

# Newsletter

Spring/Summer 2019



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## Editor's Welcome

Hello again and a very warm welcome to the Spring/Summer 2019 edition of our Newsletter.

As usual, I'd like to take this opportunity to thank you all for taking the time to read and contribute to this Newsletter; it's a vital part of what we do at Bristol Sands and I know that for a lot of people, this Newsletter is the best way to stay up-to-date with what work we are currently engaged with, how the latest service went or what events are on the horizon. For those of you no longer in Bristol or the surrounding area, I know how much you appreciate this chance to still be a part of who we are.

As you'd expect, we had an incredibly busy 2018 and 2019 looks no different (again, as you'd expect!) as you will see in these pages. It's always great to receive any feedback on the Newsletter so please feel to email us with any thoughts, comments or ideas you have.

I would love to see as many of you as possible share stories, experiences, fundraising exploits etc with us and would be very grateful if you could send them through either:

- via email at [newsletter@bristolsands.org](mailto:newsletter@bristolsands.org)
- via our Facebook pages: **Bristol Sands – Closed Group**  
**Bristol Sands – Events and Information**
- 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 2019**.

Best wishes,  
Reg

## Our previous Newsletter, Autumn 2018 – an apology

Oops. Before we go any further with this edition, it is only fair that we acknowledge that there were a few Newsletters sent out with pagination errors in the previous Autumn edition. If you didn't notice anything wrong you probably had one that was OK, but there were some that didn't meet our exacting standards so we want to acknowledge this and say sorry. Hopefully it didn't diminish your reading enjoyment.

As ever, if you have any feedback for us please email us at the usual address.  
Reg

## In Review

### Bristol Sands Ceramic Day - November 2018



Our annual ceramic painting event in Long Ashton was once again another well attended afternoon with the room at capacity as we supported 16 bereaved families. It was lovely to welcome back families who had attended previously alongside those who, sadly, were more recently bereaved.

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

Special thanks to my Mother-in-law who stepped in to help us out by serving hot drinks to go with the cake that was on offer! Feedback was once again very 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*

## Our Christmas Service 2018

This year saw our Christmas service at St Mary Redcliffe. With such a stunning venue it was no surprise it was a busy one – over 300 people attended! With a stunning venue came performances from our two choirs who both sounded amazing. Thank you to everyone who were brave enough to give readings and who volunteered throughout the event. And a big thank you to St Mary Redcliffe for use of their stunning venue. Looking forward to our Christmas Service 2019!

Some of the comments across social media were:

*"It was so beautiful today" "Thank you so very much for organising today's service, beautiful venue and lovely service" "Wonderful service as always"*



## Bristol Sands Virtual Run – October 2018

Following positive feedback of the May Virtual Run we decided to give any keen athletes the opportunity to enter another such event in October last year, to coincide with Baby Loss Awareness Week. This event was raising funds for our core costs, to ensure we can continue providing support to bereaved families in the Bristol area.

31 entrants completed the event - 24 adults and 7 children paid to take part in their own personal race, setting their own challenge to complete at a convenient time to them. Their race did not have to be completed in one day, our participants had the whole month of October to complete their chosen challenge. An even greater distance was covered than during our May event, an awesome total of 633km, or 393 miles!

On our Facebook pages I was able to share some inspiring stories of the challenges people set themselves and some fabulous photos of our participants. Several people chose to run every day during Baby Loss awareness week or set themselves a specific target related to the stage in pregnancy when their baby was born. Although I did not enter this event myself, I had the privilege of running with a few who did. Amy Hurst, who ran 50 miles in memory of her son Archie, organised an evening run during Baby Loss awareness week with a group from 'This Mum Runs'. It was a very special run. Being with other bereaved Mums sharing stories of our babies we run around Bristol to see some of the buildings lit up in pink and blue to mark this important and emotional week.

£355 was raised by those who paid to enter this event, and each participant received a medal and certificate for their efforts. Further donations were made to the core costs fundraising page thanks to Ben & Sarah Smith, running in memory of their twin boys, they shared their challenge with friends and family who donated generously so that this event alone raised just over £800 in total. Amazing!

**Bristol Sands are looking to organise a 'Virtual Event' again this year.** It will not be labelled as a Running Event however - in the hope of encouraging more entrants, other forms of activity will enable a greater range of personal challenges to be set and, thanks to our beautiful babies, maybe push ourselves even further out of our comfort zones to do something positive in their memory. Details will be shared on our Facebook pages in due course.

