



GRIEVE HEAL GROW



The Compassionate Friends Victoria AU Magazine

Supporting Parents and Siblings after a Child Dies



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24 HOUR Grief Support

Telephone 9888 4944 - Freecall 1800 641 091

Phones Staffed by Bereaved Parents & Siblings

www.compassionatefriendsvictoria.org.au





The Compassionate Friends Victoria Inc

The Compassionate Friends Victoria is part of a worldwide organisation, which was founded in England in 1969 and established in Victoria in 1978. It is a mutual assistance, self-help organisation offering friendship and understanding to families following the death of a child or sibling of any age and from any cause. The primary purpose is to assist them in the rebuilding of their lives after the death of their child or sibling and to support their efforts to achieve physical, emotional and mental health.

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TCF Magazine Subscription Renewal

The Compassionate Friends Victoria Inc. provides this magazine at no charge to bereaved families, for the first year. When your subscription is due, we will send you an invoice for magazine subscription and membership for the next 12 months \$33.50, Professionals & others \$48. If you are unable to pay the subscription or no longer require the magazine, please tick the appropriate box at the bottom of the invoice. Please let us know if any of your details are incorrect. If you have any questions or concerns, please contact the Centre during office hours, by phone, fax, mail or email. Donations and Love Gifts are, of course, welcome at any time during the year and you may continue to use the reverse side of your mailing label for this.

24 HOUR Grief Support - Available on Telephone 1800 641 091 / 03 9888 4944
Bereaved Drop In Centre Hours 9.30am - 4.30pm Monday to Friday

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The Magazine Team

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Layout & Design: SM Creative

Team Members: Betty Baker, Pat Burns, Judy Dowling, Jenny Galati, Trevor Faragher, Mary Weatherhead



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Notice Board

contributions to the next magazine...

If you would like to contribute a Love Gift, article or letter for the magazine, please submit the written piece by the 1st of March, May, July, September, November or January for inclusion in the following magazine.

While we do have set themes for each edition, these make up only a small part of the magazine. Poetry, artwork and stories about your child are needed for every edition.

We also look for photos / artwork you have done for our front page

October / November 2016: Infant Grief / Still Born
December / January 2017 : Christmas & New Year Loss

You can send via mail to:
The Editor, TCF, PO Box 171, Canterbury, Vic, 3126.
or email jennyg@compassionatefriendsvictoria.org.au
or debbins65@yahoo.com.au

Notice of Annual General Meeting

The Compassionate Friends Victoria Inc.

Tuesday 20th September 2016 at 7 pm

173 Canterbury Rd, Canterbury (Melways 46 E11)

Supper will be served after the meeting.

Some parking is available at rear of the building. Further parking is in the street.

Reports will be accepted at the meeting and in the event of there being vacant board positions an election will take place to fill the ordinary board member positions for a term of 3 years.

The Board shall at its first meeting after the annual general meeting appoint from its members a President, a Vice President, a Treasurer and a Secretary who shall hold office for one year and shall retire from the respective offices at the conclusion of the first meeting of the Board, after the annual general meeting next ensuing but are eligible for re-appointment.

Dorothy Ford

Secretary. 1 June 2016

Nomination forms are available from the Centre for any member who is interested in being part of the Board of Management. Please ring the Centre 9888 4944 or email support@compassionatefriendsvictoria.org.au for further information.

**Nominations close 3pm 15th September 2016
Please note this is not a grief sharing meeting**



Editorial Team

Welcome to the Father's Day edition of Grieve Heal Grow. For me this is a time of reflection on how the men in my life cope with our loss. Not being a man I can only **generalise** my own observations on men and grief. We often don't give our boys and men the opportunity to express their feelings, so when it comes to grief they often seem to 'hold up' better than women. They may seem to 'get over it' sooner. Our boys are taught that 'men don't cry.' They are told to tough it out. They are brought up to believe that they are the protectors and must be strong for everyone else. It's not fair but it is what our society expects.

I have lived with such men all my life and have seen the struggle they go through to be the 'rock' for the rest of the family. I have seen them hide their own grief, hold back their tears, hold down a job and 'hold the fort' so that everyone else, (the women in their lives) can get on with grieving and get through it.

How can it be acceptable for women to fall apart when a loved one dies, but frowned upon when a man does it? Men have feelings too. They hurt and bleed just like everyone else.

My husband, Michael, feels the loss of our daughter just as much as I do, but his grief is quiet. He keeps it to himself, often working in his "man cave" for hours on his own.

My dad is also a quiet griever, but I can see his pain when Melissa is mentioned.

My son, David, doesn't talk about or acknowledge his sister's death. He keeps it all buried deep inside. I truly wish they had the same opportunities to grieve that I have had.

Happy Father's Day to all the fathers and grandfathers.

Blessings, Deb
Mother of Melissa
TCF Vic Au



When I saw her load of grief

When I saw her load of grief, it looked to me to be merely a light load of butterfly wings, as compared to my full load of heavy bricks. Then I saw another man, and he seemed to be carrying a small load of lead. But as I watched her step on the scales bearing her load of butterfly wings, the scales read "one ton." When he stepped on the scales with his load of lead, the scales also read "one ton." I knew my grief-load of bricks would weigh more, but those scales read for me, "one ton." Our loads of butterfly wings, lead and bricks weighed exactly the same to the one carrying that particular load of grief.

We bereaved parents often feel resentment when a non-bereaved person speaks about our child's death. HOW can THAT PERSON know or even dream of how I feel or what I am going through? These feelings may be justified. But when we begin to feel resentment toward another bereaved parent "That child's death was easy compared to my child's death," or "I have suffered more

than she/he ever did" — we should remember that each of our grief-loads weights two thousand pounds to the one under it. Compared to Rose Kennedy, who had one child in a mental institution, and lost one daughter and three sons in violent deaths, my grief-load begins to look as if it were made of gossamer soap bubbles, but when I again step on that scale, it still reads "one ton."

Our grief-loads may appear to weigh less because we who are under them have grown stronger through time and grief process maturation. The load actually weighs no less; it is we who have grown stronger and can carry it more easily. Sometimes we can even completely ignore the weight that is still there. Always be careful in judging another's grief-load. Remember the lead, butterfly wings and those bricks, and how they all weigh the same to the one under that load of grief.

Tom Crouthamel
TCF, Sarasota, FL



CEO Report "At last someone gets me"



I attended the emotional farewell of Sue Brown recently.

It was a day of mixed emotions: I was sad to see Sue leave as I had never seen anyone have such an incredible impact on an organisation.

I remember walking down the stairs one day and tuning in to her phone conversation. It was a 'help line' call and I could hear that Sue was struggling a little. So I wandered over towards her and sat.

As she hung up the phone, Sue burst out crying and said to me, "How can I help her? She has lost two children one after the other. I have only lost one!"

We sat and talked for some time after that and I was so moved by the depth of her compassion. I was thinking about that at her farewell.

I was also thinking about her wicked sense of humour and how gullible she is! The number of times I said something to her and then had to follow it up with "Sue: I'm only joking!"

Actually, I was thinking about that when a lady I was standing next to asked me if I was the CEO. When I said that I was, she asked "What does TCF do?"

She explained that she was a newly bereaved mother and that she had been swapping emails with Sue for the last few weeks. Grazyna wanted to come to see Sue before she left to say thank you for spending time with her on email (she didn't want to use the phone).

You will see Grazyna's beautiful letter to Sue elsewhere in this magazine.

We also say good bye to our librarian Bev Fraser who leaves us after 17 years of voluntary service. Bev essentially created our library and maintained the systems that controlled its operation.



Bev, thank you very much for your outstanding contribution to The Compassionate Friends and you should be proud of the fact that you have left a considerable legacy.

I signed the building contracts for the new building!

This is the next step in the process in moving into our new home.

In short, some renovations are being done to create a disabled person's toilet and a new kitchen/meals area. When complete, we will have all facilities needed for our members and volunteers contained on the Ground floor.

Our goal is to create a space that creates a sense of welcome, privacy and warmth for our members and visitors. It will be a place where you can come in and read, rest and reflect or speak with one of our team members – or just pop in for a cup of tea.

We look forward to seeing you there!

John Sedunary
Chief Executive Officer

"A real friend is one who walks in when the rest of the world walks out."

Walter Winchell
1897-1972, Journalist



Farewell and thank you

I would like to say firstly, a very big Thank you for coming here today and to help me celebrate what has been the most amazing and significant time in my working years. I am absolutely overwhelmed by the response to my resignation and it has truly touched my heart.

Over the last 15 years, of being a volunteer and then a volunteer coordinator, I have met some of the most generous, courageous and caring people I have ever had the honour to have connected with and worked with.

I know many of you have called me your boss, but can I say that it is all of you who have taught me so much. You have taught me that even with broken hearts, after experiencing the loss of your children or siblings, you all share strength and courage that others who have not suffered such a loss, could not possibly comprehend. And with this, you have chosen to comfort and support those in the many roles you undertake. Regardless of what role you play, it all helps those who have called, dropped in, receive the magazine, Read anniversary cards or attend groups or events. Without you all, these families would suffer alone! I know this because I did!

In the first 5 years of my eldest son, Abe's death, I received the magazine, anniversary card and that was it. I didn't want to connect, share my unbearable pain or talk about my precious son to anyone who didn't know him. In fact I didn't want to be 'one of you' in this club!! Little did I know!

When I did finally become a volunteer, I felt like I had joined a family and instantly felt the love, support and connection that only comes from those who have lived this nightmare.

One of my greatest rewards in volunteering and working here has been when I have spoken to many of you in your early days of pain and heartache and to now see some of you here today as Volunteers. This also tells me, we are doing something right and it is very heart-warming and precious. And to the members who are here today, I thank you also for being here and connecting with us and sharing this day with me.

I know I will never ever again have the privilege of working with some of the country's most amazing, beautiful, caring and genuine people and I have felt truly honoured and blessed to have been given this opportunity.

I also wish to thank my colleagues and the board of management for their input in my role as Volunteer Coordinator. To our previous CEO, Anne Wicking, who over the years was a great support especially when I had doubts, Anne believed in me and encouraged me. To our new CEO, John, who has also been amazing in his insight, encouragement and support, Paul, who has put up with my whinging about the computers, answering machine etc: for your patience, help and care, when I've been a beast! To Andrew, who I have worked side by side with over these last 6 years, it has also been an honour to have shared many, many laughs as well as many tears - I thank you, for being there for me at those times. To Karen, who has only recently joined the team, I wish you all the very best in your role as Community Ed, Events and Services coordinator. And last but not least, to Jenny Galati, who I have enjoyed working with very much and I am so happy she is to be taking over the role as Volunteer Coordinator, I know Jenny will do an amazing job and will bring her organisational skills into the role, perhaps with a clearer head than me and will be a very good support to you all, so I wish her all the very best in this wonderful role that she is about to embark on.

You have all played a very big part in my life over the last 16 years and I thank you all so very much.

Sue Brown
Mother of 'Abe' (19 years 11 months)
TCF Vic





Hope

Hi Suebee

I want to thank you so much, for your help in the last few weeks and also for allowing me to come and meet you in person and take part in your farewell. Your speech was beautiful (even though someone had to read some of it for you).

You have obviously helped so many people, touched so many hearts, from the oldest members, to myself, just new.

Apart from being in my darkest hour (having lost my beautiful boy so tragically less than two months ago on Mother's Day) I was full of despair. I kept hearing "you will never be the same again" and as someone normally so full of love, light and joy I was very scared.... what did this mean? What did I have to look forward to?

Well today (my first time at Compassionate Friends) what did I see? It gave me HOPE. Yes, it may be "a marathon", but there IS light at the end of the tunnel. So many beautiful people, whose hearts have been torn apart in the cruellest way, who understood what I was going through... People smiling, chatting, crying, and welcoming me in. It gave me HOPE, something that had disappeared these last few weeks, after having scattered the ashes of my son on a cold lonely beach just two weeks ago.

