



THE COMPASSIONATE FRIENDS
Offering friendship and understanding to Bereaved Parents, Siblings
and Grandparents
Johannesburg Chapter
July 2016

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In This Issue:

My Dear Friends

Accepting the Nobel Prize for Literature, the poet Derek Walcott said, "Break a vase and the love that reassembles the fragments is stronger than the love which took its symmetry for granted when it was whole. The glue that fits the pieces is the sealing of the original shape."

Death shatters the vase of family wholeness. There could be times throughout grieving when the reassembling of the pieces may seem impossible. Conversely, it might be the imperative that starts some greater mending.

Perhaps the most obvious, and possibly the easiest, repairing comes with the impetus to memorialize the dead. How tenderly we frame photographs, preserve possessions, light candles, plant gardens, make donations, observe anniversaries, etc. We can never restore the broken vase to its original but the urge to prove that lives, however brief, were not lived in vain, is one of the most powerful human motivations. In their absence our children fill our lives every bit as much as their presence did.

There are other broken vases. Family life is splintered as each member tries to juggle coping with individual sorrow while caring for everyone else as well. Friendships suffer also under the burden of struggling to balance empathy with the desire to re-establish normality. Of course it's as much a recipe for conflict and collapse as it is for support and survival. It is a sad reality that some vases might be so cracked in the process that we have no option but to discard them. Most, though, respond magnificently to care. Think how art restorers go about their work – gently washing away stains, carefully brushing off dust and dirt, painstakingly filling cracks, meticulously refreshing paint – and learn from their devotion.

Amidst all this activity do not forget a very beautiful ornament needing re-assembly – YOURSELF. Loss has shattered you and your certainties and left you dazed and demoralized. As defeated as you feel now, you do not want to stay like that. Just as your child will always be precious and treasured so you should learn to cherish yourself. The cosmetic ad says it all – you're worth it. No amount of mending will ever entirely disguise the chips and broken lines but your vase can still be attractive and useful, and the patina of experience gives it a special brilliance.

Despite the tragedy of loss, or, because of it, our sensitivity to what remains is heightened. The glue of our caring certainly will seal all that is lovely and loved.

Much love,

ROSEMARY DIRMEIK

Bereaved Parents Awareness Month – July

The loss of a child is the most inconsolable of losses to deal with. It violates the natural order of things and it's not fair for an innocent to see their dreams unfulfilled. As parents, we feel we are solely responsible for the well-being of our children and we may feel like we have failed and let our child down.

There are so many expressions of grief after the loss of a child that often it is hard to sort out how a bereaved parent is really coping. These are a few of the expressions described at <http://www.kulkkula.com/bereavementawareness/parents.htm>:

Disbelief: Often people will comment on how well they are doing, but it could be, they just don't believe that it has really happened.

Shock: The bereaved parent may feel or appear disoriented, restless, numb, bewildered, stunned and unable to think.

Sobbing/Crying: Sobbing is helpful to cry to release all that pent-up emotion.

Physical Symptoms: The bereaved parent may lack or have an increase of appetite; sleeplessness or oversleeping; knot or emptiness in pit of stomach; tightness in throat; shaky legs; headaches; trembling; chills; fatigue; chest pains; general achiness; difficulty swallowing and/or speaking; digestive disorders (indigestion, nausea, diarrhoea); feeling weak or faint; tension; slower in speech or movement; temporary paralysis of limb or sight.

Denial: The bereaved parent may subconsciously be searching for their child when out in a crowd or when they open the door.

Why? "WHY" seems to need to be asked repeatedly in an effort to make sense of the loss.

Repetition: The bereaved parent may repeat the same things to the same people.

Reality of Death: This is a frightening time as it may seem as if the bereaved parent is going backwards.

Confusion: The simplest decisions may seem impossible and the bereaved parent may have difficulty concentrating.

