



# A U S T R A L I A N N A T I O N A L N E W S L E T T E R

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No. 38 November 2005 Vol 11 Issue 3

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## From the Editors

Cheery Greetings from Maxine and Chris.

Here we are again - more glimpses into the working lives of our Australian TCF groups, and some international contributions. There is news about the TCF Gathering in Canada and the formation of the TCF International Council. In the next edition we look forward to reading report progress of the development of our Australian National Council. An interesting note – on looking through old newsletters the other day we found the March 1996 edition. South Australia didn't happen to contribute that time but all other states were represented and each *ratified the setting up of a national advisory council for TCF*. So, it's about time we acted isn't it? Thanks to TCF Victoria for again taking the initiative on this matter.

We have had a question about whether there have ever been protocols set down or discussed for the purpose or aim of the newsletter. To answer this we would simply paraphrase some words from our last editorial: *that the newsletter provides a forum for TCF members all around Australia to exchange ideas, pass on information and give and receive support. It has shown us that 'we are not alone'*. We suggest that these simple words provide a good and clear basis from which to proceed. What do you think? It may well be time now to look at some detailed guidelines for contributors and editors, your thoughts on this would be appreciated. It has been exciting to see how our newsletter has expanded over the years to include overseas contact.

This is your newsletter and some of your responses to our questionnaire have indicated that you would like a wider range of information included. As editors we have collated the articles that you have sent us so if you would like to see something different or extra next time, please send us the material. Contributions and feedback can be sent to us at [TCF National Newsletter Editors](#) (click on the link to send an email)

*Maxine and Chris*

## TCF International Gathering

The Compassionate Friends 4th International Gathering was held from 18-21 August in Vancouver Canada. It was run in conjunction with the World Gathering on Bereavement. More than 600 took part in the event of which some 200 Compassionate Friends from 14 countries were involved. The Vancouver chapter hosted the Compassionate Friends part of the gathering and did an excellent job in helping to create a memorable event and making us all feel so welcome.

Australia was well represented with 13 bereaved parents attending; six from ACT and Queanbeyan, two each from Queensland, Victoria and Western Australia and one from South Australia. There were also three professionals from New South Wales. Other countries which were represented included Argentina, Australia, Belgium, Netherlands, New Zealand South Africa, Switzerland, UK USA and of course our wonderful Canadian hosts.

Of note at the Gathering is the formation of an International Council; you will see some words on the Council from the founding Chairperson Margaret Pringle in the *International News* section. As indicated in Margaret's article I have volunteered to act as the interim Australian International Council representative until we can properly elect a more permanent representative. The position is seen as a co-ordination role; that of a single point of contact for communication to and from the International Council.

[TCF USA](#) has generously offered space on their website for International Council information to be displayed and we will also be dedicating a page on the [TCF NSW](#) web-site to International Council matters. Initially we have been asked to gather information on Australian TCF heritage sites - memorials, statues, places of reflection and contemplation. Secondly, there are plans to identify families who are prepared to offer hospitality to TCF visitors from interstate and overseas. See the Heritage Site pro-forma at the end of the newsletter. Details on the hospitality program will be provided in our next newsletter.

*Chris*

## Newsletter Questionnaire

Thank you for your responses to our newsletter survey, a collated copy of all responses is provided at the end of this newsletter. What conclusions can we draw from the responses to the questionnaire about the future of the newsletter? It seems that:

Q1. We want to continue with the newsletter.

Q2. We are agreed that each state take it in turn to be responsible for its production.

Q4. We are agreed that states take it in turns alphabetically

Q6. Period of editorship: six votes for two years, NSW suggests three years.

Q8. Frequency of newsletter – six votes for continuing three issues a year. NSW suggests twice a year (and although SA voted for twice in the body of the questionnaire as a footnote a suggestion of four to six issues was made). There are some interesting comments about content of the newsletter made by SA and WA. Contributors please take note.

NSW has suggested that one person from each state be newsletter contact person. As a footnote to the last newsletter we asked you to supply this but forgot to remind you. So let's try to make this clear. In some states the Newsletter contact person may be the President, in others it is a separate function (in ACT and Queanbeyan the job is shared). Please now send the name and email details of designated Australian state National Newsletter representatives to Maxine and Chris [TCF Editors](#). When we have them all, we'll circulate to each state. This could answer South Australia's plea for more informal, chatty contacts – we can then easily send notes around to other chapters - and it would give each of us the opportunity to answer questions that are raised in newsletters.