This "new normal" may be so beyond painful and cruel, yet it looks so beautiful - such open hearted, kind, compassionate people, all in the same room - yes, the name is very apt: "Compassionate Friends".

I felt like I had found a new home, people who understood and empathised with what I was going through, feeling so lost, dark and alone. Yes, I have friends, yes I have support, but no-one, however well-intentioned, not even my (professional) counsellor could "get" what I am going through.

I just wanted to say a big THANK YOU to you and your beautiful group. You have given me hope for the marathon; yes, there IS light at the end of the tunnel.

Thank you so much from the bottom of my heart.

I hope you enjoy the next new phase of your life. Thank you for all those you helped.

Much Love and Light (and biggest hugz) to you.

Grazyna
Mother of Karl (25)
xxxx



THANK
YOU



MARGARET HARMER OAM & LINDSAY HARMER OAM

Margaret Harmer and her husband Lindsay Harmer have excelled by founding in 1978 and then co-convening for many years The Compassionate Friends (TCF), the first bereaved parents' and siblings support group in Australia. Together they turned their personal grief and devastation of losing their only beloved son Rhys, aged 11, the family blameless in a drink driving car accident in 1973, at a time when such grief was not well understood or recognised in the community, into an extraordinary vision and commitment to raise community awareness and help and support parents and families going through similar grief.

Margaret was so badly injured in the same car accident that she initially remained in hospital unable to attend her son's funeral. She was never offered counselling or support but rather than becoming angry or depressed or embittered, Margaret transformed her grief into something positive and enduring for the Australian community. Like our incredibly inspiring Australian of the Year, Rosie Batty, who moved us all with her amazing courage to use her own tragedy to lead us to a better understanding and prevention of family violence, I believe that Margaret's and Lindsay's similarly brave and path-breaking work which began 37 years ago has helped our community to better understand and support bereaved parent grief and trauma.

The Compassionate Friends Australia is now a thriving self-help organisation with many city and regional chapters throughout the country. TCF recently honoured Margaret and Lindsay at a large function in Berwick, Melbourne on 22nd May 2015 to welcome back the world founder of GCF, Canon Simon Stephens from England, for a national speaking tour. I was there with Margaret and Lindsay when Canon Stephens along with Ms Anne Wicking, the previous CEO of TCF Victoria, who are both referees for this nomination, paid tribute to the selfless work of Lindsay and Margaret over many years.

After Rhys's death in 1973, Lindsay and Margaret tried to cope with their devastating grief as well as care for their two teenage daughters and run their busy pharmacy. They found that there was no dedicated professional group or community organisation that understood the grief of bereaved parents. In 1978 they chanced upon an article in the paper about the work of the Reverend Simon Stephens from Coventry England, the world founder of CF who had recognised in his general hospital work the remarkable connection and healing that occurred when he linked bereaved parents together. So impressed were they with this concept, Margaret and Lindsay immediately placed an ad in the paper and offered their own lounge room as a place

for such a meeting to occur and there began the first chapter of The Compassionate Friends in Australia.

A year later they invited Simon Stephens to Australia, funding and hosting him to share his ideas and inspiration and guide Australian bereaved parents in their new organisation. For the first few years they ran their business by day and then spent most nights counselling and supporting newly bereaved parents on the phone, often for two or three hours at a time.



They continued holding regular meetings for bereaved parents in their lounge room but as they spread the concept and their work received a lot of media publicity, the numbers grew rapidly and they started to convene monthly 'Friendship meetings' in a large city hall they hired. They began personally writing, preparing and funding the post out of a regular newsletter to bereaved parents throughout the state which so many parents acknowledged was like 'raindrops on parched soil'. The copier and printer for these 10-14 page newsletter was kept at the foot of their bed which was the only place it would fit. As demand and need increased rapidly, Lindsay and Margaret chose to close their long running, successful family pharmacy in 1981 to devote themselves to TCF and bereaved parents. They urgently set about obtaining Government funding to open an office outside their home and Margaret in particular worked assiduously at the task of grant applications. Margaret brought her past high level professional secretarial skills to these roles and her experience as a past president of Save the Children Fund's Mt Waverley branch.

The first Bereaved Parents' Drop-in Centre in Australia was subsequently opened in 1982 in Blackburn Road, Mt Waverley. The new government funding of \$72,000 was used to employ a part-time secretary, a small salary for Lindsay and Margaret. The grant money also paid for the ongoing development of an extensive book lending library, the mail-out of literature helpfully selected for each individual and the newsletter which by now was in great demand.



The newsletters gave a voice to the bereaved, bearing witness to deep expressions of loss and grief as members wrote in stories and poems. These publications validated their experiences, showing awareness and compassionate acceptance of such feelings as helplessness, confusion, guilt, shame, anger and fear. The newsletter also contained educative articles about the grief process sourced from experts all over the world as the 1970's and 80's saw radical new understanding of grief and loss. A few examples are Elisabeth Kubler Ross in Switzerland, speaking for the first time about an idea that there were stages of grief; Rabbi Earl Grollman in the USA, writing poignantly about how to survive a loved one's death; Dame Cicely Saunders in the UK, developing holistic care for the terminally ill; Harold Kushner, USA, offering his view on how to cope when "bad things happen to good people". The newsletters also offered precious evidence for hope with uplifting examples of survival and resilience from members further along the journey which guided many to hold on and believe that with support and time the grief and desperation might lessen and life will resume with new meaning and joy.

In his leadership role at TCF, Lindsay had a path-breaking role. He spoke openly of his son, Rhys, his loss and anguish. He dared to share his pain and vulnerability and acknowledge its reality, making it easier for others to speak their own truth without fear or shame or judgement or criticism. Showing resilience, he searched for meaning in his loss and his philosophical outlook and ideas gave inspiration to many people. He loved the solace of nature and music and actively sought out teachings from many diverse thinkers, current and past which he shared and spoke in his addresses at the monthly meetings. Being male he had a special concern for grieving men whom he often observed to be very troubled, angry and isolated. He listened to them gently with his heart as well as his mind and heard their trauma and confusion and affirmed their unique stories. In so many ways Lindsay helped hundreds of people to heal in their own personal way and find the strength to move on with their lives.

He advocated on behalf of the bereaved, participating in self-help forums, speaking to media, professionals, challenging expectations of bereavement, helping raise awareness of what grief experiences commonly shared but also the uniqueness of each bereavement. He sought for the community and for professionals in the field to better understand the mourning process and to work together to assist this often devastated group of people.

Margaret has won various awards for her outstanding community work with TCF including first prize in The Tattersalls award in 1981 and The Bowater Scott achievement award in 1983. Margaret was also recently

honoured by her secondary school in MLC Claremont's '100 Collegian Voices', produced in 2013 in celebration of the MLC Collegians' Associations centenary. According to the website, "It features a cultivation of stories about 100 women who have shown courage, confidence and resilience in all aspects of their lives. The women's inspirational journeys began at MLC. 100 Collegian Voices captures the hearts and minds of some of Western Australia's finest women."

In TCF Margaret exhibited courage in sharing and drawing on her own experience of a terrible traumatic loss for the benefit of others, for speaking out as an advocate about grief experiences that informed the community for showing compassion and a hugely generous heart enfolding so many with her wonderful warmth, non-judging acceptance and selfless gift of her time no matter the hour, and has chosen willingly to work with utter dedication often at her own expense to care for bereaved parents and to build something positive and enduring for the Australian community. Margaret Harmer is an ordinary member of the community who, over her life time, has made an extraordinary contribution to our community from her volunteer work with Save the Children Fund and Lifeline, but mostly with co-establishing The Compassionate Friends.



I have worked with many fine Australians in my medical career, including a number of worthy winners of Orders of Australia, but I cannot think of more worthy winners than Margaret Eva Harmer and Lindsay Norman Harmer. In a world when we sometimes struggle to recognise who are the true heroes in our society, I believe that Lindsay and Margaret Harmer are truly great Australians and are two people of whom our nation can be justly proud. Australia is now a better, more understanding and more compassionate nation because of the visionary, skilful and tireless work of Margaret Eva Harmer and Lindsay Norman Harmer.

Dr Ian Edwin Haines
Medical Oncologist and Palliative Care Physician,
Cabrini Health, Malvern
Associate Professor of Medicine, Monash University
(Excerpts taken from Dr Haines' nominations for the 2016 OAM Award of the Harmers)

Dr TREVOR BATROUNEY AOM

In the Queen's Birthday Honours list, The Compassionate Friends was not only represented by Lindsay and Margaret Harmer, our Australian founders. We were also very pleased to see Dr Trevor Batrouney had also received an Order of Australia Medal for his significant contributions to education and multi-cultural research.

From 2004 to 2007 Trevor worked with Dr Jon Stebbins (a TCF member – his son Matthew died in 1987) on a very significant research project for The Compassionate Friends. The research "Beyond the death of a child: Social impacts and economic costs of the death of a child" was sponsored by The Compassionate Friends via a grant that our previous CEO (Anne Wicking) obtained from the William Buckland Foundation. It involved interviewing over 100 TCF members (mainly parents) on the impact on them and their families of the death of one or more of their loved children.

Trevor is not a bereaved parent, but those of us who were working in the Centre at that time recall his warmth and sensitivity as he worked on the project and mixed with those who came through the Centre. We also remember Trevor often saying how moved he was at the courage and honest openness of those interviewed by he and Jon.

Links to a summary of the important research findings, or a transcript of the full research, can be found on The Compassionate Friends Home Page. There are also hard copies to be found in the Centre.

www.compassionatefriendsvictoria.org.au/resources/research



Welcome to the Club



This cartoon by Michael Leunig appeared in The Age newspaper some time ago. It seemed to be pertinent and poignant to The Compassionate Friends. We are so grateful to have been given Michael's permission to reproduce it in our magazine.



President's Report for August - September 2016



Hello All – at the moment I am in the USA visiting family and seeing the sights. But I am also staying connected (via email) with the team in Canterbury.

I have been thinking a lot about the many changes that are underway at The Compassionate Friends Victoria at the moment:

- There are some new members on the Board
- Our staff have taken on new roles
- Our new building provides exciting new opportunities
- There is changing technology impacting on us every day
- The not-for-profit funding landscape is ever-changing

It would be easy for the core reason of our existence to be forgotten as we cope and deal with these changes. Of course, why we exist is to provide support to parents and siblings in the event of the death of a child (of any age and from any reason), in their family.

This is something we cannot and will not forget! For example, in the financial year just gone, our organisation reported:

- ✓ 4414 telephone contacts (mainly crisis calls)
 - ✓ 7,515 face to face contacts (mainly through support groups and training programs)
 - ✓ 2,804 people attended 314 Support Groups
- This is mainly the work of our extremely dedicated and highly trained Volunteers. On behalf of the Board and everyone associated with TCFV, I express our most heartfelt appreciation for the work that you have done.

In the next 3 years, the CEO in conjunction with the Board is planning a number of strategies to ensure that our members (current and future) remain the absolute focus of our organisation. I will keep you up to date once they are finalised in August.

Work on the new building has started with some minor renovations being made to make sure it suits our needs. The Ground Floor is being updated to meet the needs of Members, with several areas being available for private discussion or quiet reflection. We hope that you will feel welcome and encouraged to just drop in and say hello, have a cuppa, visit our library or, just have a sit and relax.

The Gathering is fast approaching! I hope I am able to meet you there. In the meantime, please stay safe.

Warm regards,
Andrew Weatherhead.

Tidying

I was cleaning out my son Nick's wardrobe recently. This was about the tenth time I had done this since he died the previous year. I do a little at a time as I can manage. I placed some of his computer games, with a few clothes in his sports bag. This included a shirt I had given him a few weeks before he hastened into this good night, and that he had never worn.

I had used the accompanying suit as burial clothes. I'll put them in the boot of my car. Perhaps in a few days take them to the opportunity shop. My partner consoles me that someone else will find good use of them. I keep feeling Nick

asking me why am I getting rid of his things. I have his drawings in case by my bed. I gave some of his books to my young nephews. I rebuilt his computer for my younger son. My heart aches. Nick is becoming more distant. I refrain to myself that Nick is sleeping, he is comfortable and not in any more pain.

