

Yesterday, Today & Tomorrow



The Compassionate Friends Mandurah Chapter
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Volume 20 Issue 4 December 2023

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

As we come to the end of another year, I find it hard to believe that on 20 February 2024 the Mandurah chapter of The Compassionate Friends will have completed 21 years of providing grief support services to bereaved families. From a start of five bereaved parents and one small room, from where we delivered support to bereaved parents who resided in the area from Kwinana to Augusta, we now have approximately 20 volunteers and are trying to meet the challenge of taking our grief support to families who reside throughout this huge state of ours.

So much has changed, with some volunteers resigning and others about to start. We say thank you to Lillian Green who, due to back surgery, is unable to continue facilitating the Heathridge support group.

We say thank you also to Ryan Cocks who is unable to continue facilitating the Ardross group. At present we do not have anyone to replace Lillian or Ryan and so these groups cannot continue.

If any members who are bereaved parents, over two years in their grief journey, are interested in training as group facilitators, we invite you to contact us.

The good news is that during the recent rural outreach visit we met Cassandra and Rebecca who will soon be training to become our Esperance contacts, and Roger who will be our Hopetoun contact. Its wonderful to welcome these volunteers who will soon deliver our TCF services to where they are very much needed. It's important for bereaved parents of the future to be able to reach out to a local resident who can be the face of TCF in town. Our next visits will be to Northam, then Karratha and Port Hedland.

We are able to do this important work because of a grant from Lottery West. If you are reading this newsletter and are living in a country town where TCF is needed then please do contact us.

The new year will bring it's challenges for all. For us it's another year without someone we love. For those entering their second year of bereavement it's so difficult as we know. Sometimes we have to remind ourselves that we did get through the first of everything and with the loving support of others in TCF we can do it again.

If I had a wish at Christmas for each of you it would be for peace of mind and heart and that you are blessed to feel the warmth of your child's love for you.

Margot McAllister

Mother of Kevin and Nana of Jackson

Worldwide Candle-lighting Sunday

Sunday 8 December 2019 is the day when bereaved parents all around the world light a candle at 7p.m.in memory of their child.

Candles are lit in New Zealand and then in each time zone.

We can imagine a ring of light around the world

That their light will always shine



Worldwide Candle Lighting Day Second Sunday
in December
www.NationalDayCalendar.com



Past Events

AGM 2023

The TCF Mandurah AGM was held on the 14th September, 2023 attended by **13** Members. All positions were declared vacant. Linda Gelvin, Lotteries House Manager was the returning officer.

All nominations were accepted and voted in. The Committee is as follows:

President: G. Withers
Vice President: C. Lee
Treasurer: G. Schmidt
PR Manager: M McAllister
Secretary: T. Pearce
Committee Members:
Emily Pinnell, Wendy Hancock, Lyn Richards, Russell Monk, Sylvia Watts, Jean Tongue

Congratulations and thanks to all nominees

*Tina Pearce, Secretary
Mother of Ian*



RETREAT—NANGA BUSH CAMP 2023

Thirteen members attended for the weekend and one lady for the day. There were 8 Therapists.

A great weekend was had by all, with the usual laughter and good food. We had thunder and lightening on the Friday night.

A lovely lady, Lorraine Woods came for the day and told us stories about her people of the area and the meaning of some of their language. She has a book coming out soon.

The Therapists gave some lovely comments about the Camp and the running of the day.

Babs Harris came to do some Reiki Therapy for the last time. She has been coming for 18 years and will be sadly missed.

We wish her the very best for the future.

*Carolyn Lee—Vice President
Mother of Christopher*

Yesterday, Today & Tomorrow

Connect groups displays

President Gary Withers & Vice President Carolyn Lee hosted an information stall for The Compassionate Friends at Lakelands Shopping Centre. They spoke to many people and explained how we support families following a child's death. Information was given about our services and memorial events.

*Carolyn Lee, vice President
mother of Christopher.*



Support Group Awareness Expo

Sunday 29th October at Busselton.

This was arranged by Abbey Grosse, Community Development Officer with Connect Groups.

Groups in attendance were:

Busselton Hospice Care -Palliative Care – I met with Kelly who is the Hospice Coordinator – they also offer Grief Counselling via a grief hotline and forums on the internet.

Advocacy –Service for people with disabilities

Organ & Tissue Authority- Delivers a program to improve organ and tissue donation.

