

Newsletter

Autumn/Winter 2020



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Editor's Welcome

Hello everyone and welcome again to the latest edition of our Newsletter - your chance to keep up-to-date with all things Bristol Sands.

Given the restrictions of the last six months due to the global Covid-19 pandemic, things have obviously been very different in how we have been able to support people during the hardest of times and also in how our awesome volunteers have been able to get out and help raise vital funds to enable us to do what we do. As usual though in the toughest of times, people pull together to make the best of it in any way they can and the human spirit triumphs.

As ever the Newsletter relies on you sending us your stories so if you have anything you would like to share with our wider Bristol Sands family, please do send it over to us:

- via email at newsletters@bristolsands.org
- or in the post to me at: **Bristol Sands Newsletter**, c/o 122 Smyth Rd, Ashton, Bristol BS3 2DP.

Last date for entries for our Spring/Summer Newsletter is **20th February 2021**.

Best wishes, Reg

Do Not Stand at My Grave and Weep

*Do not stand at my grave and weep,
I am not there, I do not sleep.
I am a thousand winds that blow.
I am the diamond glint on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.
When you wake in the morning hush,
I am the swift, uplifting rush
Of quiet birds in circling flight.
I am the soft starlight at night.
Do not stand at my grave and weep.
I am not there, I do not sleep.
Do not stand at my grave and cry.
I am not there, I did not die.*

~ Mary Elizabeth Frye

Our Newsletter going entirely electronic



Due to the pandemic leading to a reduction in fundraising income, and generally trying to be as cost efficient as possible, we as a group have been looking at ways to save money. Our Newsletter is one area we believe we can do this.

We have looked at our database of supporters and there are only a handful of people who receive the newsletter by post only. We have therefore taken the decision that we will no longer be printing the Newsletter to post out to our supporters. This will not only enable us to save on printing costs but we will also save on postage too.

We will still be printing a small number to have at our Support Meetings and to continue to go in the Support Packs which newly bereaved parents are given while in hospital. In order to mitigate these printing costs we are looking for a company who might be able to help with the printing or sponsor the printing. ***Can you help or do you know someone who could?***

We hope you agree that in this current climate, and with more organisations trying to be environmentally conscious, this is the right decision to make.

Project Updates

The Lavender Suite Project

As you can imagine, like many other things linked to Bristol Sands, this project has been put on hold over the last few months. As lockdown was introduced, physically we were unable to go out and make our final purchases and we felt it unethical to put unnecessary risk on businesses and delivery services to buy online. We also wouldn't have been able to get these items to the hospital itself as very tight restrictions were in place.

Now that life is starting to get back to normal, we can pick this back up again and hopefully get the last few bits in place.



The Quiet Consultation Room Project

In the last edition we advised that the official opening date of 6th April had been postponed and are still yet to reschedule this. We probably aren't at the stage when having lots of us gather in a hospital is appropriate, so we will have to wait a little longer to bring you pictures of this completed project.

As soon as it is safe to do so, we will get something in the diary. In the meantime, the room is complete and is already providing a quiet and private space for parents within the Early Pregnancy Unit at St Michael's.

Time for Reflection

Oh Precious, Tiny, Sweet Little One

*Oh precious, tiny, sweet little one
You will always be to me
So perfect, pure, and innocent
Just as you were meant to be.*

*We dreamed of you and your life
And all that it would be.
We waited and longed for you to come
And join our family.*

*We never had the chance to play,
To laugh, to rock, to wiggle.
We long to hold you, touch you now,
And listen to you giggle.*

*I'll always be your mother
He'll always be your dad.
You will always be our child,
The child that we had.*

*But now you're gone... but yet you're here
We sense you everywhere.
You are our sorrow and our joy,
There's love in every tear.*

*Just know our love goes deep and strong,
We'll forget you never –
The child we had, but never had,
And yet, will have forever.*

~ Author Unknown

Our Support Meetings

Regrettably, due to the Coronavirus (Covid-19) pandemic, both of our Support Meetings remain cancelled and this cancellation may continue further into the months ahead. The best way to find out the latest information and if a meeting is going ahead, will be to check our website at bristol.sands.org.uk or follow us on Facebook, Twitter and Instagram for updates. We will continue to provide as much support to you as we can during these challenging times and will resume our face to face meetings as soon as it will be safe to do so.

