



# 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](http://www.tcfmandurah.com)

National Ph: 1300 064 068

E-mail:- [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)

Volume 18 Issue 1 March 2021

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.

## Welcome

At the start of this year, we were all hoping for a more peaceful year without the threats of COVID-19 and related restrictions. These affected so many families and with separations, isolation and unfortunately many deaths, the importance of life and the love of family became very evident. We bereaved parents, whose children have died, know this only too well. We have learnt to appreciate the time we do have with those we love because we know that we can lose loved ones and our lives can change in an instant.

In this issue of the newsletter, we have information about our 2021 Walk to Remember. We were lucky to hold the walk last year on the weekend before lockdown and the cancellation of many events including the Mandurah Crab Fest. The walk gives us the opportunity to publicly honour the memory of our children and other loved ones. It is also so helpful to gather with other bereaved parents and not feel so alone with our heartache.

In May we are once again holding our Mother's Day luncheon, although due to COVID-19 restrictions we must limit numbers attending. I would urge mothers to register your interest ASAP to be able to attend. We could not hold this event last year and it was greatly missed. Again, it is the coming together with others like ourselves and be able to talk about our children freely which is so immensely helpful.

Remember that we at TCF offer a range of services and it is up to you to choose which ones suit you. Our grieving and needs are all quite different. If you try a support group and find it is not for you then you could have one to one contacts or telephone contact. Our Facebook page is becoming popular. The books and other items in our library are there for you and again there is a range of topics so you can choose whatever is best for your needs. The memorial events are arranged for you and we find that people have their favourites. Some bereaved parents attend the memorial walk every year and others never miss the Candlelight Service in December. We are always open to suggestions so if there is another type of support that we can provide to you please let us know.

