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Dear NCCG Friends,

Autumn has been a very busy time at the NCCG, with record numbers of client families receiving care, new renovation projects at the centre, new community events confirmed and a much-loved staff member departing.

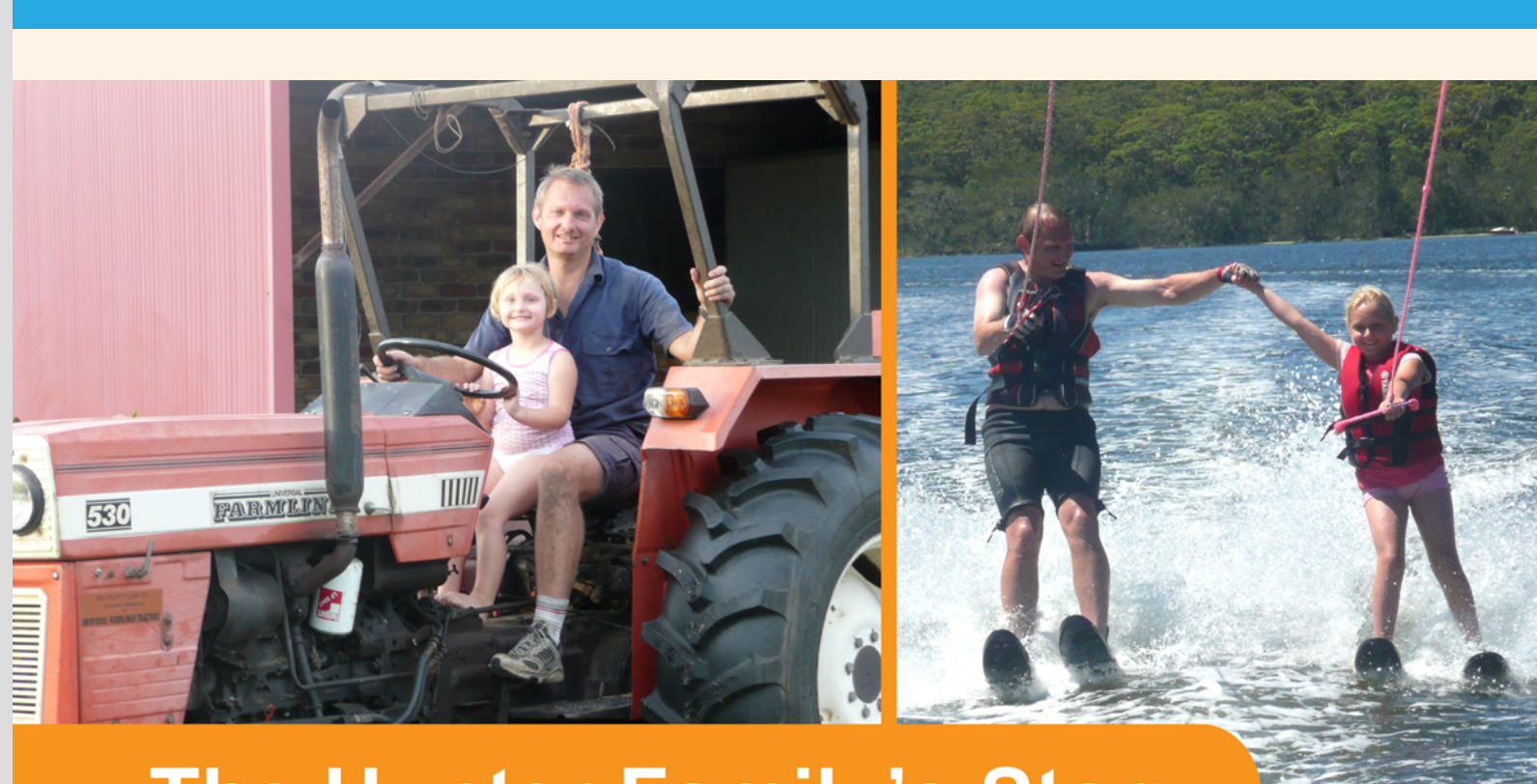
Youth clients, past and present, now aged 14-20, we invite you to join our centre Youth Advisory Committee. See more details below.