Russell Miles
Father of Nick (1992-2015)



"I loooove it"

- Said a Volunteer upon seeing our new building

The last few months has seen the culmination of years and years of hard work that started off with **Acorn Foundation**.

The Acorn Foundation set out to raise funds for TCF Victoria so that it could purchase its own home. Over a long period, a team of volunteers dedicated their efforts to raising money for this goal. It has been an enormous effort – car rallies, raffles, dances and much more to raise the much needed funds.

What many people may not know is that it is the Acorn Foundation that is supporting the establishment and oversight of our Respite Program. Without their financial involvement, this program probably would not exist today.

Approximately two years ago, the Board of TCF Victoria approved the purchase of a property suitable for the members today and into the future. Late last year, the hunt for a new home began in earnest!

Our New Home: (229 Canterbury Road Canterbury)

The office is conveniently located directly in front of a pedestrian crossing and less than 5 minutes' walk from Canterbury station. Located behind, are reserved six car parking spaces used for staff and Volunteers. (Currently, we have three.) There is also ample parking at the rear and on the side street, which is only minutes away.

Reception and Volunteers Area:

We are planning to create an open area (see plans: below) that creates a sense of warmth and peace. This will be achieved through careful choice of colour and the office layout.



Library/Quiet Room

A major feature of this room is the window that overlooks a garden. This, in concert with soft room furnishings etc., will make an ideal room for our bereaved visitors to either seek support from our staff or just find personal 'time out'.

We have two rooms like this which have been reserved to act as a Bereaved Support room or as a meeting room (which is a secondary purpose).



Once cleaned this area will be furnished with donated outdoor furniture and become another area for quiet discussion and relaxation for Volunteers and visitors.

We do not have this ability at present.

(We also intend to run an art class which results in a mural on one of the walls in that area!)

This area also contains a secure storage area in which we will store files and goods etc. in a compactus.

Front Office Area

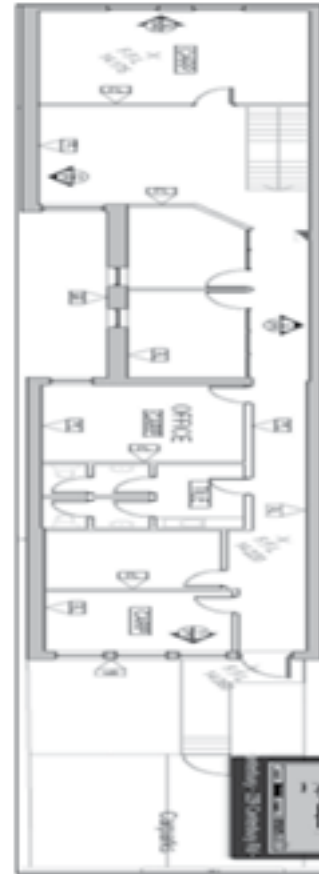
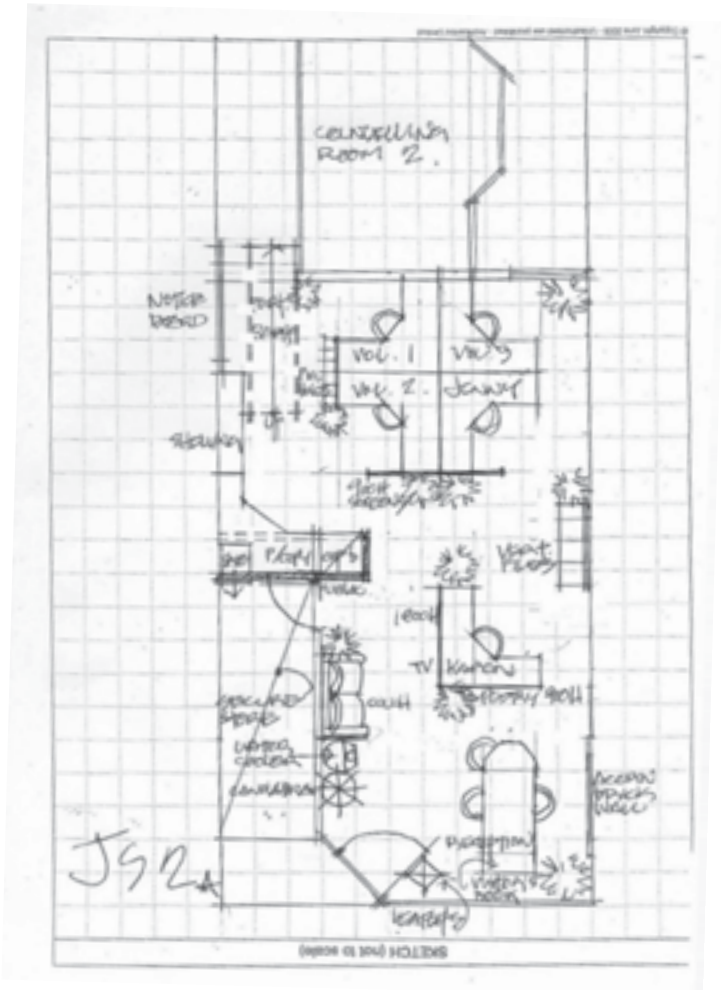
As can be seen, our architect is creating an open office with minimal cupboards and storage.

Our reasoning for this is to ensure that our visitors feel that they are walking to an area that feels more like a home than an office. Hence the plants, the watercooler and a low-level reception desk upon arrival.

Administrative staff will be located on the First Floor in dedicated office space.

"I loooove it"

- Said a Volunteer upon seeing our new building



This is the courtyard shown in the picture in the previous pages

The First Floor

This floor is accessed (at this stage) by a different entrance and this where our administration offices will be located.

No refurbishment is required (although new office furniture will be introduced to replace the old and non-ergonomic existing office furniture.)

The front office area (around the staircase) is currently leased to a solicitor for the next 2 years.

This upper floor provides us with great flexibility:



And, this is where our storage area will be (underneath two carparks)

"I am genuinely excited by this purchase and the plans for its refurbishment. It is another step forward as TCF Victoria continues to look for new ways to offer services to its members. "



Almost at year 6 (Dad's day)



As I write this note for the TCF Father's day magazine, I am on a plane 10 kilometres above the earth travelling overseas to Italy trying to brush up on my Italian....What do I feel? Mixed emotions actually....In some ways, numbness, as the human psyche thinks that I am closer to Lauren-Kay as I am higher off the ground with her in heaven....yet in another way I feel quite weak and lonely and sad, as I do not have a lot of control.....control over where and how far I can walk, what I can watch, when I can stand up, sit down within the confines of an airplane.....as control is one thing that as a Dad I had none of when Lauren-Kay died. I always (and still do in some cases) feel anxious when in closed spaces, like in a meeting at work I have to be seated as close to the door as possible, even in the movies I have to be on the aisle close to the exit. I suppose it's a way of trying to have some sort of control from a situation where I had no control.

I do not write many letters these days but as I do even this one it takes me back to where I have come from....that deep dark place, basically to hell and back!!! I try to live a more simple life because I now realise status, image or material things do not come in and help you out of bed when you don't think you can go on another day as some days early on I didn't care if I lived or died. I also feel much more kindness and compassion towards others as many people have taught me what it is to be kind by the example they have shown to me. This kindness is part of surviving as I have learnt that when you lose your sanity and your world crumbles around you, you need something to survive. Compassion can include sitting with someone who is in pain and listening to them without dodging around the subject and its ok when you don't know exactly what to say. Showing compassion to others seems to work for me. Sometimes I am limited

in the amount I can provide but I have come to realise that what matters is that I am now more compassionate and brave enough to try. I try and be kind and gentle to myself (I cut myself some slack some on most days) - I can't help others or myself if I am not feeling OK with myself.

My new "strategy" is to enjoy life and not take things so seriously. Conquering the world is no longer my objective, I have a much lower drive to 'get it all done now'. We all know that it's not possible to go back to the person we were before the loss of our children. I don't like it, but I am ever so slowly accepting the fact that it's just the way it is and I can't change it. Which is a hard lesson for me since I had always felt in control of my life and everything in it. I learned the hard way that there is no such thing as control of anyone's life; it can change in the blink of an eye.

If you have followed my story and letters in this magazine and other publications you may remember that for the first couple of years, Dad's day was extremely difficult for me, the cards are everywhere, the day's celebrations are on the internet, the news...even highlighting what the weather will be on this 'special day'. The plethora of info is everywhere! I couldn't get away from it..So we get away each Father's day, no news, no contact with people who know my story...just so we can just survive the lead up to the day and do our own grieving. Well, last year was the first year that I did not have that anxiety, stress, frustration or grief bursts to the point of well you know what!.....however grief still had its way and for the first time as I struggled big time in the lead up to Lauren-Kay's anniversary in October and also in the lead up to Lauren-Kay's birthday in May.....I did remember in church once, hearing that it's best to ask your questions about God and your faith when your faith is high....that way when your faith is low, you have something to draw on...I feel it's the same with my grief....I try and chat to people when I am a little on top, then when I get sad I can reflect on some of my thoughts on previous conversations.....it does work (sometimes), try it!

I read somewhere, talking to non bereaved 'helpers' can sometimes be like them giving you a cookbook to replace a car tyre! They mean well but it doesn't help. I think, they think like I used to, that any problem has a starting point, a point where things are happening and then a conclusion or ending....but as we all know our grief does not work like this even when you have a good day, it's easy to get ambushed, and as you reach into your pocket and feel that brick of grief weighing you down and reminding you that you well and truly are a bereaved parent. So basically, some



Almost at year 6 (Dad's day) Cont

non bereaved parents think there is a solution when there is no solution...only existence sometimes. Capiche!

Even coming up to year 6, I know I have some incredible people in my life to help me when I get down and sad and very sad. I try and talk to my Amazing wife Cathy, my good friends Miles and John, workmate Ed and also God! I wasn't going to give advice in this story but if there was one positive thing you might get out of my story, it is to talk to someone, a friend, a relative, TCF, to help you make it through a hard patch. This simple act of expressing these feelings may render them a little less powerful.

I think I still need to say some things to Lauren-Kay... Obviously I never had the opportunity to do so as she died quickly and interstate from me. One day though, I will sit with her and have a good old fashioned talking to her. I do know that its quite normal to speak to the dead, I have done it too many times to count, but I still have a few father daughter things to sort out. She is deceased, it doesn't make her a saint. I will continue to honour her but also think about her faults and shortcomings ensuring I finish with how remarkable a young woman she was.

I have just recently joined the board of TCF Victoria. I am very passionate about building on the strength of the Compassionate Friends. My main reason is to firstly 'give back' to TCF and to be part of a team to make a difference in the lives of bereaved parents, newly and bereaved for many years....to help raise awareness that bereavement is real for the rest of that parents life.....but also that help is there in many forms within TCF.

To be closing I have developed close relationships with many dads and with some of learnings I have myself, here are some things that help me....

I try and do what works for me, it's my grief, my story, my life - I don't plan to give up on myself anytime soon
I work on forgiveness - to myself of any guilt I may have -

you know what I mean

I attended TCF mens space numerous times - there is much to be gained by a grieving dad allowing their feelings to emerge unashamedly when surrounded by kindred spirits
I have had to reprogram my thinking, my ways, my attitudes, my life - it's been scary and continues to be so.

I look for support from many for an outlet of any anger, frustration, emotions - thanks Ed, Damo and Cath

I try and allow myself time to process all the information.... and I know I am still processing it.

I have come close and drawn away from God numerous times as it has felt necessary.

Crying - boy have I cried, I don't do enough though - it can help cleanse the soul.

I like to say her name, Lauren-Kay - it's not like she didn't exist!

I realise that courage doesn't always roar - Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

And I understand I am not alone.

