

# Yesterday, Today & Tomorrow



The Compassionate Friends Mandurah Chapter  
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Founded in England by Rev Simon Stephens 1969  
Australian Founders Lindsay & Margaret Harmer, 1978  
WA Patron Graham Mabury OAM Cit WA FECU  
BA (Hons) Grad. Dip. Ed.

## Welcome

As I welcome you to this newsletter we are approaching Easter and then Mothers Day. Easter, a time of rebirth, of new hope and resurrection. Whatever your faith or philosophy of life, we can all use a glimmer of hope when life seems hopeless. As a child I remember hoping that I would eventually have a large family. Unfortunately, and we've all found this out, life doesn't always bring us what we want. I gave birth to my son and then, against all odds, I was very lucky to have my daughter, but could have no more children.

I know and appreciate that I am fortunate to have my daughter, grandchildren and great grandchildren. My heart goes out to those whose only child has died and to those parents who have more than one child die. There are many parents in that situation in TCF and many who do not know the happiness that grandchildren bring to our lives. Some, like me, know the pain of a grandchild's death and the helplessness of being unable to ease the pain of their child's broken heart. We do not know why these things happen. There are no answers and all that we can do is treasure what we do have and the people we do have in our lives. I recall one bereaved parent who was doubting whether to come to the Mothers Day lunch because all three of her children had died. I said to her, "you were a mother, you are a mother and will always be a mother, so please do come." She did and was as warmly welcomed as the others.

Our luncheon this year is sponsored again by the Mandurah group of Soroptimists International. The volunteers in this wonderful organization work hard at various projects to better the lives of women on a local, national and international basis. You will find details of the luncheon in this newsletter.

Not to forget the men, the fathers whose lives also have been devastated and rebuilt. Thank you for your strength and your caring. The September newsletter will contain several items specifically for the fathers and some written by them.

Margot McAllister

*Mother of Kevin, Nana of Jackson*

### **For all Bereaved mothers**

I wish you a gentle Mothers Day for I know what you feel.  
I know how you miss your child, your heart I wish I could heal.  
For those who lost an only child, I know your pain today.  
For I once walked in your shoes, my tears fell like rain  
I know your hearts so very much, my heart feels the same.  
We'll always miss our child on every Mothers Day.  
God bless each and every one of you  
*Sharon Bryant, Andys mum; [www.angelsremembered.tk](http://www.angelsremembered.tk)*



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*Yesterday, Today & Tomorrow*

## Past Events

### Candlelight Memorial Service

The 2022 service was held at Christ's Church Anglican Church in Sholl Street Mandurah. This beautiful old church with its stained glass windows and bells imported from England is a wonderful setting for our service.

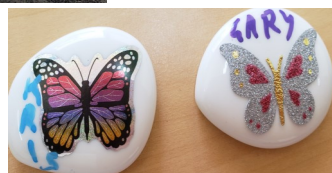
It was well attended and our team of volunteers did their usual great job of welcoming, distributing candles and flowers and making sure everyone was comfortable. Our special thanks to Judy and Peter Bright who met with Father Ian Mabey to make arrangements and organize the overheads & music.

The readers presented meaningful readings. There were very few dry eyes because it is an emotional time when our thoughts are with our children no longer with us. It is so helpful though to be able to do this in the comforting presence of others.

The socializing over supper afterwards was precious with old friends meeting up and new ones being introduced.



Our President (Pictured) Gary Withers made these in memory of his own children



*Yesterday, Today & Tomorrow*

### 2022 RETREAT

Was held at Nanga Bush Camp Dwellingup from Friday 2nd December to Sunday 4th December. We had 14 people who elected to stay the whole weekend and 2 who came on the Saturday only, with five people attending for the first time.

They were very impressed with the venue with Gary doing a fantastic job with catering. The food was wonderful, and I made sure I wrote down Gary's recipe for pulled pork, yum.

I want to thank our four therapists who give their time freely for this weekend:

Johan Smit, Sarvaga Light 0415 350 660

Jane Roberts & Rebecca,

Spiritual Medium 0419 902 194

Babs Harris.

The weather was lovely, and we were visited by kangaroos and Kookaburras. We also held our flowers on the water down on the river on Sunday followed by a very nice lunch, with us leaving to go home about 2pm.



We would like to take this opportunity to thank Spudshed for their \$100 food voucher donation so that we could cater for this event.

*Carolyn Lee Mother of Christopher*

### PINJARRA PLAY IN THE PARK

We had a lovely sunny day by the river to hold our display on Tuesday 17th January at Cantwell Park in Pinjarra for the family Fun Day. Luckily for us we had lots of trees for shade.

