



Yesterday, Today & Tomorrow

The Compassionate Friends Mandurah Chapter
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Mandurah 6210

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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

When TCF Mandurah was officially launched by our State Patron Graham Mabury on 20 February 2002, we had no way of knowing that 20 years later we would still be so much needed in our community. There have been so many changes over the years. We started in a one room office with only a carpet on the floor and blinds at the window. We were given used furniture and obtained I.T. equipment with a grant from Lottery West. Fundraising has been a huge problem and taken much effort over the years but always the most important focus was on the bereaved parents who came to us for support. Unfortunately, children will lose their lives by many causes and at many different ages and there will always be families who need support. The death of a child is NOT a "normal life event" and parental and sibling grief is termed "complicated grief" for very good reasons. Those who have travelled this road know what helps and what doesn't. We know that grief is individual and therefore we need to offer a range of services. We know that there are no time limits or "stages" and it is because TCF volunteers have travelled (or are still on) that road that our services work.

TCF Mandurah does not receive any ongoing funding, so it is thanks to the efforts of our volunteers, the support of individuals and agencies in our local areas and the occasional grant for a specific reason, that we are where we are today. Our office is roomy, well furnished & equipped, we have a "quiet" room where newly bereaved parents have a comfortable welcome and can share their story and feelings for a first time, and we've been able to provide support to thousands of grieving families.

We are now well known and respected for our work in the community and we continue to promote our services to G.P.s, other health and counselling agencies, schools, churches and police.

On Monday 21 February 2022 we plan to hold an anniversary luncheon at the Meadow Springs Golf & Country Club to thank our precious volunteers, past & present and many community supporters, Invitations will be sent out soon.

Our annual Candlelight memorial service, which helps us as we approach Christmas, is on Sunday 12 December and our Flowers on the Water event on International Children's Memorial Day will take place on Sunday 31 January. Details of both events are in this newsletter.

My wish for you all is that this Christmas brings you peace of mind and heart and precious memories to bring you comfort.

Margot McAllister, Mother of Kevin P., stepmother of Kevin M. and Nana of Jackson



On Worldwide Candle lighting Sunday 12 December we light candles at 7p.m. in different time zones to create a ring of light around the world so that "their light will always shine".

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.

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COMING EVENTS

Candlelight Memorial Service

The Annual Candlelight Memorial Service to honor the lives of our children, grandchildren, sisters and brothers who have died too soon will be held at The Uniting Church, 156 Pinjarra Road, Mandurah on Sunday 11th December. Please arrive from 6.30 for a 7pm start.

This is a very special service that is conducted world wide on the second Sunday in December. The readings are chosen and presented by our members and the music is beautiful

Please feel free to bring a small framed photograph of your child and a plate for a shared supper afterwards. Candles will be provided. This lovely service brings a measure of comfort to help deal with the Christmas period.



International Children's memorial Day **Flowers on the Water**



This event will be held on Sunday 30 January 2022 at Dalrymple Park in Mandurah commencing at 8.30am.

The Compassionate Friends of Mandurah, warmly invite you, your family and friends to gather together to remember our children, siblings, grandchildren and friends and join us by placing Flowers on the water. Flowers will be provided with cards for you to write a special message to your loved one.

It's only a few steps to the Estuary's edge where we place our flowers on the water and spend a quiet time of reflection. As we return to the park, a light breakfast will be supplied for a gold coin donation .

We hope you can join us for a time of sharing and caring with each other to honour our loved ones. We look forward to seeing you on 30th January (2022). For further details, please phone 9535 7761.

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ANNUAL WALK TO REMEMBER

The 17th annual Walk will be held on Sunday 13 March 2022.

Meet at Dalrymple Park from 9.30 for a 10.a.m. start,

We will walk behind the piper along the foreshore to the MPAC and return to a sausage sizzle prepared by the Lions Club of Mandurah volunteers.

This is our major memorial, fundraising and awareness event so bring along your family, friends, workmates and neighbors. People can walk in memory of any loved one.

Flyers and pledge forms will be mailed out in January.



To all of our volunteers for continuing to help keep TCF Mandurah operating over the last almost 20 years in one capacity or another.

Without your valuable effort it is hard to imagine how we would be able to offer our support to grieving families after the death of their child.

Well done everyone and we wish you a peaceful Christmas and New Year.

