



“Free is what she is now; free from the struggles of life on earth.
I smile when I look to the clouds where her soul is floating freely.”



Autumn 2003

SANDS

Stillbirth and Neonatal Death Society



Support Offered

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Dates for 2003 & 2004

15th October 2003

Babyloss Candlelit Service
in the American Church, London

25th October 2003

SANDS AGM in London

7th – 13th June 2004

Awareness Week, featuring the launch
of the newly up-dated SANDS
'Guidelines for Professionals'

Are You A Member of SANDS?

We need the support of our members to continue to provide free services to people who come to us for help. We do not charge, for example, for sending out support materials to newly bereaved parents, for calls to the Helpline, for the information on our website, or for answering information enquiries.

We want to continue to offer free help to bereaved parents when they need it, but all of these services cost money. Membership is an important source of funding, accounting for 15% of our income. By joining SANDS you really will directly support our work.

SANDS members receive three newsletters per year, regular mailings on SANDS activities and can claim 10% discount on all items on our publication order form. You will be invited to our Annual Members Conference and can vote at the AGM.

To join SANDS or renew your membership please contact SANDS office.

SANDS AIMS: offering support and pressing for improvements in care

SANDS offers support to bereaved parents whose baby is stillborn or dies soon after birth. Our support and information services are available at any time from before to long after bereavement.

- We have a Helpline for anyone affected by the death of a baby, whether you are a parent, family member or health professional. You can speak in confidence to an experienced support worker.
- SANDS local support groups are run by and for bereaved parents. They can offer one to one Befriender support from someone who knows first hand how it feels to lose a baby. They may also offer group meetings where you can share your experience with other parents.
- We have a range of resources for bereaved parents and families, including leaflets, books, information sheets, a CD and SANDS own newsletter. We also help with a broad range of enquiries relating to stillbirth and neonatal death.

We aim to improve the care parents receive by working in partnership with health care professionals. We are working to raise awareness of the fact that babies die, and of the grief and distress that follow a baby's death.

- We have publications aimed at those caring for bereaved parents – our 'Guidelines for Professionals' are essential reading for anyone interested in improving care.
- Many SANDS groups work with their local hospitals; many raise money for better facilities for bereaved parents. SANDS is developing its programme of training for health professionals.
- We are working to promote research into the causes of stillbirths and neonatal deaths, and to press for changes in practice that could save more babies' lives.

Welcome to the Autumn 2003 Newsletter

SANDS is 25 years old this year. 25 years since Hazelanne Lewis and others met and formed the Stillbirth Association, where bereaved parents could share their feelings about their babies. So much has changed in 25 years – it is no longer routine for a mother not to have seen her baby, not to have attended the funeral, not to have named the baby or even know where the baby is buried.

SANDS has played a crucial part in bringing about the changes in attitudes, in practice and in the law and we are indebted to all the many people whose determination and commitment has been at the root of the work SANDS has been able to do.

We will honour that progress at this year's AGM in London. Nancy Kohner, who has been involved with SANDS for many of those 25 years, will be our main speaker. We really hope to see as many people as possible there. It is a relaxed, informal day, and great chance to meet other SANDS members, old and new. Please try to come.

For those of you who are new to SANDS, perhaps reading this newsletter for the first time, we extend our sympathies to you and hope you will get in touch and make use of our services.

Janet Scott, Editor



SANDS New Resources

SANDS has recently produced a range of new marketing products. They should help in getting people to take notice of SANDS during fundraising activities or any public events. The aim is to make the public more familiar with SANDS name and raise awareness about what we do.

The new resources include:

- Handouts – third A4 size, in yellow.
Pack of 50 – £2.50
- A4 & A3 posters – in yellow.
A3 – £1.20 for 2; A4 – £2.00 for 5
- Fundraising Stickers (to go with the collecting boxes) – in yellow.
Reel of 500 – £1.50
- T-shirts – new 'light gold' coloured – £7.50

These resources supplement our existing marketing materials, which include pin badges, pens, SANDS CD, and collecting tins.

If you would like to order any of these products please contact the SANDS office and ask for an order form. Remember, members get a 10% discount on all orders.

SANDS Baby Card

In the last newsletter we described plans for the new SANDS baby card. We are delighted that the card is now available for purchase.

This high quality card features the beautiful baby sculpture created by John Roberts for the SANDS Garden. The inside has been left blank for your own message. The card measures 5" x 5" in size, and can be bought in packs of five cards, costing £3.50 per pack (plus postage).

To order any of these items, please get in touch with SANDS head office.



News



SANDS National Memorial Garden with the baby sculpture at its centre

SANDS Annual Memorial Service

SANDS annual memorial service was held on the 15th June, during Awareness Week, at the National Memorial Arboretum in Alrewas, near Lichfield.

It was a hot June day, and over ninety people came to the service and visited the SANDS garden afterwards. Many people lingered in the garden, enjoying the weather and taking time to remember their babies.

The Service was held in the Millennium Chapel at the Arboretum.

It is a beautiful, light and airy space, using wood as the main building material.

The service itself was very powerful and emotional. A highlight among the many moving speeches and readings, poems and hymns, was Hazel Barratt's first performance of her song, 'Sweet Angel Lullaby', which she wrote about her own baby.

Jane Wadham, who has been one of the main driving forces behind creating and maintaining the SANDS Garden, told the story of how it all came about and how it has touched her own feelings many years after her own baby died.

The service was designed to move from the darker feelings of bereavement towards a hopeful message. Sarah Brewerton's closing prayer spoke of the goodness and compassion that can emerge at times of grief. She prayed that,

"in this place where we may feel sad, bereft and empty, we may be touched by the tenderness and strength that was held within the brief lives of our babies. As the seasons unfold we remember and we give thanks."

If you would like to read the order of service, you can contact the head office and they will send you a copy.



A personal view of the SANDS Garden

Sarah Neophytou first visited SANDS Memorial Garden in June 2000. She was one of those who spoke at this year's Service, describing how the path through the garden has mirrored her own emotional journey after the loss of her daughter. She has kindly allowed us to print her words here.

In March 2000 our millenium baby, Briony, was stillborn at 41 weeks. She was a much wanted second daughter, following Rosanna's birth nine years earlier. We had joined SANDS soon after Briony was born and through them found out about this garden. Being a keen gardener myself, we decided to donate the money given at her funeral towards the garden's costs. We feel that a little bit of her belongs here.

The following June, we came to the first memorial service held in Lichfield Cathedral, followed by the inauguration ceremony here in the Garden of Remembrance. We were still in shock and could barely see the beautiful cathedral through a haze of permanent tears. Later, in this garden, I read the explanation of

the planting. How it represented the journey through grief. A tangle of prickly plants at the start as you fight the mass of emotional and physical pain, which slowly changes to a more unified state, eventually ending in an area where the lavender smells sweet and you find yourself with hope for the future again.