In the meantime, if you need bereavement support please call our local support helpline on **07970 930513** or the Sands helpline on **0808 164 3332** or email helpline@sands.org.uk. For other ways we offer support, including our Online Community and our Bereavement Support App, visit sands.org.uk/support-you. For information about coronavirus, see sands.org.uk/coronavirus

• Monthly Support Meetings

Our Monthly Support Meetings provide an opportunity for parents to talk and you are welcome to bring along a friend or relative. It may help you and your partner to meet with others who have lost a baby and to share experiences. Books and leaflets will be available for you to borrow.

Our support meetings take place in a single central Bristol venue on the same day and time every month. It provides an opportunity for the same faces to come along several months in a row and to allow people to build up friendships over several meetings.

These informal meetings are run by bereaved parents from Bristol Sands who know how devastating the death of a baby can be. We offer support to anyone whose baby or babies have died during pregnancy, birth or after birth or anyone who has been affected by the death of a baby. This may be recently or some time ago. Whenever or wherever your baby died we are here to offer support, understanding, comfort and a listening ear.

Monthly Support Meetings take place on the **first Thursday of every month** at:

Bedminster Library 4 St Peter's Court, Bedminster Parade, Bristol BS3 4AQ from 8pm – 10pm.

• Pregnant Again Support Meetings

The next pregnancy can be a difficult and worrying time for some parents. We recognise that this can be a time when parents may need more support and guidance. Being able to draw on the experiences of other parents who have gone through a subsequent pregnancy may be helpful, we understand how you are feeling and may be able to offer practical help as well. It can also be an opportunity to meet other parents who are pregnant again at the same time and to form supportive friendships.

If you are pregnant again please feel welcome to come along to these meetings. You may wish to bring your partner or a friend or family member along. For the time being these meetings will not include any midwife support however we are looking to reintroduce this as soon as possible.

Pregnant Again Support Meetings take place on the **first Tuesday of every month** at:

Bedminster Library 4 St Peter's Court, Bedminster Parade, Bristol BS3 4AQ from 8pm – 10pm.

In place of our Support Meetings...

We are currently running our meetings online via the Zoom app

These are still taking place at the same times:

Bereavement Support

at 8pm - 10pm on the first Thursday of each month; and

Pregnant Again

at 8pm - 10pm on the first Tuesday of each month.

In order to join these meetings, you will need to download the Zoom application to your device. Each month, if you would like to join please email bristol@sands.org.uk in advance, stating which meeting you'd like to attend and we will send you log in details for the required meeting.

We will continue to run our meetings in this format for the foreseeable future, until it is safe to resume our regular face to face meetings.

Keep well & safe everyone.



2020 Fundraising

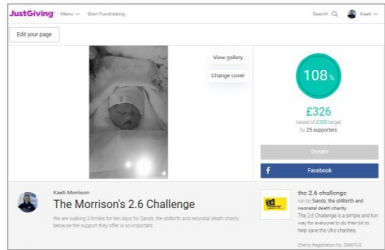
The 2.6 Challenge

When the world went into lockdown with the spread of Covid-19 charities reported just how devastating the effect would be on their income. Many joined together to promote a new fundraising initiative called 'The 2.6 Challenge'.

The idea was simple... set yourself your own challenge that is an activity based around the numbers 2.6 or 26 that suits your skills and complete it on Sunday 26th April – when the 40th London Marathon would have taken place.

As I had been placed on furlough and had my two rainbow's (of 12 yrs & 9 yrs) at home with me we decided we would walk 2.6 miles a day for ten days - the equivalent of the London Marathon but with far less training involved!

We set ourselves a conservative target of £100 but through the generosity of family and friends, and some teachers from the youngest's school, we managed to raise £326. We are so grateful to everyone who supported us, to have had the quality time together but most of all to have helped us to raise money to go a small way to helping an organisation so important to us all.



~ by Kaeti Morrison, Bristol Sands Secretary

The 2020 Bristol 10k

As you all know, the 2020 Bristol 10k was cancelled this year and we were all incredibly disappointed, but it was clearly very much the right thing to do under the circumstances.

It was gearing up to be our most successful year to date with 85 runners expressing an interest in running for us, our usual tent in runners village, five lucky runners who were given a free running place each, the prospect of not one but two cheer-points for supporters to gather and an added bonus of the wonderful students from Bristol College of Massage and Bodywork ready to provide our

runners with something to help those tired legs at the end of the race. Most importantly we were hoping to fundraise an extremely challenging £10,000 to cover our annual running costs.