Dunsborough Community Farm -a volunteer run organisation giving people with disabilities a place to meet, socialise etc.

Narcotics Anonymous – Drug awareness

And **Prostate Cancer Awareness**

Whilst it was good to see what other groups are out there and what services they are offering, unfortunately there was very little public attendance. (maybe 6 – 8 people).

An interesting mix of groups coming together and exchanging information. I was able to meet up with some amazing people and gave out our literature to all the other groups.

*Sharon Potter, Bunbury rep
Mother of Mark*

Coming Events

Rural Outreach

With thanks to Lotterywest

Hello all, it's lovely to be welcomed into The Compassionate Friends family. I came on board in July, thanks to a generous Lotterywest Grant, as Project Officer to assist with facilitating rural outreach.

In early September, Margot McAllister and I embarked on our first Rural Outreach together, visiting Esperance, Norseman and Kalgoorlie. We held community engagement meetings and networking lunches, giving us an opportunity to engage with key community stakeholders and community members, informing them of our services which we see as vital in country WA.

Margot facilitated support groups for bereaved family members which were highly valued by all concerned. Leads for volunteer contacts have been established, we are therefore hopeful this will assist in achieving our goal of setting up TCF Chapters in each visited rural community.

We felt our first trip was a great success and a wonderful start to the new outreach venture afforded to TCF thanks to the Lotterywest grant!

Penny Madigan, - Rural Outreach Officer.

Rural Outreach Project Officer.



Candlelight Memorial Service

The 2023 Candlelight Memorial Service will be held on Sunday 10 December which is

World-wide Candle-lighting Sunday.

The venue is the South Mandurah Uniting Church 2-4 Rees Place Wannanup.

Arrive from 6.30p.m. for a 7p.m. start.

Please bring a framed photograph of your loved one and a plate for a shared supper.

Candles are provided.

This is our service, compiled and presented by bereaved parents, siblings and grandparents.

It is a wonderful special time when the presence of others like ourselves brings a sense of strength and comfort as we approach Christmas.

If you have a special poem or reading that you would like to present please contact me.

Margot McAllister, P.R. Manager

Mother of Kevin, nana of Jackson

On 0427 777 810 or at the office on 9535 7761



Even though you won't be making an appearance in the next chapter of my book, I will continue to refer back to those last chapters, highlight the best times and still keep you a part of my whole story.

Cardinal love



Yesterday, Today & Tomorrow

Volunteers are the heart and soul of
The Compassionate Friends

Unsubscribe

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

tcfmandurah@bigpond.com PH: 9535 7761

COMING EVENTS

INTERNATIONAL CHILDREN'S

MEMORIAL DAY

Sunday 28th January, 2024 @ 8.30 am

Dalrymple Park, Leslie Street.

Park in Murphy's car park near the new bridge

Please note: the Park gates will not open—please walk around the fence line to access the park.

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 Ocean.

Flowers will be provided with cards for you to write a special message to your loved one.

We walk under the bridge to place our flowers on the water and spend a quiet time of reflection. When 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 28th January, 2024 For further details, please phone 95357761.

*Sylvia Watts
Committee member
Mother of Ivon*

How very softly you tiptoed into our world,
almost silently, only a moment you stayed.
But what an imprint your footsteps have left
upon our hearts.

Dorothy Ferguson



ANNUAL WALK TO REMEMBER

Calendar Reminder, 10 March 2024

Once again we will be holding our Annual Walk to Remember on the second Sunday in March. One of our sponsors this year is the City of Mandurah.

As well as being an important major fundraising event, this memorial walk is to honour the memory of our loved one/one's who have died and raise awareness in the community of our existence.

All are welcome to participate in this event, and if you walk, to collect pledges from friends and relatives prior to the day. When we ask friends to sponsor us with a donation, they'll ask who the walk is for. This gives you the opportunity to tell them about The Compassionate Friends and to invite them to come walk in memory of any loved one. This helps to increase awareness in the community of our services for bereaved parents of the future.

On Sunday 10th March we will gather from 9.30a.m. at Dalrymple Park, with parking behind the rangers office, near the start of the new bridge.

We register, hand in the pledges we collected, write the name of our child or other loved one on a ribbon to wear on our shirt, perhaps purchase some TCF sale items and buy tickets in the raffle then collect our bottle of water.

