

# An Introduction to

**AnamCara**

The logo graphic consists of two overlapping, rounded, teardrop-like shapes. The left shape is pink with a white-to-pink gradient and a dark pink outline. The right shape is blue with a white-to-blue gradient and a dark blue outline. They are positioned to the right of the word 'AnamCara'.

*Supporting Parents after Bereavement*

# The Purpose of Anam Cara

**An all Ireland organisation  
providing  
online and face to face  
peer support services for  
bereaved parents.**

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# Anam Cara's Organisations Values

- Compassion and Empathy
- Quality
- Inclusivity
- Trust
- Collaboration

# The Need for Anam Cara

- The intensity of the grief after the death of child, of any age and through any circumstances
- Anguish & isolation families experience
- Lack of access to information about support services available in the community

# The Facts

- **Approximately 2,500 families each year experience the death of a child between ages of 0 – 44 years (CSO Statistics Ireland/Northern Ireland)**
- **Sudden deaths, outside a hospital or hospice system often find themselves outside the realms of any bereavement support**
- **The intense grief can last far longer than society realises**

# Our Vision

**“Every family throughout Ireland will have the relevant support services they need following the death of their son or daughter”**



# The Impact

- Anam Cara has connected with over 8K parents since 2008
- Minimum of 100 events each year across the 32 Counties
- Provides an important link to information and additional services in the community
- Currently 9 active support groups
- Actively seeking collaborative partnerships to ensure best use of our resources

# Who can Anam Cara help?

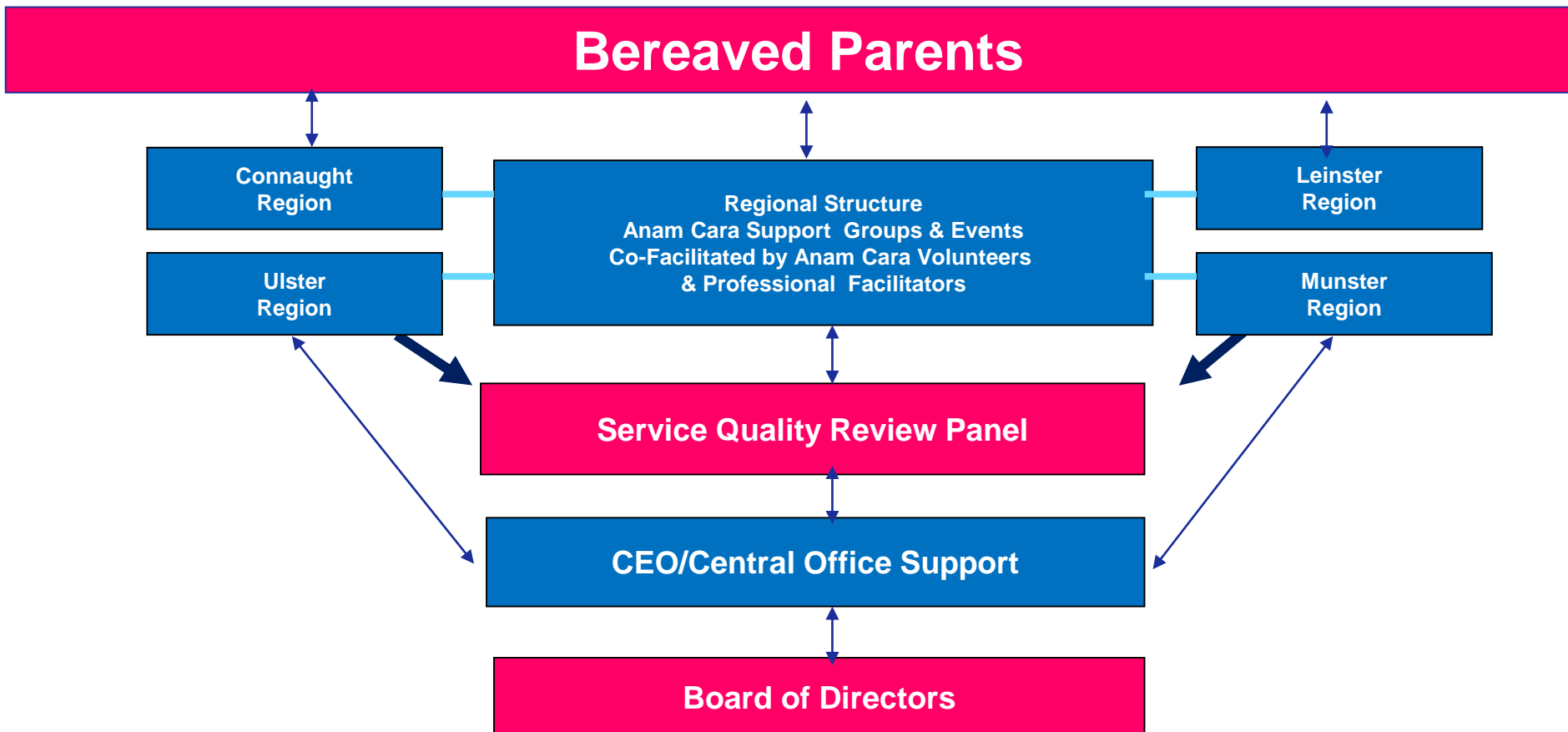
**Anam Cara is an inclusive organisation  
our services are available for:**

- All bereaved parents who have experienced the death of child, across communities in Ireland
- Whether it be a recent loss or one that happened many years ago

**All Anam Cara Services are provided free of charge**



# Anam Cara's Structure



# Our Focus

To provide safe and comfortable online and face to face forums to facilitate peer support with appropriate professional intervention.



