



TCF NEWS

A newsletter for supporters of The Compassionate Friends

In This Issue

COVER STORIES:

- 3 day retreat, A parent's view
- Pg 2 A parent's view (contd.)
- Pg 3 A volunteer's perspective
- Pg4 Stunning new website
- Pg4 In memory of Joe Lawley
- Pg5 Trustees' news
- Pg6-10 Fundraising roundup



Woodbrooke

The first 3 day retreat for parents bereaved by suicide or substance use

The first retreat for parents bereaved by suicide, addiction or substance use was held at Woodbrooke, in Birmingham, from 11-13 July. 52 parents came together, with 12 TCF volunteers, to share stories of their children, talk, cry and laugh together, find friendship, support and comfort. What a wonderful few days - filled with so much inspiration, hope, and understanding. We received many emails, comments and letters about the retreat, and we have reprinted a few of these here to give you a flavour of this special gathering.

We will be repeating this retreat in 2017 – so look out for details and dates.

A parent's view on the retreat

Pauline Chambers: "On 11th July some of our bereaved parents went to a gathering especially for those bereaved by suicide, alcohol or drugs. It was my first gathering for TCF so I was not quite sure what to expect.

From the moment we arrived at Selly Oak station we were so well taken care of, and when we arrived at Woodbrooke we were made extremely welcome and happy. It was so lovely to meet like-minded parents and we could discuss our children openly without fear or prejudice. The staff from TCF were very friendly, understanding and kind.

Some of the parents I had met before but for others it was the first time and all our stories were important. Every one listened and everyone cared.



Photo credit: Marie Best

"Beautiful gardens and a lake provide a peaceful backdrop in which to sit in quiet contemplation."



(A Parent's View on the Retreat contd. from front page)

Woodbrooke itself was very comfortable and we had lovely rooms and excellent food - which made the time even better for us all. We had a welcoming talk on the first evening and then divided into groups where we were arranged geographically. It was comforting to get to know others and hear all about their lives and their children.

The next day we again had a general talk and then chose groups according to what we wanted to talk about and discuss. I just found it so therapeutic and restful. There were craft activities and I made a candle for my son to light on the last night. That indeed was a very emotional event when we all lit candles together".

Sheila Maskell: "When I booked our places for the retreat some months ago, the lady I was speaking to on the phone said that we would meet 'some lovely people' and that is indeed what happened. Special mention must go to the wonderful Margaret and Gina, who are two amazingly talented, kind and compassionate women and the army of volunteers - all of whom worked so hard to make our stay the comforting experience that it was.

None of us would have wished or imagined in our worst nightmares that we would ever need to attend such an event and I still find it hard to believe the awfulness of what has happened but we were so kindly and well looked after and everyone made such an effort to be kind and helpful to each other that I hope, in time, it will contribute to a partial ability to live with the pain - although losing a child (even when they are adult) is a wound that never can really heal.

Alison Bender: "I have been thinking such a lot about the Woodbrooke retreat, which I found so helpful. I would really encourage people to consider going to the one next year.

I am into my fifth year without Emma and as time moves on, opportunities to talk about her grow fewer. So to have a little time set aside to devote myself to doing nothing else except thinking and talking about and honouring my lost girl was so precious.

There were so many good things about the retreat: the size was just right; the TCF staff and volunteers were kind as ever; the time was structured in a way that made me feel safe and supported; the people were lovely; so was the food! The grounds were stunning. The accommodation was simple - Woodbrooke is a Quaker study centre. I am used to blocking out my thoughts first thing in the morning by listening to the radio - there was no TV in my room and I only had an old-style mobile phone with me. At first the morning silence made me uncomfortable - but, on catching up with events on the news after the retreat, I realised what a gift being cut off had been! And we were welcome at the Quaker meetings for time of quiet reflection too.

All the activities were brilliant. But the thing that has sustained me the most since I left came up in the last

Woodbrooke needs some good feedback because they also looked after us so well. Every comfort was supplied from a clean and well acquitted bedroom to generous hot drinks and biscuits and fresh fruit and healthy and plentiful food - all served in a lovely, friendly atmosphere.

The discussion groups - though emotional - were rewarding and very well organised. My husband, Bill found the creative writing and men only group very helpful and apparently the men would have liked their group to go on for another hour.