Despite the event itself being cancelled, many of our wonderful runners still completed their challenges virtually and still managed to help us raise a truly magnificent £4,596! A huge thank you to all our



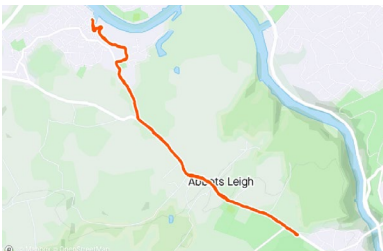


Photograph taken at Bristol 10k 2019

runners and fundraisers who have helped to raise this amount, it is very much appreciated by us all even though we didn't manage to give you an event experience worthy of your amazing efforts.

We now look forward to the Bristol 10k 2021 which takes place on Sunday 9th May and are committed to bringing our supporters a really great event - perhaps with a Covid caveat, fingers crossed we all get to be there!! If you've ever run for us before, were due to complete the 2020 event or even if you've never tried running but would like to give it a go, get in touch at bristolsandschair2@outlook.com to register your interest. We will look to replicate our '£10K for 10k challenge' and attempt a fundraising target of £10,000.

We need your support now more than ever following such a challenging year so please tell your family, friends and work colleagues and see if we can make this an event worth waiting for!



My Virtual 10k

"Like so many others I was meant to be running in this year's Great Bristol 10k in May on behalf of Bristol Sands but for obvious reasons it was cancelled.

So instead I ran my own Virtual 10k for my boy Jack who was born sleeping at 40 weeks and I spent nearly two weeks in St Michael's Hospital where I was able to use the Lavender Suite. This year marks his 15th birthday and I wanted to do something I'd remember, so I signed up to run.

I'm still getting sponsor money in so will upload it soon."

~ by Caroline Taylor, parent

Distance	Avg Pace
10.00 km	8:06 /km
Moving Time	Elevation Gain
1:20:58	132 m

NEW Fundraising begins!

Love You to the Moon and Back

'Love you to the moon and back' is a phrase many of us use to describe how much we love our children. It is also a new fundraising initiative launched by Sands to raise much needed funds in a time when their usual fundraising events cannot go ahead.

It was launched on 20th July the anniversary of the day Neil Armstrong landed on the moon back in 1969 and aims to raise around £477,000 - a pound for every mile to get to the moon and back (approx).

With demand for Sands services at some of the highest levels in their history they are asking anyone who would like to take part, to sign up to one of three challenges:

1 - Superstar Challenge

Take on 50k your way

Run, cycle or swim 50kms for Sands or become a rebel and 'take on the treble' in your own Virtual Triathlon.

2 - Star for Sands

Create > Donate > Nominate

At Sands we know the importance of remembering the babies who touch our hearts and that have left us far too soon. Please make and share a star to remember those babies who are no longer here but forever in our hearts.

You can make a star in anyway you like. Bake, knit, paint or draw. There is no limit to how creative you can be with making your star.

Once you have created your star, text '**STAR**' to **70450** to donate £5 and then nominate 5 friends to do the same and create their own star for Sands.

3 - Space Jump

It's a challenge for all, big or small!

This school holiday take part in Space Jump for Sands and organise a sponsored jump, hop or bounce to raise vital funds to support bereaved families.

Your jumping challenge can be anything you like so long as you have a spring in your step, whatever you age or ability you can join in. Let's bounce!

You can find out more at <https://www.sands.org.uk/onamission>, where you can also sign up to one or all three challenges - all those who take part will get a free Sands t-shirt and a medal on completing their challenge. Let us know how you get on, share your pictures with us, or why not tag us on social media using #onamission and maybe you could feature in our next Newsletter.



Dates for your Diary

Baby Loss Awareness Week 2020

As you may already be aware, in October we take part in Baby Loss Awareness Week (BLAW) which runs from 9th - 15th October each year and enables us to raise awareness of baby loss and provides an opportunity to remember our babies.

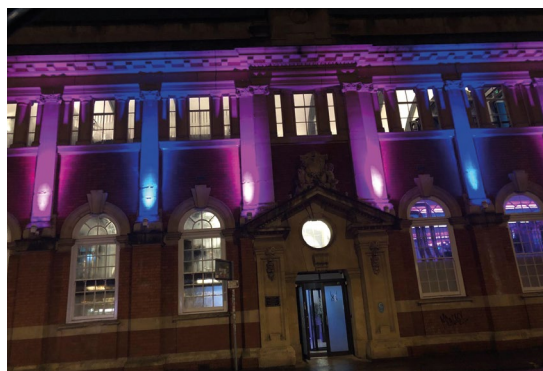


For the last few years we've taken part in lighting up many buildings around the Bristol area during the week in pink and blue light to raise awareness. We are hoping that many of the buildings who have illuminated before will be able to join us again, please look out for details of who is taking part on our social media and website.

