



Samm is a registered charity. Charity Number 1000598

NEWSLETTER 2009

**March 2009
Issue 12**

Samm National
L&DRC, Tally Ho!
Persnore Road
Edgbaston
Birmingham
B5 7RN

Tel : 0845 872 3440

Support After Murder And Manslaughter
Formerly Parents Of Murdered Children
Founded in 1984 By June Patient and Ann Robinson

Sponsored by an OCJR Grant And
Other Donations.

National Executive Committee

Marie Ellis : **Chair** (Tel 07984 226 174)
Carole Longe : **Vice Chair**
Des Sadler : **Treasurer**
Avril Sanders Royle : **Secretary**

Alison Bickell
Linda Cosslett
Marcus van Willing
Pat Wright
Sally James
Sheila Hannam-Andrews
Trisha Bergan

National Office Staff

Rose Dixon
Learning & Development Officer
Tel: 0151 653 2065
E-mail: rdrosedixon@aol.com

Heather Landsberg
National Coordinator
Tel: 07984 226 141
Email: Heather.Landsberg@samm.org.uk

SAMM National Office

L&DRC, Tally Ho !
Persnore Road, Birmingham, B5 7RN

Tel : 0845 872 3440
(Calls charged at local rates)

E-mail : info@samm.org.uk

Website: www.samm.org.uk

Marie Ellis : Chair of SAMM

Over the last twelve month's SAMM National has gone through some major changes. As chair of the organisation, with the support of the trustee's and staff we have moved SAMM National forward in order that we can offer the best possible service to members.

From the 31st March 2009 SAMM National will be an independent organisation, the service level agreement we have held with Victim Support will cease from this date. The decision not to renew the service level agreement with V.S. was a mutual decision between SAMM and V.S. The SAMM National Office will relocate to Birmingham and be housed at Tally Ho! Police training centre. We will be working in close partnership with West Midlands Police. This will not alter the fact that we are A NATIONAL ORGANISATION and we will continue to be a NATIONAL ORGANISATION.

This is an excellent opportunity for SAMM to expand, and with the support from agencies such as the police, probation, V.S and the Office of Criminal Justice Reform, we can improve our service to SAMM members, expand the training in order that we raise awareness to the effects of homicide, bring SAMM members together by holding seminars in different parts of the country. Weekend retreats will be offered several times a year. Specific training and guidance will be given to SAMM volunteers who wish to become involved with starting a local group or a telephone contact. We will update our computer system, which will give the office staff the ability to communicate with members more efficiently. The new SAMM National website will continue to give regular updates and information.

We are looking at every need required to help you through your darkest hour, we know from past experience that being part of SAMM can be a lifeline to some. To talk to people who care, to meet with people who can understand your pain, to share with another, your fears, to know that it is ok to cry. and to realise, it is also ok to laugh knowing that you wont be judged by your actions.

The SAMM Organisation was set up for you, by two grieving mum's. It has come a long way since those early day's, and the people who paved the way, many of whom are still involved with victim care one way or another, should be proud of themselves. But for these people who knows where we may all be today, where else would we get the same level of understanding and support outside of SAMM.

Rest assured that the trustees and staff will continue to work on your behalf, and that the future of SAMM National, is without a doubt looking very strong indeed. We have some great partnerships and people who recognise the need for this organisation, people who are committed to SAMM and together we can take it forward.

I hope the relocation will cause as little disruption as possible, but as always I am sure we will find a hitch somewhere along the way. Please take this into account, if you encounter any problem during March or early April. We will do our best to keep the office working as normal as possible.

Thank you for your co-operation and I look forward to writing in the next news letter telling you that we are settled in and operating as normal.

Kind regards, *Marie*

(Mobile 07984 226 174)

Rose Dixon

SAMM National First Retreat

On 13th to 15th February we ran a pilot non-religious retreat which was attended by 18 members of SAMM. We met late on the Friday afternoon and settled into our rooms and chatted to one another about the weather, our journeys etc. It was a bit strange as most of us didn't know one another. The setting was a beautiful old house that had been tastefully extended to accommodate up to 30 people. The house is set in a large garden within a small village. The weekend was planned to be quiet and relaxing and people from opposite ends of the country came together to help and support one another and to be with people who really know what they are going through and know the pain and trauma that they are experiencing.

We had our evening meal together and then had a getting to know you session in the large conference room. I did a presentation on stress and trauma to try to explain to people how their traumatic bereavement has a bearing on how they behave and why they often get forgetful and have panic attacks etc. The rest of the evening was spent just relaxing and getting to know one another.

By breakfast on Saturday there was quite a buzz in the dining room as we all chatted and shared what we felt comfortable sharing with people who really understood how we all felt. We then had some workshops looking at anger and guilt and then were able to take part in a group session learning Indian Head massage and practising what we had learnt on one another. We also had the chance to book individual therapy sessions with two very experienced therapists.

On Saturday early evening we had a candle service in memory of our loved ones. Everyone had brought a photo of the person they had lost and we had these photos around the chapel during the service. We lit a candle in memory of the person we had lost and their names were read out as the candle was being lit. It was a small intimate and very moving experience for us all. There were lots of tears as we shared our feelings and supported one another.

After our evening meal we relaxed together and a very hilarious game of Charades was started. We spent a lot of time laughing at the antics of people trying to explain their book, film etc. and we all felt safe and comfortable laughing together because we all knew that although we were laughing we had not forgotten our lost loved ones.

Sunday morning breakfast was interesting as we were all comfortable with one another and the noise level was high.