As part of our display we made up Memory Rocks with the children with a stick-on Butterfly and they wrote their name and age on the back with a paint pen. Some of the children elected to decorate the rocks with different colours, some rainbows, some flowers and also just a background colour.

This fun day was hosted by the Shire of Murray, Act Belong & Commit, and Relationships Australia. It was an great opportunity for us to meet other agencies in the area and for them to also know about us. Thank you Trick Cole, Place and Community Officer for the Shire of Murray for organising the day for us.

## **FLOWERS ON THE WATER 2023**

We held our “Flowers on the Water” event at Rotary Park, Palm Beach, Rockingham on 29th January 2023 at 8.30am. This is also International Children’s Memorial Day which commemorates the founding of The Compassionate Friends.

A young priest was working at a hospital in England. Two couples had lost a Child, the Priest being young and inexperienced, introduced the couples thinking they could help each other. That was the start of The Compassionate Friends, which now has chapters around the world.

On Sunday we had lovely weather and twenty two people in attendance. We had a reading by Gary Withers and Alain D’Argent, then we tied tags on the flowers with a message to our loved ones before setting them adrift in the large pond.

We then had a light breakfast with scones, pikelets and fruit juice. Everyone enjoyed the morning

*Carolyn-Mother of Christopher*



## **Award for TCF Mandurah**

Congratulations to all our volunteers. The service that you give so generously to other bereaved parents was recognised at the Alcoa Peel Volunteer award event held on 5 December at the Mandurah Offshore Fishing & Sailing Club. From a good number of community agencies, TCF Mandurah was awarded the Community Group of 2022. The award was sponsored by the Murray Shire. Our secretary Tina & I were extremely proud to accept the award on behalf of our team. Thank you and well done everyone.

*Margot, Mother of Kevin, Nana of Jackson*

The photo shows our Waroona Volunteers, John & Val Salerian with the award.



## **COMING EVENTS**

### **18th Annual Walk to Remember**

Are you ready to attend the walk?

If you are unable to attend will you help the fundraising effort by collecting donations? Remember that each time you ask a friend or relative for a donation they will ask “what for” and you’ll be able to tell them of the work of The Compassionate Friends.

That way you’ll help to achieve one of the three aims of the walk which is increasing community awareness of our services. We always need to promote our services—why?—to help to ensure that bereaved parents of the future are able to seek the support that we have to offer.

If anyone has not yet received a walk flyer please advise us at the office & we’ll mail or email one to you. The more people we have at the walk the better.

To walk with others, behind the piper, along the beautiful foreshore, carrying hearts & ribbons with the names of our loved ones is a lovely tribute and to gather together brings healing.



### **MOTHER’S DAY LUNCHEON**

We warmly invite bereaved Mothers, Grandmas & Siblings to our annual Mothers’ Day Lunch, to be held on Friday 12th May 2023, at 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 on 9535 7761 by phone, or e-mail [tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com).

We look forward very much for yet another lovely time together.

Warm regards. *Tina Pearce-Office Volunteer & Secretary. Mother of Ian*

*Yesterday, Today & Tomorrow*

## POEMS AND ARTICLES

From the outside  
looking in you can  
never understand  
and from the inside  
looking out you can  
never explain.

Anon.



*I read of a man who stood to speak at a funeral of a friend. He referred to the dates on the tombstone from the beginning...to the end.*

*He noted that first came the date of birth and spoke of the following date with tears but said what mattered most was the dash between those years.*

*For that dash represents all the time they spent alive on earth and now only those who loved them know what that little line is worth.*

*For it matters not, how much we own, the cars...the house...the cash. What matters is how we lived and loved and how we spend our dash.*

*So, think about this long and hard; are there things you'd like to change? For you never know who much time is left that still can be rearranged.*

*To be less quick to anger and show appreciation more and love the people in our lives like we've never loved before.*

*If we treat each other with respect and more often wear a smile...remembering that this special dash might only last a little while.*

*So, when your eulogy is being read, with your life's actions to rehash, would you be proud of the things they say about how you lived your dash?*

*By: Linda Ellis, Copyright © 1996-2050*

*LindaEllis.life*

*I forgot to read the fine print,  
When I signed up to be your mum.  
I thought it would be hugs and smiles and quite a lot  
of fun,  
I didn't see the bit that read of pain, loss, grief, and  
despair.  
I didn't know that you'd be gone, and that life  
would be unfair.  
But I am still your mother,  
I will be every day.  
If I had read the fine print,  
I would have signed up anyway.*

Poem by Karen Prisco

[www.touchinsouls.com](http://www.touchinsouls.com)

When your beautiful  
heart stopped beating,  
my heart broke in two.  
Knowing that here on  
earth, there won't be  
another quite like you...  
My beautiful, one of a  
kind child, you're a part  
of me, today and always...