Idealization: The bereaved parent may only see their child as perfect and may compare themselves or others to that loved one

Identification: The bereaved parent may seek to identify with their child by wearing their clothes or taking up a sport they liked.

Anxiety/Panic: The bereaved parent may fear being alone or be worried about the future. They may feel like they are losing control or are "going crazy."

Bargaining: The parent may try to bargain with God that "things will be different;" or that they will try to be a better person if only their child can be alive again.

Depression: Sometimes the bereaved parent may hurt so much that they just don't care about anything. It may be an effort just to get out of bed, to shop, or fix a simple meal.

Relief (Laughter): This phase comes and goes and the bereaved parent may be able to recall the fun times.

Lowered Self-Esteem: A bereaved parent's confidence is often undermined.

Preoccupation: The bereaved parent may think of nothing but the loss.

Guilt: Bereaved parents tend to blame themselves for something they did or didn't do that may have contributed to the death, or for things that wished that they had done for their child.

Anger: Anger is normal. Pushing down anger is harmful.

Loneliness: The bereaved parent may feel intense loneliness due to the absence of their child, because they are unable to share thoughts and feelings, to touch, or to be understood.

Despair: The bereaved parent may feel as if there would be little difference if they lived or died. They may have suicidal thoughts.

Sadness: These feelings seem to pervade their life.

Helplessness: The bereaved parent may feel that they are unable to help themselves or others cope, or get better.

Envy: They may feel jealous of people who still have their child.

Frustration: They may be disappointed that they are not coping as well as everyone thinks they should.

Resentment/Bitterness/Hatred: Bereaved parents may feel resentful about the death and their changed circumstances.

Limbo: The bereaved parent may reach an in-between point between the reality of death and the point where life seems worthwhile again.

Hope Emerges: The good days outbalance the bad days and they may feel encouraged that they will get better.

Missing: The bereaved parent will always miss their child and special events may trigger the feeling of longing even more.

Struggle with New Life Patterns: The bereaved parent starts to rebuild a new life that will be different but can be enjoyed.

Life is Worth Living: Eventually the bereaved parent may be able to think and talk about their child with happiness and a sense of peace.

Pride: The bereaved parent may overcompensate for how they are really feeling or may not ask for help and can complicate the grief process.

The first year after a child's death is the most difficult. Anniversaries, birthdays and holidays will trigger pain and tears. Don't avoid these dates but provide an opportunity for the parent to grieve and remember and not feel like they must hold the grief under control.

Be aware and provide support for both the health of the bereaved parents and their relationships.

According to research, bereaved mothers and fathers experience more physical and emotional issues than do non-bereaved parents, including severe depression, mortality due to illness and suicide and failed marriages.

Irreparable damage can be made to the family or their marriage. It is estimated that over 70% of marriages where a child has died, end in separation or divorce.

Grief is a normal and natural reaction to the death of a loved one but when it is your child's death that you are grieving, it can be even more intense and devastating. It is not something that you prepare yourself for as you do when you experience the loss of an aging parent or partner. Grieving parents may think, do, and say things that are very unlike who they really are and as their family and friends, our job is to be there for them and not judge their reactions as justified or unfair.

In loving memory of Ed and Tina and for our parents Carol, Al, Dave and Norma

NOTICE IS HEREBY GIVEN OF THE THIRTY THIRD ANNUAL GENERAL MEETING OF THE JOHANNESBURG CHAPTER OF THE COMPASSIONATE FRIENDS

DATE: SATURDAY, 13 AUGUST 2016
TIME: 14:00
PLACE: TCF CENTRE, 122 ATHOL STREET,
HIGHLANDS NORTH, JOHANNESBURG

We invite you, our members, family and friends to join us for the 33rd Annual General Meeting of the Johannesburg Chapter of The Compassionate Friends.

The business proceedings of the Meeting will be handled first, lasting approximately thirty (30) minutes, followed by our guest speaker.

