

Yesterday, Today & Tomorrow



The Compassionate Friends Mandurah Chapter
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Volume 21 Issue 4 December 2024

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 this year comes to an end and another begins we each have mixed feelings. If this was the first year of grieving for your child you may be wondering how you managed to survive till now. You might be feeling as I did once, that you don't want to start a new year without your child and yet we have no choice. We are here and we can only continue as we know they would have wanted us to. To our amazement, the years pass and there are some that are more difficult than others; the year in which they would have turned 21, or left school, the tenth year etc. My son was 23 when he died and I had trouble believing that when I reached the 23rd anniversary of his death. How could this be? I know that what has helped me to survive is the unconditional support and understanding that I've received from my many compassionate friends. The true caring which helps us grieve and reach a place where we can live with our broken hearts and live lives which are sometimes even happy is irreplaceable. I am so very grateful for those who were, and are, there for me and for those who had the vision to establish this wonderful organization in 1969.

Our "Flowers on the water" event commemorates this and gives us a chance to gather in love. Details are in this issue as are the details of our 2024 Candlelight Memorial Service. This service really does help us to deal with Christmas and is one I would never miss. The love can be felt in the room, the readings are beautiful and yes this is emotional but is also very healing. It's wonderful and so touching to see the candles lit in front of the photographs of our precious children.

We each know that anything can happen in the next year but my hope for you is that they will be good things to bring you joy and some happiness. Remember that we are here and as we say "you need not walk alone".

Please use the telephone support service if you need to speak with someone. My wish for you is for peace of mind, heart and soul.

Margot McAllister, Mother of Kevin, Nana of Jackson

28th Annual Worldwide Candlelighting

Second Sunday in December

The Compassionate Friends Worldwide candle-lighting, unites families and friends around the globe in lighting candles to honour the memory of our children, siblings and grandchildren who have died too soon. Starting in New Zealand at 7 p.m. on Sunday 8 December, candles are lit, and as candles are lit in the different time zones we create a virtual 24 hrs wave of light around the world. Hundreds of candle-lighting events are held and in many homes families gather in remembrance of children who died too soon but are forever loved and remembered. If you cannot attend our service, you can light a candle at 7pm at home.



Past Events

BENDIGO BANK RAFFLE

Thank you to everyone who sold tickets in the recent Community Raffle. Congratulations to the winners who were as follows.

1st Prize (\$15,000 cash) - ticket # 19950—Spiwe Chibanda - sold by MFAMCI

2nd prize (\$6,000 cash) - ticket # 00207 - Jess Barbuto and Andrew Simmonds -sold by RSL Dawesville

3rd prize (\$4,000 cash) - ticket # 13549 -Jocyll Guarin - sold by Peel Multicultural Association

4th prize (\$3,000 cash) - ticket # 20951 - Hana Pocock - sold by Peel Hockey Association

5th prize (\$1,000 cash) - ticket # 03432 - Chris Savage - sold by City of Mandurah RSL

Each agency involved receives dollar for dollar of the tickets sold. Our members sold over \$1100 of tickets so that amount will be deposited into our bank account. As a non-funded charity we rely on this type of support. Please continue to support this annual raffle.

TCF 2024 AGM

TCF Mandurah held it's AGM on Thursday 26th September 2024. All positions were declared vacant by the returning officer, Linda Gelvin, Manager of Mandurah Lotteries House.

All nominations were accepted and voted in with our 2024 to 2025 committee as follows;

President: G Withers

Vice President: C Lee

Treasurer: G. Schmidt

Secretary: C. Wellington

P.R. Manager: M McAllister

Committee Members:T. Pearce, E. Pinnell, W. Hancock, S. Watts,

J. Tongue, A. DÁrgent, L. Hall, K. Reynolds,

We wish to send out a very big thank you to our retiring committee member, **Russell Monk**. Russell has been one of our representatives of TCF in Bunbury for many years. Thank you Russell for your past support it was greatly appreciated.

Guest speaker, Denis Glennon and his wife Una each brought the books they have written and the talk by Denis was well received. It was a pleasure to meet them..

Volunteers update

We warmly welcome three new committee members. **Alain DÁrgent, Kate Reynolds and Lara Hall**.
. It's a pleasure to have them join the committee with fresh ideas and energy.

This is a wonderful way to honour our children & help the work of TCF continue.

Welcome also to **Emma Goff** who is working in the office one day each week. Emma has excellent I.T. skills and will be of great help with social media in particular. Many people nowadays are searching platforms such as Face Book for support so we look forward to increased use of this.



Helen McEwen is our most recent volunteer and is working in the office one day each week. With her experience as a bereaved parent of some years, Helen will be a great asset to our office staff and a warm welcoming voice to those who reach out to us for support.