### Conclusions

Maxine and Chris, as ACT and Queanbeyan National Newsletter representatives, are willing to continue in the role of editors (no longer caretakers) for the allotted two year period. We propose to count the editions that we have already produced in that time frame i.e. we have done July and November 2005 – we will go on to produce March 06, July 06, November 06, March 07 – and hand over to NSW for the July 07 edition. We hope that this meets with the collective approval. We expect that the Australian TCF National Council will soon be a reality and that further newsletter discussion will take place within that forum.

# News from Interstate



## ACT and Queanbeyan

Our September AGM was held in October this year! The following members form the new committee:

Co-ordinator - Chris Dennys  
Assistant co-ordinator – Greg Tarrant  
Secretary – David Mitchell  
Treasurer – Pam Tarrant  
Other members – Rita Brennan, Jane Wingfield and Chris Wronski  
Some tasks are shared by people in the general membership – making and sending anniversary cards, facilitating sharing meetings, producing the newsletter, organising training and social activities.

We thought it could be interesting to compare the activities of our year with those of other Australian TCF groups. Here is the 2006 list as far as we know it:

- \*Monthly evening sharing meetings at the Grant Cameron Community Centre
- \*Quarterly lunchtime sharing meetings at members' homes
- \*Monthly social gatherings, usually Saturday lunches at various cafes, with end-of-year breakfast at one of Canberra's historic hotels
- \*Siblings' friendship gatherings
- \*Sun 5 February: breakfast at our children's memorial seat on *Butterfly Day*, the Sunday after International Children's Memorial Day
- \*On Mothers' Day a picnic morning tea at the seat - especially for those who are unable to be with family on this day
- \*In December a gathering to be a part of Worldwide Candle Lighting.

As well as these activities which we arrange ourselves, we are pleased to be able to take part in remembrances services etc provided by other community groups. These include: SIDS and Kids; NALAG especially Loss and Grief Awareness Week; local funeral companies and crematorium, and White Wreath organisation. We have mentioned before the Bereavement Support Network which links all the above groups and more throughout ACT and region - and recommend that you start one in your state, if there is nothing similar there.

Very best wishes to all for a safe and restful festive season.

From ACT and Queanbeyan



## New South Wales

It has been a busy year for TCF in New South Wales. As the holiday season approaches, always a difficult time of year for bereaved parents and siblings, we send our greetings to all TCF members throughout Australia and special thanks to the editors of this newsletter for giving us this forum to share our news and ideas. New South Wales continues to offer regular support group meetings throughout the state, and many of the chapters will be having special Christmas remembrance times. A luncheon is being held at the Bereaved Parent Centre in Sydney for all the volunteer carers who donate so many hours to the work of keeping the Centre staffed for the support of bereaved families. This luncheon will give us an opportunity to reflect on the highlights of this year, which has afforded many memorable moments.

The Residential Weekend for TCF NSW was held at Leura Gardens Resort in the Blue Mountains on 17-18 September. It is a lovely peaceful place with a family atmosphere, and the warmth of our time together as well as the beauty of the setting more than made up for the chilly mountain weather. Early risers had the opportunity for a gentle exercise session together before breakfast each day, and the entire weekend was filled to the brim with memorable activities. Mal and Dianne McKissock from the Bereavement Care Centre and the National Centre for Childhood Grief again served as special speakers and facilitators. Because they too have experienced the loss of their daughter, Amanda, they were able to relate to each one of us in a very personal way. The newly bereaved parents and siblings particularly benefited from the workshops Mal and Di conducted as well as from the sharing session with those further along in the grief journey.

The weekend also afforded an opportunity for our AGM to be conducted and a full contingent of officers and Council members were elected, led once again by Mary Carroll, President, and Pam Fisher, Vice-President. Their dedicated and tireless service to our organisation is so appreciated by all.

Perhaps the highlight of the weekend was the Service of Remembrance conducted by Reverend Brenda Robilliard, Chaplain of

Westmead Hospital. Special handmade rugs, which had been crocheted by a donor, were given to each of the conference participants in a special ceremony remembering the children.

Everything about the weekend seemed to be a success, including the silent auction conducted at the Saturday evening banquet. Plans were initiated to hold next year's New South Wales Residential Weekend in Tamworth, which will make it much more accessible to many country chapters and will give city and suburban members a chance to "go bush". Plans are in the works for a chartered bus from Sydney and return and so the drive will be a chance for even more companionship.