I remember thinking at that time, 'I'm right in the thorns and I don't even want to be in the lavender'. I stayed in those thorns for a long time, and in some strange way drew comfort from the suffering. It felt right to be utterly miserable, I would feel guilty if the slightest bit of potential enjoyment came my way!

Nine months after Briony's birth we conceived Cherry and after a very anxious pregnancy she was born, completely healthy, in October 2001. Cherry is now 20 months old and Briony would have been three. Over the past three years we have put our lives back together again and now we can finally say we are at peace with Briony's death. I can admit I feel happy without feeling guilt and betrayal. We have, at last, made our way into the lavender.

I have spoken in public, on the odd occasion, about how it feels to be a bereaved parent - but those speeches were still tainted with my continuing grief. When Erica asked if I would read today, I realised that I wanted to speak again but this time about moving forward. I wanted to publicly declare that our love for Briony is held in a more positive way and how we believe her short existence changed a great many things for the better in our lives. I think of Briony every day and often chat to her photo. I treasure the time I had with her and can feel her right in my heart - but her loss no longer dominates my existence.

One of the many things we have learned is that everyone goes through the journey of bereavement in their own time and in their own way, but eventually you can, and do reach the lavender. We would like to thank all in the local and national SANDS organisations for helping us. We hope that those of you who are stuck in the thorns find your hope for the future soon.

Sarah Neophytou

Radio Coverage in Awareness Week 2003

SANDS was fortunate to have the expertise of Simon Sanders in attracting media coverage to our Awareness Week 2003.

Simon, who is a bereaved father and involved with West London SANDS, persuaded the PR company that he works for, Markettiers, to send out a press release on our behalf to radio stations throughout the UK.

Many radio stations responded with requests to use the information from Simon's press release. Some stations mentioned SANDS on an hourly basis in the week leading up to and during Awareness Week.

We were also asked to provide spokespeople for interviews with local radio in: Glasgow, Norfolk, Chester,



London, Dundee, Somerset, Stoke, Newbury, Cornwall and Wiltshire. Many thanks to the interviewees, from our growing UK media network, who stepped up to the microphone.

Our warmest thanks go to Simon, and his colleagues at Markettiers for their valuable work on SANDS behalf. We are working all the time to increase public awareness of SANDS services, and this development has been a huge boost.

SANDS Memorial Gardens

SANDS Garden Sub-Committee is trying to pool information across the UK about baby memorial gardens. The idea is to share ideas and experiences about planning and creating a memorial garden, and make the information available to any SANDS groups who might want to establish a garden in the future.

The following is a list of all the memorial gardens we know of at the moment. Is your garden there? If not, or if we have inaccurate information, please let us know! You can contact Neal Long at the SANDS office, or call Barbie Lovett from the Garden Committee on 0208 399 1129.

ASCOT & BRACKNELL, BANFF, BOOTLE, BURNLEY, BURTON and DISTRICT, FIFE, ISLE OF WIGHT, NATIONAL ARBORETUM, OLDHAM, PUTNEY VALE, RICHMOND, SHROPSHIRE, SOLIHULL, SOUTHAMPTON, THANET, TUNBRIDGE WELLS



News

2003 London Marathon

In this year's London Marathon we were privileged to have five people running on behalf of SANDS, raising an impressive total of over £10,000 in sponsorship between them. Our warmest thanks go to the runners who are Susan Brown, Simon Banks, Roy Cook, Emma Jones and Shona Pryor.

Susan Brown was motivated to run for SANDS as the 10th anniversary of the death of her son Daniel approached. Here she describes the time when Daniel died, and the fundraising and her run this year.

Story of Daniel

On the 27th July 1993 we had just returned from a wonderful last holiday, we thought 'before the kids arrive'.

I attended a routine scan and was given the devastating news that they could not find a heartbeat. What followed was a daze, waiting for a second consultant, the phone call to my husband, the next few days before going back to hospital to give birth to Daniel (although now I can recall them all so vividly).

Like many people we wondered how we would all cope. Thankfully we were fortunate enough to have the wonderful staff of the Aberdeen Maternity Unit, who put us in touch with SANDS.

The comfort I obtained from the first phone call speaking to Alison in the Aberdeen Group and then attending the meetings helped me and my family through one of the toughest times of our lives.

We are very lucky to now have two beautiful girls, Kiana and Paige, who make everything worthwhile and who are fully aware of the loss of our son and their brother.

Deciding to run

Hardly a day goes by when we do not think of Daniel. It was with his memory in mind that I had the strange idea of running in the London Marathon. I had not run since Cross Country at school and that I can assure you is too many moons ago to remember. But I thought it would be a way to raise funds (and hopefully awareness) for SANDS, and give something back after the support we received at that time.



Midmar Primary School Classes Primary 3&4

I contacted Neal Long at SANDS in July 2003. He was brilliant and offered me an amazing amount of support - he knew what was involved in both the training and running the marathon having run it himself a few years ago.



Susan, Kiana and Paige Brown with Colette and Neal from SANDS, at the end of the Marathon

I started training in earnest in September and started the fund raising too.

I have been lucky enough to receive huge support from all my friends, family, work colleagues, employer, local SANDS group and, through the www.justgiving.com website, from people who do not even know me. To all I am eternally grateful for giving me the encouragement to see the goal to its end.

Midmar Primary School's fund raising

My girls' primary school were doing a project called "Helping People", and Classes 3 and 4 decided to help me with my task of raising money. They invited me in to say why I was doing the marathon, what SANDS does and who the money would help. They organised a "Book-Sale" and "Guess the Time" competition, which were both the pupils' ideas. They made posters and were responsible for the event. This is hard enough for adults to take on, never mind school children. I was speechless and very emotional for all the work they put in. They managed to raise a total of £110, which for a school of just over 40 pupils is no small amount.

Many of the children watched the marathon on TV in the hope of seeing me but obviously this is very hard (although I did get a very brief moment of fame behind Elvis!!).

The whole experience from the training to raising the money and finishing the marathon has been a wonderful and very emotional time for me. Many people have come to me to share their stories, which I found very humbling. I hope I have done Daniel's memory proud and thank everyone for helping me make his anniversary year one that my family and I will remember with great pride.

Susan Brown

Susan raised £3,800 for SANDS.