Peter Watson has also joined our team as our funding officer. With his experience in management and dealing with government agencies, Peter will be an asset to TCF. He has been busy checking out possible avenues of funding. TCF Mandurah has done well to survive for over 22 years but it has been a struggle for our hardworking volunteers. To have a volunteer whose primary focus is on funding will allow the volunteers who are bereaved parents to focus on the support services.

NANGA BUSH RETREAT - DWELLINGUP 2024.

1ST Nov—3rd Nov

We had a wonderful time at Nanga Bush Camp. There were 14 of us who stayed the weekend and 3 Therapists who came on Saturday. Johan Smit—Sarvaga Light—reigniting enthusiasm for life. Michella & John Holter—Reiki, who came to us for the first time. Everyone enjoyed their Therapy session.

Gary and David did a great job with the catering—we had lots of food. On Sunday we took flower petals down to the river and scattered them on the water, in memory of our children. We went for a long walk around the camp—saw a mother kangaroo with joey in her pouch, and 2 more kangaroos and kookaburras in the trees laughing.

Everyone said they had a good time. Five people attended for the first time.

Carolyn Lee, Vice President



Shout out to Carolyn and Gary for an amazing weekend away at the TCF annual Retreat in Dwellingup at Nanga Bush Camp.

I am a first timer to attend this glamping experience nestled amongst the beautiful trees and natural bush. When I read the information to bring a sleeping bag for the weekend this brought a whole new meaning to the word Retreat.

What had I gotten myself into, can't back out now I thought, as part of my reason to attend this event was to be able to share my experience with other Bereaved families in my community of Merredin.

I arrived at the camp grounds in the black of the night and found myself lost within the wilderness. After approaching 2 other campgrounds I eventually found the round house.

I highly recommend getting to camp grounds in daylight. Note to self for next year.

I was warmly welcomed by lots of lovely faces, we introduced ourselves and shared a little about our loved ones that have passed in a group environment.

During the course of the weekend everyone mingled with one another sharing our stories, situations and emotions. Talking to other bereaved families one on one has been very healing. We all share the same pain and grief from missing our loved ones.

A highlight of the weekend was receiving Reiki from Michelle and John from "Our healing hands" and Johan Smith from Sarvaga Light.

A big thank you for the healing in a safe and comforting space.

The food was amazing so much choice and plenty of it to go around all day long.

Message to Gary don't forget the tea bags and cereal next year otherwise 10 out of 10.

My biggest highlight was Flowers on the water. Walking down to the river getting my feet wet while throwing petals into the flowing river in memory of our children. Watching the flowers toss through the water some gently disappeared while some nestled on the river bank as if to say they were not ready to join the other petals down stream.

This can be like our own grief journey some of us are ready to adventure down stream while others just need to sit back on the shore a little while longer. Where ever you are in your grief journey I highly recommend attending this wonderful annual event. Meeting new like minded people, who knows you might learn more about your self in the process.

Sending love and light to all.

Anne , Mother of Trent,

TCF Merredin

COMING EVENTS

Candlelight Memorial Service

The 2024 Candlelight Memorial Service will be held on Sunday 8th December which is
World-wide Candle-lighting Sunday.

**The venue is *The Salvation Army Mandurah Church*
*45 Lakes Rd, Greenfields.***

Please arrive from 6.30p.m. for a 7p.m. start.

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

Candles are provided. This is not a church service. It 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.

Giving this time to the loved ones who are no longer with us means that they are included.

Many find a peace which helps to deal with Christmas activities and obligations.

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



International Children's Memorial Day

Flowers on the Water

Sunday 2nd February 2025

We will be holding our "Flowers on the water" at Rotary Park,
Esplanade Palm Beach Rockingham between Bell St & Vista Avenue
at 8.30 Sunday 2nd February 2025.

Flowers and cards will be provided. If you would like to share a dedication or poem to your loved one, this will be most welcome. We will then lay flowers on the water and spend some time in reflection.

Morning tea/water/juice will be supplied for a gold coin donation.

This event commemorates the establishment of The Compassionate Friends in 1969.
Our organisation is needed so much throughout the world that it is now in operation in 34 countries.

We look forward to seeing you there for a special time of caring and sharing for each other.

RSVP for catering 26.1.19. Please phone 9535 7761.



Yesterday, Today & Tomorrow

COMING EVENTS

ANNUAL WALK TO REMEMBER

On Sunday 9 March 2025 we will be holding the **20th annual Walk to Remember**. What an achievement! The walk has become the major event of the year and now involves several community organisations. The walk has three purposes; firstly it is a meaningful memorial event, particularly for newly bereaved parents who are always warmly welcomed. To gather together with other bereaved families in such a public way validates our grief, helps to reduce feelings of isolation and assists with healing. The second purpose of our walk is to increase community awareness of our grief support services. This is vital for bereaved parents now and in the future. The third purpose is to raise funds to help continue our work. We are not funded so rely on our own efforts to fundraise, donations and the support of the community. The way we operate means that we do not have to charge a fee for our support services, making them accessible to all who need them.

