



Edition No. 255 August - September 2021

GRIEVE HEAL GROW



The Compassionate Friends Victoria AU Magazine

Supporting Parents, Siblings and Grandparents after a Child Dies



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24 HOUR Grief Support

Phone 9888 4944 - National Number 1300 064 068

Phones Staffed by Bereaved Parents, Siblings & Grandparents

www.tcfv.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, sibling or grandchild 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, sibling or grandchild and to support their efforts to achieve, emotional and mental health.

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The Compassionate Friends Victoria
Patron: Rhonda Galbally AO

TCFV Victoria Membership

Being a member of The Compassionate Friends Victoria (TCFV) enables you to access many vital support services and attend social activities whilst demonstrating your support for a society that is aware and understands the impact of grief and bereavement following the death of a child, sibling or grandchild. TCFV Membership is now open to both the bereaved and non-bereaved. Following an initial complimentary membership period, bereaved members have the option to remain

- Full Member (\$55 pa incl GST) or
- limited Keep In Touch Membership (\$22 pa incl GST).

Associate membership is open to any non-bereaved individual or organisation who knows about our important work and wants to show their support in a meaningful way. The non-bereaved membership levels include

- Associate Individual (\$55 pa incl GST) or
- Associate Organisation (\$110 pa incl GST).

The full details about all our different membership levels and their benefits can be found in the new Membership section of our website www.tcfv.org.au/getinvolved/membership
If you have any questions about TCFV membership, please call our office on 03 9888 4034.

Front Cover: Sweethearts by Judy Dowling

24 HOUR Grief Support - Available on Telephone 03 9888 4944 / 1300 064 068
Bereaved Drop In Centre Hours 9.00am - 5.00pm Monday to Friday

Disclaimer: Unless expressly stated, the views expressed in articles, poetry etc. in this magazine are not necessarily the views of TCFV Board staff or the editorial team. The editor reserves the right to edit any contribution. Permission is given to Editors & Chapter Leaders of The Compassionate Friends to reprint material from the magazine. We request that credit be given to the author & their TCF Chapter.

The Magazine Team

Editor: Jane Moschetti

Team Members: Harriet Clegg, Judy Dowling, Joanna Durst,
Rai Gioia, Sandra Green, Sanam Karamally, Steven Katsineris



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"TIME OUT"

RETREAT ACCOMMODATION PROGRAM

This program provides accommodation—at a much-reduced rate—for TCFV members who need an escape from their day-to-day grief. When you enquire about 'Time Out' accommodation, we will then look at the availability of properties in the upcoming 2-4 weeks.

Please note that during Covid-19, fewer properties are available. Properties presently available are located in GLEN FORBES and BUXTON (Mt Cathedral)

- ◊ Availability ranges from two nights to a week.
- ◊ We ask that you keep premises clean and tidy.

Please contact our Bookings Officer ANDREW McNESS at andrewm@tcfv.org.au for details and to check availability of properties in the upcoming 2-4 weeks.





TCFV Board Report

A warm welcome to our August/September edition of the magazine. It's a nice time of year as we approach spring, isn't it? We can put our jumpers away and enjoy the longer days.

To tell you a little bit about me, I'm the sibling's Board representative and I enjoy being a part of the TCFV community. Volunteering at TCFV and getting to know the kind-hearted members, centre staff, group coordinators and board has formed a significant part of my grief journey since losing my brother in 2017. My brother, Oliver, achieved a lot in his life and was always working towards new things to add strings to his bow. I think navigating my own loss has involved channelling his energy and proactive spirit by meeting new people and trying different activities. Although in the competitive sibling sense, I will possibly never do quite as well as him!

Around a year after losing my brother, I initially began helping with TCFV events before joining the magazine team. It was reassuring to be around others who 'knew' in a familiar space. Whilst everybody's grief looks different, for me having a varied routine, even in the very early days, helped me to cope alongside the colossal void and quietness.

After gaining so much from the organisation, I wanted to support others walking the same unanticipated path and contribute towards our shared sense of hope. I feel grateful to be a part of the Board volunteering with others who bring a raft of skills and insight and have contributed towards TCFV for decades. You might be wondering what has been happening over the past couple of months, so below are a few updates.

Some farewells, thank yous, and a welcome

In June we farewelled staff members Sheryl Sazenis and Paul Sessarego. Both delivered many positive outcomes during their time in their positions - thank you for all your hard work. We cherish their continued voluntary work contributions with Sheryl assisting with the Bayside support group and Paul keeping across ongoing sibling initiatives and the Risk Committee.

Excitingly, we also welcomed some new staff members in the last couple of months: Jane Moschetti, Sonia Aberl, and Ashleigh Churchill. You'll recognise Jane through her many wonderful contributions to the magazine as the Editor and she is now moving into the Community Education and Communications Officer position. Sonia has joined the team as a Project and Support

Officer to deliver the ongoing outreach grant project with Boroondara and La Trobe Valley. And Ashleigh is our Siblings' Coordinator who has volunteered on the Sibling Support Online Chat Service since its inception. She has been training new sibling members and shaping a website platform specifically catered for siblings which we can't wait for others to begin using.

Siblings' online memorial wall and services website – continued growth and support

Our new platform tailored towards siblings formed part of a service expansion this quarter. This innovation encompasses an online memorial and support services site that is accessible through our national TCF website. It provides siblings with a dedicated place to commemorate their siblings including a beautiful photo memorial wall. Your sibling's life can be celebrated in different ways through the likes of sharing short comments or stories in the discussion board, to uploading art and poetry on the creative wall, or simply being in the space as part of a supportive community.

We target to go live in August, and as the official launch rolls out you will hear more along the way! You can access the new siblings' website here: www.siblinggrief.org.au and we welcome any feedback from our sibling users. We hope you will find comfort in sharing about your sibling's legacy or perusing the "Useful Resources for Bereaved Siblings" page of the site.

Almost that time of year again – Annual General Meeting

And at the very end of July, Board, staff, committee leaders, regional support group representatives, and volunteers also undertook strategic planning for the year ahead to set ourselves up for a productive future. Plans that came out of this event will be announced at our Annual General Meeting and as a reminder, this will be held on Sunday 19th September 2021. We hope to see you there either online or in-person, COVID rules permitting!

Warmest,
Harriet Clegg
TCFV Siblings Board Representative
Bereaved sister of Oliver (31)



Editor's Letter

Dear Friends

Welcome to the August/September magazine. We have included articles on Father's Day, which is coming up on 5 September, and hopefully they help provide ideas of how to cope on this day that is so difficult for many.

August 1st is my New Year's Day; July is over and with it Joseph's 23rd birthday and the 5th anniversary of his passing. Winter also has only one month left, daffodils and blossoms are already appearing, the days are getting longer and with it I start to feel just that little bit lighter.

During my time as Magazine Editor, many members have mentioned to me that one of the most meaningful parts of the magazine for them is other members' stories about their grief journey. Please consider writing a story about your loved one and how you have coped, or not coped through the months and years since. If you do not feel able to write it yourself, we can organize for someone to interview and write it for you. Please send any articles or contact me at editor@tcfv.org.au

Until next time, take care and stay safe.

Jane Moschetti
Bereaved Mother of Joseph (18)



*One of the many paintings of a UK Church by Oliver,
Harriet Clegg's brother*

Wish You Were Here - By Steve Tutt ~ TCF, Tyler, TX

You'd be nineteen if you were here
But why you're gone still isn't clear.
Your things are still all in your room
As if you'd be returning soon.
SpongeBob waits there by the door.
Your shoes are still there on the floor.
Your friends are all young women now.
They're working jobs or college bound.
Sometimes we see them and they say
We miss her so, wish she had stayed.
Your boyfriend's in the Army too
And by the way, he still loves you.
You thought his love was not so true
And that some other girl he'd choose.
But near two years have passed on by
Still to your grave he goes to cry.
.Your niece and nephews miss you too,
And talk of the things you used to do.

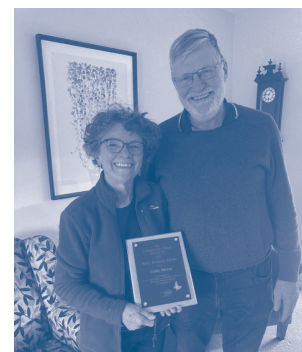
Your Mother's going to be alright
And doesn't cry so much at night.
She puts the flowers on your grave,
And scrapbook pictures tries to save.
And me, I'm still the same old Dad,
The same old routine like I had.
I work real hard to make a way
To pay some bills and pass the day.
I'm not as funny as before
My world's not happy anymore.
I don't let on the pain I feel
But deep inside the hurt is real.
Time passes by year after year,
Life goes on with seldom a tear.
One wish I have, a wish so clear
My wish most of all, I wish you were here.