All of us at TCF New South Wales are very excited about the many improvements that are being made continually in our website [www.thecompassionatefriends.org.au](http://www.thecompassionatefriends.org.au). We now have a webmaster, Michael Berry, who is a bereaved father and is tirelessly working to make the website a vital resource for all our members as well as an outreach to bereaved individuals and to the community professionals who are helping them. The FOCUS Newsletter continues to be published quarterly for the support of all the membership and is a valuable source of comfort and information. We are grateful to Evelyn Hague for postponing her retirement and taking on the editorial responsibilities of the FOCUS for at least another year.

In September, a scrap-booking class was conducted at the Bereaved Parent Centre and was such a success that plans are underway to have a monthly craft meeting at the Centre beginning in 2006. This will give members a chance to get together for extra support as they engage in scrap-booking, knitting, crocheting -or just conversation. One of the first projects of the new crafts group will be to create a book of remembrance to include pictures and tributes concerning the children of members who would like to have their loved ones so commemorated.

Again we send a heartfelt New Year's greeting to all our TCF friends throughout Australia and invite anyone visiting Sydney to stop by the Bereaved Parent Centre for a visit.

Best wishes

TCF NSW



## Queensland

Not much has changed since our last report, we always seem to be so busy and we continue to send packages to the newly bereaved families who make contact with us and continue to raise funds to enable us to finance the cost of these packages and the other services we offer. We also continue to have students visit the centre having been chosen by them to do their community attachment in an endeavour to understand more about loss and grief. Since July five students have spent various amounts of time with us. Two of the 3<sup>rd</sup> year medical students were really keen to make a meaningful contribution so we set them the task of doing preliminary work towards producing a Queensland leaflet - *Returning To Work After The Death Of A Child*. They interviewed quite a number of our members about their experiences and have produced a first draft - the first of many before we will be ready to produce the finished product. In our experience we have found that by the time everyone submits feedback it can take up to twelve months to develop a leaflet.

In July we were invited to address a meeting of the Valley Chamber of Commerce which gave us the opportunity to give business and community leaders an understanding of all aspects and potential impacts of grief on staff in the workplace and promote TCF. It provided an excellent networking opportunity with businesses in the New Farm area. The meeting was very positive and we came away feeling that we had made a number of valuable contacts.

In August we were very fortunate to have the opportunity to have four of our leaflets in the Police Display at the Brisbane 'Ekka' Exhibition. The show runs for 10 days so we had good exposure and many of our leaflets were taken.

Our AGM was held in September and sadly we had to farewell our Secretary of many years who could not stand for re-election due to a house move and our Treasurer of five years, who decided that it was time to move on - they will both be sorely missed. The 2005/06 committee is - President Bev Bosma, Vice President Lorraine Edgley, Secretary Lyn Macklin, Treasurer Debbie Freeman and four ordinary members who all served on the committee last year and were re-elected.

We are presently busily working on the format for our annual Candlelight Service, which is always held on the second Sunday in December to coincide with the Worldwide Candle Lighting. Although it is inevitably a hot and humid evening the service is always well attended.

Our Drop-In Centre will be closed for the Christmas/New Year break from 19 December – 16 January. The telephone will be diverted so we can still be contacted during this period.

We look forward to receiving our copy of the National Newsletter in the hope of reading some feedback from those who were fortunate enough to attend the International Gathering in Vancouver. Until our next report I would like to take this opportunity to wish you all peace and goodwill for the coming festive season filled with precious memories and a healthy, prosperous and especially safe 2006.

Marion Downey  
on behalf of TCF Queensland Committee.



## South Australia

The general public awareness of our existence continues to be a focus for us and to this end we have commenced dialogue with the leader of the Democrats here in SA, as well as a prominent journalist with the Advertiser. Hopefully this will bring about further community awareness for us.

We are also encouraging our members to mention TCF to their GPs when they next visit and to hand them our brochure, as it was obvious that during our advertising campaign with the AMA, that most GPs do not know we exist and what function we perform..

Our President, Tony Hurren attended the world gathering of TCF in Vancouver and is currently recording the memories of his visit. We will publish these as soon as they are available. Tony has been extolling the virtues of the gathering ever since his return. He met many wonderful bereaved parents and committee members from around the globe.

Our next function is our Christmas candle light ceremony, coming up on 26 November, and as always, will be a time for tears of sadness and some of joy and wonderful memories of our children.

Best wishes to all from the committee here in S.A.