We need the support of all our members to make this, our 20th memorial walk a huge success. Participating in the event, seeking sponsors and donations and spreading the word are all ways in which you can all contribute. If you cannot attend the walk we would appreciate a financial donation. Do you have a business or know some business owners who would like to sponsor the walk? They receive lots of publicity in return. Please diary note the date now. Flyers will be distributed at end January when all sponsors have been confirmed.



Mandurah Lions Club



Curves Gym Team



Gary & piper Viv Riley



Walking along the
foreshore



Paul Papalia, David Templeman
& Mayor Maria Vergone
with Gary & Margot



leading with our banner



To My Little Jack

**I have four little brothers very special to
me,
But one of them was taken very unwillingly.**

**His name was Jack.
A small and gorgeous little chap.
He had locks of hair coloured jet black.
He had a habit of looking to the sky,
But he was a quiet baby who didn't like to cry.**

**Then there was that sad night
Which gave the worst of fright
When he was taken from our care
I guess God thought we'd had our share.
He was a gift that was taken back
When he was ours, our little Jack.**

**I miss my little brother more than some know.
All we have are memories that come to and fro,
And a few photos that capture times that were
amazing.
But the grief still climbs, that we'd had him only a
short while.
I really wish I could yet again see his smile.**

© Samara Perry 12/12/04

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"



Sometimes, pain shapes you in ways you never expected. It teaches you to be resilient, to rise again even when you're knocked down. The scars you carry are not a sign of weakness—they are proof of your strength, proof that you've survived.

VISHAKHA JAIN



Membership

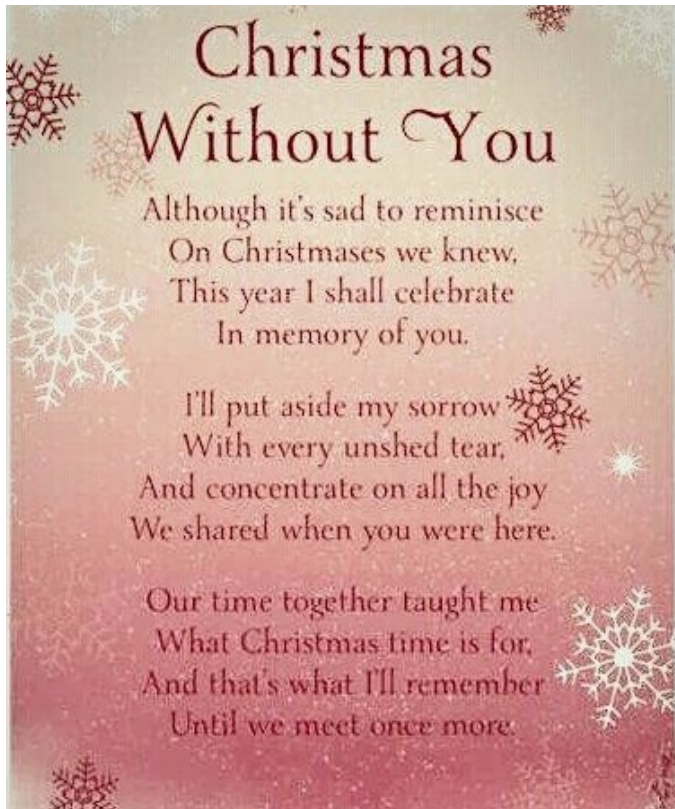
Please remember to renew your membership to enable the production of the newsletter. We need your membership form in order to maintain our records of your "Remember With Love" requirements and to update your contact details for any receipts & invitations to events Membership is now \$35 P.A. for individuals or \$60 per couple and can be paid directly to TCF Mandurah

BSB 633 000 a/c 157735895

Christmas is a hard time of the year for those who are grieving.

Not only does the festivity of the season remind the bereft of all they have lost, but it's a time for getting together with loved ones, and the goneness of that one special person seems even more unfathomable when you are alone or alone in a crowd.

May you find peace and comfort during this holiday season.



If ever there is a tomorrow
When we're not together.
There's something you
Must always remember.

You are braver than you believe
Stronger than you seem
And smarter than you think.

But the most important thing is

Even if we are apart

I'll always be with you

Winnie the Pooh

OFFICE CLOSURE

Our office will be closed from 2pm Friday
20th December 2024 and
will re-open on
Monday 6th January, 2025.