~Dad



News from the Centre

Cathy Moran was one of the recipients of the Rhys Harmer Award in 2020. She made very significant contributions as a volunteer to the work of TCFV in the Kyabram and northern Victoria area. A range of delays caused by Covid-19 related issues has delayed the actual presentation of the plaque since it was first awarded at the Zoom-based Annual General Meeting last year. It was a delight for Jenny and I to meet Cathy in Kyneton and deliver the plaque to her recently.



Kevin Purvis
TCFV Vice President
Bereaved father of Stephen, 15

Magazine Team

A big thank you to the entire magazine team for all the articles provided, proofreading etc. Thank you to the magazine mailout team, Phil Jones, John Knoll, Bruno and Chris Harman, Jane Moschetti and Marylou Fernandez for your help in preparing the June/July 21 magazine ready for posting out to members.

Thank you Letters

To all the wonderful people at "Compassionate Friends"

I thank you so much for all your wonderful help and support over the years.

You all are incredible. Also thank you to the lovely people who carried my daughter's name Charmaine (26) and Lily (3) and Alexander (5) my grandchildren on the "Walk to Remember. Very much appreciated from the bottom of my heart xx

It will be 10 years this year on the 30th of October since my wonderful angels left me to go to that beautiful place called heaven (R.I.P) and God bless.

Lots of love and hugs

From Cheryl Ennis (Mother & Grandmother) xx

Dear Mirella and all at Compassionate Friends

Thank you for the beautiful card and lovely thoughts on the Anniversary of our darling daughter Michelle. She is always with us but helps and brings a lot of comfort to know people remember her.

Mirella my love and thoughts are with you also losing your son James at such a young age.

Our love to all at Compassionate Friends.

Kaye & Bill Ruitenbeek XX

Hello Compassionate friends,

Just a little note to say a huge thank you to Jenny Purvis for making me so very welcome at last night's survivors of suicide support group meeting.

I loved being able to see the wonderful space you have there for bereaved parents and siblings. It was a calm and peaceful place.

I felt very honoured to be part of the meeting and to be able to listen to everyone there. It just reminded me, "we need not walk alone".

Take care, with a huge hug, Jeanette Bath

A Compassionate Friends member of eleven years, from Sydney NSW xxxx

Thank you to Steven Katsineris and family for the donation of stickers in memory of Chione.

Thank you to Barbara Kessel for the generous donation towards the cost of the June/July magazine.

Thank you to Ann Watson for the donation of stickers in memory of Samantha.

Thank you to John Dellios for the donation of four boxes of hand sanitiser.

Thank you for the donation of stickers from Michelle Loughhead in memory of her late son, Greg M Paterson's 56th Birthday on 11 July.

Thank you for the donation of stickers from Fiona Bird in memory of Damien.

Thank you for the donation of a handmade card from the David Newman Centre in Camperdown.

TO A DEAR COMPASSIONATE FRIEND MR MALCOLM LACEY

3 June 1944 – 8 May 2021

It is with great sadness that we announce the death of our dear and generous friend and long-time contributor to The Compassionate Friends Victoria, who is greatly missed by his loving wife, Lyn and their daughter, Ros.

When their daughter, Francine, died from illness in December 1999, the family was lost in their grief, and became members of TCFV in April 2000. After seeing the value of the support TCFV gave them, Mal and Lyn joined the volunteer team and became loyal and loving volunteers and supporters of TCFV over the next 17 years.

As bereaved parents Mal & Lyn oversaw the Magazine Mailout Team and also saved us thousands of dollars in contributing stamps over the years. Mal was ever ready when there were any maintenance jobs to be done in the Centre, too.

Then, when we moved to our new and permanent home in 2016, they were once again very generous in their contributions in memory of Francine.

To Lyn and Ros, we send our sincere condolences, love and support. We will all miss Mal who was a gentle giant with a ready smile and loving nature.



New Staff

Sibling Co-ordinator

Ashleigh commenced as a Volunteer with TCFV as a Siblings Chat responder in August 2020 and recently moved into a part-time role as the Siblings Coordinator. Ashleigh also continues to volunteer her time as a chat responder as she is extremely passionate about helping others through their grief journeys.

Along with her part-time work and volunteering, Ashleigh is currently studying Youth-Work which has been a dream of hers for many years.

Ashleigh lost her younger brother and best friend Harley (19) in January 2016.

In her downtime, she enjoys walking her German Shepherd Trixie, swimming in waterfalls and being out in nature. Ashleigh also has plans to one day volunteer in Tanzania, Africa.



Community Education

Jane has volunteered at TCFV on and off for four years, helping with general admin duties in the office. Recently she looked after the TCFV Facebook page for 12 months and has been the magazine editor since September 2020. Jane is passionate about Community Education and the need to teach others about the long-term effects of child loss.

Jane's oldest son Joseph passed away suddenly in his sleep in July 2016. He was 18 at the time. In her spare time, Jane enjoys watching her children participate at soccer and netball, walking her two rescue dogs Lucy the Labrador and General the Greyhound, sewing, upcycling old furniture, reading, gardening, cycling, travel and browsing through vintage and op shops.



Project and Support Officer

Sonia has been involved with TCFV since 2012 as a volunteer in the Sibling Support Program and also serving on the Board for a number of years. Sonia has an Honours degree in Psychology and a Graduate Diploma in Grief and Loss Counselling. Sonia has extensive experience working in the Aged and Disability sectors in case management, implementations, quality and application support. More recently she works as a Product Manager, designing software to cater for the Community, Aged and Disability services.

Sonia is the bereaved sister of David, 29 who died in 2007.





Mother's Day Lunch - Thank You Letters

Dear Jenny and Jo,

I do want to thank you very sincerely for inviting me to the Mother's Day Luncheon last week.

I was so glad to come and to meet the many inspiring, brave mothers who spoke to me.

The Luncheon itself was so beautifully arranged with the white cloths, individual red roses, and lovely sandwiches. It must have taken a lot of work to make it all so attractive. Thank you so much for the beautiful chrysanthemums you so kindly gave me... looking lovely in my lounge room.

It gave me such a deep sense of appreciation to see how wonderfully TCF is still carried on in such a loving way and I felt really inspired by the bereaved mothers who found me and told their stories.

Naturally, I felt for them all so much and so much wish their lives had been different... as do we all.

Many, many thanks too to dear Jo who transported me (and my walker) so generously to and fro.

I am old now and a real trouble to get around.... but if you would ever like me to come again, I'll really try to do so.

God bless you all and the incredible work you are doing....

**My love always,
Margaret Harmer.**

I was privileged to attend the Mother's Day morning team this year. Whilst it was a very difficult function to attend considering we lost our beloved Lex in September 2020 (so this was my first Mother's Day without my first born), the love and compassion shown by everyone there made me feel at ease. It allowed me to share my pain with others who have gone through the same and all their hugs gave me strength to keep going. The food was great, the conversations were difficult but at the same time empowering and I am forever grateful to Compassionate Friends for making Mother's Day a little more bearable. Thank you to all involved in making this session happen.

Natalia Isaacs

I enjoyed the High Tea, the realisation that I had been around TCFV for a while (in fact since 2015) was apparent, as I knew many people at the High Tea, some I hadn't seen for a while. It was lovely to catch up and spend some time just talking, unwinding, taking it easy, along with enjoying good food.

Lyn Strickland

Hi Jenny,

Thank you for having us and for all your hard work. I really enjoyed myself and met some lovely new people. I find a lot of comfort in catching up with you all. It makes me realize I'm not alone in this hard journey. You and your family have a lovely Mother's Day. I'm sure our beautiful kids are watching over us.

Cheers, Fiona Bird Xx



TCFV SIBLING CONNECTIONS

PIZZA NIGHT & DRINKS

WHEN: Friday November 12th
WHAT TIME: 6:30-9:30pm
WHERE: 229 Canterbury Road, Canterbury
COST: Donations Welcome
REGISTER:
<https://www.tcfv.org.au/sibling-connections>
(Please include any dietary requirements)

**BYO ALCOHOL
2-3 DRINK LIMIT
PER PERSON**





Pizza & soft drinks will be provided

This is a great social opportunity for siblings to meet, catch up and mingle.