*Yesterday, Today & Tomorrow*



Do not judge the bereaved mother.  
She comes in many forms.  
She is breathing, but she is dying.  
She may look young, but inside she has  
become ancient.  
She smiles, but her heart sobs.  
She walks, she talks, she cooks, she cleans,  
she works, she IS,  
but she IS NOT, all at once.  
She is here, but part of her is elsewhere for  
eternity.



quotesgram.com

[www.facebook.com/AngelMommyCreations](http://www.facebook.com/AngelMommyCreations)

## POEMS AND ARTICLES

### **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)

***“Only the body dies, memories***

***Love and the spirit live on***

***Forever in our hearts”***

***Margot McAllister , Mother of Kevin, Nana of Jackson. March 2013***

### Ask My Mum How She Is

My Mum, she tells a lot of lies, she never did before.  
But from now until she dies; she'll tell a whole lot more.

As my Mum how she is, and because she can't explain,  
She will tell a little lie, because she can't describe the pain.

Ask my Mum how she is, and she'll say "I'm alright".  
If that's the truth, then tell me; why does she cry each night.

As my Mum how she is, she seems to cope so well.  
She didn't have a choice you see, nor the strength to yell.

As my Mum how she is, "I'm fine, I'm well, I'm coping."  
For God's sake Mum, just tell the truth.  
Just say your heart is broken.

Shell' love me all her life, I loved her all of mine.  
But if you ask her how she is, she'll lie and say she's fine.

I am here in Heaven. I cannot hug from here.  
If she lies to you, don't listen. Hug her and hold her near.

On the day we meet again, we'll smile and I'll be bold.  
I'll say "You're lucky to get in her, Mum, with all the lies you told.

Author Unknown

### **Dear Brother Your Memory Will Never Fade**

PSYCHIC MEDIUM MICHELLE RUSSELL

*My dear Brother now that you are gone  
You're no longer here to share  
The bond we had together -  
A bond of love and care.  
Yet, somehow something tells me  
You are watching over me -  
Now that from Worldly cares  
You finally are free.  
I miss you so very much,  
And my tears I cannot hide  
Yet, within my heart, I feel  
You are always by my side.  
Ever since you went away  
Life has never been the same  
Yet, it comforts me to know  
That one day we'll meet again.*

-Author Unknown



### **Sibling Grief**

It's okay .....

to cry and feel depressed. You've lost a great deal.

If the feelings get too scary or overwhelming, find a caring  
friend (no matter what age) to talk it out

It's okay.....

to want to copy some of your brother or sister's habits and  
interest, but be yourself too.

It's okay.....

to live "in the past" for awhile. It is one way to keep alive the  
memory of your brother or sister. However, you have a life too-  
one that should be lived to the fullest.

It's okay .....

To have fun and enjoy life, to laugh again

It's okay .....

To forgive yourself for the fights, arguments, and mean things  
you said or did to your brother or sister.

It's okay .....

To go on living.

From "When a Brother or Sister Dies" pamphlet of TCF  
Mandurah

*Yesterday, Today & Tomorrow*

## Mary Ratcliffe

We bid farewell to Mary who joined husband Roy, son and daughter on January 6, 2023. She is on the right of photo with Margot in 2006.

Mary was a TCF volunteer for many years following the death of her son. She was the main contact for Mandurah, doing what she could from home for bereaved parents in the area. She was then one of the original five volunteers who started TCF Mandurah Inc. It was a pleasure and privilege to work with Mary who was always kind, caring and a loved member of our team. Following the death of her husband Roy, Mary moved to Yangebup to be closer to her daughter, so we didn't have such close contact in recent years. TCF Mandurah owes much to Mary for her contribution.



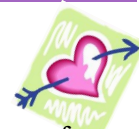
Rest in Peace dear friend.

As far as I can see, grief will never truly end. It may become softer over time, more gentle, and some days will feel sharp. But grief will last as long as love does— forever. It's simply the way the absence of your loved one manifests in your heart. A deep longing, accompanied by the deepest love. Some days, the heavy fog may return, and the next day, it may recede, once again. It's all an ebb and flow, a constant dance of sorrow and joy, pain and sweet love.