Now is the time for you to think about your role at The Compassionate Friends. We need you. Are you a member of the Committee or can you help with community awareness, counselling, outreach program or just getting more involved?

Please give some urgent thought as to whether you would be willing to stand as a member of the Committee. Executive Meetings are held every two (2) months. Nomination forms must be received by SATURDAY, 9th July 2016 – the date of the Meeting.

"We do not have control
over many things
in life and death
but we do have control
over the meaning we give it."

□ Nathalie Himmelrich, Grieving Parents: Surviving Loss as a Couple

Birthdays

Nakedi Mngati 2.7.1986 Beloved sister of Nina Hammond: Unknown

Tiger Pitman 3.7.2015 Beloved son of Katie and Guy Pitman and beloved grandson of Lorrie & David McCarthy: Stillborn

Bronwyn Sutherland 5.7.1978 Beloved daughter of Grace and Hugh Sutherland and sister of Mark: Organ Failure

Ghislaine Lockie 6.7.1981 Beloved daughter of Tolly Lockie and sister of Rochelle: Suicide

Lynn Vieweg 7.7.1949 Beloved sister of Karen Bullen and sister of Karen Bullen and Lee Chapman (sisters): Aneurysm

Thabiso Sebesho 8.7.1980 Beloved daughter of Sybil Sebesho and sister of Freedom: Tuberculosis

Sean Dick 9.7.1975 Beloved son of Brian and Merle Dick and brother of Craig: Accidental

Clinton Olivier 9.7.1986 Beloved brother of Simone Visser: Heart Failure

Michelle Morris 9.7.1982 Beloved daughter of Lynne Morris and sister of Shaun and Jocelyn: Heart Attack Complications

Helena Egler 10.7.1969 Beloved daughter of Corrie Egler and sister of Christo: Cancer

Sophia Bennett 10.7.2008 Beloved daughter of Adele & Rob Bennett and sister of Nathan: Cancer

Ntando Zwane 11.7.2011 Beloved daughter of Thuli Zwane: Poison

Garth Geldenhuys 11.7.1966 Beloved son of Neville and Joan Geldenhuys and brother of Andrew, Veronica and Barbara: Homicide

Dylan Casey 13.7.1978 Beloved son of June Casey De Jager and brother of Taryn: Drowned/Heart Arrhythmia

Ntuthuko Danese 15.7.1991 Beloved son of Ruth & Collen Danese: Car Accident

Craig Twilley 15.7.1972 Beloved brother of Kim & Gary and sister of Wade: Cancer

Wayne Dreyer 15.7.1977 Beloved son of Basil and Beverley Dreyer and brother of Gillon and Candice: Homicide

Debbie Els 15.7.1962 Beloved daughter of Pat Smoulders and sister of Sharon: Cancer

Mikhail Herman 16.7.1992 Beloved son of Michael and Delyth Herman and brother of Nicole: Illness

Kimon Moutzouris 18.7.1968 Beloved son of Johnny and Thea Moutzouris and brother of Lee and Tony: Homicide

Nicholas McCourt 19.7.1980 Beloved son of Robert and Rosemary McCourt: Suicide

Areef Yacoob 19.7.1985 Beloved son of Kairoonnisa Yacoob: Culpable Homicide

Cardi Dallas 20.7.1976 Beloved daughter of Steven and Glenda Dallas and sister of Donvae: Motor Vehicle Accident

Brendan Ruiters 21.7.1977 Beloved son of Jacqueline Becker (nee Ruiters): Suicide

Arabella Strand 22.7.2013 Beloved daughter of Colleen & Miles Strand and sister of Nico: Seizure

Ricky Fine 22.7.1954 Beloved brother of Julie Godfrey and sister of Raymond Fine: Homicide

Catherine Knowler 22.7.1987 Beloved daughter of Jill and Kenneth Collins and sister of Jennifer Jones: Lung Cancer

