



Yesterday, Today & Tomorrow

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

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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.

We have just been advised of the passing of our Australian founder Margaret Harmer. It was Margaret and her husband Lindsay who started TCF in Melbourne after the death of their son Rhys. Without exaggeration I can say that because of their actions many lives have been saved. There are times when parents, traumatized by the death of a child, have felt that they were losing their sanity and when in deep depression have questioned their reasons for living. We at TCF understand these feelings and are here to support others at these times.

The President of TCF Australia John Bradley said "As our founding member, Margaret holds a special place in our hearts, we owe her a great deal of gratitude. It is because of her dedication, diligence and hard work, bereaved parents, grandparents and siblings have somewhere to go where people understand- as perhaps few others can – the devastation of having suffered the death of a child.

Thousands of families have sought solace in TCF and many lives have been saved because they now have someone to talk with and we provide a safe place in which to grieve, heal and grow as we need not walk alone. We admire Margaret for her vision, encouragement and for what she has accomplished, a life well lived"..

The TCF International Chairperson Myrtle Fleming writes "What a precious legacy and example both she and Lindsay have left the bereaved parents of both Australia and the World. Thank you for all the wonderful work you continue to do in Australia since the Harmers founded TCF in 1978 in memory of Rhys".
Reunited with Rhys and Lindsay. Vale Margaret Harmer.

*Margot McAllister
Mother of Kevin, Nana of Jackson*

When someone asks me what The Compassionate Friends is all about, I tell them it is a club nobody wants to be part of. It's a club you don't know exists until you suddenly find yourself a member. It is a club where background, age, religion, skin color, or geographic location makes no difference. There is a common denominator among us all—a grieving and broken heart. We don't know each other but we do. We are thankful for this organization and the hundreds of thousands that have been helped. We share our children, our stories, our tears and our memories to help make the way a little softer for ourselves and others.

Karin Cantrell, Frankfurt TCF.

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

RSL CHRISTMAS DISPLAY

Susan and Margot held a display with a good-sized Christmas raffle on Saturday 11th December. This was popular and a successful fundraiser.

The Winner and her granddaughter (pictured below) were very happy with their prize. Lots of information was also distributed.

This is a pleasant venue for displays and we hope to hold more there in 2022.



2021 Candlelight Memorial Service

The 2021 service was held at Mandurah Uniting Church on Sunday 12th December. Approximately 40 people attended this beautiful service, Led by Reverend John Marshall.

The readings were presented by bereaved parents, grandparents and siblings.

Thanks go to our volunteers who again came together as a lovely team, each performing their task and also greeting those who attended with warmth and care. There was a wonderful atmosphere. Special thanks to the main organisers, Peter and Judy Bright.



Our service at the Mandurah Uniting Church

Tag a mom and let her know she's doing an amazing job.

Yesterday, Today & Tomorrow

INTERNATIONAL CHILDREN'S MEMORIAL DAY

FLOWERS ON THE WATER EVENT

Sunday 30 January was a beautiful sunny morning in Mandurah, where a group of 17 people gathered at Dalrymple Park to remember our children.

All were invited to pick a flower and attach their own special message of love to the stem. Readings were shared with the group and the music of John Williams 'Flowers on the Water' was played. During this time, those present laid the flower they had chosen on the water of the estuary in remembrance of their loved one and watched them slowly drift towards the sea. Some time was spent in quiet reflection before returning to the grassed area where everyone shared in a light breakfast and enjoyed by all.

Sylvia Watts Committee Member

Mother of Ivon



Attendees at this year's ICMD

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**



Visit us on
Facebook

PAST EVENTS

20 Anniversary of TCF Mandurah Inc.

The Mandurah chapter of the International organization of The Compassionate Friends (TCF) was launched on 20 February 2002. The chapter is not funded but has now provided free support services to grieving families following the death of a child for twenty years.

This has been possible because our services are all provided by trained volunteers who are themselves bereaved parents, non-bereaved volunteers have assisted with many other activities such as administration tasks and fundraising events. Many agencies in the community have provided support in various forms including sponsorship of events and grants for specific projects.

We celebrated this amazing achievement on Monday 21 February with a luncheon at the Meadow Springs Golf & Country Club. Our W.A. Patron Graham Mabury & his wife Meryl, Robyn Clarke Murray MLA and David Templeman Mandurah MLA attended; as did representatives of many community agencies and TCF volunteers.

Following a welcome from our President Gary Withers, Graham Mabury spoke of our work and officially launched the history book "The Next ten years". Author Fiona Rafferty was thanked for her compilation of the book and presented with a beautiful "Peace Lily" indoor plant. Graham Mabury Cut the cake which was made by Madeline Livingston, the granddaughter of Tina Pearce.

President Gary thanked all the TCF volunteers. A 3 course sumptuous meal was enjoyed by all and attendees were each presented with a copy of the history book. A reporter from the community newspaper, The Mandurah Mail, was present to record the occasion.

Our grateful thanks go to The City of Mandurah for the grant which covered the cost of our history project, the production of the book and the luncheon.