I really hope you can join us for the NCCG Trivia Night on 17 August or the Family Fun Run-Walk on 15 September – both will be great fun and also raise essential funds for the NCCG's client services.

All the best,
Chris

259 professional students trained in bereavement care

Hospital, school, charity and other organisations' staff trained in bereavement care courses in 2022-23 – supporting more bereaved children across Australia



The Hunter Family's Story

Sisters Sarah and Holly grew up on an acreage near Newcastle with their loving parents Beverley and Dean. When Dean was home from his fly-in fly-out work, they would go on boating and water-skiing adventures and ride the tractor together.

This all changed when in October 2016 Dean was diagnosed with stomach cancer.

After Dean was diagnosed, Beverley immediately knew this was going to have considerable impact on her 10 and 12-year-old girls and took Sarah and Holly to visit therapists. The care they received met some but not all of the girls' needs. What they really needed at that time was understanding and support from a specialist grief counsellor.

Both Sarah and Holly started individual counselling at the NCCG in the year after Dean died. Beverley noticed an immediate difference. Seeing that her daughters were now getting the support they needed also lifted her own burden.

"Finding the NCCG was an incredible help to me and allowed me some time and space to deal with my own grief." - said Beverley

[READ THE FULL STORY](#)



Youth Pavilion Update

In May we will commence construction of the new Youth Pavilion facility in the NCCG's back garden!

A currently unusable area will be transformed into a space for youth clients to meet with their counsellors, participate in therapeutic art activities or simply relax after a counselling session.

The plans include stairs to a more private, raised wooden deck surrounded by new garden beds, comfortable lounges and a shade pavilion. This special project has been made possible with generous donations from the Coca-Cola Australia Foundation, Bendigo Community Bank Lindfield & Districts and Ku-ring-gai Community Shed.

Present and past youth clients of the NCCG, now aged 14-20 years, are invited to join a Youth Advisory Committee, to help us design the best Youth Pavilion for our clients.

To express your interest in joining this advisory committee, please [Email Chris](#) at the NCCG



New NCCG Blog Article

The impact of grief on our senses

In this month's blog, Dianne McKissock OAM reflects on the different ways our senses are impacted by grief and explores some common examples and caring approaches for bereaved people.

"The impact of grief can make us all feel temporarily out of control, as if life itself is out of control. Any steps we take, however simple or small, to manage our reactions, our hypersensitivity, is a reminder that there are aspects of our life still within our control. Every small success can feel empowering."

[READ DIANNE'S LATEST BLOG](#)



Farewell Valda

In mid-April this year, our long-serving team member, Office Administrator Valda Tucker, finished her time at the NCCG after 15 years of wonderful service. Valda has been the welcoming face for so many clients attending the centre, she will be greatly missed and hard to replace.

Valda shared with us how much she loved meeting and talking with families in the waiting area, in awe of the strength people had despite the difficult situations they were in. She remembers what it was like seeing off the children going on Adventure Camp weekends, nervous and shy, only to see them return laughing and smiling, telling their parent what a lovely weekend they had. Valda also admits to enjoying her additional duty of making pumpkin soup for the centre's professional training course lunches.

It is with much love that we say goodbye and wish her well in her new role closer to her home. Valda wanted to share this message with all the people she had the privilege to meet:

"I really wanted to let all our clients know that I was moving on, personally, but it just wasn't practical. I will miss everyone and wish them all peace and many happy moments as they learn to live in their 'new normal'." - Valda

Sat 17 August, 6:30pm for 7:00pm - 10:30pm
Magpies Club, Waitara
\$20 per person; \$200 for a table of 10-12