Keenan Luke Pillay 24.7.2003 Beloved son of Luren & Belinda Pillay and brother of Keziah Lee Pillay: Cystic Fibrosis

Lara Mary Egan 25.7.2008 Beloved grandchild of Neville Egan and sister of Luke: Medical Complications

Andre Jacques Joubert 26.7.1993 Beloved son of Alida Joubert and brother of Nickoll & Monique: Drowning

Patrick Mayes 28.7.1963 Beloved son of Maureen Mac Gowan Mayes & Late Steve Mayes and brother of Simon, Siobhan & Chris: Illness

Anniversaries

Thoriso Maotoe 1.7.2014 Beloved daughter of Toko and Thabang Maotoe: Motor Vehicle Accident

Tiger Pitman 3.7.2015 Beloved son of Katie and Guy Pitman and beloved grandson of Lorrie & David McCarthy: Stillborn

Dean Beets 7.7.2012 Beloved son of Dick Beets & Monita Pieterse and brother of Dirk & Madelein: Motor Vehicle Accident

Gabriella Giacobazzi 9.7.2013 Beloved daughter of Adriana and Michele Giacobazzi and sister of Danilo: Lupus

Bongani Radebe 10.7.2014 Beloved son of Bella Radebe and brother of Sibongile, Francis and Noma: Natural Causes

Laurence Paikin 10.7.2014 Beloved son of Rose and Monty Paikin and brother of Milton, Stephanie: Heart attack

Loyiso Toko 11.7.2014 Beloved son of Laurette Toko and brother of Samuel, Thandiwe: Cot Death

Lionel Dirmeik 11.7.1991 Beloved son of Rosemary Dirmeik: Suicide

Areef Yacoob 11.7.2011 Beloved son of Kairoonnisa Yacoob: Culpable Homicide

Paul Figueirinha 14.7.2008 Beloved son of Liz and Jorge Figueirinha and brother of Daniella: Brain Tumour

Jermaine Williams 17.7.2015 Beloved Grandchild of Rennie Moshoeu and sister of Bessie Naniki: Motor Vehicle Accident

Bele Davhula 18.7.2015 Beloved daughter of Rofhiwa Yvonne Davhula: Unknown

Joshua John Pereira De Vlieg 19.7.2015 Beloved grandson of Gille De Vlieg: Accident

Shane Pfister 21.7.2007 Beloved son of Paula Pfister and brother of Natasha: Motor Vehicle Accident

Dawie Lotz 24.7.1993 Beloved son of Amanda and Tom Lotz: Suicide

Jay-P Coetzer 24.7.2010 Beloved son of Joan Coetzer and brother of Justine: Homicide

Glynn Baker 24.7.2004 Beloved son of Jean and Douglas Baker and brother of Linda, Sandra and son Justine: Motor Bike Accident

Sean Dick 25.7.1994 Beloved son of Brian and Merle Dick and brother of Craig: Accidental

Brett Fitzgerald 25.7.2007 Beloved son of Gerald and Sandra Fitzgerald and brother of Craig and Greg: Cancer

Khomoyami Lecoge 27.7.2015 Beloved daughter of Kgomotso and William Lecoge and sister of Brian, Phonzi and Lesego: Pneumonia

Diren Govender 31.7.2012 Beloved brother of Elishia Govender and sister of Darshan: Suicide

National Gathering 7th 8th 9th October Alta Du Toit Skool Kuils River Hosted by CT TCF

With love and compassion we invite you to join us for a weekend of sharing, support, understanding and love in working through our grief. Our theme is HOPE. By allowing ourselves to grieve we allow others to grieve and understand the grieving process. Grieving gets us through this very natural process in our individual ways. With this weekend spending time with other grievers we create HOPE and understanding that, by allowing our grief, we can heal.