Open to all siblings over 18 years.





Notice of Annual General Meeting
Sunday, 19th September 2021 at 2.00 pm
229 Canterbury Rd, Canterbury 3126 (Melways 46 E11)

The AGM is an opportunity to connect with other members and to be updated with what is happening within the organisation.

All members and their families are welcome!

The Rhys Harmer Award will be presented and we hope to have a guest speaker.

Reports will be accepted at the meeting and in the event that there are vacant board positions, an election will take place.

Board member nomination forms are available from the Centre for any member who is interested in being on the Board of Management*. For further information please email: tcfceo@compassionatefriendsvictoria.org.au or contact the office on: 9888 4034.

Afternoon tea will be served following the AGM.

In the case of any COVID restrictions in place at the time, there may have to be a limit to the number of attendees physically present. Alternative arrangements will be considered if necessary.

Zoom attendance is welcome at <https://us02web.zoom.us/j/87977424323> (Meeting ID: 879 7742 4323)

Please note this is not a grief sharing event.

Lisa Gelbart,
Secretary.

***Nominations close 3 pm, 13th August, 2021.**
To register your attendance,
go to www.tcfv.org.au/AGM2021

'SWEETHEARTS'

The story behind the August September cover picture

So many grieving people who arrive at our beautiful Centre for the first time surely feel a heavy heart. Since we acquired our pride and joy - the lovely building at 229 Canterbury Road - love and welcome seem to spill out from it onto the street. Some will remember back over the years, from valiant days, humble and cramped conditions that staff and volunteers worked in as they tried so hard to see to the comfort of grieving parents.

Wondrous things evolved through years of challenging work to provide us all with a real 'Home'

My 'Sweethearts' is a minuscule offering to the wall. It remains there partly as a talking point, something daring to be a little bit light-hearted. It is not a work of art by any means, but it is still there for one good reason: it has the names of many of our children pencilled on it. Strangely that fact makes it important as each and every one of those sons and daughters remain revered.

Judy Dowling

NEW BOARD MEMBERS REQUIRED

TCFV is currently recruiting new Board members. If you are interested, please reach out to a present Board member or contact the office on (03) 9888-4034.

An email and article from one of our long-term members, 87-year-old Norm Wearne

This is a voice from the past, my volunteer days with TCFV were from 1996 to 2005. However, I had a continuing involvement relating to the magazine until 2011.

Age has taken me out of active involvement, but I have continued to receive the magazine. I must be honest - in recent years I have tended to have just a brief skim through. However, a number of items in the April/May issue caught my interest and took me back to my active days. Apart from manning the telephone, my fortnightly tasks included searching for relevant articles in other TCF magazines, both inter-state and overseas, and proof reading (which I quite enjoyed). I had an article published in the December 2006 issue "A Proof-reader's Pleasures" - no, it is not an oxymoron! I am attaching a copy for your information.

Writing has always been one of my interests, so over the years I had a number of articles published in the magazine. When I quite unexpectedly received the Rhys Harmer Award in 2011, my acceptance speech listed those articles (also published in the magazine).

From the perspective of an 87-year-old, I believe there is no such thing as "closure", that grief never goes away, but loses its intensity, and we gradually return to a productive and positive approach to life. It is now 57 years since our 18-month-old second daughter Glenda died of a sudden illness in 1964, and 26 years since our second son Stephen took his own life in 1995. Ruth and I were fortunate in receiving strong support from friends, family, and faith. Our family became stronger than ever. Now we have our two sons and daughter and spouses living within 15 minutes' drive, and six adult grandchildren. In addition, the support of TCFV after Stephen's death made a big difference to me. I believe that sharing with others going through similar experiences is a key factor in recovery.

Forgive my senile rambling. I wish you well in keeping up the good work of the magazine.

Cheers
Norm Wearne



Glenda



Stephen

A PROOF-READER'S PLEASURES

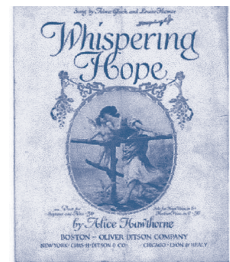
What! Pleasure from spotting spelling mistakes, wandering apostrophes, punctuation, and grammatical errors? You have to be an obsessive nitpicker, don't you?

True- there is a sense of POWER in wielding a red pen. It certainly satisfies my meticulous and pedantic nature. However, you get some good laughs too. More than once I have been tempted to leave in the best accidental humour.

But there is deeper satisfaction from reading an absolute gem, like "Whispering Hope" for the last issue. Automatically I hummed the melody, then suddenly: "Hang on, there's a line missing." I found the three verses on the internet - words and music by Septimus Winner {1827-1902}, a versatile American composer.



*Soft as the voice of an angel, breathing a lesson unheard,
hope with a gentle persuasion, whispers her comforting
word. Wait till the darkness is over, wait till the tempest is
done, hope for the sunshine tomorrow, after the shower
is gone. Whispering hope, oh how welcome your voice,
—making my heart in its sorrow rejoice.
(1868- first verse)*



The familiar words and melody were so powerful that I just had to find out more. Who was Septimus Winner? What inspired him to compose "Whispering Hope"? Mr. Google's search engine was very helpful.

By age twenty, Septimus was running his own music shop in Philadelphia. He became a popular music instructor, giving lessons in violin, guitar, and banjo and performing with several of the city's bands and orchestras.

There was a disturbing episode in his life in 1862, after President Abraham Lincoln had fired popular General George McClellan. The 35-year-old Septimus was incensed. He instantly published a "seditious" song "Give Us Back Our Old Commander: Little Mac, The People's Pride". It sold 80,000 copies in the first two days, leading to his arrest for treason. He was released when he agreed to destroy all the remaining copies of the song. Lincoln pardoned him.

Septimus is best remembered, however, for his popular songs under the name of Alice Hawthorne. They are known in.

American folk music history as "Hawthorne's Ballads." He was inducted into the Songwriters Hall of Fame in 1970.

Septimus and Hannah had seven children; a son died young, and a daughter died aged 19 months. At 41 years of age, he must have dealt positively with his sorrows to compose such a moving and meaningful song. "Whispering Hope" was his last successful composition, and is inspired by a quote from the Good Book: "This hope we have as an anchor of the soul, both sure and steadfast ... "

It was a real pleasure to find out more about Septimus Winner. Banjo Paterson tells us in "Clancy of the Overflow" that "the drover's life has pleasures that the townsfolk never know."

I hope Banjo will not mind if I borrow his thought and say that,
"The proof-reader has pleasures that the readers never know".

That's my story, and I'm sticking to it, red pen, and all.



Norm Wearne - TCF Melbourne, Australia
(Father of Peter, Heather, Glenda 1963-64, Stephen 1965-95 & Christopher)



Dear Fathers

Dear Fathers,

Never think we don't notice you - standing alone in a crowd, talking about football, politics, your latest electricity bill or perhaps your next home maintenance job or your car. Everyday things. You make an effort to join in and laugh when you think it appropriate. Your shoulders slouch a little, you need a haircut, you've been skipping the gym and Father's Day is coming.

It's these special days that get to you and again you count the ways you miss your daughter or your son. You dwell on the ways you once celebrated Father's Day and indeed the way you yourself were celebrated as a dad, and it hurts. You know this heaviness of spirit will not lighten. Maybe someone will unwittingly say it will, and you grit your teeth and try to ignore the comment as you feel your emotions fraying. You don't speak as you know your voice will waver and when that happens you hold yourself steady to keep your coping mechanism intact. Am I correct?

Friends, work mates and extended family say with sincerity, 'If you ever need anything ...' but it's too hard to ask for help, or 'How are you?' and you reply, 'Not bad, not bad at all'. That's often about all you feel safe to say. What you need is other grieving dads to talk things over with. These are men who know what is truly going on in your head. It's a mateship thing. They have cleared a certain hurdle and are laying a path for you to follow. They will patiently wait for you to catch up.

You are so blessed to have had your child in your life. He or she was a great accomplishment to be prized proudly on Father's Day.

Judy Dowling
Remembering Patrick





Making Father's and Mother's Day Special

by Elaine Stillwell, Rockville Centre, NY

Here are a few hints to help you through those difficult days after the loss of a child.