Yesterday, Today & Tomorrow

COMING EVENTS

The Compassionate Friends Mandurah Inc.

17th Annual
Sunday 13th March 2022

at 9.30 for a 10am start
Please join us for



In memory of our children
And other loved ones

Our Sponsors

City of Mandurah Our Lady's Assumption Parish
JFK Electrical Solar & Air Soroptimist International
Purslowe & Chipper Mayday Op Shops
Bendigo Bank Mandurah Lions Club
Halo Team

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 www.tcfmandurah.com

2022 Memorial Walk

Bring your relatives and friends. Ask those who can't attend to sponsor your walk to help fundraise. Meet others in situations like yours.

Remember

"We need not walk alone"



MOTHERS DAY LUNCH

We warmly invite bereaved Mothers, Grandmas and Siblings to our annual Mothers Day Lunch to be held on Friday 6th May, 12 noon in the main meeting room at Mandurah Lotteries House. Entry is only \$5, which includes a door prize to the lucky winner. We will have our usual raffle table, tickets 3 for \$5 and you will be served a tempting buffet lunch.

If you are coming for the first time please bring a friend if needs be.

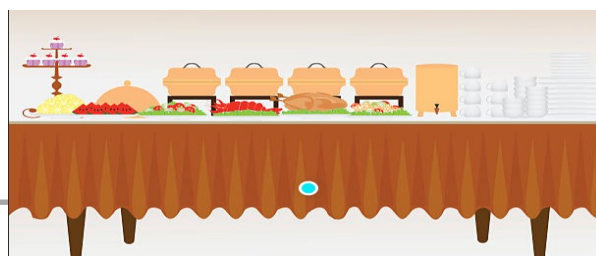
Invitations will be mailed out prior to the date.

Our lunch gives all of us the opportunity to meet with other bereaved women, to make friends and share and care for one another.

Please RSVP the office by phone or e-mail. We look forward very much for yet another lovely time together. You will need to show proof of you Double Vaccination.

P.S. Due to COVID restrictions and changes which may be made, we may have to cancel this function.

Tina Pearce--- Office Volunteer & Secretary



Yesterday, Today & Tomorrow

POEMS & ARTICLES

Letter to Kevin

I could feel my heart leap son when I came across a cassette tape labeled with your name a few days ago. Putting the tape in to the player, I sat down to listen. When the tape started I heard your fumbling efforts to play some tunes on your guitar and my memories of the days when you were 12 years old returned. I could picture you sitting on your bed patiently practicing “pipeline” and “Old MacDonald Had a Farm”.

The next part of the tape was of you singing the funny children’s version of “John Browns Body”. I was smiling as I recalled the children’s fancy dress and concert on board the cruise ship “The Canberra”. At the fancy dress parade you and Lorraine were dressed as King Neptune and his mermaid. Then at the concert you had everyone laughing and singing along with you as you sung all the verses of that song.

It was late 1969, you were 7 years old, your sister Lorraine was 5 and we were on our way to Scotland for your first visit to see where I came from. We lived in Papua New Guinea at the time and neither of you had ever seen snow so I had told you both and your dad of the fun we were going to have when we would be able to build a snowman and play with snowballs in Scotland. We didn’t do that did we? Because it didn’t snow till after we’d left to return home. The memories of that trip made me chuckle.

Then I turned to the other side of the tape. It’s been several years since I last listened to it and although I expected to hear the message that you’d had on your business answering machine at the time of your death, it still came with a jolt and the tears started as I listened to your words. My darling son, forgive me for sobbing as I listened to your voice at twenty- three years.

Thank you for giving me this gift today. Thank you for reminding me that you didn’t just die but you lived and not all of our memories are sad, some are happy. Forgive me for the tears but you see Kevin, I will always miss you, I will always love you and I will always be your mum.

2008 © Margot McAllister mother of Kevin John Perry

Your Gifts to Keep this Mother’s Day

When we have lost someone we love often the clock and the calendar become as familiar to us as brushing our teeth in the morning. We know and remember the significant times when our life stood still and those significant days of the year where our loss seems magnified once more. The calendar signifies their approach and there is one coming up.....it’s Mother’s Day.

You may be a mother whose child is no longer here physically to say “*Happy Mother’s Day Mum*” or you may be without your own mother this year or a family member who meant as much as a mother can to you. Either way whilst many things may ease your hurt a little the void remains, there nestled in the deep recesses of your heart.

There is nothing we can do to change that, much as we wish we could. But there is something that is within our reach, something for us to think on, and something for us to clasp and hold as this day approaches and throughout the coming year:

Recognise your strength. It may not feel like you have strength, but you do. That strength continues to keep you keeping on. Those same qualities passed down to you through a generation of mothers, including yours. It is their legacy to you—your gift to keep.

There is something you can never lose. It will always remain with you. Something that death can never steal, can never rob from you and which is yours to cherish and to hold forever—your love! Think of the love that shines in your heart, just for them. Even though your loved one’s physical presence has gone, their invisible presence is with you always, around you and within you. That which stays in your heart forever and becomes your constant. That is the power and the gift of your own true love.

So on this day when your heart may break and tears may fall, remember your strength and remember your great love.....their eternal love within you.