The Early Birds' Swimathon

In 1993, after the usual early morning dip at the Purley Pool, a number of swimmers met for coffee and a chat. During the following weeks and months a friendship was created and by the following year the Early Birds, as they are affectionately known, entered a team in the local Rotary Club's Swimathon. Since 1994 the group has raised over £11,500 for various charities.

This year the group nominated SANDS to be the beneficiary of the money they raised at the Swimathon on the 8th February 2003. Twenty-two swimmers formed three teams: the Swifts, Swallows and Larks. The mixed sex teams ranged in age from 12 to more than 70. Over 55 minutes the team members took turns to race one length of the 25m pool, and between them completed a total of 454 lengths – a record for the group.

The Early Birds raised a fantastic £2,135. This includes a very kind donation from the Westminster Foundation. This donation to SANDS is very welcome and warm thanks go to all who took part in or sponsored the event.

The Swallows team, immediately after the Swimathon.



Here Barry Kay, the Early Birds Captain, writes about why he wanted to support SANDS:

I felt a great sense of satisfaction in sending you this cheque as I had a passionate need to assist your charity following the help and encouragement you extended to both my son Robert and his wife Lisa. Sadly they lost a baby girl a few days after her birth. We were all devastated, but poor Lisa and Robert ...well, I have no words to describe their grief.

Some months later Lisa became pregnant again and some happiness regained, but sadly it was short lived in that, days after the second little girl's birth she too died. It was at that stage that SANDS came to their help. To some extent time heals but we will never forget and will always be grateful to SANDS for their helping hands.

There is good news too, namely that a third little girl was born some eighteen months ago, and whilst premature and weighing less than a bag of sugar, she has survived, a true fighter – our family's little miracle.

Barry Kay

Seeking Editors for the Newsletter

We are looking for people to take on some of the tasks of editing SANDS national newsletter. It might be someone who has time and skills to be overall editor; it might be people who could take on a role sub-editing one section (eg. the news section, the personal experiences).

You would need to be well organised and confident in writing, but direct experience of editing is not essential. There will be extensive support available for all aspects of the job, from commissioning, editing and writing, to proof reading and liaising with the designers and printers.

If you are interested and would like to know more, please get in touch with Janet Scott or Neal Long, at SANDS head office.



Southampton Memorial

Southampton SANDS is very proud that their beautiful memorial stone is now in place. It is situated in the main children's section of Hollybrook Cemetery, Southampton.

The group would like to thank Pip Hall, the letter carver and stonemason, and Lyn Maxwell-Constable, the bronze artist. Their love and skill shine through in this 'collective' work. Brian Veal and his colleagues in the Bereavement Services team at Southampton City Council have given much support for this project.

Thanks also go to everyone whose hard work and patience made it happen.

Lorraine Hoole



News

Bereavement Room in Coventry Hospital

In the winter of 2001, the Nuneaton George Eliot hospital approached Coventry and District SANDS to ask if we could assist them in furnishing a room, for the use of parents undergoing births where the baby had died or would not be expected to live. The room that was in use was in a very dismal state, and parents found it uncomfortable and clinical.

During 2002 we raised money and were able to purchase chairs, wallpaper, bedding, a chest of drawers, pictures and ornaments, undersized moses baskets, and bathroom accessories. The hospital installed a new bathroom suite and a lowered ceiling with new lights.

The room was finally completed and handed over in November 2002. Over £1000 of local SANDS money had been given to the project.

We are now in the process of a setting up a similar room at Coventry's Walsgrave Hospital.

Dave Stuckey, Coventry and District SANDS



left to right: Maggie Jarvis [midwife], and Lisa Rymall and Dave Stuckey from SANDS.

Foreign Language Speakers

Do you speak a language in addition to English? Would you be prepared to help newly bereaved families whose first language is not English, or someone who doesn't speak any English?

Some hospitals and midwives have asked us if we could help in situations where the bereaved parents and their families do not speak much, if any, English.

Not being able to understand or make themselves properly understood only adds to the pain of the experience of bereavement. We know that communicating about how we feel and what we want is extremely important. Some hospitals do have access to interpreters, but much of the emotional understanding is lost. Someone who has experienced the loss of a baby themselves might be better placed to help communicate the feelings involved.

SANDS would like to set up a national register of 'linguists' for such situations. Would you be prepared to help?

Of course you need to be fairly fluent in English and another language. You would not have to be a regular befriender. However you would need to have some training and attend some support meetings. This can be discussed with you individually.

If you may be able to help, please contact Colette Murphy at the SANDS office to talk about it further.

Important message for all SANDS Groups

Please let us know as soon as there are any changes in your group's contact details (address, phone, e-mail), befrienders or services you offer.

We have a database with information about each group. When a bereaved parent rings head office and wants a local contact, we check the database and use the information on it to refer people to local befrienders or groups.

If you haven't let us know that something has changed, we will be giving out incorrect details. This can (and has) resulted in bereaved parents ringing a disused number, finding the group no longer operates, or phoning someone for support who no longer befriends. You can imagine the distress this kind of error can cause.

So PLEASE KEEP US UP TO DATE with any changes. We don't know unless you tell us.

Just ring the SANDS office, or write or e-mail. Many thanks!

Thanks to SANDS Groups

Thank you to Ascot & Bracknell, Banff, Bedford, Birmingham, Burton & District, Chichester, Cumbria, Derby, Farnborough (Baby & Infant Bereavement Group), Fraserburgh, Glasgow, Havering, Lewisham, NW Middx & SW Herts, North West (NI), Norwich, Rochdale & Bury, SW London, Tunbridge Wells, Vale of Glamorgan and Wirral & Chester.

Together these 21 Groups have contributed donations worth a total of £9,356 during the period from March – mid July.

Many of these Groups have contributed to the revision of SANDS 'Guidelines for Professionals' which forms a key part of SANDS three year Bereavement Support Development Project. There is still time

to contribute to the Guidelines revision and all contributions will be individually acknowledged within the new publication.

Please keep the donations coming – in simple terms more Group donations means better core services and more service developments sooner rather than later.



New Funding Secured for SANDS

In March this year the Department of Health agreed to contribute a total of £36,000 from 2003 -2006 towards the costs of implementing our Bereavement Support Development project. The key elements of the project which will be implemented over a three year period will be:

1. The Revision of 'Pregnancy Loss and the Death of a Baby: Guidelines for Professionals' (Year 1).

Nancy Kohner, the author (as in the two previous editions), has already started work on the new Guidelines. They will be published by Routledge, in time for SANDS Awareness Week in June 2004.

2. The development and implementation of parent led training in support of the revised Guidelines (Years 1 & 2)

3. The revision of all SANDS support leaflets together with the appropriate translations and new publications (Years 2 & 3).