*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.**

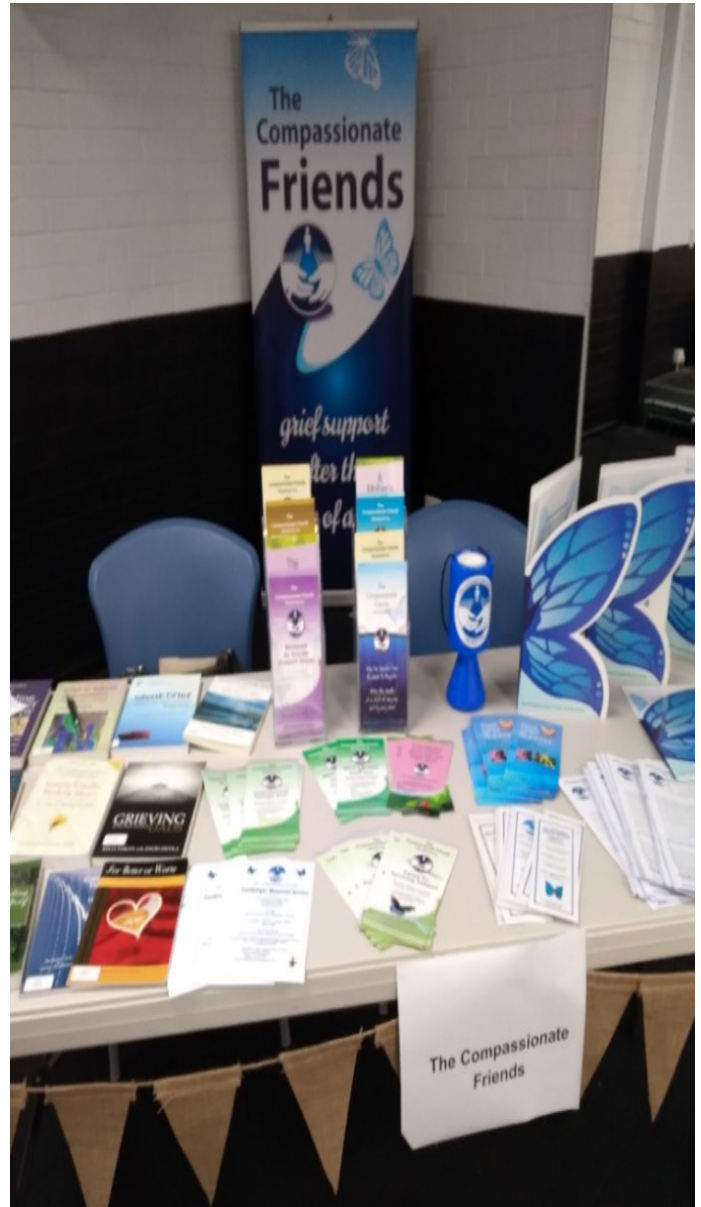
## **PAST EVENTS**

### **2020 Candlelight Memorial Service**

Our service was held at the "Church of The Way" in Steerforth Avenue, Coodanup on Sunday 12th December. This is always a beautiful event which is made even more lovely with the carefully chosen readings, selected and read by our TCF parents. Our volunteers arrived at 6pm to set up. We were warmly received and were each given a candle. Carolyn and Dave had purchased several new candles and we now have four different heights, which when lit and placed on the table make a good presentation. The ladies were each given a sunflower on arrival by Sylvia. Thanks to Tina for selecting the flowers which were popular. Emily and Lyn helped each person to register on arrival. Margot, Gary and Judy welcomed people and showed them where to take the supper plates. The music and overheads were so special thanks to Peter and people were asking where to obtain a particular song. Reverend Linley and the members of her congregation were friendly and extremely helpful. Although the service always brings out the tears, it is so helpful to share this time just before Christmas. The photographs of our children and other loved ones smile down on us and we share a special sense of unity. There were 35 of us gathered for supper afterwards and people there for the first time mingled with those who have attended many. Thanks to all who helped to bring this candlelight service, it was truly lovely.

### **Volunteers Christmas Lunch**

This year we had 16 of our volunteers getting together for our Christmas Luncheon as a thank you and a chance to catch up with each other. It was great to have Russ drive from Bunbury to join us for this wonderful day.



### **Health & Well-being Expo**

On 1<sup>st</sup> December we participated in a Health and Well-being Expo for schools in the Mandurah District. The Expo was held at the Halls Head recreation Centre and there were displays from a good number of community agencies. The teachers who attended were interested in our grief support services and we distributed many pamphlets relating to the grief of children. This was a good opportunity to raise awareness in the schools of the services we can provide to pupils and teachers..



*Yesterday, Today & Tomorrow*





## **PAST EVENTS**

### **Bendigo Bank AGM**

Sylvia Watts and I attended the AGM of the Bendigo Bank on behalf of TCF Mandurah. This was held at the Mandurah Country club on the evening of 26 November. The evening was interesting and a good opportunity for networking with people from other community agencies who were present. At our table we had members from Zonta Club of Peel and two other agencies.



Elsma Rubery & Margot McAllister

### **Fundraising Stall**

Longtime TCF member Pam Bolwerk resides at Arcadia Waters retirement village and when the village committee decided to hold a fair in November Pam booked a table for us. Elisma Rubery and I had a great morning on Saturday 14 November, selling homemade items, knitted coat hangers, crafted items etc. and were pleased to raise just over \$250 for our efforts. Thanks, Pam, for your support.

### **Safe Woman Safe Family**

I was happy to accept an invitation from Tanya Langford to speak to the volunteers of Safe Woman Safe Family.

This organization provides support services to women in the community who are encountering a range of problem issues. The topic of my talk was grief, suicide bereavement and how to speak to people who are grieving the death of a loved one. The volunteers were very receptive, and I hope they have been given some tools now to use in their valuable work in the community.

### **ICMD**

### **Flowers on the Water Event**

On Sunday 31st January we spent the morning at Rotary Park, Palm Beach to remember our children with 11 people attending.

Margot and Peter both read out a poem, then to the music of John Williams 'Flowers on the Water' we each set adrift a rose with a message to our loved ones on the pond.

A light brunch was provided and enjoyed by all.

*From the President, Committee and Members of TCF Mandurah*



Carolyn and Dave holding up our Memorial Quilt

### **ONLINE BEREAVED SIBLING CHAT SERVICE**

TCF Victoria have received funding to extend their Bereaved Sibling Chat service to all siblings above 18 years and Australia-wide. This chat service provides an alternative to bereaved siblings who prefer to engage online rather than through traditional phone and face to face support.

