

Newsletter

Spring/Summer 2020



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Editor's Welcome

Hello and welcome to the latest edition of your Bristol Sands Newsletter. Inside you will find all the latest news and update since our last edition in Autumn 2019.

We have – as usual! – fundraising news and reviews of past events and previews of those on the horizon. There's also updates on our current projects which we hope you will agree are fantastic. Generally all things Bristol Sands are in here and it of course relies on your news and updates to make it as important a part of our calendar as it is; so if you would like to share your story with others or update us on your fundraising or anything else you think would be of interest please send your articles:

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

Last date for entries for the Autumn/Winter Newsletter is **20th August 2020**.

Best wishes,
Reg

My Mask

*Every morning I wake up and put on a mask.
The mask makes everything seem all right,
But they don't know I cry at night.
The nightmares just won't go away.
If only I knew it was your last day.
For six years I've felt this pain.
The feeling just won't go away.
Everyone thinks I've dealt with your death the best,
But without this mask I'd be a mess.*

~ Author Unknown

Our Support Meetings

Regrettably, due to the Coronavirus (COVID-19) outbreak, both our Support Meetings are cancelled for April & May 2020 (*at time of going to print*), however 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 helpline@sands.org.uk. For other ways we offer support, including our Online Community and our Bereavement Support App, visit sands.org.uk/support. 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.

Time for Reflection

Always

*We think about you always,
we talk about you still,
you have never been forgotten,
and you never will.*

*We hold you close within our hearts,
and there you will remain,
to walk with us throughout our lives
until we meet again.*

~ Author Unknown

In Review

Baby Loss Awareness Week 2019

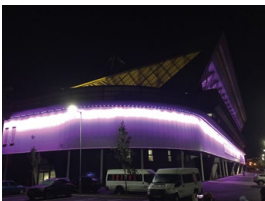
Baby loss Awareness Week takes place between 9th-15th October each year and Bristol Sands have once again worked hard to make this week a success in helping to break the taboo of baby loss and get more people talking.



Across our social media we shared stories of baby loss from a number of perspectives including a grandparents view, siblings view and from a midwives perspective. We have to say a heartfelt thank you to all those brave people who shared their very personal stories to help raise awareness.

We also took part in turning Bristol Pink and Blue and had the fantastic support of nine buildings who agreed to take part. A number of buildings were able to light up for the whole week but all were illuminated on the 15th to mark the International Wave of Light and the end of Baby Loss Awareness Week. A big thank you to Arnos Vale Cemetery, Ashton Gate Stadium, the SS Great Britain, Bristol Hippodrome, Bristol Magistrates Court, Luxe Fitness (next to Bedminster Library, where our support meetings are held), along with local churches St Peters, St James' and St Mary's who all agreed to take part. There was an impromptu tour of the illuminated buildings on the final day of BLAW and we've been able to take some amazing photos.

As ever, the weeks most poignant moment came at 7pm on the 15th as we marked the International Wave of Light by lighting candles for our babies and sharing the image across social media. It never fails to be the most beautiful and yet an incredibly sad sight, as social media feeds are illuminated with the brightest lights of our beloved babies.



Bristol Sands Ceramics Painting – November 2019

Our annual ceramic painting event in Long Ashton was once again another well attended afternoon as we supported 17 bereaved families. The decision to split the event into two sittings to manage numbers and ensure everyone had space to get creative worked well. It was lovely to welcome back families who had attended previously alongside those who were attending for the first time.

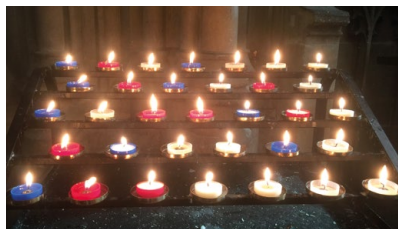
Once again Bristol Sands funded £10 per family and some lovely pieces were painted in memory of much-loved babies. Butterflies and hanging stars were popular this year and we ensured these, and all other items, were fired and back with their families ready for Christmas.

A big thanks to my Mother-in-law who volunteered to help us out again by serving hot drinks to go with the cake that was on offer. Feedback was once again positive, and I very much look forward to organising another event again later this year. Details will be posted on our Closed Facebook page as soon as a date has been set.