The programme for Sunday was again a mixture of groups and individual therapy sessions and people just relaxing and talking with friends they had made over the weekend. There was no pressure on people to attend any of the sessions. I had explained at the beginning that they could do whatever they liked in relation to the organised groups. If people just wanted to stroll around the garden or just sit talking to others then that was fine. After lunch we all came together to evaluate the weekend and to say our goodbyes. I started the session by thanking every one for making the weekend an enjoyable one for me. Although I was dashing around organising and checking up on everyone I still had a wonderful weekend. The trustees who were present at the weekend were all so helpful and supportive and helped to care for everyone and made sure no one was alone or distressed throughout the weekend. **The comments and evaluation about the weekend were excellent with only one unanimous complaint "why can't we stay here longer?"**

I would like to say a special thank you to Mr and Mrs Jones and their son who gave us a donation in memory of their daughter and sister Moira Jones. This kind donation enabled us to pay for the therapists who joined us over the weekend. I think we can safely say everyone who attended a therapy session enjoyed it and found it beneficial.

We are printing (with their permission) some letters and comments on the retreat from people who attended it. We hope to run more retreats in the future so watch this space!



Taken after the memorial service

Letters received from members who attended the Retreat in February 2009

From a very Lonesome Dad, Share your sadness

Hate, Anger, Loss.... All part of the loss of my wonderful gentler son F. He was taken from me by three cowards and for their crime received 1 ½ years, 2 ½ years and 2 years. I will never forgive them – I do wish them harm, which is, I know, wrong. But I just can't help how I feel.

I have had a terrible time these past years. I have to hide my pain until I am alone and have to try and be strong for my girls S and K and my other son, KM. This terrible thing has and still is tearing me apart. I loved the ground that F walked on.

I know how hard it is for a man or men to release our feelings, we lock it away until we are alone but I know to my cost this is wrong – we must find the strength to let it out. Believe me there is help at hand. I have found it with a wonderful organisation called SAMM. All concerned are like brothers and sisters. They go the extra mile for you – the comfort they give you is out of this world. They help, and it does mean HELP. No matter how strong you are you will be even stronger by being around these angels on earth. They have also had sad losses and therefore understand.

I was honoured this Valentines weekend to be invited to a retreat by SAMM. I was amongst some of the most loving and caring people I have ever met and the only flaw was that I had to leave them at the end of the weekend.

I pray with all my heart and should that I can be with them all again very soon. You all know who you are, if there is anything that I can do for you and it is within my power, consider it done. Please, please, please don't be alone. Join us and share all that is there for you in your sad times. God Bless you all.

From Michael

I just have to take pen in hand and drop you a few lines to thank you from the bottom of my heard, for the retreat weekend I have just spent with SAMM and all the other people who were first timers like myself.

The benefit that I have received I simply cannot put into words, if there is any way to find fault, that would be the time spent with all those wonderful, special people was far, far too short. I would dearly love to spend more week-ends like this. This was the best medication that I have had since I lost my lovely boy.

From Tracey

I want to say thank you to all at SAMM for organizing the retreat for SAMM members. I could have never have afforded to go on such a retreat on my wage. The most important thing for me was meeting other people who really understood the intensity of the pain, hurt, sorrow and rage I am feeling and wanted to listen and cry with me and me with them. I was important to share my frustration and despair at the justice system that leaves repeat offenders out of prison to kill our loved ones.

My experience outside SAMM is that people do not want to listen to me, just give me their opinion. The people at the SAMM retreat didn't give an opinion. They were spontaneous with their feelings. When I said how I felt at the retreat the response "that happened to me and that is how I feel".

The SAMM members understood the pure raw rage that a loved one feels when the people who murdered their loved ones so cruelly got away with it or got a short sentence often of only 13 or 18 months. They can just get on with their lives when they've served their time and we have the life sentence of trauma and despair. Since my sister was murdered I have been plagued by nightmares of her murder often getting no sleep at all. Sometimes I felt I just didn't want to be in the world anymore. I feel frustration and rage most of the time. I can't cope with people at all. My physical health has suffered tremendously I feel isolated most of the time. Though I can talk to my partner it is not the same as it was talking with the SAMM members at the retreat who really felt what I am feeling to the same intensity. It was the first time that I felt that someone really understood the depth of the pain I felt knowing my sister was murdered.

It is not the same as any other kind of death. It's worse. It feels like you're compassion dead and life becomes meaningless. It was a relief to know that all of the members felt like this. I feel I would really benefit if I could go to more of these retreats. I am always doing memorials with my partner for my sister and planting trees in her memory. It felt like I was being held when we shared a memorial to our loved ones at the retreat. We shared our pain and grief and tears and held on to each other. I felt compassion and empathy and got compassion from the members. We felt the sorrow together of feeling that the murderers had no right to take our sisters, sons, daughters, mothers, fathers away from us in such a horrendous way.

I have looked everywhere for something like this and there is nothing. It is vital for our healing to go to retreats like this more often. Through going to the retreat I met up with other people in my area going through this and we have been keeping in contact. It has helped me when I felt in the depths of despair. It is good to talk to other people who also feel hopeless and that the justice system is failing us all who are going through this.

In my case, the week before the retreat I got a phone call from the police to tell me that the men who killed my sister won't get charged because the suspects cleaned up all of the forensic evidence. I will not get a conviction. Justice as I thought it would, will not be done.

The suspects, despite being repeat offenders since they were teenagers, now in their thirties and forties will go free and in all probability will do this to another family. I never even got a family liaison officer despite asking month after month for one. Even when the Home Office pathologist lost the small evidence that they had, the police ignored my requests to look into it. I had to write to the coroner to get them to find it.