1. Pamper yourself – this is a special day in your life. You are a parent forever and your child is your child forever.
2. Do what you need to do – what helps you. Grieve your way.
3. Be with those who surround you with love, not demands or advice.
4. Plan ahead – do things that make you feel good or give you a moment's peace.
5. Start new rituals to make new memories.
6. Share your thoughts with family members; decide together what the day should include. (If you are alone, find a good friend.)
7. Include deceased children in the day – through prayer, lighting candles, telling stories about them, looking through pictures, planning flowers or a garden, doing a good deed, writing about them, making their favourite recipe.
8. Join with another bereaved family to honour this day and have mutual support.
9. Start a garden or add a special garden in memory of your child.
10. Visit the cemetery if that helps your heart on this day.
11. Do something special for someone else or something special in your child's name.
12. Listen to music that makes your heart feel good.
13. Cook some favourite recipes that your child enjoyed or cooked for you.
14. Buy a present for yourself from your child and enjoy the comfort it brings.
15. Write a poem or article in memory of your child, sharing memories or whatever has helped you.
16. Take part in a special ceremony that honours Father's (or Mother's) Day.
17. Set aside some special time to grieve, unloading all the frustration and sadness that can envelop you on such a day, giving you time to meditate alone.
18. Write a letter to your child, telling what is in your heart (perhaps some unfinished business or some new blessing that has enriched your life.)
19. Think of a way to "share your child with the world" – making sure his or her memory lives on through scholarships, writings and good deeds.
20. Give and get plenty of hugs.





Rosie

I cried the day Rosie was born; I cried the day she died.

As fathers, there are many things we have in common with the mothers of our bereaved children. But, as we approach another Father's Day without our child or children, I find it is a time when I reflect on how I see a world without Rosie.

One thing I do know is that we are often spared the hurt of the thoughtless question, "And how many children do you have?" Even today, our role as breadwinner frames the conversation. "And what do you do?" is often the opening gambit when you meet someone new, rather than having to explain your lack of offspring.

I understand that each father is different, each individual experiences the death of their child differently. In my case, I've always been ambivalent about the special "days". Why can't every day be a celebration of mothers or fathers?

And the commercialisation of the whole celebration, I found, was off-putting with its tawdry and tacky merchandise. It's also the lead-up, which is difficult, as advertising for the day ramps up, everywhere you go. You can't escape the enticements and inducements to buy something special, to show Dad you care.

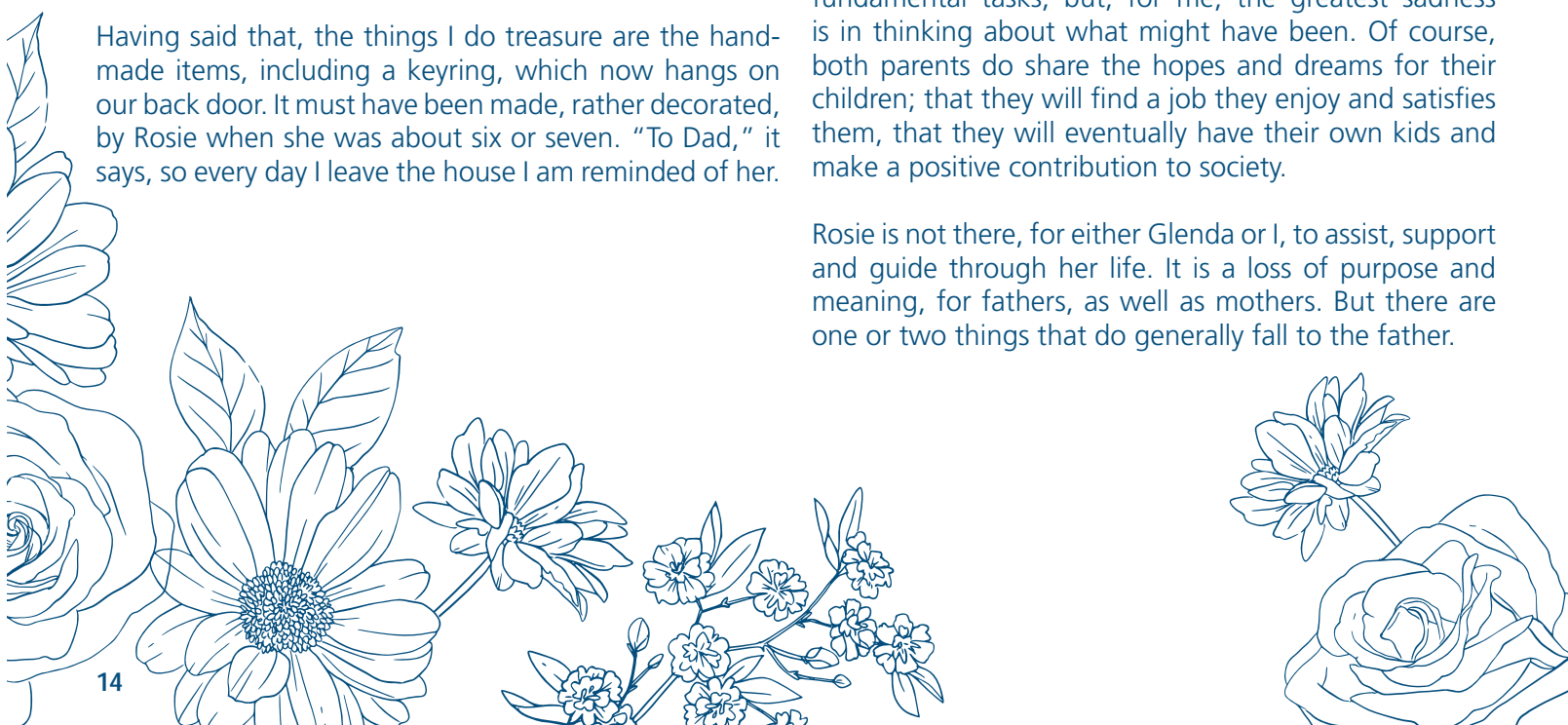
Perhaps, Glenda and I have often reflected, we should adopt the English term of Mothering Sunday, which encompasses all who have a maternal role, such as aunts, foster parents, or friends.

Having said that, the things I do treasure are the hand-made items, including a keyring, which now hangs on our back door. It must have been made, rather decorated, by Rosie when she was about six or seven. "To Dad," it says, so every day I leave the house I am reminded of her.



So that brings me to the way I experience Father's Day and Rosie's death. Fathers do play a different role in their daughter's lives than their mothers do. That's not to say wrong, just different - both have many shared, fundamental tasks, but, for me, the greatest sadness is in thinking about what might have been. Of course, both parents do share the hopes and dreams for their children; that they will find a job they enjoy and satisfies them, that they will eventually have their own kids and make a positive contribution to society.

Rosie is not there, for either Glenda or I, to assist, support and guide through her life. It is a loss of purpose and meaning, for fathers, as well as mothers. But there are one or two things that do generally fall to the father.





– Call me an old romantic, but I like to think I would have been the proud Dad, who walked her down the aisle on her wedding day. Now there will be no church wedding, no grandchildren, no one to share stories or tell any more Dad jokes to.

I can look back on the fun times we had, especially when she was small: going to Luna Park, kicking the football, throwing games, wrestling, building Lego towers playing with her Barbies, taking her to netball, reading to her. And I think of the precious time I had with my own father, before he died.

Because I was what one might euphemistically be called “between jobs” I used to go to his place in the Dandenongs, and spend Sunday afternoon or evening with him, before coming back to my part-time position on Monday. They were special times. In winter, we’d stoke up the wood fire in the living room and watch his favourite shows, usually Midsomer Murders, or British comedy. And I’d sometimes make rice pudding, in the wood-burning oven. Just me and Dad, quietly enjoying each other’s company.

My sadness is I will not enjoy those times with Rosie. She will not be there, in my old age. We will not share whatever might have been, and it is that loss of a future that I sometimes feel so keenly.

So, what sustains me now? I still cry, from time to time, but with the support from Glenda and my faith community, as a Christian, I know we will meet again. I make life work. And I would lie if I were to deny the role my work plays too. I am blessed in that I have a job that I enjoy, for it would be far worse if it was merely a distraction, with little purpose. And The Compassionate Friends, which gives me insights and support in so many ways.

I know it will not always be like this, that time will sand down the sharpest of the worst memories, leaving the positive. For life stopped, that November day, and I’ll never be the same again. Not better, not worse - just changed forever.

