

New Anam Cara Resource Videos



A huge thanks to all the mums and dads who participated in the videos and to those who gave valuable feedback.

“A Dad’s Grief” reached an amazing 1,400+ views in less than a fortnight. To watch it, simply click on the image.

Four more videos will be up shortly:

- The Death of a Child
- The Grieving Family
- Sudden and Traumatic Death
- About Anam Cara



Local Group Focus: Galway

By Volunteer Parent and Group Co-Facilitator **Caroline Flaherty**



We meet on the first Wednesday of every month between September and June in the Ballybane Enterprise Centre. We had a lovely close to our year on the 3rd of June when about 60 Mums, Dads, brothers & sisters attended a Family Remembrance event, We enjoyed a special evening in the Circle of Life garden in Salthill, which is dedicated to organ donors.

Candles were decorated for our children and we shared reflections from the different perspectives of mothers, fathers and siblings.

There was music and we lit our candles from the candle of hope. The group planted a lovely birch tree in memory of all our children and placed a stone with our child’s name on it around the tree. (Click on images below to view on Facebook)

Of course the evening was completed by sharing some light refreshments. Anam Cara Galway was assisted on the night by the generous volunteers of Medtronic . Hoping for a good summer to all!

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”
— LEO BUSCAGLIA

Fundraising Initiatives

Thanks to all and a special mention to:

Everyone who ran or walked for Team Anam Cara in this year’s VHI Women’s Mini Marathon!

All who attended Anam Cara Cork’s fundraising lunch in May at the Club Brasserie.

Jackie Crowley and Colette Griffin in Cork for organizing a coffee morning in memory of Sarah collecting €2,380 for Anam Cara Cork.



Anam Cara Groups
We would like to extend a big welcome to our new professional co-facilitators, **Stella McCole in Donegal and Jannah Walshe in Mayo.** Anam Cara Mayo will re-launch in Castlebar this September.

DOWNLOAD OUR RESOURCE PACK



Anam Cara Leaflets
Almost there ... and with the help of parents at the Anam Cara Groups and NALA this much needed resource will be ready to launch in October 2015

#Daddyandme, June 2015



I like when I don't have to be careful what I say. That's when you know you're with the right people.



Anam Cara Cork Volunteers Marie, Val, Julie and Sheila

Spring Family Day at Barretstown Castle

Always a special event for Anam Cara families and thanks to the wonderful Barretstown Volunteers for putting on an activity-filled day... great fun for all!



BIG NEWS It's great that Anam Cara Midlands will launch this September 2015 in Mullingar, bringing Anam Cara up to ten active groups across the country. More information coming soon.

Thanks to our Sponsors...

Applegreen continue to provide tremendous support via their Charitable Fund as well as staff initiatives. Pictured are the Applegreen team in Cellbridge who hosted a fundraising car wash in June.



We are also grateful for the kind and generous support of;

The Healy Group

Nightline

Benji Bennet - Adam's Cloud

Health Services Staff Credit Union

Ulster Bank Staff Charity Fund

Murphy/Cooke Family

Covidien

Tipperary Gospel Choir

Family Friendly HQ

Electric Aid

A big welcome and thank you to Irish rugby international Mike Ross for becoming an Ambassador for Anam Cara. It's great to have him on board and we wish him all the best in his training before the World Cup!!



Anam Cara would like to thank our Volunteer Parents, who give so generously of their time to make Anam Cara possible throughout Ireland.