Following a welcome from our President Gary Withers, David Templeman, Mandurah MLA will officially start the walk. The piper, will lead us along the foreshore to the MPAC where we pause for photos and to give our piper a rest.

On our return to Dalrymple Park we'll be able to enjoy a sausage sizzle prepared by the hard working volunteers from the Mandurah Lions Club.

This is a wonderful event and a time to talk to other members of TCF Mandurah. Letters and pledge forms will be mailed out in February.

If anyone knows of a business or person who could be invited to help sponsor the event, please contact the walk organizer Margot McAllister

GENERAL NOTICES

Attn: Ex TCFWA Members

As you are all aware TCF Mandurah is the only chapter now covering the whole of W.A.

We have been mailing out by post or emailing our quarterly newsletter which we hope has brought you up to date with events and brings you comfort.

We now ask if you wish to continue receiving our newsletter that you pay your annual membership of \$30 before 31st December 2023.

Some of you have already paid and your support is much appreciated. Details of our bank account are below and a receipt will be mailed out to you. We look forward to your support.

TCF Membership Reminder

Annual Membership of \$30 was due on 1st July, payable only after the first year of bereavement.

You can pay by cash, cheque, money order, or directly to TCF Mandurah, Bendigo Bank:

BSB 633000 a/c 157735895.

Please state "membership"

Remember that life is short.

Its golden moments need hopes and memories and dreams. When it seems like those things are lost in the shuffle, you owe it to yourself to find them again. The days are too precious to let them slip away

By Douglas Pagels—2006

Your story

Your contributions to this newsletter are welcome. Just as we share and relate to others in support groups, so too we can share by sending in items for the newsletter. Have no doubt **YOUR** experiences can help others. Your writings and items which you've found helpful are appreciated

Items can be sent to tcfmandurah@bigpond.com

Marked for attention newsletter editor



***A heartfelt thanks to all our
amazing Volunteers.***

We couldn't do it without you.

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

***TCF Mandurah,
President & Committee.***



Thank you to the members of the **Swan Vale Golf Club** for the recent unexpected but very much needed and appreciated donation.

A huge thank you to **Bendigo Bank** for again organising a raffle and to the volunteers who sold the raffle tickets, resulting in funds of \$1060 being raised.

Elsma Rubery has held displays with raffles at various places, including the Mandurah RSL for several years. This distribution of our information to the public is as important as the funds raised and for this we are very grateful to Elsma.



Yesterday, Today & Tomorrow

Sibling Grief

Re-entering School after the Death of a Sibling

Going back to school after the death of your brother or sister is a hard thing to go through. At first, there are three groups of people to deal with; people who give you a lot of support, people who don't know what to say and those who give you weird looks and stay away from you. This lasts for a little while.

After a short time, changes with each group occur. Those who didn't know what to say, start to speak or begin to talk. The group who kept away stops ignoring you. The people who gave you a lot of support slowly return to their own affairs. After about a month and a half, everything goes back to normal and is over to everyone.....except you. This is very difficult and makes you feel all the more alone.

After a long while the shock for you goes away and it is then when you need the support from your friends, peers and teachers.

This month is the first anniversary of the death of my brother. Most people will have forgotten and everything is right in the world. But it is not! Certainly not to my Mother and me.

By Jordan Ely

You're a Teen

You're hurting. Someone that you love has died. It may seem that no one understands and that you are alone in this loss. It's really hard to ask for help when you're trying to be independent and stand on your own.

Your feelings are so complicated. You're mad, sad, sometimes you might even be glad. You may be a little afraid of what happened, wondering who's next or if it could happen to you. One thing for sure, you feel kind of different from your friends and family. You can tell that people aren't sure what to say around you and no one seems to want to talk about the death with you, even though you really want to.

And, you can never know when it will hit. You can be walking down the street and a memory comes up and, before you know what happened, the tears are running down your face. It's kind of embarrassing.

The most important thing to do while coping with a death, as you'll see, is to talk about your loss and your grief to someone. Grieving is telling the story. Healing is grieving. **[Griefworks BC website]**

Yesterday, Today & Tomorrow

ANNIVERSARY TIME

Our son, Rowen, died on Sunday, the 13th of February 2000.