Many of the people at the retreat understood how frustrated and despairing I felt as they felt that they had been fobbed off too. Many of the people at the retreat felt as I do that the criminals have more rights than the victim and the victim's family. Many of us found the laws to be out of date. In my case one law has not been changed since 1856 and is totally irreverent for today and criminals know that they can use it to get their sentences overturned. The SAMM members understood my frustration at this and showed empathy with me. Other members at the retreat felt as I felt, that these archaic laws despairing need to be amended to uphold our civil rights.

The suspect who murdered my sister gets free legal aid and had never worked a day in their lives. I who work but earn a low wage was expected to pay £15,000 plus just to get a solicitor to advise a barrister to ask questions at the inquest. I could not afford it. I will have to ask questions myself. If it was not for SAMM who offered to get a pro bono solicitor to look at the

case and advise me on what kind of questions to ask.

I don't know what I would do if it was not for SAMM. I feel I have had to fight so hard for the last year for my sister I have hardly had time to grieve. The retreat gave me this chance to grieve and take a break from working on the case. Please let me know when the next retreat is on.

From Sally

Some months ago I was invited to attend a non religious retreat at Wistaston Hall. Crewe.

Wistaston Hall is a Retreat Centre dating back to the 12th Century, set in its own grounds. There are 26 en suite bedrooms, 2 conference rooms, dining room, library and chapel .There were about 20 of us and we had full use of all these rooms. After supper on Friday, when we were all very anxious we had a 'getting to know you' session and a discussion on Anger and Grief, taken by Marie and Rose. It was stressed to us all that we were under no obligation to attend any session over the weekend.

Saturday there was Healing and Therapy by trained staff. By the afternoon we were beginning to feel less stressed and anxious.

Early Saturday evening we all participated in a Memorial Service in the Chapel. Photo's of Loved One's along with Candles, Tributes, Poems led to a very atmospheric and moving setting. No dry eyes were to be seen. After supper we all came together for an evening of relaxation, some participating in a hilarious game of Charades. Laughter replacing the tears, tongues talking, tensions relaxing. Everyone supporting and bonding wonderfully, especially with the CAT.

Sunday again, was another interesting day. 2 gentlemen came and offered Massage and Reflexology and Rose offered Reiki. Personal pieces of music were played while others walked to the snowdrops through the mud in the grounds. A very different set of emotions were shown when it was time for us all to depart. The common factor was WHY DO WE HAVE TO GO HOME. Rose, Marie and Avi may I say how much everyone benefited from this wonderful opportunity.

I felt I was among some very traumatised people on my arrival My departure on Sunday made me feel everyone had changed, relaxed, and realised they are not alone. Telephone no's, e. address's and addresses all eagerly being exchanged.

I do hope other SAMM members will be given this wonderful opportunity.

From Sara

I am writing to thank SAMM for organizing the retreat at Wistaston Hall. I accompanied my partner to the retreat. My partner lost her sister last January. Our lives have been thrown into chaos and despair since. I have forgotten what it is to get a full night's sleep. My partner is too traumatized to sleep most of the time and when she does fall asleep she has nightmares. I have found it very difficult.

Despite giving her as much help and energy as I can I feel it is not enough. She says " You don't understand the intensity of the pain and hurt." This is true. I have found the constant rage terrible. The isolation has been hard. I could not talk to anyone about my feelings except a psychotherapist for one hour every two weeks. Being a psychotherapist myself I am aware of the importance of confidentiality and also of not prejudicing the case.

The SAMM retreat was inspiring for me. It was great to see my partner open up and talk to some

one else besides me, people who understood the terrible pain she was in. I found it replenished my own energy to support my partner. I learned a lot from the therapeutic workshops. I enjoyed the Chi Qung and the massage was fantastic. It can be very draining supporting someone through such a horrendous experience, especially if you are the only support that person has. I have felt despair that I will never get a night's sleep again. I have had nightmares myself after viewing her beautiful sister in the morgue and her body hardly recognizable. This image became a recurring nightmare for me.

The retreat was helpful for me in that many of the feelings my partner felt were felt by other people. It helped me to understand why she could not move on. My partner has now met some people in our area who she can contact and meet and it takes a little of the burden off me of being the only supporter. Before the retreat I felt run down, exhausted, and ill. My MS had got worse since the traumatic experience of finding out my partner's sister was murdered. I was getting migraine almost every day.

Most of the last years free time from work has been spent writing letters and fighting my partner's sister's case and listening to my partner's despair, rage, sorrow and intense pain and talking about what to do next. We had to wait 6 months to bury her sister. It has been like walking in the vale of the shadow of death. It has been heart breaking seeing my partner's little niece ask my partner why she is the only little girl in the school with no Mummy.

I feel like my heart has been wrenched seeing the person I love go through such an horrendous time. I really got a lot out of the retreat but the best thing was seeing people who wanted to listen to my partner's pain. Most people just change the subject or don't know what to say or ignore or avoid us since it happened or try to tell her to move on. No one at the retreat said this. They understood that she would not be able to ever forget this and that it takes a long time to heal.

I was beginning to feel I was not coping any more but the retreat has given me a boost and some hope that we will get through it somehow, now we have others to share our feelings with. The memorial was very moving and we all cried our eyes out. The compassion and empathy could be felt intensely. It has been very hard to grieve with having to talk to police and write letters and work and study. The retreat has been a chance to grieve away from the busyness of life. I hope SAMM will be running more of these retreats and I will definitely go to them as I can't describe how much difference it made to us. Please let us know when the next one is on.

From Tony

I would just like to say I really appreciated the invite you gave me to the retreat. I found it to be very helpful, and like I have already said to one of your members, it was relaxing, better than any psychiatrist, therapy or counselling I have ever received. Also it was good to relate to people in similar circumstances. I really can not thank you enough and I would appreciate it if you would consider me for any other retreat that you hold. Once again, I thank you all and I appreciate your kindness.