So, finally, thankyou to TCF for being there and offering such unending depths of kindness and support to all of us who need it so much".

discussion group I attended, which was led by two facilitators quite a bit further along this path than me. They both said that, after a period of yearning for their children and wondering where they might be, they had come to believe that their children had come back - that they now resided somewhere inside them.

The idea that Emma's spirit or soul might have returned full circle to where it first began, at the centre of my being, gives me such comfort. Thank you both and everyone else who made the retreat such a wonderful experience".

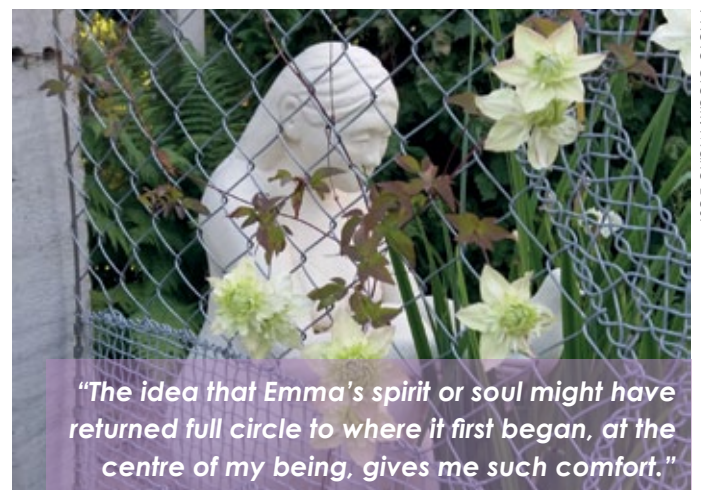


Photo credit: Marie Best



Three of our lovely volunteers; from left to right, Jane Harris, Philippa Skinner and Sue Carroll.

A volunteer's perspective by Philippa Skinner

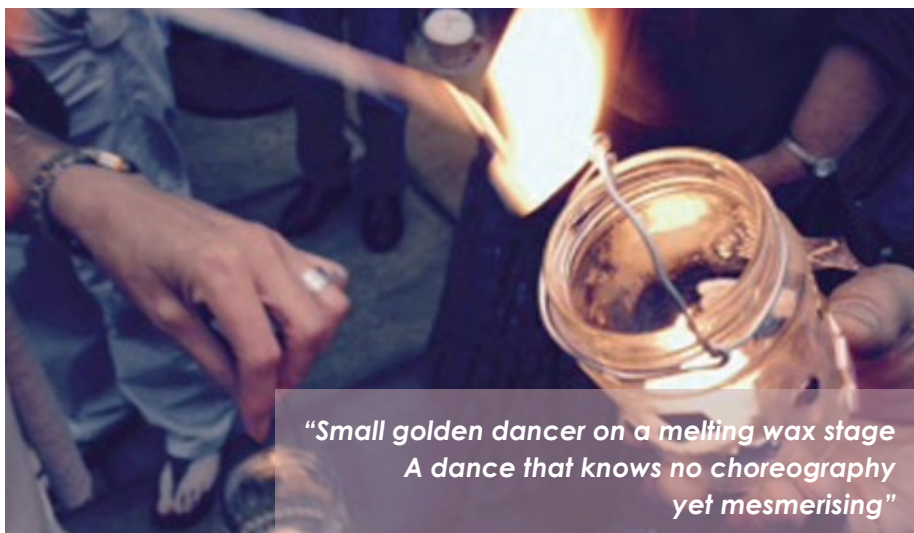
"This was my first experience as a volunteer for TCF, and I must say I was pretty nervous about it. I remember very well what it feels like to attend a gathering like this for the first time, and the sheer courage required to walk through a door where you really don't want to go.

Now, as a volunteer, some years past those awful raw times of grief, I wondered if I could be any use. When in the presence of so much deep pain, I find my own need to 'try and make things better' never quite goes away, however inappropriate such a response is, and I wondered if I would be able to hold others' pain and honour their feelings, just as they were.

In reality I discovered wherever we were on this grief journey, we are all in it together. Though some of us may

have travelled a little further and have learnt, in our own unique ways, to live with our losses, there was a deep, mutually supportive atmosphere at the retreat. Whether volunteers or not, we were all able to be who we are- bereaved parents who feel such strong continuing love for our children. This love becomes the 'engine' for our ongoing lives, enabling us in time to live more peacefully.

In all the sadness of being among 60 or so bereaved parents, I felt our profound love for our children as a tangible presence and, as a 'rookie TCF volunteer', I want to thank all of you for the sharing, the tears, the laughter and the love which transformed 3 rather damp summer days in Birmingham into a memorable time".