To learn more about this service, please go online to

<https://siblingsupport.tcfv.org.au/>

An Instagram service has also been set up as well for more information please go to

[https://www.instagram.com/tcf\\_siblings/](https://www.instagram.com/tcf_siblings/)

*Yesterday, Today & Tomorrow*

## COMING EVENTS

### The Compassionate Friends

**Mandurah Inc.**

**16<sup>th</sup> Annual**

**Sunday 14<sup>th</sup> March 2021**

at 9.30 for a 10am start

Please join us for



In memory of our children  
And other loved ones

Starting and ending at Dalrymple Park

On the town side of Mandurah Estuary – just east of the new traffic bridge  
Entrance to car park off Leslie Street

Please remember to bring sunscreen and fold up chairs  
Bottled water and a sausage sizzle will be provided



To register please contact  
The Compassionate Friends Mandurah Inc.

Room 2, Lotteries House  
7 Anzac Place  
Mandurah  
Phone: 9535 7761  
[tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com) [www.tcfmandurah.com](http://www.tcfmandurah.com)

### Mother's Day Lunch 2021

We warmly invite you to our annual Mother's Day luncheon.

As you know it was cancelled due to the Global outbreak of COVID 19 last year. While still an on-going crisis, we in Western Australia, are lucky enough to be able to continue to gather in small groups.

This year's event will take place on Friday 7th May commencing at 12pm in the Main Meeting room at Mandurah Lotteries House. Unfortunately due to COVID restrictions we are limited to 20 attendees, so please get your name in early for a seat.

Cost is 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.

Our lunch is a special time of friendship, caring and sharing for each other. Seating will be limited, so please RSVP by 6th April on 9535 7761 or



### ROCKINGHAM COFFEE MORNING

On Saturday the 27th March 2021, Carolyn will be hosting a morning tea for those in the Rockingham area.

This is a chance to catch up with other members for a relaxed get together.

All are invited and to help cater for the morning it would be appreciated if you could RSVP to our office on 9535 7761 or e-mail [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com) by the 19th March 2021

### NOTICES

#### CONTAINERS FOR CHANGE

TCF Mandurah has registered for the Containers for Change scheme.

When you or your friends have collected the appropriate containers and take them to your nearest collection point PLEASE ask for the change to go to TCF Mandurah, our code is **C10351091**



*Yesterday, Today & Tomorrow*



## **AN OPEN LETTER TO MOTHER'S WHO HAVE LOST A CHILD**

My hats off to you for your unending strength.

By Lindsey Taylor

Central Indianapolis, Indiana

I can't imagine how you must feel every day. I can't touch the heartache that you must feel day in and day out. Being a mother is the most rewarding title and the most satisfying role, but to have that taken away, well it just isn't fair. As a woman, as a mother, I always feel some sort of connection with other women and mothers, because I can relate to some of the feelings your going through.

I know the frazzled feeling at the grocery store, I know the stress at dinner time and the rush of going anywhere. But the feeling of loss is unique to each person and everyone deals with that differently, and yet I still can't touch that feeling or even begin to fathom how you deal with this situation. I pray for those mothers who have lost a child. You ladies have a strength that comes from somewhere primal, it is a fight-or-flight that you are working on and I commend you for your strength.

I wanted to write this letter because of a woman who recently lost her daughter to senseless violence, and her posts on Facebook are heart-wrenching. I feel for her and her family. I have prayed for her many mornings in hopes that she can find some sort of resolution in what has been taken away from her. It is unfair. It is unfair for her, unfair for any parent to lose a child. It is not how the scheme of things are supposed to go.

My hats off to you, you are a strong woman, a mother day in and day out. The memories you have that flood your mind and dreams are your and those cant never be taken away from you. I am sorry for your loss. I am sorry for how you must feel every day and yet you still get up and put on a strong front to live and go on. You dot that! Even if it is the hardest thing you can do, you do it. To us outsiders looking in, you do it flawlessly.