Baden



## Victoria

I am delighted to be writing my first article for the National Newsletter as incoming President of TCF Victoria. Barb Summers, who for the past five years as President has admirably guided board, staff and volunteers in Victoria. She has gained huge respect of all our members and been instrumental in moving TCF Victoria in new directions. Her leadership has allowed the organisation to meet the strategic objectives identified; in her last annual report Barb wrote:

*“I have notified the TCF Board and the CEO of my decision not to nominate again as President after the next AGM coming up in September although I will remain on the Board for at least the next year to come.*

*I strongly believe it is important for a role such as President to be handed on regularly. It takes a couple of years to really learn a role such as this, then the next few years for anyone to contribute and consolidate then begin to step back and hand over the reins. That time is here for me now and since this will be my last full report I would like to wish the next President all the very best in taking on this challenging role, and offer my assistance in any way they may need.”*

In September 2005, I was elected as President and I take on this challenging role with enthusiasm and commitment. Over the next six months the Board and I will be reviewing TCF and our future directions to ensure that TCF continues to be governed and managed to make sure that our uniqueness is strengthened. I look forward to working with other states over the coming year, especially in relation to the formation of the TCF National Body.

In terms of news from Victoria we are starting our planning for 2006. Since we last reported in the National Newsletter we have been busy with the following:

### **Volunteer telephone listening skills training.**

Throughout September and October, we delivered a 20 hour Telephone Listening Skills Training course for those volunteers wishing to be of support to other bereaved parents in our Centre and with our after hours phone service. This was a great success and we look forward to mentoring our newly trained volunteers to this needed service.

### **Seminars on bereaved parent and sibling grief support.**

In July we ran a five week course, Writing and the Healing Process which was open to all our parents and siblings. It was a wonderful success and I want to thank Mariette Buckle a TCF member for providing her skills and expertise to all the participants.

We are looking forward to our next seminar which will be on 16 November - An Introduction to Philosophy, How It Can Help with Grief.

Philosophy, the love of wisdom, has long been a major source of consolation in times of adversity by providing many insights into the nature of human suffering and how to transcend it. Although each culture has its own way of expressing its accumulated wisdom there are core themes and messages that often arise. This seminar will examine some of the essential elements of the world's major philosophical traditions and see what light they can shed on the nature of life and death, dealing with grief, and finding peace and happiness.

### **Research project on the social impact and economic cost following the death of a child.**

As reported 12 months ago, TCF Victoria has been funded by the William Buckland Foundation to conduct a two year research project on *Social impact and economic costs following the death of a child*. Dr. Jon Stebbins and Dr. Trevor Batrouney have been working tirelessly over the past 12 months in developing the research tools, establishing a highly distinguished reference group, as well as engaging two international external consultants Dr. Dennis Klass and Dr Robert Neiyemer. We are in the process of gaining Ethics Approval and the literature review is underway. We will keep you posted on this research.

In friendship,

John Hurley  
President TCF Victoria



### **Western Australia – Mandurah Chapter**

There's so much to write about that I hardly know where to start. The International Gathering will no doubt be reported in detail elsewhere in this newsletter so I'll just mention the highlights for me which were:

- . making new contacts and renewing old ones
- . the exchange of information, ideas and resources
- . the cruise around the beautiful Vancouver Harbour. Did anyone spot Cathy Sosnowsky and me doing a jig? – we couldn't resist the music!
- . the Walk To Remember - a number of people stopped us to ask who we were and what we were doing and then joined us on our walk
- . meeting Iris and Joe Lawley – what a wonderful couple
- . the variety of good workshops, lunches and speakers
- . being able to escape to the TCF hospitality suite where much of our networking was done in a relaxed atmosphere
- . meeting the friendly people of that lovely place Vancouver
- . attending a local support group

It's so good to know that we accomplished something on an international basis so that TCF can move forward as it must. I was badly in need of an energy boost which the conference provided. I'm looking forward to Argentina in September 2009.

Here in Mandurah we are still working on our business plan. We've had several meetings and have some excellent assistance and input so hope to finalise this soon.

Our AGM on 30 September went well, with a good turn-up of members. We had three people step down from the committee and three others come on. With their fresh input we look forward to another good year

It was good to see that several bereaved fathers did get together this year just before Fathers Day. We've tried to organise this before without success, so hopefully we're on track now. They met and shared over a meal at an Italian restaurant.

During Mental Health Week, 9-15 October, the *Peel Lifeline*, a 24 hour telephone counselling service was launched and several chapter members were involved in the arrangements for the launch. It's good to see this service in our area. Our members and their relatives need all the help they can get.

