

I hope you are all starting to take advantage of the sunshine that is starting to appear on random occasions, but nice to see that Summer is now upon us.

We are delighted to be back offering face to face meetings once again and encouraged to see that Anam Cara's message is spreading as we welcome many new families to our meetings around the country.

I would like to take this opportunity to say a massive thank you to our professional facilitators and volunteer parents for your kindness and compassion at the online and face-to-face groups, during the challenging times we are hopefully leaving behind us.

Now out of restrictions and back operating face to face we have decided to continue our online supports, noting it has enabled us develop a broader reach to areas that may have been previously geographically challenged.

As we take a break from meetings for the Months of July and August, remember there is always support on our website, in the form of podcasts, information and webinars, but we are also at the end of a phone if you ever need to call us on 085 2888888.

We are delighted to welcome Tony Mahon on as our new Chairperson and know the expertise he has gained in his role as Managing Director of a major Global and International corporation will bring a wealth of benefits to the charity.

We also wish to sincerely thank Pat Cullen our outgoing chair for his contribution, time and commitment to the role for the last few years and delighted to see he will remain on the board in supporting our future development.



CEO



Dundalk Golf Club Charity Fundraising Event



a huge thank you to Lady Captain, Alison Quigley and the members of Dundalk golf club for the wonderful donation of €3,650 from their recent Lady Captains day. A great support towards continuing the essential services provided by Anam Cara to bereaved parents.

Anam Cara Family Remembrance Day 2022

It was wonderful to be able to meet up with our families again in person, at our Spring 2022 Family Remembrance Day.

Thank you Barretstown and all your wonderful volunteers for letting us remember our child in such a special place and in such a special way.

We look forward to seeing you on Sunday 11th September for another Family Day. Don't worry we will be in touch with you all nearer to the date with further details.



Anam Cara Midlands Group

We are delighted to let you know there is another addition to the Anam Cara network of support groups, 'Anam Cara Midlands'.

On 14th September we will be welcoming all bereaved parents from the midland's region to the Mullingar Park Hotel for our inaugural monthly Parents evening.

Anam Cara now has 14 active groups throughout the island of Ireland, with another additional 5 online groups. These include, Leinster, Connaught, Ulster, Munster and a group for parents living with no surviving children.



Anam Cara Camino Walk

Date for the diary - Rescheduled date for Camino Walk - May 2023

We are delighted to announce that we have rescheduled our much-anticipated Camino walk to Sunday 21st – Sunday 28th May 2023. See our website for further details and a revised itinerary. If you wish to register your interest in the meantime, you can email s.dagg@anamcara.ie or complete the registration form online.

Follow
the
Camino

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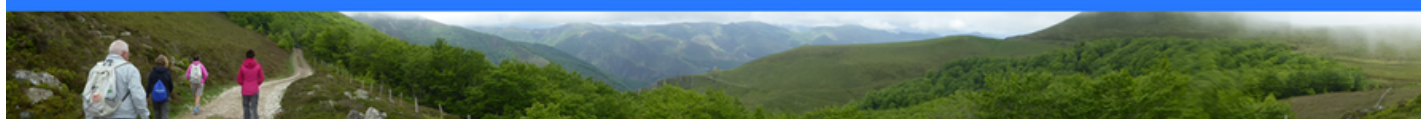
AnamCara

Supporting Parents
After Bereavement

Camino Frances – Sarria to Santiago de Compostela 21st – 28th May 2023

A walk that provides beauty, peace, friendships and a time for reflection.

For more information and to register your interest go to www.anamcara.ie or email s.dagg@anamcara.ie



Mini Marathon 2022

After such a long break it was wonderful to welcome the Mini Marathon back to the streets of Dublin. Despite the weather it did not take away from the wonderful group of ladies led by Deirdre Myers, in braving the elements to support Anam Cara in raising much needed funds. Thank you for your continued support and a big thank you to Doheny & Nesbitt for providing us all with a dry space to relax and celebrate after the race. Look forward to seeing us build on this amazing team for next year!



We are delighted to announce that we have been awarded SSNO funding through Pobal, funded by the Department of Rural and Community Development. This has come as a welcome relief after a challenging two years in fundraising. It has provided us with the endorsement that Anam Cara is an organisation that the Government view as an integral part of community development.



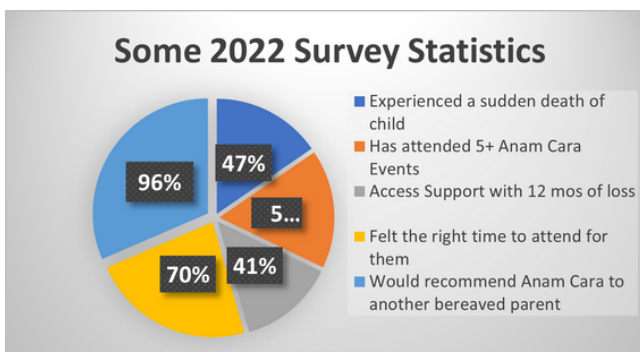
pobal

government supporting communities

Anam Cara Parent's Survey 2022

As always Anam Cara's focus is on bereaved parents throughout the island of Ireland and ensuring they have the information, resources and support they need following the death of their child.

To maintain the quality of our services and to ensure that they are relevant to the parents we support, we conduct an annual survey and invite all parents who have engaged with us to take part.



Some highlights:

- 96% of Survey respondents said they would recommend Anam Cara services
- 89% stated it was really important to be able to connect to other bereaved parents
- 86% stated it was really important to hear from bereavement professionals with experience of working with bereaved parents.

A big thank you to all who took part! All feedback will be used to continue to improve our services.

Supporting a bereaved colleague on their return to work



Anam Cara is always looking for new ways to support bereaved parents and as part of our commitment to this we are introducing a new workshop, aimed at employers, to upskill them in supporting a

bereaved colleague on their return to work.

The workshop will be facilitated by Dorothy Ingram, bereavement expert, and will take place online, on Friday September 23rd, 10.30am - 12.30pm. Cost €100.

If this is something that would be of benefit to your employer or if you know of any organisation who might benefit from this workshop please get them to contact us at s.dagg@anamcara.ie

Return of our Parent Evenings

Our monthly face-to-face and online parent evenings will resume in September after the summer break.

We now offer parent evenings in 14 locations around the country and we have a new group starting in the Mullingar Park Hotel to support bereaved parents in the Midlands.

A full list of our parent evenings can be viewed at: shorturl.at/biJXY

If you would like more information please call us at 01 4045378 or email info@anamcara.ie

WAYS TO SUPPORT ANAM CARA

There are many ways to support our work to ensure our services remain free of charge for all bereaved parents.

- Raise awareness by telling people about our nationwide services
- Follow us on social media (Facebook, Twitter, Instagram or LinkedIn)
- Request leaflets from us and pop them up on the noticeboard at work.
- Organise a fundraising event
- If you are working in an organisation who implement a CSR programme, introduce us.
- Set up a monthly Standing Order
- or simply text FRIEND to 50300 to donate €4.

FIND US ON SOCIAL MEDIA



@AnamCaraSupport



@anam_cara.ie



@anamcarabereavement