"Small golden dancer on a melting wax stage
A dance that knows no choreography
yet mesmerising"

Photo credit: Jimmy Edmonds

What you said...

"The three days were amazing...lovely people, beautiful surroundings... really felt at home with all those others who had lost children... it felt normal to cry and not be embarrassed."

Yvonne

"It was fantastic to be with so many parents all in the same boat who, no matter what was said, were never shocked, embarrassed or judgemental. I felt able to talk about my son freely and indeed talked about him more in those three days than I have since he died five years ago."

Sue

"So much learning, all unlearned, Yet truths are spoken here, by friends."

Ann

Our Wonderful New Website, How it Happened!

Shortly after my son Guy died in 2011 a friend mentioned TCF. I was vaguely interested but the website didn't inspire me and thoughts of getting involved gradually dissipated.

A year or so later, after a number of conversations with Margaret Brearley to whom I had been introduced by a mutual friend, I somewhat reluctantly agreed to become a trustee. I wondered how I would forge a role for myself on the board but when I heard that an anonymous donor had provided funds for a new website – it was obvious!

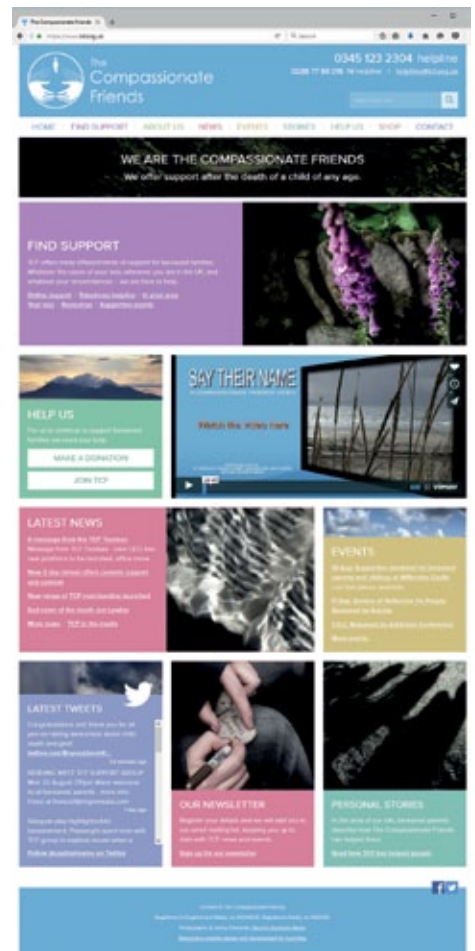
Little did I know what I was in for – what a huge undertaking this project would turn out to be. But a year (and a few hissy fits) later I am proud to say that we have a superb new website which looks stunning and is extremely accessible and user friendly.

We have reordered the content so that everything is more logical and easier to find and have added some new features such as personal stories, a map showing local support, as well as the ability to book events and join our charity online. We've also incorporated the sibling site and brought access to the volunteer's site and the forum under the same 'roof'. And best of all, the site is a showcase for Jimmy Edmonds' superb photos, which in my opinion are what make it look so gorgeous.

We now have a website of which everyone in TCF can truly be proud – and I am honoured to have headed up the team that made it happen.

Visit www.tcf.org.uk to have a look for yourself.

Vicky Joseph



A message from the TCF Trustees

We are delighted to announce that our charity is expanding - We are providing more support than ever, with new Local Contacts and Groups, a fully staffed Telephone Helpline, more Supportive Weekends, a thriving Online Forum and several new Facebook supportive groups. To manage all this, we are making some changes:

Carolyn Brice appointed CEO

We have promoted our wonderful Carolyn Brice to the new position of CEO.

Because the charity is growing, we need a CEO in place to run everything. This includes management of staff and volunteers, overseeing all the day to day activities; planning future events; fundraising; managing the finances and governance issues; as well as hundreds of other tasks. This job has been done superbly for the last few years by our Chair of Trustees - Dr Margaret Brearley - on an unpaid basis, with tremendous dedication. But Margaret is retiring at the end of the year, and the job is really far too big to be

done on a voluntary basis, especially as we are expanding. Carolyn, who is currently TCF's Charity Operations Manager, has been helping Margaret in this role over the past couple of years so is already familiar with much of what needs to be done.