**Andrew Miller and Glenda Johns, bereaved parents of Rosie, 24
(23/02/1989-30/11/2013)**



Cook & Chat – Men Only

We would like to welcome all the men within TCFV to our first Cook & Chat. It is open to all our bereaved fathers, brothers and grandfathers. Please come along to mix and chat with other bereaved men in a relaxed, welcoming environment. This event supports a sense of mateship and wellbeing, while offering an opportunity to help with your grief as well. We are opening our doors, providing the space for you all to get together. We will provide the food and soft drinks for the BBQ. You are welcome to bring a couple of drinks of your choice, if you wish to do so.



Date: Friday 10th September 2021

From: 6.30pm to 9.30pm

At : 229 Canterbury Rd, Canterbury

Cost: Donations welcome

Register on the website:

<https://www.tcfv.org.au/cook-and-chat>



Lord Mayor's Charitable Foundation Clara Sim Memorial Trust

When Clara died, one of my greatest fears was that people would "forget" her.

Just before her 10th Anniversary In 2010, I found out about the Lord Mayor's Charitable Foundation Memorial Trust program that channels donations to charity organizations. This Memorial Trust fund managed by the Foundation's expert financial panel resonated with me because it is a "Perpetual" fund and I jumped on board to seal a way in which Clara's memory can live on forever!

My family and I used the opportunity to launch the Clara Sim Memorial Trust to commemorate her 10th Anniversary and to engage our family and friends in remembering her. Annabelle, Clara's then teenage sister, designed a lovely "Remembering Clara" fundraising invitation card using Clara's artworks. This project gave us "permission" to approach extended family and friends to talk about Clara, our grief journey and about our charity recipient, The Compassionate Friends Victoria.

10 years have since passed and her Trust continues to grow under the sound management of the Lord Mayor's Charitable Foundation and more importantly the continued donor support from friends and family. I meticulously keep a name list of those who contribute, happy to know they did this because they loved her and wanted to honour her memory. I was so touched when her cousin Grace recently initiated a special fundraiser in her memory.

Yes, Clara lives on! Forever!

Theresa Yeo
Bereaved Mother of Clara, 7
Please see LMCF Ad on page 28



Alive.

You left your imprint on my soul,
So I'd remember and not let go.
You came back across the worlds that separate us,
Whispering to me, telling me what I needed to know.
You helped me find my way, day after day.
You once again felled the ramparts of my heart,
To connect me with the love I'd thought had gone away.
Your boundless spirit would conquer any divide,
To make me understand, you're still alive.

Steven Katsineris. Oct. 2003.
***Father of Chione, 6.**



Anxiety

Dreams! All the dreams I have centre on my son but as far as I know he has never appeared to me in my sleep. I wonder why. Is there something wrong with me? Is it just too painful?

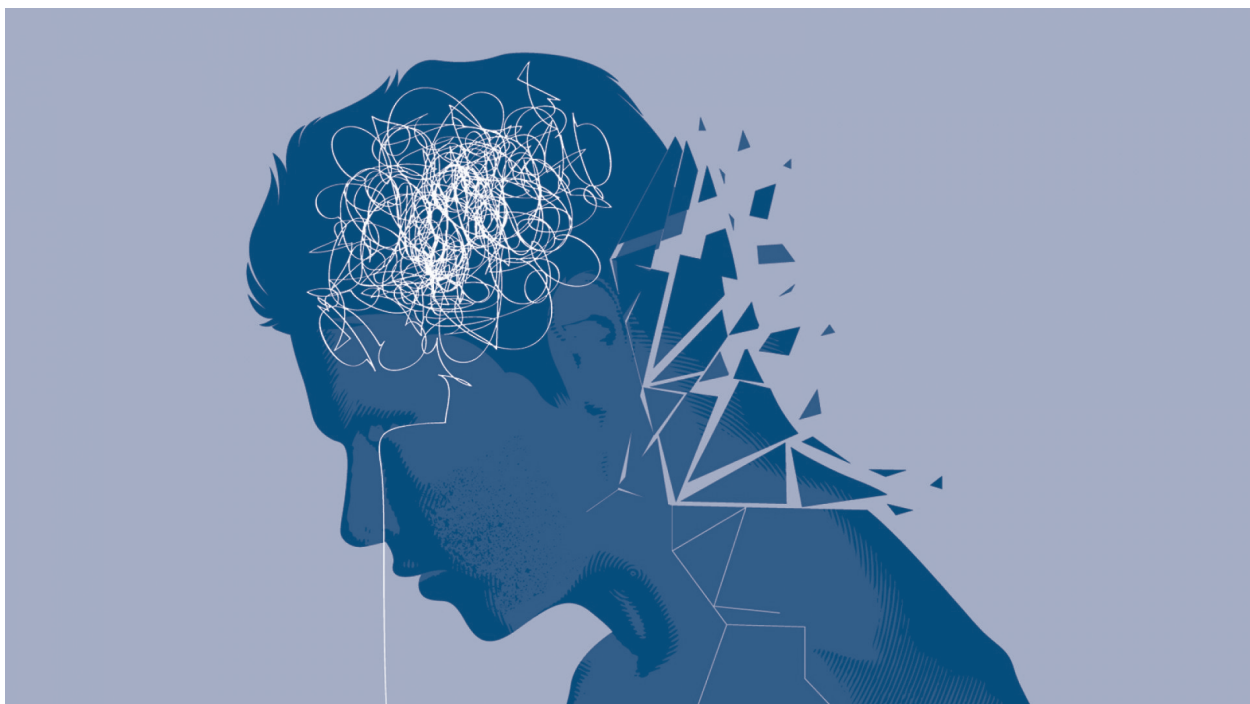
I dream about losing things, precious things, things that are necessary and add to living well . . . but I never dream of my son. Not that I can recall. Sometimes they verge on nightmares. Whatever they are they sap my energy and steal much needed sleep by setting my conscious mind racing. All I know is that I'm searching, sometimes in places I would never dare to enter, but I do without trepidation. I am taken to places I thought I could never imagine, sometimes mystical and beautiful, other times to where there are such things as high rough concrete walled mazes and narrow lanes that don't lead anywhere, stairs where the steps are impossible to climb, impassable roads strewn with debris, a tightrope to walk, a world without trees. All the while I am looking for some of the things that make life easier, my car in a strange, crowded city, my door key somewhere in the sand, my bank card, the dog I was looking after for a friend, my grandmothers' necklace, a certain book I had borrowed. Just stuff - but it all seems so dire to me at the time yet when I waken, I realize that I have been simply looking for my son.

Could I possibly be writing about you?

I recall a dream where I was racing towards a crowd of people all of whom I knew, they had a very contagious disease. I ran on and on because I felt he might be amongst them. The people just kept fading back further and further until they were there no more. In another dream I was in the city waiting for what seemed a long time at a corner, for the traffic lights to turn to green. I looked down at my feet and noticed I had odd boots on, one long brown, one short black. I felt I was peculiar and, in a place, where I didn't belong and needed someone to comment on my silly mistake and so perchance someone might start a conversation, so then, again perchance, I could speak of the loss of my son. How very odd indeed. In yet another recently I dreamed that I was completely lost as I drove to an old lady's funeral. It certainly wasn't any place I knew. I was late and I burst into a church full of grey-haired people. I didn't recognize anyone. A dreadful sadness came over me as I very gradually started to understand that it was my son's funeral.

Such is a result of the anxiety grief can bring. Learn to understand and love yourself. Read and inquire. There is nothing to fear. There are so many who absolutely understand.

Judy Dowling
Remembering Patrick





Post-Traumatic Growth:

An evening with guest speaker Tara J Lal

Written by Claire Kuhnell (TCFV) Sibling Support Group Leader, bereaved sister of Benoit and Francois

We had the pleasure to receive a visit from Tara J Lal – author of “Standing on my brother’s shoulders: making peace with grief and suicide” published by Watkins Publishing – at our online TCF siblings meeting on 9th February 2021.

Her book was given to me by a friend, who bought it after my brother François’s death. After reading it, I was compelled to make contact with Tara. I could relate to so many aspects of her story, which she shared with us that evening, and in her book. Siblings Group co-leader Andrew McNess and I compiled our notes from this meeting and would like to share our reflections with you.

Tara was born in London and was the youngest of 3 siblings born from the union of an Indian father, an eccentric academic, and a British mother with a thirst for adventure and a love of India. She thought she had a pretty normal life, or didn’t know any different. However, she has early memories of her father not being well and not being able to give her the cuddles she craved from him when he wasn’t well. Tara’s family learnt to live with her father’s mental illness, her mother carrying the load of keeping the family together.