Upon re reading what I have written I sense that some of it is quite hard and direct.....this is from my own perspective. Please do not let me influence you in your journey or do not judge me.....as I have learnt not to judge anyone as you don't know what they have and are going through. One thing I know is that I and you will survive! I am the expert of my own grief. I may listen to others but others (especially non bereaved) do not entirely know what I am feeling, thinking or going through each day...and that's probably how you feel also.

Love to you all, IAN

God Bless

**In loving memory of My Little Sweetheart, Lauren-Kay
Ian Zadow - TCF Vic. Au.**

CARRY ON

We reach within and find resources to carry on when things are roughest. The most devastating of life's experiences often bring out our best qualities. When things get better we look back and wonder how we ever did it but we did and it proves we have a great strength within us. Courage that has never been tested before, surfaces and sustains us when it is really needed.

Author unknown. TCF UK



Believe It Or Not

New parents are awash with adoration and amazement. A tiny, utterly helpless little soul is completely reliant upon them for sustenance. They fall in love forever. As he or she establishes a place in the world, that child is kissed a thousand times and is wrapped in tender care. Even in a besotted state the parents are lucid enough to know that they have a mighty job on their hands as they dream of sharing the future years together. They are now a family. They have responsibility.

Serious stuff. They vow to defend this child to their death, to lead this child by good example and to always be there when needed. They study their baby minutely and never an hour will go by without them thinking of their precious bundle. Soon they can't imagine life without him or her. Their hearts are intertwined.

The worst – the unimaginable happens. What 'happens' is beyond words, an event unacceptable and too hard to describe. The parents would give their lives willingly for the little child. It happens, and their precious one is taken from them. Somehow the world keeps revolving. They breathe in air and out automatically and they want it all to stop.

A heavy grey cloud covers their lives and they retreat into sorrow. Often, in their different ways and at different times the mother and father lose the ability to communicate. They are together, yet alone.

They hear the words

'They'll get over it'

'They'll have another'

'They have each other'

'They have other children'

'Perhaps it was for the best'

'Gone to a better place'

'Best not talked about'....

And from utter depletion, from their world of weeping, anger strikes like a live wire, creating emotions that, like oil and water, do not mix.

'No. No. No', they say. 'Go away. Doesn't anyone understand?'

These are mere platitudes to them. There are no straws to clutch.

What does one say even if one has lost a child and feels they have been right there and can recognise so many of the swirling emotions of such grief?

It is not what you say, it is the newly bereaved who need to talk. Listen and listen and listen whilst the newly bereaved parent starts to find their own answers. Those who give time to listen, those who have learnt by sore experience are living proof that one does survive and indeed eventually thrive after the loss of a unique irreplaceable being. Believe it or not.

Judy Dowling (Loving mother of Patrick)





There is no birthday cake

There is no birthday cake
This year, dear Louise
No cake on your birthday
On June the sixth
No cake with candles thereupon
Lit for you to blow out and wish
That your hopes, dreams and plans
May yet this year eventuate
For you to have
The happiness and fulfillment
For which long you've yearned

There will be no ragged birthday song
From us no longer assembled there
As before to express our love and affection
To you an angel so sweetly dwelling
In our hearts and minds for many years
Providing us so much selfless love and care
But now with you so very sadly gone
We have just grief and aching emptiness
Instead of your birthday joy to celebrate
We weep with heavy inconsolable hearts
Bewildered by your sudden loss of life
Not fully realising the severity of your plight
And how valiantly you fought but lost the fight

We remember you last year turning forty three
So sadly your final birthday with us here
How distressed you were thinking then
That another year had passed you by
With your cherished dreams still unfulfilled
And how weeping in our arms that night
We could not comfort you to believe
That no matter how wretched you may feel
Many opportunities always still remain
To rid yourself of all your ills and pain
And let happiness and good cheer return

But you needed to never lose hope and faith
And to ceaselessly strive to seek and find
Cures and comfort to restore your fevered mind
Then regird your will with new resolve
That you will drink deep from the sweet cup of life
Enjoying all on offer from our still wondrous world
And happily accept and cherish yourself at last
As the loving caring soul you really are

But tragically on that fateful day in August last
Distressed beyond endurance your gentle spirit fled
And left your suffering body lying dead
Your brave heart stilled, never again to beat
Your noble soul so suddenly gone without a trace
No sign, no farewell, no reason to behold
A beautiful butterfly cut loose from earthly ties
Swiftly vanishing in freedom flight
Soaring, soaring, seeking out the Light

And now so sorrowfully we all mourn your passing
Our hearts aching with unrelenting grief
To have lost you so tragically
But lovingly we remember the joy, love and happiness
You for so long brought us lighting up our lives
Especially so on your birthday, on which day so sadly now
There is no birthday cake.

(Written for Louise's birthday 6 June 2016, her first birthday without her.)
Gabe Zalay, father of Louise. TCF Vic Au



Light Flickers In the Darkness.

Grief from close death lingers for a long time,
Plunging you downward into the darkness of a vast sorrow.

Grasping, spinning and holding on

A minute, an hour, a day, a month at a time,

Wayward and looking for answers,

Awkward silences, isolation and

Social estrangement from the world.

Struggling now to fit into an ordinary life,

Caught up in a tempest of emotions and impulses,

Little by little slow steps onwards.

A child's death leaves little joy in life,

But one day the distant light of love and wonder will flicker again.

Ever so slowly the still heart will stir,

And once more find pleasure in small delights.

So never stop searching for the light, it may be dim at first, but it's always there,

Beyond the immense hurt, in time a tolerable and revived life awaits,

Never ever forgetting, but living on with a profound loss.

Steven Katsineris. May 2016.

TCF Vic AU



YOUR SAY

Letters of Appreciation August / September 2016

Hi to all the wonderful volunteers and staff –

You are a great bunch *Anne Hucker*

Dear Everyone who organise The Compassionate Friends,

Thank you for the card and inserts, for Andrew's first anniversary. I haven't been to many meetings but really find your magazines extremely helpful, and I know that I can call, or call by at any time. *Judy Harradence*

Dear Compassionate Friends,

I would like to thank you for the support, love and the compassionate words you have given me over the last nine years since my beautiful daughter Rebecca Jane Gigliotti passed away on the 9/6/2007. Including "Suicide" in your wonderful magazine each month made me realise how many parents there are suffering the same sadness and so I am able to give some thought to others knowing I am not the only one to lose a child. I think of Rebecca every day, some days there are tears, others much laughter and smiles. I would like to thank the special Mums who wrote and sent beautiful cards. Just beautiful! So once again, I thank you. *Judith Gigliotti*.

Thank you for the lovely card and wishes on the anniversary of my darling son Mark's death. I look forward to the card with lovely butterflies as I know that someone else understands and remembers my son.

Thanks once again on your kind words. *Pamela McGregor*



BROTHERS & SISTERS



The Siblings Magazine of The Compassionate Friends Victoria

"Do you not know a man is not dead while his name is still spoken?"
- Terry Pratchett

"You gave me a forever in your numbered days..."
- John Green, *The Fault in Our Stars*

"The holiest of holidays are those kept by ourselves, in silence and apart: the secret anniversaries of the heart."
- Henry Wadsworth Longfellow

"Well, everyone can master a grief, but he who has it."
- William Shakespeare

"Everyone must leave something behind when he dies, my grandfather said. A child or a book or a painting or a house or a wall built or a pair of shoes made. Or a garden planted. Something your hand touched some way so your soul has somewhere to go when you die, and when people look at that tree or that flower you planted, you're there."
- Ray Bradbury

SIBLINGS GRIEF ONLINE:

EXCERPTS FROM SOME GREAT ARTICLES ON SIBLING BEREAVEMENT

Over the past year, at the Brothers and Sisters Facebook page (<https://www.facebook.com/tcfvic.siblings/>), we have been sharing links to articles we have come across on the web. There is certainly some really insightful, thought-provoking and comforting material out there. In this issue of Brothers & Sisters magazine, we include excerpts from selected articles you might wish to seek out. We hope the excerpts offer much of interest, and perhaps whet your appetite to explore more literature out there.

THE PLACE OF OUR SIBLINGS IN OUR LIVES

From "Grieving the Death of a Sibling" (<http://heal grief.org/grieving-the-death-of-a-sibling/>)

'The loss of a sibling in adulthood can have many meanings. It is the loss of a brother or sister who shared a unique co-history with you. This person was an integral part of your formative past, for better or worse. Your brother or sister shared common memories, along with critical childhood experiences and family history.

24 HOUR Grief Support

Telephone 9888 4944 - Freecall 1800 641 091

Phones Staffed by Bereaved Parents & Siblings

www.compassionatefriendsvictoria.org.au





BROTHERS & SISTERS

When death takes your brother or sister, it also takes away one of your connections to the past. That brother or sister knew you in a very special way, unlike those who know you now as an adult. Consequently, a constant is gone. This can make you feel insecure, for although you may or may not have had frequent contact with your sibling, at least you knew another member of your family was there. Your sibling holds a symbolic place in your life even if your brother or sister did not have an impact on your current day-to-day activities.'

GRIEF IN THE VICTORIAN AGE

From "A brother's mourning clothes: I wanted a uniform of grief" (http://www.salon.com/2016/02/21/a_brothers_mourning_clothes_i_wanted_a_uniform_of_grief/)

"Grieving Victorians in upper-middle-class society once wore mourning clothes as a public demonstration of their private losses. The rules on what to wear, and for how long, depended on the relationship of the griever to the grieved. A spouse or a sibling rated higher than a third cousin or a workplace "connection." This determination was so complex that popular etiquette guides such as "Mrs. Beeton's Book of Household Management" contained lengthy charts that the grief-stricken might consult. These rules were primarily for women of the age. Men got off light, with black gloves, cravats and bands on their hats and arms. But a woman who was grieving, let's say, a departed husband, would begin in "full mourning," meaning that for "1 year and 1 day" she would wear "bombazine covered with crepe; widow's cap, lawn cuffs, collars." All black, all the time, naturally. Letters were sent on special black-bordered paper and envelopes sealed with black wax.

After the allotted 366 days, she'd move into "second mourning," a six-month phase that involved slightly less crepe. That would be followed by six more months of "ordinary mourning," reintroducing fabrics of silk and wool. During the final months, jewelry and ribbons again became permissible, as a segue into the ultimate six months of "half mourning," when colours such as gray, lavender and mauve would gradually re-enter the wardrobe. I was fond of showing this chart to my literature students when we reached the Victorian section of the syllabus, hoping to impress upon them the inflexible, even oppressive, social order to which a 6-year-old girl like Alice in "Alice in Wonderland" would soon be expected to conform, as well as the commonplace nature of death and grieving in a society where illness and wars took people, especially the

young, at a regular clip. But after my younger sister, Jennifer, died from cancer at the age of 22, I came to see things differently."...

THE PASSAGE OF TIME

From "When a Sibling Dies: The Loss of a Lifetime" (<http://www.elephantjournal.com/2014/02/when-a-sibling-dies-the-loss-of-a-lifetime/>)

"It's been fifteen years now since Will died. The sharp shock and grief I felt in those early months and years are gone. It took years for the pain to fade, for the words "your brother is dead" to stop pounding in my head—but they did. Will's absence is mostly a dull hurt, the ghost of an old broken bone that aches when it rains. I feel it more on holidays and anniversaries, when someone close to me dies, or when I hear of a death similar to his. I'll always wish he was still here. I'll always wonder what he would look like and what he'd be doing if he was still alive—at 36. At 50. At 75. I move on and through. Perhaps I am even strong, like those well-meaning mourners at my brother's memorial asked me to be. But my brother's loss will remain with me for my whole life—just like he was supposed to."