Retreat was held at Wistaston Hall

Art Therapy Weekend

We recently ran a pilot weekend where eight people were given the opportunity to take part in Art Therapy. We had an experienced therapist/psychotherapist who lead the weekend and guided us through the process of using colour to express our feelings. Being artistic was not necessary as it was about expressing ourselves and not about producing works of art!

We had a discussion about confidentiality and the importance of feeling safe and comfortable knowing that we could share our thoughts and feelings without being judged. We did a short relaxation exercise to help us to clear our minds and feel comfortable. We were then asked to paint a picture of before the traumatic event. That painting session only took about 10 minutes and we all felt it was too short but Sara our therapist was strict with us and insisted that we stop at that point. We didn't realise it at that time but it was important to keep this session short so that no one got into heavy or traumatic feelings.

Throughout the weekend we did various exercises using painting and then went into pairs to talk about what we had produced and how we were feeling. As the weekend progressed we became aware of the powerful use of painting in helping us to deal with our trauma. We each painted a mandala (from the Sanskrit word for circle) that was special and meaningful to us. It was so interesting to see everyone's mandala and to have us explore for ourselves the significance of what came up for us in the painting..

As the weekend came to a close I think we were all aware that we had shared a very special time with each other and that we had got a lot of help and support from Sara and from each other. We will be running more of these weekend in the future so if you are interested then please contact the office and tell Heather you would like to go on one of them.



Should you wish to attend a SAMM retreat OR Art Therapy weekend in future, please drop me a line and let me have your name, address and contact number and which you would like to attend. We do not have any specific dates as yet, but are working on it and will certainly keep you informed. Please contact me at the National Office—address on the front of this newsletter.

MEDIA REQUEST

Hi everyone, my name's Ash and I'm a freelance journalist who writes "real life" stories for women's magazines. I'm particularly interested in raising awareness of violent crime here in the UK, and to encourage readers to think about what's happening in their communities, so if you'd like to share your own story about how you've been affected, then please do get in touch with me.

My editors are really interested in articles about violent crime as it's scarily on the rise and seems to be more and more of an issue in the UK. Of course, this needs to change and I'd like to help in some way by including details of charities and other organisations in my article, who are trying to put an end to the violence and heartache. Please be assured that an article would be written up really sensitively, you would have copy approval (meaning you can add/amend the final article) and would be paid generously for sharing your story.

I'm also happy to email anyone copies of my previously printed work, if needed. If you'd like to discuss this opportunity, please feel free to contact me at ash.anand35@gmail.com



I am researching a debate piece for a women's monthly magazine called '*Should life in prison mean life?*'

I am looking for the parents of a murdered child where the killer has been jailed for life for the murder but might be out in time to rebuild their life again, whereas the parents have lost a child and will live with that for the rest of their lives.

Elizabeth Openshaw - Email : rectory.gardens@virgin.net

or call 01273 595 648

A member's story



Zak (7) and Chloe (4) were murdered by their father in June 2007. My surviving son, Lee, was 2 ½ at the time. I watched my mum and dad fall apart as did I and everyone who knew and loved my beautiful children.

Just 2 days after they had died I went to ToysRUs and bought toys for Lee that I knew that Zak and Chloe would have loved. I didn't cry much — I shopped — it was just too unreal. My friends thought me strange — but for me it was what I had to do at that time. I slept very little. I did a lot of writing. I felt that I could not burden my family and friends with the awful thoughts that were going through my head. Which were getting worse by the day as I did not know what had happened. I was imagining a lot of scenarios.

I did my best to ignore my thoughts and found that, for me, it was the worse thing I could do. Eventually I chose to think purposely about what I knew had happened. It was exceptionally hard, it was horrendous, but it helped me avoid making up scenarios that did not happen. That in itself was some light relief.

The pain I felt in those early days were so raw and intense. I thought that there was no way it would end — how did those other mothers continue living? Why did they bother? I was told by so many people that I had to think of Lee — that hurt me again. So, I had let down Zak and Chloe by not being there when they most needed me — as their mum I had failed. So now I didn't deserve to keep Lee — I would only let him down as well. These, however, were just thoughts that my mind was making up. I was feeling guilty and was latching on to anything to help make me feel worse. After all, I deserved it, didn't I?

One month on, after Zak and Chloe had got their angel wings, I buried them. I buried my children. I was angry that it had taken so long.

I enjoyed being angry. It gave me a focus. Maybe I should have been angry with my husband, but I wasn't – nearly 2 years on, and I'm still not angry with him. I feel nothing about him. I am however, glad that he committed suicide, as I think, had he lived, I would have been so consumed with hate, that I would have broken down and never have had the power to get up again.

I finally took responsibility for looking after Lee again, but with a lot of help from my mum and dad. I explained that his brother, sister and daddy had died. At that time, that was enough for him to know. When he asked questions I answered as honestly as was possible for his age, understanding and state of mind. Only 2½ years old, but he knew something was very very wrong. He cried at night in a way I have never heard before – that in itself was so hard to deal with. It was wrong that he should suffer any more than he already was.

I was scared of everything. I was scared of dying. I was scared of leaving Lee alone. I was petrified that Lee would die. I would never trust anyone again. I'm pleased to say that has changed, but it took a long long time.

I have decided that sharing with you what I went through and continue to, that you may find some hope. May find an answer to a question you have. Sometimes reading how others have survived can provide the reader with hope. I don't begin to think that it will get better so to speak for me or for you, but please be easy on yourself. There are no right and wrong ways to grieve. You must follow your instinct to survive and do whatever you feel is necessary. There is no time limit on grief – ignore the 'advice' from blessed people who are not living in your reality. Only you know how you will continue – trust your instincts – they and the love and support from your family and friends will see you through to tomorrow. Baby steps – it's all we can hope for.