At age 13, Tara’s world was turned upside down when her mother died after a 5-year battle with breast cancer. Her dad’s struggle to cope with life’s practical things after his wife’s death saw him in and out of a psychiatric ward over a year. During that time, Tara developed a very strong bond with her brother, Adam, who she saw as her safe haven in their unspoken shared understanding of grief. However, Adam struggled with his own anxiety and depression that he expressed to no one. His only expression was through eloquently written diaries, excerpts of which accompany Tara’s story throughout her book.

When Tara was 17, four years after losing their mother, Adam took his own life.

SOME REFLECTIONS ON A CONVERSATION WITH TARA

Tara is a warm, compassionate and an incredibly inspiring woman who spoke with us in a very honest, organic, and loving way of her journey – and of the usefulness of sharing one’s story and the healing power of self-compassion. Writing, for Tara, was a way of healing and she wrote her



story as if no-one was going to read it. It was only later that it turned into a book. She learnt that she could re-write her narrative and work on the relationship she had with Adam and her mother, even after their death.

Tara spoke to us about the impact of Adam’s death on her sense of safety. She carried with her a loss of safety for a long time and transformed the question of why Adam died to asking Why, for her what it meant for her... and how to make sense of her life. She expressed that early on, she did not want to die but she did not know how to live.

Tara explained that she suffered intense panic attacks, and felt that she wasn’t really in the world, believing that no one could handle the intensity of her grief so suppressed that grief for a long time to survive. And she lived with fear, wondering if she was going to be like her father or end up like her brother. She explained she didn’t know what she was feeling, she did not know how to feel joy, she had suppressed grief and with it anger, and so many other emotions, including joy. She thought her brother was perfect, and she couldn’t be both angry with him and love him so she suppressed anger. She developed an intense fear of rejection, despairing that she was not enough to keep Adam here. She ended up fracturing her relationship with herself and had to work at reconstructing a sense of safety.



Tara explained she felt safe and was defining her self-worth by seeking to rescue people. Tara told us early on she would dissociate from talk of suicide, would block her ears... she needed to look at her grief but was frightened of what she might find, so she kept moving, kept busy. "I kept myself busy because if I stopped and looked at myself I'd be scared of what I'd find."

Tara had the support of 3 different psychologists / psychotherapists. She used to think she'd be fixed and get married and have children. In talking with therapists, she realised she had experienced trauma, it wasn't just grief. Tara explained that trauma is a shame-based response where grief is a loss-based response. She had to work on the trauma as well.

Tara can now say that she is the person she wanted to be, it feels big, expansive, and free. She really feels she has experienced growth from trauma. It wasn't about being resilient, it was a result of having something that completely exploded her world and view of things, and of reconstructing that view to become herself. She now has a sense of meaning and purpose out of her experience of deep grief.

Q&A FROM SIBLINGS MEETING

How do you deal with anger and love at the same time? How did you do that?

"Through therapy. Working hard on grief. That was the hardest. What I was suppressing was my anger. A therapist asked me to hold that anger and feel it. The thing is I couldn't feel it. My default emotion was sadness, a blanket emotion. All was sadness."

Tara advised that a psychotherapist challenged her that the sadness she reported she constantly experienced was actually anger: "Sadness was very comfortable for me. It prevented me from looking at other emotions, like anger. Grief was comfortable. I had to recognise tears were not always sadness. I learnt to be able to acknowledge what anger was and learn to hold anger – but love as well. Even if I was angry it didn't mean I didn't love him. Then, I had to learn to use anger in a healthy way. Recognise it quickly, have the anger but not react to it. Then learnt to heal relationships with family (members that were dead and alive) and then heal the relationship to myself. If you hold deep wounds gently, it makes good experiences richer."

Tara explained that anger is typically caused when we consciously (or unconsciously) recognise something we don't want. Thus, acknowledging our anger guides us towards what we do want. That suppressing / not acknowledging her experiences of anger was causing depression. She said, "We experience growth by facing what we fear facing ... but facing it when we are ready. Don't force it if you don't feel ready."

Acknowledging her anger didn't mean that she vented at others, rather it was acknowledging that the anger actually existed.

Tara has experienced different types of therapy at different stages in her grief journey.

- Cognitive behavioural therapy
- Trauma-based therapy
- Intensive short-term dynamic relationship (which was the most challenging, but also the most transformative)

Psychotherapy has been the best money she has ever spent. What is unspoken – feels too scary to verbalise – is ultimately damaging. "I became the person I wanted to be." That is, having a voice and finding it meaningful.

How did you find sharing your story?

"I had to heal and work on my own self first. To be in a place where I was able to share without being retraumatised by other peoples' stories and without retraumatising myself. Empathy also needs boundaries. I still have a hard time saying no. I had to heal before I could engage in that meaningful work. I did the ASIST training, peer support, I spoke for Beyond Blue. I learnt to share my story safely. It evolved."

You talk in your book about self-compassion. Can you tell us a bit more about what that looks like?

"Self-compassion is the way through the shame and guilt. There are times that I would react from that hurt little girl's space and had to identify that I am that little girl again. The way to self-compassion was to prioritise health, self care, self relation."

How did you deal with your peers?

"I wanted to be normal, tried to be normal, pushed things away, pretended. As a consequence, many of my friends then are not my friends now. I was busy all the time, did not stop."

There are people who won't understand, there are people whom you can share this with. Keep searching for those safe spaces / safe people. It is connecting."

Andrew and I are truly thankful for Tara's generosity in sharing her experience and life story with us, and giving us her precious time in a busy schedule. Giving us hope that living with grief can be an opportunity for profound self-discovery and healing and living well is possible, without having to bury our sense of loss. If you would like to find out more about Tara and where to find her book, go to: <https://www.tarajlal.com/>

“Ring Theory” helps us bring comfort in and “dump” our own stuff out.

A few years ago, psychologist Susan Silk and her friend Barry Goldman wrote about a concept they called the “Ring Theory.”

It’s a theory to help yourself know what to do in a crisis. If the crisis is happening to you, you’re in the centre of the ring. If the crisis is not happening to you, you’re in one of the outer circles.

Here are the basic tenets, paraphrased from Silk and Goodman:

1. Draw a circle. In this circle, write the name of the person at the centre of the crisis.
2. Now draw a larger circle around the first one. In this ring, put the name of the person next closest to the crisis.
3. In each larger ring, put the next closest people. As Silk and Goodman state, “Parents and children before more distant relatives. Intimate friends in smaller rings, less intimate friends in larger ones. . . . When you are done, you have a Kvetching Order.”



Here are the rules:

The person in the centre ring can say anything she wants to anyone, anywhere. She can kvetch and complain and whine and moan and curse the heavens and say, “Life is unfair,” and “Why me?” That’s the one payoff for being in the centre ring. Everyone else can say those things too, but only to people in larger rings.

When you are talking to a person in a ring smaller than yours, someone closer to the centre of the crisis, the goal is to help. Listening is often more helpful than talking. But if you’re going to open your mouth, first ask yourself if what you are about to say is likely to provide comfort and support. If it isn’t, don’t say it. Don’t, for example, give advice. People who are suffering from trauma don’t need advice. They need comfort and support. So, say “I’m sorry,” or “This must really be hard for you,” or “Can I bring you a pot roast?” Don’t say, “You should hear what happened to me,” or “Here’s what I would do if I were you.” And don’t say, “This is really bringing me down.”

If you want to scream or cry or complain, if you want to tell someone how shocked you are or how icky you feel, or whine about how it reminds you of all the terrible things that have happened to you lately, that’s fine. It’s a perfectly normal response. Just do it to someone in a bigger ring.

“Comfort in, dump out.”

In the time since I originally read their piece, I have thought of this theory many, many times. Where I am in the circle? Given that position, what should I say, or what can I hope would be said to me? Who are people in the circle I could comfort? Who can I “dump” to? And I’ve wanted to come up with a list of practical things that can be done for someone in crisis.

Here is a start:

1. Bring a meal.
2. Bring a cup of coffee, tea, or a chocolate bar.
3. Offer to go for a walk.
4. Offer to watch/spend time with kids, older parents, or pets.
5. Come over just to wash dishes or do a load of laundry.
6. Bring by a favourite CD or movie.
7. If going in person seems like too much, send a note by mail.

What do you have to add to that list? What has been helpful for you or a loved one? Where are you in the circle now?