Abbie Wilford ~ Committee Member & Befriender



TREEFEST



Treefest 2019

For a few years now Bristol Sands have been delighted to take part in 'Treefest' at the beautiful and famous St Mary Redcliffe Church in Bristol. Each year the church invites local charities and organisations to decorate a tree to highlight the cause that they support.

This year the Bristol Sands entry was adorned with blue and orange hand-knitted and crocheted butterflies. There were 105 on the tree to signify the 105 babies that die before, during or shortly after birth each week in the UK. St Mary Redcliffe were kind enough to let us keep our tree on display for a few extra days and we used it as part of the decoration for our Christmas Service a week later at the church.

Christmas Service 2019

Our Christmas Service last year was again at the beautiful venue, St Mary Redcliffe Church, where around 150 attendees sat and remembered their babies. Our stunning choirs performed a beautiful array of songs including *'Silent Night'*, *'Eriskay Love Lit'* and *'You Are The Reason'*. We had very brave volunteers who read poems and most importantly the roll call of our babies names read for all to hear.

Our service was again led by the wonderful Vron Lee who always does a fantastic job. At the end of the service we finished with tea and cake and spent time with those who understand. I would like to thank everyone who volunteered, baked cakes, sang and made our festive service a huge success - and thank you to everyone for attending and making it a service to remember.





Sands United Bristol FC



Since the last newsletter our football team has been in action three times. Our launch game was on 28th September where we played our brothers from Sands United Wales. Before the game some of the Bristol players' families were on hand to present them with their shirts (sponsored by Bristol Rovers Community Trust) as they headed back into the changing room after the warm up. Bristol Rovers Community Trust were on hand and very kindly produced a video of the day showing what the team (and those around the country) do. You can see that video on the teams Facebook page or by following the link: <https://www.youtube.com/watch?v=SyiqgUqojWQ>



Before the match both sides gathered in the centre circle for a minute's silence to remember all of our sleeping angels who's names we carry on our shirts. Despite our best endeavours we lost the first edition of the Severnside Derby 5-7 but we are currently trying to arrange a return match in Cardiff in June.

After the game we all headed to the bar in our team polo shirts, kindly supplied by Lake Bros, a company owned by the brother of one of our players. In the bar we held a raffle with some amazing prizes and raised over £1,100 for the team. After the raffle the Team Manager Pete did a Roll Call of all the babies that both Bristol and Cardiff played for and invited each player to stand when they heard their babies names called out. It was an incredibly powerful moment to see all the men in the room standing shoulder to shoulder and supporting each other. It was an event that will be remembered by all for a long time.

About two months later (because it took some of us that long to recover from the physical efforts!) we hosted a team from a company called Craddys Pitchers Ltd. This time we split the game into four quarters, so we could try and manage the game a bit better. Everything was going well until towards the end of the 3rd quarter. We were 3-2 up and believing we could hold on for our first victory. A contentious penalty decision later and a couple of injuries to key (fitter) players meant we went down to a 3-11



defeat. Despite the defeat all the players had enjoyed themselves and after the game were already angling for a rematch.

On 8th February we had that rematch - on a very windy evening the two sides gathered again at our adopted home ground at Lockleaze Sports Centre confident we'd get our first win. As with all training sessions and matches we all gathered at the centre circle for a minute's silence to remember our babies. This is always a very special and poignant moment. Again, we split the game into four quarters and for the first time we had one of our players, who was unavailable to play through injury, step into the role of Matchday Manager. Damon ran the team and the substitutions from the side-line for us. Despite our best efforts Craddys got the better of us once more although only by a score of 4-6 - we're getting closer to them and I'm sure if there is a 3rd match we'll get them!

Our most recent game was on March 14th where we played Turners Hill Tigers. The team is connected to us by two guys who are brothers of Dan from our team. They brothers very kindly sponsor our matchday polo shirts. Turners Hill Tigers travelled up from Sussex to play us. Before the game Bristol Sands Chair, Charlotte, presented the team with their new away shirts that have been sponsored by Bellway Homes. As this is the closest game we'd play before Mother's Day, the team arranged for a flower arrangement to be placed on the centre circle and invited all the mums present to join the teams on the pitch for a minutes silence before the game. Despite creating some very good chances they didn't get the rub of the green and ended up losing 5-0. Despite not having won a game yet, all the players remain positive and know they are getting closer to that first win.