We have also been recruiting some more buildings and companies to get involved in this simple awareness campaign, and this is where you can help. Whilst the main landmarks and buildings with outdoor lighting would've already been contacted, we'd like you to approach your own workplaces to see if they can illuminate any outside lighting. Even if your workplace doesn't have any outside lighting, there are other ways in which they can support BLAW and illuminate in pink and blue light, and you can even join in and do this in your own homes. You can cover windows with pink and blue in paper or even tissue paper and leave a light on at night. You might even be able to decorate windows with pink and blue fairy lights, we're sure there may be many other creative ways in which you can join in.

If you are able to share with us pictures of any illuminated buildings and details of where they are, please get in touch with us via social media or by the usual contact details.

~ Charlotte Coombs, Bristol Sands Chair



Dates for your Diary...

Good Grief : A Virtual Festival of Love & Loss
– 30th October - 1st November 2020

Here's an update for you on this brand new Bristol-based festival:

A free online festival exploring the fundamental human experience of grief will launch in October. Over three days (October 30th to November 1st), Good Grief will bring together panel discussions, talks and workshops, with the aim of helping people learn about and share experiences of grief of all kinds.



The festival will offer a range of events to inspire and unite. Join “Grief at the Kitchen Table”, where Nikesh Shukla, Valentine Warner and Olivia Potts will talk about how food can heal; add your voice to a virtual choir to pay tribute to those you’ve loved and lost; listen to inspiring voices such as Julia Samuel, Stuart Lawrence and Rachel Clarke; and be entertained and moved by comedians Cariad Lloyd and Robert Webb. Funded by the Wellcome Trust, the festival is a collaboration between the University of Bristol and academics, artists, charities and bereavement services from across the UK.

We are delighted that members of Bristol Sands will be speaking about their experiences and sharing their perspectives during the festival, in one of its “Grief School” events. These events aim to raise awareness of the nature of specific kinds of loss and the support that is available, with researchers, counsellors and bereaved people sharing their knowledge and perspectives. The festival’s Founding Director, Dr Lucy Selman, and her husband Sean O’Neill lost their second daughter, Ada, in April 2018. This profound loss inspired Lucy, a Bristol Sands Committee member, to set up the festival.

Initial details of the festival programme are now available on the website, where you can also pre-register for events and join the mailing list for updates: www.goodgriefest.com
Please join us there, spread the word and support what we hope will become an annual event.

Bristol Sands Christmas Service 2020

At the time of producing this Newsletter we are unfortunately unable to confirm any plans for our Christmas Service this year.

Due to the current Covid-19 restrictions, we can't confirm yet if this will be able to take place at all and any arrangements we make in advance will of course need to be compliant with any safety regulations that are in place at the time. We naturally recognise the importance of remembering our babies at this time of year and we will do our best to mark this time of year in whatever way we can.

This is usually our most popular event and we very much hope we will be able to look forward to seeing so many friendly faces as well as those attending for the first time. As ever, we will update our social media and website with any details as and when they are confirmed, so please keep your eye out for any updates.



Eskimo Proverb

*"Perhaps they are not stars,
but rather openings in Heaven
where the love of our lost ones
pours through and shines down upon us
to let us know they're happy."*



The Flower Girls – Hellie's story

Cycling has always been close to my heart it is in fact how I found I was pregnant with Lily; I had taken up road cycling and was out on Mendip when I had been feeling unwell, I suddenly had to jump off my bike to be violently sick. I then was lying there for some time just throwing up, so it was a hard ride home! If anyone had told me that sick feeling would go on for over 30 weeks I don't think I'd have believed them – and if anyone had told me that it would only be the start of the nightmare from which I will never wake I think I may never have started down this road.



Hyperemesis haunted my pregnancy and with lots of drugs to try and get the vomiting under control it felt like the hangover that never ends. At the c.20 week scan they found there was a problem with the tricuspid valve (a right-sided heart problem much less common than the left) but it was the good end of bad. At 35 weeks things went down hill badly and we were given 4 options: 1) have a natural birth and have Lily die during the birth as she was so weak, 2) terminate the pregnancy, 3) have a C-Section, the next available date being 4 days later and then 4) if she survived the C-Section then what level of intervention would be required.