We also had a two day display at the Seniors Expo during Seniors Week. This gave us a great opportunity for promotion and fundraising.

A swap meet is scheduled for early November. Never an easy way to raise funds and always

the same hard workers but we hadn't had one for a while.

Our Candlelight service is scheduled for Sunday 4 December.

Our volunteers will enjoy a Christmas lunch at a local waterfront restaurant in mid December and we are having two events on Sunday 29 January for International Children's Memorial Day.

I was pleased to speak with John Hurley recently about the National Body. In this day of emails and telephone conferencing etc

surely it is now easier to communicate on a national basis. The many benefits of having a national body are so obvious. At the International Gathering we Aussies were shown to be really lagging behind; not a good thing. The committee of TCF Mandurah is fully supportive of this move.

Regards to all  
Margot McAllister

# International News

## **From the Founding President of the Compassionate Friends International Council.**

At the recent 4th International Gathering in Vancouver an exploratory meeting, chaired by our founder member Joe Lawley, looked at the feasibility of forming a TCF International Council. Representatives present agreed this was a good idea and a second meeting took place. Margaret Pringle - TCF UK International Liaison Director was elected as Chairperson.

Representatives to the council volunteered or were appointed from the following countries: Argentina, Australia, Canada, Netherlands, South Africa, Switzerland, UK and USA. Belgium and New Zealand do not wish to be represented at the moment.

Representatives have been asked to compile a list of any heritage sites, memorials, statues etc connected to TCF and also keep a list of families willing to offer accommodation to visitors from overseas.

The Council aims to assist bereaved parents world-wide in the formation of new groups and chapters, offering advice and information as needed. Each country can nominate a representative and it is hoped that meetings will be held at each International Gathering. The 5th International Gathering will be hosted by Argentina in Buenos Aires in September 2009 - the 40th Anniversary year of TCF.

The council will produce a simple constitution and guide lines for new chapters.

In the past 10 weeks, enquiries have been received from bereaved parents in Guam, Jordan, Israel, and Mexico wanting to form new groups. Information has been given about existing groups in Cape Town, Belgium, Austria, New Zealand and Eire.

If you have any queries, please contact your country's interim representative in the first instance.

Mr Chris Dennys  
73 Hemmings Crescent  
RICHARDSON ACT 2905

Email: [TCF International Council Australian Representative](#)

Take care,  
Regards  
Margaret Pringle  
Email: [Chairperson TCF International Council](#)

## **EM@IL**

### **TCF The Netherlands**

Dear Maxine en Chris,

Somewhere on the digital highway I've lost the questionnaire you've once send me, sorry for that.

But I love to receive the TCF Nat. Newsletter from Australia. Not always do I have a contribution to your newsletter, maybe next time when we've commemorated and celebrated 25 years of our Dutch TCF (February 2006).

As you know I'm the International Liaison for TCF in The Netherlands so you can include my name, address (De Ronge 34, 1852 XC Heiloo), tel.nr. 00-31-72-5332398, my e-mail address and our national website is [www.vook.nl](http://www.vook.nl)

This is all for now I'm afraid,

Lots of compassionate love and friendship and success with editing the newsletter.

Betsy de Jager

## TCF United Kingdom

From Derek Reed, webmaster

Did you receive a copy of the TCF (UK) eNews in the last few days? There is quite a lot in it, including:

- TCF appeal to be broadcast on BBC Radio 4.
- 9th TCF Worldwide Candle Lighting.
- TCF Christmas cards
- TCF charity wristbands
- Lots of ways of giving to TCF. (Plenty of ideas for other groups and Country HQs.)

If you need to change your address (or add another one) in the future, here is the TCF Mailing List administration form:

<http://www.tcf.org.uk/webnews.html>

TCF (UK) are collecting used postage stamps and Derek has asked that we include the following request in our newsletter. He says *we do get some stamps from Downunder, but not very many, and the more we get, the more we make...*

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### COLLECT USED POSTAGE STAMPS FOR OUR CHARITY

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I'm not only interested in used stamps, but any philatelic related material, (old stamp albums, stock books, and unwanted stamp collections) as I am trying to raise funds by selling in auctions over the Internet, as well as the more 'normal' method of selling to local stamp dealers.

I may even be able to find a market for other collectibles (such as phone cards, Pokemon cards, coins, etc.).

I also could make use of any old (or even new!) stamp catalogues to assist me in valuing the stamps.