Take care everyone, be safe and please accept my virtual hug. **Ali**

I am raising funds for SAMM—should you wish to donate. please go to this link :

[Www.everyclick.com/alisonbickell](http://www.everyclick.com/alisonbickell)



Should you wish to share your personal story with other SAMM members, you can either email me on **info@samm.org.uk** or you can post it to the SAMM office, the address is on the front of this newsletter.

TRIBUTES TO OUR LOVED ONES ..

Zak **25 July 1999** : **4 June 2007**
Chloe **25 March 2003** : **4 June 2007**

I miss and love you so much babes xxx



Tracey Grinhaff 3 April 1966 : **2 May 2008**

I just wanted you to know that I'll be with you wherever you go. I've gotten my wings and learned how to fly. And I'll dry your tears whenever you cry.

Though I've went away and it seems we're apart. You will forever be my soul and my heart. The love that we shared will not go astray. For deep in my heart it will always stay. You held me close when I was filled with pain. And your smile gave me sunshine when my life filled with rain. You guided me when no one else could. You protected me when no one else would.



We've shared so much that mere words can't express how knowing you has made me feel truly blessed. So please dear sister, fret not for me, for now my soul is truly free. So think of me often, as much as you can. And I'll always be there to hold your hand. I'll be your angel and guide you through life. I'll give you comfort through torment and strife. So thanks dear sister again and again, thank you always for being my sister and my friend .

Gary Toms **26 October 1959** : **25/26 August 1976**

Miss you still so much, the pain doesn't go xxx



Alan Hooper **11 February 1967** : **14 February 1992**

Eternal memories of my dearly beloved son.

A mothers love is endless it's there right from the start, the pride she feel when she picks her baby up, and holds him to her heart. I still feel all that pride son, although we are worlds apart, I will always love and miss you and keep you close within my heart.

(Remembering you on your Birthday Alan forever 25, young and handsome)



Jacqueline Hughes **7 February 1971** : **19 August 2007**

My auntie Jacqueline brutally murdered. She left behind her 4 boys. Not a day goes by when I dont think of u Jake ...it gets harder everyday. Its still raw to talk bout u or hear that special song we played at ur funeral. Life is hard but believe me its gettin harder each minute of the day. Hope ur up there with our lil baby angel Kelsey-Louise and pain free. Luv u soo much Jake x x



Rachel Thacker 27 May 1975 : 11 August 1996

My beautiful, funny daughter. How do I live without you? Your sister, and nephews you have never seen keep me going but I miss you every day. I am writing this on New Year's Eve and sending out my thoughts to each and every one of you who will know what it is like to see in another year without your loved one, feeling that you are leaving them behind. You are not alone in your sorrow. A big hug to you all.



Avril Fiona Dixon 22 Years

Avril child of spring, she touched the hearts of many with her laughter and her love.



Emma and Beckie 03 April 1973 : 24 January 1991

Today you have been dead longer than you were alive and it hurts so much. We will always love and miss you. Always together and always in our hearts.

Love Mum and Dad



Christopher Burgess: 6 May 1977

*Death cannot divide;
For is it not as if the rose that climbed my garden
has bloomed on the other side.*



Andrew Short: 29.06.1956 -20.08.2008

Dear Andy father of my 3 children, there were so many things left unsaid, no time to say goodbye. Even though things are tough for us without you we take comfort in knowing you feel no more pain and unhappiness. I know you're still nearby keeping your eye on us. you'll always be missed and always be loved. Mother of your 3 children—Tessa

Should you wish to leave a tribute for a loved one,
you can do so via our website
www.samm.org.uk

Or you can email it through to **info@samm.org.uk**

TRAUMATIC MEMORIES

We store traumatic memories in a different way to ordinary memories. When something happens to us we remember it in the short term memory part of our brain.

Gradually the brain processes this memory and move it into the long term memory part of our brain. When we access this memory we remember it as happening in the past.

With traumatic memories, however, our brain stores them in a different way. They are not processed in the same way as normal memories. They are remembered as being in the 'here and now' not as in a past memory that happened so many years ago. This could be why many tragically bereaved people find it difficult to move forward and start to rebuild their lives.

People who have not been bereaved in a traumatic way can't understand why it is so hard for us to forget about the death and start to rebuild our lives.

CHILDREN—THE FORGOTTEN VICTIMS

After a homicide the bereaved family are left to serve a life sentence without their loved one. The surviving children in the family are often left severely traumatised and feeling isolated. Adults within the family may have difficulties coming to terms with all that has happened. These adults may not have the necessary experience to help traumatised children.

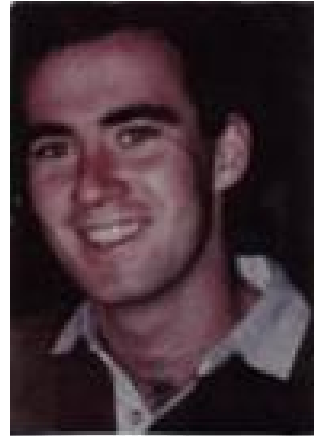
There are very few organisations who are able to help these bereaved children cope with what is a very traumatic experience. Adults often mistakenly think it is better keep information about the death from the children in the hope of protecting them. This often does not work as the children will see things in the newspapers, on TV, or hear about it at school, or overhear other adults discussion the case. What children don't know they will make up! It is usually better to be honest with children and explain as simply as possible to them what has happened bearing in mind their age and level of understanding.

