



catch up

with nccg friends

Autumn 2023

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Hi, I'm Chris, the Head of Development here at the NCCG. I am excited to introduce you to our new e-newsletter.

'catch up' is all about sharing our latest news, stories and service updates from the centre – catching up with you, our wonderful community of client families and supporters.

In this issue we have exciting news on the centre renovations, stories from the latest Boys Camp and a client's story, plus a special feature on cooking for Easter.

I look forward to sharing our catch ups with you.

OUR IMPACT

411

children supported in one year

Bereaved children aged 3-17 years cared for by the NCCG in the last 12 months. The largest number of children ever supported by the NCCG in a 12 month period.



Boys Camp scales the heights

Our latest Adventure Camp for Boys was held in mid-March at Teen Ranch in Cobbitty. A great group of boys aged 8-15 years enjoyed three days of games, group counselling programs and challenge activities including rock climbing, sports and high rope swings.

The NCCG's Adventure Camps are a special opportunity for the boys to meet others the same age whose parent has died, explore their grief experiences, challenge themselves and have heaps of fun outdoors.

A big thank you to First Foundation for funding this camp with a generous grant.

"[The camp] has made me understand that I'm not alone and I have learnt a lot, made lots of great new friends and had so much fun"
– TK, aged 11 years, 2023 camp attendee survey feedback.



New Fairy Discovery Garden The fairies are coming!

The centre's new Fairy Discovery Garden is now under construction. The fairies plan to move in in April!

This garden has been designed as a place for our younger clients 3-8 years old to explore, play and rest during their counselling sessions. The project has been a wonderful community effort. Supporters have donated garden design services, plants, fairies and help with working bees. Bunnings are pitching in too, donating paint, plants and more.

PLEASE DONATE TO THE FAIRY GARDEN PROJECT

We still need \$4000, plants and volunteer help to complete the garden.

Please [donate now](#) or [contact Chris](#) at the NCCG to offer your support.



A Client's Story – Finn Harrison

Finn was taught how to remember his father - something that changed the trajectory of his life.

Finn Harrison was one of four children under 10 years of age when his father suffered a massive heart attack and suddenly died.

It was a Thursday evening game of social soccer that seemed harmless, part of the Harrison family's routine, but Finn's father Andy died on the pitch that night.

Finn is now a remarkable 20-year-old. He says he has some "core memories" of his father's death and the years that came after it, including the day he asked his mother for the details.

[READ FINN'S FULL STORY](#)

Book Review
Spare – Reflections on Prince Harry's autobiography

When NCCG co-founder Dianne McKissock read Prince Harry's recent autobiography, Spare, she found much more than celebrity and royal family gossip.

Reading as a highly experienced child and family bereavement counsellor, Dianne saw a great example of the grief of a child bereaved in early life.

[READ DIANNE'S LATEST BLOG ON 'SPARE'](#)



Easter cooking recipe – Chocolate Easter birds' nests

Cooking in the centre's kitchen is an important part of the NCCG's children's counselling program. The smells, tastes and activity of cooking are often wonderful triggers for memories of times spent with family members who have died, from making biscuits to cooking sausages on the BBQ or a favourite family recipe.

Try this simple and tasty recipe this Easter with your own family. These fun birds' nests with mini chocolate eggs make great presents or school holiday snack.

Chocolate Easter birds' nests
Recipe makes 10 mini birds' nests

Ingredients

- 200 g chocolate buttons
- 100 g crunchy noodles
- 4 tbs crunchy peanut butter
- 1 bag mini chocolate eggs

Method

1. Microwave the chocolate in a heat proof bowl for 20 second intervals until it melts.
2. Stir in the peanut butter and add crunchy noodles and stir until its all coated in chocolate.
3. Spoon the mixture into patty cases and mould into birds nests with the ends of two teaspoons.
4. Refrigerate for one hour.
5. Refill with mini chocolate eggs.

Source: [kidspot.com.au](#)



Many thanks for your support of the NCCG – I really hope you have enjoyed our 'catch up'.

Wishing you and your family a safe and enjoyable holiday period. We will be back with more soon.

Take care.

Chris
Head of Development
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[PLEASE DONATE NOW](#)



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