

*I thought of you with love today
but that is nothing new
I thought about you yesterday
and days before that too,
I think of you in silence
I often speak your name
All I have are memories
and your picture in a frame
Your memory is my keepsake
with which I'll never part
God has you in His keeping
I have you in my heart.*



New Anam Cara Group

Anam Cara is delighted to launch a new group for the south east of the country. This new group will commence in January 2022 and will take place in the Solas Centre, Williamstown Way, Waterford. For further details, please email the office at info@anamcara.ie

Anam Cara Webinar

Throughout November & December, Anam Cara ran a six week webinar with an average of 40 parents per week logging on. Topics included 'Is there a roadmap to this Grief' & 'Key Influences on my Grief'. Anam Cara plans to run additional webinars during 2022

Remembrance Day 2021

Anam Cara held their annual Remembrance Day on November 6th. Sadly, due to Covid, this was once again a virtual event. As we took time to remember our children, we listened to a beautiful rendition of "The Dance" performed by Joyce & Adian Murphy. Anam Cara's Book of Remembrance was on display, illustrating all the heartfelt messages from families around Ireland. Over 200 parents participated with each receiving a packet of wildflower seeds to plant and a remembrance card with their child's name displayed on it

Anam Cara Groups 2022

Anam Cara Support Service Schedule 2022	
Anam Cara Face to Face Meetings	Time 7:30pm - 9:00pm
Anam Cara Cork Date: 1st Wednesday of each month Topic: The Christmas Story Professional Facilitator: Helen Murphy	Anam Cara West Cork Date: 1st Monday of each month Topic: The Christmas Story Professional Facilitator: Brian McKeogh
Anam Cara South Dublin Date: 2nd Wednesday of each month Topic: The Christmas Story Professional Facilitator: Beverly Byrne	Anam Cara North Dublin Date: 2nd Monday of each month Topic: The Christmas Story Professional Facilitator: Bernadette Matthews
Anam Cara Galway Date: 1st Wednesday of each month Topic: The Christmas Story Professional Facilitator: Kathy Keane	Anam Cara Mayo Date: 1st Monday of each month Topic: The Christmas Story Professional Facilitator: Joseph Walsh
Anam Cara Belfast Date: 2nd Wednesday of each month Topic: The Christmas Story Professional Facilitator: Kate Dixon	Anam Cara Armagh Date: 2nd Monday of each month Topic: The Christmas Story Professional Facilitator: Marie Corran
Anam Cara Donegal Date: 1st Wednesday of each month Topic: The Christmas Story Professional Facilitator: Aidan Mc Guffee	Anam Cara Wick Date: 1st Monday of each month Topic: The Christmas Story Professional Facilitator: Shirley Keenan
Anam Cara Kerry Date: 1st Wednesday of each month Topic: The Christmas Story Professional Facilitator: Anne O'Connell	Anam Cara Sligo Date: 1st Monday of each month Topic: The Christmas Story Professional Facilitator: Margaret Kenny
Anam Cara South East Date: 2nd Wednesday of each month Topic: The Christmas Story Professional Facilitator: Annette Costello	Anam Cara Midlands Date: 2nd Monday of each month Topic: The Christmas Story Professional Facilitator: [Name]
Anam Cara Regional Online Meetings	Time 7pm - 8:45pm
Children's Corner	1st Wednesday of each month
Children's Support Group	2nd Monday of each month
Parents' Support Group	3rd Wednesday of each month
Research with No Surviving Children	2nd Monday of each month

Please note that dates & venues may change. If you would like to attend one of our support events, just contact us on 01 888 8888 or info@anamcara.ie

Additional Anam Cara Events For 2022

Monthly Anam Cara Online Bereavement Information and Support events, featuring a bereavement specialist giving a talk about the impact of grief on the family after the death of a child. This is a good opportunity for bereaved parents to parents who have not availed of Anam Cara services to attend. The second half of the evening opens to an opportunity to have your child's personalised remembrance card with other parents from the region. Please contact us for the date of the next support event.

Anam Cara Webinars and Podcasts Series will be announced in January 2022

Please see above details of all Anam Cara Groups for 2022. Should you have any queries regarding any group, please do not hesitate to contact the office.

Thank You for your Support



Sincere thanks to the McGinn family from Co. Tyrone who presented a cheque to Anam Cara Northern Ireland following their fundraiser 'Miles for Patrick' which included a 40 mile marathon organised by Patrick's Godmother Leanne and McGinn family to remember Patrick, who died following a road traffic collision in July 2020.

Many thanks also to Lorraine Kavanagh's family, extended family, friends and all who supported Seona's commemorative walk in Blessington on 15th August which was organised by her sister Niamh.



Thank you all in Castle Golf Club Rathfarnham who donated €2,000 and New England Assets Management who kindly donated €800.

Finally, a special thank you to Linda Carroll who donated €600 in memory of her daughter Karen from the remembrance walk

New Members to the Team

Anam Cara recently welcomed two new staff members, Tara Brophy Officer Manager & Claire McEntee Grant Administrator to the Team.

We also welcomed Rory Coll & Amanda Roberts as new Directors on Anam Cara's Board of Directors.

Sadly, we had to say goodbye to Anam Cara Founder and Director Carmel Battigan and Anam Cara's first Chairman John Mullens who both stepped down as Directors. We would like to thank you both for your tireless work and dedication to the orgnaisaion.

Anam Cara Podcasts



In response to our 2021 Parents survey, Anam Cara has developed a series of Podcasts with parents connected to our groups around Ireland.

Recorded in a studio with sound technicians, all kindly sponsored by Dave Murphy, these important resources for newly bereaved parents will be launched in January 2022.

Christams Fundraising Raffle

Many thanks to everyone who supported our Christmas Raffle which took place on Friday 17th December. Our lucky winners were Ann McGrath, Margaret O'Hare and Paul Dowling. Special thanks to The Montenotte Hotel Cork, Wexford Lavender Farm, Lindt Chocolate, Keogh's Crisps and The Coach Off Licence Ballinteer for their kind donations. The raffle raised €2,126 much needed funds. Thank you all for your support.

Wishing you & your family a peaceful Christmas and a Healthy 2022