The squad are still looking for new players and sponsors so if you're interested in joining the team as a player, supporter or sponsor you can either e-mail us at bristolsandsunitedfc2019@gmail.com or contact us through our social media pages. Just go onto Facebook, Twitter or Instagram and search for 'Sands United Bristol' and get in touch.



Fundraising Thank You's...

Cotswold Trail Half Marathon

On 1st September 2019, John O'Driscoll completed the Cotswold Trail Half Marathon in memory of Grace and raised a fantastic £2,493.85 for Bristol Sands. Thank you John, what an amazing achievement.



A BIG thank you!

To Heather Curtis who nominated Bristol Sands to receive the proceeds of a monthly door collection held by her employer, Capita which includes a total of three companies within the Aviva Centre. We were delighted to receive an amazing £617, big thank you to all at Capita and to Heather for nominating us, she said: *"I nominated Bristol Sands, for the help and support I was given when my daughter Amalie Rose was born too early. Sands were there for me at my lowest moments. You also gave amazing support during my following pregnancy at the Pregnant Again support groups. My nomination was just a way of saying thank you and I was very grateful to the Capita PEG Group that Bristol Sands was chosen."*

Remembering Alice, Pen Y Fan climb

While I was on maternity leave, my work colleagues contacted me about raising funds for Bristol Sands in memory of our stillborn daughter Alice.

My colleagues were incredibly supportive when they found out what happened to Alice and were keen to do something in her memory. They also know that Bristol Sands helped us at the time and their support is invaluable for bereaved parents. I was touched by their thoughtfulness, but I was unsure if I felt ready to be part of it. They were always open to let me talk about Alice if I wanted to and discussed different ways to raise money and decided to climb Pen Y Fan. A couple of months later they chose a date and my husband and I decided to join them, together with our baby son.

On 6th October we arrived at the foot of the mountain, our group which consisted of about 10 couples, their families and dogs, set off up the mountain. The weather was a bit grey and windy and we had a few isolated showers but we were all wrapped up warm, with our baby all snug in the carrycot on my husband's back. I was amazed by the wonderful



views of the Welsh countryside, I particularly remember seeing some isolated rays of sunshine breaking through the clouds. I found the climb tough going. Not only because of the steep path but also the emotions I was experiencing as we went further up the mountain.

There were a few times when I felt I wouldn't be able to make it and I was crying from the thought of letting my daughter, as well as the group, down. However, with the support of the group and with my husband holding my hand, we made it up to the main plateau. Although it was really windy and foggy we did a group picture and everybody was glad to get that far. Most of the group carried on up to the summit, but it was too windy and cold for our then 7-month old baby so we headed back to the car. We waited for the rest of group who went to the top. The more experienced climbers went all the way around while others returned by the same path. It was nice to see how excited the children were to be part of this experience.

We managed to raise an amazing £1,868.73 for Bristol Sands. We would like to thank everybody for their generous support and Airbus, who contributed toward the amount raised. I would also like to thank my colleagues, Harriet, Helen and the Airbus HR Hikers, for organising such a wonderful event. We plan to go back again when our son is older and complete the climb up to the summit.

~ Edward, Odilia and Daniel Temple



Tastetec

In November 2019 two of our committee members, Kaeti and Peter, attended a presentation at the head office of Tastetec to be presented with a cheque for £1,000.

Tastetec selected Bristol Sands as their chosen charity and raised the money for them. Kaeti and Peter spoke to the Managing Director and assembled staff about the work that Bristol Sands does and how much of a difference the money raised will make to us in supporting bereaved parents.

A big thank you from us to all the staff at Tastetec.

Are you fundraising for Bristol Sands or thinking about fundraising?

Get in touch with us at bristolsandschair2@outlook.com and let us know, or send details and photos if you have them to newsletters@bristolsands.org and let us share your fundraising story to help inspire others.