TCF Mandurah President & Committee



PAST EVENTS

2021 AGM

TCF Mandurah held it's AGM on Monday 20th September 2021. All positions were declared vacant by Albert Rodgers from Westaus Crisis Care as 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

Minutes Secretary: Leta Harris

P.R. Manager: M McAllister

Bunbury Rep, Russell Monk

Committee Members:

L. Richards, E. Pinnell , S. Watts, and a warm welcome to our newest member W. Hancock

Seniors Expo Display

TCF Mandurah volunteers held a display at the Seniors Expo on Friday 12 November. There were many local agencies represented so this was a good opportunity to network and introduce our work to those who hadn't known of us. We had a raffle basket which was very popular and it was pleasing to see it was won by a volunteer.

We raised funds and distributed lots of our information. Thanks to Emily, Tina, Susan, Margot and new volunteer Ros.

R.S.L. Market Display

On Saturday 13 November we had a display at the RSL Markets which are held monthly at the RSL base in Rouse Road. This was a pleasure with a lovely atmosphere and some very interesting displays of craft etc. of other traders.

We sold some items and once again our raffle was popular and again it was won by a volunteer.

Lots of information was distributed and this is so important to get our name known for future bereaved families. Thanks to Elisma and Margot who ran this display.

World Suicide Prevention Day

On 10 September we met at the Rotunda on the Mandurah foreshore. Although we had prepared for a rainy day by putting up our gazebo we had no need to use it and were blessed with a fine day. Some of us took along photographs of the loved one we lost to suicide.

We were welcomed by Caroline Lee our vice-president, in place of our President Gary Withers who was unable to attend.

There were several lovely readings including one written by Kate for her son. Spriggs of rosemary were placed on the table by the photographs and we shared hugs.

By holding events such as this we hope to gain attention to the many issues of suicide and to the needs of those of us who have lost loved ones

PAINT A TREE BLUE FOR MUNDIJONG

Was held in October with many community groups attending along with our President Gary Withers with information about Compassionate Friends, with lots of visitors and many talks.

Their mission is to help spark difficult conversations and encourage people to speak up when battling mental health concerns. By spreading the paint and spreading the message that "it's OK to not be OK", and help break down the stigma attached to mental health.

Information obtained from the Blue Tree website



PAST EVENTS

2021 RETREAT

Everyone had a great time at our retreat. There were 13 people who stayed the weekend, four who came for the day on Saturday.

I did a workshop on art and 8 people did paintings.

Peter Bright did a workshop with music and we read and discussed some songs.

1. This Candle Says I love you
2. Dates and Numbers Rule our Lives
3. Grief Isn't something You Get Over It's Something You Go Through.

We then joined in and sang with Peter, there were a few tears but everyone loved it and enjoyed the workshop.

Unfortunately because their other commitments we were only able to have one therapist, so we let the most recently bereaved go with Val O'Brien for REIKI and they really enjoyed it.

Val spend some time with us after her sessions after she finished and we also did flowers on the water with everyone.

Thank you to Gary Withers who organized the catering. To everyone who helped with the washing up on Saturday night. Afterwards we all sat around the fire pit and talked.

Sunday Gary lead us for a walk through the bush, and we came across a rope course, flying fox and a abseiling wall, which looked interesting and fun to do.

The weather was lovely but of course there were too many flies.

Carolyn Lee- Mother of Christopher



Some of the retreat participants including our President Gary Withers & Vice President Carolyn Lee

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GENERAL NOTICES

vale Brian McAllister

Devoted husband of Margot, Brian died after a short illness. Some of you may remember Brian as looking after the water at our memorial walk. Others will have spoken to him when Margot was not at home and he would listen and take a note of your name and phone numbers.

He has supported us for 18 years and was also a bereaved father,

Our sincere sympathy to Margot and both families in the loss of a special man.

Rest peacefully Brian as you continue your journey with your precious son Kevin.

President, committee and members

TCF Mandurah



Ours was a late life marriage so Brian didn't know my son Kevin who had died in 1986 or my grandson Jackson who died in 2000. He was a kind and compassionate man so he supported me in my work with TCF in any way he could.

Brian also had a son named Kevin who died 4 years ago after a long struggle with kidney disease.

When Brian died I was surrounded with love, flowers, visits, phone calls, and texts. This bereavement is very different to what I experienced in 1986. Brian was 83 and had several health issues.

