



Autumn 2026 Newsletter

Kate Dornan

Remembering with Gratitude



There are some people who become so woven into the fabric of a community that it is difficult to imagine it without them. For Anam Cara, Kate Dornan was one of those people.

It is with enormous sadness that we share that Kate, our much-loved facilitator and a treasured part of the Anam Cara community for many years, died suddenly and unexpectedly on the 13th of August.

Kate was so much more to Anam Cara than the role she held. She was a colleague, a friend, a guide, a familiar & always smiling face at our events, and someone whose warmth and care simply radiated from her. Her absence will be felt enormously.

All are welcome to share their condolences, to be shared with Kate's family, here:

<https://bit.ly/4qJFpRs>

The book will be open until 07/09



Let July be July. Let August be August.

So begins a poem by Morgan Harper Nichols. As we gather again for another year at Anam Cara, we look forward to reconnecting with parents, facilitators and friends, new and old. This autumn, we will welcome back many familiar faces, while other parents will come through the doors of an Anam Cara meeting for the first time. Everyone brings their own experiences, stories, and needs. There is an open welcome to each.

There is no expectation at Anam Cara about how a parent should grieve, what they should feel, or where they should be. Our meetings simply offer a place to come as you are, to come together with other bereaved parents who understand something of what it is to live after the death of a child. You can talk, listen, share, or simply be present.

Together, we can continue to ensure that no parent has to grieve alone.

Let July be July.
Let August be August.
And let yourself
just be
even in the uncertainty.
You don't have to fix everything.
You don't have to solve everything.
And you can still find peace
and grow
in the wild
of changing things.



– Morgan Harper Nichols, *Look How Far You Have Come*

Face to Face Parent Support Evenings

7.30-9.00pm

NO REGISTRATION REQUIRED, ALL BEREAVED PARENTS WELCOME

Armagh: Armagh City Hotel 2 Friary Rd Armagh BT6 4FR Last Wednesday of each month	Belfast: The Crowne Plaza 117 Milltown Rd, Belfast BT8 7XP 2nd Monday of each month
Cork: Maryborough Hotel Douglas T12 XR12 1st Wednesday of each month	Donegal: Grief Cafe Letterkenny F92 FK15/Buncrana F93 PPH9 2nd Thursday of each month
Galway: Maldron Sandy Road Headford Point, Galway H91 ET6N 1st Wednesday of each month	Kerry: Meadowlands Hotel Tralee, V92 DC83 2nd Tuesday of each month
Mayo: T.F. Royal Hotel Castlebar F23 R288 4th Tuesday of each month	Midlands: Mullingar Park Hotel Mullingar N91 A4EP 2nd Wednesday of each month
North Dublin: Hilton Hotel Northern Cross D17 Y924 3rd Wednesday of each month	South Dublin: Maldron Hotel Tallaght D24 XC9W 2nd Monday of each month
Southeast: Brandon House Hotel New Ross Y34 KR62 2nd Tuesday of each month	Tipperary: Horse & Jockey Hotel Thurles E41 AP86 3rd Wednesday of each month
W. Cork: Grief Cafe Dunmanaway/Skibbereen/Clonakilty 3rd Tuesday of each month	Wicklow: Parkview Hotel Newtownmountkenney A63 FX72 3rd Monday of each month
Online Parent Support Evenings 7.00-8.45pm REGISTRATION REQUIRED, PLEASE CONTACT INFO@ANAMCARA.IE	
Online Support 1 1st Thursday of each month	*Temporarily Paused* Online Support 2 Please contact us to join Online Support 1

This autumn we are launching moving Grief Cafes in West Cork and Donegal in hopes of expanding access to our services to the more remote and rural parts of the island.

The Cafe in Donegal will meet in Letterkenny in September and November, and in Buncrana in October and December.

In West Cork, the Cafe will be in Dunmanaway in September, Skibbereen in October, and returning to Clonakilty in November and December.

For more information on the Grief Cafes, contact us at info@anamcara.ie



Upcoming Events & Special Programmes Calendar

SEPT
12

Remembrance Day
for NSC Parents

Our Annual Remembrance Day for Parents Living with No Surviving Children is a special time to gather and to remember your child. We recognise that while all Anam Cara events can provide connection and comfort, providing space for this unique kind of loss can be important too. We are grateful to be welcoming two facilitators to this year's Remembrance Day: our good friend, Peter Hanlon, and art therapist Ruth Campion. All navigating life with no surviving children are most welcome. Register here: <https://bit.ly/SeptNSC>

SEPT
15

Online Evening for
Supporting Surviving
Siblings

In a first for Anam Cara, we are honoured to be joined by a panel of experts in sibling loss and local bereavement services to share with you gentle, evidence-based ways to support bereaved siblings and parents after the death of a child. With a focus on equipping parents to understand and support their other children, this Bereavement Information Evening is open to all bereaved parents. For more, see 'Shining a Light on Sibling Bereavement' on page 5. Register here: <https://lnkd.in/dtqeSDJU>

