

Yesterday, Today & Tomorrow



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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

A warm welcome to all and as always a special welcome to those who are reading this newsletter for the first time. As we approach Fathers Day my heart goes out to all the dads and granddads. Many of them have tried at some point to keep their grief inside, to be strong for their grieving families. They've discovered that grief has to somehow be expressed in order to let healing begin, and to share the grief openly with their loved ones. One way to do that is by being present together at memorial events or at support groups. When a couple first make contact with us I suggest that they choose what suits them from our range of support services. If they wish to attend a support group together they can also have one to one support between groups or when needed.

Using the telephone contact service is also a good way to express your grief as an individual. This is important because, no matter how close your relationship, there are often things that you may not want to express in front of your partner. For those on their own when their child dies, as I was, there can be times when you long for arms to hold you or someone to talk to, but either way there are difficulties. The most important thing for couples and fathers to remember is to maintain the communication.

Studies have shown that it isn't true that the death of a child causes relationships to breakdown. It all depends on how strong they were to begin with, and a relationship can become stronger when both people work on their grief with each other. Remember that it isn't your partner who is causing the pain and anguish. It is the death of the precious child and all the many feelings and challenges that it brings.

There are many times when we feel certain that we'll never smile again, never feel joy or find meaning in our lives again, but we can and do. Someone who is not a bereaved parent will never understand the journey that we are on, but as we look to others who have been longer on this road, we see that somehow they have made it. It is that hope of not only surviving but doing so in a positive, meaningful way that we in TCF give to each other.

Yes we will always grieve for our child or children, but we have been on a journey of discovery and have learnt how to live with that grief. Our shoulders are stronger and for most of the time the grief is softer. We have truly learnt much about ourselves and life. We treasure our relationships with others and the precious moments as only those who have lost so much can.

Be kind to yourself and those you love

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

Fathers Day Lunch

Bereaved fathers and grandfathers are welcome to join our President,
Gary Withers, for lunch on Saturday 31 August, at the Mandurah Steak House,
51 Pinjarra Road, Mandurah from 12noon.



Past Events

Margot and I continued with Outreach, holding events in Geraldton, Bridgetown, Carnarvon and Merredin. We again were warmly welcomed in each regional community and met amazing people who expressed how invaluable TCF's services are. In Carnarvon, one of the Palliative Care nurses in attendance, expressed how touching she found the content of our newsletter.

During the course of the project, we managed to cover seventeen WA areas! TCF will have several new point-of-contact volunteers in the visited towns as a result of our outreach. I have a list of eighty-seven names on our Community Engagement Stakeholders contact list, compiled because of our visits! We have had around our table representatives from several agencies - local Shires, WACHS, churches, NGA-LA, YouthCare Chaplains, an End-of-Life Doula, counsellors, Social Workers and Palliative Care Professionals, to name a few.

I would like to take this opportunity to thank TCF Mandurah for having me onboard for the Outreach project over the past year. There have been many challenges, easily outweighed by highlights and the overall success of the project. We managed to fulfill our purpose which was twofold. Volunteers have joined as 'on the ground' rural points of contact, and secondly, Margot and I have spread information regarding the wonderful free TCF services far and wide across Western Australia.

As the Grant Project neared it's end, Margot and I held a Volunteer Training Workshop in early July for our new rural volunteers. A warm welcome aboard to them!

Penny Madigan,

Rural Outreach Project Officer.



A word from the TCF Mandurah President

It was a pleasure to meet several new volunteers at the training session and to present them with certificates. Thank you all for coming on board and being prepared to use your experience as bereaved parents and siblings to support others in your community. A big vote of thanks to Penny and Margot for all the hard work and travel through the past year. Our appreciation also to **Lottery West** for the grant which made this all possible. We all know how much our services are needed and with your help many families in the future will be able to receive that support and understanding which is essential to survival.



Gary Withers, Father of Kris & Gary jnr.

Celebrating Volunteers' Week

At MPAC

Volunteer Thank You lunch

On 21 May, several volunteers attended a lunch at the Mandurah Performing Arts Centre, thanks to a grant received by the volunteers at the centre. With volunteers attending from approximately nine agencies, this was a lovely opportunity to network. We were seated at tables with people from other agencies which gave us the chance to find out about their work and inform others about ours. One good outcome was that Margot met a lovely couple who are both REIKI masters and have offered their services to those attending this year's retreat.

