

## Local Services in Offaly

### Tullamore Parish Bereavement Support

057 9326604

### Ferbane Parish Bereavement Support

090 6453695 or 090 6454380

### Rainbows Offaly

057 9326855, Contact: Sr. Gerard Murphy

### Midlands "Living Links" (suicide bereavement)

086 1600641, Contact: Bernie Carroll

### Dochas Offaly Cancer Care Centre

### Tullamore & Birr Outreach

057 9328268, Co-ordinator: Nancy St. John

### Together Group

057 9326604, Contact: Mary

## National Websites & Helplines

[www.rainbowsireland.com](http://www.rainbowsireland.com) (bereaved children)

[www.console.ie](http://www.console.ie) (bereaved by suicide)

[www.livinglinks.ie](http://www.livinglinks.ie) (bereaved by suicide)

[www.anamcara.ie](http://www.anamcara.ie) (parental & sibling bereavement support)

[www.widow.ie](http://www.widow.ie) (widows & widowers)

[www.isands.ie](http://www.isands.ie) (Irish stillbirth & neonatal death society)

[www.barnardos.ie](http://www.barnardos.ie) (bereavement counselling for children)

[www.hospice-foundation.ie](http://www.hospice-foundation.ie) (Irish Hospice Foundation)

Teenline 1800 833634

Irish Sudden Infant death

1850 391 391

Senior helpline 1850 440 444

Barnardos 01 453 0355

*This selection of self-help books is a recommended guide for people who are bereaved.*

*Accessing self-help books can be rewarding and empowering and be a first step with the recovery process.*

*All of these books are available throughout Offaly County Libraries. Once you are a member, you can borrow up to 6 books at any time.*

## Membership details:

All Under 18s - Free  
Adult Literacy Service - Free  
Internet Membership only - Free  
Adult membership - €10  
Persons over 66 years - €3  
Social welfare recipients - €3  
Full-time students - €3

If you wish to become a member of any of our libraries, please contact your local library or visit our website.

[www.offaly.ie/libraries](http://www.offaly.ie/libraries)  
[Banagherlibrary@offalycoco.ie](mailto:Banagherlibrary@offalycoco.ie)  
[Birrlibrary@offalycoco.ie](mailto:Birrlibrary@offalycoco.ie)  
[Claralibrary@offalycoco.ie](mailto:Claralibrary@offalycoco.ie)  
[Edenderrylibrary@offalycoco.ie](mailto:Edenderrylibrary@offalycoco.ie)  
[Ferbanelibrary@offalycoco.ie](mailto:Ferbanelibrary@offalycoco.ie)  
[Kilcormaclibrary@offalycoco.ie](mailto:Kilcormaclibrary@offalycoco.ie)  
[Tullamorelibrary@offalycoco.ie](mailto:Tullamorelibrary@offalycoco.ie)  
[Daingeanlibrary@offalycoco.ie](mailto:Daingeanlibrary@offalycoco.ie)

## Library Opening Hours

### Banagher , Ferbane & Kilcormac Libraries

*Banagher* (057) 9151471  
*Ferbane* (0906) 454259  
*Kilcormac* (057) 9135086

Tues 2pm - 5pm  
Wed 10am - 1pm  
Thursday 2pm - 5pm &  
6pm - 8pm  
Friday 2pm - 5pm  
Saturday 10am - 1pm

### Birr & Edenderry Library

*Birr* (057) 9124950  
*Edenderry* (046) 9731028

Tues 9.30am - 5.30pm  
Wed 9.30am - 8pm  
Thurs & Fri 9.30am - 5.30pm  
Saturday 9.30am - 1pm