2020 Fundraising

Bristol 10k – Sunday 3rd May 2020



Planning for our most successful Bristol 10k to date was well underway however we're sorry to say that the current Coronavirus outbreak has meant this event is now sadly cancelled.

We had around 85 runners express an interest in joining the team, many of whom had officially signed up through Sands and GreatRun. We had 5 lucky runners who won a free running place in the race, and around 30 fundraising pages set up, with £2,911.39 of our challenging £10k target already pledged.

Lined up for the day itself, we had two massage students from Bristol College of Massage and Bodywork, ready to take care of any tired muscles and the possibility of two cheerpoints to cheer our amazing runners home. Our marquee was once again going to be in runners village acting as a meeting point both before and after the race.

It was all gearing up to be a great day and we are all as disappointed as our amazing runners will be that we won't be going ahead in May. At the time of going to print, we don't know for sure if the event will be postponed until a later date in the year, or simply cancelled. We'll communicate directly with our runners and also post on social media to let you know what we will be planning to do, but we very much hope that those runners already signed up for this year, will either join us at a later date or consider joining us in 2021.



Thank you to everyone who expressed an interest, signed up and started your fantastic fundraising for us, if you are able to join us again we will do our best to give you the amazing event you all deserve.

If you would like any more information about the 10k, either the possibility of one in 2020 or next year in 2021, please get in touch at bristolsandschair2@outlook.com

~ by Charlotte Coombs, Bristol Sands Chair

Photographs from Bristol 10k 2019

Get involved in something positive...

Bristol Sands Virtual Challenge for 2020

Bristol Sands are in the process of setting up a Virtual Challenge Event for 2020. You will be able to enter and complete your chosen challenge over the next few months. As well as helping to raise vital funds for Bristol Sands, we hope this will give entrants something positive to focus on during these crazy times!



The plan is that people can challenge themselves to do anything they want, not just something sporty (potentially running 10k in circles around the garden might not be such fun!) but possibly a '10 for 10' Virtual Challenge (inspired by the £10k for 10k fundraising target Charlotte had for the Bristol 10k run this year) so for example read 10 books, cook/bake 10 new recipes, paint 10 pictures, learn 10 dance routines, teach yourself to play 10 tunes on an instrument - the ideas are endless! We would love it if people would share their progress and achievements on our Facebook pages to keep us connected with each other and give us all something to smile about.

More details of this event will be shared on our Social Media pages when it's all set up.

UWE Student Midwife Training

In addition to providing support to bereaved parents, volunteers from Bristol Sands take part in bereavement training events. At these events, medical professionals (doctors, midwives etc) take part in a half day training session to help them be better prepared to support parents who have suffered the loss of a baby, before, during or shortly after birth.

At Bristol Sands we are firmly of the belief that these training events are vitally important; good bereavement care in the first few days and weeks after a loss can be crucial.

On 11th September 2019, two of Bristol Sands committee members and volunteers took part in a training event at the University of the West of England with a group of trainee midwives. Peter Byrom was there to talk about the support that Bristol Sands as a group can offer to bereaved parents and the events which are available. Natalie Le Grange shared her story of loss of their first daughter at 24 weeks into the pregnancy and the subsequent impact felt by both herself and her husband.

Judging by the feedback that Natalie and Peter received on the morning and the following days on social media, the event was very successful and worthwhile and we look forward to further such events in the future.



Sands Annual Conference and AGM

by Pete Byrom ~ Committee Member, Befriender & Bristol Sands Utd FC 'Gaffer'



Bristol Sands were well represented at the latest Sands Annual AGM & Conference. Five members of our group (Anna, John, Roxie, Hilary and Pete) travelled to London to watch and participate in this year's event.

At the reception on arrival there was a 'Sands Impact' and 'Local Impact' board where everyone attending had the chance to write on ribbons what Sands means to them and ideas for the future. We added ribbons that mentioned the work that Sands United Football teams do around the country and for ideas for the future we agreed that reaching out to all cultures and more befriender support for men were key areas to develop.

Clea Harmer, Sands' Chief Exec, opened the conference and her introduction to the day was as inspiring as ever. Bristol Sands featured in a brief video of some of the things Sands has achieved this year; our very own Kaeti featured in the video and talked about our Flower Drop Service and there was also a photo collage of the unveiling of the Arnos Vale Memorial with Bel Mooney.