Carolyn - who is a bereaved parent herself, having lost her beautiful daughter Rosie in 2004 - started as a Telephone Helpline Volunteer for TCF in 2008 and then in 2012 joined the staff as an administrator in the office. She previously worked in various different positions in publishing, training, teaching and retail, so has a good range of skills and experience.

Carolyn has proven herself to be a real star. She is enthusiastic and motivated, often working many additional unpaid hours. She sorts everything out in a calm and efficient manner, and she is literally the engine that runs TCF.

We have every confidence that Carolyn will step up to her new role as CEO with great success and that TCF will continue to go from strength to strength under her leadership.

Two new positions to be recruited

To help Carolyn with everything we will be recruiting two new part time positions - a Volunteers' Coordinator and a Fundraiser. We will be advertising these roles shortly – so do look out for more details coming soon on our website and in the media.

Office move

Because we are taking on new staff, we will need more space and sadly have outgrown our wonderful home at Deptford.

The current TCF office is part of Jessica's Heart - a building bought and beautifully renovated by Stephen and Jannet Mathers and named in memory of their darling daughter Jessica. Stephen and Jannet have very kindly given TCF free use of the office and shared meeting room since October 2012 which has been a wonderful gift to our charity and has saved us many thousands of pounds, enabling us to spend more of our income on much needed support services. We owe Stephen and Jannet an immense debt of gratitude, and we can't thank them enough for their kindness.

But we are now in a new era - and with five staff needing housing in an office, we need a larger space. So we are

hunting for new office accommodation in the London area. If anyone has any contacts that may be able to help us with this, we would love to hear from you.

We are excited at the changes underway in our charity and wish to thank everyone who has helped us make it all happen - all of you who donate to TCF, fundraise for us and most of all our fantastic bereaved parent support volunteers.

Huge appreciation and warm wishes to you all,

The TCF Trustees

"Joe was not only one of our Founders - he was a personal friend and an inspiration to so many Friends around the world".



Joe Lawley

Remembering Joe Lawley

It was with very great sadness that we learned of the death of Joe Lawley in June. Joe was one of the Founder parents of The Compassionate Friends. He will be greatly missed and we send our love to Iris and their daughters at this sad time. Without them, and the other Founder members, TCF would not have existed.

On hearing this sad news, our Chair of Trustees, Dr Margaret Brearley commented: *"Joe and Iris, together with the Hendersons and Simon Stephens, created TCF in 1969 – now a worldwide group of caring organisations uniquely comforting bereaved parents. Their shared companionship and informal mutual support in their overwhelming grief allowed them to turn outwards to seek other similarly grieving parents, with the result that literally hundreds of thousands of grieving parents have been given comfort and friendship – and in many countries – all this inspired by their example and their words".*

Margaret Pringle, International Liaison Officer, UK writes...

"Like everyone else, we were deeply saddened to hear of Joe's death and hold Iris and their daughters, Lisa and Angela, in our thoughts and prayers. Joe was not only one of our Founders - he was a personal friend and an inspiration to so many Friends around the world.

The first International Gathering in 1994 was his dream and he had written a letter for the 6th International Gathering in Frankfurt not long before his death, which was read at the Opening Ceremony in Frankfurt in July of this year.

Jim and I were privileged to have worked closely with Joe and he always had a clear vision of what he thought was best for The Compassionate Friends.

We owe all our Founders a deep debt of gratitude and trust that Iris, Betty and Simon (the only three remaining Founders) know just how much we love them all. We will miss Joe and he will always be remembered with much love and affection by us all".

A round up of some the wonderful fundraising going on for our charity

Here's just a taster of some of the amazing activities undertaken this year to raise funds for TCF. We are so hugely grateful to everyone who donates to and fundraises for our charity. We wouldn't be here without you!

£9000 raised! - 278 mile Bike Ride from Bristol to Liverpool, 21st – 28th May

Shelagh and Noel O'Neill write...

It's been 8 years since our Richard died in an accident, since our daughters lost their brother, since our family became broken never to be the same again: **'Killing me softly with his song...'** is just as relevant now as it was at the time. Richard was 20 years old.

Inside we cry, rage and despair. We want our son back! Our beautiful, loving boy.

We were desperate for answers. Why did Richard have to die? Where is he? We found no answers but we have found The Compassionate Friends Charity. Here we found solidarity, understanding, support and friendship amongst other people who are the same as ourselves. Suffering but still breathing in and out, in and out.

