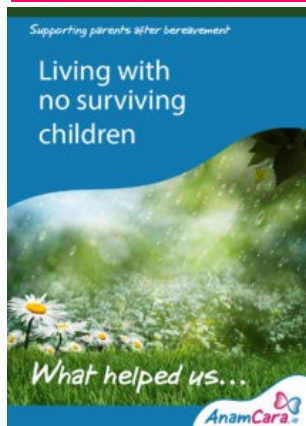


December 2016



New Anam Cara booklet: Living with no surviving children'

Anam Cara would like to thank the parents who came together earlier this year to develop and write a new booklet: 'Living with no surviving children'. It is a resource that was very much needed for parents who have experienced this devastating loss. This is the eighth booklet in the Anam Cara Information Pack. In just one year, 10,000 copies of the pack have been distributed around the country to hospitals, funeral directors, Gardaí and schools. Every day central office receives calls and emails from parents or those supporting parents requesting packs. The new booklet will be officially launched in the new year. Meanwhile, it can be read at anamcara.ie or ordered by contacting info@anamcara.ie

Local Group Focus: Tipperary

By Larry O'Sullivan, Volunteer Parent (pictured)

The Tipperary Anam Cara group recently launched the Information Packs in the Anner Hotel in Thurles. There was a full house on the day and the audience was comprised of people from all areas of life with any connection to bereavement services in Tipperary and surrounding counties. There was a genuinely great reaction to the speakers from all of those attending. This group is co-facilitated by Martina Woodlock and myself who are both bereaved parents and Ricky Hewitt who is our professional co-facilitator with the group. Monthly meetings are held in the Horse & Jockey Hotel, Thurles on the third Monday of each month from September to June, from 7.30pm until 9.00pm sharp.



A word from Ann Lappin of the Northern Ireland Children's Hospice

We have enjoyed the opportunity to work in partnership with Anam Cara through funding from a Big Lottery Reaching Out: Supporting Families grant. This partnership has provided a series of information evenings in Northern Ireland throughout the year. We are delighted that this partnership will continue in 2017, providing further information evenings and parent support groups in Northern Ireland. Working together in this way has enabled the strategic development of group-based support services for bereaved parents in their own communities. We look forward to the continuing development of these vital support services.

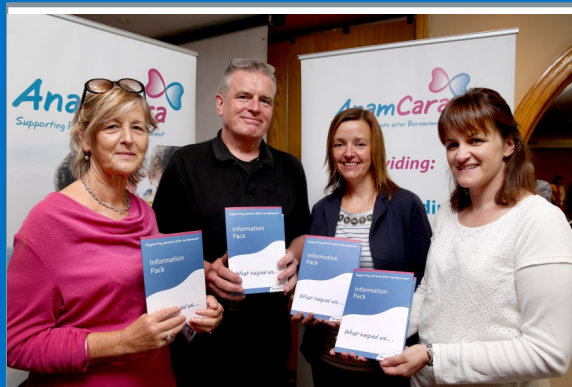


Thank you to the 40+ families who attended Anam Cara's National Remembrance Event on Saturday November 5th in the Glasson Hotel, Athlone. Always a special day giving families an opportunity to remember together. A special thanks to our MC Jarlath Corrigan, John Buggy for the lovely music and to Claire Doherty, Martina Woodlock and Paul Dowling for their special reflections on behalf of parents, brothers and sisters.

2016 GSK Impact Award and new Anam Cara video

We were delighted to be one of five winners this year of the very competitive GSK impact Awards. As well as a prize of €10,000, GSK made a new video for Anam Cara to help us promote the work we do. To view the new video see gsk.ie

Below, Anam Cara CEO Sharon Vard accepts the award from Minister Finian McGrath and Roger Connor of GSK



Anam Cara's Information Pack received local launches in Donegal, Tipperary and Kerry with strong attendances from those in the community working with bereaved families. 78 people from Donegal and Northern Ireland at the launch in Donegal.

Pictured are Anam Cara volunteer Maeve McHardy, Dr Gerry Lane, Consultant in Emergency Medicine at Letterkenny General Hospital, Anam Cara professional co-facilitator Stella McCole and volunteer Ciara Murphy

Thanks to our very kind...

Sponsors

- The Healy Group
- Nightline
- B. Braun
- ESB Energy for Generations
- IPB Insurance
- Tusla
- HSE
- S. Dublin County Council
- Commission for Energy Regulation
- All who attended or supported the Dublin lunch
- Tralee Lions Club

Fundraisers

- The family and friends of Gill and Ian Baird who raised €16,500 in Donegal in memory of Anna Baird
- Michelle Ronan raised €15,000 this year by climbing to the Base Camp of Mount Everest! In pic below with Anam Cara pin.
- Congratulations and thanks to all who ran the Dublin and Cork marathons, and to those who supported them
- So many more: including Susan Webb who did the Camino, Katrina Graham and the O'Donnell family, who organized fundraising evenings in Dublin, Ted Collins and fellow walkers in Kerry, Colette Griffin and friends in Cork..

A huge thank you to everyone who supported Anam Cara in 2016, in particular our wonderful volunteer bag packers throughout Ireland

In July, Anam Cara was granted funding on a three-year basis (til mid-2019) by the Department of Housing, Planning, Community and Local Government through their Scheme to Support National Organisations. Along with the GSK Impact Award, this is ultimately an important recognition of the great generosity of the Anam Cara volunteers who give up their time to support other bereaved parents in the groups around the country. We are so grateful to you all for making Anam Cara possible.