Clea talked about the recent statistics showing that a reduction in stillbirth is going well but neo-natal death rates are not changing. The key note speaker was a professor who researches into stillbirth rates. It was very interesting to hear about the research analysis. There is an awful lot that goes on behind the scenes that will make improvements in the long run.

After coffee and reconnecting with various people previously met at Sands conferences we headed to our first workshops.

Anna and Hilary attended a workshop about a new consultancy service for employers who can offer advice on policy and procedure for bereaved parents and provide training on how best to support someone. Anna said *"It was good to know that changes are happening to support bereaved parents in their return to work. I found it interesting about new legislation coming out. The video shown really impacted me. Simply saying 'I'm sorry' and a hug can bring so much comfort, and a reminder of the devastation that ignoring the bereaved parent can bring"*.

I didn't get a chance to attend the sessions as I'd been invited to co-host a workshop with Helen Butlin on how Sands can better help support men. In each session of the workshop the attendees were asked to work in groups to answer the question *'Why is it important to think about the ways in which Sands supports men?'* There were some really great answers to this searching question, but one theme was that the father is as much a part of the journey as the mother but that he can sometimes get overlooked. I then had the opportunity to speak in front of both groups to share my experience of accessing support and talk about what the barriers to men accessing support might have been - for example a perception by men that the support offered by Sands is just for the mums. As each workshop broke up at the end I was approached by people to discuss any ways they hadn't thought of to encourage men to access support. It was a real honour to co-host the workshop and to represent Bristol Sands in this way and to speak in front of some amazing people including the Sands United representatives who were there.

Roxie took part in a workshop that explores using art as a way of expressing your feelings of loss and created a beautiful canvas, and she had this to say:

“One of my sessions was an art therapy class. I had no idea what to expect, but what happened in that session will now always be with me in how I express my feelings. We started the session with a five minute meditation session, to think about what we wanted to get out of the session. I thought about my journey and how I wanted to take the time to understand how people think about their journeys in so many different ways. We then got in front of our canvas, we could not use normal paint brushes but instruments such as, toothbrushes, sponges, spoons etc. I painted my journey from start when I lost my son and then losing my daughter and then when I had my rainbow baby. We went around the room and everyone explained why they had painted their canvas that way (even if they didn't know why, just a feeling) and I realised that although we all have gone through losing a baby/babies, our journeys are individual and ours.”

The morning workshops were followed by an Act Of Remembrance. Hilary noted that it was the most emotional of the last four years conferences that she's attended. A songwriter sang a song she had written after the death of her baby. The live music certainly added an extra emotional edge as we placed flowers on a 'meadow' at the front.



During lunch we all spoke to an author who was in attendance who is writing a book about bereavement. She lives relatively close to Bristol and suggested she might come up and visit to talk to a few of us and provided input into the book!

After lunch there was a panel discussion led by David Haig (from 'Killing Eve'). The most interesting element was hearing Rob Allen talk about how Sands United started and the plans going forward for a tournament of all the teams. It was interesting to hear how the support needed for men is different and we think it is something National Sands needs to look into further to ensure there is correct support for everyone.

We attended further workshops after this; Hilary looked at supporting siblings by focussing on the ages and stages of grief and how their developmental stage may impact on their understanding of mortality and how grief might present at different ages.

Anna went along to my workshops and said: *“This workshop felt really positive. The fact we were in a specific workshop on supporting men is a huge step forward. There were lots of men present, and so it was interesting to hear their opinions. The football groups are inspiring, and is obviously bringing comfort, support and fun for bereaved dads”*

John attended a workshop on the research that Sands helps to fund and Roxie attended a session looking at the midwife's perspective of loss - remembering that Sands is there to support anyone affected by the loss of a baby - including midwives.

The highlight of the day was still to come as I was honoured to receive my volunteer award. It was very humbling to be on stage with all the other inspiring award winners. After that there was just time for a quick glass of prosecco and a slice of cake before we said our goodbyes and headed out into the rain towards the tube station and our journey home.



