

January 2018

Anam Cara commemorates ten years in February 2018

Founded on the 5th of February 2008, Anam Cara has in the last decade supported over 10,000 bereaved mothers and fathers throughout the island of Ireland. Hosting 100+ events each year in over 20 locations around the country, in 2018 Anam Cara will continue to work towards its vision *“that every family will have the relevant support services they need following the death of their son or daughter.”*

Anam Cara is proud to offer all its services free of charge to parents and to make them available for as long as they are needed. In this anniversary year, if anyone has any fundraising ideas (local, regional or national) please do get in touch.



National Remembrance Event in Athlone



On 4th November Anam Cara's National Remembrance Event was held in Athlone. The weather was kind to us and we really appreciated and valued the beautiful reflections from Colette, Aisling and Adrian. We also had music and songs from Joyce. This is always a special event for Anam Cara bringing together family members including grandparents who have that special relationship with their grandchildren and are also grieving. Aisling's reflection spoke about the loss of her little brother Sean and how that impacted her life and has inspired her to help other children by studying to be a doctor. There is no doubt that our children, brothers and sisters continue to be a huge influence in our lives and why Anam Cara's national event is so important that we take time out to remember them together



Support Meetings for parents living with no surviving children

Following on from the booklet produced last year, parents whose only child/children have died came together again on a number of occasions this year for workshops with Peter Hanlon, who facilitates the bereavement camps at Barretstown.

One parent said: *“My husband and I both agreed we would travel anywhere to attend such meetings again, because we felt it was, and will be, so helpful to our healing going forward, and we really appreciate such a group being set up.”* There will be further meetings in 2018 and we are actively seeking a corporate sponsor to fund these. If anyone knows a company or benefactor who might come on board to support this worthy project, please get in touch with Hugh at h.harkin@anamcara.ie



Our sincere thanks and appreciation to the



For the donation of our Central Office in Dublin.

We would also like to thank the following Organisations for their support in 2017:

Túsla

B. Braun

IPB Insurance

ESB

Katharine Howard Foundation

Dublin Bus

HSE Lottery Grants

A huge thanks to our great fundraisers (far too many to mention) who organise activities in support of their local groups. Allowing us to provide our services at no charge to parents



Anam Cara is very grateful to the Department of Rural and Community Affairs. A large portion of our salary & administration costs are kindly funded through its Scheme to Support National Organisations.

Anam Cara 2017 in Numbers



In 2017 Anam Cara facilitated 109 events for bereaved parents and families throughout Ireland.

1,860 parents attended these events at the 10 Anam Cara groups.

At the Anam Cara Bereavement Information Evenings,, which are often parents first introduction to Anam Cara , an average of 18 parents attended and availed of our Information Packs, listened to our professional guest speakers and met with our volunteer parents and professional facilitators.

1,308 Anam Cara Information Packs were distributed this year to parents and professionals in contact with bereaved parents .

Anam Cara hosted 5 Family events .

96 Professionals attended Anam Cara workshops on bereavement and loss.



Anam Cara Volunteer Parents

The parents who attend Anam Cara monthly meetings have told us “*the parent volunteer facilitators are great people who give up their time to help other bereaved parents.*” To all our volunteers ... thank you for your support and kindness, you are the heart of Anam Cara and continue to give hope to other parents as they start their journey through grief after the death of their child.

If you are interested in volunteering at Anam Cara, please contact us on info@anamcara.ie or 085 2888 888 in northern Ireland call us on 028 95213120



Anam Cara Bereavement Outreach Events

The death of a son or daughter is one of the most isolating experiences a family will go through. They may also be isolated geographically if living in rural Ireland.



Most Anam Cara groups meet monthly in the major urban centres. Anam Cara decided to fill this gap, starting in Donegal, by hosting Bereavement information Evenings in Donegal Town and Inishowen. In 2018 we hope to do the same in West Kerry. If you'd like to help us with this project or know a potential sponsor, please call 01 4045378 or email h.harkin@anamcara.ie