We have compiled a weekend of sharing with one another in our hurt and opening up in a safe environment to express our individuality in creating our own HOPE. There will be time to listen to each other, be creative together, and listen to various speakers and some light entertainment. Then for me, the most important is that we will have an opportunity to honour our children on Sunday. We will light candles and do a balloon release (I know that some green and environmentalists might object, but there is nothing as healing as seeing your message to your child rising to the heavens). For the brave ones we will have an opportunity to speak about their child or share a piece of music or poetry to uplift each other.

More details about our speakers will follow soon. You are welcome to follow us on Facebook for more information <https://www.facebook.com/groups/498249993612190/events/>

Please share this information with other bereaved or interested parties. You don't have to belong to The Compassionate Friends to attend our Gathering.

Please email Ina for Registration form @ inat@live.co.za Cape Compassionate Friends

Half page sponsored by Jacquelin Becker (nee Ruiters) in loving memory of her son Brendan John Ruiters 21.7.1977. Thank you



Thank you..... Thank you to the people who pay their subs –

Thank you..... Thank you to the people who pay a monthly debit order to TCF

Thank you..... Thank you to the people who bring cakes and eats to the meetings

Thank you..... Thank you to the people who have paid donations and love gifts

Thank you..... Thank you to all our "MY SCHOOL/My Village card holders...

10 Things Everyone Should Know About Siblings & Grief

There are many things people need to learn about siblings and grief. Here are ten /would like everyone to know.

1) Sibling grief is often misunderstood—by parents, families, friends, and counsellors, even by the siblings themselves. So much focus is given to the parents of the lost child, to the children of the lost parent, to the spouse of the lost adult sibling. And, rightly so. But, what about the siblings? What about the ones who, like me, have grown up with the deceased? Who believed they would have a lifetime with their sister or brother? Who now face that lifetime alone?

2) Sibling grief "has been almost entirely overlooked in the literature on bereavement."^[1] Its no wonder, therefore, that even mental health providers misunderstand sibling grief. How are families supposed to know how to help siblings through grief if even the research on the subject is lacking?

3) Common emotions siblings may feel when a brother or sister dies include:

- Guilt
- Abandonment
- Loss of Innocence
- Fallout from the Family
- Somatic Symptoms
- Fears and Anxiety

4) Siblings may feel "trumped" by the grief of other family members. I sure felt this way, and it's common, since the focus is usually on the parents if a young sibling dies and on the surviving spouse or children if an older sibling dies. This may lead to minimizing a sibling's own loss.

5) Young siblings lose innocence when a brother or sister dies, which may lead to fears and anxiety; "Survivor guilt" is also common. Experiencing death as a child becomes a lifelong experience of processing and understanding the loss. Children grow up with grief, understanding more as they get older. Fear of death or dying is common. Anxiety or worry about getting sick may become prevalent. In young siblings, guilt for provocative behaviour or for unacceptable feelings (jealousy) is common. Young children may think, before the death, "I wish my brother were dead!" then believe they somehow caused it to happen. Older siblings may wonder, "Why them and not me?" Because siblings are usually similar in age, it can bring up many questions about the sibling's own life and death, and guilt along with it.

6) Surviving children do, unfortunately, end up taking the fallout from parents', siblings', or other family members' mistakes, emotional blowups, or neglect. In many ways, siblings often experience a double loss: the loss of their sister or brother, and the loss of their parents (at least for

a time, but sometimes, permanently). I know this from experience. Though my parents did the best they could, after my youngest sister died, our entire family was different. My mom retreated into her own grief, staying in her room, depressed and sick for years. My dad retreated into work and anything to take his mind from his pain. Luckily, I was already on my own, in college, at the time; my younger siblings weren't so lucky. At 9, 11, 14, and 17 years old, they grew up with a completely different set of parents than I had. I tried to step in as a "parent" figure over the years, but the separation from my parents in their time of need profoundly influenced their lives. It profoundly influenced *my* life. It profoundly changed our family.