SCRIBBLES & CRUMBS

*Yesterday, Today & Tomorrow*

## Cry



Don't let anyone tell you not to cry. We cry for good reason. Our tears are an expression of our love and of healthy grieving.

Cry wherever and whenever the tears come. They gradually become less as the pain strikes less often but give your heart permission to grieve.

Make quiet times for you and let the tears flow.

*Margot McAllister, Mother of Kevin, Nana of Jackson*

## Your Choice

TCF offers a range of services because we each will grieve differently.

Try **support groups** and if you don't feel comfortable then use **one to one sessions** instead.

If you wish to book a session please contact Margot on 0427 777 810 or leave a message at the centre. Sometimes it helps 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.

**Telephone contact** is valuable if you can't arrange a face to face and if you reside in an area where there are no groups. The **memorial events** with other bereaved parents help reduce the isolation of grief and to "normalise" our feelings.

**Quarterly Newsletters** inform you of past & coming events, provide grief education, share the stories of others and acknowledge the anniversaries and birthdays of our children.

**Resource Library** contains a great selection of books, other literature, tapes, CDs and DVDs.

Use what you need, when you need it.

## 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](mailto:tcfmandurah@bigpond.com)

## Containers for change

TCF Mandurah is registered for the Containers for Change scheme.

When you take the appropriate containers to your nearest collection point **PLEASE** ask for the change to be donated to

**TCF Mandurah code C10351091**

# ***Remembered With Love***

## ***March, April and May 2023***

**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.

***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

***Roddy David FLANAGAN***

***3<sup>rd</sup> August to 17<sup>th</sup> May***

You are in our hearts always. Our love will be with you until we meet again. Lots of love and blessings, Mum, Julie, Iain, Kane, and Louis. Xoxoxo

***Cassy HILL***

***19<sup>th</sup> February to 12<sup>th</sup> March***

My Barbie Doll. Love Mum

***Cassy HILL***

***19<sup>th</sup> February to 12<sup>th</sup> March***

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

***Dale HILTON***

***3<sup>rd</sup> June to 7<sup>th</sup> March***

Years have passed since you left us. Not a day goes by without thinking of you. Missing your laughter and smiles. Life is not the same without you. Always in our hearts. Love Mum and Hayden. xoxoxo

### **TCF Membership Reminder**

Annual Membership Fee is now \$30 and was due on 1st July. December. This is only payable after the first year of bereavement.

This can be paid by cash, cheque, money order or directly into The Compassionate Friends Mandurah, Bendigo Bank BSB 633000 A/C # 157735895.

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# ***Remembered With Love***

## ***March, April and May 2023***

***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".

***Martin Andrew McKEICH***

***27<sup>th</sup> November to 19<sup>th</sup> March***

Sad years have passed since you left us. Loving you is easy—we do it every day.

Missing you is a heartache that never goes away. Mum, Dad, Darren, Vanessa, Natalie, Riley, and Phoebe and all your friends. xoxoxo

***Jemma Louise O'BRIEN***

***13<sup>th</sup> October to 17<sup>th</sup> May***

You left us suddenly without saying goodbye. You live on through your three beautiful children, but my heart aches. Love Mum. Xoxoxo

***Liam Marc O'KEEFFE***

***born 28<sup>th</sup> May***

We loved your compassion, honesty, generosity, sense of humour, thoughtfulness, courage, and intelligence. You gave your best to everyone. You never once complained. You deserved so much better. Our despair is beyond words. Love always Mum, Dad, Angela, and Carly. Xox

***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.

***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, Lance & Danielle

### **Unsubscribe**

If you no longer require the newsletter please e-mail or phone to cancel.





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# ***Remembered With Love***

## ***March, April and May 2023***

***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.

***Adam John ROBBINS***

***19<sup>th</sup> December to 6<sup>th</sup> April***

So many years without our beautiful boy. The pain of losing you hasn't gone away.