The first anniversary I registered was one week!! That was traumatic enough! I could hardly credit that a whole week had gone since Rowie died! Then the anniversaries came monthly. The 13th of every month ... another month gone! And of course interspersed in amongst these was his first birthday in heaven. Then our first Christmas, Easter, Mothers/Fathers Day, without him. And of course after that, the first year! I can still remember the disbelief that a whole year had gone, since our Ro's death.

This year, it is a different one again. I call it the 'mirror' or 'reflection' anniversary. We had Rowen with us for 14 years. This year Rowen has been gone for 14 years. We have tried many ways to deal with anniversaries. Some of them include lighting candles or visiting the cemetery with flowers. Ro's cross was made by his dad. It has Ro's photo on it. Each time I go to the cemetery, I wash the dust off his face!! (still a mother, still making sure his face is clean!!).

Often we have a picnic at the cemetery with Ro's siblings, nieces and nephews or we have pizza birthday parties (his favourite food). Each year is different. Once we had a party where we chose from a huge variety of treat foods and each made an R. Then we ate it!! That was a fun birthday! Sometimes I have a quiet cuppa with a special friend, and we look at Ro's photos. Even after 14 years, it gives me a jolt of grief to realise that we travel to a cemetery to visit our son! We still stand at Ro's cross and pray for help to face his loss.

Amazingly to our delight, Rowen's best friend, who lives in England, still rings us on special anniversaries. He is now 28! The age Ro would have been too!

The time with Rowen was rich, full of laughter, silly fun (he had such a quirky sense of humour!), fresh ideas, crazy exploits, chuckles and the provision of lots of food (he was always hungry!) and extra loads of washing, ironing and cooking.

Now, in the time since, there have been many changes. His sister has married, he has a new brother-in-law, two new nieces and nephews. Ro's siblings have moved into different houses or cities. Events have happened in the last 14 years, that Ro has never been physically part of. And yet, the years are still rich, but in a totally different way. We have had a new look at our Christian faith, and have deepened our relationship with God. We trust Him and know that He is looking after our Rowen.

We have kept the real, and discarded the outer show. Our priorities are different and more meaningful. Relationships are more precious. Life is not taken for granted. Rowen's life has left a legacy of treasures that continue on. Thank you, our precious Rowie for who you are. Your life continues on and we will meet you again in heaven.

[Written by Heather Kerridge Mother of Rowen Nathaniel Kerridge, who died of a heart attack at the age of 14.

Gratefully reprinted from NSW Chapter Newsletter]

My mind still talks to you.

My heart still looks for you,

but my soul knows you are a peace.

I miss you every single day.

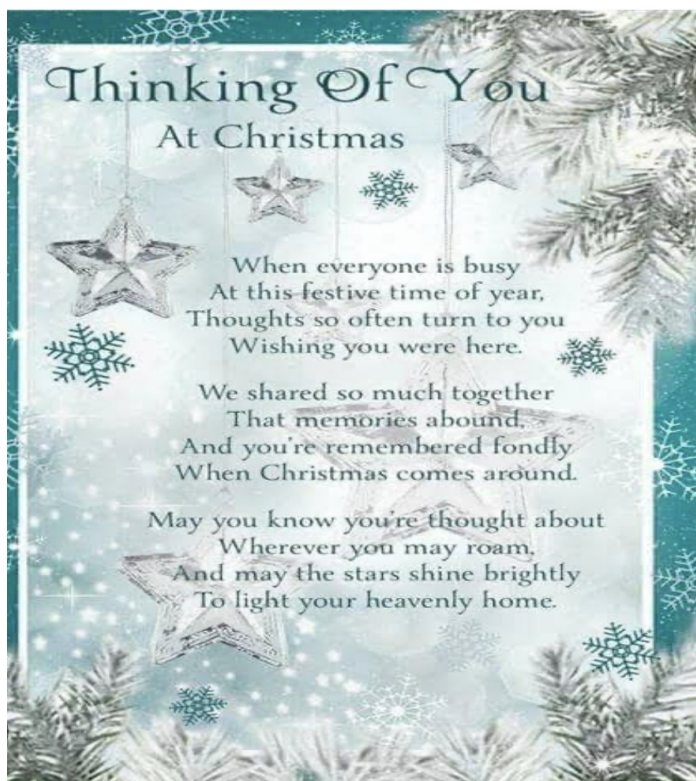


Coping strategies for Christmas

When you're grieving, everyone handles their emotions and reactions differently. Here are some tips if you're facing the dilemma of how to handle this Christmas:

