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catch up
with nccg friends
DON'T MISS OUR
ONLINE CHARITY AUCTION
Winter 2024

In this **Winter issue**

Catch up time with Chris Waugh
Our Impact
A Counsellor's Story
Trivia Night (17 Aug)
& Online Charity Auction
What the Children Say
Online Services Upgrade
New NCCG Blog Article
Family Fun Run-Walk (15 Sept)

Dear Friend,

I hope you are keeping well in this Winter weather.

The cooler weather has certainly not quietened the NCCG. While fewer children and counsellors seem to be braving the weather to play basketball, try gardening or explore the fairy garden, the centre is still humming with talking, games, cooking and more every day.

In this edition of our Catch Up newsletter we meet experienced NCCG Counsellor Lil, share some client feedback and update you on major upgrades underway for the NCCG's online services.

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 (promise!) and also help fund the NCCG's free care services.

All the best,
Chris

OUR IMPACT

407

bereaved children received care programs in one year

Clients aged 3-17 years across Australia who attended free personal and/or group counselling with the NCCG in the last year, July 2023 – June 2024.

A Counsellor's Story – Lil Willis

Lil Willis has been a part of the NCCG's counselling team for 21 years

Lil enjoys gardening and she is known for her love of cooking. Whenever Lil has a spare moment, you will usually find her in the centre's kitchen baking brownies or cakes for clients and staff to enjoy.

Lil's connection with the NCCG began when she heard a lecture from NCCG co-founder, Mal McKissock OAM. Hearing about how to support young people through their grief and empower them towards living a meaningful life, made Lil realise that she wanted to be a Bereavement Counsellor.

"*It struck a chord in me.*" said Lil.

Lil sees clients as young as three and as old as eighteen, but most of her clients are around eight years old. Counselling sessions are spent doing a range of play-based activities - table tennis, foosball, board games, cooking, playing with toys and all sorts of craft - activities which connect with each child's personal interests. Enjoying activities and playing games, rather than only having direct conversations, can help children build connections and trust with their counsellor and feel more comfortable about expressing their feelings.

Helping children to develop their understanding, coping skills and ability to 'dip in and out of grief' at a young age can prepare them for navigating a lifetime of change.

READ THE FULL STORY

NCCG Trivia Night Fundraiser

Saturday 17 August 2024
Magpies Waitara

Supporting bereaved children and their families

Mary
nccg
30
Trivia Mania
MAGPIES

NCCG Trivia Night Fundraiser & Online Charity Auction

Sat 17 August, 630pm for 7pm – 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 mates 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.

This is a family-friendly NCCG event. Children are very welcome to attend with a supervising adult.

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!

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NCCG Online Charity Auction

Great range of prizes on offer.
From holidays to art, kitchenware to toys.
Bid securely online until 17 August, 10pm.
All proceeds support the NCCG's free counselling services for bereaved children

Place your bids now!

Prizes include holidays, art, kitchenware and more

What the Children Say

As part of the NCCG's clinical services, clients and their parents or carers are surveyed for their feedback on their counselling sessions, how the service may be helping them and any other feedback they want to share.

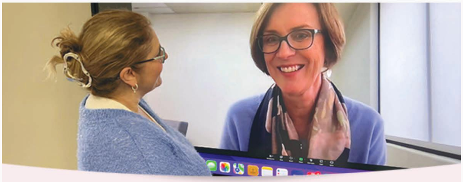
In this new section of our Catch Up newsletter we share a few of many comments from the people at the heart of the NCCG – our client children – which reveal a broad range of insights into their experience of bereavement and grief, their personal journey and what the NCCG means to them. All feedback is shared anonymously here to protect children's privacy.

> *"NCCG is a safe place to share feelings and thoughts. It allows you to stay calm and relaxed while sharing whatever is on your mind and helps to be yourself more often"*
> ***Girl, aged 12-14 years***

> *"[the NCCG has] helped me bring up things I don't talk about with other people, especially family who are grieving themselves. It's helped me remember things I've forgotten about [my sibling]."*
> ***Girl, aged 14-16 years***

> *"I like playing table tennis."*
> ***Boy, aged 8-10 years***

> *"[going to the NCCG has helped me] understand my grief and find ways that I can let it out."*
> ***Boy, aged 15-17 years***



Online Counselling Upgrades

The NCCG Team are currently working on major upgrades to the centre's online services - individual counselling, group programs and professional training courses.

Since starting online services five years ago, online counselling has grown quickly to now make up 23% of all sessions delivered by the centre. This service allows clients who live a long distance away from the NCCG's care centre or time-poor families to access care from home or school.

The NCCG's counsellors were keen to ensure clients connecting online did not miss out on some of what makes the NCCG special - the broad range of activities, quality connections with their counsellor and meeting other people who have experienced a death in their immediate family.

So the centre has invested in new online technology to improve sound, vision and connection, activity resource kits for posting to online clients, team training, exciting new activity apps and more. These features are being rolled out now and in coming months.

The NCCG wishes to particularly thank some major supporters who have made this upgrade possible – Impact 100 Sydney North, The Late Eric and Ruth Stevenson, Lord Mayor's Charitable Foundation through the Eldon & Anne Foote Trust, Emily's Wish Foundation and the Foundation of Graduates in Early Childhood Studies.

The NCCG Blog
The Dying Mind in the Living Human

In her latest blog post NCCG co-founder Dianne McKissock OAM discusses the grief experienced when a loved one loses some of their mental capacity.

For a very long time, Dianne's work and writing has focused on death related loss, but, as she ages, she is confronted more frequently by people grieving other losses. Many people love partners, children, parents, siblings and friends who have suffered traumatic brain injury. More and more families these days seem to be living with grief associated with dementia and other illnesses impacting the mind.

When the 'self' is impaired from birth, or by illness, injury, mental illness, pain, degeneration, alcohol and other drugs, our ability to contribute to life and relationships can be seriously diminished. The people who love us grieve the loss of reciprocity.

READ DIANNE'S FULL BLOG POST
THE DYING MIND IN THE LIVING HUMAN

Family Fun Run-Walk Fundraiser

15 September 2024, Sydney

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.*

TO JOIN:
Step 1 Register
Step 2 Create your fundraising page

FIND OUT MORE

nccg
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