Some organisations that can help children are:

- Traumatic Stress Clinic, 73 Charlotte Street, London, W1P 1LB
Tel 020 7530 3666
- Winston's Wish, Tel 0845 2030405
- Child Victims of Crime, Tell : 01785 227325

Donations kindly received

- Lee Kerr raised nearly £700 for his sponsored swim
- Newbridge School – raised on behalf of Lee Kerr - £141.00
- Steve & The Queen, West Vale and The Bridge 'A' pool teams - £150.00
- Mrs A Salamon – Monday Meditation Group £100
- Reg & Ann Jones – In memory of their daughter, Ruth - £50.00
- The Parish Church of St Chad Ladybarn - £50.00
- Longview Community Primary School – In lieu of Xmas cards – £83.00
- Mr & Mrs G Pickup - £10.00
- Mr & Mrs G Pickup - £20.00
- Mr & Mrs Turner - £20.00
- Louise Maxwell is running the London Marathon in memory of her brother, Alan. Louise has already raised £320.25 - should you wish to show your support and donate, please go to



<http://www.mycharitypage.com/LOUISEMAXWELL>

Want to donate to SAMM? You can do so electronically via our website www.samm.org.uk or post a cheque to the National Office, address on front cover.

JOB VACANCY

Assistant Office Coordinator

£12,000 - £14,500 per annum (*This is a 12 month fixed term contract—subject to further funding being received*)

Support After Murder & Manslaughter (SAMM) is a registered charity whose primary aim is to offer help and support to families and friends who have been bereaved as a result of murder or manslaughter.

We are seeking a full time (37.5 hours per week) Assistant Office Coordinator to work at our National Office situated at Tally Ho!, Pershore Road, Birmingham.

You will need to be computer literate with excellent working knowledge of Microsoft Office including Excel and Access with a good typing speed, excellent communications skills and a pleasant telephone manner is essential. You will have a minimum of 2 year's previous administration experience and be able to work to tight deadlines. Confidentiality is of prime importance and a CRB check is required.

We offer 25 days annual leave, pleasant offices and the opportunity to join a small dynamic team.

For an application pack please call Heather on 0845 872 3440 or email samm.national@gmail.com

Closing date for applications: Friday 27th March 2009


chariband™

**You can buy Charibands wristbands
or pins from the SAMM National
office at £1.50 each. Plus .50 for
postage**

Call 0845 872 3440



COPYRIGHT © CHARIBAND™ 2006



INFORMATION FOR SUDDENLY BEREAVED PEOPLE

In June 2003, the Members of the Review of Coroner Services reported to the Home Secretary. In dealing with the provision of information, their report refers to the Dept of Works and Pensions guide D49 *WHAT TO DO AFTER A DEATH IN ENGLAND AND WALES*, and adds "There is, too, a good short leaflet from the Home Office. (*WHEN SUDDEN DEATH OCCURS*) Another valuable source of information and advice is *SUDDEN DEATH AND THE CORONER – CORONER'S POST MORTEM AND INQUESTS*, published by Victims' Voice.

WHEN SUDDEN DEATH OCCURS Coroners and Inquests

Ministry of Justice Leaflet

This leaflet, *WHEN SUDDEN DEATH OCCURS*, alerts next of kin to their immediate rights with respect to post mortems and indicates what may follow a coroner's involvement. It was compiled with the help of bereaved people. The leaflet is available **free of charge** in:

English; Welsh; Bengali; Chinese; Gujarati; Hindi; Punjabi; Somali; Urdu

email margaret.newell@justice.gsi.gov.uk **fax** 0870 739 5849

SUDDEN DEATH AND THE CORONER CORONER'S POST MORTEM AND INQUESTS Information for Suddenly Bereaved People

Victims' Voice Booklet

The Victims' Voice **booklet**, *SUDDEN DEATH AND THE CORONER*, adds to the leaflet *WHEN SUDDEN DEATH OCCURS* and is written from the perspective of suddenly bereaved people. The booklet information is based on questions known to arise when coroners' enquiries are underway. **It is specific to the Coroner Service and can be given to bereaved people in all sudden death cases.** A list of contacts when **specialist** sudden death support and guidance are needed is given in Section 25.

The booklets are **available free of charge** in quantities of **25, 50, 100 or 200** booklets.

email vv@coroner-info.org.uk

by post to Victims' Voice PO Box 21 Fairford GL7 4WX

The email address can also be used for further information and support if suddenly bereaved people encounter difficulties with the Coroner Service.

WHAT TO DO AFTER A DEATH IN ENGLAND AND WALES

Dept of Works and Pensions Booklet D49

This **booklet** explains how to deal with the personal affairs of someone who has died. It **includes** advice about making funeral arrangements, registering a death and other legal formalities, benefits procedures and how to obtain financial help if needed. Copies are **free** from local Social Services offices.

Book List

'The Sara Poems' by Roy Cameron

Roy Cameron has written a remarkable sequence of poems in memory of his daughter. These both record and celebrate his daughter's life from birth onwards but also take us through the death, the hunt for the murderer, the trial and the aftermath, in a painfully honest, sensitive work written with both dignity and a strong poetic imagination.

Publisher: Iron Press 2007, 0191 2531901, www.ironpress.co.uk

'Losing Timo' by Linda Baxter

'When my son was murdered, writing became a release valve for my grief, pain and anger. Eventually I put all my writings, prose and poetry, into this book.' It describes the aftermath of Timo's death, the trial and life since. It is also a celebration of all that was Timo.

Publisher: Wales: Honno 2004. Order at amazon.co.uk, pickabook.co.uk or turnaround-psl.com

'Goodbye, Dearest Holly' by Kevin Wells.

This is a father's story of the disappearance and subsequent search for his daughter Holly. Kevin documents the trauma of searching for Holly and the effects this had on family and friends.