UNBLOCKING YOUR GRIEF

From "How to Grieve" (<http://www.tatler.com/news/articles/april-2016/how-to-grieve>)

"Unblocking grief feels like a terrifying thing to do. It certainly did to me, which was why I did not do it, becoming more and more scared, as the years passed, of the black thing I had hidden within me. By the time I reached 39, I realised I had barely thought about my sister, barely spoken about her, for years. I did not mark her birthday or her death day. I had good friends, people I went for fun, drunken dinners with, people I had known for 15 years, people who did not know I had a dead sister. I had been to university, I had a job, I had a husband, a flat, children. I was a successful human being. And yet even the most minor problems - at work, at home, running late - made my arms go numb with fear. And I was always, always expecting the phone to ring with terrible news, about my children, about my husband. Those closest to me knew that the first thing they had to say on calling me was 'nothing is wrong...' But the rather wonderful thing is that it doesn't matter how long you wait, you can still unblock your grief - at no point does it get locked away forever and become unreachable."



BROTHERS & SISTERS

GRIEF AND COMPASSION

From "When Grief Goes Unacknowledged" (<http://www.griefhealingblog.com/2015/05/sibling-loss-when-grief-goes.html>)

"While some folks really are thoughtless and don't think before they speak, it is also true that many well-meaning individuals have yet to experience a significant loss, so they really don't know what grief feels like, or how to respond, or what to say

...When we encounter such people in the future, we can choose to bear with them, we can enlighten them about what we know of grief, or we can look to others who are more understanding to find the empathy and support we need -- such as the fellow mourners we would find in a grief support group.

I truly believe that online grief discussion groups offer each of us a rich opportunity to share and to learn from one another what really helps and what hurts, so that through our own grief we can educate others who have yet to walk on this path -- and in the process, we can grow more compassionate toward one another. After all, none of us is immune from loss, and sooner or later we're all going to find ourselves on this difficult journey called grief, whether we want to be here or not. As my friend and colleague Deirdre Felton has written, "Sorrow is a matter of taking turns. This year it's yours. Next year it may be you setting the table for someone else who feels they cannot cope."

THE EMPATHIC LISTENER

From "Empathy Vs Sympathy: Why the Difference Matters" (<http://headspace-perspective.com/2015/01/17/empathysympathydifference/>)

"The next time you are listening to someone talk about their sorrows, whatever those sorrows are, try to resist the temptation to show sympathy. Instead, demonstrate empathy through active listening. Active listening is where the listener shows the person speaking that they really are listening by, for example, repeating or paraphrasing what the person has said. This really is a great gift to give to someone in emotional turmoil, especially amongst so much well-intended sympathy. Admittedly, empathetic listening can be a challenge, because you are engaging with the other person's pain. It is something positive you can do if you truly want to help the other person, though. Words will not take away the pain, but the pain can be eased a little, for a while, by someone giving them your undivided attention, not offering opinions or judgement."

POST-TRAUMATIC GROWTH

From "Can Trauma Help You Grow" (<http://www.newyorker.com/tech/elements/can-trauma-help-you-grow>)

"Needless to say, no one wants to go through trauma, or suggests it's a good thing. I'd rather have [my brother] Jon here with me now...than be writing this essay. But, as Rabbi Harold Kushner...wrote after the loss of his son, "I cannot choose." The existence of post-traumatic growth suggests that, while the pain never vanishes, something new and powerful is likely to come. As my mother once told my other brother, Andy, and me, "It's like, after a spring gets pushed all the way down, it rises even higher."

UNDERSTANDING DREAMS

From "Looking for a Visitation Dream" (http://www.huffingtonpost.com/sarah-lyman-kravits/looking-for-a-visitation-_b_9170002.html)

"I couldn't stop thinking about the dream. I felt there was a message in it. Later that day it occurred to me: The bird is my loss -- grabbing me with no warning, pulling me out of my known world, causing enormous pain and grief, taking me somewhere I have never been. And rather than consuming me, it is holding me there, in pain but in motion, seeing things from a perspective I couldn't have imagined before. "





BROTHERS & SISTERS



ACCEPTING THE PAIN

You cannot heal what you will not feel. You do not help yourself by running away from your emotions and pretending that nothing has happened. Accept and allow yourself to experience your hurt. Try not to say, "I should not feel the way I do."

Your feelings are natural and okay, even though they may be scary and painful. Beware of those who encourage you to hide your normal feelings by telling you to be strong.

Young men, in particular, are too often discouraged from grief work. The popular term "macho" is a Spanish word meaning "aggressively masculine". A macho person is unmoved by distress, and does not show that he is hurting.

The British call it "keeping a stiff upper lip".

The Japanese name is gaman.

Hispanics may pride themselves on their ability to aguantar - to be indifferent to pain.

Whatever the language, the intent is the same -

Be Brave.

Be Strong.

Be Silent.

Strange, isn't it? We praise people for bearing their burdens quietly rather than urging them to feel their sorrow. Unexpressed grief, like hidden anger, stays with you and takes its toll later. That is when the macho ones may hit rock bottom.

Respect your feelings.

Do not carry your grief in silence.

Allow yourself to mourn and grieve for what could have been.

From "Straight Talk About Death for Teenagers" by Earl A. Grollman, 1993, Beacon Press. A copy of this book is available at TCF Library; if you would like to borrow the book, please call TCF Centre on 9888 4944.

***Upcoming Canterbury Siblings Group Meetings
Aug 9, Sep 13, Oct 11***



“Our Children Live On”

by Elissa Al-Choklachy reviewed by Rai Gioia

This book is an uplifting collection of powerful true stories that prove our children are with us forever. There are eighty-two heartfelt testimonials from parents, siblings, friends and caregivers to clearly demonstrate that love and life are eternal.

I received this book some time ago – it is a great book. Elissa is a certified hospice and palliative care nurse who has been working with the dying and the bereaved for over two decades. The book is available in TCF library.



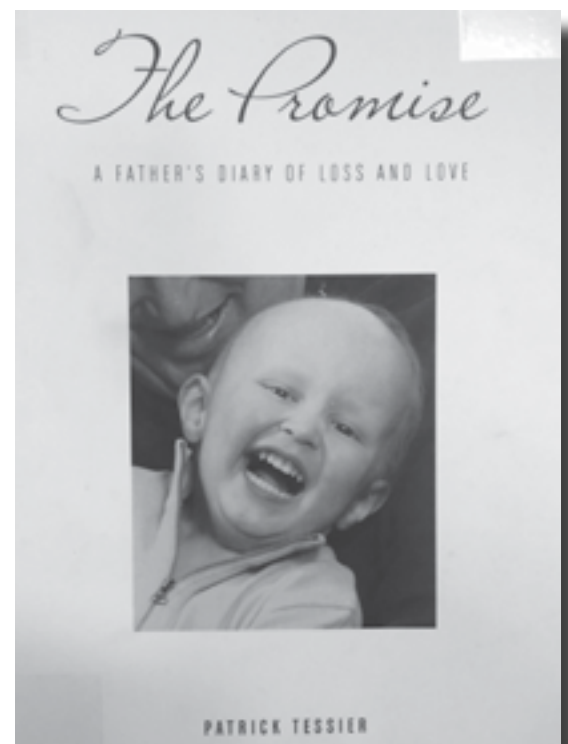
“The Promise” A father’s diary of loss and love

by Patrick Tessier reviewed by Rai Gioia

This is the story of Bailey, a two-year-old child who has cancer, written with great love and pain by his father, Patrick. It takes courage to write such a book, going through the medical procedures, the hope and the devastation of the cancer being terminal. There are photos in this book of a very adorable Bailey with his family and friends. It is very touching and, of course, very sad.

The family started an annual Bailey’s Day Charity and since 2004 have raised more than \$800,000 for Monash Children’s Research Institute. Proceeds of Bailey’s Day have so far helped train eleven doctors in the speciality paediatric oncology.

The book is also about his previous marriages and children, and his desire to be there for Bailey as a full-time father and to take the best care of him until he grew into a young man. It is a sad story, but uplifting, and it shows the love that knows no bounds, and Bailey is being cherished forever. The book is available at TCF library.





Clover Cottage Luncheon

On Friday 27th May TCF held its second fund raising luncheon for family and friends. What a wonderful day this was. Unfortunately only half the people from the previous year were able to participate in this special event.

The venue has a beautiful ambience inside and out and we were lucky to have a sunny but cold day to enjoy a walk around the historical property. My friends and I thought that the food was even better than last year. The speakers were very interesting and so informative about this unique and amazing organisation. Everyone enjoyed the silent auction. The incredible donations we received for this have enabled us to run a raffle as well.

This allows so many more members to participate and help us to raise money. The money raised was almost as much as last year with only half the number of people attending and I personally think this shows how much we all enjoyed the day.

We are so lucky to have been able to use this venue and offer an exceptional three course lunch. A comparable fundraising luncheon at other venues is double what we were able to offer at Clover Cottage.

I really enjoy a good meal, company of special people and my friends and family at a venue that has delicious food and a special history and Clover Cottage provides all. If TCF does hold this again in 2017 my friends and I will definitely be there and encourage anyone who hasn't been to come and enjoy a wonderful day with their family and friends and help our beloved organisation

The Compassionate Friends has been our saviour in our journey and will always be there for those whose child/children, brother or sister have died and to me having a great fun day like this helps me to enjoy life and precious friends.

Pat Burns mother of Darren Decd Rod and Paul.

We would like to thank everyone that came along and supported our second Remembering Our Children, Clover Cottage Fundraiser Luncheon or those that sold and brought tickets in our Major Raffle.

We were able to raise just over \$3000.00 at Clover Cottage and \$4500.00 with the raffle to make a total of \$7500.00!!! This would not have been possible without the support of some of our members and local business.

Anna Bardsley
Anne Hern
Anne Watson
Auto - Photo
Canterbury Newsagents
Coco & Chloe
Cuccini
Danial Bendel
Ellie McNiece
Elvie Hudson
Flowers of Canterbury
Glenda Johns
IGA Canterbury
Indulge
Inspired
Ivy Bird
Janet Chapman
Jenny Galati
Rosalie Heymanson
THANK-YOU Again EVERYONE!!!

Karen Philippzig
Loumik Design
Lyn Duclos
Mariette and Alison Buckley
Michael Leunig
Mirilla Marcon
Nylon Hair
Pat Burns
Pepperberry
Rare Spares
Reflections
Ruby T's
Simone Pèrèle Direct
Stafford Group
Sue Brown
Sue Quartermain
Suzie Que
Westminster Homeware