We desperately wanted to meet Lily alive and so we chose to wait the 4 days; I was sent home even though I was told she may die. I spent the next 4 days slowly feeling my daughter move less and less; we went in on the Tuesday and after 4 hours they took me to theatre. Lily arrived and died in theatre around 45 minutes later; I was still being sown up when she died. She was born on 12th April 2016 at 11:58 and her time of death is recorded as 12:43.

After Lily I was beyond broken. I was physically and mentally on the edge. Bristol Sands was my only life line as the NHS provided no support but I was lucky enough to have some amazing people to listen to me even though I was a massive mess - I can't ever thank them enough.

We then got pregnant around 8 months later with Daisy - more vomiting (!) but I had lots of amazing support through the Sands Pregnant Again group. Daisy arrived early due to low movements and a high heart rate in an emergency C-Section, but healthy at 38 weeks.

Cycling was still massive part of our lives and Daisy first learned to scoot around on her toddler bike aged just 7 months and in fact before she could even walk! This continued with her balance bike at just after 1 year, and her first pedal bike at 2 years 2 months (without stabilisers!) and we have been out having adventures ever since. When lockdown hit, Daisy and I just went out more and more and Daisy has now done several 10km rides. With Sands Awareness Month in June and Lily's birthday being 12th April - having lived for only 45 minutes - we decided to do a ride with Daisy for her sister. We always talk about Lily and that she died, and Daisy will often visit her sister at Arnos Vale Cemetery.

So we decided to cycle 45 miles in 12 days and we hoped to raise £450. I decided to contact people about Daisy - the 2-year-old biking 45 miles in memory of her sister who only lived for 45 minutes. I also Facebooked every group I could think of, as well as Twitter and Instagram, to help spread the word. She actually completed it in 9 days with 2 days off in total, and we were featured on BBC Radio Bristol, ITV, BBC Points West and in several National papers and online articles.

So many people donated and we heard so many other stories of other losses as a result. We had some amazing donations and the current total raised is £4,316 plus another £936 in Gift Aid. We are so really proud we were able to do something to give back to Bristol Sands and help them continue to help others.

by Hellie Adams



In Review

Summer Flower Drop 2020

Sadly due to Covid-19 we were unable to host our usual Flower Drop at Clevedon Pier, however on 12th July Committee Members Natalie and Pete visited the Pier to carry out the Virtual Flower Drop on behalf of all babies lost. Natalie's Mum Julie kindly grew and provided all the flowers for the drop and the bouquet from a memorial garden that she has created at home in memory of her Granddaughter.



Natalie had this to say about the day:

"We were lucky enough to be blessed with glorious sunshine on the day and the pier as always provided a beautiful setting for the occasion.

Despite the one way system and strict social distancing measures, we were able to access the memorial plaque for all Bristol Sands babies (which is located on the left side of the promenade as you walk down) and could spend some time there placing a bouquet of flowers and taking the time to remember and think of all of our very special babies before continuing down to the end of the pier.

We then spent a period of time dropping the colourful flowers into the water to remember each baby lost and watching as those flowers were gently carried out to sea. Although we were unable to provide individual tags this year for babies' names, we chose to drop these flowers individually to still represent each individual baby and allow time for reflection. We then shared a few poems that were selected by the Committee while the flowers drifted slowly out of sight."





“We were pleased to be able to share the Flower Drop online in the form of a video service which was shared on the Bristol Sands Facebook page and Twitter feed so that parents and families could join us in celebrating the memory of their baby. Families were also invited to post a message to their child or their babies name alongside the video to create a Virtual Roll Call and Act of Remembrance for all in place of the usual written tags.”

It was an honour to be able to carry out this virtual service on behalf of all Bristol Sands families and Committee Members and hope that it brought some comfort to all.”

~ by Natalie Le Grange, Committee Member

Sands United Bristol FC Update

As with many activities for Bristol Sands, the Covid-19 lockdown halted the momentum our football team was beginning to make. Despite not being able to train or play for 5 months the team stayed in touch and kept on supporting each other with the regular Zoom meetings and WhatsApp messaging.

We also created a group on Strava to monitor our efforts to stay match fit - between the members of the squad we've clocked up nearly 2,000km of running, walking and cycling during lockdown!



In late July we were able to begin training again. We started off with a few socially distanced sessions playing football tennis in parks before our first proper training session back in early August at Goals Bristol South. All sessions have been well attended and the players have shown bucket loads of enthusiasm.