7) Siblings may manifest somatic symptoms of grief, including symptoms that mimic the deceased sibling's symptoms. Especially in young children, symptoms like stomach-aches, headaches, nightmares, body pain, digestive symptoms, and trouble sleeping are common. These should be seen as symptoms of grief, and hopefully, an adult in the family can help siblings work through their feelings and show them how to grieve.

8) Having someone explain the loss to younger siblings, to be there for them and help them grieve, is ideal. Little children don't comprehend death in the same way adults do. It is therefore important to have somebody who can walk them through the loss and the grief process, to explain it wasn't their fault, to validate what they feel. If parents aren't able to do so, another family member or friend may, and hopefully will, step in.

9) Even adult siblings will feel the loss deeply. The pain isn't less simply because you're older. In fact, in many ways, it's harder. You understand more. You know what it means to die, and you will feel the pain of the loss in a different way than young children, who still haven't developed abstract thinking and understanding, will. Grieve your loss. If you're not sure how, here are some ideas.

10) My best advice for siblings in grief: Feel the loss as long as you need to, and give yourself time to heal. Because sibling loss is so misunderstood, you may receive messages that make you feel like you should be "over it by now." They don't know sibling loss. Now, you do. It takes time. Lots of time. It's not about "getting over" the loss of a sibling. You don't get over it. You create your life and move on, when you're ready. But you will always remember your brother or sister—the missing piece of your life.

I once heard someone say, "When a parent dies, you lose the past. When a child dies, you lose the future. When a sibling dies, you lose the past *and* the future." That is the grief of a sibling—grief for what was past, and grief for what should have been the future. Just remember these things, my friends. Remember to be there for siblings in grief. You can be the difference in helping them create a bright future, even if they now must do so without their beloved sibling. <http://www.facebook.com/drchibbert>

High Tea.....



Our High Tea was enjoyed by all who attended – we managed to raise R4000 from this event. Most of our guests were friends and family and unfortunately very few members. We'd like to give a huge thanks to Penni from Divine Space who presented on colour therapy and donated a prize and to the Silver Spoon who hosted the event at cost for us.

Walk of Love.....

Our Walk of love will be in October, if you would like to help with this event please contact the office....

Silicone Bangles - These are available from the office with "The Compassionate Friends – In Loving Memory" printed on them for R25.



Love Gifts.....

Thank you to Maureen MacGowen Mayes and the Late Steve Mayes for the love gift in Memory of the sons Kieren and Patrick Mayes and their grandson Joshua Symonds Mayes.

Thank you to Leon, Sue and the Jackson family who donated a gift to us in lieu of a gift to Mike Damelin for his birthday!

Thank you to Gary and Helen Sheehan and Michelle for the love gift in Memory of their son and brother Alasdair.

Extracts from an address given to bereaved parents by the Archbishop of Canterbury at a Thanksgiving Service to mark the fifth anniversary of Helen House in Bristol UK in 1989. Taken from an old newsletter.

The world doesn't quite know what to make of the death of children. Stock phrases are not well geared to handle it. Too often there is talk of lives cut short, as if length of years is what life is really about. You will know, and you'll sympathise with, people's difficulty in trying to say the right thing. But you will know, too, a greater truth – that no life, however short, is ever wasted, that no life in which love has been given and received is anything other than complete. There is a Jewish saying which puts what I am attempting to say quite simply: "there are those who gain eternity in a lifetime, and others who gain it in one brief moment."

.....In their short lives, your children have created much love. Who in their longest life could do more than this? Who could bless us more richly than those who create and leave behind them an atmosphere of love? This is what your children have done, at the cost of their suffering and helplessness, yet also through their helplessness and suffering. I believe that some very ill children realize this. They become somehow aware that through them love is being created in and among those who care for them. They realize, however indistinctly, that they are doing something very important for their parents, their brother, their sisters, nurses and friends. They are helping them to love. In doing such a great thing for you, must they not come to love you, just as you, in doing so much for them, love them? I cannot doubt that it is a profound mutual love which is created when great need receives great care..... And so I believe the love of your child for you still is, just as surely and truly as your love for him or her still is. Only the suffering of your child has ended, not the love.....not the love.