Volunteers Help Volunteers

We received 100 beautifully crafted hearts from the **Friends of the MPAC**. These "Hearts of well-being" will be used by our volunteers in their work with bereaved parents. How lovely of this group to share with us. Thank you.



Friends of the Hospital

The co-ordinator of the 120 volunteers at Peel Health Campus donated a number of gifts for our volunteers. These (not saying what they are) will be given later in the year. Thank you for sharing.

Yesterday, Today & Tomorrow

Father's Day Grief

Father's Day is filled with the joy and celebration of recognition and acknowledgement, the coming together with family in moments of togetherness. Yet for many Dads it can be tinged with great sadness. They can feel the cold stabbing pain of loss that comes from their child not being there to cuddle and to hold on a day when many other Fathers experience just that. There are no indents in the bed or squeals of joyous laughter at gifts lovingly made and wrapped. An empty chair at the table is a reminder of the painful void and the ache of someone so obviously missing. There are no texts, no emails, no phone calls and no visits.

It's a natural thing to focus on what we don't have and are missing on this day because it hurts so very much, yet impossible as it seems there is much we do have. Our loved ones imprint themselves and make footprints in our lives forever. Those footprints are always there for us to step into.

As Fathers your love is unique and forever – your love for them and theirs for you is something grief can never take from you. It is there a constant pendulum swinging between the two of you.

Bring them with you on this day – include them in what you plan to do. See their wonder. T

heir mannerisms, their joy, their habits and what they loved most. Let the happy moments sit amidst the sadness. Share a beautiful memory, speak their name or eat some of their favourite food. Remember them with love, with gratitude and with laughter on this day. Let the essence of them be with you today as you and your family celebrate you as a Father.

What comes to mind above all – your one special thing, the one that encapsulates all that they were and all that stays with you when you think of them? Those one or two words that perfectly sums up them! Keep this, treasure it and let it be with you today.

Family celebrations are never the same after losing a child. They will always be different from now on.

There flows an undercurrent of sadness. There is missing and there is wishing as we see others enjoy moments together. Those are the reminders of our loss that we will bump up against forever.

Yet amidst those reminders let the invisible ways your loved one has touched your life always be with you. Step into their footprints and feel them with you this Father's Day.

©Maureen Hunter www.esdeer.com

Vale: Alison Flannagan

Alison Flanagan joined TCF WA in 1992 following the death of her son Roddy. Her son Aidan also died a few years later. She was a volunteer for 25+ years and was given an award for her service from the WA Dept. of Communities in 2019.

Alison was President of TCF WA in 2018 and 2019. In recent years she battled illness and returned to Scotland to be with her daughter and family. Alison died on Sunday 21 July 2024.

Rest in Peace Alison with your beloved sons.



The photo shows Alison
Being presented with her
25 years award for
volunteering

www.changingperspectivesonline.com
“Why can't you stop thinking about them?”

Because they lived.

Because they were part of your life.

Because they are gone too soon.

**Because you would give anything to
have just one more day with them.**

**Because the more you
keep their memory alive,
the more ALIVE they feel.**

**Go ahead and think about them.
Talk about them.
Write about them.
Dream about them.**

**Let their memory be a
significant part of your life.”**

-Jenni Brennan

Confessions from the Couch:

COMING EVENTS

2024 Annual General Meeting

Meeting Room: Lotteries House 7 Anzac Place, Mandurah

You are warmly invited to attend our AGM which will commence at 11am, on Thursday 26th September 2024, and conclude with a light lunch. All positions will be declared vacant, a new committee will be voted in and will then hold its first meeting at 1pm.

It is important that our financial members attend as we need the number to reach a quorum. If you are interested in joining our committee it would be wonderful to see you there as we are always looking for new board members, and as we only hold bi-monthly meetings throughout the year the commitment time doesn't amount to too much of your time.

Nomination forms are available from the office and if you are nominating please ensure that you are a financial member and submit your nomination form at the office at least 2 weeks prior to the AGM

Tina Pearce, Secretary *Mother of Ian*

Special guest speaker: Denis Glennon (Father of Ciara). Denis has published a book. "Pastures of Healing, from the loss of a child" and has donated 2 copies to our library.

