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Dear NCCG Friend,

Welcome to the second edition of 'catch up', our NCCG e-newsletter.

Thanks so much for all the great feedback on our first 'catch up' in April. It was wonderful to hear how much you enjoyed the stories and special updates.

In this issue we have an exciting update on the centre renovations, a staff catch up with counsellor Belinda Dunn, a new blog from co-founder Dianne McKissock OAM and a call out for gardeners and runners!

Please let us know what you think of this catch up or want to see in future editions.

All the best,
Chris

OUR IMPACT

1366 free counselling sessions provided in one year

Counselling provided to bereaved children aged 3-17 in 2021-22 - a 17% increase on the previous year



New Centre Spaces

After 7 months of work and donations from generous supporters, we have completed more rooms and garden areas at the NCCG care centre in Hornsby.

While our new centre has provided more space to meet an ever increasing demand for the NCCG's services, the building was a tired old medical centre. The staff and volunteers have worked tirelessly to design, build and decorate a warm, welcoming new home on a shoestring budget.

The newly renovated rooms include:

- new counselling rooms for 8-12 and 13-17 year olds
- a games room for letting off steam after counselling sessions
- the first staff room ever for our hard working counsellors
- an outdoor covered activity space for games, craft and gardening

More spaces are being completed over the coming months. All of the NCCG's facilities are 100% funded by community donations of money, furniture, talent and time. Thank you so much to everyone who has donated so far. Special shout outs to Sydney Community Foundation, Edifice Constructions, the Pearson family and everyone who donated to our Christmas Appeal last year.

From this... From this... From this...

To our new counselling room for 8-12 year olds To our Counsellor's Staff Room To our new Games Room

PLEASE DONATE TODAY and help us to renovate the remaining rooms

DONATE NOW



A Counsellor's Story – Belinda Dunn

Meet Belinda, one of the NCCG's specialist bereavement counsellors.

Belinda first joined the NCCG in 2015 volunteering as a support worker. Since then, Belinda has loved being part of the fortnightly Kids Group program and assisting our Peter Coupland Adventure Camp program. Belinda has a background working as a Lifeline Telephone Counsellor and currently works as a school counsellor in a primary school setting.

Belinda says that her passion for the NCCG's mission is heavily influenced by her own experience as a bereaved child. Belinda's mum Diana died when Belinda was five years old.

Belinda's lived experience has shown her the deep negative impacts of not being properly supported as a bereaved child. Her family struggled with their grief and how to appropriately support Belinda with hers.

It means a lot to Belinda to help provide a place of safety, understanding and nurturing for bereaved children and families. She first trained as an Adult Counsellor for the NCCG, a role she has held for 5 years. Belinda says:

"the best way to support grieving children is to support their parents!"

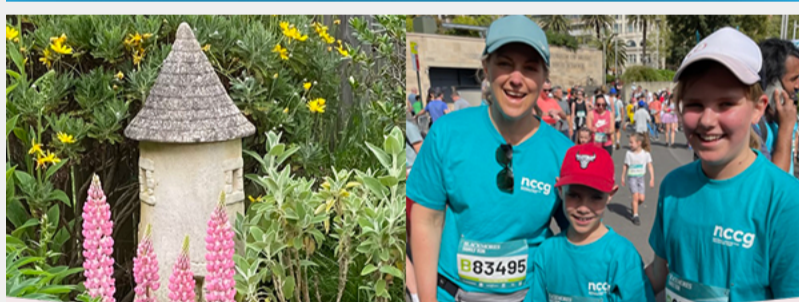
We are thrilled that this year Belinda has been able to increase her time at the centre and is now providing specialised bereavement counselling for both adults and children.

The NCCG Blog: Grief, Trauma and Emotional Scars

In this month's blog, NCCG co-founder Dianne McKissock OAM, considers our emotional scars – the evidence of past trauma which sits below the surface of our skin, invisible to the eye.

What causes these 'psychic bruises'? What can trigger them to flare up in pain or powerful urges to fight, fly or freeze? And how can we best understand and live with these scars of life?

READ DIANNE'S LATEST BLOG: GRIEF, TRAUMA & EMOTIONAL SCARS



NCCG Volunteering: Calling all gardeners and runners

Two exciting opportunities are coming up for volunteers to help support the NCCG's services:

July 2023 Gardening Working Bee

Keen gardeners and handy people are needed for a working bee at the centre in July. We'd love to complete the Discovery Fairy Garden with new plants, a wandering path and fairy toadstools. The new wooden pergola and side fence need painting too. We will find a date on a weekend to suit the most volunteers.

Please email Chris to volunteer or for more information. Adults and kids all welcome for a fun morning.

August 2023 City2Surf NCCG Team

Run or walk for bereaved kids

If you like to run or walk outdoors, please join the NCCG's team for the 14km City2Surf community event on Sunday 13 August 2023. Kids and adults all welcome. We hope to raise \$10,000 together for the NCCG's counselling program and need at least 25 people.

All NCCG C2S team members will be supported with expert training tips, a special running t-shirt, a picnic on the day and more.

Please email Chris for more information or sign up now.



Thank you Rotary Club of Hornsby

The NCCG relies on the support of many people in our community.

In this catch up we'd love to thank members of the local Rotary Club of Hornsby. The amazing Gail Farr and her gang of volunteers staged a Sausage Sizzle Fundraiser at Bunnings Thornleigh in May, raising \$800 for the NCCG.

Thank you also to Bunnings Thornleigh, IGA St Ives North, Thornleigh Golf Centre, Coles and everyone who purchased a sausage :)