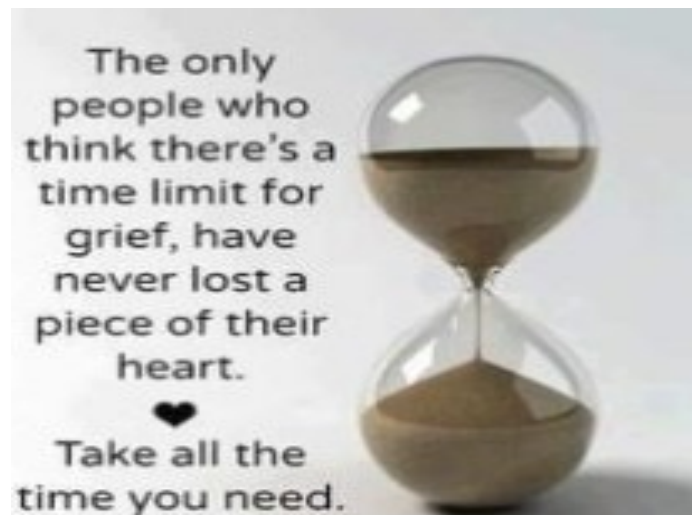
I don't understand how and why the world works the way it does, but I do know the love a mother has for her child/children and I also know that that love never waivers no matter is the child is a baby or grown, here or not. A mother's love is never-ending, and I know that feeling. So, even if you feel that every day is a struggle, there are people like me who are commending you and praying for you. There is someone out there who hurts for you and hopes for some sort of peace in your heart.

Take it one day at a time, and know that you are strong even if it seems that you are falling apart, actually, you are some of the strongest people on Earth to survive this type of tragedy.

Your friend,

A fellow woman and mother

Odyssey-Health and wellness



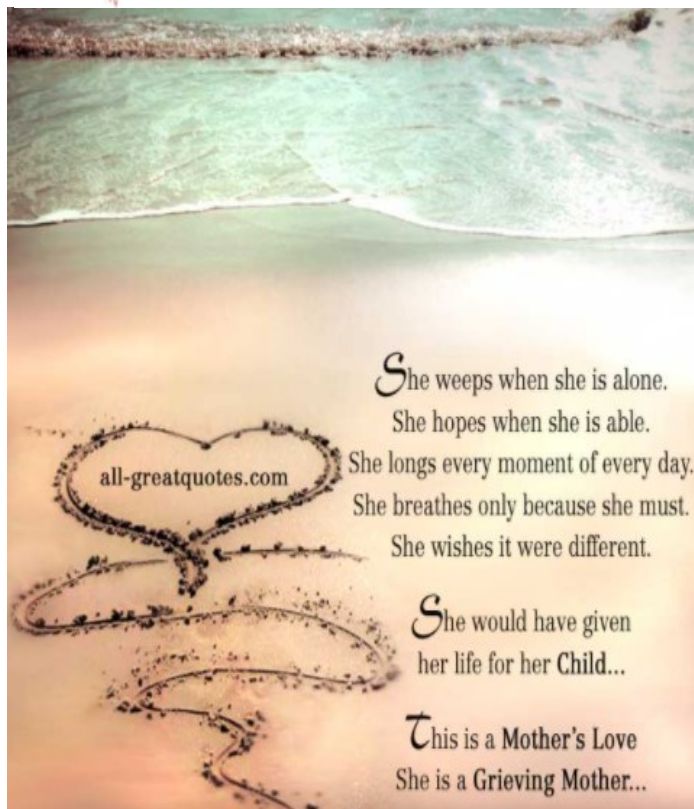
*Yesterday, Today & Tomorrow*

Grief, I've learned, is really love.  
It's all the love you want to give but cannot give.  
The more you loved someone, the more you grieve.  
All of that unspent love gathers up in the corners of your eyes  
and in that part of your chest that gets empty and hollow feeling.  
The happiness of love turns to sadness when unspent.  
Grief is just love with no place to go.

- Jamie Anderson



"A Mother is she who can take the place of all others  
but whose place no others can take," - (A.S.E.J.)