Publisher: Psychology News Press, 4 Newell St, London, E14 7HR.

'Just a Boy: The True Story of a Stolen Childhood' by Richard McCann.

This is the true story of a small boy, just five years old, who woke up one October morning to discover his mother was gone. And it is the story of how the murder of one woman can ruin a family and trigger decades of deprivation and abuse. After their mother became the first victim of the Yorkshire Ripper, Richard McCann and his sisters' lives fell apart. Until, one day, the young man that Richard had become decided his life didn't have to be this way.

Visit Richard and read chapter one at www.richardmccann.co.uk

Publisher: Ebury, 2004 ISBN 0091898218

'Fiona's Story' by Irene Ivison.

A mother's account of the brutal death of her daughter, who at the age of fourteen moved into the world of drugs, prostitution and violence. Argues for the removal of the pimps who exploit young people and coerce them into prostitution.

Publisher: London: Virago, 1997. Available from: Crop Suite 21. Tel: 01132436896

'Double Take' by Vicky Harper; advised by Martin Kay.

On 23rd January 1991, twin sisters Emma and Beckie Harper didn't return from a party. Their remains were discovered in a barn destroyed by fire. Their mother relates the events surrounding their deaths and the battle to discover the truth. Three young men who admitted being at the barn with the twins were charged with murder, later reduced to manslaughter, but two of the accused were discharged and the third acquitted.

Publisher: Stroud: Young Woodchester, 1996.

Available from Vicky Harper, Manor Cottage, Church Rd, Longhope, CL17 0LL. Price £5 each from which £3 will be donated to SAMM

'An Ordinary Murder' by Lesley Moreland.

An account of the long hard battle to fight through her natural feelings of revulsion and revenge after the murder of her daughter and looks at the way she explored society's attitude to punishment and redemption and the whole way in which people react to sudden tragedy. She takes her evidence from both sides of the Atlantic and examines the ways in which murder is dealt with.

Publisher : London : Aurum Press

‘The Last Thursday In July’ by Andre Hanscombe.

In the summer of 1992 Rachel Nickell was murdered on Wimbledon Common in the presence of her three year old son. This is a personal account by her partner, the father of their child Alex.

Publisher: London: Century, 1996.

‘Dunblane: Our Year Of Tears’ by Peter Samson and Alan Crow.

Contains contributions from 12 people touched by the horror of the murder of 16 children in Dunblane Primary School in March 1996. They are: a mother, a father, a husband, a teacher, a shopkeeper, a campaigner, a politician, a TV presenter, a journalist, a churchman, a musician, and a child survivor.

Publisher: Edinburgh: Mainstream Publishing, 1997.

‘One Step at a Time: Mourning a Child’ by Betty Madill.

An account by a bereaved parent about her experience after the tragic death of her child. Many of us who have coped with the death of our own child will find that we will be able to identify with many of the things she says in the book.

Publisher: Floris Books, 2001.

‘When Father Kills Mother: guiding children through trauma and grief’ by Jean Harris-Hendriks, Dora Black and Tony Kaplan. (2nd ed.)

A second edition which was published in the wake of increased interest in child protection and child law systems. It contains further information about the effects of psychological trauma and bereavement on children.

Publisher: London: Routledge, 2000.

‘An Intimate Loneliness. Supporting Bereaved Parents & Siblings’ by Gordon Riches & Pam Dawson.

Gordon Riches is Senior Lecturer at the University of Derby and Pam Dawson is Bereavement Services Co-ordinator for the London Borough of Bromley.

Gordon has worked for many years with bereaved parents and his sensitivity to their needs is remarkable in someone who has not lost a child. I think this is illustrated in the fact that the book is dedicated *To the sons, daughters, brothers and sisters who left too soon*. The difficult area of communication and intimate relationships between husband and wife after bereavement are discussed with sensitivity.

Publisher: Open University Press, 2000.

‘Bereavement: studies of grief in adult life’ by Colin Murray Parkes. (3rd ed.)

Helps understand the roots of grief, the secondary harm that bereavement can cause and the steps that need to be taken to ensure those who suffer it will emerge relatively undamaged. One chapter addresses traumatic bereavements.

Publisher: London: Routledge, 1996.

**‘A Broken Heart Still Beats: After Your Child Dies’
by Anne McCracken and Mary Semel**

A Remarkable collection of poetry, fiction and essays compiled by a journalist and a social worker, both of whom have lost a child, A Broken Heart Still Beats gets to the heart of this hardest of trials.

Publisher: Hazelden, 1998.

CHILD VICTIMS OF CRIME.

This is a charity run by the police to assist any child under the age of 16 years who has been affected by crime. If you have a child in the family who you think may benefit from the Child Victims of Crime then the referral must come from a police officer. Contact your Police Family Liaison Officer if you have one or any police officer who was involved in your case.

Visit their website at www.cvoc.org.uk

PAYMENT OF EXPENSES TO RELATIVES BEREAVED BY HOMICIDE ATTENDING COURT

Families of homicide victims travelling to court cases within England and Wales can claim expenses through their Local Victim Support Scheme. The grants are restricted to three family members or close friends of the victim to travel to courts within England and Wales. For more information contact your local Victim Support Scheme. Please note that this is a limited fund.

INFORMATION REGARDING VERY LENIENT SENTENCES

The Crown Prosecution Service cannot appeal against a not guilty verdict but the Attorney General has the power to refer the case to the Court of Appeal especially in manslaughter cases if he thinks the sentence is too lenient. **This must be done within 28 days of the sentence being passed.** You can ask the Attorney General to refer a case to the Court of Appeal under this power, to do so, write as soon as possible to:

The Legal Secretariat to the Law Officers
Attorney General Chambers
Buckingham Gate
London SW1E 6JD

POST TRAUMATIC STRESS DISORDER

The National Institute for Clinical Excellence (NICE) have published a booklet titled: *Post-traumatic stress disorder (PTSD): the treatment of PTSD in adults and children, Understanding NICE guidance – information for people with PTSD, their advocates and carers, and the public.*

Copies of this booklet can be ordered from the NHS Response Line-telephone 0870 1555 455 and quote reference number NO849.

