They were, with all their being, trying to pack in a lifetime. Indeed, in her short time on this earth Harper experienced more love than perhaps some experience in a complete lifetime. In return, the legacy she left for many far and wide is one of love and strength.

It's perhaps impossible to grasp the agony of losing a child without having lived it, and maybe impossible to know another's pain at all. We can only try to imagine, and offer support for the journey that will never end. I dreamt of Harper the night I learnt her battle was over, and know this little angel in Sydney whom I never met will be forever in my heart, as she will be in many.

In our current reality, as we all confront our own mortality, perhaps more closely than usual, I find myself thinking of Harper. And now, as her mum approaches her first Mother's Day without her only child, I'm hoping she can find some comfort in knowing that Harper lived her short life 'till the end in the full embrace of family and friends.

I'll be thinking of Harper's mother on May 10th and wondering how she's managing the deepest of agonies. I'm reflecting on what it is that gives humans the tenacity to carry on following indescribable tragedy. Is it faith, or perhaps the kindness of others, the likes of which has thankfully displayed itself in full view in our new world order? It matters not. We as humans possess a resilience that sometimes defies belief.

Written by Janine Joseph, Melbourne, In memory of her baby son who died at 6 days of age in 1987 And to honour the memory of Harper.



Beautiful Baby written by Margot McAllister

In memory of her grandchild

Jackson George Perry Ellis 20/05/2000

Yesterday, Today & Tomorrow



Beautiful Baby

Deep brown eyes and hair so dark

Contented child with a sweet smile for all

Especially for Mum, dad, brother and sis.

Named for his grandfathers George and Jack

Precious our memories of the brief while

We had with this beautiful baby we miss.

Enthralled by ladybirds, music and light

Goodnight little Jack—sleep tight

Until we see you again.

I'm Only a Whisper Away

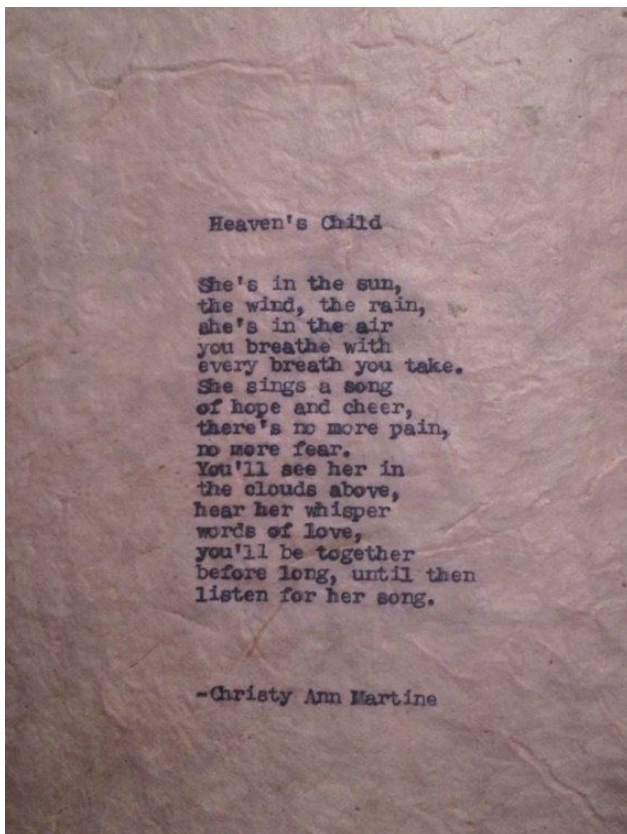
Come dry your tears and smile again
I'm only a whisper away.
Near in the dusk of the evening
Just out of sight through the day.

Watching you waking and sleeping
Hearing each prayer that you pray,
Sending my love to surround you
I'm only a whisper away

Come dry your tears and smile again
Remember the good times we've known
cherish the joy we discovered and the
love that was planted and grown.

Your road may seem lonely ahead
And distant horizons look grey
But you won't be walking alone
Because I'm only a whisper away.

*by Rhonda Piani
In memory of
her brother*



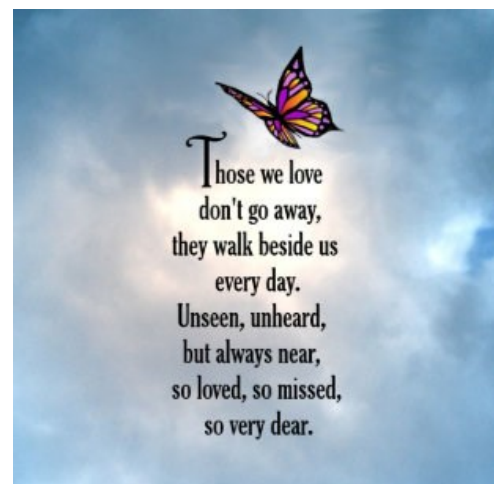
Angels do exist

Angels do exist
I knew one for three days.
Even though she's gone now
I know she's with me always.
She didn't have a halo
nor did she have wings.
I know that she's an angel by how my heart
does sing.

