

# An Introduction to

**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

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

# The Need for Anam Cara

- The intensity of the grief after the death of child, of any age
- 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 reach of any bereavement support**
- **The intense grief can last 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 8,000 parents since 2008**
- **102 Parents/Family events in 32 Counties**
- **Provides an important link to information and additional services in the community**
- **Currently 9 active support groups/2 partnerships**

# Who can Anam Cara help?

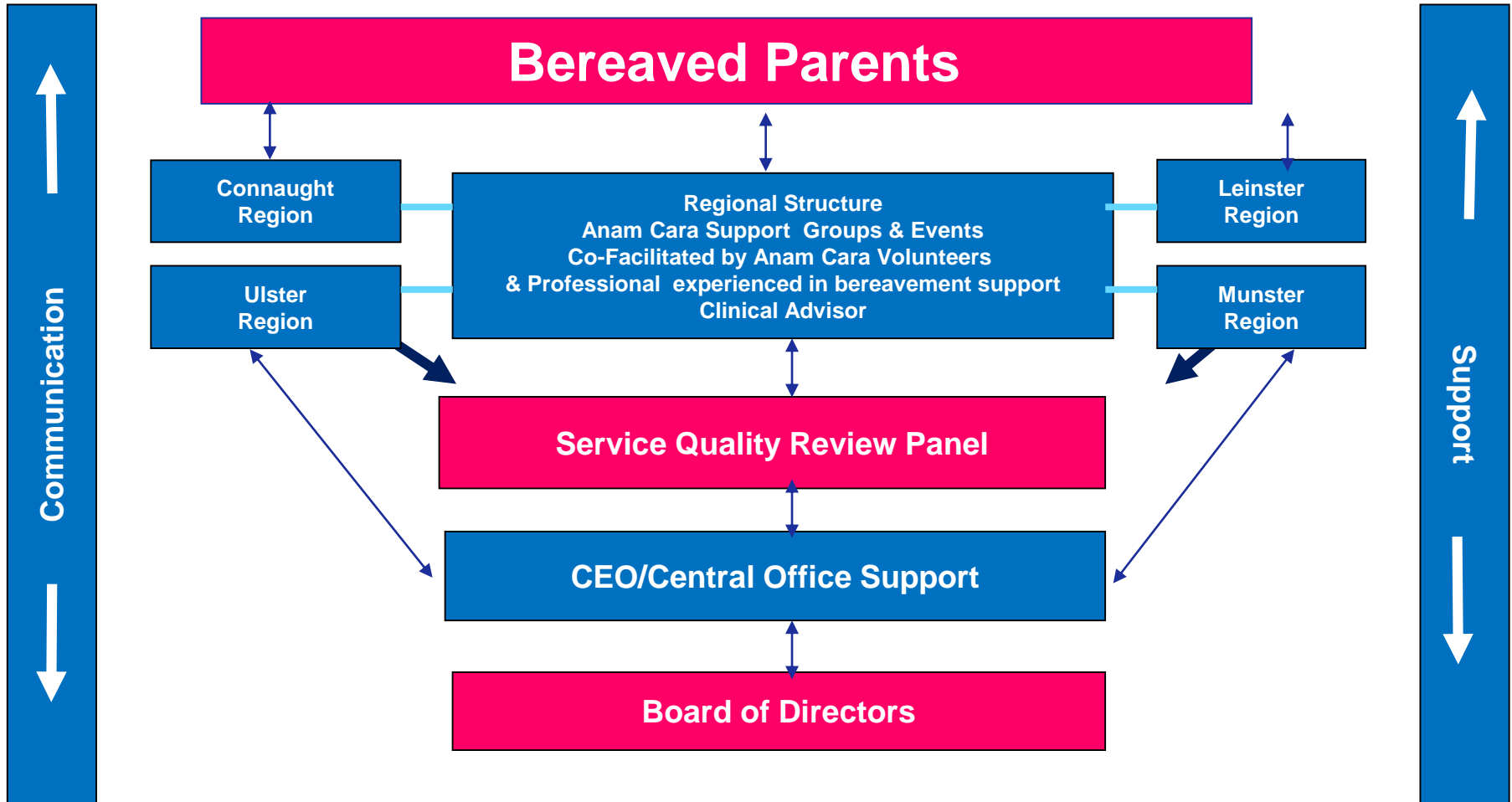
**Anam Cara is an inclusive organisation  
Our services are available to:**