We were reluctant at first to join this Bike Ride. We are both in our 60's and we worried about whether or not we would be a hindrance to the rest of the group. But join we did. We had our 20 year old bikes serviced. We bought Altura Peloton Progel lycra cycling shorts (for comfort in

the saddle) and Aldi's best tops - they were great by the way! Train we did, in the gym and on cycle paths starting on February 1st and gradually increasing our time/distance on the bike up to 4 days and 80 + miles a week.

'Cometh the day cometh the...'

It wasn't a Bike Ride; it was an endurance test, each and every day. Mostly across farmers' fields, sometimes we came across a canal/cycle path and one day we ended up on the A38 to Worcester. We met sheep, cows, horses and even a bull as we pushed on through the mud. We lifted bikes over gates and repaired puncture after puncture as we made our torturous way from Bristol to Liverpool via Wigan - nibbling wine gums and jelly babies along the way. Shelagh reckoned it was more like a Japanese games show.

We shared 8 days living together, taking each and every challenge head on! We found it bitter sweet because Richard would have loved it and would have excelled in all of the challenges we met from start to finish. Richard is



with us each and every day anyway, but during this week he was laughing, skitting, joking at his old man - especially when his old man was struggling!

We were only there because he isn't here.

But we wouldn't have missed it for the world! On this journey we also found solidarity, understanding, support and friendship. And dare we say it - yes we did have fun together. We ribbed each other. We helped each other. We played silly games like I spy - difficult when you are all in a straight line cycling and more so when the clues were ridiculously misleading to make it even harder!

We found we were able to do far more than we thought we were capable of doing. We raised money for the TCF but more importantly to us we were able, through sponsorship and talking to people we met along the way, to raise awareness of TCF, why TCF exists and how TCF helps anyone who needs them.

Sue Faulkner writes...

Believe it or not, the seeds for this crazy bike ride were sewn in the steam room of a local gym! Cycling on the canal and river paths from Bristol to Liverpool sounds easy when you say it fast. Little did I know how tough it would be, although I knew it would be a personal challenge as it was only last year that I found myself the owner of a hybrid



Lots of falls along the way!

fields of bulls, got stung by nettles and then ventured on to a road, yes a road which felt like heaven till we went over some tram tracks – my front wheel got caught leaving me sprawled over the road – my chin, cheek and lip were unlucky but I was OK, despite my dear husband asking me 'didn't you see the Cyclists Dismount sign?' – grrrrr... I had to get straight back on my bike or I wouldn't have been able to carry on, and it was only the second day.

We reached Gloucester and it was great to finally meet Helene Iaccarino with whom we regaled our stories. The next 2 days we had lovely weather, and reached Worcester and then Wolverhampton where we were joined by Ian.

Ian had the impression it would be a relaxing ride especially when we told him all the river work had been done and simple canal paths now followed. He was in for a shock. We left Wolverhampton for Nantwich, and 4 of us set off ahead of the others – big mistake as we missed a left turn on to the correct canal. We found this out when road signs for Cannock were spotted whilst having a cheeky scone and jam – however we were able to take a short cut on the roads (so only about 10 additional miles ☺) met up with the others and cycled across the most difficult terrain ever – bumpy (bumps and lumps) grass with hardened mole hills – we could have walked it quicker. Ian who had set off rather spritely soon began to hang back.

It began to rain and it was only 11 degrees, we were all exhausted and tired of mending punctures– we'd done about 35 miles and had another 15 to go, it wasn't fun at that point. Passing under a low branch I swerved to avoid it, my front wheel (again) slipped on the mossy wet gravel and slithered quietly and suddenly into the dirty grey stagnant canal and yes, I was still on the saddle. Desperate not to touch the bottom, I treaded water and then started giggling hysterically as I couldn't believe those warnings had come true! Noel and Shelagh in front hadn't even heard me go in, it happened that quickly but I was hauled out without my bike.

Our leader John was some 2 bridges back mending a puncture – we couldn't get a phone signal and as luck



We had fun and ribbed each other...

push bike (Claude Butler, no less) courtesy of my husband John. Training duly started along the Leeds Liverpool Canal – I had little concept of any poor paths and when well-meaning friends warned me not to fall in I told them not to be so daft, it was virtually impossible!

