

July 2017

Inaugural Dad's Golf Outing, Killeen Golf Club

Paul Dowling writes... "To be honest it was a great experience with great weather and no competitive edge. All agreed it was very relaxing and we had a good chat in the clubhouse. We've decided to arrange another outing for the end of August or thereabouts. The venue will probably be Thurles. We also felt that two or three fourballs would be ideal for the next outing. That way we would have a nice group all finished around the same time and then can have something to eat together and a chat."

If interested in playing in the next outing (no need to be a Rory McIlroy) please email Paul directly at ppdowling@outlook.com



Golfers Paul Dowling, Tony Mahon, Mark Byrne, Adrian Hendrick and David Kelly at Killeen Golf Club, June 17th



Anne O'Farrell chaplain DCU

Garda John J Walsh

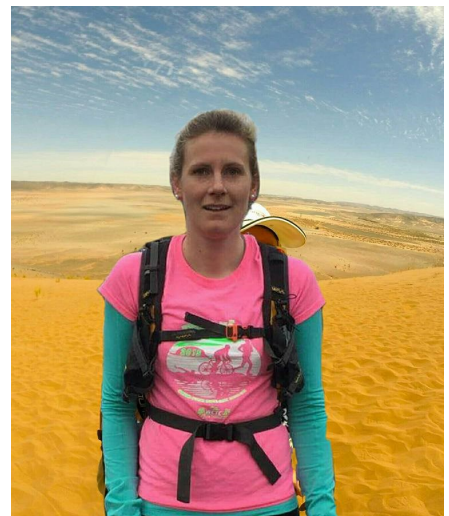
Launch of new information booklet in north Dublin

In April at the Carnegie Court Hotel, Swords, over 30 organisations from North Dublin and Louth came to the launch of the Anam Cara Information Pack, which now includes our latest booklet for Parents with No Surviving Children. The local groups represented included An Garda Síochána, Tusla, HSE, Bethany Bereavement Support, Staffords Funeral Home, Ballymun Family Support Services and others. Nurses and social workers from the Coombe, Beaumont and Lourdes Hospital Drogheda also attended, as did LauraLynn, the Jack and Jill Foundation and Pieta House. Click on [Pat Kenny Anam Cara](#) to listen to an interview on Newstalk with Catriona Clutterbuck, one of the parents who helped write the booklet. Anam Cara would like to acknowledge and thank all of the parents who developed and contributed to this important new addition to our information pack.

Anam Cara's 2017 Parents Survey

We would like to thank the parents who responded to the survey in April. The critical feedback was particularly welcome and formed the basis for discussions at the recent training workshop in Athlone for Anam Cara volunteers and professionals. We're pleased that everyone who attends the Family Days and Remembrance events find these to be beneficial, while 9 out of 10 of those going to Parent Evenings and Information evenings feel they are helpful. As one parent said, "it's my safe haven".

If parents have any feedback on how we can improve our services, please let us know at info@anamcara.ie



Cork's Jane O'Keeffe ran 251km over six days across the Sahara Desert in April, raising €5,000 for Anam Cara! Thank you Jane, congratulations and well done



Donegal Outreach and Training Project

Anam Cara is very grateful for the backing of Túsla as we move out beyond Letterkenny to deliver a pilot programme in County Donegal. In October we will host Information Evenings in **Buncrana, Dungloe** and **Donegal Town**. Anam Cara is hopeful these outreach events will reach bereaved parents living in rural areas providing information and support.

In September Anam Cara will facilitate a workshop for Professionals in Donegal who are in contact with bereaved parents and families. Key presenters will include **Dr. David Trickey**, Consultant Clinical Psychologist who specialises in traumatic grief and **Brid Carroll** Chairperson of the Irish Child Bereavement Network .

If you are living in or visiting Galway, why not spend some time in the Circle of Life Garden in Salthill to view the Anam Cara bench and the new Anam Cara bird bath (top left).

Anam Cara in the South East

Partnering with the Solas Cancer Support Centre, Anam Cara hosted a Bereavement Information Evening in Waterford in May. Over 35 parents attended this event which clearly demonstrates the need for events like this for bereaved parents in the South East. Anam Cara is planning another Bereavement Information Evening in Waterford on Tuesday September 5th, in the Solas Centre. Visit our website for more details anamcara.ie



Thanks to our fundraisers.

Above right: Dublin Mini-Marathon runners. *Above:* **DPS** staff Breakfast morning in Cork. *Right:* **Jason Betson**, in whose memory a special night of great music was held in Daingean, Co. Offaly. Anam Cara was nominated for the 2017 **Castle Golf Club** Charity day on 27th May. Thanks also to **Gordana Quigley**, **Colette Griffin** and many others for their kind and generous support of Anam Cara in 2017



Anam Cara's CEO and administrator salaries are kindly paid by the Department of Housing, Planning, Community and Local Government through Pobal under their 'Scheme to Support National Organisations'. This ensures that all funds raised throughout the year go towards our services, ensuring bereaved parents have support when they need it. Anam Cara are also very grateful to our other major sponsors, which include the Healy Group, B. Braun and Nightline