During this time, please feel free to ring
Tina on
0408 917 297 or
Margot on 0427 777 810
if you need to speak to someone.

Containers for Change

Please support TCF Mandurah by using
our code **C10351091** when taking your
containers to the collection point. Thanks.



“Remembered With Love”

December 2024, January & February, 2025

Christopher Glen BRIGHT

8th February to 20th March

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

Robyn Nichole DÁrgent

18th December to 1st December

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

Mark GALLAGHER

3rd May to 31st January

Forever missed, Forever Loved.



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

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

Trent MOTTERSHEAD

17TH October to 17th December

In loving memory of our son and brother, Trent. Always busy, so full of love and life, sharing and caring for others. Creating memories that we now treasure. As hard as it was lose you, it has given us the opportunity to change and make the most of our own lives. Thank you, Trent for showing us that life is worth fighting for. You lived like there was no tomorrow. Love Mum, Dad & Luke

Daniel Silvio PENCO

16th March to 29th February

Son of Danica. Always in our heart, never forgotten, Love Mama & Tania



“Remembered With Love”

December 2023, January & February, 2024

Jackson PERRY-ELLIS

20th January to 5th May

Forever young and loved always. Ladybirds tell us you are close.



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.

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.

Peel Grief Support

Often the death of a child is followed in later years by the death of a spouse or other relative.

Peel Grief Support operates in a similar way to TCF and provides free services to any bereaved person who is grieving the death of a loved one.

Contact Mark on 0439 800 857

Or check Facebook.com/peelgs

It has been said that time heals all wounds.

I do not agree. The wounds remain.

In time the mind, protecting its sanity,

Covers them with scar tissue

and the pain lessens,

But it's never gone.”

Rose Kennedy

Resource library Update

We have now added to our library the books written by Denis and Una Glennon. Its so relevant to have books written here in Western Australia by bereaved parents who reside here. A number of our members have had to endure the public spotlight, due to the circumstances of the death, resulting court case and the relentless media. The sharing of these experiences in addition to all the issues involved in their individual grief journeys will be very helpful to others.

New items are regularly added to our library and looked after by our volunteer Dianne Gibbs.

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

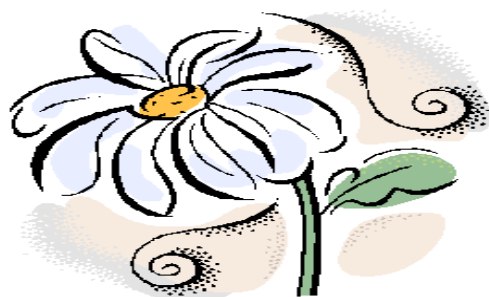
When: 5th December, 2024 details of this end of year gathering from office
9th January, 2025
6th February, 2025
Time: 7pm—9pm
where: Eastlake Church cnr Lakes Road and Murdoch Drive, Mandurah
(Opposite Peel Health Campus)
Contact: The centre on 9535 7761

Bereaved by Suicide Group Mandurah

When: 19th December, 2024 details of this end year gathering from the office
24th January, 2025
21st February, 2025
Dates: Time: 10am –12pm
Where: Mandurah Lotteries House
Contact: The centre on 9535 7761

Evening Support Group Heathridge

When: no December meeting
30th January, 2025
27th February, 2025
Time: 7.30pm
Where: Spiers Centre, Cnr Albatross & Poseidon Rd, Heathridge
Contact: Anita on 0416 740 636



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Telephone Friends - The Compassionate Friends

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

SIBLINGS	Ryan	0433 910 060	WAROONA	John or Val	0417 956 066
KALGOORLIE	Tracey	0400 498 213	KARRATHA	Dee	0409 806 890
BUNBURY	Sharon	0439 952 577	GRANDPARENTS	Lyn	9581 9957
GOLDFIELDS	Lorraine	0497 687 201	FATHERS	Gary	0414 491 524
HEATHRIDGE	Anita	0416 740 636	FATHERS	Peter	0447 741 219
ESPERANCE	Rebecca	0427 715 136	SUICIDE	Margot	0427 777 810
MANDURAH	Drop-In	9535 7761			
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

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

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Other Useful Contacts

Alcohol & Drug Support Link		9442 500
Department of Community Services (Child Protection & Homelessness)		1800 190 008
Helping Minds Rockingham		9427 7100
Charmaine Kennedy - Mental Health Social Worker, Pinjarra (will bulk bill our Members who have a mental health plan from their GP)		0429 135 475
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	Mark 0439 800 857
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



TCF Mandurah Sponsors 2024



Halls Head Community Bank® Branch

Our Lady's
Assumption Church



Parkland Villas Mandurah



a global voice
for women

Soroptimist International



BOWRA & O'DEA

FUNERAL DIRECTORS