Thank you.

For more information please click here: <http://www.tcf.org.uk/SaveYourStampsForCharity.pdf>

Derek Reed, 26 Argyle Close, Whitehill, Bordon, Hampshire, GU35 9TL. Tel (01420) 476992.

Best Regards, Derek Reed ( Webmaster@TCF.org.uk )

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### 9TH TCF WORLDWIDE CANDLE LIGHTING

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In loving memory of all children who are no longer with us, The Compassionate Friends extends an invitation for you, your family, and friends to join other bereaved families around the globe for the ninth annual Worldwide Candle Lighting.

Held annually on the second Sunday in December, The Compassionate Friends Worldwide Candle Lighting unites family and friends worldwide as they light candles to honour and remember children who have died.

As candles are lit at 7 p.m. local time, bereaved families commemorate and honour their loved ones in a way that transcends all ethnic, cultural, religious, and political boundaries.

Probably the largest mass candle lighting in the world, the ceremony creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal events are held and many informal candle lightings are held in homes as families gather in quiet remembrance of children, siblings and grandchildren who are no longer with them.

Since the Worldwide Candle Lighting started in 1997 it has since swelled in numbers as word has spread throughout the world of this act of remembrance. A memorial message board is available during the event at the TCF USA Web site; [www.compassionatefriends.org](http://www.compassionatefriends.org) and hundreds of messages are received each year from countries all round the world.

Please join us this year and light a candle at 7pm local time:

***That their light may always shine***

## Poems

A selection of poems from the New Zealand anthology by Margaret Gillanders and Sandie Legge.

### Reverie

There are days when they feel so close –  
those who have gone.  
So close, you could almost touch them;  
how you long to embrace  
their living flesh  
tell them what you need to say  
hear their voices  
their laughter that pierces  
the heart of your pain.  
They feel near, so very near  
just over your shoulder  
there behind you,  
or just out of sight  
out the corner of your eye

... then the feeling goes  
and the coldness  
and emptiness returns

### Hear This

I need no kind words  
or well-meant advice;  
your silence and gentle presence,  
a willingness to listen  
and come to know a little  
of the person I have lost  
is all I need

Just accept my sorrow,  
my bewilderment  
my despair  
and my words of anger

And please don't tell  
me you know how I feel –  
you don't!  
And please don't ask  
me how I am  
I cannot explain  
and you wouldn't understand

### Part of the Puzzle

There was a moment  
after your death,  
when I was stilled  
in mid stride,

and I knew  
that the next step,  
was going to be  
a gigantic effort.

And it was.

For what my body  
would tell me  
before my mind  
was willing to follow,

the next step,  
life without you,  
would never be  
the same again.

And it wasn't.

### Mourning

The wind gathers up  
and whips away  
the shards of the day.  
Will night's renewal  
and morning's rebirth  
bring strength and comfort,  
and carry us along with it  
towards yet another day?

## Resources:

This section is for sharing useful information – from the Internet, printed matter, audio, or video ... We found this comprehensive article: *Coping with Loss: Guide to Grieving and Bereavement*

Here is a short extract from it

### ***What is grief and how does it differ from depression?***

*The concept of grief describes the emotions and sensations accompanying the loss of someone or something dear. The word itself was originally derived from the Old French grève, meaning a heavy burden. In English “grief” connotes an experience of deep sorrow, one that touches every aspect of existence. Grief can literally “weigh down” the person who must face the reality of a gut-wrenching loss, taking both a psychological and physical toll on the bereaved person. Complex physiological and psychological responses may be extremely painful but can be overcome if faced and experienced.*

For further information click on the link

[http://www.helpguide.org/mental/grief\\_loss.htm](http://www.helpguide.org/mental/grief_loss.htm)

CLOSING DATE FOR NEXT NEWSLETTER

**10 MARCH 2006**

PLEASE SEND ARTICLES, LETTERS AND COMMENTS TO

Maxine Davies and Christopher Dennys

[TCF Editors](#)

### DISCLAIMER

Opinions expressed in articles within this newsletter are those of the writers and not necessarily of either TCF or the Editor. The Editor reserves the right to edit or exclude any contribution. Please do not reproduce any State reports without first checking with the relevant State.

