

3,500 Information Packs distributed around the country



Sallyanne and Derry Clarke helped launch the new Information Pack in October, with over 120 people from 53 organisations attending.

The take-up has been immediate, with packs already sent to 300 schools, to nurses and social work teams at hospitals and hospices throughout the country, to Gardaí, parishes, counsellors and other organisations in contact with bereaved parents. Feedback has been very positive. A huge thanks to all involved.

We will be launching the pack at each of the regions in early Spring 2016. This will also give us a chance to introduce Anam Cara services to other organisations in each area in contact with bereaved parents.

Local Group Focus: Northern Ireland (Armagh)

**By Volunteer Parent and Group Co-Facilitator
Michael 'Mac' McEnery**

Anam Cara Northern Ireland meets on the last Wednesday of the month in the City Hotel, Armagh, from September through to June. Our professional, Pauline, is at every meeting and the co facilitation is shared between Gary and Lara, John and Joan, Rachel and Jarlath, and my wife Maria and I. Pauline is excellent at welcoming parents and helping the meeting to get moving along as well always having something appropriate to recount at the end to close the meeting.

We had 14 parents at an event just before Christmas where we decorated candles in memory of our children, in a way that was unique to each child. We ended the evening by having a candle lighting ceremony in front of pictures of our children.



'Balloon to Remember' 2015



52 families attended this November for another lovely afternoon in Athlone

New locations for 2016

As well as our usual venues, this February/ March 2016 Anam Cara's Bereavement Information Evenings will be held in:

- West Cork (Bantry)
- Midlands (Mullingar)
- Ballymena
- Enniskillen
- Newtownabbey

The Bantry event will be co-hosted with Marymount Hospice, the Northern Ireland events with the Northern Ireland Children's Hospice

New Bereavement Support Programme for 15-25 year olds

On December 10th and 11th, Anam Cara brought together professionals from 32 organisations working with teenagers and young adults for a workshop on providing bereavement support for this age group. Among those attending were Teen Counselling, Console, Dún na nÓg Residential Services, Rainbows, the Irish Defence Forces, and social workers from hospitals and hospices around the country.

A one-day support programme has already been developed in conjunction with Jigsaw Galway and this **will be offered to young bereaved in Galway in March 2016**. We are hopeful that the professionals who attended the workshop will adopt this programme and facilitate it with the bereaved young people they are in contact with. This event was made possible with the support of IPB Insurance, KBC and Dublin Bus.



Anam Cara 2015

At a Glance

Anam Cara videos were watched

6,537 times

Total Number of Events (over 100 for first time)

102

Total Number of Parents attending

1,733

Parents attending an event for the first time

343

People visiting Anam Cara's Website

12,755 (up 44%)

Social media followers

4,106 (Facebook)

1,620 (Twitter)

All Anam Cara services are provided free of charge

Thanks To Our Sponsors



Thanks also to the great work of individual Anam Cara supporters in the last quarter of the year, including:

Paul Flaherty, Gail Quinn and Ber Fennessy in Galway for their efforts in securing €15,800 in grants and donations from Covidien/Medtronics

Gareth O'Driscoll and all the third years at St. Benildus College, Kilmacud, Dublin who raised €1,500 from their 2015 'Run for Life'

All who attended Anam Cara's Dublin Fundraising Lunch in Saba Restaurant in November — helping to raise over €13,000

Tom Curran and family and friends who raised over €1,800 through the Dylan Curran Cup five-a-side football tournament in memory of his brother

All the brave volunteers who have helped out at the 2015 Dunnes Stores Bagpack in Cork (above) and nationwide - we're on target to break the €20,000 mark this year!



Finally, thank you to our Volunteer Parents, who give so generously of their time to make Anam Cara possible throughout Ireland