

Anam Cara

Supporting Parents after Bereavement

ANAM CARA AWARDS 2018

Anam Cara received a number of Awards in November recognising the unique support we provided to bereaved parents throughout Ireland, acknowledging the compassion and empathy our volunteer parents and professional facilitators provide at all our groups

NATIONAL LOTTERY GOOD CAUSES AWARD



Anam Cara won the National Lottery Good Causes Award Regional Final in Wellness & Health. Wonderful recognition for the excellent service Anam Cara provides to families.

Larry O Sullivan, Martina Woodlock, Margaret Quinn and Ricky Hewitt from Anam Cara Tipperary accepting the award

IRISH ROAD VICTIMS ASSOCIATION

Global 'Light of Hope' Award for support offered to parents who have experienced the death of their son or daughter in a road collision at the 12 Anam Cara Groups throughout the Island of Ireland

SOUTH DUBLIN COUNTY COUNCIL

Anam Cara received a Special Achievement Award in recognition of their support of bereaved mothers and fathers since 2008.



Kate Burke and Marie Rooney accepted this Achievement Award on Anam Cara's behalf

ANAM CARA REMEMBRANCE EVENTS

Any time of the year is always difficult for families who have experienced the recent death of their child.

Anam Cara Remembrance Events gives families an opportunity to remember with others who understand the huge

effort and adjustments it takes to find the strength and resilience to journey through the grief



WE'RE EXPANDING



A busy Autumn and Winter period with two new Anam Cara groups setting up. One in Co. Wicklow, with Anam Cara Northern Ireland setting up one in Belfast.

We hope to have Anam Cara Midlands up and running by Spring 2019

FUNDRAISING LUNCH

Anam Cara's Fundraising lunch will take place on Friday 13th April in Clayton Cork City Hotel. Tickets cost €75 each and are available from Anam Cara Central office.

Tel: 085 2888 888 or 01 4045378





Sincere thanks to all our wonderful supporters, sponsors and donors. Without your contributions, Anam Cara would not be in a position to continue supporting and helping bereaved parents throughout Ireland.

Special thanks to the following:

Healy Group Nightline
Pobal DPS Global
HSE BBraun Medical
Tulsa Dublin Community Bus
Ireland Funds Ireland & Great Britain
Katherine Howard Foundation

In addition, a special mention and thanks to the following who fundraised in memory of their children in 2018.

Gordana Quigley
Eithne Doory & Friends
Stephen & Donna Green - 'Big T Truck Run'
Jonny McGailey - Town2Town Cycle

A special heartfelt thanks to all our wonderful volunteer parents and professional facilitators who play such a vital role in the ongoing success and ongoing development of Anam Cara.

NEW ANAM CARA WEBSITE!



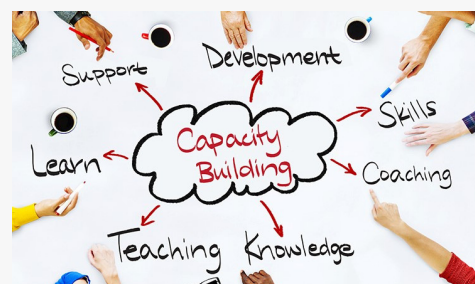
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www.anamcara.ie

ANAM CARA 2018

121 Anam Cara events were held
1,854 Parents attended Anam Cara Events
622 were Parents attending an Anam Cara event for the first time

ANAM CARA TRAINING PROGRAMME



Anam Cara are extremely proud to launch our new Training Programme which was developed in partnership with our volunteer parents, professional facilitators and experienced bereavement specialists.

This innovative Training Programme will ensure all Anam Cara groups continue to be a safe and comfortable place for bereaved parents throughout the Island of Ireland

SUPPORT ANAM CARA IN 2019

To find out more about the unique free support service Anam Cara provides to bereaved parents throughout Ireland Click '**About Us**'

Support Anam Cara in 2019

Watch out for our new campaigns:
#Mammyandme on 31st March 2019
#Daddyandme on 16th June 2019



Would you walk, jog, run 10k in the Dublin Womens Marothon on 2nd June in memory of someone special for Anam Cara?

Email:
info@anamcara.ie
for more details.



Wishing our Parents, Volunteers, Supporters & Friends a Peaceful Christmas