Dates for your Diary

We are very sorry but all events are currently cancelled until at least the end of May due to the Coronavirus (COVID-19) outbreak - this includes our annual Spring Service and Bristol 10k. The Spring Service may be reorganised for a later date or cancelled completely, at the time of going to print we are unsure which it will be. Please check in with our website at **bristol.sands.org.uk** or our social media channels on Facebook, Twitter and Instagram for the latest information regarding this and any future events that may also be subject to change.

We will continue to provide as much support to you as we can during these challenging times so if you need bereavement support please call our local support helpline on **07970 930513** or the National 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**. For information about Coronavirus, see **sands.org.uk/coronavirus**

Keep well & safe everyone.



Bristol Sands Summer Flower Drop, Clevedon Pier – Sunday 12th July 2020

This year's **Flower Drop** will take place on **Sunday 12th July 2020** at Clevedon Pier, meeting at Scarlett's Tea Room (*opposite the entrance to Clevedon Pier*) from 11.00am before heading to the pier at 11.30am.

PLEASE NOTE: THIS EVENT MAY NOT GO AHEAD DUE TO THE CORONAVIRUS PANDEMIC, PLEASE CHECK OUR WEBSITE NEARER THE TIME FOR UPDATES.



The Flower Drop is a short and simple secular ceremony at Clevedon Pier, usually with a few short words and a poem or two. It is an opportunity to mark and remember our loved ones in the company of others who understand our loss. Friends and family are also more than welcome to join you.

Bristol Sands will provide flowers and labels for writing your messages on the day. You are of course welcome to bring your own flowers, however for environmental reasons we do request that any messages are written on biodegradable labels and are either self-tying or are tied with a minimal amount of either raffia or garden twine, in order to reduce the risk of marine life entanglement.

The Pier itself is charity run and there is a charge for entry, however, as before, Bristol Sands will cover the cost of this. Attendance numbers and entry fee will be arranged at Scarlett's before we enter the Pier. The full address is **Scarlett's Café, 20 The Beach, Clevedon, North Somerset BS21 7QU**.

For enquiries about the day, feedback/suggestions or if you are unable to attend and would like us to dedicate a flower on your behalf, please contact Bristol Sands on email: flowers@bristolsands.org or via the mobile **07970 930 513**.



A New Festival for the City

Good Grief, Bristol: A Festival of Love & Loss – this event is currently postponed until further notice

A new festival exploring the fundamental human experience of grief was due to launch in Bristol in May 2020, however due to the current Coronavirus pandemic, the event is postponed until further notice - but we wanted to share information about the festival with our bereaved parents and their families so they are fully aware of it when it returns, hopefully later in the year.

Good Grief Bristol is a week-long festival that brings together speakers, film screenings, exhibitions, creative workshops, music, spoken word and a 'Memory Kitchen' for discussion groups.

Good Grief will involve dozens of scheduled events across the city - including a full weekend of events at Colston Hall, a conference at the University of Bristol and film screenings at Watershed. The festival aims to help people talk, think and learn about grief of all kinds.

Part-funded by the Wellcome Trust, the festival is a collaboration between the University of Bristol and charities, bereavement services and cultural venues across the city.

Members from Bristol Sands plan to be involved, speaking about their experiences of stillbirth. There will also be a community event dedicated to raising awareness of baby loss at Barton Hill Settlement. Further community events, funded through the festival's small grant scheme, will be taking place across Bristol throughout the week-long event.



The festival founder 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.

Further details of the line-up and information on the festival can be found on their website: www.goodgriefbristol.com - but we must stress that this event is currently postponed due to the Coronavirus pandemic, please check our Social Media pages or the Good Grief Festival website for updates later in the year.

Inner Sky Holistic Massage

Therapeutic treatments to help nourish and bring space

Discount available - £25 for one hour

"Hi, my name is Emma Philander and I offer holistic massage in a therapy space in the centre of Bristol. I was recommended to get in touch with Bristol Sands through a friend who told me about the support you had given to someone close to her - so I'm making contact to see if I might be able to offer holistic massage sessions (at a reduced rate) for those who have experienced the loss of a baby.