Since the restart of footballing activities, we've also managed to squeeze in 2 games. Our first was an 'away' fixture at our home ground on 22nd August against Thornbury Town Reserves. Thornbury Town Reserves are supporting Bristol Sands throughout their season (wearing the Sands logo in lieu of a shirt sponsor). They are a well drilled side and in very windy conditions ran out winners 8-0 - to be fair we were expecting that to be the score after about 20 minutes so the team took that as a win!!



Our 2nd match was on 5th September at St George's FC Easton in Gordano. Sands United Cardiff came over the bridge and played a team that was a mixture of our team and a couple of players from Cardiff. It was a nice warm-up for our anniversary game on 20th September at Lockleaze Sports Centre where we'll play Sands United Cardiff in Part II of the "Sevenside Derby". Despite being 3-0 down at half time, we came back in the 2nd half with the score being 6-6 after 90 minutes. Although it was a fair result neither team were happy, so it went to penalties. Sadly, when it came to penalties we came off second best!! Despite the end result both teams really enjoyed the afternoon and are looking forward to the game in 2 weeks time.

If there are any guys out there who've been affected by the loss of a baby before, during or shortly after birth and want to find out about joining this unique football team that provides support for other guys just search for '**Sands United Bristol**' on Facebook, Twitter, Instagram or LinkedIn, or drop an email to bristolsandsunitedfc2019@gmail.com

*~ by Peter Byrom
Bristol Sands Befriender & Sands United Bristol FC Team Manager*

Bristol Sands Resources

Bristol Sands Library

Bristol Sands has a good range of books that might be of interest to a bereaved family.

- **Personal stories**

Books written by other bereaved parents tell their stories and how they coped with their loss such as *'Love Mom'* and *'Thomas: A Lifetime Denied'*. Other texts such as *'Fathers Feel Too'* and *'How I Came To Hold You'* include a collection of recounts written by parents and other family members. *'A Gift Of Words'* is a beautiful book of poems written by various relations to remember their special babies.



- **Understanding the grieving process**

Some people might find support in reading about coping with loss or the stages of the grieving process in books like *'When A Baby Dies'* and *'On Grief and Grieving'* or the more philosophical approach of *'The Tibetan Book of Living and Dying'*.

- **Explaining death to children**

Helping children to understand death is really important. Our collection of books for children might help you explain the death of a baby to a younger family member. The books might help you select something similar to have at home ready for when questions that may arise in the future need explaining to siblings. There are well written and beautifully illustrated stories such as *'The Dragonfly Story'* and *'Goodbye Baby: Cameron's Story'* or more informative texts such as *'When Dinosaurs Die'* or workbooks to help children of all ages process their grief through drawing and discussing how they feel *'When Someone Very Special Dies'* and *'What's Dead Mean?'*

- **Help for future pregnancies**

Future pregnancies can be a challenging time after loss. If there are fertility issues we have a selection of books by fertility expert Zita West. The emotions and practicalities involved in trying again are looked at in *'Pregnancy After A Loss. A Guide To Pregnancy After A Miscarriage, Stillbirth, Or Infant Death'* and other similar texts.

All these books and many more are available to borrow from us. Our libraries are at our Bereavement Support Meetings as well as our Spring and Christmas Services. Books can be borrowed or returned at these events or by contacting us through our Sands mobile so we can arrange return of the books when you have finished with them. We ask for some contact details as a record of you borrowing a book and will send a reminder email or text if the books are borrowed for an extended period of time so we can either arrange for them to be returned or replace them if you would like to keep the book.

If you have purchased any books that you found helpful and feel that it might be useful to others please let us know so we can purchase them for our library. If you have borrowed any books that you found supportive perhaps you could consider writing a short review about it to help us guide others in selecting something appropriate to their needs.

Time for Reflection

Hopes and Dreams

*All the hopes and all the dreams
and all the tears we've cried
are wrapped in love and tenderness
and safely tucked inside.*

*All the wishes, all the plans
that never came to be
are held within a broken heart
and quiet memory.*

*The tiny little treasures
that we can hold and touch
keep us close forever to
the child we love so much.*

~ Author Unknown

Remembering Our Babies

Important Note about Remembering Babies

If you would like your baby remembered in this section, please email newsletters@bristolsands.org or post your baby's details to:

Bristol Sands Newsletter, c/o 122 Smyth Rd, Ashton, Bristol BS3 2DP

A postal form is located towards the back of the Newsletter – this MUST be done for EVERY Newsletter that you would like your baby's name to appear. Many thanks.