As the week approached I was apprehensive, not least because it would be George's 25th birthday, but getting strangely excited about it, as since losing George there's not much that does that any more. Nine of us travelled down to Bristol including our support driver, and the weather going down was awful, rain and more rain. My dear friend Nikki met us at Bristol Cathedral and I detected a look of pity as we cycled off into the low clouds. We were drenched by the first stop but the next day the sun shone. We found the river again, went over stiles, through

would have it there were no passing barges. However, ingenious Noel went up on to the bridge and managed to borrow a pitch fork from a farm house where he also found out our location and a phone signal – Long story short I was finally rescued by the support van (apparently John the driver who was so funny had said when he got the call 'do you know, for one minute there I thought you said Sue had fallen in the canal!) Plus point - my bike when it was pulled out with the pitch fork was all nice and clean – no mud!!!

All's well that ends well and all that... However Shelagh was speaking with some locals who mentioned Weill's disease which apparently one can catch from rat infested and sewage canal water. As I fell in with open wounds (from the earlier incident – it had to be me didn't it??) I thought it best to get checked – the GP on duty thought it was all so amusing, but she doubted I'd develop it ('just watch out for

rashes and flu like symptoms dear, but it can lead to organ failure') and she did make a donation, bless her.

After that it was all a bit boring really (not) but no major incidents via Warrington, Wigan and reaching Liverpool. We were concentrating so hard it was easy to forget our own personal tragedies temporarily and we had such a good laugh, developing true bonds and camaraderie, encouraging one another, but making it fun at the same time.

It was truly emotional riding into Liverpool – we had such a brilliant welcome, we were burned out mentally and physically but felt we had achieved so much in one week, and managed to raise about £9000 to boot. A worthwhile challenge? Definitely and I have to say that by the end of it all of my new wounds and parts of my old ones had healed too. ☺



Musical Fundraising Evening in Memory of Oscar Jeffries

On 2nd January 2016 we organised a musical night in memory of our son and brother, Oscar Jeffries, who tragically passed away in an accident at home in July 2014 aged 16 years. Oscar loved music and we decided to hold an event in his honour and invited friends and family to perform.

The evening was filled with an array of different performances including a band that had newly formed with Oscar's guitar teacher on guitar. Another band comprising three of Oscar's school friends and other individual performances from cousins, friends, ex-teachers and Freya, Oscar's sister who sings and whose idea it was to organise the event and who invited everyone to take part. The performances were all fantastic and the event was attended by over a

hundred people. We held a raffle and asked for donations on the door. A total of £924 was raised. Everyone said how much they enjoyed the event and Oscar was ever present.

Prior to this Oscar's school held a 'Battle of the Bands' night and decided to raise money for a charity of our choice. We decided to donate the money to The Compassionate Friends as the charity has been so helpful to us.

Oscar's school raised an amazing total of over £3222 - making a grand total of over £3246.

Dan, Melissa and Freya Jeffries

Jimmy and team raised over £2000!

cycling in the Prudential Ride100 on 31st July 2016



from left to right – Joe Edmonds (Josh's brother), Juan Pablo Olarieta, Kate Sackett, me, Tom Brind

There's a moment when we're cornering in Dorking town centre with the crowds cheering **"come on Team Josh"**, then standing on the pedals to ride out of the bend, when I felt on top of the world and I could do anything. There was another moment half way up Leith Hill when everything just seemed to stop, my legs deciding they would prefer to be lying on a beach somewhere else. But Josh's brother Joe was having none of it and dared them to keep pedaling. It worked.

Its like grief... grief is work, sometimes very hard work and you need others around you to keep going. And I had the best team with me to cycle the 100 miles (and over 4000 feet of climbing) of the Prudential Ride London to Surrey Sportive last July.

The day started at 5 am – time for a quick breakfast and a last minute bike check, before heading off to join 25,000 others at the Queen Elizabeth Olympic Park in East London. This is a seriously well organised event and cyclists ride off in 61 different waves – to get a place on what is cycling's equivalent of the London Marathon you either take your chance in the individuals ballot or ride for a charity. TCF CEO Carolyn Brice asked if I could raise a team much earlier in the year and I am so grateful for the opportunity to take part – a much

needed chance as I see it, to 'work our grief'.

Because that is what we do. We are all keen and committed cyclists and to put the pain and the pleasure of what that entails to honouring Josh (and to pick up a few donations for TCF on the way) is to engage with our loss in truly physical and emotional way – I'm sure Susan Faulkner found the same on her adventure from Bristol to Liverpool – its cathartic and a big part of creating something new from the **"broken shards of the life we once had"** (that's a quote from one of our American friends, trauma specialist Bob Neimeyer).