**The Compassionate
Friends Vic.**

Major Raffle Winners

**A VERY BIG Thank-you to everyone who sold
their tickets or made a donation.**

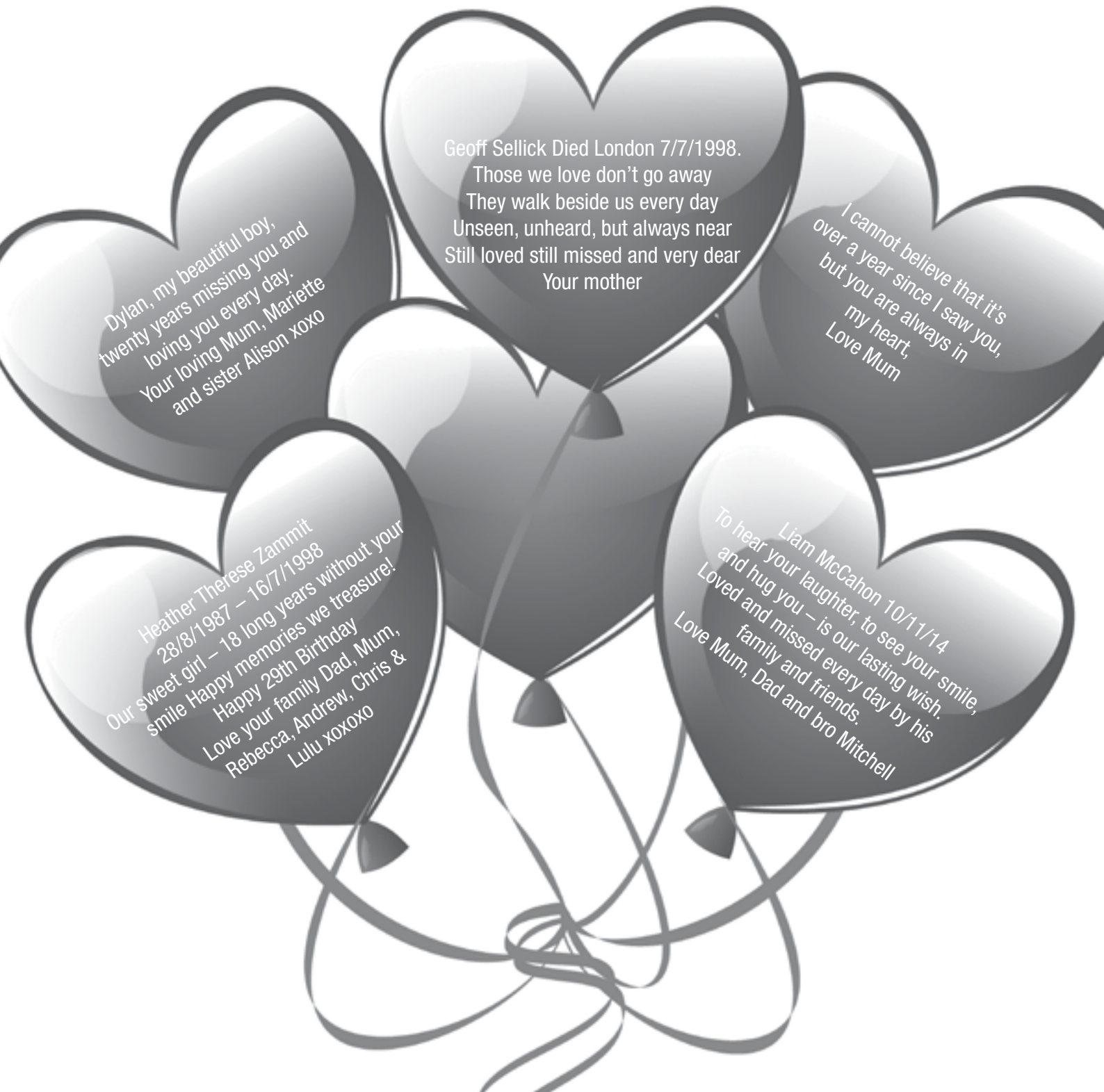


We raised over \$4500.00, THANK-YOU again Everyone!!!

Item	Value	WINNER
1) 'How Much is that Doggie in the Window' Handmade single bed patchwork quilt – Ann Watson	\$500.00	Glenys Coates – Vermont South
2) 'Curious Cats' Handmade single bed patchwork quilt – Ann Watson	\$450.00	Hellen Kemp - Beaconsfield
3) Elysian – Contoured Memory Foam Pillows - King Size	\$239.92	Jo Knoll - Camberwell
4) Men's – Blk Marino Wool jumper, Shirt and Tie Size M	\$220.00	Wendy Powell - Altona
5) Large Print	\$200.00	Geraldine Norden – East Doncaster
6) Lush Body Products & Simone Pérèle Gift Voucher \$100.	\$170.00	Ruth Matthews - Frankston
7) Photo Auto – Voucher for 15 professional car photos	\$150.00	Trystan Sammut - Haddon
8) Lunar – Suitcase on wheels & Overnight Travel Bag - Butterfly Print	\$150.00	Helen McKebery - Donvale
9) Photo Auto – Voucher for 15 professional car photos	\$150.00	Ken Mellross – St Albans Park
10) White Opal pendant, set in white gold	\$140.00	Pauline & Gabe Zalay – Forest Hill
11) Michael Hill – Pearl earrings	\$129.00	Rob Hudson - Springvale
12) Vera Pelle – Leather wallet	\$120.00	Lee McGlynn
13) Sachenka Shoulder Bag	\$119.00	Ursula Robins - Bannockburn
14) London Fog – Men's Quilted Vest Black size M	\$109.00	Aaron Moxey - Lalor
15) Nutrimetics – brush set and Various cosmetic products	\$100.00	Josie Verderosa – East Bentleigh
16) NYLON – Hairdressing Voucher & Reflections Jewellery of Canterbury –Gift Voucher	\$ 99.00	Irene Robson - Preston
17) Scarf, Necklace and Scented Candle	\$ 95.00	Christine Mellross – St Albans Park
18) Stoke-On-Trent fine bone china mugs (6) and Serving platter	\$ 90.00	Sue Rowe - Grovedale
19) Gold Framed, Pink and White Iris print	\$ 85.00	R Dumonic - Berwick
20) Katie Ellis – 6 cup Teapot	\$ 79.95	Esther Beecroft – Moonah Tas.
21) Boat O'Craigo – Pinot Noir 2015 & Shiraz 2013	\$ 65.00	Lynne Cromer - Mildura
22) Glasshouse – Room Fragrance Diffuser	\$ 50.00	Kerry King - Kealba
23) Scented Space – 3 boxed room diffusers	\$ 45.00	Pat Burns - Croydon
24) Framed Paris 'Eiffel Tower' Print	\$ 35.00	Pauline & Gabe Zalay – Forest Hill
25) Glass & Bead necklace & Shower Gel	\$ 30.00	E Seyer – Hampton Park
Total value of Prizes	\$3619.87	



LOVE GIFTS



Dylan, my beautiful boy,
twenty years missing you and
loving you every day.
Your loving Mum, Mariette
and sister Alison xoxo

Geoff Sellick Died London 7/7/1998.
Those we love don't go away
They walk beside us every day
Unseen, unheard, but always near
Still loved still missed and very dear
Your mother

I cannot believe that it's
over a year since I saw you,
but you are always in
my heart,
Love Mum

Heather Therese Zammit
28/8/1987 – 16/7/1998
Our sweet girl – 18 long years without your
smile Happy memories we treasure!
Happy 29th Birthday
Love your family Dad, Mum,
Rebecca, Andrew, Chris &
Lulu xoxoxo

Liam McCahon 10/11/14
To hear your laughter, to see your smile,
and hug you – is our lasting wish.
Loved and missed every day by his
family and friends.
Love Mum, Dad and bro Mitchell

Love Gift Messages and Donations

Love Gift messages can be made on the back of the cover
leaf that comes with the magazine. Please limit your Love Gift
message to no more than 30 words, counting the date as one word.





The New Normal

I am a member of my local writing group. We meet every two weeks and take it in turns to suggest a word, phrase, theme or exercise which is our homework task for the next session. We all have to use the word or whatever as the starting point for some type of written piece. It never ceases to amaze me how many completely different sorts of pieces that we, as a group, can come up with from a common starting point.

Each piece is quite different to all the others. There are rhyming poems, non-rhyming poems, short stories, play scripts and other forms of writing. Some are serious; others are hilarious. All are quite creative and we offer feedback to help each other with our writing. I like to dabble in various forms, in particular a play script or a short story with a huge twist at the end.

A recent topic was "the new normal." I decided to write a personal piece to reveal a side of myself of which the other people would be unaware. The following is an excerpt of what I wrote for the writing group. When I had finished reading my piece to the group, there was stunned silence for a moment and then quite a positive reaction and very respectful discussion of the topic.

I did not intend to make the other people uncomfortable but they learned something about me and I hope I have helped even just one of them learn something about a bereaved parent's grief journey. I was very touched when a group member phoned me very recently to ask whether her unfinished piece which contained a reference to suicide would be distressing for me to hear. I reassured her that it would not and thanked her for her thoughtful consideration of me. Anyway, here is my piece, plus a new paragraph.

Each of us has had life-defining events occur to us that dramatically change our lives from then on. I have had several of them and the first one was hitch-hiking for seven weeks around New Zealand when I was 19. This introduced me to the big wonderful world of overseas travel and the plight of the world's vulnerable environment and it was also a time for learning about myself.

I am going to tell you about some of the events of before, during and after 2002 which is the year in which my son, Matthew, aged 25, suicided in my garage. He had had his first encounter with bi-polar when he was 17, manifested in being manic and out of control. He had two stints in the psychiatric ward of Maroondah Hospital and the whole experience sabotaged his year 11.

This was the worst time of my life up until then as well as obviously being a terrible time for him. Eventually he went back to school to repeat year 11 but the mania returned in year 12. This time, I kept him out of the hospitalisation process. He was severely ill and missed his final exams and thus missed out on tertiary placements, despite having so called special consideration due to his outstanding results during the year. More recovery programs occurred and he went on to very successfully complete a graphics arts course at Box Hill TAFE.

Good years followed, including employment in Melbourne and London. However, the cursed black dog depression came with a fearful vengeance. He was at the absolute bottom of his mental health and could see no way out. A young life was ripped away from his family and friends.

My life had now changed forever. My very creative and intelligent son was gone, never to return. My new life was of grief and missing him, which continues to this day. I wonder now what he would be doing if he were still alive. Would he be married and have children of his own? What work and career pathways would he have followed? I will never know the answer to those questions. The world was his oyster and for 14 years, my new normal has been a world without him. This will continue for the rest of my life. There is no turning back of the clock to the days when he was here.

I want to know where he is now. He lives on in memories, my heart and in photos, but I hate the new normal without him. It is so unfair. Time does heal some aspects of grief but it also does the opposite in that miss him more and more every year. I would do anything to undo the past and have him with me.

One of the other effects of Matthew's death is that it introduced me to The Compassionate Friends, which was totally unknown to me beforehand. I have met some wonderful people through it and admire the great work it does for bereaved people.

Peter Saunders
TCF, Vic



From The Centre

MAGAZINE MAILOUT TEAM JUNE/JULY 2016

What a great job the magazine mailout team did to get the June/July magazine mailed out to you.

Only a small group this magazine because of the change of day.

A very BIG Thank-you to Sandra Green, Phil Jones, Adrienne Moszkowicz and Colin Styring.

Drop in to the Centre

You are welcome to drop in any weekday when there is always another member volunteer here between 10.30am and 3.00pm. If you'd like to come at lunchtime, feel free to bring your lunch, or we can enjoy a cup of tea or coffee and a biscuit or two. The library is a cosy and welcoming room and you are welcome to visit for some time for quiet reflection, or to browse through the books, which you are most welcome to borrow.



DONATIONS August / September 2016

Thank you to Rosanna Wylie for donation of stamps in memory of her son Alexander

Thank you to Sue Brown for donation of stickers in memory of her son Abe

Thank you to Pamela McGregor for donation of stickers in memory of her son Mark

WANTED

We need Newsletters/Magazines for our archives.

We are missing numbers No 116 and No 208.

Would be grateful if any members have copies they could hand on to us.

Jo Knoll



Gathering 2016

The Compassionate Friends Victoria Gathering
at The Foothills Conference Centre.

*What people liked about being at the
TCF Gathering in 2014*

- * I found the entire weekend was conducted in a very loving atmosphere*
- * I had an amazing special time*
- * Vito the guest speaker was excellent / brilliant*
- * Interaction with others, especially with newly bereaved & seeing how they became hopeful over the weekend*
- * Everyone spoke to me and I made more friends.*
- * I exchanged phone numbers with other participants with whom I became friendly*



Supported and Printed by Eastern Press

The Foothills Conference Centre,
48 Edinburgh Rd, Mooroolbark.
Melways ref.: 52 F1
<http://www.foothillscscc.com.au>

Our theme **"Building A New Future - Together"** reflects rebuilding our lives after the loss of our loved ones. Coming together with others who can share their grief experience can be so helpful.

**Friday evening to Sunday afternoon,
21 October - 23 October 2016**

The Compassionate Friends gathering weekend offers the opportunity to experience the support of other bereaved family members who have an understanding of what you are going through and you may even make new friends.

The timetable allows time for grief sharing workshops and self care activities, with free time to sit back, chat and enjoy the fresh air and the lovely views.

GRIEF SHARING WORKSHOPS - offer the opportunity to share, discuss and reflect on our ongoing experience of bereavement with other bereaved parents and siblings.

SELF-CARE ACTIVITIES - hands-on opportunities covering a range of topics/skills will also be available during the weekend.