Love and miss you, Mum, Dad, Jade, and Lucy. xoxoxo

***Geoffrey James STAFFORD***

***31<sup>st</sup> 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

***Alistair STEWART***

***born 5<sup>th</sup> April***

Loved and remembered forever, Mum and Dad. Xoxoxo

***Mark Van EIJNDHOVEN***

***19<sup>th</sup> December to 12<sup>th</sup> April***

Our precious son, fiancée, brother and uncle. Not a day goes by that we do not think of you. Mum and Dad. Xoxoxo

***Joseph WALE***

***born 15<sup>th</sup> May***

Joe, we miss you so much and wish the pain would ease. Families are forever, wherever we may be. Love Mum, Dad, Jane, and Tom. Xoxoxo

***Glen Alan WELLMAN***

***born 2<sup>ND</sup> May***

I will always love you, miss you and hold you close to my heart. You were a wonderful son. Love Mum. Xoxoxo

***Jonathan Charles WINDSOR***

***born 26<sup>th</sup> May***

Always in our hearts, never forgotten. Miss you so much beautiful boy—till we meet again. May your spirit rest in the peace that you didn't know in this life that passeth all understanding. Love you always. Mum, Andy, Xavier, Kathryn, and Laura.

xoxoxo

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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.

## Resource library Update

A recent addition to our library is a book “**Eternal Life Letters to Our Two Children**” written by Peter Mudge and Gwen Wijenberg. Their children died from the same cause. Nicola died in 2006 at age 10 following two years of treatment for a brain tumour. In 2013 her brother Christopher contracted the same type of brain tumour and died in 2020 at the age of 28.

The book contains the stories of both children and beautiful letters, real and imaginary, written from the heart . Two pages of pictures and some Christian religious images are contained and the letters written to the children address topics of forgiveness, resurrection and eternal life.

This is a different type of book which may be helpful to bereaved parents and is available to borrow from the library or to purchase via [pipmudge@gmail.com](mailto:pipmudge@gmail.com) or check website [www.thelivingspirituality.com.au](http://www.thelivingspirituality.com.au)

### Support Groups

#### Evening Support Group Mandurah

**When:** 2nd March  
6th April  
4th May  
**Time:** 7pm—9pm  
**Where:** Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah  
(Opposite Peel Health Campus)  
**Contact:** The centre on 95357761



#### Bereaved by Suicide Group Mandurah

**Dates:** 17th March  
21st April  
19th May  
**Time:** 9.30 to 12.30 p.m.  
**Where:** Mandurah Lotteries House  
**Contact:** The centre on 9535 7761



#### Perth—Support Group Meetings

**Dates** 16th March  
20th April  
18th May  
**Time:** 7.30pm start  
**Where:** 54 Simpson Street, ARDROSS  
Next door to St. David's Church  
**Contact:** Ryan on 0433 910 060

**Dates:** 23rd March  
27th April  
25th May  
**Time:** 7.30pm start  
**Where:** Spiers Centre, cnr. Albatross Court & Poseidon Rd, HEATHRIDGE  
**Contact:** Lillian on 0417 907 711

## Telephone Friends - The Compassionate Friends

**Please call a telephone friend whenever you need to talk "We need not walk alone"**

<b>BUNBURY</b>	Russ	0417 945 568	<b>SIBLINGS_</b>	Ryan	0433 910 060
<b>BUNBURY</b>	<b>Sharon</b>	0439 952 577	<b>GRANDPARENTS</b>	Lyn	9581 9957
<b>GOLDFIELDS</b>	Lorraine	0497 687 201	<b>FATHERS</b>	Gary	0414 491 524
<b>PERTH (North)</b>	Lillian	0417 907 711	<b>FATHERS</b>	Peter	0447 741 219
<b>PERTH (South)</b>	Ryan	0433 910 060	<b>SUICIDE</b>	Margot	0427 777 810
<b>MANDURAH</b>	Drop-In	9535 7761	<b>SUICIDE</b>	Russ	0417 945 568
<b>WAROONA</b>	John or Val	0417 956 066			

**MISCARRIAGE/STILLBIRTH/INFANT**  
Joanne 0403 336 392 or 9535 7092

(After 6pm & Weekends)

### TCF Interstate and Overseas Contacts

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

### Some Internet Resources

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

## Other Useful Contacts

Alcohol & Drug Support Link		9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		9427 7100
Coroners Counselling Services		9425 5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Palmerston Counselling Services	Drug and alcohol Related	9581 4010
Peel Grief Support	grief support services after the death of any loved one Rosa	0418 910 230
Peel Community Legal Services		9581 4511
Relationships Australia	7 Cooper Street	6164 0570
Samaritans	Free Call	1800 198 313
Suicide Call-Back Services (SCDS) - Bereaved by Suicide National Free Counselling		1300 659 467
South Coast Women's Health Services – Rockingham	www.schs.com.au	9550 0900
SOLACEWA-Loss of Spouse	Sandra or www.solacegriefsupport.org.au	0488 991 084
Victim Support Services	Rockingham	9527 7699
Victim Support Services	Mandurah	9583 1120

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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