# Appropriate Intervention

- Our Professional Co-facilitators have a key role in ensuring our core values are upheld throughout Anam Cara Parent Evenings
- They support our volunteer parents in their role at the group
- Anam Cara are not therapy groups, if required our professionals will guide parents back to the appropriate support services or resources in the community

## Parental Grief

- ▶ Early bereavement – up to 3 years
- ▶ Mid bereavement – 3.5 – 4.5 years
- ▶ Late bereavement – up to 30 years

Dr Mairi Harper  
Research Leader, Family Bereavement  
Heriot-Watt University



# Peer support....

## Is a special kind of support

Ref. Kari Dyregrov & Atle Dyregrov

- Reduces Social Isolation
- Provides a safe place where we can be ourselves
- Recognition, Understand & normalise the intense grief
- Time out for parents— let the mask drop
- Sharing promotes models of surviving
- Provides a structure for information& signposting
- Hope in meeting parents further on
- Continues after family/friends support has waned

# Anam Cara Services



## Web Services [www.anamcara.ie](http://www.anamcara.ie)

- Anam Cara Information Packs
- Information for parents
- Message forums
- Practical issues
- Professional bodies
- Self help
- Tributes
- Information on our events
- National reach
- Important links
- Direct email to us
- Access to our video resources

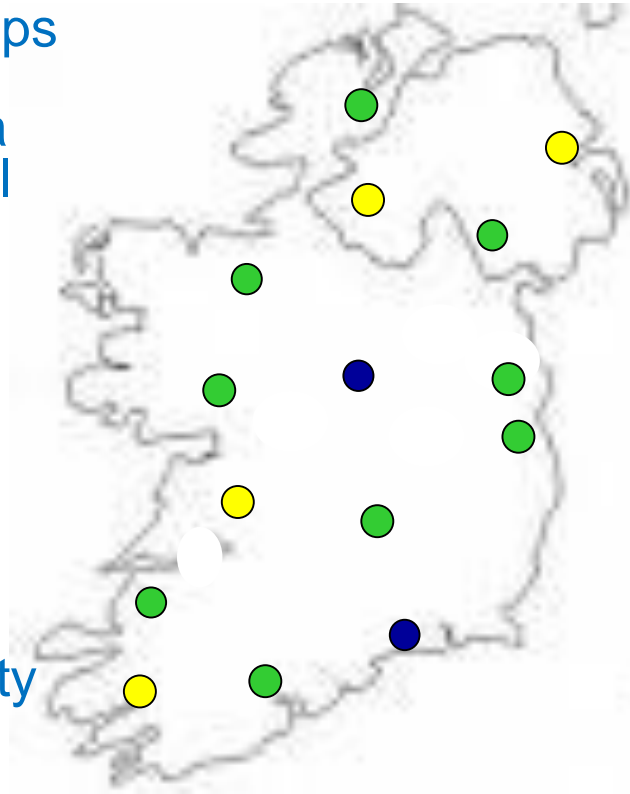
## Face-to-Face Services

- Informal meetings – Parent Evenings
- Bereavement Information Events
- Family Social and Remembrance
- Creative events
- Opportunities to meet other bereaved parents/families
- Information line – 085 2888 888
- Lending library and access to Information leaflets at each group
- Links to other services in the community

**All Anam Cara services are offered free of charge to parents and families**

# Anam Cara Support Groups

- Monthly informal open Groups
- Co facilitated by Anam Cara Volunteers and Professional
- Long term support
- In excess of 8,000 parents have attended to date
- Ideally strategically located within a 100km distance
- Focus on Quality v's Quantity
- Bereavement Information evenings and activities organised at different times of the year.



## **Existing Groups** ●

- **Dublin South**
- **Dublin North**
- **Donegal**
- **Tipperary**
- **Cork**
- **Mayo**
- **Galway**
- **Tralee**
- **Armagh**

## **Partnerships** ●

- **Limerick**
- **West Cork**
- **Northern Ireland**

## **Target Areas** ●

- **Midlands**
- **Wexford**

# How do Parents hear about us?

- Word of mouth
- Bereavement events/Literature
- Bereavement/Social Work Services attached to the hospital or hospice
- Through other professional organisations in contact with bereaved parents
- Media Articles

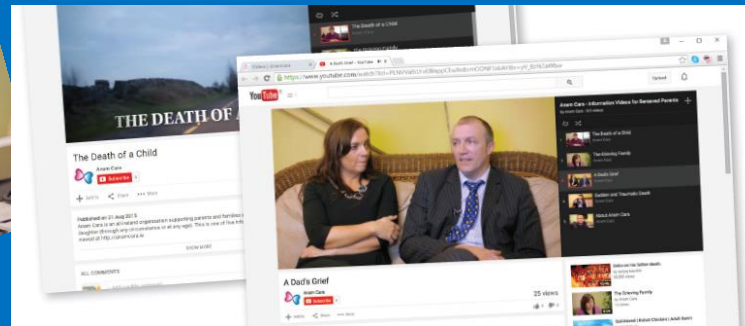


# Anam Cara Resources

- Anam Cara Information Packs for Parents



- Online Video Resources



# Anam Cara Employers Resource

Developed by bereaved  
Parents to help employers  
how best to support them  
on their return to work



# Key Projects



In partnership with Jigsaw Galway a support workshop for young bereaved adults



# Thank You





**Anam Cara Parental and Sibling Bereavement Support  
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