The total budgeted costs of the project over the three year period is £72,485. Important funding contributions are also coming from the Scottish Executive, many SANDS Groups and several corporates and trusts .

Regular updates on the progress of the project will be given in SANDS newsletter, and Nancy Kohner has agreed to speak on the revision of the Guidelines at our AGM in London on 25th October.

Babyloss Awareness Week

Many of you may have noticed the BABYLOSS awareness week in October last year. Co-ordinated by Babyloss in the UK, the week ran alongside Pregnancy and Infant Loss Awareness Month in the United States. Babyloss sold pink and blue ribbon pins to promote awareness of baby loss, and raise funds which were passed to charities working in this area, including SANDS.



This year the Babyloss Awareness Week will run from 11th – 17th October. The aim will be to maximise publicity and awareness of the issues of pregnancy/baby loss at any stage of pregnancy and the neonatal period, and to promote awareness of the work of the charities involved.

The participating charities, including SANDS, Miscarriage Association, ARC and EPT (the Ectopic Pregnancy Trust), have joined with Babyloss to promote the awareness week and to take part in the main event: a Candlelit Service at the American Church in London on the 15th October.

To attract maximum media attention, each charity is inviting a celebrity to represent its members and its area of work. The Service will start at 6.30pm. Anyone who would like to attend the service is very welcome. For further details you can check the Babyloss website at www.babyloss.com

Babyloss will be coordinating the sale and supply of ribbon pins. If you are interested in selling the ribbon pins they can be obtained by post, paid for up front or ordered on sale or return. Details of prices etc. can be found on the website or by contacting Carolyn Bray 01205 724830 or Marion Currie 0131 665 3242. We also have information at SANDS head office.

Quick, turn the page...

That's my normal response as soon as I see the word fundraising. Personally, I do not want to have to run a marathon, sit in a bath of baked beans for a day or deliver and collect thousands of little collecting envelopes. Even for SANDS, my favourite charity. Nor I suspect do a lot of people reading this newsletter. Don't worry, I quite understand.

But there is a simple way that you can help with just a few calls, should you happen to work for any business that employs hundreds of people such as Tesco or Standard Life or Corporate plc. (even if your role is part time or temporary stacking shelves one evening a week).

Most of these concerns donate funds to charities maybe through the Finance Director, or Personnel Director or they may have a charity committee or even a family trust (like the Pilkington family, the firm famous for high quality glass).

SANDS can appeal to these companies and trusts but it really, really helps to have an inside contact. So if you can enquire and let us have a contact name and address of the appropriate person, tell us who you are and which department you are in, we could send a written appeal for funds. It is possible your contact could raise thousands of pounds for SANDS.

That's all we need – but then if you prefer to do a sponsored marathon for SANDS, that's very welcome too.

Mark Catron

If you can help, please contact Neal Long at head office.



Personal Experiences

The Personal Experiences section of this newsletter contains two experiences, one from a bereaved mother whose daughter was stillborn at term, and one from the midwife who cared for her in hospital. The two stories describe the different experiences of one baby's death, and show how the relationship between patient and health professional can be very positive.

Many thanks to Dawn, Darren and Caron. Their stories happened in 2000 and it has taken some time to find enough space to include them in the newsletter. However their words are just as relevant 3 years later.

Frances Moore

9th April 2000

I really enjoyed being pregnant with Frances. I had a textbook pregnancy; I ate healthily, didn't smoke, went to aquanatal classes, and had the occasional glass of wine. I loved to see my stomach move and to feel Frances inside me. We couldn't wait to be parents – we had planned our whole life around our child.

It was a typical Friday evening; Darren was home from work and we were both looking forward to the birth of our baby, hoping it would be in the next couple of days. Frances was moving and kicking and I remember the joy which it brought to us; little did we know that these were the last real movements we would both recall, to signify our baby's life.

It was about 2 pm the next day when I realised that although I was getting Braxton Hicks contractions I could not feel the baby moving. The baby was often quiet until the afternoon, so we had lunch and waited. I remember going to lie down quietly to see if she would wake up. I tickled my belly button, which had often caused her to wriggle and squirm. We were still not too concerned: only four weeks earlier the same thing had happened and as soon as we went into hospital everything was fine.

I had a warm bath and splashed her, but she did not rouse. Looking back the alarm bells should have been ringing but it is easy to convince yourself that the baby is lying in a funny position. The books tell you your baby often goes quiet before delivery. We decided to go to the hospital and check that everything was alright but I was still not worried.

We arrived at the hospital at about 6pm, and I was attached to the fetal heart monitor. It was after a few seconds of trying to locate the heartbeat that I began to panic. It felt like forever as the

midwife tried and tried. I looked over to Darren and I'll never forget his face. He came and held my hand as we prayed for the sound we longed to hear.

The midwife tried to reassure us. She said that it might be the machine and that she was going to get an alternative machine and somebody else. We waited for her return in silence. We're not stupid people and I knew what was going to be said.

The midwife returned with the doctor pushing a mobile scanning machine. He was about as sympathetic as a plank of wood and fumbled into the scan without any communication. It broke my heart to look at the screen and see our baby still. I remember saying repeatedly "There's no heartbeat is there?" but he would not answer me. He kept sighing and shaking his head. It seemed as if we were in a dream and everything was happening without us. I remember the flurry of activity as the doctor asked for the midwives to arrange for the large scanning department to be opened. Still they would not confirm anything. The doctor would only say that he did not think it was "good news."

Leaving the room to go to the scanner I felt in a complete daze; I remember refusing to get in a wheelchair although my legs could hardly bear my weight. I felt sick and could not believe what was happening to us. A voice said. "I know this lady, she comes to my aquanatal classes." It was Caron. She was doing a shift on the ward that evening. I recall muttering what a lot of good swimming had done me, and then walking, as if on jelly, to the scanner. I turned away from the screen as I could not bear to see the reality. The doctor focused on the heart and told us, finally, that there was no heartbeat; that she had died very recently.

OUR BABY WAS DEAD. There was no hysterics, no shouting, no anger, just silent tears from two people who loved each other very much and could not believe what was happening. Our baby, who we wanted and loved so very much, had died.

It was beginning to sink in that I would have to give birth naturally, knowing the outcome was far from the one we had dreamt about.

There were so many questions, and the guilt had already begun. I blamed myself for the death of our baby, for drinking coffee, the occasional glass of wine, the prawn sandwich I had eaten. I remember asking if any part of our baby could be used to help anybody else, although deep down I knew she had been dead too long. We discussed having a post mortem and decided not to have one. Nothing could change the fact that our baby was dead.

Then we had to tell our family ...How on earth can you tell your loved ones such awful news? We decided to leave the hospital for a few hours and tell them in person, then return for the labour to be induced.