Yesterday, Today & Tomorrow

## **The Power of a Hug**

***There's something in a simple hug***

***That always warms the heart;***

***It welcomes us back home***

***And makes it easier to part.***

***A hug's a way to share the joy***

***And sad times we go through***

***Or just a way for friends to say***

***They like you cause you're you***

***Hugs are meant for anyone***

***For whom we really care,***

***From your grandma to your neighbour,***

***Or a cuddly teddy bear.***

***A hug is an amazing thing-***

***It's the perfect way***

***To show the love we're feeling***

***But can't find words to say.***

***It's funny how a little hug***

***Makes everyone feel good;***

***In every place and language***

***It's always understood.***

***And hugs don't need equipment,***

***Special batteries or parts***

***Just open up your arms***

***And open up your hearts.***

Author unknown

Lovingly borrowed from Grieve Heal Grow





*those we love  
don't go away  
they walk  
beside us  
every day  
unseen, unheard  
but always near  
still loved,  
still missed  
and very dear.*

*simply designing*

A Child should not pass before  
their parents lives are through.  
When they're so young and full of life  
and had, so much more to do.

No time for dates, nor teenage years  
no time for their first dance.  
Prom night missed, no first kiss  
they didn't get that chance.

No true love, no time to wed  
No children of their own.  
With aching hearts and empty arms  
into such grief, they're thrown.

Forced to say goodbye to soon  
to grief they could succumb.  
Loss of your Child, is not something  
you could ever overcome.

Don't you judge the grieving parent  
if you know not, how it feels.  
Their lives have been, forever changed  
their heartbreak NEVER heals

*A Parents Grief*



Toni Kane ©  
all-greatquotes.com

## Grandparents Grieve Too

Some people may forget  
Grandparents grieve too  
They watch their children grieve  
And don't know what to do  
They try to make things better  
But sometimes it makes it worse  
Their grandchild should be driven home  
Not driven in a hearse  
They have not just lost a grandchild  
They watch their child in pain  
They hold it all together  
But their grief isn't the same  
To see your child hurting  
For the baby they have lost  
They want to take the pain away  
From those they love the most  
They speak words of encouragement  
From their wise words of wisdom  
In time you will get stronger  
And your child not forgotten  
Sometimes they might not show us  
The pain we want them too  
But I assure you they are hurting  
Just as much as you  
But themselves as a parent  
Feel they must stay strong  
Their own child is grieving  
And the process is long  
It's not a case of taking months  
It's a case of taking years  
But every step along the way  
They'll be there to wipe your tears

By Natalie Calvert

All Poetry-Microsoft Edge

### **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.

*Yesterday, Today & Tomorrow*

---

# ***Remembered With Love***

## ***March, April and May 2021***

**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**

**24<sup>th</sup> May to 2<sup>nd</sup> April**

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

**Christopher Glen BRIGHT**

**8<sup>th</sup> February to 20<sup>th</sup> March**

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

**Craig DONEY**

**29<sup>th</sup> March to 20<sup>th</sup> March**

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

**Andrew James DOY**

**1<sup>st</sup> March to 13<sup>th</sup> 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**

**29<sup>th</sup> March to 23<sup>rd</sup> 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**

**12<sup>th</sup> March to 25<sup>th</sup> 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**

**6<sup>th</sup> February to 10<sup>th</sup> 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**

**7<sup>th</sup> November to 4<sup>th</sup> 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**

**16<sup>th</sup> March to 29<sup>th</sup> February**

**Susan Linda PENCO**

**25<sup>th</sup> November to 31<sup>st</sup> March**

Son and daughter of Danica and siblings of Tania.

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

**Jackson George PERRY-ELLIS**

**20<sup>th</sup> January to 5<sup>th</sup> May**

Our Angel Jack, always remembered and always loved by his Mum Lorraine, sister Samara, brothers Lewis, Harry & Tommy and Nanna Margot xxxxxx

**Jamie PURSLOWE**

**10<sup>th</sup> August to 15<sup>th</sup> April**

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

**Brooke Lyn RICHARDSON**

**6<sup>th</sup> March to 4<sup>th</sup> December**

Miss you Brooke, You are my Sunshine.

Love from you Mummum, Granddad and Western Australian Family.