Lily Ashwin	5th September 2019
Robin Wilcox	7th September 2018
Chester Catron	18th December 1996
Thomas Byrom	5th January 2004
Sophie Dilling	12th January 2010
Alice Temple	15th January 2018
Ava Lily Talbot	29th November 2012
Elizabeth Mary Coombs	10th March 2012
Grace Rose Beaumont-Wraith	27th June 2015
Luca Thomas Nesbitt	5th February 2014
Aurora Ann Le Grange	24th March 2018
Amalie Rose Curtis	26th November 2014
Gabriel Star Senneck	18th March 2013
Rufus George Smith	16th - 21st January 2011
Danny George Wilford	21st – 22nd February 2012
Chloe Mae	20th March - 7th May 2013
Maisie Bevis-Brewer	5th March 2009
Florri Hayley Scott	12th August 2015
Finley Harvey Charlwood	4th August 2014
Elijah John Wilkinson	23rd January 2009
Jasper Izaak Peter Lockett	23rd Jan – 16th February 2001
Charlie Lodge	17th June 2011

Please when emailing your baby's name(s) can you specify which section of the Newsletter they should appear in. Last date for receiving your baby's name(s) for the next issue is 20th February 2021.

New Arrivals

Important Note about New Arrivals

Please don't EVER feel that your baby is too old to be mentioned, just because you haven't sent your details in sooner. Please email newsletters@bristolsands.org or post your baby's details to:

Bristol Sands Newsletter, c/o 122 Smyth Rd, Ashton, Bristol BS3 2DP

A postal form is located towards the back of the Newsletter – this MUST be done for EVERY Newsletter that you would like your baby's name to appear. Many thanks.



Albie Jae Wilcox	1st August 2019
Joseph Luca Nesbitt	17th June 2015
Chloe Dilling	9th December 2010
Henry Dilling	24th May 2015
Joshua Glover	28th August 2010
Lois Glover	11th September 2013
Daniel Temple	24th February 2019
Frankie	27th March 2014
Emily-Rose	24th May 2016
Oliver Johan Horwood	17th November 2010
Joseph Folke Horwood	13th January 2014
Elsa Ava Rose Talbot	1st April 2014
Harry Robert Peter Coombs	20th February 2013
Harrison Byrom	2nd February 2005

Please when emailing your baby's name(s) can you specify which section of the Newsletter they should appear in. Last date for receiving your baby's name(s) for the next issue is 20th February 2021.

Memorial Baby Gifts

Below is a list of contacts and websites which we have been advised of, who specialise in gifts such as jewellery, ornaments, cards and candles etc which may be of interest to you. If anyone has used or can recommend a particular site which may be of interest to others, please feel free to let us know by emailing newsletters@bristolsands.org

Personalised Jewellery

Alan Parsons Jewellery – www.alanparsonsjewellery.com / tel: 07906 299 737

Face 2 Face – www.f2fphotoengraving.co.uk / tel: 01329 510 300 / mob: 07727 268 493

Smallprint – www.smallp.co.uk / tel: 0121 704 9099

Wendy Kemp Jewellery – www.wendykempjewellery.co.uk / tel: 07757 511 015

(When the code 'SandsBRISTOL' is added to the group support code at checkout, £2 per sale is donated to Bristol Sands)

Ickle Pickle Prints – www.icklepickleprints.co.uk / tel: 07982 907 374

Castings (Hands & Feet)

Pinky Promise Castings – based in Bristol, search on Facebook '@pinkypromisecastings' / tel: 07414 101 865

Personalised Cards, Gifts, Keepsakes & Candles

LittleWhiteFeathers.com – *Handmade Gifts to Remember* – www.littlewhitefeathers.com

Alexandra's Angel Gifts – www.alexandrasangelgifts.co.uk

Angel of Mine – www.angelofminejewellery.co.uk

Crystal Face – www.crystalface.co.uk

Memorials

Slatework Signs – www.slateworksigns.co.uk *(Donates a % of profits to Sands)*

Bristol Blue Glass – Cremation Memorial Glass & Jewellery – www.bristol-glass.co.uk/cremation-memorial-glass

Pastel Portraits & Pencil Sketches

Sue Fernandes specialises in pastel portraits and pencil sketches – as her contact details are based in Australia you may prefer to email her. You can also find her details on Alexandra's Angel Gifts www.alexandrasangelgifts.co.uk

Email: suefernandes@activ8.net.au Australia tel: +61 2 6458 4227

Address: Sue Fernandes, Applegum, Merriangaah, Bombala NSW 2632

Other Memorial Ideas

The Seashore of Remembrance – www.theseashoreofremembrance.blogspot.com

Bristol Sands and Your Newsletter

The Bristol Sands Newsletter is free. Bristol Sands is a self-funding group run by volunteer bereaved parents for bereaved parents as a self-help group. We also offer:

- **Telephone Helpline - 07970 930 513**
Bereaved parents take it in turns to have the mobile phone. If somebody does not answer your call immediately, please leave a message and somebody will call you back as soon as they can, usually within 24 hours.
- **Regular Support Meetings**
(Support Meetings / Pregnant Again Support Meetings)
- **Remembrance Services**

To receive a copy of this Newsletter (i.e. the Bristol Sands Newsletter) and to be included on our mailing list, please give your written consent at www.sands.org.uk/attendingandsandsgroup where you'll be able to select to receive the Newsletter (*further info is on the opposite page*).

This is YOUR Newsletter so please feel free to write and

- Tell us your personal story
- Send us your poetry
- Tell us about the good friends that helped you through
- Send any press cuttings which you'd like to share.

You can email items to newsletters@bristolsands.org or post items to **Bristol Sands Newsletter**, c/o 122 Smyth Rd, Ashton, Bristol BS3 2DP.



Ways to reach Bristol Sands



Via our website: <https://bristol.sands.org.uk/>

Our website has a wealth of information categorised into sections:
About Us / Local Support / Projects / News / Events / Contact Us

You can also find us on Social Media:



We're on Twitter as **@BristolSands**
and Instagram as **@BristolSands_Charity**



We have separate pages on Facebook: For bereaved parents we have the **'Bristol Sands – Closed Group'** page which as stated, is a closed group, and we also have the **'Bristol Sands – Events and Information'** page for Friends and Family to follow for news etc.



PLEASE NOTE that none of our Social Media pages are for support; if you require support please call our helpline **07970 930 513** or attend our support groups.

GDPR - Don't forget to give us your consent

In May of last year, new rules were introduced about how organisations and companies can store data. These are called the General Data Protection Regulations (GDPR). The new laws will give you greater protection over your personal information; how it is collected, stored and deleted. Across Sands, we have put a number of new systems in place, to ensure that we are meeting the GDPR.

If you would like to continue to be contacted by Bristol Sands about our support meetings and events, then you will need to give your written consent to us to continue to hold your contact details. National Sands are administering this consent centrally and you will need to complete the form online at:

www.sands.org.uk/attendingssandsgroup

If you have received an email or letter from Kaeti Morrison, our Secretary, and already taken action you do not need to do anything more. If you *have not* received a letter or email or *have not* taken action we *will no longer* be able to hold your details and therefore you will no longer receive our newsletter and information about our services *unless* you go online and complete your details at:

www.sands.org.uk/attendingssandsgroup

Once we do have your consent we will store your information in a safe and secure way. We will not share your information with any other third party.

If you would like your details removed from our records at any point, please call our Supporter Care Team on 020 3897 3415 or email:

supportercare@sands.org.uk

If you have any questions about the data that we hold on you or would like further information about the GDPR, please contact **Charlotte Willson**, Sands Network Coordinator - Projects, on 07387 268 962 or email:

charlotte.willson@sands.org.uk


Postal Form

Remembering Our Babies and New Arrivals

If you would like to have your baby(ies) remembered or your new arrival mentioned in our next Newsletter please provide the following details for our records. We will use this information to include your baby's name(s) in the next Bristol Sands Newsletter*.

The details that you give us will be stored on an electronic spreadsheet, on a password protected device and will not be shared with any third parties. Paper copies will not be retained.

Remembering Babies
Child's name:
Date of Birth and or Anniversary:
New Arrivals
Child's name:
Date of Birth:
Permission to store and process your children's data
We are asking for your permission to store and process the personal and sensitive data you have given us. Please sign below to give your consent to us holding your children's information and using it for the purposes as stated above. <i>We will retain your data while you are an active member and have completed an online consent form and for a period of six months after this; after this time, we will automatically delete any personal information relating to you that we hold.</i>
Parent/Carer Name:
Signed:
Date:
<i>If you would like your details removed from our records at any point, please let us know and they will be removed immediately.</i>



**This MUST be done for EVERY Newsletter that you would like your baby's name to appear.*

Last date for receiving your baby's name(s) for the Spring/Summer issue is 20th February 2021.

Please send to: **Bristol Sands Newsletter**, c/o 122 Smyth Rd, Ashton, Bristol BS3 2DP.





Bristol Sands : 07970 930 513
bristol.sands.org.uk

Charity registration number 299679