I will never forget the look on Mom and Dad's faces as I told them that the baby was dead. There was disbelief, tears and so many unanswerable questions. Their grief and pain was doubled, love for their unborn grandchild and the inability to do anything to ease the pain of their son and daughter.

We telephoned Darren's parents, and my sister, Lindsey, and then went home to collect our bags. It was so heartbreaking to go into the room full of things we had lovingly bought for our baby, knowing she would never see them. Together we chose our favourite outfit to dress our baby in for the first and only time.



We arrived back at the hospital and met the doctor, who said she was sorry as if she was reading it from a textbook. I was given the first pessary drug and was told to try and get some rest! It was the longest night of my life, too much time to think and to realise we were not going to take home the baby we had longed for. I did not sleep for one minute that night. I listened as women came to the ward in labour and wished it was me. I was given another pessary at 3am. It was so scary not knowing what to expect.

Darren came with me to have a bath at about 7am and I could not bear to look at my body under the fluorescent lighting. I hated myself, the stretch marks, the weight. The bump containing our baby, which I had stroked and loved for so long, lay dormant.

The doctor came back at 8am and examined me internally. I was only 2cms dilated and needed a third dose of drugs. I thought things would never get going. I just wanted this nightmare to be over. The doctor was unsympathetic and very rough. She inserted a venflon and yanked out syringes of blood, then she lost the end off the cannula and blood went everywhere. She had not yet secured the needle on my hand and I did not want to knock it out. I went to the sink to wash the blood off carefully and she yelled at me "coward" and rammed my hand under the tap. Looking back I wish I had told her that I was not a coward. I was about to go through labour to deliver our stillborn child.

My contractions started, but were bearable. One midwife tried to break my waters, but she didn't manage it. We counted the minutes until Caron would arrive, as I knew her and we had trust and faith in her ability. She too tried to break my waters but failed. Another doctor came and wanted to look for himself, and I was examined internally for the sixth time that morning. He was so rude and rough, and did not wait until my contraction had stopped. "Relax, relax", he kept saying to me. We were so in awe of everything that we did not say anything about his manner.

The drip was started and then the pain began! I was adamant that I wanted to be mobile and Darren nearly broke his back helping me up and down off the bed and beanbag. I was determined not to have

any analgesia, but eventually the pain was too bad and I agreed to have some pethidine. I remember crying "all this for nothing."

"The silence after Frances was born was devastating."

When Caron said we had a beautiful little girl I thought my heart was going to break. We called her Frances. Frances means 'Free', free is what she is now, free from the struggles of life on earth.

We had decided that it would be easier for us to cope if we did not hold our baby straight away, and we asked Caron if she would bathe and dress our baby. Frances was 6lb 9ozs and was quite long; she had big hands and feet just like Darren and facially she looked like me. She had fine blonde hair. She looked just perfect.

Holding our daughter was so hard, but at the same time fantastic. After so long we had finally met her and could see her face. We spent time taking photographs of her and being with her until our families and Father Christopher arrived. Our families spent precious time with Frances, each holding and loving her. Father Christopher said she was a perfect angel. He held prayers and blessed her.

Darren and I spent some treasured moments together with Frances after our family had gone. Examining different parts of her body and laughing at her rather large feet! It was so hard to leave her alone in that room and say goodbye to our daughter for the last time. We tried to reassure each other that it was just her body that we were leaving, and that her soul was in heaven. We carefully wrapped her in the shawl that Mom had knitted, and together placed her in the cot with her toy. I remember kissing her gently on her cold cheek and leaving her forever. It was the hardest thing we have ever had to do.

We were taken to a private room with a double bed so that we could spend the night together. It was a haven, away from the other mothers and newborn babies' cries.

We left the hospital next morning, not holding our baby, but with a brown envelope containing Frances' confirmation of stillbirth letter, a few photographs and a booklet with her hand and footprints. I felt as if everybody was looking at me and knew what had happened. As soon as we got in the car we sobbed and sobbed.

We returned home to numerous messages on the answer machine enquiring if we had had the baby. We spent some time in the nursery looking at all the things that were meant to be hers. We cried into the soft fabric of the clothes she would never wear, hardly able to look at the Moses basket she would never sleep in, and the toys she would never play with.

That afternoon I began to ring round to tell everyone the awful news. Our families and friends gave us a great deal of love and support - without it we would have struggled.

Darren and I were inseparable, neither of us wanting to be alone for a single moment. We took Frances' photograph to bed with us each night and talked to her constantly. Everything around us reminded us of the baby we had planned for so long. The calendar announcing the date baby Moore was due, the parentcraft reunion invitation, etc.



Personal Experiences

I remember talking to my “bump” the next day, realising it was no longer there, and bursting into tears. So many things reminded me of Frances. One night I applied the antenatal massage cream which I had been using throughout my pregnancy and as soon as I recognised the smell I screamed and cried for Darren to get it off me. How I longed for sleepless nights, dirty nappies, and most of all to hold our baby.

My GP and midwife came to visit and gave us great support. The tablets to reduce my production of breast milk worked. I would have hated to have had the milk knowing that Frances didn’t need it. I found it impossible to rest. Because my arms and heart were empty I kept forgetting that physically I had had a baby. After a few days my bleeding increased and I was advised by the midwife not to overdo it!

We went to the Registry Office on the Tuesday to register Frances’ birth and death. I could hardly walk, but was determined that Darren was not going alone. It was very difficult seeing Frances being registered as a stillbirth, a statistic we never dreamt of being part of.

We decided to announce Frances’ birth/death in the newspaper as we were so proud to have had her. “Taken at birth to be an angel in heaven, we will miss you always.”

The funeral was on the Tuesday, nine days after Frances’ birth. The funeral directors were very kind – it’s amazing how caring people can be in these situations.

We were driven to the church, holding our precious daughter in her coffin on our laps. It was lovely to have her near us once again. Writing our card to accompany her flowers was so painful, writing, *love Mommy and Daddy*, for the first and only time. The funeral service was lovely. We had my most favourite hymns: ‘Tell my people I love them’, and ‘Shine Jesus shine’. These are the hymns I would have liked at her Christening in July. The service at the crematorium was short. Frances looked so very small and alone.

We had Frances’ ashes scattered in Woodlands cemetery, in the bluebell wood. We decided not to scatter her ashes ourselves as the funeral director had told

us there would be very few ashes because of her size. We hated to think that was all that was left of our precious daughter who we had created and nurtured for so many months.