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WRITING YOUR CHILD'S STORY

The possibility of forgetting even the smallest detail of our child's life is a fear most of us have. In truth, over the months and years many of these details do dim. Writing them down is a way to keep from losing these memories. This way we will not only have a permanent remembrance of our child for ourselves, but this will be a legacy for the other brothers and sisters. Here are some suggestions:

- * Write in a spiral notebook. (This way nothing you write will be lost)
- * Begin at the beginning. Write all the details of your child's life from her/his birth through to the death day.
- * Use your child's pictures to help remind you of occasions and happenings over the years. Ask friends and relatives to tell you anything they remember about your child. (This may make them a little uncomfortable at first but let them know how important it is to you) Also write any thoughts and feelings you remember having at that time.
- * Record the bad things your child did and said in his life as well as the good things. (It is important to write both the child's good and bad sides so we can remember them as a real person.)
- * Write about your child's death. Record as many details surrounding it as you care to retell. Write about the days before the burial, the funeral, the days after, two weeks, a month and so on. Record how others helped.
- * Write a letter to your child. Include:
 - ' What I wish I had said to you.
 - " What I wish I would have done
 - * What I wish I hadn't said to you
 - * What I wish you had not done.
 - * What I wish I had done.
 - * What I wish I could ask you.
 - * What I wish I had not done.
 - * What I would like to tell you.

Pour out your feelings to your child. Tell your child how you love her/him. Tell your child GOODBYE.

Don't worry about whether you write well or not. Don't worry about form or grammar. Just write. Keep your notebook handy. Write any time you feel you want to say something to her/him, or when you remember some detail that suddenly comes into your mind. The many times you have trouble sleeping, write down the things that keep coming into your mind.

Writing about your child or to your child will be emotional. It will probably make you cry. Don't let this stop you. Crying can be extremely helpful in releasing your tensions and will help you with your grief work. Remember writing, is just talking written down.

TCF - St. Louis, MO.

Love, It Never Ever Dies.
You left this life before me,
But a thread connects us still,
Between this world and that.
Our lives are intertwined,
Yours and mine,
Together for all time.
For love lives on,
Life after life,
It never ever dies.

Steven Katsineris*. April 2011.

***Father of Chione, 6.**

WE'VE JOINED HANDS TO SAVE LIVES...
NOW YOU CAN JOIN US TOO

Night of Hope Gala Ball

THURSDAY, 28TH MARCH 2022
Rescheduled to 5th March 2022
MILNE TOWN HALL
6.30 PM - 10.30 PM

Volunteers are required to help secure sponsorships and auction prizes.

If you can help please contact Theresa Yeo
at 0403 842 068 or email theresay@tcfv.org.au

Kidsafe Child Accident Prevention Foundation of Australia
16-19 The Compassionate Friends Victoria
Supporting parents, siblings & grandparents after a child dies

Calendar of Events 2021

| Social Events | Date | Location |
|--|---|--------------------------------|
| Cook and Chat - Men Only | Fri 10th September | Centre |
| Members 15 years+ Morning Tea | Wed 15th September | Centre |
| Dia de los Muertos | Fri 29th October | Centre |
| Sibling Connections – Pizza Night | Fri 12th November | Centre |
| End of Year Volunteer Celebration | Sat 27th November | Centre |
| Service | Date | Location |
| Centre-based "Express Yourself Through Art" | Third Monday each month 7.00pm - 9.00pm | Centre |
| Online "Express Yourself Through Art" | Wednesdays 1.30pm (Held weekly except during third week of each month) | Zoom |
| AGM | Sun 19th September | Centre and Zoom |
| Newly Bereaved Connections (4 Week Program) | Thurs September 16, 23, 30 & October 7 | Centre |
| Water Colour Workshop | Sat 4th December | Centre |
| Candlelight Service | Sun 12th December | Venue be confirmed and on Zoom |
| Volunteer Training | Date | Location |
| Group Leader Training | | |
| (We welcome your expressions of interest. Contact: andrewm@tcfv.org.au) | Reading Material – anytime; Online Component of Training - August | Zoom |
| Phone Listening Skills Training | | |
| (We welcome your expressions of interest. Contact: jennyg@tcfv.org.au) | Reading Material – anytime before; Training Days – 2nd & 3rd October | Centre or Zoom if needed |
| Chat Service Training | October | Zoom |
| Introduction to Volunteering | Sun 17th October | Centre |

Please check the TCFV website closer to the time to see specific dates and arrangements.
To attend activities, book online at <https://www.compassionatefriendsvictoria.org.au> or telephone the Centre on 03 9888 4034 to register for Volunteer Training.

YES. GRANDPARENTS DO GRIEVE!

Thank God, someone stepped up and said, Hey! This child was and is my grandchild! And I hurt too.' Not looking for sympathy, but wanting the world to know that yes, the mother and father are hurting from the loss of their little angels, but Granny and Grandpa loved these children with their hearts and souls. Totally unconditionally! I read these letters that are sent to me, every day. My heart hurts for these parents for the loss of their children. But, please, let us not forget any of the grandparents whose loss is twofold. One for their child who is hurting so badly and for the loss of their grandchildren. I always thought my grandchildren would outlive me. At least that's the way it's supposed to be. It doesn't always work out that way. So yes, my heart also hurts for the grandparents too.

Wanda Bryant TCP, Vidalia, GA



Long time Bereaved Morning Tea

***We would like to invite all our
long time bereaved members
to Morning Tea
with Jo Knoll and Judy Dowling***

***This is open to anyone who would like to
come but it is more for those who don't go
to support group any more and who
would like to catch up with other
long time members and volunteers who
they may not have seen in a while.***

(Long time bereaved is 15 plus years)



When: Wednesday 15th September 2021

Where: 229 Canterbury Rd Canterbury.

Time: 10.00am to 12.00

RSPV: By Mon 13th Sept

Register at:

<https://www.tcfv.org.au/bereaved-morning-tea-2021>



Date: Friday, 29th October 2021

Time: 6:30pm – 9.30pm

Venue: 229 Canterbury Rd, Canterbury

Cost: Donations gratefully accepted

RSVP: www.tcfv.org.au/mexican



***Join us at the centre to celebrate
the lives of our loved ones.***

***Bring a photo of your child,
sibling, or grandchild to pin up
on the garlands around the room.***

***Bring a plate of their
favourite food and
share stories of their lives.***

***Enjoy a glass of Sangria
and experience a
different culture's way of
honouring their loved ones.***

Ode to Lishy 1:

You flicked into my memory
Though how could I forget?
The child you were within me
Is something that's not let.
I miss you, try to hide it,
Away from my own known,
And still you find those pathways
To mind you come alone.
It's just it hurts severely
It's hard to let it sit,
I never mean to lose you
But pain that comes insists.
I wish that you were with me
I see your precious face,
It haunts when night hits me
It jolts me wide awake.
Dear sweetheart don't stop coming,
To mind and heart within
I wish I thought more of you
But hurt resists those whims.

Ode to Lishy 2:

It gave no choice, just happened
No power or control.
I thought I could protect you
That too a lie that's told.
I've never felt so helpless
Than when I watched you die,
You slipped away still sleeping,
I watched you quietly lie.
I left you when I shouldn't,
What mother leaves her child?
But take you home unable
That choice no longer mine.
I loathe that it all happened
I scream at what took place,
I thrash about in anger
I sob at restless pace.
No longer sure I'll see you,
No longer know what's true,
Six years gone by with anguish,
Dear sweetheart where are you?

By Milla Samball

**Mum to Eli-sha 11/01/2011 - 13/10/2014 and Jayden,
may that date be endless.**



EXPRESS YOURSELF THROUGH ART

PRAISE FOR THE PROGRAM:

"Lauren is an amazing Teacher and she has inspired and helped us all through our grief and healing. These sessions have helped me and others to express our feelings and share our experiences with each other. It has only been three weeks since I joined the group, it has been amazing and so beneficial to each and every one of us."

"Through art we are able to access deeper parts of our emotions and grief that often is very difficult to express or share with words alone. ...We use different materials each week, that often elicit different feelings ... with all of us being able to relate to what has come up for each other. We cry, we laugh, we share, support, understand ... and always leave more uplifted than when we came. Accessing hidden unexpressed emotions in this way and sharing them is very therapeutic and enlightening."

