
Membership Form

If you wish to apply for membership, or just want more information, please complete the form below, or do it online at our website by visiting www.australiantwinlesstwins.com.

Australian Twinless Twins Membership Application.
Membership is free.

Please complete or copy this form and , or mail it to the address below.

Australian Twinless Twins
c/o 5 Lambie Place
Florey, ACT, 2615

Name _____

Address _____

Twin's Name (if named, optional)

Date of Birth _____

Date of Twin's death _____

Circumstance of Twin's death (optional)

May we include your name and contact email / number to enable twins in your area to contact you? This information shall be placed on a 'member's only' section on the Australian Twinless Twins website and will be password protected. YES / NO

Name & Signature

There are a number of books available on twin loss. Some of them are listed below:

TWIN LOSS: Dr. Raymond Brandt
The founder of TTSGI uses twin anecdotes to illustrate the in utero bond.

TWINS AND WHAT THEY TELL US ABOUT WHO WE ARE:
Lawrence Wright
Elegant and readable, deals comprehensively with twin issues.

LIVING WITHOUT YOUR TWIN: Betty Jean Case
Each chapter covers a different aspect of twin loss, gentle and encouraging.

THE INNER ELVIS: Peter Whitmer
Psychological study of his twinship.

THE LONE TWIN Joan Woodward
Case studies of various types of twinloss.

THE DIARY Lynne Schulz
A bereaved mother's experience.

Always My Twin by Valerie R. Samuels. *Always My Twin* , for young children who have experienced the death of their twin sibling, is a book for any child whose twin died.

The Silent Cry -wombtwin survivors tell their stories.
Edited by Althea Hayton
One in eight people is a wombtwin survivor, i.e. they lost a co-twin before birth. Here is an extraordinary collection of personal stories, written by wombtwin survivors themselves in their own words before birth, after birth or as a young child.

AUSTRALIAN TWINLESS TWINS SUPPORT GROUP

Supporting Twinless Twins
Across Australia



5 Lambie Place
Florey, ACT, 2615

E-mail: mail@australiantwinlesstwins.com

**"ONCE A TWIN, ALWAYS
A TWIN"**
Dr. Raymond Brandt

You Are a Twinless Twin When

- ~ your twin dies.
- ~ your twin did not survive childbirth, in utero complications, or SIDS.
- ~ your twin has a terminal illness.
- ~ your twin is kept from you due to Jealousy.
- ~ your twin is institutionalized or Incarcerated.
- ~ your twin is missing due to separation or adoption.
- ~ there is dysfunction within your family.
- ~ there is estrangement between twins .

Why Twin Loss is Uniquely Different

- ~ The newly Twinless no longer knows who they are, wondering 'Am I still a twin?'
- ~ The surviving twin may have feelings of guilt that he or she lives while the twin has gone.
- ~ The Twinless Twin may develop an aimless attitude, as well as a feeling of aloneness. He or she wonders how to make it through life without his or her twin.
- ~ Regrettably, Twinless Twins are at a higher risk for reckless and/or suicidal behaviour.
- ~ The new "normal" existence does not reinforce the twinship nor offer many qualified support resources.

Who are we?

We are an Australian group for those who have lost one or more or all of their twins, triplets or more from early pregnancy to childhood and beyond including the loss of a twin sibling in adulthood.

We can provide contact with others who have had similar experiences through our meetings, phone support or internet contact.

Knowing others are out there who have experienced this kind of loss can help to break the feelings of isolation that are so commonly felt.

Support is offered to families who have lost all of their multiple birth children or part of their set at any time during the pregnancy right through to the loss of young children or teenagers or adult twins and for any reason.

While the circumstances surrounding the loss may be different, there are common feelings unique to twin loss that make being part of an understanding group helpful.

The loss of a twin sibling as a child or an adult is another unique situation. Only another lone twin knows how it feels to lose a truly lifelong companion. If you are an adult who has just lost their twin sibling then we can help support you as you learn to live life again without your twin. You are not alone, there are other lone twins who would be happy to be in touch with you if you would like.

For those who can get to Sydney, we hold an informal get together for lone twins (or the survivors of higher multiples). We generally share an informal lunch while we chat and share our thoughts and feelings.

We hope, as the group grows we will be able to hold meetings in your own area.

Making contact with Australian Twinless Twins will not be intrusive into your grief. The support you receive may be as simple as contact with others at a time that is right for you. You may want to meet together at one of our regular meetings. You may make contact soon after your loss... or you may contact us weeks, months or years later. Often we find ourselves surrounded by support in the early days, from friends and family but it is not long before this support can drift away and we are left with the feeling that we should have "got over it all by now". This of course is not the case as a loss such as this impacts us in all kinds of ways long into the future and knowing that our feelings are probably "normal" can give a sense of peace and comfort.

Finally, we would like to say how sorry we are for the loss you have suffered. Take care and please do not hesitate to contact us..

Note: The word **twin** is used here and often throughout this brochure. It includes all variety of losses in multiple birth situations including the losses in higher multiples. If your loss was within a triplet or larger set **please feel included** in this statement and please understand we only use this term to avoid long and complicated inclusive sentences