A MEDITATION THE PINK BUBBLE TECHNIQUE

This meditation is simple and wonderfully effective. Exercise:
Sit or lie down comfortably, close your eyes and breathe deeply, slowly, and naturally. Gradually relax deeper and deeper. Imagine something that you would like to manifest. Imagine that it has already happened. Picture it as clearly as possible in your mind.
Now in your mind's eye, surround your fantasy with a pink bubble; put your goal inside the bubble. Pink is the colour associated with the heart, and if this colour vibration surrounds whatever you visualise, it will bring you only that which is in perfect affinity with your being.

The third step is to let go of the bubble and imagine it floating off into the universe, still containing your vision. This symbolises that you are emotionally 'letting go' of it. Now it is free to float around the universe, attracting and gathering energy for its manifestation.

There is nothing more you need to do. *From "Creative Visualisation" By Shakti Gawain*

**The Compassionate Friends Johannesburg Chapter
Support Groups, Meetings and Events, for Bereaved Parents, Siblings and Grandparents
July 2016**

Saturday TBA 14h00 – 16h00	Suicide Support Group at 122 Athol Street, Highlands North.	Facilitators: Kate Shand; Marcel Hatzis-Hugli 082 884 4085/082 724 5670
Saturday, 2 nd July at 10:00 – 12.00	Coffee and Sharing Meeting at 11 Andre Street, President Ridge, Randburg (above The Brightwater Commons)	Facilitator: Gladys Gagliardi 011-787-7876 or 084-500-5440
Saturday, 9 th July at 14:00 for 14:30	Monthly Meeting at TCF Centre, 122 Athol Street, Highlands North	Speaker : TBA
Saturday, 9 th July at 14:00	Lenasia Coffee and Sharing Meeting please contact Roseline for address.	Counsellor: Roseline Ananmalay 084-556-4616
Every Friday 10.30 - 12.30	Coffee At TCF Centre, 122 Athol Street, Highlands North	Host – Ntuthu Radebe 076 975 5840

Support :

Isabel Ferreira: 082-335-8593

Maureen Conway: 011-802-2805 or 082-452-4490 (Siblings)

Jabu Mpungose: 082-548-9604

Ntuthu Radebe 082-741-5761

Marcel Hugli 082 724 5670 (Mr)

Debbie James 062 423 4164

Roseline Ananmalay: 084-556-4616

Coralie Deas 083-524-7016

Kate Shand 082 884 4085

INFORMATION ABOUT THE COMPASSIONATE FRIENDS

We are a Charity Organization and our aim is to help bereaved parents, siblings and grandparents cope with their loss. Our services are free of charge for the first year. (Starting from the first time you made contact with us at TCF). Thereafter if you would like to continue participating in our activities, we ask for a fee (Subscription) of R250 per annum

You can also sponsor a page in our Newsletter at R100 per page or R50 per half page.

A LOVE GIFT can be any amount of money you would like to donate in memory of your child.

We are looking forward to your participation in putting together our Newsletters by writing your own story. Send your story to TCF at the beginning of the month and we will do our best to publish it. We would like to support you in your grief journey. Writing brings healing.

Contact the office to set up an appointment with any of our Counsellors for one-to-one sessions.

If you know of any organization (schools, hospitals, work places) that would benefit from our services at TCF, please inform them about our work. Often people do not know what to say or do or how they can help someone who has lost a child or a sibling. Our contact details are in the Newsletter.

**BANKING DETAILS: The Compassionate Friends, First National Bank –
Balfour Park,**

**NB: Please remember to put your name (and what you are paying for) as
a reference when you deposit money into TCF's account**