SEPT
20

Barretstown Family
Day

Join us for a heartfelt family event at the enchanting Barretstown Castle. Barretstown is a day to come together with other bereaved families in loving remembrance. This environment creates space to be supported by those who understand, and make new memories together while still holding those we miss in our hearts. Whether it be archery, arts and crafts, or a peaceful walk around the lake, there is something for every family, and every family member. This special day of quality time and 'serious fun' is especially designed for the whole extended family. Register here: <https://bit.ly/3Ulm4tK>

OCT
6

In-Person
Bereavement
Information Evening

Twice a year, we bring our Bereavement Information Evenings to different locations across the island. In October, we will be joined by bereavement expert Brid Carroll at the Brandon House Hotel in New Ross, Co. Wexford. All bereaved parents welcome. Register here: <https://bit.ly/4cP5rgo>

Corporate Connections Can Make a Difference

Do you know a business that might like to make a difference? Many of Anam Cara's most valuable relationships begin with a simple introduction.

If you have a connection in the business world, you could help us develop new partnerships and fundraising opportunities that will help us to reach even more bereaved families across Ireland.

If you'd like to introduce us to a potential corporate supporter, please get in touch with our Fundraising Manager, Tasha Quinn at t.quinn@anamcara.ie.

Thank you for helping us to grow our community.



Thank You for Your Incredible Support

A sincere thank you to Members First Credit Union and Clontarf Cycling Club for their generous donation to Anam Cara.

Support like this means so much to us. We are delighted to have Members First Credit Union and Clontarf Cycling Club alongside us, helping us bring comfort, connection and support to bereaved parents.

We are deeply grateful for their kindness. This support will help us continue to be there for bereaved families across Ireland at a time when it is needed most.



Shining a Light on Sibling Bereavement

At the core of Anam Cara is the belief that no parent should have to grieve alone – regardless of the age of their child, circumstances of their death, or time since bereavement. For many parents, how the death of a child may impact their other children is an important consideration in their own feeling of being supported in their grief. Niamh Fitzpatrick, psychotherapist and bereaved sibling herself, writes that the death of a sibling is a compounding loss:

“The loss of someone who you knew all of your life or all of their life; the loss of someone who knows your parents in the way you know them; the loss of someone how might have been your friend as well as your sibling; the loss of someone who feels a part of the very fabric of your being.”

Recognising that the death of a child has an impact on the entire family, we are launching our first Bereavement Information Evening dedicated to parents supporting surviving siblings – of any age. In our dedication to supporting bereaved families, we have drawn together a panel of experts in sibling bereavement including Cancer Fund for Children, Jacinta's Smile, LauraLynn Children's Hospice, and the Student Grief Network, alongside our bereaved parent community and clinical advisors, to develop this new branch of support.

Register for the [Supporting Surviving Siblings Online Bereavement Information Evening here](#). Bereaved siblings are warmly invited to sign up for our [mailing list here](#), and stay tuned for more emerging sibling supports.



Dublin Marathon Call Out

The Dublin Marathon may be sold out but you can still run for Anam Cara with our exclusive charity places.

Every mile achieved and every euro raised helps us continue providing free, compassionate support to parents whose precious child has died.

Whether you're a seasoned marathon runner or taking on your first 26.2 miles, joining Team Anam Cara is an opportunity to achieve a personal goal while providing meaningful support to bereaved families.

We'd be honoured to have you join our amazing team of runners on October 25th. **The last day to register is the September 9th!**

REGISTER TODAY!

Services Update

Strength in Collaboration

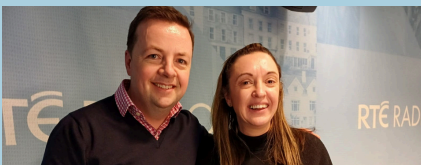
One of our greatest strengths as an organisation comes from our ongoing commitment to collaboration and the relationships we build with our partners across the island. The depth of these relationships has never been clearer than this summer.

We are honoured to have welcomed two new board members in July: Oonagh McKenna and Tommy Fegan. Their combined voices of lived experience, cross-border collaboration, and organisational transformation add vital knowledge to our board and governance. We also want to express our deepest gratitude to our retiring board members, Tony Mahon, Pat Cullen, and Frank O'Hare.

At the start of the summer, we gathered together for our Annual Training Day – a collaborative training for our Volunteer Parents, Professional Facilitators, and staff. This day of connection and learning is living experience of the wide welcome offered by Anam Cara. A diversity of professional backgrounds, bereavement experiences, and local knowledge lend unique quality to the services Anam Cara provides. It is thanks to engaging these varied perspectives that we are able to help ensure every parent finds genuine support after the death of a child. For everything you do to make this possible, thank you.



Would You Like to Share Your Story?



Every parent's experience of grief is different, and some parents choose to share their child's story or their own experience of Anam Cara to help raise awareness of the support available to bereaved parents.

If at any time you would like to share your experience, we would be very grateful to hear from you.

There is absolutely no expectation to do so. The choice is entirely yours, and we will always respect what feels right for you and your family.