# TCF AUSTRALIAN DIRECTORY

## TCF AUSTRALIAN NATIONAL NEWSLETTER

(Editors - Maxine Davies and Chris Dennys)

### Postal address:

TCF Australian National Newsletter  
C/- Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611

### Email:

[TCF National Newsletter Editors](mailto:ca.me.dennys@netspeed.com.au)  
([ca.me.dennys@netspeed.com.au](mailto:ca.me.dennys@netspeed.com.au) and  
[mmdavies@cyberone.com.au](mailto:mmdavies@cyberone.com.au))

### Telephone:

Maxine: (02) 6286 6134  
Chris: (02) 6291 9029  
**International dialing prefix : 61 2**

## TCF INTERNATIONAL COUNCIL

Interim Australian Representative Chris Dennys

### Postal address:

Mr Chris Dennys  
73 Hemmings Crescent  
RICHARDSON ACT 2905

### Email:

[ca.me.dennys@netspeed.com.au](mailto:ca.me.dennys@netspeed.com.au)

Website:

<http://www.thecompassionatefriends.org>

### Telephone:

Chris: (02) 6291 9029  
**International dialing prefix : 61 2**

## TCF AUSTRALIAN CAPITAL TERRITORY AND QUEANBEYAN

### Postal address and meeting rooms:

TCF ACT and Queanbeyan Inc.  
Grant Cameron Community Centre  
27 Mulley Street  
HOLDER ACT 2611

### Website:

<http://www.thecompassionatefriends.org.au/ACT.htm>

### Telephone:

Coordinator: (02) 6291 9029  
Grief Support: (02) 6286 6134

(Hosted on TCF NSW website)

## TCF NEW SOUTH WALES

### Postal address:

The Compassionate Friends NSW Inc.  
PO Box 1303  
SYDNEY NSW 2000

### Email:

[tcf@bigpond.com.au](mailto:tcf@bigpond.com.au)

### Website:

[www.thecompassionatefriends.org.au](http://www.thecompassionatefriends.org.au)

### Office address and drop-in centre:

4th Floor, Room 404  
32 York Street,  
SYDNEY NSW 2000

### Telephone:

Office and Grief Support: (02) 2 9290 2355  
Facsimile: (02) 9290 2445

**International dialing prefix : 61 2**

## TCF QUEENSLAND

### Postal address:

The Compassionate Friends Queensland Inc.  
PO Box 218  
SPRINGWOOD QLD 4127

### Email:

[tcfqld@powerup.com.au](mailto:tcfqld@powerup.com.au)

### Website:

<http://www.uq.net.au/tcfbrisbane/>

### Office address and drop-in centre:

505 Bowen Terrace  
NEW FARM QLD 4005

### Telephone:

All enquiries: (07) 3254 2657  
Facsimile: (07) 3358 2533  
**International dialing prefix : 61 7**

## **TCF SOUTH AUSTRALIA**

### **Postal address:**

The Compassionate Friends South Australian Inc.  
Adelaide chapter  
PO Box 26,  
KENT TOWN SA 5071

### **Email:**

[tcf@arcom.com.au](mailto:tcf@arcom.com.au)

## **TCF VICTORIA**

### **Postal address:**

The Compassionate Friends of Victoria Inc  
PO Box 171  
CANTERBURY VIC 3126

### **Email:**

Grief enquiries:

[support@compassionatefriendsvictoria.org.au](mailto:support@compassionatefriendsvictoria.org.au)

Administration enquiries: [cfriends@ozemail.com.au](mailto:cfriends@ozemail.com.au)

### **Website:**

[www.compassionatefriendsvictoria.org.au](http://www.compassionatefriendsvictoria.org.au)

## **TCF WESTERN AUSTRALIA**

### **Postal address and drop-in centre:**

The Compassionate Friends Western Australia Inc.  
Bereaved Parent Centre  
City West Lotteries House  
2 Delhi Street  
WEST PERTH WA 6005

### **Email:**

[tcf@eftel.com.au](mailto:tcf@eftel.com.au)

### **Web site**

<http://www.compassionatefriendswa.org.au/index.html>

## **TCF WESTERN AUSTRALIA - MANDURAH**

### **Postal address and drop-in centre:**

TCF Mandurah Inc.  
Room 2 Mandurah Lottery House  
7 Anzac Place  
MANDURAH WA 6210

### **Email:**

[tcfmandurah@bigpond.com](mailto:tcfmandurah@bigpond.com)

### **Office address and drop-in centre:**

### **Telephone:**

Message bank: (08) 8351 0344

**International dialing prefix : 61 8**

### **Office address and drop-in centre:**

267 Canterbury Road,  
CANTERBURY VIC 3126

### **Telephone:**

Grief Support: (03) 9888 4944

Administration: (03) 9888 4034

Facsimile: (03) 9888 4900

**International dialing prefix : 61 3**

### **Telephone:**

Grief Support: (08) 9486 8711

Facsimile: (08) 9486 8717

**International dialing prefix : 61 8**

### **Telephone:**

Phone/Facsimile: (08) 9535 7761.