His Excellency the Honourable Chris Dawson AC APM, Governor of Western Australia, wrote:

"You will find this book deeply moving and of undoubted comfort. You will also find the Denis I know. A man of dignity, strength, and grace in the face of unspeakable horror. A man of wisdom, intellect, courage, unwavering determination, love, spirituality, and honesty. He takes you deep into his private spaces and reveals the only ones who entirely understand grief are those who have lived through it."

"The impact of this book will reverberate beyond the parents who have suffered from the loss of a child to a much wider readership including, clinicians, counsellors, family and friends of affected persons and practitioners from all walks of life."

I've asked Denis to bring some copies of the book which I've read and would recommend it to any bereaved father. It's available for sale from Amazon at \$23.09.

Margot McAllister, PR. Manager, *Mother of Kevin,*

TCF Membership Reminder.

Annual membership was due on 1st July, 2024, payable only after the first year of bereavement.

If we do not hear from you for 2 years, we will assume you no longer wish to be a member, receive newsletters or be invited to our events.

You can pay by cash, cheque, money order or directly to:

TCF Mandurah Bendigo Bank:

BSB 633 000 a/c 157735895

Please state *Membership.*

when you pay by direct deposit please remember that we also need your membership application form with your name & other details for our records & to issue a receipt.

I hope beautiful things happen to you this week, and when they do, I hope you can believe that you deserve each one of them.

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

Yesterday, Today & Tomorrow

COMING EVENTS

NANGA BUSH CAMP



This year's Retreat will be held from Friday the 1st November to Sunday the 3rd November 2024.

The Compassionate Friends Mandurah will be subsidising the 2024 weekend retreat. We ask that each participant pay \$100, please, or \$130 if not yet a paid member, to confirm your place. (\$30 for Saturday only). This covers meals on Saturday and Sunday, accommodation, and therapies etc.

If you haven't already paid, would you please forward the payment as soon as possible or deposit direct to:

Bendigo Bank BSB no: 633-000 Account no: 157735895.

This will truly be a "retreat" from your usual everyday life, an opportunity to relax in a lovely bushland setting and a chance to take time out for healing for you.

Those who have participated in previous retreats have found the weekend to be of tremendous benefit and healing. You will find the program to be enjoyable and relaxing, you may participate as much or as little as you wish.

*Gary Withers Father of Chris & Gary Jnr
and Carolyn Lee Mother of Christopher*

Through you

I tried to run away from grief.
It followed me.
I tried to bandage it up.
It split wide open.
I tried to push it down into my chest.
My heart began to burst.
I tried to hide it in a smile.
My tears still found a way.
I tried to bury it in the ground.
It sprouted and grew even bigger.
I kept myself busy.
It reached in and said
"I'm not done with you yet."
Grief cannot be walked around.
It must come through you.

ullie-kaye



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 Church,
Lakes Road, Mandurah**

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



Yesterday, Today & Tomorrow

“A FATHER’S LOVE”

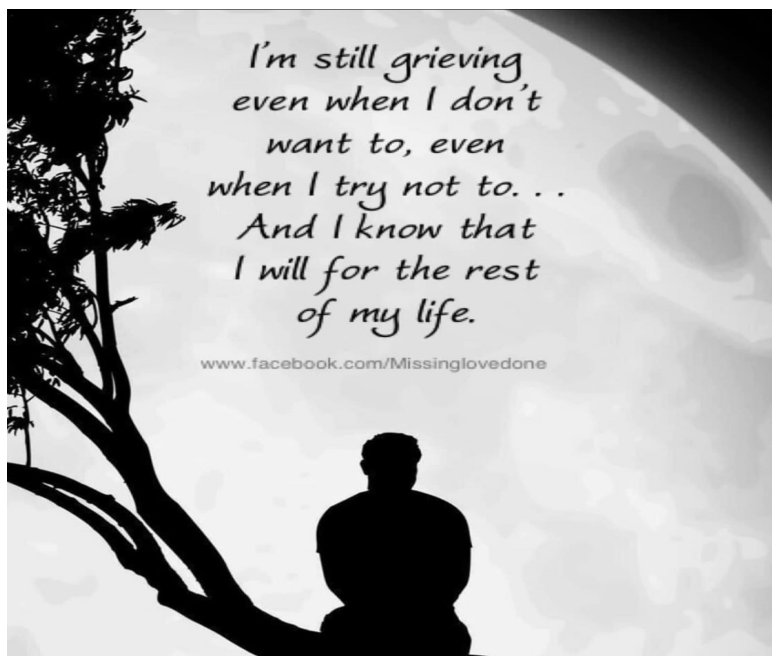
When I need the quietest of space
I sit alone on the sandy white beach
I feel the sea wind on my face
And know my highest spirit can be reached