I am grieving but the grief is softer and not the devastation that I felt when my son died.

My thanks go to the TCF committee who attended Brians funeral. I appreciate the respect for Brian and the compassion extended to me and family.

Margot McAllister

Memory Boxes

Stan who attends one of our support groups with one of the beautiful memory boxes he makes. This one is of jarrah with inserts of silky oak & birds eye maple. \$70. Contact Stan via the office on 9534 7761 if you wish him to make one for you.



CONTAINERS FOR CHANGE

TCF Mandurah is 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**

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

OFFICE CLOSURE

Our office will be closed from Friday the 17th December 2021 and will re-open Monday 10th January 2022. Please feel free to ring 0427 777 810 if you need to speak to someone.

POEMS AND ARTICLES



Here is an empty Christmas chair
and it is hard for me to believe that
you will never again sit there.

My heart will always grieve
but I know my tears are less for you
and more for me.

Your pain is gone and
your soul flies free
And I know a part of you
is still here with me.

Deep in my soul,
where only I can see...
There is my love for you
and your Love for me.

Merry Christmas in Heaven...
Until we meet again ♥

Hope

I see you there
Face grief-whitened,
Eyes pain-dulled,
Shoulders weight-bowed,
Lonely and alone.

I reach out
For I too have been there.
I too have yearned for yesterday,
To hear his laughter ringing in my ears,
To hear his footsteps running, eager and joyful.
To feel his touch, giving, taking, holding,
To hear his voice calling, "Mum, it's me."

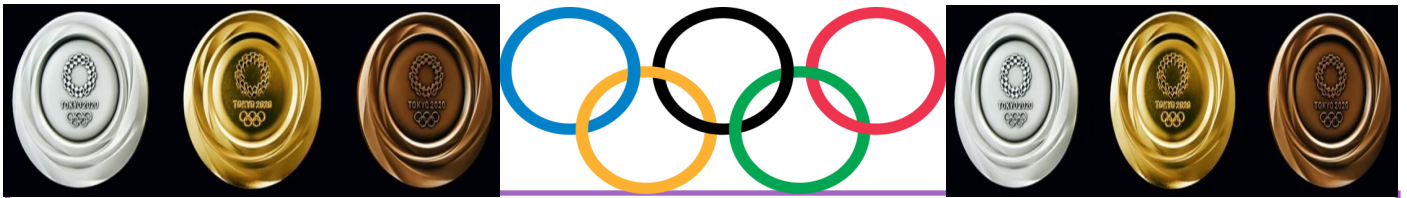
I feel your despair
I cry for your pain,
I weep for your loneliness
For the endlessness of death.

I take your hand
And lead you towards tomorrow,
Where memories, like summer rain, refresh and restore.
Where hope, like green shoots, reaches sunwards.
Where joy, like spring flowers, blossoms in gay profusion
And where peace touches and calms the troubled soul.

And we will walk together, hand in hand.
We will climb the steepest hill,
We will reach the highest peak
And we will embrace life
In memory of another.

Jan McNess
Mother of Jeremy David McNess

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The Tokyo Olympics came as a

blessed relief and for many, an escape from the daily press conferences, COVID case numbers and deaths. They shone a light of hope amidst the darkness. The fact that they came to fruition at all, despite the risks and challenges, is in itself a triumph. Behind every personal story of these amazing athletes is a story of passion, dedication, and guts. Behind every story of the Paralympians is one of resilience and tenacity in the face of incredible obstacles.

Learning of one such story, about Australian swimmer, Matt Levy who has competed now in five consecutive Paralympics, my heart missed a beat when I discovered he was born in January 1987. I too had a son who was born in January 1987, four days after Matt. Matt, born prematurely weighed less than 600 grams. My son, also born prematurely weighed 850 grams. At three days of age Matt suffered a bleed on his brain that caused a cerebral hemorrhage, subsequently resulting in cerebral palsy and permanent impairment. My son, having been given a 50/50 chance of survival, fought for life, until his struggle ended when he died at six days.

