



Supporting Parents After Bereavement

Summer 2026 Newsletter

“

“THERE IS A HUGE AMOUNT OF UNDERSTANDING AND EMPATHY AT ANAM CARA. EVERYONE COPEs WITH THE LOSS OF THEIR CHILD IN DIFFERENT WAYS. WE ENDEAVOUR TO TALK AND LISTEN AT ANAM CARA BECAUSE THEY ARE BOTH POWERFUL HEALERS IN THEIR OWN WAY.”

- Anam Cara parent

Every year, we look forward to reviewing our Annual Survey as the programme year comes to a close. All of the insights we receive are, of course, essential to our being able to communicate the real need for support like Anam Cara to supporters. But the real gift of the survey is being able to hear stories like this. Stories of gratitude, of challenge, of healing, and of heartbreak.

There is no one story of Anam Cara, because every child we remember was unique. As this parent shares, every person copes with the loss in a different way. With our expansive and inclusive mission, Anam Cara is able to bring together *all* parents who have experienced the death of a child. Together we make a safe, compassionate space for parents whose child has died, no matter the age of their child, circumstances of their death, or time since bereavement.

Face to Face Parent Support Evenings

7.30-9.00pm

NO REGISTRATION REQUIRED, ALL BEREAVED PARENTS WELCOME

<p>Armagh: Armagh City Hotel 2 Friary Rd Armagh BT6 4FR Last Wednesday of each month</p>	<p>Belfast: The Crowne Plaza 117 Milltown Rd, Belfast BT8 7XP 2nd Monday of each month</p>
<p>Cork: Maryborough Hotel Douglas T12 XR12 1st Wednesday of each month</p>	<p>Donegal: Raddison Blu Hotel Letterkenny F92 FK15 2nd Thursday of each month</p>
<p>Galway: Maldron Sandy Road Headford Point, Galway H91 ET6N 1st Wednesday of each month</p>	<p>Kerry: Meadowlands Hotel Tralee, V92 DC83 2nd Tuesday of each month</p>
<p>Mayo: T.F. Royal Hotel Castlebar F23 R288 4th Tuesday of each month</p>	<p>Midlands: Mullingar Park Hotel Mullingar N91 A4EP 2nd Wednesday of each month</p>
<p>North Dublin: Hilton Hotel Northern Cross D17 Y924 3rd Wednesday of each month</p>	<p>South Dublin: Maldron Hotel Tallaght D24 XC9W 2nd Monday of each month</p>
<p>Southeast: Brandon House Hotel New Ross Y34 KR62 2nd Tuesday of each month</p>	<p>Tipperary: Horse & Jockey Hotel Thurles E41 AP86 3rd Wednesday of each month</p>
<p>W. Cork: Fernhill House Hotel Clonakilty P85 X322 3rd Tuesday of each month</p>	<p>Wicklow: Parkview Hotel Newtownmountkennedy A63 FX72 3rd Monday of each month</p>
<h2>Online Parent Support Evenings</h2> <p>7.00-8.45pm</p> <p>REGISTRATION REQUIRED, PLEASE CONTACT INFO@ANAMCARA.IE</p>	
<p>Online Support 1 1st Thursday of each month</p>	<p>Online Support 2 4th Wednesday of each month</p>

A Reminder: Face to Face Meetings take a summer break in July and August. Our next gathering for Parents Living with No Surviving Children will be 12 September. To connect to online meetings or other supports, please contact us.

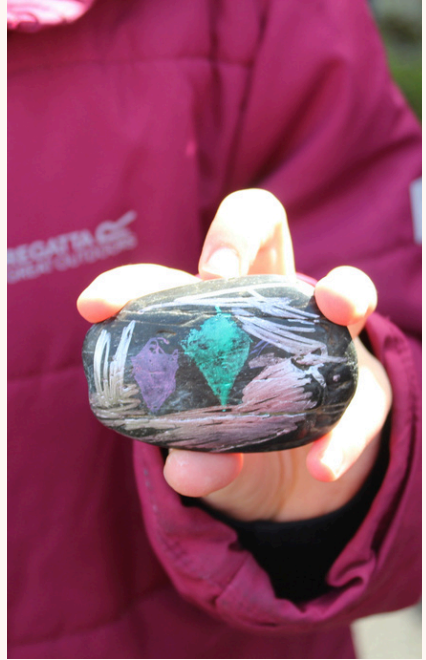
“Family Remembrance Events are so important, a chance to hold our child/children again with all the other families.”

“It was a lovely day to bring families together.”

“The tree planting was unexpectedly emotional and wonderful also.”

Twice a year Barretstown welcome Anam Cara for a special day just for families who are living without a beloved child or children. ‘Unexpectedly emotional,’ but inevitably filled with heart, Barretstown invites families into fun, but never asks them to leave behind the one they have lost.

We are delighted to be back at Barretstown on the 20th of September for our Autumn Family Day- keep an eye on your emails for more information and registration.



Camino Call Out!



There are a small number of places available on the Anam Cara Camino, and we warmly invite anyone who has been considering it to take the next step and join us.

The Camino is more than just a walk. It's a journey of reflection and connection.

Fundraising is at the heart of everything we do at Anam Cara, making it possible for us to continue providing vital support for parents whose precious child has died.

Every step taken on the Camino, and every euro raised, helps ensure we can continue to offer this support free of charge across Ireland.

If the Camino has been on your mind, perhaps this is your moment to say yes. It would be a privilege to have you walk alongside us. Let's follow the arrows together!

REGISTER TODAY!

“Remembering your child and making meaning of their life is always part of it.”



Mum hopes to help other parents talk about grief

BY CATHAL RYAN

A MOTHER who lost her 11-year-old son to cancer is urging people to support a coffee morning for the charity which helped her family cope with the devastating bereavement.

It is hoped that the fundraising events in Dublin, organised by Anam Cara and running at three Bear Market Coffee outlets on May 29, will spark

conversations about grief and loss – and ensure families are supported.

Louise Kinlen, from Stillorgan in the capital, told how her son Samuel Roquette ended up on life support in December 2019.

He had suffered with acute lymphoblastic leukaemia and undergone chemo for three-and-a-half years, but had been thriving since finishing his treatment in 2016.

BUG

But when what initially seemed like a winter bug didn't clear up, he was taken to Children's Health Ireland at Crumlin, where his condition deteriorated. Despite having had

YOUR STORY MATTERS

At Anam Cara, we know every parent's grief journey is unique, personal, and deeply precious.

Sometimes, parents tell us that speaking about their child and their experience can feel meaningful – a way of honouring their child's life, helping others feel less alone, or gently raising awareness of the reality of parental bereavement and the importance of support.

From time to time, we invite parents who may feel comfortable to share part of their story as part of our awareness, advocacy, or fundraising work. These stories can have an extraordinary impact, helping other bereaved parents feel seen and understood, while also helping people better understand the importance of services like Anam Cara.

There is absolutely no expectation to share, and we deeply respect that for many parents this may not feel right, or may not feel right now. But if at any stage you would like to explore sharing your story or speaking about your child, we would be honoured to hear from you.

Anam Cara volunteer parent Louise recently shared her family's story in support of a coffee morning being hosted by Bear Market in three Dublin locations. We are so grateful to Louise and her family for so generously sharing their experience following the loss of their beloved son, Samuel.

Louise's story reminds us how important it is to feel understood and not alone. Thanks to initiatives like this fundraiser, we can continue to provide free, compassionate support to families across Ireland.

For those who couldn't attend, there was an option to donate the price of a coffee at www.anamcara.ie.