The ocean moves in awesome power
As swells build and wave crests tower
To crash and race towards the shore
To lap my feet yet back and forth

At this time, I see my son
My precious Matt who died last year
His departure cannot be undone
But his smiling face dries my tears
I feel his presence with me now
More than I ever knew before
I know his astral love allows
A depth in friendship routine ignores

Yes, I am sad that he cannot sit with me
On this sand
To joke, fish or squeeze my hand
But it was never in my power to be
More than a Dad whose son knew he
Was loved from baby, boy to man by me.

Written by Jeff Trudgian in loving memory of
Matt
who died by suicide on 28/11/93



A Quiet Place

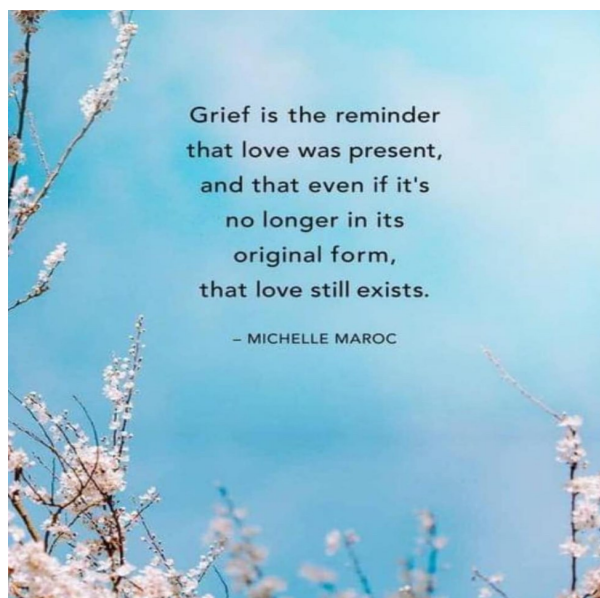
Find yourself a quiet place
A thoughtful spot, a hideaway
And take some time to be alone
To lose the worries of the day.

Take all your hope and all your dreams
And wrap them in a gentle peace,
Then as you leave the troubled world
You'll find a healing new release.

It needn't be a mile away
Or on some distant, sea-swept shore
But in the silence of your room
When you have closed your own front door.

So take a moment now and then
To let your weary spirit climb
Your heart and mind will be refreshed
Just find the place and make the time.

Iris Hesselden



Yesterday, Today & Tomorrow



I had a great nine years with my Lexi

Jeremy Earney

before a seizure took her away from me.

I always lived a "normal" life. But now I have to find a new normal as I can never have the old one back. When you lose a child, they take such a big part of you with them to heaven. You will always have that open space in your soul for that's where you store the memories. It takes time, trust me, each person grieves differently, at their own pace. You will never truly be done grieving, you will learn to live and cope with it each day. I believe the human mind is so powerful that it will build walls around this time of your life, your emotions, your feelings will be kept in this box forever as a keepsake. The only time you can access this is when you let your walls down.

Don't be afraid to cry, or be sad at times. But thrive off of the memories and good times. Just don't let the grief consume you completely. There will come a day when you will look back and see the goods before the bads.

"You will
always have
that open
space in your
soul for that's
where you
store the
memories."

From one dad to another, peace
be with you my friend.

www.whatsyourgrief.com

*"I'll always love you.
I'm just holding you in my heart
instead of my arms."*

Gary Sturgis



Surviving Grief



Yesterday, Today & Tomorrow

Remembered With Love

September, October, November, 2024

Vivian CHANDLER

11th October to 14th June

You are always with us Viv, love from Mum and Dad, Karen, Marlene and Adam, daughters Emily, Sophie and Olivia, nieces and nephew.

Scott Byron CLARKE

8th October to 17 September

Will always love you and miss you, and even though we can't see you anymore, we will never forget your loving face or your smile. You will always be the wind beneath our wings.

Lots of Love: Mum, Dad, Jason, Shane, Tristan, Brandan and James.

Katharine Charlotte DALY

25th September to 12th August

To know her was to love her, Mamma and brother Ben. Singing with the Angels. Loved by many.