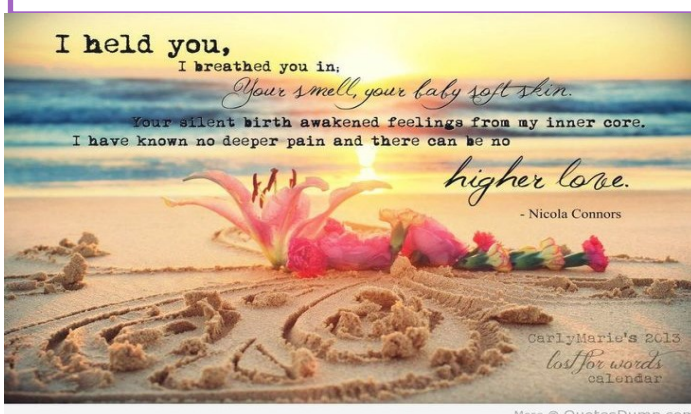
Matt's struggle, in contrast, was just beginning. By his early teens he'd endured 40 operations on his brain, heart and lungs, several of which had saved his life. With years of therapy, it was at age five that matt was introduced to swimming, in order to improve his mobility. Then followed a pattern of setting himself goal by goal and finding "the inner resolve, patience and determination" to ultimately achieve each one. His accomplishments already, at the age of 34 form a long and impressive list. Matt, winner of seven Paralympic medals including two gold, went into the Tokyo Games as the oldest member of the squad and an official mentor for the Australian team, was awarded an Order of Australia in 2014, achieved Bachelor and Masters degrees in business, holds a prestigious position with Westpac, is ambassador for several foundations, and the list goes on.

I never knew what might lay ahead for my son had he survived, or if he too would have faced a mountain of barriers, as Matt has done. I like to think that if he had, he also would have found the resolve to overcome them.

In Matt's autobiography, *Keeping Your Head Above Water: Inspirational Insights From a Champion*, his simple philosophy explains what drives him, "When you've grown up as I have, you realise every day is a gift, so you'd better make the most of it." Sage advice for all, regardless of our circumstances.

When I reflect on Matt and my son I think of all those other preemies and their challenging journeys. I think of their mothers, and of course their fathers. I think of the stories that ended in heartache and in particular, I think of mothers, like me, without children. I hope, they too have found some solace in knowing there are the Matts out there who made it, and have gone on to live meaningful and fulfilling lives. I feel in some strange way that they are living their lives too for those who were denied the chance.

Janine Joseph (Melbourne Writer)



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More @ QuotesDump.com



*Thinking of you this Christmas
and how things just aren't the same.
There's this dull and nagging heartache
When someone speaks your name.
Sadly, we can't buy gifts for you
Just silent tears that fall
For this time of year without you
Is the hardest time of all.*

 loveliveson.com

My Child Did Exist

*I've lost a child, I hear myself say,
And the person I'm talking to just turns away.
Now why did I tell them, I don't understand.
It wasn't for sympathy or to get a helping hand.
I just want them to know I've lost something dear.
I want them to know that my child was here.*

*My child left something behind which no one can see.
My child made just one person into a family.
So, if I've upset you, I'm sorry as can be.
You'll have to forgive me, I could not resist.
I just want you to know that my child did exist.*



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

December, 2021, January and February 2022

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.

Roy James BEARD

16th December to 23rd September



In loving memory, I will always miss you and your cheeky attitude, you are reunited with your grandmother and I will always look for your shadow. Lots of Love, Mum RIP

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

Jonathon HANCOCK

30th January to 15th January

Our darling boy, you are as loved today as you were every day of your life. We miss you with every breath we take, but we will make every step forward for you. Love always Mum, Dad and Chrissy

Cassy HILL

19th February to 12th March

My Barbie Doll. Love Mum

Cassy HILL

19th February to 9th 12th March

Will be remembered with love always, sons Trae and Zeb daughter Angel husband Jason and brother John.

Ruben John HODDY

9th June to 1st January

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

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 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



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Haydn John PINNELL

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

22nd January to 23rd February



Brooke Lyn RICHARDSON

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

6th March to 4th December

Kris Ronald WITHERS

Remembered Forever

22nd January to 21st August

Gary David WITHERS

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.

21st January to 31st October

Dean RADFORD

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

11th January to 16th May



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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:

Contact The centre 95357761

Evening Support Group

When: **2nd December—Kowloon Restaurant**
17 Formby Road, Meadow Springs
3rd February

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: **17th December**
21st January
18th February

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

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>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	0427 777 810	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.
<u>www.recover-from-grief.com</u>	

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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	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.

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