I completed a year's training at the Bristol College of Massage and Bodywork and am registered with the Massage Training Institute. I've also worked with vulnerable adults as a social worker. I've been moved to get in touch with Sands because the subject of pregnancy and baby loss is close to my heart. My grandma gave birth to a stillborn baby and in 2017, I myself went through a pregnancy loss; an ectopic pregnancy. Through receiving therapeutic holistic massage sessions following this I was slowly able to start to trust my body again. The sessions gave me a gateway into feeling safety, trust and connection with my body again, so much so, that I then went on to complete my training in holistic massage with the hope that I might be able to offer the same kind of safe space and nourishment to others going through this time of loss and bereavement.

Receiving holistic massage can bring a wide range of gifts to us; from the physical benefits like the release of muscle tension, to emotional and more subtle effects, for example, helping the body to let go of stress and to rest and repair".

Emma Philander ~ Inner Sky Holistic Massage



Emma offers holistic massage in a therapy room in the Montpelier area of Bristol. She has a MTI Level 4 qualification and offers massage that is individually tailored to each person, with care and sensitivity - working in an intuitive way, with a firm grounding in anatomy and physiology.

She works with a number of charities in Bristol and for families experiencing baby loss offering a one hour session for £25 - just quote 'SANDS20' when you book to receive the discount. Other treatments are available, including the incorporation of hot stones, at the prices stated on her website (*web address below*). Times vary so please enquire, but main availability is on Thursdays.

"I look forward to welcoming you".

- **Website:** www.innerskyholisticmassage.com
- **Facebook:** www.facebook.com/innerskyholisticmassage
- **Email:** innerskymassage@gmail.com
- **Phone:** 07552 335 570

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.

Project Updates

The Quiet Consultation Room Project

This project was fundraised at last years Bristol 10k, and our amazing team of runners, not only achieved, but absolutely smashed the target amount of £5,500 needed to start this project.

The room, based in St Michaels Hospital within the Early Pregnancy Unit, will be a safe and quiet space for parents to use when receiving sensitive news, making difficult decisions and sadly hearing that their baby has died.

We've been working on this project over the latter half of 2019, having the room painted and electrical work completed. The furniture arrived just before Christmas and the final decorative and soft furnishings have now been purchased and delivered to the hospital. We are so very pleased to announce this project as completed. We are postponing our viewing of the Quiet room on 6th April due to current circumstances but we hope to bring you photos of the completed room in our next edition.

It goes without saying that none of this would've been possible without our tremendous team of fundraisers at the Bristol 10k 2019 - thank you Team Bristol!

The Lavender Suite Project

In our last edition we told you about some new additions to a room we were planning following our visit to Musgrove Park Hospital's award-winning Bereavement Suite, which meant that we were delaying the completion of this project to incorporate these items.



Since then we've unfortunately hit another delay due to issues with the supply of some furniture, a delayed delivery and then the item of furniture arriving damaged! We are currently awaiting a replacement which should hopefully arrive early March. In the meantime we are continuing to purchase the remaining items for the suite and final decorative touches. We are very hopeful that we will be able to bring you some pictures of the completed suite by the next edition.

A message of support from Bristol Sands to you all

We'd like to take this special opportunity to recognise the strength and courage required for all bereaved parents on the occasions of Mother's Day in March just gone, and Father's Day coming up in June.

The timing of the Newsletter being as it is, doesn't tie in with these very significant dates but we would like to remind you all that the mobile support line is always available should you need any support around these dates. We all understand how emotionally demanding these days can be and with Father's Day upcoming on Sunday 21st June 2020, rest assured you are all in our thoughts.

Our network of support is detailed throughout this Newsletter if you need to get in touch, and if you would like to share your stories with us, of how Mother's Day or Father's Day are for you, we would love to feature them in our next edition of our Newsletter in the Autumn.



Time for Reflection

Empty

*Do not tell me I am strong,
You only see my days,
Filled with details and work.*

*You have never shared my nights,
Long evenings empty,
Except for memories and tears.*

*My despair is sacrificed to responsibility,
You would be strong too,
If you had no other choice.*

~ Kim Knapp

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.



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

*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 August 2020.***

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.



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

*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 August 2020.***

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/attendingsandsgroup

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/attendingsandsgroup

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 Autumn/Winter issue is 20th August 2020.

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