Andrew James DOY

1st March to 13th November

Son of Robert & Heather, brother of Jenny and Father of Caleb.

Always in our thoughts and prayers, forever in our hearts. We miss you so much.

Robert John GALLAGHER

2nd February to 27th November

Dearly loved son of Margaret & 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

Ian Bernard HOROWITZ

15th October to 11th August

I miss you so, dearest Ian, light of our lives. We can remember so much of your 20 Australian years, while we're in WA, and will treasure all those thoughts. Love Mum, Ian; Always in my heart.

Love Dad

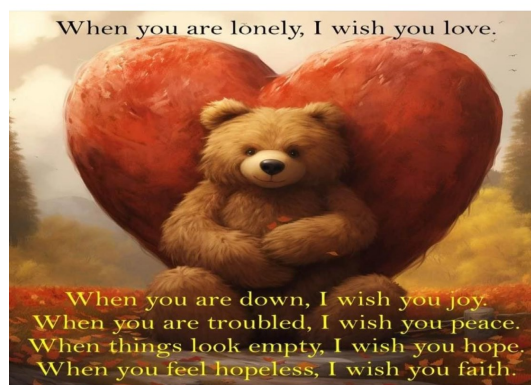
To be included in Remembered with love section

If you wish to have a notice in this section on the birthday or angel anniversary of your child please complete the section in the membership form. Each year, the original message will appear until you change the words on another membership form.

@skateboardinstillness

**"Be proud of yourself
for surviving the days
you thought you couldn't."**

quote Unknown



People rush to get rid of grief because they see it as hanging onto loss.

But grief is really hanging onto love—which is why you always feel it. Riri

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Remembered With Love

September, October, November, 2024

Christopher LEE

10th February to 21st September

Son of Carolyn and Dave, brother of Jessica.

Our special Supernova who burned brightly, but whose circle of life was too short. Xxx

McKenzie Jean McGUIGAN

18th November to 29th July

Daughter of Valerie. My darling girl, another agonizing year without you. I miss you so much my Angel. Your infectious laughter no longer surrounds my home. Love and hugs, Mum

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

Susan Linda PENCO

25th November to 31st March

Always in our hearts, never forgotten. Love Mama and Tania

Kevin John PERRY

18th November to 13th July

Son of Margot, brother of Lorraine and Uncle of Samara, Lewis, Harry & Tommy.

Loved, remembered and missed forever.



Troy Ashley PRIDDIS

25th October

Forever in my heart Darling Son – Troy xoxo Love you to eternity, from Krystle (sister) xo Unforgettable memories you leave behind to your big circle of friends

Michel Jerry SWEITZER

30th June to 13th November

Darling Michel, you are in our hearts always. We miss you so much, love Mum and sister Monica. Xoxoxo

People rush to get rid of grief because they see it as hanging onto loss. But grief is really hanging onto love—which is why you always feel it.

Riri



WALK GENTLY IN THE LIVES OF OTHERS. NOT ALL WOUNDS ARE VISIBLE

Containers for change

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

Thank you

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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/children and siblings. Our latest addition is the book "Pastures of Healing" written by Denis Glennon. 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. A selection of books etc are taken to each support group & are available to borrow from one meeting & return to the next.

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. Our volunteer Dianne Gibbs looks after the library well.



Support Groups

Evening Support Group Mandurah

When: 5th September
3rd October
7th November
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: 20th September
18th October
15th November
Dates: Time: 10am –12pm
Where: Mandurah Lotteries House
Contact: The centre on 9535 7761

Evening Support Group Heathridge

When: 27th September
25th October
29th November
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"

BUNBURY	Russ	0417 945 568	GRANDPARENTS	Lyn	9581 9957
BUNBURY	Sharon	0439 952 577	FATHERS	Gary	0414 491 524
GOLDFIELDS	Lorraine	0497 687 201	FATHERS	Peter	0447 741 219
HEATHRIDGE	Anita	0416 740 636	SUICIDE	Margot	0427 777 810
Hopetoun	Roger	0409 004 156	SUICIDE	Russ	0417 945 568
MANDURAH	Drop-In	9535 7761			
Merredin	Anne	0429 440 307	MISCARRIAGE/STILLBIRTH/INFANT		
WAROONA	John or Val	0417 956 066	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.compassiontefriendsvictoria.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
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

.TCF Mandurah Sponsors 2024



Our Lady's Assumption Church



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