### Clara (057) 9331389

Tues & Wed 10am - 5pm  
Thursday 1pm - 8pm  
Friday 10am - 5pm  
Sat 10am - 1pm

### Daingean (057) 9353005

Wed 1pm - 5pm  
& 6pm - 8pm  
Friday 10am - 1.30pm  
Saturday 10am - 1.30pm

### Tullamore (057) 9346832

Tues 9.30am - 8pm  
Wed, Thurs & Fri 9.30am - 5.30pm  
Saturday 9.30am - 1pm



# Offaly County Library



## Books on Bereavement

available in your local library



# a selection of books available for loan...

## General Reading

*Fond memory: consoling words from the Irish tradition*, Ide Ní Laoghaire  
*From a clear blue sky*, Timothy Knatchull  
*Adventure in grief*, Catherine De Courcy  
*Do not let your hearts be troubled : thoughts on ministry to the terminally ill*, Edward Daly  
*A star far away: letters to Christy*, Patricia O'Neill  
*Adventure in grief*, Catherine De Courcy  
*Unspeakable losses*, Kim Kluger-Bell  
*Beyond the rough rock (2nd ed)*, Di Stubbs  
*Dear Paule*, Hugh Leonard  
*Dear Sebastian*, Christine Horgan  
*Irish stories of loss and hope*, Susan Delaney  
*Life after loss: helping the bereaved*, Christy Kenneally  
*The last taboo: living with death*, Dominic McGinley  
*Closer to the light: learning from children's near-death experiences*, Melvin Morse

## Grieving the Death of Someone Close

*Living after a death*, Mary Paula Walsh  
*Your sorrow is my sorrow*, Joyce Rupp  
*Living with bereavement*, Sue Mayfield  
*Living with death and dying*, E. Kübler-Ross  
*Living when a loved one has died*, Earl A. Grollman  
*Living on the seabed*, Lindsay Nicholson

## Understanding Grief

*Finding a way through when someone close has died*, Pat Mood & Lesley Whittaker  
*Bereavement: studies of grief in adult life*, C. Murray Parkes  
*Always with you: facing life after loss*, Gloria Hunniford  
*Grieving: a beginner's guide*, Jerusha Hull McCormack  
*Mistaken identity*, Don Van Ryn  
*Getting back to life when grief won't heal*, Phyl. Kosminsky  
*The Disappearance*, Geneviève Jurgensen  
*Saved by the light*, Dannion Brinkley  
*A grief observed*, Clive Staples Lewis  
*Out of the shadows: a journey back from grief*, Susan Phoenix  
*Cope with bereavement*, Aileen Milne  
*Coping with serious illness*, Catherine Thornton  
*Death & Dying*, Colm Keane  
*On death and dying: what the dying have to teach doctors, nurses, clergy and their own families*, E. Kübler-Ross  
*How to survive bereavement*, Andrea Kon

## Living Through The Death of your Partner or Spouse

*The ABC's of grief*, Christine Adams  
*The courage to grieve*, Judy Tatelbaum  
*The year of magical thinking*, Joan Didion  
*Death - and how to survive it*, Kate Boydell  
*Living with loss: a book for the widowed*, Liz McNeill Taylor

## When Someone you care about is bereaved

*The mourning handbook*, Helen Fitzgerald  
*The wisdom of dying*, Michael N. Murphy  
*Broken open: how difficult times can help us grow*, Elizabeth Lesser

## Grieving The Death of a Child

*When a child dies: footsteps of a grieving family*, Jim O'Shea  
*Grief counselling and grief therapy*, J. William Worden  
*Grief in children: a handbook for adults*, Atle Dyregrov  
*We lost our Baby: one couple's story of miscarriage and its aftermath*, Siobhan O'Neill-White  
*The grieving garden: living with the death of a child*, Suzanne Redfern  
*Miscarriage: what every woman needs to know : a positive new approach*, Lesley Regan  
*Rachel's story: one family's story of the death of their child*, Rita O'Dwyer  
*When a child dies*, Carol Prgent

## Suicide

*Supporting those bereaved by suicide in the midlands: you are not alone: Midlands guide for survivors in managing the aftermath of suicide*, Midland Health Board  
*A voice for those bereaved by suicide*, Sarah McCarthy  
*Echoes of suicide*, edited by Siobhán Foster-Ryan & Luke Ryan  
*Suicide - the ultimate rejection?*, Colin Pritchard  
*Suicide: the Irish experience*, Sean Spellissy  
*Coping with suicide*, Maggie Helen  
*A special scar: the experiences of people bereaved by suicide*, Alison Wertheimer  
*Suicide : Ireland's story*, Emily Cox  
*Night falls fast: understanding suicide*, Kay R. Jamison  
*Grieving the unexpected: the suicide of a son*, Dr. Gary Le Blanc

## Children's Grief

*Waterbugs and dragon flies: explaining death to a young child*, Doris Stickney  
*When someone has a very serious illness*, Marge Heegaard  
*Social care in Ireland*, Tom O'Connor  
*Talking to children and young people about death and dying*, Mary Turner