After hours: (08) 9582 8113

**International dialing prefix : 61 8**

**For International dialling use the IDD prefix plus the last 8 digits**

Please notify amendments to newsletter editors

## TCF Australian National Newsletter Questionnaire Collated Responses

	ACT	NSW	QLD	SA	VIC	WA	WA M'drh
1. Shall we continue with the Australian National newsletter	Y	Y	Y	Y	Y	Y	Y
2. Do you agree with each Australian State taking it in turns to be responsible for the newsletter?	Y	Y	Y	Y	Y	Y	Y
3. If not, what other ideas do you have?					n/a	n/a	
4. Do you agree with suggestion that the sequence of editorship be in alphabetical order by state?	Y	Y	Y	Y	Y	Y	Y
5. If not, what other ideas do you have?	-				n/a	n/a	-
6. Do you think that period of editorship should be for two years at a time?	Y	Y	Y	Y	N	Y	Y
7. If 'no' what length of time do you suggest?					3 yrs	n/a	
8. At the moment the newsletter comes out 3 times a year – March, July and November. Should we continue with this frequency	Y	Y	Y	N	N	Y	Y
9. If 'no', what frequency do you suggest?				4 - 6 x	2 x		
10. Do you have any other suggestions for your newsletter?	See note ACT	See note NSW	See note QLD	See note SA	See note Vic	See note WA	
11. Format preferred	Any	.pdf	Any	Plain text		.pdf .doc	.doc

Notes:

ACT

- May be a good vehicle for TCF National body

NSW

- Q3 one person to be responsible and maybe one person in each state as contacts
- Maybe two issues per year
- Include photographs/images

QLD

- Suggest that Mandurah have a turn at editorship

SA

- Frequency 4-6 times per year with chattier updates instead of AGM type evaluations of activities. Surely there is enough going on overseas to pass on information more frequently
- I would like to see more recent factual information or links on the bereavement process
- Perhaps a forum for newsletter editors instead of just a collection of presidents reports... for instance I struggle with the amount of info I come across that bereaved mothers are significantly more likely to die from illness over time after the bereavement, it is not something I feel comfortable putting in our newsletter, but I would like a forum, as an editor, to discuss issues like this. Audrey Edwards (newsletter editor) Email address: [tcf@arcom.com.au](mailto:tcf@arcom.com.au)

Vic

- On the basis that no one state is willing to take on the role more permanently & each state has the resources to do so.
- Twice a year (suggest February and July or August)

WA.

Suggestions for articles on:

- Specific research for grant applications
- Samples of submissions for state funding
- Research workshops ideas and formats
- Notices on workshop seminars and professional development – conferences
- Ideas for grief programs – innovative - creative

**TCF Australia  
International Council  
Heritage Site Notification**

Please include details of the under-mentioned site/s in the International Council's listing of TCF Heritage sites:

Post or email preferred completed details to:

Chris Dennys

73 Hemmings Crescent

RICHARDSON ACT 2905

Phone: (02) 6291 9029

**Email:** [ca.me.dennys@netspeed.com.au](mailto:ca.me.dennys@netspeed.com.au)

TCF chapter	
City/Town	
State	
Description of site:	
Reason for significance of site:	
Location of site	
Map reference	
Access to site - hours	
Local chapter contact	
Other information	

Example sheet:

TCF chapter	TCF ACT and Queanbeyan
City/Town	Canberra
State	ACT
Description of site:	Seat in public park overlooking Lake Burley Griffin adjacent to a glade of trees and BBQ area.
Reason for significance of site:	Seat has been erected by ACT Government and has a memorial plaque dedicated to our children. Site is used for our Worldwide Candle Lighting ceremonies and other commemorative and reflective occasions.
Location of site	Weston Park Yarralumla ACT 2600
Map reference	UBD map 58 J9
Access to site - hours	24 hour access
Local chapter contact	Chris Dennys (02) 6291 9029
Other information	Weston Park is open to the public full details of the site are available at: <a href="http://www.thecompassionatefriends.org.au/ACT.htm">http://www.thecompassionatefriends.org.au/ACT.htm</a>