On the Wednesday Darren and I visited the Woodlands. Frances lies at the foot of a big old oak tree, amongst the bluebells, which were about to burst into bloom. We hope she will be happy there. We have picked a shrub, a mock orange, in Frances’ memory, and a plaque saying “To our beautiful daughter Frances, in our arms for only a few hours, but in our hearts forever.”

Now we are left to face reality and our lives again. The future we had planned is no longer, our family incomplete. I feel like a different person now, I can laugh but I am not happy. My confidence was badly affected at first and I did not drive or go to the shops alone until Darren went back to work three weeks later. I felt protected to some degree being in the house, yet I also hated to be alone.

I hated to go out and realise that the rest of the world was carrying on as normal. I hated to see families happy together and resented the fact that our chance of being a family had been snatched away from us. It felt as if the whole world was laughing at me and my inability to be a mother to Frances. I have never been an angry or jealous person but it was so hard not to wish that it was me feeding that baby, pushing that pram and cuddling that child.

Together we packed all Frances’ clothes and belongings away. We sobbed as we folded the little clothes that she would never wear. Every night we light a candle for Frances and say goodnight to her photograph, which stands on our bedside table. We miss her so much.

It is now twelve weeks since Frances died. I’ve been in touch with SANDS who have been very helpful and sent us literature. I’ve been to a support meeting. I feel my confidence improved, as I was able to go on my own and walk into a room full of strangers. It helps to talk to people who have been through similar experiences.

Although everyone has been very kind, many have no idea of the pain that we are experiencing. A few people have said tactless things, suggesting inappropriate reasons for her death, and asking things

like “did she look like a baby?” Although they mean well it does not help to hear that “you can have another child”.

It took me quite a while to go back to church as I couldn’t face the kindness of the congregation and I found the aura of church very upsetting, although comforting at the same time.

On 10th June we attended a service at Lichfield Cathedral organised by SANDS. It was a service for people who had lost a baby, and it was a most moving experience. The large cathedral was packed full of people; we found comfort that we were not the only ones to lose something so precious. Darren and I were both very upset but were glad we went. We then went to the opening of the SANDS Garden in Lichfield, part of the National Memorial Arboretum. The garden is planted to signify the emotional journey parents travel through after bereavement, and has a baby sculpture at the centre.

Instead of flowers at Frances’ funeral people kindly gave us donations. We collected £550 and have shared it between the delivery suite at Heartlands Hospital and SANDS. Apparently we have helped to pay for the plaque in the SANDS garden which explains the garden’s significance. We also chose a print that we have donated to the ward in Frances’ memory.

The consultant cannot give us a reason why Frances died. I do feel angry that although our daughter looked perfect and all the tests are inconclusive, she had to die. Not having an explanation feels so very cruel. It was so difficult to return to the building where Frances had been. It brought back many memories.

Since Frances was born sleeping, my life feels so different. I feel like I am existing but not living. My mind is constantly thinking of Frances and each time I close my eyes I re-live the birth and the whole dreadful experience. Blaming myself for her death and reviving the whole pregnancy to see if there was something I should have noticed.

I cannot see a baby or a child without pain in my heart and soul. I peer into prams to see if the baby looks like Frances. Sometimes I feel I am experiencing panic attacks because I can be in shops and the sadness builds up



and up until I want to scream out.
I can be food shopping and find
I have no interest in what food to buy,
without Frances I do not care about
such trivialities.

It would be so easy to give in to an empty future, to spend the rest of our lives in torment and misery. But for ours and our families' sakes we must look forward to our life, of which Frances will always be a part. Life is too precious to give up. We will never dismiss her or stop talking about her; we must TRY and look on the positive things that her life has created. The love that Darren and I have for each other, the experiences we have shared.

Now, when we hear the birds sing it reminds us of the woodland where she lies. I find peace in my heart when I visit the woodlands. One day the beauty of the woods and the smell hit me and I just wept. I sit and imagine our daughter floating in the wind and being dampened by the rain. I smile when I imagine the rabbits scurrying over her remains and look to the clouds where her soul is floating freely.

We will never forget you Frances,
we love you always.

Dawn and Darren Moore

Since writing this story, Dawn and Darren have had a beautiful, healthy son called Billy.

The Other Side of Sadness

My experience

I am a midwife, and I cared for Dawn and Darren when their beautiful daughter Frances was stillborn.

I knew Dawn already as she had come along to aquanatal classes, which I run at the local pool. She had become friendly with my sister who was also pregnant with her first child and attending my class.

I was working on the unit one evening, and was told there was a lady who needed a scan to confirm her baby's death. I volunteered to look after her.

I opened the delivery room door and there were Dawn and her husband standing there in total shock. I could hear myself saying, "Oh my God – I know this lady – she comes to my aquanatal classes." Dawn replied, "Some good it's done me."

I walked with Dawn and Darren to the scan room. It seemed like the longest walk I had ever done and for once in my life I could not seem to speak - anything I did say seemed clumsy and stupid. Once in the scan room all I could seem to do was to stroke Dawn's leg as we watched the screen that showed her baby had died.

I was thinking – why was this happening? She was so nice. How was she going to cope? What was I going to say to help her get through this? Was it anything to do with aquanatal?

We walked back to the bereavement room and I said I would give them some time to themselves. I can still see them now, hugging each other, breaking their hearts – it was unbearable to see such raw grief and pain.

I was finding it hard to know what to do, even as a senior member of the bereavement team. This time it was different. I knew Dawn. She was having her first baby – like my sister.

After some time, I composed myself and went back into the room. I had a long chat with Dawn and Darren, but it didn't seem to flow, and felt muddled and messy compared to how I normally cope with these situations. I was very aware of this and felt panicky inside. I felt I was not being of much help to them.

I remember at this point Dawn asking if her baby's organs could be used for a transplant. I explained that they couldn't, but was very moved by such generosity at such a sad time. Dawn and Darren decided to go home to tell their families what had happened. I knew I would be



Personal Experiences

on shift the next day and said I would see them then.

That night when I arrived home, I cried. I was so upset for Dawn; it was so unfair. I was really worried about telling my sister the news. I could not make sense of the situation.

The next morning I went to work early. I really wanted to deliver Dawn's baby and to try and make this awful situation the best it could be. It seemed even more important than usual. Dawn had had prostaglandin by the time I arrived and I tried to perform an artificial rupture of her membranes, but it was unsuccessful.

I stayed with them continuously through the day as the labour progressed. Dawn delivered a beautiful baby girl at 17:05.

I took baby Frances to be bathed, weighed and dressed. Dawn and Darren had as much time as they wanted with her, and Darren took many photos. Their families came to visit and so did their vicar. This time was very special to them all.