Accommodation is available for Friday night and Saturday night.

This year we are offering a 2016 Gathering Memorial Butterfly in memory of your loved one. Cost \$50.00

Your child or sibling's name will be added to it and hung on our tree for the weekend and then when you go, you may take it home with you or **if you were not able to attend the Gathering we will post it to you.**

Please see back page to order your butterfly.

Need more information?

Contact The Compassionate Friends Victoria

Ph: 9888 4944 or Freecall 1800 641 091 email: support@compassionatefriendsvictoria.org.au



Workshops and Self-Care activities



Grief Workshops and Self-Care Activities will each run simultaneously.

Register for Grief Workshops will be taken on the day, with a maximum of 30 people per workshop and 15 people per Self-Care Activities where indicated.

SATURDAY WORKSHOPS: 11:00AM

- SW01 Grief - Suicide** - *"The special issues of grief following suicide"*
- SW02 Stress, Grief and the Physical Body** - *"Practical strategies for handling the physical, emotional and social stresses of grief"*
- SW03 Continuing Bonds** - *Your bond with your child does not end with their death. "Discovering new ways to connect with your dead loved one; new ways to take him/her into your new future"*
- SW04 Rebuilding Your Life Again** - *"Who am I now?" "What's normal?" Regaining balance and giving yourself permission to re-engage with the world"*

SATURDAY SELF-CARE ACTIVITIES: 2:00PM

Self-care Activities are not yet locked in but this is a sample of the last Gathering.

- SA01 Memory Book** - *Making a book about your loved one, where to start - max 15*
- SA02 Creative Memory Session** - *Felting, something in memory of your loved one- max 15*
- SA03 Water Colours** - *Learn a new creative technique to create your own work of art- max 15*
- SA04 Meditation** - *Techniques for beginners and more advanced*
- SA05 Photography** - *Taking photos of the environment around you*
- SA06 Backyard Cricket** - *Enjoy a simple game and build an appetite for dinner (men & women)*

SUNDAY WORKSHOPS: 9.30AM

- SNW1 Managing Special Days** - *How do you manage those days that you can't escape from when your child is no longer there to take part? Hear from others and gain some insight into what might work for you.*
- SNW2 Communication With Others After the Death of Your Child** - *Discuss different coping strategies for communicating with others, especially after tactless comments and the difficult questions.*
- SNW3 Overwhelming Emotions of Grief** - *In grief, the range and depth of feelings can be overwhelming. This session will provide an opportunity to openly express those feelings and identify ways of coping.*
- SNW4 Judgemental Attitudes** - *Some of us carry an additional burden of society being critical of our child and thinking, "They brought it on themselves." This may include deaths resulting from drugs, alcohol, suicide etc.*

SUNDAY SELF-CARE ACTIVITIES: 11.00AM

Self-care Activities are not yet locked in but this is a sample of the last Gathering.

- SNA1 Tai chi** - *Gentle exercise using an ancient Chinese technique*
- SNA2 Walk** - *A walk exploring the local area*
- SNA3 Yoga Nidra** - *A state of conscious deep sleep for extreme relaxation and subtler spiritual exploration*
- SNA4 Relaxation/ Meditation** - *Reiki and other gentle massages - max 15*
- SNA5 Creative Memory Session** - *Patchwork square / wall hanging in memory of your child or sibling. Max 20*
- SNA6 Photo Mosaic** - *Introduction to a program that can create a large photo mosaic of smaller photo images*

Need more information?

Contact The Compassionate Friends Victoria

Ph: 9888 4944 or Freecall 1800 641 091 email: support@compassionatefriendsvictoria.org.au



GATHERING REGISTRATION FORM

Please use **ONE FORM PER PERSON** and print your details clearly. For multiple registrations, photocopy this form or download extra forms from our website www.compassionatefriendsvictoria.org.au

MEMBER DETAILS

Title _____ Family Name _____ Given Name _____

Preferred name for Name Tag _____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Mobile _____ email _____

Special requirements (dietary or accessibility needs) _____

DETAILS OF CHILD/CHILDREN OR SIBLING WHO HAS DIED

Please include information below. Your child/children or sibling's name and age will be included on your name tag, unless you request otherwise.

Name	Age	Date of Death
_____	_____	_____
_____	_____	_____
_____	_____	_____

WORKSHOP AND ACTIVITIES REGISTRATION

Workshop and Activities registration will be taken on the day by 9.00am and will be limited to a maximum of 30 people per workshop.

*A professional counsellor, who is also a bereaved parent, will be available in the **Quiet Room** for the duration of the Gathering if at any time you need someone to talk to.*

SCF

****There may be some photographs taken throughout the weekend for use in the Parents' Magazine and other news bulletins. Please sign here if you **DO NOT** wish The Compassionate Friends to use any photo with your image in it****

Signature: _____

PLEASE NOTE THAT WE HAVE TRIED TO KEEP THE COST DOWN AGAIN THIS YEAR. YOU WILL FIND THAT THE REGISTRATION IS CHEAPER THAN THE LAST GATHERING AND THE ACCOMMODATION AND MEALS ARE THE SAME PRICE.

Please complete both pages ->

Office use only

Date received:

Receipt no:

Received by:

Registration No.:

Need more information?
Contact The Compassionate Friends Victoria
Ph: 9888 4944 or Freecall 1800 641 091 email: support@compassionatefriendsvictoria.org.au



GATHERING REGISTRATION FORM

Please return your form to: 2016 Gathering,
The Compassionate Friends Vic Inc.,
PO Box 171 Canterbury, Vic. 3126

CLOSING DATE FOR REGISTRATION IS WEDNESDAY 5TH OCTOBER 2016

Please do not let **cost** exclude you from attending. If you need financial assistance to attend this gathering, please contact Jenny Galati at the Centre on 98884944. Your request will be kept strictly confidential.

FRIDAY & SATURDAY NIGHT ACCOMMODATION PACKAGE - PER PERSON TWIN SHARE

Friday night BBQ dinner, Friday night Accommodation & cooked breakfast Saturday

Saturday & Sunday Registration - *Registrations include all sessions, morning and afternoon teas and lunches*

Saturday night Dinner (two course buffet dinner) Saturday night Accommodation & cooked breakfast Sunday

	<input type="checkbox"/>	\$395.00	
Single ensuite room extra (2 nights)	<input type="checkbox"/>	\$ 60.00	\$

SATURDAY NIGHT ACCOMMODATION PACKAGE - PER PERSON TWIN SHARE

Saturday & Sunday Registration - *Registrations include all sessions, morning and afternoon teas and lunches*

Saturday night Dinner (two course buffet dinner) Saturday night Accommodation & cooked breakfast Sunday

	<input type="checkbox"/>	\$265.00	
Single ensuite room extra	<input type="checkbox"/>	\$ 30.00	\$

REGISTRATION ONLY - PER PERSON Include all sessions, morning and afternoon teas and lunches

Saturday & Sunday ☐ \$120.00

Saturday only ☐ \$ 75.00

Sunday only ☐ \$ 75.00

REGISTRATION ONLY BUT WOULD LIKE TO STAY FOR

Saturday night DINNER (two course buffet dinner) ☐ \$ 45.00 \$

You can purchase a 2016 Gathering Memorial Butterfly in memory of your loved one. Cost \$50.00

Your child or sibling's name will be added to it and hung on our tree for the weekend and then when you go, you may take it home with you or if you did not attend the Gathering we will post it to you.

In Memory of Number of Butterflies \$

You can donate to help someone else attend the Gathering. Donation \$

TOTAL PAYABLE \$

Shared accommodation

I will be sharing with

PAYMENT METHOD - TICK THE APPROPRIATE BOX

Please do not send cash through the mail.

☐ Cheque enclosed, made payable to **The Compassionate Friends Victoria**

☐ Direct Deposit -BSB No.: **036297** Account No.: **10023059** Use **Surname and Gathering**, as reference

☐ Credit Card ☐ MasterCard ☐ Visa

Card Number / / / Expiry Date / Amount \$

Card Holder's name Signature

Need more information?

Contact The Compassionate Friends Victoria

Ph: 9888 4944 or Freecall 1800 641 091 email: support@compassionatefriendsvictoria.org.au



2016 Telephone Listening Skills Training



The Compassionate Friends are very pleased to be able to offer this training again

This course is not only valuable for helping others but also in recognising elements of ourselves. It is a truly rewarding experience with some very important and valuable life skills, learnt along the way.

Course Outline:

- Group contract for learning
- Communication skills
- Rights & Responsibilities
- Individual learning goals
- Being present to callers
- Your role with callers
- Establishing rapport
- Assessment of caller's need
- Components of communication
- The role of theory
- Self-care
- Debriefing
- Empathy-Understanding grief
- Differences in grief expression
- When to refer on
- Terminating calls

Requirements:

To participate in this training, you only need to have passed the 2nd Anniversary of your child's, sibling's or grandchild's death. There will also be an Induction Day that you will be asked to attend, either before or after the training.

Facilitator:

Ms. Barbara Dickson,
Specialist Counselling Psychologist, BA.
(Psych), BEd. (Couns). MAPsS

RSVP: 1st September 2015

For more detail contact: Sue or Jenny
Tel: **9888 4944** Fax: **9888 4900**
Or e-mail **Sue Brown**
sueb@compassionatefriendsvictoria.org.au

Jenny Galati

jennyga@compassionatefriendsvictoria.org.au

TCF Volunteer Telephone Training Course

Expression of Interest

Return to TCF, PO Box 171 Canterbury 3126

Or Email: sueb@compassionatefriendsvictoria.org.au

Name: _____

Address: _____

Telephone: (Day): _____ Mobile: _____

Email: _____

Yes, I am interested in attending the Volunteer Telephone Training Course commencing Monday 5th September 2016, and I am able to attend the Induction Day, August 6th, before the training.

Yes, I am interested in the Volunteer Telephone Listening Skills Training Course, but not at the moment.

Course Dates:

Monday 5th September 7-9 pm
Monday 12th September 7-9 pm
Monday 19th September 7-9 pm
Monday 26th September 7-9 pm

Saturday 1st October 12-5 pm

Monday 3rd October 7-9 pm
Monday 10th October 7-9 pm
Monday 17th October 7-9 pm
Monday 24th October 7-9 pm

Saturday 18th March 2017
1pm-5pm

*Here are a few words from a
Volunteer who has undertaken this
valuable training and a member who
received great comfort from the
support call.*

Listening to another bereaved parent although emotional is very rewarding. It is not about having all the right words but being available to say I understand and I know how that feels is a bond that you may never have a face to face contact with that person but a connection is made. Then they know they are not alone. Lynne

I have had to call to use your phone service several times in the early months of my grief after losing our beautiful Melissa. It was in the evening and when I was alone with my thoughts that I became quite hysterical and that phone call calmed me down. I needed to know that I was not alone in my grief and that maybe one day I could feel happiness again. It is a wonderful service and one I recommend. Chris





Support Groups

Social Support Group Meetings

These meetings provide bereaved parents, siblings and grandparents the opportunity to meet in a safe environment with others who have "been there", who understand and care.

Social Support Group Meetings

These group meetings are not for "formal" grief sharing. We instead meet at a cafe. Everyone is welcome.

If you are intending to attend a group meeting for the first time, please call TCF Centre on 9888 4944 or 1800 641 091 (country Victoria and Tasmania)

What TCF Meetings Offer

"What The Compassionate Friends Victoria offers is:

- The opportunity to get together with other bereaved people,
- The chance to talk about the person missing in their lives,
- The opportunity to drop the mask that society so subtly demands of each of us,
- The chance to cry without embarrassment,
- The opportunity to laugh without others thinking you must be "over it", and
- The opportunity to just bask in a non-judgemental atmosphere for a short time and make new friends."

Written by Jan McNess (Geelong Social Group)

Special Note: In consideration for those who need to tell their stories without distraction, we ask you not to bring your children to the groups. The two exceptions are the Siblings Group (over 14 years) and the Canterbury Bereaved by Suicide support group. We thank you for your understanding.