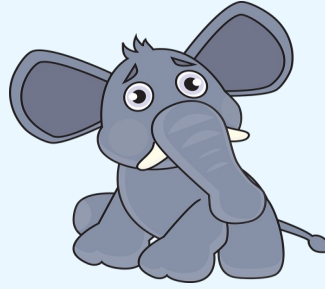
“I can never leave you. I have imprinted myself on your soul forever and planted seeds of perennial love in the garden of your heart.”Maureen Hunter

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POEMS AND ARTICLES

The Elephant in the Room

(author unknown)



**There's an elephant in the room.
It is large and squatting, so it is hard to get around it.
Yet we squeeze by with, "How are you?" and "I'm fine," and a thousand other forms of
trivial chatter. We talk about the weather. We talk about work.
We talk about everything else, except the elephant in the room.**

**There's an elephant in the room.
We all know it's there.
We are thinking about the elephant as we talk together.
It is constantly on our minds. For, you see, it is a very large elephant.
It has hurt us all.**

**But we don't talk about the elephant in the room.
Oh, please say his (her) name.
Oh, please say his (her) name again.
Oh, please, let's talk about the elephant in the room.**

**For if we talk about his (her) death, perhaps we can talk about his (her) life.
Can I say his (her) name to you and not have you look away?
For if I cannot, then you are leaving me....
alone....
in a room....
With an elephant.**

THIS BEREAVED MOTHER'S DAY

*Let us recognize all mothers who have lost a child
Let us acknowledge their strength and eternal love
Let us remember their beautiful children today and always*

The Sacred Seashore

Yesterday, Today & Tomorrow

POEMS AND ARTICLES

The day my child died
I became somebody new
A totally different person
Someone I never knew

I am not who I used to be
I am definately not the same
The only thing that hasn't changed
Is the spelling of my name

I cry more than I ever did
I break down quite a lot
My heart hurts everyday
The pain will never stop

A mother gives her child life
And a love unlike no other
When that is taken all away
She then becomes a grieving mother

Copied from Microsoft Bing

Bearforanangel.com

A Butterfly Lights Beside Us

*A butterfly lights beside us like a sunbeam, and for a
brief moment its glory and beauty belong to our world:
but then it flies again. And though we wish it could
have stayed, we feel so lucky to have seen it.*

Beyond...

The Cord

We are connected, my child and I,
by an invisible cord not seen by the eye.

It's not like the cord that connects us 'til birth
This cord can't been seen by any on Earth.

This cord does it's work right from the start.
It binds us together attached to my heart.

I know that it's there though no one can see
The invisible cord from my child to me.

The strength of this cord is hard to describe.
It can't be destroyed, it can't be denied.

It's stronger than any cord man could create.
It withstands the test, can hold any weight.

And though you are gone, though you're not here with me,
The cord is still there, but no one can see.

It pulls at my heart, I am bruised...I am sore,
But this cord is my lifeline as never before.

I am thankful that God connects us this way
A mother and child, death can't take it away!



The
Compassionate
Friends
Lehigh Valley Chapter
Supporting Family After a Child Dies

Author Unknown

Facebook.com/TCFLLehighValley



I WILL LOVE YOU

*As long as I can dream,
As Long as I can think,
As long I have memory...
I will love you.*

*As long as I have eyes to see
And ears to hear
And lips to speak...
I will love you.*

*As long as I have a heart to feel,
a soul stirring within,
An imagination to hold you...
I will love you.*

*As long as there is time,
As long there is love,
As long as I have a breath
To speak your name...(unknown)*

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 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.

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.

Alayna BROCX

13th March to 25th November

Our beloved daughter Alayna. Mother of Joshua, Shenae and Mikey, sister of Miranda and Janine. Forever in our hearts. Mum and Dad

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

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.

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”.

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

Jamie PURSLOWE

10th August to 15th April

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



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Brooke Lyn RICHARDSON

6th March to 4th December

Miss you Brooke, You are my Sunshine.

Love from you Mummum, Granddad and Western 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

Dean RADFORD

11th January 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



A message from John Brown-TCFV Sibling Co-ordinator

Greetings to you all.

Today we mark a significant milestone in TCFV's sibling support history! For decades TCFV has provided sibling support groups and services that enable siblings to connect socially and to share their stories and support one another.

Now we are extending that support online.

With thanks to the dedication of our design and development team over many months, we are pleased to announce the launch of the Sibling Memorial website.

It promises to be a lasting memorial, honouring our siblings who have died.

It went live on Saturday 5th February, 2022 and can be accessed by using the following:

<https://siblinggrief.org.au/>

A box will appear. Please fill in the following fields:

User Name: TCFV

Password: #SiblingMemorial1#

We hope you enjoy your online experience. As it is a work in progress, please send us your valued feedback so we can create the best possible online Memorial Wall.

With love and friendship to you all from the Board and Staff here at TCFV.

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:

Contact The centre 95357761



Evening Support Group

When: 3rd March

7th April

5th May

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: 18th March

13th April (Wednesday)

20th 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.

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>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.
<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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