A little while after the visitors had left Dawn called me to say they were ready to leave and go to the ward. I asked if they wanted to take Frances with them but they did not. I explained that they could change their minds at any time, but they had said their 'goodbyes' and were ready to go.

I accompanied them to the 'family room' where there is a double bed so Darren could stay with Dawn. I hugged them both and left.

I kept in touch with Dawn after she was discharged. I was really happy when Dawn got pregnant again soon after. She attended my aquanatal classes again which was real plus for me, as I knew then that she did not blame me – it had always been a small doubt in the back of my mind, however silly it may seem.

Dawn and I became good friends. At their housewarming party some months later her family asked if I was going to deliver the new baby. I felt really honoured when Dawn said she would like me to. It is always lovely to feel someone trusts you enough to deliver their baby. I have to admit I was really nervous. It was a big responsibility. This baby was extremely precious and I didn't want anything to go wrong.

Dawn was induced at 38 weeks. I cared for her throughout the labour. She delivered a beautiful bouncy baby boy, whom they called William (Billy for short).

There were many emotions at his birth. Yes there were tears of joy and overwhelming happiness, but there were also tears of sadness, remembering Frances and what might have been. I can remember Darren clearly – sitting holding Billy who was just a few minutes old, with tears running down his face. When Dawn asked him what was wrong he said he was, "just thinking about Frances." Men don't always say much about their feelings, but I will remember the image of seeing Darren standing by the lovely picture of Frances they had brought to the labour ward, and he was quietly stroking it. It was a poignant moment, when actions spoke louder than words.

My Learning

Since Billy's safe arrival my understanding of bereavement has increased through being able to talk openly and honestly with Dawn about her feelings and emotions.

I have read much of the literature about caring for bereaved parents. I have attended monthly SANDS meeting to support Dawn and I have been to the recent SANDS AGMs, which I found very beneficial. I have also spent many hours talking to bereaved parents as well as discussing issues of care with medical and midwifery staff.

I have become very aware of just how crucial the role of a midwife is and just how important it is that we get it right every time. I would like to describe how I have changed the way that I now care for other bereaved parents.

Confirming a baby's death

Apart from the mother's own intuition, an intrauterine death is usually first confirmed by a foetal heart rate monitor. Many parents have expressed to me their distress as to how this was handled. In almost all cases the midwife has complained about the machine "not working properly", and the need to try a different machine, or there were just long painful silences. Parents say to me that they are 'not stupid'. They

can usually tell by body language when there is a problem. They would all have preferred an honest opinion.

When I have shared this with other colleagues we agree that we do not do this to be cruel, but have tried to 'buy some time', to try and compose and prepare ourselves for what is about to be said. Now I understand the distress and anger it can cause and I never 'blame the monitor'.

Many SANDS parents have said to me that a confirmation scan should be performed as quickly as possible. Infact some have suggested that the scanner should replace the fetal heart rate monitor as a first choice in investigating reduced fetal movements.

Dawn describes how unsympathetic she found the doctor performing her scan to be and the agony of waiting for him to try different machines. I find their scenario unbearable to read, but it is still routine on many maternity wards.

A scan photo is a memento that I never used to think to offer parents. Now I do offer the photo, though sensitively, as well as the option of knowing the baby's sex. I have learned from parents that this can be the start of building memories about their baby.

Support for the parents

In my experience after parents have been told the bad news about their baby most first want some time alone to come to terms with what they have just heard. They should be able to be somewhere private, though how they are treated matters more than exactly where they are.

In this harrowing time midwives should be accessible to the parents and available to give information when the parents want it, and constant reassurance. To do this properly I feel that a midwife should be caring for only one lady at a time. When maternity units are busy and care has to be provided simultaneously for live births, it is tough on the midwives concerned and some are actually unable to cope with this demand.

Seeing and holding, the baby

Before labour has started the subject of what the stillborn baby may look like



should be touched upon, and whether parents will want to see or hold their baby. To begin with this subject can be quite a shock to some parents, and may be something they have not yet contemplated. The two parents may have different views on the subject, and they should be treated with equal respect.

The decision about what to do does not have to be made prior to the delivery itself, and the parents' feelings may change at any time. Staff need to understand fully – as I now do – that the fear of the unknown may make it hard for parents to know what they want to do.

If parents decide to see their baby, we need to be clear if this will be straight away or after their baby has been washed and dressed. Dawn and Darren wanted me to take Frances and bathe her first, which I did. I had never thought of asking parents if they want to bathe the baby themselves, but having spoken to SANDS mothers who did so and achieved great comfort from it, it is something I now always offer.

I have also become aware how important it is to weigh and measure the baby in front of the parents if they want it – it is evident to me now that it all helps to lengthen the time spent with their baby, which helps in their future memories.

Baby clothes

Clothes for the baby are important. Some parents have their own; others use the hospital clothes. A choice should always be available. In the unit where I work, babies are always sent to the mortuary in their clothes, but I now realise many parents get a sense of comfort from smelling and handling clothes their baby has worn, so I let them choose what happens.

Photographs of the baby

I take great care with photos and always make a point of them being up close and focussed. I always used to take photos of the baby clothed, but now I give parents the choice of how they want the photos to be. Parents who never saw their baby naked might wonder later what they looked like.

Many units use Polaroid cameras, but these photos deteriorate with time so we also use a 35mm camera, and let parents use it themselves if they want.

I am very well aware of just how important Dawn and Darren's photos are of Frances: one takes pride of place on the mantle in a lovely frame. We must make sure parents are aware they can take photos at the time. It is too late to read about it in a book later.

Conclusion

Health professionals are there to guide parents through the trauma. It is not easy to do so, but it has a significant effect on how parents are able to cope with the situation both immediately as well as in the long term.

We have to remember that parents' memories are created partly by the way in which we treat them. Touch and tone of voice have many implications and create lasting memories. We should remember that 'Actions speak louder than words'.

We must acknowledge that we have emotions about the events too – anger, sadness, a sense of failure - and that we need to make sure we have support and an opportunity to talk to someone ourselves.

We must remember that our role is special and important. As midwives we need to listen to parents and families, and learn from what they say. It is by understanding what we did right and accepting where we went wrong that we can provide better support for the next family.

Caron Millard

Caron's reading included SANDS 'Guidelines for Professionals', which lays out detailed recommendations for good practice in care when a baby dies. The Guidelines include the issues Caron has described in her own experience of caring for Dawn.

If you would like to read the Guidelines, or make sure that your local Maternity Unit has a copy, please contact SANDS office.



Contacts

SANDS local support groups and contacts throughout the UK

To get in touch with any of these groups or contacts, please phone, write to or e-mail SANDS head office and we will pass on the local details.