Finally, a special mention to the following for achieving the double, completing both the May and October Bristol Sands Virtual Run events in 2018. Peter Byrom, in memory of his son Thomas, Harry Coombs in memory of his big sister Elizabeth, Emma Wells in memory of her daughter, Michelle Taylor, Candy Jewell & James Jewell. Will they make it 3 out of 3 in 2019?...

Abbie Wilford  
~ Committee Member & Befriender



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## Our Support Meetings

### 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. These meetings are for you and we will welcome your input into what you would like to discuss and what information you would like to receive. Due to feedback we've received these sessions are now monthly, with midwife led sessions every other month.

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

### *The Invisible Cord*

*We are connected, my child and I,  
by an invisible cord, not seen by the eye.*

*It's not like the cord that connects us 'til birth;  
this cord can't be seen by any on Earth.*

*This cord does its work right from the start;  
it binds us together, attached to my heart.*

*I know that it's there, though no one can see,  
the invisible cord from my child to me.*

*The strength of this cord is hard to describe;  
it can't be destroyed, it can't be denied.*

*It's stronger than any cord man could create;  
it withstands the test, can hold any weight.*

*And though you are gone, though you are not here with me,  
the cord is still there, but no one can see.*

*It pulls at my heart, I am bruised, I am sore,  
but this cord is my lifeline as never before.*

*I'm thankful we're connected this way,  
a parent and child, death can't take it away.*

**~ Author Unknown**

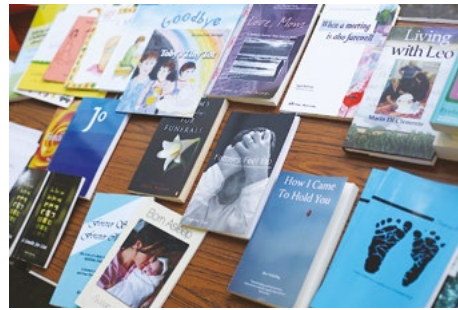
## Bristol Sands Resources

### 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.

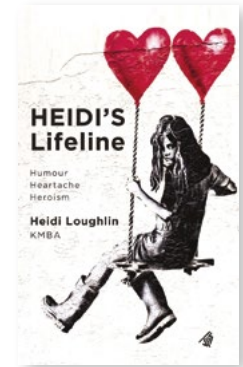
If you have purchased any books that you found helpful and feel that it might be useful to others please let us know so we can purchase them for our library. If you have borrowed any books that you found supportive perhaps you could consider writing a short review about it to help us guide others in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

## Book News

### Heidi's Lifeline

Many of you may have followed Heidi Loughlin's story over the last few years. Heidi, from Portishead, was diagnosed with inflammatory Breast Cancer three and a half years ago whilst she was pregnant with her third child. She needed to start a course of chemo and as a result, baby Ally was brought into the world 12 weeks early. Ally very sadly passed away a few days later.

Heidi has just launched her book *'HEIDI'S Lifeline'* in which she talks about life with Cancer and the loss of Ally, along with documenting her early years and how her experiences shaped her resilience for future challenges. She raises awareness of very dark subject matter, including an incurable Inflammatory Breast Cancer diagnosis, but with humour.



Bristol Sands are hugely honoured to be mentioned thanks to a piece written by our Befriender and Committee Member, Abbie Wilford, who supported Heidi. If you would like to get your hands on a copy, you can do so at [www.heidischallenge.co.uk/lifeline-book](http://www.heidischallenge.co.uk/lifeline-book) or in person at 'Solelution' in Portishead.

More information available through **'Storm in a Tit Cup'** across Facebook, Instagram and Twitter.

## Bristol Sands - Website Update

[bristol.sands.org.uk](http://bristol.sands.org.uk)

We are very pleased to be able to announce that our full website is now back up and running after a very long period of being 'under construction'.

You can find us at <https://bristol.sands.org.uk/> or by typing 'Bristol Sands' into a search engine in your web browser.

Please have a look at the new site where you can find details of all our upcoming events, news and project we are fundraising for, as well all our contact information and details of support meetings.



## Personal Stories

### Something good to come out of something so devastating

**I remember thinking after we lost our son Rufus in 2011 - What are we going to do without our baby? How will we cope? I don't want to think about the future without him, I can't!**

Having to face the months ahead without our baby boy was 'challenging' to say the least, and an unbearable struggle at times. We were lost in our grief, emotionally broken and questioning everything - Why has this happened to us? Where are we going in life? What does the future hold for us without our son? Will we ever smile again?