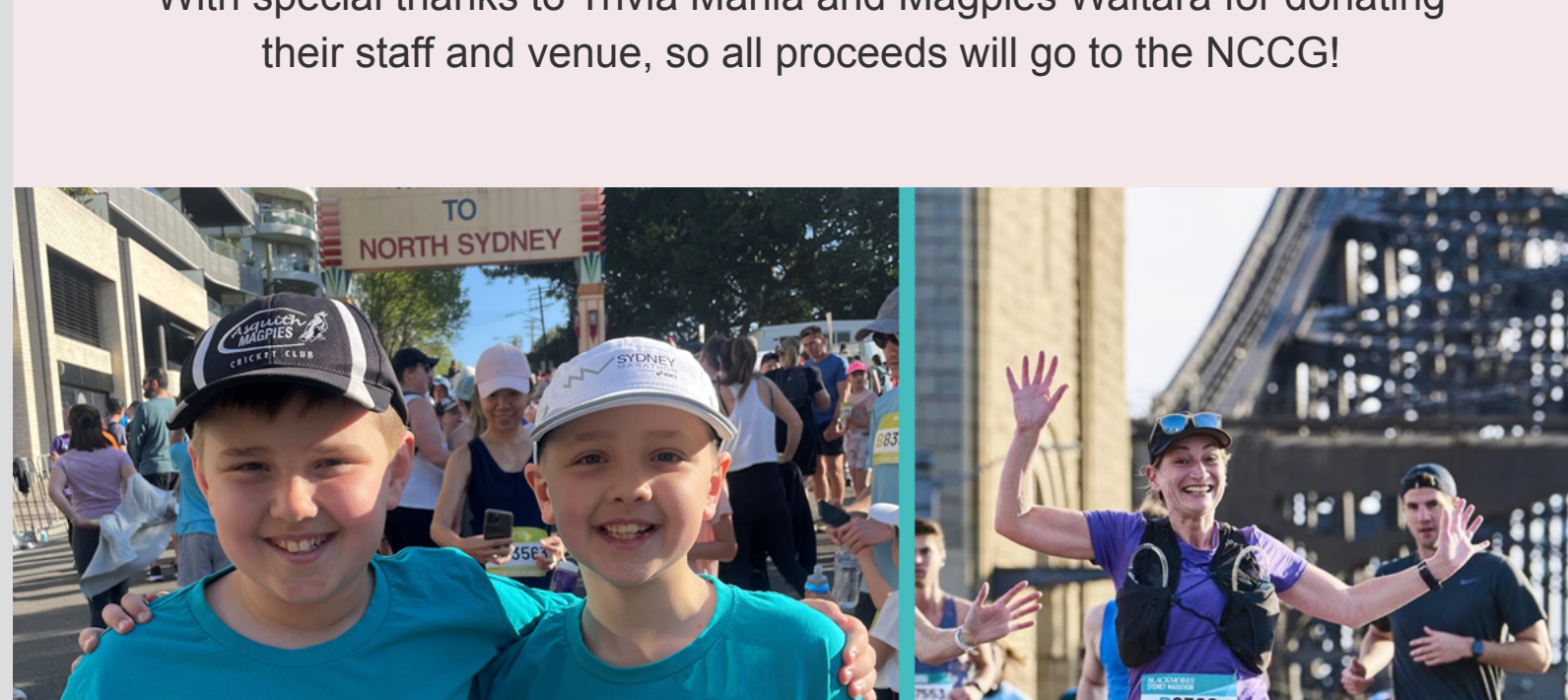
The NCCG is hosting its own Trivia Night Fundraiser! Invite your family and friends for a fun night for a great cause.

The night will feature a professional Trivia Master from Trivia Mania, games, prizes, auctions and more. All proceeds will help fund the NCCG's free counselling service for bereaved children.

[BOOK YOUR TICKETS NOW](#)

Spaces are limited and will sell out

With special thanks to Trivia Mania and Magpies Waitara for donating their staff and venue, so all proceeds will go to the NCCG!



Family Fun Run-Walk

Sydney Marathon 17 September 2024

Join Team NCCG for a 4.2km or 10km Sydney Harbour Bridge run/walk and enjoy a great family day out while raising much needed funds for the NCCG.

The 2024 Sydney Marathon events are a fantastic day out. All NCCG team participants receive an official NCCG running t-shirt, tips for getting ready and support on the day.

The NCCG relies on community donations to fund its free bereavement care services for children, so every dollar raised makes a real difference.

What's more, we will help you all along the way with training and fundraising tips and a free runners shirt. If you raise \$500 or more as an individual on your NCCG fundraising page, you will be refunded the full cost of your event registration ticket. [Terms and Conditions](#) apply.

[STEP 1: EVENT SIGN-UP](#)

Sign up by July 31 and save \$25 on entry

[STEP 2: CREATE EVENT PAGE](#)

If you have any difficulties registering, see our [Sign-up Guide](#) on the NCCG website or email the [Fundraising Team](#).