Well for me, the pain kicked in around about the 50 mile mark, though at that stage it was mostly saddle sore. Then came the two big hills, Leith and Box which drained most if not all of the remaining energy from my legs. But weirdly by the time we had reached

Kingston (just 20 miles out) things started to turn around and apart from a minor moment on Wimbledon Hill I was spinning like never before. How does this happen? What is it about our pain, about our tiredness, about our grief that somewhere there's a place we can dig in and find new life?

With just a couple of miles to go, with a speed of around 18mph, tight in on Joe's wheel (we call it drafting – if you ride close enough to the rider in front you can save 30% energy simply by being in the slipstream) I can feel all the pain and the pleasure coming together and rising up with pride and emotion – this is all about Josh and all those who have supported us. And after crossing the finish line the tears flow easily.

By Jimmy Edmonds

Team Josh finished with an official time of 7 hours and 33 minutes. But that included a huge standstill while we waited for an accident; our unofficial time was 6 hours and 10 minutes!

To date our Just Giving fundraising page has raised over £2000 for TCF.

10k Challenge

I ran the London 10k challenge on 10th July this year in memory of a much loved and greatly missed kind, intelligent, loving son, brother and friend Mark Anthony Halsey. Words cannot express the void he has left in his loving family. He has three brothers Adam, Darren and Tommy who miss him greatly. The Compassionate Friends are an amazing group of people who have been there to offer support, kindness and understanding when it's been so desperately needed. I'm pleased to have been able to run to raise funds for TCF who have been a very real support to me since that devastating day when Mark died. Mark died from sudden unexpected death in epilepsy in September 2012, so it was a total shock to us, and the repercussions of that go on. Running is something I can do to focus my mind and energy, and to create some endorphins and serotonin rather than taking medication, and this was an opportunity to use my running practice in order to put something back into TCF towards the help and support for others in this terrible situation.

Felicity Rees



Well done Felicity!

Golf Charity Event in Memory of Jack Angel

My husband, 2 sons and I, held a golf charity event on 2nd July 2016 in memory of our son, Jack, who died in a motorbike accident in October 2013, aged 23.

This is the third year we have held a fundraising event, but we especially wanted to donate to The Compassionate Friends this year as I follow the charity's posts on Facebook and visit TCF's website (www.tcf.org.uk) which helps me to understand my grieving and how my family are also suffering. I cannot always put things into words but there is always someone else who manages to express the emotions that I'm feeling.

For our event we had 70 golfers, who had challenges around the course to raise money and an overall winner who received a trophy and prizes. We held a substantial raffle with great prizes; there was also a barbeque and the evening finished off with a special performance from the band 'The Cray' which features my son Perry on the drums. The day was attended by over 100 family and friends and we are very grateful for their support because without them we couldn't have raised £1615 for The Compassionate Friends.

Sharon Angel

Warmest thanks from all at The Compassionate Friends for these amazing fundraising efforts on behalf of our charity. It is immensely appreciated.

NEW RANGE

COMPASSIONATE FRIENDS MERCHANDISE

Show your support for and publicise the work of our charity with bereaved parents and families with our NEW range of Compassionate Friends merchandise.



Stylish Mug £8



Cotton Shopper £4



Candle £8



Jute Bag £8.50



Charity Wristband £2

These and other items can now be purchased easily and conveniently **online at www.tcf.org.uk** (click on SHOP and then TCF MERCHANDISE).
or order by calling TCF on 0345 120 3785.

All item prices include packing and postage to a UK address.

TCF National Gathering 2016

'Continuing Love – Regaining Hope'

A weekend with others who understand –
for bereaved parents, siblings and grandparents.



"A lovely weekend spent focussing on all of our beautiful, amazing children".

"I leave so incredibly nurtured and supported, feeling just that bit stronger and better able to keep going".

When: Friday 7th – Sunday 9th October 2016

Where:

Sedgebrook Hall Hotel, Chapel Brompton, Northampton, NN6 8BD

Book your place:

£215 per/person for the weekend with full board.
(Donating members of TCF)

£245 per/person, includes 1 year TCF membership
(Non-donating members)

For more information and booking forms please contact

0345 120 3785 or email info@tcf.org.uk.

To book online and for further information visit:

www.tcf.org.uk

(go to EVENTS then TCF SUPPORTIVE EVENTS}



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