1. Give yourself permission not to do the things that you're finding hard to do - writing Christmas cards, putting up the tree, going to Christmas parties - it's alright to let these go this year or next, until you can cope with social events again.
2. Make a point of remembering your loved one in a special way - light a candle for them on Christmas Day, place an ornament on the Christmas tree to symbolise them, buy a gift for a needy child or family in place of the gift you would have bought.
3. Allow yourself to grieve - the days leading up to Christmas (and other significant days on the calendar) can heighten your grief. Seeing other couples and families together just hurts. Seeing the empty place at the Christmas table will be hard to bear. It's alright to cry and let people know that it's hard living without someone special.
4. try not to bottle up your feelings. Now's the time to tell a close friend that you're struggling to put on a happy face and that you'd appreciate their company or simply their listening ear for support.

Author unknown



When I Miss You Most

When I'm making up the packed lunches for school and your yellow box with the picture of the Muppets isn't there ... That's when I miss you.

When I'm pegging out the clothes and your favourite sweatshirt with Mickey Mouse on is not flapping around with the other ... That's when I miss you.

When we go to the dentist and he calls out all our names one by one, except yours ... That's when I miss you.

When I'm setting the table for tea and your place is empty ... That's when I miss you.

When the ice-cream man comes round and I buy everyone their favourite ice, and I can't buy one for you ... That's when I miss you.

When I tip-toe into the bedrooms at night and kiss the others goodnight ... your pillow is empty ... That's when I miss you.

When I am sad and lonely and nothing else will do except to have you back and hear you say 'I love you mum'

... That's when I miss you most of all.

[Marilyn Shawe]



No matter where I go or what I am doing, I always think, "You should be here"

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Remembered With Love

December 2023, January, February, 2024

Christopher Glen BRIGHT

8th February to 20th March

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

Joshua BURTON

5TH March to 7th November

Our dear Josh, we miss you every day and will always love you. Love Hailey, Mum, Dad, Bec, Jeremy, Ben, and families. Xoxoxo

Sophia CHRISTAPOULOS

died 10th December

Darling Sophia. As long as forever we will cherish your memory. As long as forever you will be in our hearts. As long as forever we will miss you. Your heartbroken parents. Xoxoxo

Jayden COCKS

8th December to 16th August

Thank you, Jayden, for being a part of our lives. I'm grateful for what we shared. You are loved and missed dearly. Until we meet again, your brother Ryan. Xoxoxo

Rene Robert COREMANS

born 18th January

You are in our hearts always darling, and it is a great comfort to know that you watch over us at all times. We miss you and love you always. Mum, Michells, Senem, Beliz, Kerem, David, Jess and Jasper. Xoxoxo

Robyn Nichole D'Argent

18th December to 1st December

Forever in our Hearts. Miss you Mom, Dad, Brother's, and Family.

Aidan William FLANAGAN

17th January to 12th December

An extremely sad day for us all and memories are sometimes do not mean enough but you are in our hearts and remembered. You are in my thoughts every day and missed more than words can say. Love is always within your reach. From MUM JULIE, AND FAMILY. Xoxoxo

Mark Peter GALLAGHER

3rd May to 31st January

Forever missed, Forever Loved. MUM, DAD, ROB, AND AMANDA. xoxoxo

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

Ethan Gregory GIBLETT

15th July to 7th February

The love you had for us is what helps through the days. Always in our hearts, thoughts and treasured memories. Mum, Kyle, Ashleigh & Tayla.

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

Kyle Stephen HERRIOTT-EVANS

23rd November to 24th January

I live in two places—here and where you are my precious son. Love you always and forever, Mum. Xoxoxo

Ruben John HODDY

9th June to 1st January

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

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

Remembered With Love

December, 2023 January, February 2024

Chris MATTHEWS

8th June to January

Still can't believe you are gone. My life has changed, and you have given me strength to help others. We all miss you so much, love Mum, Ian, Colin, and Ashley. Xoxox

Amanda Jane MORGAN

21st August to 16th December

Dear Amanda Jane, we love and miss you always and forever. Your heart broken Mum and sister Tanya. Xoxoxo

Narelle PAGE

31st December to 10th September

Losing you breaks my heart every single day. Love & miss you more than words can say. Everyone's "go to girl", "one of a kind". My precious first born – I will never forget you. Love forever, Mum.

