



Supporting Parents After Bereavement

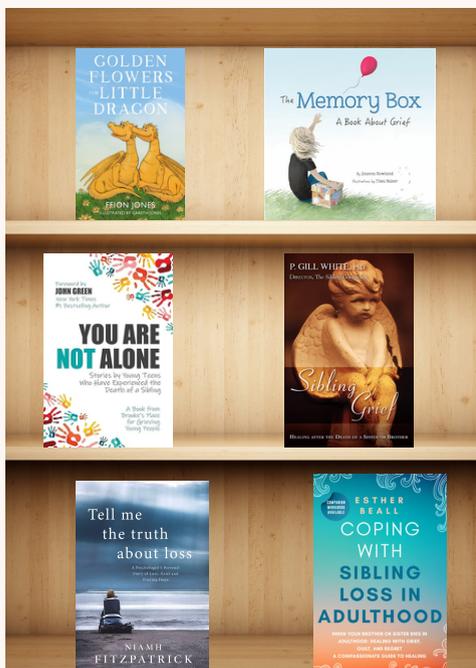
Spring 2026 Newsletter



One Foot in Front of the Other

With winter just behind us, the first signs of spring in Ireland are well on their way. Yet for some, the heaviness of grief casts a shadow over these signs of hope. This is where peer-to-peer support comes in. There is no expectation of 'normal,' no presumption that grief follows a linear path. Instead: deep understanding, a sense of solidarity, and the living proof that life endures after loss. Our vision at Anam Cara is a society where all families who experience the death of a child are met with understanding, support, and compassion. However you find us, and whatever memories of a beloved child you bring with you, you are most welcome here.

Anam Cara's Bookshelf: Sibling Grief



Art can help us make sense of stories and feelings that are too hard to put into words, or too painful to say aloud. The recent success of the film *Hamnet* shows how much these stories— your stories— are needed and worthy of lifting up to the largest stage. Read more about the impact of *Hamnet* in our articles in [the Independent](#), [Irish Central](#), or your local paper.

We're also pleased to share the first shelf in our Anam Cara Bookshelf— stories, books, and media that help conversations around grief and the loss of a child.

To support siblings, parents, family members, and professionals, our staff have gathered [a short reading list](#) of trusted books for siblings of all ages to provide guidance and that most powerful affirmation: you are not alone.

Did you know?

Anam Cara's resources, from information packs and webinars for parents to our handbook for employers are available online for free!

Whether you are looking for help for yourself or a loved one, or seeking to make your workplace more grief-aware, our resources are just a few clicks away.

If you or your workplace would like to request paper copies of our information packs, you can do so here:

[Request Information Packs](#)



Looking Forward to 2026

SERVICES UPDATE

We are enthusiastically looking forward to a robust programme year in 2026, fully supported by our expanded staff brought on in 2025. Empowered by our team, we are able to implement essential elements of our strategic goals: maintaining and refining core services, increasing awareness of Anam Cara across Ireland, and increasing our capacity for new services through renewed fundraising efforts.

Things to look forward to throughout the year include our Barretstown Castle family outings on 12th April and 20th September, an in-person Bereavement Information Evening in NI on 21st April, and welcoming new Volunteer Parents. See our full calendar of special events [here](#).



Everyone can make a difference in the life of a grieving parent

When someone you care about-- a friend, co-worker, parent at your child's school, or neighbour-- loses a child, it can feel overwhelming or you might be afraid of saying the 'wrong thing.' Every person and every parent grieves in a different way. Not everything here will be helpful to every grieving parent, but many parents find solace in speaking about their child.



Listen

Some parents will want to tell stories, even the same story, repeatedly. As you're able, take the time to listen and remember with them.



Resources

Not every parent will want to access resources right away. When they are ready, help them find a local counselling centre or support organisations.



Offer

To bring over a meal, do the shopping, or tidy up the house. Some parents aren't able to say what they need. Try some concrete ways of showing you care.



Be Patient

There is no timeline or right way to grieve. Grief is hard work, and parents will need varying kinds of support for years.

Looking Forward to 2026



FUNDRAISING UPDATES

None of the services we provide would be possible without the dedication of our fundraising team and the people who are moved by the mission and message of Anam Cara: a society where no parent has to grieve alone is possible.

We are excited for the drop of the VHI Women's Mini Marathon tickets on the 4th of March. The WMM is such a special opportunity to not only support Anam Cara but to truly be supported by an incredible group of women (and people who support women).

[Get tickets for WMM](#)

The smashing success of our 2025 Camino challenge inspired us to pick up the hiking boots again this year from 27th September – 4th October 2026. Our intrepid group of hikers take on over 150km of scenic trails, with plenty of good food and friendship to sustain them on the way. And it's not too late to sign up! If you would like to join Anam Cara's 2026 Camino trek, send fundraising@anamcara.ie an email or...

[Sign up for the 2026 Camino!](#)



Have you other ideas for fundraisers, or have you an event in your community which already fundraises for Anam Cara? Let us know, so we can support you every step of the way. Together, we can ensure no parent has to grieve alone.

UPCOMING EVENTS



**MAR
14**

10.00 AM
1.00 PM

Morning for Parents Living with No Surviving Children at the Killeshin

**MAR
19**

7.00 PM
8.30 PM

Online Bereavement Information Evening with Diane Clabby

**APR
12**

11.00 AM
2.00 PM

Together in Memory: Family Remembrance Day at Barretstown

**APR
21**

7.00 PM
8.30 PM

In-Person Bereavement Information Evening at the Belfast Crowne Plaza

**MAY
14**

7.00 PM
8.30 PM

Online Bereavement Information Evening Speaker TBA

**MAY
16**

10.00 AM
2.00 PM

Morning for Parents Living with No Surviving Children Walk at Emo Court/Killeshin

**JUN
4**

7.00 PM
8.30 PM

Online Bereavement Information Evening with David Trickey