We welcome your feedback.

If you have any feedback or concerns about our support services, Support Groups: **Andrew McNess**

(Co-ordinator andrewm@compassionatefriendsvictoria.org.au)

Telephone Support Line & Drop-In Centre: **Jenny Galati**

(Co-ordinator jennyg@compassionatefriendsvictoria.org.au)

Alternatively, you can contact **John Sedunary** (CEO johns@compassionatefriendsvictoria.org.au)

9888 4944 / 1800 641 091

Group Dates

Support Groups August 2016

Mon 1st - 7.30pm -
Tue 2nd - 1.00pm -
Tue 2nd - 7.00pm -
Wed 3rd - 1.00pm -
Thurs 4th - 7.00pm -
Thurs 4th - 7.00pm -
Fri 5th -
Mon 8th - 7.30pm -
Tues 9th - 7.45pm -
Tues 9th - 7.45pm -
Tues 16th - 7.00pm -
Tues 16th - 7.30pm -
Tues 16th - 7.30pm -
Wed 17th - 7.00pm -
Wed 24th - 11.00am -
Wed 24th - 7.00pm -
Thurs 25th - 7.30pm -
Tues 30th - 7.30pm -

Bereaved by Suicide (Canterbury)
Bendigo
Ballarat
Eltham
Wodonga
Mildura
- 1.00pm - Rowville
Melton
Canterbury Evening
Canterbury Siblings
Portland
Sunshine
Hobart
Men's Space (Canterbury)
Canterbury Daytime
Bayside
Castlemaine
Geelong

September 2016

Thurs 1st - 7.00pm -
Thurs 1st - 7.00pm -
Fri 2nd - 1.00pm -
Mon 5th - 7.30pm -
Tue 6th - 1.00pm -
Tue 6th - 7.00pm -
Wed 7th - 1.00pm -
Mon 12th - 7.30pm -
Tues 13th - 7.45pm -
Tues 13th - 7.45pm -
Tues 20th - 7.00pm -
Tues 20th - 7.30pm -
Wed 21st - 7.00pm -
Wed 28th - 11.00am -
Wed 28th - 7.00pm -
Thurs 29th - 7.30pm -
Tues 27th - 7.30pm -

Wodonga
Mildura
Rowville
Bereaved by Suicide (Canterbury)
Bendigo
Ballarat
Eltham
Melton
Canterbury Evening
Canterbury Siblings
Portland
Sunshine
Men's Space (Canterbury)
Canterbury Daytime
Bayside
Castlemaine
Geelong

October 2016

Mon 3rd - 7.30pm -
Tue 4th - 1.00pm -
Tue 4th - 7.00pm -
Wed 5th - 1.00pm -
Thurs 6th - 7.00pm -
Thurs 6th - 7.00pm -
Fri 7th -
Mon 10th - 7.30pm -
Tues 11th - 7.45pm -
Tues 11th - 7.45pm -
Tues 18th - 7.00pm -
Tues 18th - 7.30pm -
Tues 18th - 7.30pm -
Wed 19th - 7.00pm -
Tues 25th - 7.30pm -
Wed 26th - 11.00am -
Wed 26th - 7.00pm -
Thurs 27th - 7.30pm -

Bereaved by Suicide (Canterbury)
Bendigo
Ballarat
Eltham
Wodonga
Mildura
- 1.00pm - Rowville
Melton
Canterbury Evening
Canterbury Siblings
Portland
Sunshine
Hobart
Men's Space (Canterbury)
Geelong
Canterbury Daytime
Bayside
Castlemaine

Other Support Groups

Hamilton: for dates and venue, please contact TCF Centre 1800 641 091
Horsham: for dates and venue, please contact TCF Centre 1800 641 091
Gippsland (Morwell): for dates & venue, please contact TCF Centre 1800 641 091

Social Support Dates August 2016

Tues 2nd - 11.00am -
Thur 4th - 7.30am -
Tues 9th - 10.30am -
Tues 9th - 10.30am -
Wed 17th - 11.30am -
Thur 25th - 7.30pm -

Southern Peninsula
Men's Brekkie (Canterbury)
Geelong
Bayside
Healesville
Bereaved By Suicide Social Dinner (Box Hill)

September 2016

Tues 6th - 11.00am -
Thur 1st - 7.30am -
Tues 13th - 10.30am -
Tues 13th - 10.30am -
Wed 21st - 11.30am -
Thur 22nd - 7.30pm -

Southern Peninsula
Men's Brekkie (Canterbury)
Geelong
Bayside
Healesville
Bereaved By Suicide Social Dinner (Box Hill)

October 2016

Tues 4th - 11.00am -
Thur 6th - 7.30am -
Tues 11th - 10.30am -
Tues 11th - 10.30am -
Wed 19th - 11.30am -
Thur 27th - 7.30pm -

Southern Peninsula
Men's Brekkie (Canterbury)
Geelong
Bayside
Healesville
Bereaved By Suicide Social Dinner (Box Hill)



Support Group Locations

Support Group

Meeting Addresses

Ballarat:

Mt Clear Church of Christ (Church Hall), 1185 Geelong Road, Canadian

Bayside:

Highett Community Centre, 2 Livingston Street, Highett

Bendigo:

Old Playgroup Building (near John Bomford Centre), Crook Street, Strathdale

Canterbury Daytime / Evening / Siblings / Men's Space / Bereaved by Suicide:

TCF Centre, 173 Canterbury Road, Canterbury

Castlemaine:

Maternal & Child Health Centre, Lyttleton Street, Castlemaine

Geelong:

Noble Street Uniting Church, 26-42 Saffron Street, Newtownn

Gippsland/Morwell:

for date and venue, please contact TCF Centre 1800 641 091

Hamilton:

for date and venue, please contact TCF Centre 1800 641 091

Hobart, Tasmania:

"Roydon" Historic Building, 13 Patrick Street, North Hobart, Unit 4 at Rear (Please take the laneway beside Roydon to the last door on the right)

Horsham Wimmera:

for date and venue, please contact TCF Centre 1800 641 091

Melton:

Djerriwarrh Community House, 239 Station Road, Melton

Mildura:

MADEC Community Centre, 133-137 Madden Avenue, Mildura (Please ring front doorbell).

North East Suburbs:

Eltham Library Community Room, Panther Place, Eltham

Portland:

Star Theatre, 40 Julia Street, Portland

South East Suburbs:

Bridgewater Centre, cnr Fullham Road & Bridgewater Road, Rowville

Western Suburbs:

Salvation Army Drop-In Centre, 42 Devonshire Road, Sunshine

Support Group Cont...

Wodonga:

Girl Guides Hall, Victoria Street, Albury

Social Support Groups

Bayside:

Nutmeg Tree Cafe, 23 Station Road, Cheltenham

Bereaved by Suicide Dinner Group (Box Hill):

Box Hill RSL, 26 Nelson Road, Box Hill

Canterbury Men's Brekkie Group:

Wilson & Walsh, 129 Maling Road, Canterbury

Geelong:

Brioche Cafe, 175 West Fyans Street, Newtown

Healesville:

for venue, please contact TCF Centre 1800 641 091

Southern Peninsula Lunchtime Group:

for venue, please contact TCF Centre 1800 641 091

Help Wanted

Event Help

We are looking for volunteers who have had some back ground in helping out with events. Whether it's the lead up to an event or helping with an event on the day, I would love to hear from you. Please call or email

Jenny Galati on 9888 4034 or jennyg@compassionatefriendsvictoria.org.au

Marketing Help

We are looking for volunteers who maybe have a back ground in marketing. Some of the things we need help with are media, Facebook and Internet. Do you have some ideas on how we can get the TCF name out? If you have some time to help out please call or email Jenny Galati on 9888 4034 or jennyg@compassionatefriendsvictoria.org.au

Bunnings BBQ Coordinators

We are looking for 4 volunteers to become our Bunnings BBQ Co-ordinator. When we have a Bunnings BBQ, we would like to have 1 person in charge in the morning and a second person for the afternoon. At the moment we are holding 2 a year at Box Hill but we are looking to also maybe run some from our group areas, such as Eltham, Highett, Melton and Sunshine.

1. Morning Person - who will collect tub and drinks from the centre, buy the shopping for the BBQ, order the sausages and bread for pick up on Sunday, prepare the onions the day before BBQ and collect the bread and sausages on the Sunday morning and supervise other volunteers.

2. Afternoon Person - who will supervise other volunteers, pack up and freeze the left over sausages, do the washing up and return the left over drinks, tub and money to be banked to the centre. If you think you can help please call or email Jenny Galati on 9888 4034 or jennyg@compassionatefriendsvictoria.org.au

Community Fundraising

We are looking for members who are interested in holding their own Community Fundraiser. Over the years we had members who have done a fundraiser in memory of their child, whether it is a dinner dance, a trivia night or doing a fun run. What ever you would like to do, I am here to help you help us. Please call or email Jenny Galati on 9888 4034 or jennyg@compassionatefriendsvictoria.org.au



Phone Friends

If you are having a bad day or if you just need to talk to someone, please feel free to call any of the people listed below. They would love to hear from you. Compassionate Friends Support Groups, along with Group Leaders' phone numbers, are listed on pages 30, 31 & back page of this magazine.

City & Suburban

24 Hour Grief Support Phone: 1800 641 091 / 03 9888 4944

Altona - Josie Paris	9398 2052	(Charles 20, Road)
Jewish Faith Contacts - Sonia Gurwitz	9578 4709	(Stephen 36, Drug Overdose)
Rowville - Dianne Freshney	0401 764 021	(Granddaughter Lucy 2 ½ years, Illness)

Country Victoria

Geelong - Jan & Norm McNess	5243 6906	(Jeremy 26, Plane Crash / Airforce accident)
Gippsland / Traralgon - Trish & Trevor	0407 873 703	(Suzanne 21, Transport accident)
Hamilton - Margaret Bell	5572 2303	(Stewart 29, Transport accident)
Horsham - Diane Lewis	5382 4724	(Julianne 19, Electrocution)
Korumburra - Barry & Sue Hanson	5655 2459	(Kirsty 16, Illness)
Mildura - Lynne Cromer	5022 8068	(Richard 22, Suicide)
Warragul - Bev Foster	5622 1949	(Natalie 23, Suicide)
Bendigo - Cathy Smith	5474 2364	(Michael 21/2, Epiglottitis)
Blairgowrie - Lyndsay Takacs	5913 0350	(Ashley 18, Road)
Euroa - Bette Phillips	0409 788 883	(Dean 19, Electrocution)

Tasmania

Bereaved Parents and Siblings in Tasmania can call

TCF Centre On Freecall 1800 641 091 For support 24 hours a day 7 days a week

Launceston - Lee & Peter McBean (Belinda 16, Car)

TCF Australia

ACT & Queanbeyan	0419 137 818	
New South Wales	02 9290 2355	4th Floor, Room 404, 32 York Street, Sydney 2000
Queensland - Brisbane Chapter	07 3254 2585	505 Bowen Terrace, New Farm 4005
South Australia	0448 487 347	
Western Australia	08 9486 8711	City West Lottery House - 2 Delhi Street, West Perth 6005
Western Australia - Wendy Nani	08 9725 0153	Bunbury
TCF Mandurah	08 9535 7761	Mandurah Lottery House - 7 Anzac Place, Mandurah 6210
TCF on the internet - USA www.compassionatefriends.org - New Zealand (email) tcf.otago@xtra.co.nz		
United Kingdom www.tcf.org.uk - Canada www.tcfcanada.net/ - Netherlands www.vook.nl/		
Belgium (email) tcf.belgium@skynet.be		

The Compassionate Friends Victoria

173 Canterbury Road, Canterbury VIC 3126

Po Box 171 Canterbury, Vic. 3126

Phone: (03) 9888 4944 Freecall (VIC & TAS) 1800 641 091 **Fax:** (03) 9888 4900

Email: support@compassionatefriendsvictoria.org.au **Web:** www.compassionatefriendsvictoria.org.au