*Yesterday, Today & Tomorrow*

---



# ***Remembered With Love***

## ***March, April and May 2021***

**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.**

### ***Geoffrey James STAFFORD***

***August to 5<sup>th</sup> 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***

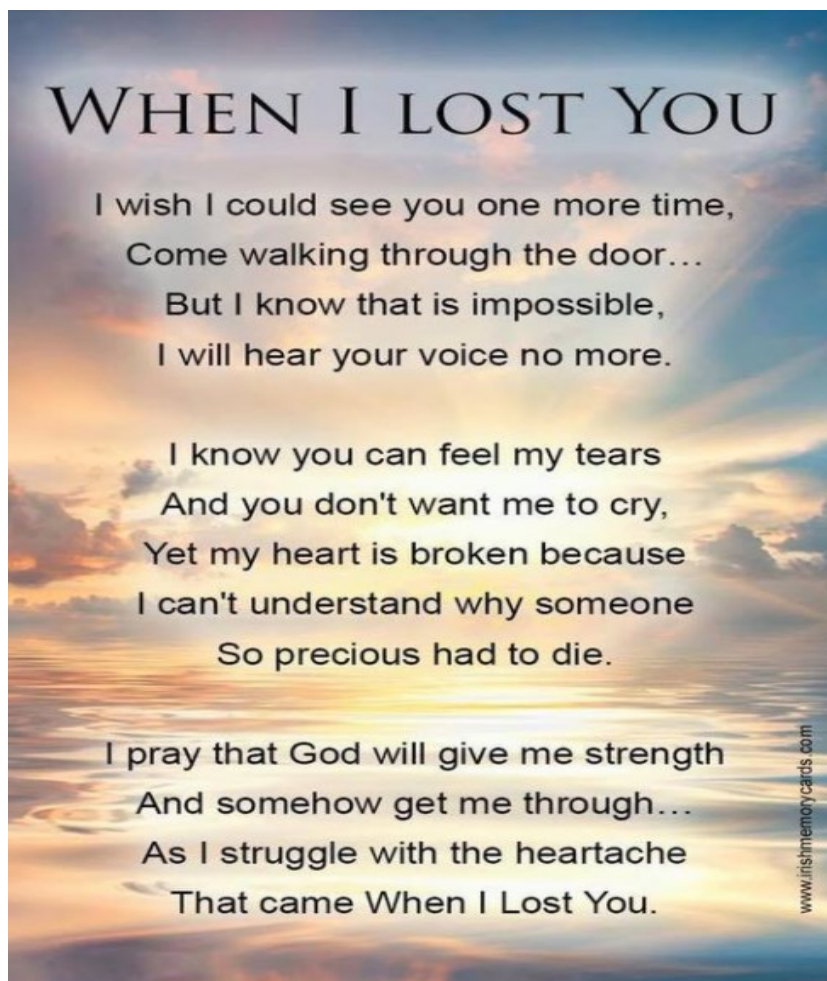
***6<sup>th</sup> January to 21<sup>st</sup> March***

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.

### ***Dean RADFORD***

***11<sup>th</sup> January to 16<sup>th</sup> 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



Angels of the Heart

*Yesterday, Today & Tomorrow*

## 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:** 27th March 2021  
**Contact** The centre 95357761

### **Evening Support Group**

**When:** **4th March 2021**  
**1st April 2021**  
**6th May 2021**

**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:** **19th March**  
**16th April**  
**21st May**

**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.

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"**

<b>BUNBURY</b>	Russ	9797 0625	<u><b>Grandparent Contact</b></u>	
<b>DONNYBROOK</b>	Sue	9764 1262	Lyn	0413 577 719
<b>PINJARRA</b>	Sheri	0457 747 772	<u><b>Bereaved Fathers</b></u>	
<b>KOJONUP</b>	Roberta	9833 6232	Gary	9593 2317
<b>MANDURAH</b>	Drop-In	9535 7761	Peter	0447 741 219
<b>MANDURAH</b>	Judy	0456 852 233	<u><b>Suicide</b></u>	
<b>MANDURAH</b>	After Hours	9582 8113	Margot (Centre)	9535 7761 (a/h) 9582 8113
<b>TCF WA</b>	Drop-In	6107 6257	Russ	9797 0625
<b>WARNBRO</b>	Barbara	0433 816 445		
<b>WAROONA</b>	John or Val	9739 1281	<u><b>Miscarriage/Infant/Stillbirth</b></u>	
			Joanne	0403 336 392 or 9535 7092
			(After 6pm & Weekends)	

### TCF Interstate and Overseas Contacts

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

### Some Internet Resources

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

*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*