DEPARTMENT FOR CONSTITUTIONAL AFFAIRS.

The Department for Constitutional Affairs will now incorporate most of the responsibilities of the former Lord Chancellor's Department.

General Departmental Enquiries:

Selborne House

54-60 Victoria Street

London SW1E 6QW

Telephone: 020 7210 8500

Department for Constitutional Affairs: general.queries@dca.gsi.gov.uk

Court Service: cust.ser.cs@gtnet.gov

NATIONAL PROBATION SERVICE

For information regarding an offender's Parole or release from prison. If you have any worries about these issues you can contact the Victim Liaison Unit at your local Probation Service Office.

National Probation Directorate

Horseferry House

Dean Ryle Street

London SW1P 2AW

Tel: 020 7217 0659, Fax: 020 7217 0660

E-Mail: NPD.PublicEnquiry@homeoffice.gsi.gov.uk

THE LIFE IMPRISONMENT MINIMUM TERM SECTION

If you would like information on tariffs contact.

The Life Imprisonment Minimum Term Section

Room CL 1.5

Clifford's Inn

Fetter Lane

LONDON EC4A 1DQ

Tel: 020 7947 6913 Fax: 020 7947 6893

Website: www.courtservice.gov.uk

VICTIM HELPLINE (PRISON SERVICE)

For information regarding prisoners home leave, weekend leave, temporary release, unwanted mail and telephone calls.

Contact 08457 585112, Office hours 9am-5pm (ansaphone after hours)

Useful Contact Numbers

<p style="text-align: center;"><u>Victim Supportline</u> 0845 30 30 900 Calls charged at local rates. Open 9am to 9pm Monday to Friday. 9am to 7pm Weekends and Bank Holidays</p>	<p style="text-align: center;"><u>Cruse Bereavement Care</u> Cruse House 126 Sheen Road Richmond Surrey TW9 1UR Helpline: 0870 167 1677</p>	<p style="text-align: center;"><u>The Compassionate Friends</u> 53 North Street Bristol BS3 1EN Tel: 0845 123 2304</p>
<p style="text-align: center;"><u>Road Peace</u> PO Box 2579 London NW10 3PW Helpline: 0845 4500355 (24 hr 7 days a week, backed by ansaphone) Assists families of a victim who is involved in a fatal road crash.</p>	<p style="text-align: center;"><u>Inquest</u> 89-93 Fonthill Road London N4 3JH Tel: 0207 263 1111 Provide advice and support to all those dealing with a coroner's inquest or are handling a bereavement that has occurred in unusual circumstances.</p>	<p style="text-align: center;"><u>Zito Trust</u> 16 Castle Street, Hay-on-Wye, Hereford HR3 5DF Tel: 01497 820011 Provides support and advice for victims of community care breakdown (the mentally ill).</p>
<p style="text-align: center;"><u>Assist Trauma Care</u> 11 Albert Street, Rugby, Warwickshire, CV21 2RX Helpline 01788 560800 Email: assist@traumatic-freeserve.co.uk www.traumatic-stress.freeserve.co.uk</p>	<p style="text-align: center;"><u>SIBBS</u> <u>(Support in Bereavement for Brothers and Sisters)</u> 53 North Street Bristol BS3 1EN Helpline: 0845 123 2304 Support for bereaved siblings by bereaved siblings.</p>	<p style="text-align: center;"><u>Winstons Wish</u> Clara Burgess Centre Bayshill Road Cheltenham GL50 3AW Family Line 0845 2030405 Mon-Fri. 9am-5pm Guidance and information for bereaved children and their families</p>
<p style="text-align: center;"><u>Justice After Acquittal (JAA)</u> P.O.B: 72, Failsworth, Manchester, M35 0XE Tel: 0790 2929 379 JAA - Campaigning for legal rights and support for victims' families following an unjust acquittal after a murder trial.</p>	<p style="text-align: center;"><u>The Suzy Lamplugh Trust</u> Provides resources, talks and training to help everyone to live safer lives. Tel: 020 8876 0305</p>	<p style="text-align: center;"><u>CROP</u> <u>Coalition for the Removal of Pimping.</u> 34 York Road Leeds LS9 8TA Tel: 0113 2403040</p>
<p style="text-align: center;"><u>The Samaritans</u> Helpline: 08457 90 90 90</p>	<p style="text-align: center;"><u>Petal</u> Support group for families and friends of murder victims in Scotland. Helpline 01698 324502</p>	<p style="text-align: center;"><u>Justice for Victims</u> PO Box 1340 Kingston Upon Thames London, KT1 9EE</p>
<p style="text-align: center;"><u>British Association for Counselling & Psychotherapy</u> BACP House 15 St John's Business Park Lutterworth, LE17 4HB 0870 443 5252</p>	<p style="text-align: center;"><u>Child Bereavement Charity</u> Aston House, West Wycombe, Bucks, HP14 3AG Tel: 01494 446648 sup- port@childbereavement.org.uk www.childbereavement.org.uk</p>	<p style="text-align: center;"><u>Jewish Bereavement Counselling Services</u> Bet Meir, 44b Albert Road, London, NW4 2SG Tel: 020 8457 9710 Fax: 020 8457 9707 E-mail: jbcsc@jvisit.org.uk</p>