County covered	Contact / Group
Guernsey	Guernsey Sands
Jersey	Jersey Sands
Avon	Bristol Sands
Bedfordshire	Bedford Sands
Berkshire	East Berkshire Sands
Buckinghamshire	Milton Keynes Sands
Cambridgeshire	Huntingdon Sands
Cambridgeshire	Peterborough Sands
Cambridgeshire	Wisbech Contact
Cambridgeshire	Ely Contact
Cambridgeshire	Cambridge Sands
Cheshire	Crewe Contact
Cheshire	Halton & Widnes Sands
Cleveland	Cleveland Contact
Co Durham	Sildon Contact
Cornwall	Falmouth Contact
Cornwall	Torpoint Contact
Cornwall	Truro Contact
Cumbria	Carlisle Sands
Cumbria	South Cumbria Contact
Derbyshire	Derby Sands
Devon	Colloompton Contact
Devon	Newton Abbott Group
Devon	Totnes Contact
Essex	Chelmsford Sands
Essex	Colchester Sands
Essex	Ilford Contact
Essex	Havering Sands
Gloucestershire	Gloucester Sands
Gloucestershire	Cheltenham Sands
Greater Manchester	Manchester Sands
Greater Manchester	Oldham Sands
Greater Manchester	Stockport sands
Greater Manchester	Oldham Contact
Greater Manchester	Salford Sands
Hampshire	Southampton/New Forest/Winchester Sands
Hampshire	Portsmouth Area Sands
Hampshire	Farnborough Sands Baby & Infant Bereavement Group
Hampshire	Basingstoke Sands
Hampshire	Hereford and Worcester
Hertfordshire	St Albans Sands
Hertfordshire	East Herts Sands
Hertfordshire	North Herts Sands (Formerly Hitchin Sands)
Hertfordshire	N.W Middx & S.W. Herts Sands
Isle of Wight	Isle of Wight Sands
Kent	Tunbridge Wells Sands
Kent	Thanet Bereavement Support Group Sands
Kent	North West Kent Sands
Lancashire	Burnley & Pendle Sands
Lancashire	Lancaster & Morecambe Sands
Lancashire	Preston Contact
Lancashire	Blackburn & Hindburn Contact
Lancashire	Blackpool Sands
Leicestershire-NW	North West Leicestershire Sands

County covered	Contact / Group
Lincolnshire	Lincoln Sands
Lincolnshire	Scunthorpe Sands
Lincolnshire	Grimsby Sands
Lincolnshire	Boston & District Sands – Precious Memories Group
Lincolnshire	Jewish Baby Bereavement – Sands
London-North	South West London Sands
London-South	Lewisham/Greenwich Sands
London-South East	West London Group Sands
Merseyside	Bootle
Merseyside	Formby & Southport Sands
Merseyside, Cheshire	Wirral & Chester Sands
Norfolk	Kings Lynn Sands
Norfolk	Norwich Sands
Northamptonshire	East Northants Contact
Northamptonshire	Wellingborough Contact
Northamptonshire	Northampton Contact
Northumberland	Ashington Teardrop Multi-Bereavement Group Sands
Nottinghamshire	Nottingham Sands
Oxfordshire	Oxfordshire Sands
Oxfordshire	Didcot Contact
Shropshire	Shropshire Sands
Somerset	Taunton Sands
Somerset	Yeovil Multi-Bereavement Group Sands
Staffordshire	Burton & District Sands
Staffordshire	Stafford & District Sands
Suffolk	Lowestoft & Great Yarmouth Sands
Suffolk	Lowestoft & Great Yarmouth Contact
Suffolk	Surrey Sands
Suffolk	Eastbourne Sands
Suffolk	Battle Contact
Suffolk	Brighton & Hove Sands
Suffolk	Chichester Area Sands
Suffolk	Newcastle Upon Tyne Sands
Suffolk	Washington Contact
Suffolk	Coventry and District Sands Support Group
Suffolk	Solihull Sands
Suffolk	Birmingham Sands
Suffolk	West Suffolk
Suffolk	Trowbridge & West Wiltshire Contact
Suffolk	Wyre Forest Sands
Suffolk	Hull Sands
Suffolk	York Sands
Suffolk	Harrogate & District Sands
Suffolk	Barnsley Sands
Suffolk	Sheffield Sands
Suffolk	Doncaster Womens Hospital
Suffolk	Calderdale & Kirklees Contact
Suffolk	Hebden Bridge Contact
Suffolk	Bradford Sands
Suffolk	Leeds Sands
Suffolk	Keighley Sands

Contacting SANDS

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Fax: 020 7436 3715

Email: support@uk-sands.org Website: www.uk-sands.org

Region covered	Contact / Group
France	France Contact
Germany	Germany – Bfpo 16
Germany	Germany Armed Forces Sands
Gibraltar	Gibraltar Contact
Belfast	Belfast Sands
Co Antrim	Ballymena & Ballymoney Contact
Co Antrim	Coleraine Contact
Co Armagh	Portadown Sands
Co Down	Newry Sands
Co Down	Banbridge Contact
Co Tyrone	North West Sands (NI)
Co Londonderry & Co Fermanagh	
Isle of Man	Isle of Man Contact
Malta	Malta Sands
Rep of Ireland	Rep of Ireland Contact
Aberdeenshire	Aberdeen Sands
Aberdeenshire	Banff Sands
Aberdeenshire	Fraserburgh & Peterhead Sands
Aberdeenshire	Campbeltown Sands
Argyll	Tighnabruaich Contact
Argyll	Ayrshire Sands
Ayrshire	Borders Sands
Borders	Caitness Misc, S/B & Neonatal Support Group
Caitness	Dumfries & Galloway Contact
Dumfries & Galloway	Fife Sands
Fife	Fife
Highlands	Anstruther Contact
Highlands	Inverness Contact
Lothian	Lothians Sands
Morayshire	Moray Sands
Orkney	Orkney Contact
Shetland	Shetland Sands
Strathclyde	Lomond Sands
Strathclyde	Glasgow Sands
Sutherland	Sutherland Sands & Miscariage Support Group
Sutherland	Perth Sands
Tayside	Sma Anglar (Little Angels)
Sweden	Dubai Sands
United Arab Emirates	Clwyd
Clwyd	Clwyd South Sands
Clwyd	Clwyd South Contact
Clwyd-North	Clwyd North Contact
Glamorgan	Vale Of Glamorgan Sands
Gwynedd	Gwynedd Sands



Editor: Janet Scott

Proof reading: Kate Volker

Design: Ellipsis - 020 7691 2400

Print: Ripping Image - 020 7357 7774

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Charity Registration: 299679

Company limited by guarantee:

No.2212082