To register to attend, please visit: <https://www.compassionatefriendsvictoria.org.au/events/category/tcfv/>





TCFV SUPPORT GROUPS & SOCIAL SUPPORT GROUPS

COVID-19 restrictions: During late May/early June we saw the return of lockdowns, and this necessitated a number of groups to cancel or postpone their meetings. It's a reminder of the changeable landscape that we all navigate. Stay safe everyone, and for the latest updates on support groups, please always utilise this page: <https://www.compassionatefriendsvictoria.org.au/need-support/support-groups/>

Online Support Group for Suicide-bereaved Regional Victorians: We warmly invite regionally based suicide-bereaved parents, siblings and grandparents to use this excellent peer support service. The next meeting is Thursday evening, 19th August. If you would like to attend, you can register to attend here:

<https://www.compassionatefriendsvictoria.org.au/event/regional-online-aug21/>

This group is made possible by the involvement of established TCFV leaders: Jenny Purvis (Canterbury Bereaved by Suicide Support Group), Robyn Reeve (Ballarat Support Group) and Jeff & Karen Lyell (Lakes Entrance).

Some of our newer groups...

Yarraville Social Group (run the third Saturday of each month, 11am, Mantra Studio Kitchen and Bar, 10a Campbell Street, Yarraville): Run by bereaved mothers, Deb Boundy and Karen Philippzig, and held within a beautiful, spacious upstairs room, the Yarraville Social Group provides an opportunity for bereaved parents, siblings, and grandparents to come together in a safe social atmosphere.

Lakes Entrance Support Groups: Held in the Utility Room of Lakes Entrance Baptist Church (141 Princes Highway, Lakes Entrance) and run by bereaved parents, Jeff and Karen Lyell, the Lakes Entrance Support Groups provide essential peer support to East Gippsland.

- "BereavedThroughAnyCause" Group Meetings: 7pm, on the first Thursday of the following months (March, May, July, September, November)
- "Suicide-specific" Group Meetings: 7pm on the first Thursday of the following months (April, June, August, October, December).

Group Leader Training: Would you be interested in joining the leadership team of your local support group? Would you like to apply your empathy and understandings

of the bereavement experience to sit with and support others? If you are two years or more past your bereavement, we encourage your interest in this rewarding role.

You can undertake the reading component of group leader training anytime. Coupled with this is the online component of group leader training (four 2-hour sessions), which is run two times a year.

If you are interested, please do not hesitate to contact me, Andrew McNess, at: andrewm@tcfv.org.au / 03 9888 4034.



TELEPHONE LISTENING SKILLS TRAINING



If you have an interest in supporting bereaved individuals and families, this training is an essential step towards fulfilling that goal.

The training commitment consists of:

- Completing a series of online training modules
- Attending two onsite training days: 2nd & 3rd October 2021, 10am-4pm each day (held at TCFV Centre, 229 Canterbury Road, Canterbury 3126)

The course covers:

- empathetic listening and responding
- grief theory
- the practicalities of taking support calls
- our own self-care

Please note: to participate in this training you will be past your second anniversary.

Facilitators:

Jenny Galati, TCFV Volunteer Coordinator
Sue Brown, Telephone Answerer & Supervisor

To discuss your involvement in the training, please contact JENNY at TCF Centre on (03) 9888 4944 / 1300 064 068 (Country Victoria) jennyg@tcfv.org.au



Please note: the listing below outlines when/where meetings were held prior to COVID-19.
Where possible, we will keep to those dates & venues.
For the status of your group's present operation, please call us on 9888 4944 / 1300 064 068.

| GROUP | When Is Meeting Usually Held? | Where is Meeting Held? |
|---|--|---|
| Ballarat | 1st Tuesday 7pm (no meeting in January) | Mt Clear Church of Christ (Church Hall), 1185 Geelong Road, Mt Clear |
| Bayside | 4th Wednesday 7pm (no meeting in December) | Highett Community Centre, 2 Livingston St, Highett |
| Bendigo | 1st Wednesday 1pm | Contact 1300 064 068 for details |
| Camperdown | 4th Monday 7.30pm (excluding December) | Camperdown Uniting Church, cnr Leura & Barkly Streets, Camperdown |
| Canterbury Daytime | 4th Wednesday 11am (3rd Wednesday in December) | TCFV Centre, 229 Canterbury Rd, Canterbury |
| Canterbury Evening | 2nd Tuesday 7.45pm (no meeting in January) | TCFV Centre, 229 Canterbury Rd, Canterbury |
| Canterbury Siblings | 3rd Tuesday 7.45pm | TCFV Centre, 229 Canterbury Rd, Canterbury |
| Canterbury Suicide-bereaved | 4th Monday 7.30pm (excluding December) | TCFV Centre, 229 Canterbury Rd, Canterbury |
| Castlemaine | Last Thursday 7.30pm (no meeting in December – call leader for date of Xmas dinner) | Maternal Child & Health Centre, Lyttleton Street, Castlemaine |
| Eltham | 1st Thursday 11am | Eltham Library Community Room, Panther Place, Eltham |
| Geelong | Last Tuesday 7.30pm (no meeting in December – call leader for date of Xmas dinner) | Noble Street Uniting Church, 26-42 Saffron Street, Newtown |
| Hobart | 2nd Tuesday bi-monthly 7.30pm (Feb, Apr, Jun, Aug, Oct, Dec) | McDougall Building, 9 Ellersie Road, Battery Point |
| Horsham - Wimmera | Meetings held: Mar, Jun, Sep, Dec | Contact 1300 064 068 for details |
| KIDSAFE / TCFV Support Group (Online) | Bereaved of a child 14 years and under through an accident 1st Tuesday 7pm | Contact: alex@kidsafe.com.au |
| Lakes Entrance (Bereaved Through Suicide) | 1st Thursday of the following months (Feb, Apr, Jun, Aug, Oct, Dec) 7pm | Lakes Entrance Baptist Church (Utility Room), 141 Princes Highway, Lakes Entrance |
| Lakes Entrance (Any Bereavements) | 1st Thursday of the following months (Mar, May, Jul, Sep, Nov) 7 pm | Lakes Entrance Baptist Church (Utility Room), 141 Princes Highway, Lakes Entrance |
| Menspace | 3rd Wednesday 7pm | TCFV Centre, 229 Canterbury Rd, Canterbury |
| Mildura | 2nd Saturday 11am (no meeting in January) | MADEC Community Centre, 133-137 Madden Avenue, Mildura |
| Regional Suicide-bereaved (Online) | 3rd Thursday bimonthly (Feb / Apr / Jun / Aug / Oct / Dec) | Register at: www.tcfv.org.au (visit EVENTS) |
| Rowville | 1st Friday 1pm (no meeting in January) | Bridgewater Centre, cnr Fulham Road & Bridgewater Road, Rowville |
| Sunshine | 3rd Tuesday 7.30pm | Salvation Army Drop-In Centre, 42 Devonshire Road, Sunshine |
| Sunshine Bereaved Through Suicide | 1st Tuesday 7pm | Salvation Army Drop-In Centre, 42 Devonshire Road, Sunshine |
| Warragul | 4th Wednesday 7.30pm (no meeting in December) | Warragul Community House, 138 Normanby Street, Warragul |
| SOCIAL SUPPORT GROUPS | | |
| Bayside | 2nd Tuesday 10.45am | Public Grind, 316 Highett Road, Highett |
| Bereaved by Suicide Dinner | 2nd Thursday 7.00pm | Box Hill RSL, 26-28 Nelson Road, Box Hill |
| Geelong | 2nd Tuesday 10.00am (no meeting in January) | Brioche Cafe, 175 West Fyans Street, Newtown |
| Hobart | Social meetings (Mar/May/Jul/Sep/Nov) | Contact leader for dates and venue |
| Southern Peninsula | 1st Tuesday 12 noon (no meeting in January) | Contact leader for venue |
| Yarraville Social | 3rd Saturday 11am | Mantra Café, 10am Campbell Street, Yarraville |



Our Community Noticeboard



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Fri – Sun 11.00am till Late
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Meet me in the Middle Café

*Is dedicated to my beautiful son Bill
who passed away 29.1.2015
and to all our lost children*

*It is my wish to create a space that is
bright and happy and full of hope*

*I hope that people can come in here
and find some peace*

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(03) 9723 5825

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TCF Australia

| | | |
|--|--------------|---|
| ACT & Queanbeyan | 0419 137 818 | |
| New South Wales | 02 9290 2355 | 802 / 8th Floor, 32 York Street, Sydney 2000 |
| Queensland | 07 3254 2657 | 505 Bowen Terrace, New Farm 4005 |
| South Australia | 0456 820 133 | |
| Western Australia | 08 6107 6257 | 54 Simpson Street Ardross WA 6153 |
| 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 | | |

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