



In this **Easter issue**

'Catch up time' with Chris Waugh Our Impact Boys Camp scales the heights

New Fairy Discovery Garden

A Client's Story – Finn Harrison Book Review – Spare Recipe: Chocolate Easter birds' nests







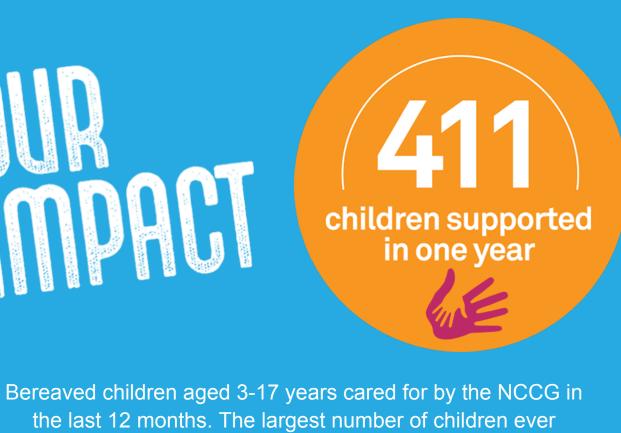
here at the NCCG. I am excited to introduce you to our new e-newsletter.

'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.





supported by the NCCG in a 12 month period.



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.









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.



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.

father suffered a massive heart attack and suddenly died.

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



READ DIANNE'S LATEST BLOG ON 'SPARE'

When NCCG co-founder Dianne

McKissock read Prince Harry's recent

autobiography, Spare, she found much

a great example of the grief of a child

bereaved in early life.

more than celebrity and royal family gossip.

Reading as a highly experienced child and

family bereavement counsellor, Dianne saw

Source kidspot.com.au Easter cooking recipe – Chocolate **Easter birds' nests** Cooking in the centre's kitchen is an important part of the NCCG's

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.

children's counselling program. The smells, tastes and activity of

cooking are often wonderful triggers for memories of times spent with

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

Chocolate Easter birds' nests

Recipe makes 10 mini birds' nests

- with the ends of two teaspoons. 4. Refrigerate for one hour. 5. Fill with mini chocolate eggs.
- Source: kidspot.com.au

enjoyed our 'catch up'.

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

Many thanks for your support of the NCCG – I really hope you have

Head of Development National Centre for Childhood Grief (NCCG)

Take care.





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