Her magic's very special
of that I have no doubt
For my very special angel
taught me what life's about.
She taught me what it means to love,
when everything seems lost.
She taught me love is worth it
no matter what the cost.
She taught me what a special gift it is creat-
ing new life
and how lucky I am to be a mother and a
wife.

I know now what the big things are
that once seemed fairly small.
Living, loving, caring is what it's all about.
I think of Courtney often and get quite teary
eyed
but then I feel an inner glow, remember
what she taught me
and think of her with pride.

*by Joanne Dean
TCF Mandurah
Mother of Courtney*



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

June, July and August 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.

Adam Francis BORG

12th June to 28th July

Son of Connie and John, brother of Mario, Sav and Jason.

Our dear son, brother-in-law and uncle of 5.

If you knew how much we love and miss you, you would come back to us.

Love you more every day. xxx

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.

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 xxxx



Ruben John HODDY

9th June o 1st January

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



James John KLESSENS

17TH July to 19th August

Grandson of Bill and brother of Jessica.

An exceptional, talented young man with a gentle, humorous nature.

Departed too soon from us xxx.

Kevin John PERRY

18th November to 13th July

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

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



Jamie PURSLOWE

10th August to 15th April

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

McKenzie Jean McGUIGAN

18th November to 29th July

My Darling girl. Another agonising year without you. I miss you so much my Angel.

Your infectious laughter no longer surrounds my home. Love and hugs, Mum.

Remembered With Love

June, July and August 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.

Mark John RATCLIFFE

17th August to 8th July

Remembered daily with so much love and pride. Sadly missed.

Geoffrey James STAFFORD

31st August to 5th May

Dearly loved son 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 xxx

Sarah SOM DE CERFF

11th June to 19th June

Our darling gorgeous daughter, partner, mummy and sister.

We love you forever and miss you every second. We will meet again in heaven,

from Ryan and Emily, John, Amanda and Sue and Geoff.

Susan Anne WALKER

21st June to 24th June

Love you and remembered always.

Kris Ronald WITHERS

22nd January to 21st August

Remembered Forever



Note: if you wish to include your child, grandchild or sibling in the “Remembered With Love” pages, please complete the section in the membership form. These can be placed in the issues which coincide with the birthday and anniversary dates.

The website of The Compassionate Friends Mandurah has a “Memorial” page which contains photographs, some information and a short personal message. Have a look at the page and if you wish to have a section for your child please contact the office.

ALWAYS REMEMBERED WITH LOVE



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

Rockingham Coffee Morning

When: Saturday 11th July 2020
Where: 12 Ninda Road Shoalwater
Time: 10 a.m.
Contact: The centre 95357761



Evening Support Group

When: **no June group**
Thursday, July 5th
Thursday, August 2nd
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 June 19th Erskine**
Invitations will contain address
Ring office if attending for first time

Friday July 17
Friday 21 August
Time: 9.30 to 12.30 p.m.
Where: Mandurah Lotteries House.
Contact: The centre on 9535 7761



One to One sessions

Our “Quiet” room is ideal for a private one to one session. If you wish to book a session please contact Margot on 9582 8113 or leave a message at the centre. Sometimes it can help to have a personal time to talk between group meetings. This is ideal for those who don’t feel comfortable in sharing groups and for couples who need that extra privacy.

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>	
			<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.

Yesterday, Today & Tomorrow

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	Tanya	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 and alcohol Related	9581 4010
Peel Youth Services		9581 3365
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.

Material in this newsletter is copyright@ The Compassionate Friends Mandurah Chapter unless otherwise indicated. Editor's Note – Opinions expressed in articles in this newsletter are those of the writers and not necessarily of T.C.F. Mandurah. It is not always possible to publish all articles received. The editor reserves the right to edit any articles. T.C.F Mandurah gratefully acknowledges all contributions to the newsletter, including any of which we have not been able to find copyright disclaimer. Every effort has been made to ensure that this information is accurate and up to date but the Mandurah Chapter of The Compassionate Friends will not be liable for any loss, damage or injury arising from any incorrect information or services listed herein.

Yesterday, Today & Tomorrow