Ashley Daniel PARSONS

20TH March to 7th May

Damon Gregory PARSONS

7TH March to 12TH February

So many memories, never forgotten, my beautiful boys together, love always.

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

Forever young. Son of Lorraine, grandson of Margot, loved by many.

Haydn John PINNELL

22nd January to 23rd February

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

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, Lance & Danielle

Brooke Lyn RICHARDSON

6th March to 4th December

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

Adam John ROBBINS

19th December to 6th April

Happy Birthday Adam. There is not a moment that we don't think of you. We miss you so much. Love Mum, Dad, Jade, and Lucy. Xoxoxo

Chanel Elizabeth Nicole SHAW

22ND February to 4th January

Our little girl that we love and miss so very much. You will always be in our minds and hearts and always remembered, never forgotten. Love from Mummy and Daddy. Xoxoxo

Byron Daniel TARR

4th January to 18th November

We hope you are happy and free with you big sister Neve. Thank you for your love and for watching over your younger sister Chelsea. Love you forever, Mum Dad, and Chelsea. Xoxoxo

Mark (Dutchy) VAN EIJNDHOVEN

19th December to 12th April

Forever in our hearts and minds. A piece of all of our hearts went with you when you left this earth. Love forever, Mum, Dad, family and all your mates. xoxoxo

Kris Ronald WITHERS

22nd January to 21st August

Remembered Forever

Gary David WITHERS

21st January to 31st October

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.

Sagitte YOM-TOV

14th June to 23rd January

Our Dear Sagitty. You will always be in our hearts. We were lucky to have you being part of our lives, with your modesty, beauty, friendliness, artwork and wisdom.

Yesterday, Today & Tomorrow

Resource library Update

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.

You are welcome to call in & check out the library contents. The CDs that we have meet a variety of uses for example we have some for relaxation, some address grief education and others contain beautiful memorial songs.



Support Groups

Evening Support Group Mandurah

When: 7th December, 2023
No meeting - January, 2024
2nd February, 2024
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

When: 15th December, 2023 lunch at Happy Chinese.
19th January, 2024
16th February, 2024
Dates: Time: 9.30 to 12.30 p.m.
Where: Mandurah Lotteries House
Contact: The centre on 9535 7761

*Christmas in Heaven—what do they do?
They come down to earth to spend it with you.
So save them a seat, just one empty chair.
You may not see them, but they will be there*



Yesterday, Today & Tomorrow

When a flashlight grows dim or quits working, do you just throw it away? Of course not. You change the batteries. When a person messes up or finds themselves in a dark place, do you cast them aside? Of course not. You help them change their batteries.

Some need: AA...attention and affection.

Some need: AAA....attention, affection and acceptance;

some need a C....compassion,

some need a D—direction.

And if they still don't seem to shine....

Simply sit with them quietly and share your light



Telephone Friends - The Compassionate Friends

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

BUNBURY	Russ	0417 945 568	SIBLINGS_	Ryan	0433 910 060
BUNBURY	Sharon	0439 952 577	GRANDPARENTS	Lyn	9581 9957
GOLDFIELDS	Lorraine	0497 687 201	FATHERS	Gary	0414 491 524
PERTH (North)	Lillian	0417 907 711	FATHERS	Peter	0447 741 219
PERTH (South)	Ryan	0433 910 060	SUICIDE	Margot	0427 777 810
MANDURAH	Drop-In	9535 7761	SUICIDE	Russ	0417 945 568
WAROONA	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>
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>	
<u>www.gratefulness.org/light-a-candle/</u>	Light a virtual candle and/or leave a message.

Yesterday, Today & Tomorrow

Other Useful Contacts

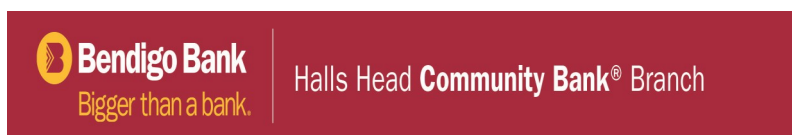
Alcohol & Drug Support Link		9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		9427 7100
Coroners Counselling Services		9425 5200
Headspace.org.au	Support for people 12 to 25 struggling with mental health issues	1800 650 890
Palmerston 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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