- Any parent or family who have experienced the death of child, regardless of age or circumstances of death.
- Across all 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

# Recent Research

## 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)

- Resources
- Information
- Message forums
- Practical issues
- Professional bodies
- Self help
- Tributes
- Information on our events
- National reach
- Important links
- Direct email to us
- Signposting to other services

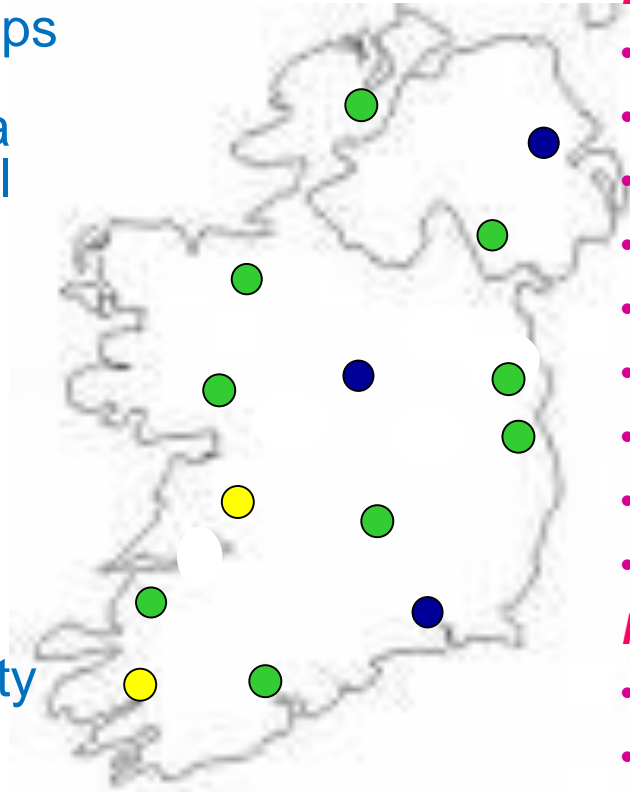
## Face-to-Face Services

- Informal meetings – Parent Evenings
- Bereavement Information Evenings
- Family Remembrance Events
- Creative events
- Opportunities to meet other bereaved parents/families
- Information line – 085 2888 888
- Lending library
- Access to Anam Cara Information Packs at each support group
- Information on other services available

**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 (Milford)
- West Cork (Marymount)

## Target Areas

- Midlands
- Belfast
- 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 Local Radio and Newspapers/Community Newsletters
- Social Media



# Anam Cara Resources

- Anam Cara Information Packs for Parents
- Website Online Video Resources
- Links to other services in Community
- In partnership with Jigsaw Galway to develop a workshop for young bereaved adults 15 – 25



**AnamCara**  
Supporting Parents after Bereavement

TO FIND OUT MORE ABOUT ANAM CARA AND HOW WE SUPPORT BEREAVED PARENTS THROUGHOUT IRELAND

**VISIT ANAMCARA.IE**  
OR CALL 01 4045378 / 085 2888 888  
FROM NI: 028 9521 3120

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**OUR VIDEOS**

- The Death of a Child
- Sudden and Traumatic Death
- A Dad's Grief
- About Anam Cara

# Anam Cara Employers Resource

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



# Thank You





## Information Telephone Numbers:

ROI 085 2888 888

NI 028 9521 3120

## Address

HCL House, Second Avenue, Cookstown Industrial Estate,  
Tallaght, Dublin 24, D24 XDR5

Contact Number(Central Office): (01) 404 5378

Email: [info@anamcara.ie](mailto:info@anamcara.ie)

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