At that point I sought the support of Bristol Sands (*and I cannot thank the group enough for listening, supporting and helping me pull my broken heart back together one piece at a time*). I did an awful lot of soul searching in those early years - thinking, understanding, learning about acceptance, learning about myself - I always believed that there *must be* something good to come out of something so truly devastating, but didn't know what it could be. Ultimately having Rufus changed us both, altered our path through life forever and somewhere along that rocky road I was inspired...

In society we still find the loss of a baby or child a difficult subject to broach, tending to shy away from it altogether, and this became even more apparent when our own baby's special dates came around and I discovered how hard it was for us, our family and our friends to find remembrance cards or gifts that are caring and sensitive, kind and thoughtful, say what we'd like to say, and most of all show bereaved families that their babies or their loved ones are always loved and not forgotten. That was my 'lightbulb moment'!... so as an experienced graphic designer, I started making things...

and LittleWhiteFeathers.com - Handmade Gifts to Remember was born.

Over the next few years I threw myself into being creative - brainstorming ideas, making and testing potential products and building a brand - I now had some direction and a vision for my future, one that my son was at the centre of, and still very much a part of. I am very fortunate to have formed some really good friendships with other bereaved parents, mostly through Bristol Sands - I've listened to them talk about their precious babies, how much it means to have their little ones remembered, and we've spent hours discussing my vision (*thank you everyone!*).

This January, Rufus' 8th birthday, was the perfect day to launch my new website - beautifully handcrafted and personalised cards, gifts and keepsakes in memory of our babies and the people we've loved and sadly lost, keeping those special people in our present and not just memories from our past, bringing some small comfort to bereaved parents, families and friends alike.

It's taken some years to get here and during that time I've grown stronger, driven by my passion, and I hope this is just the start of being able to bring some comfort to others who are also grieving like me. I'm so very proud to finally bring LittleWhiteFeathers.com to the market place and from someone who understands this loss first-hand offer a fabulous range of 'Handmade Gifts to Remember' as wonderful tributes to those we miss every single minute of every day.

...and perhaps it's proof that there was something good to come out of our darkness.

*This is all because of you Rufus George Smith, my precious baby boy x*

~ by Sharon Smith, owner of LittleWhiteFeathers.com and Befriender at Bristol Sands



Visit the website to see the full range of products (& sign up to receive the LWF Newsletter for new products & offers) - you can also follow us on Social Media...

 [www.littlewhitefeathers.com](http://www.littlewhitefeathers.com)
 [LittleWhiteFeathers.com](https://www.pinterest.com/littlewhitefeathers)
 [LittleWhiteFeathersUK](https://www.facebook.com/littlewhitefeathersuk)

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[bristol.sands.org.uk](http://bristol.sands.org.uk)

## Dates for your Diary

Team Bristol Sands at Bristol 10k  
Sunday 5th May



After the epic efforts of our runners at the 2018 Bristol 10k we will again be entering as Team Bristol Sands for this year's event on Sunday 5th May 2019.



We're pleased to be able to say we've had a great response and currently have a team of around 34 runners (*at the time of going to print*). This includes our 5 runners who won one of our free running spaces, something new for us this year that we've not tried before. We'd still love to have more runners come and join us, so if you or anyone you know is running, or thinking about running, and would like to join the team, please drop us an email at [bristolsandschair2@outlook.com](mailto:bristolsandschair2@outlook.com), you'd be more than welcome! For those of you who took part last year or came along to watch, I'm sure you'll agree that the sight of all those Sands runners was something truly amazing - the awareness raised on the day was immense - we'd love to make our presence at this year's race just as big.



If you're not into running but would like to support our amazing runners on the day, we'd really love your support, come along and be one of our 'Volun-cheers'.

We're very pleased to say that our awesome team of runners will be supporting our latest project, **The St Michaels Consultation Room Project** (see article in *Projects* section). We're sure you'll see their sponsorship pages appearing across social media shortly, please support them if you can.

Bristol Sands Spring Service  
Sunday 19th May at 2pm  
Kings Weston House



Our Spring Service this year will take place on **Sunday 19th May 2019 at 2pm** at the beautiful Kings Weston House ([www.kingswestonhouse.co.uk](http://www.kingswestonhouse.co.uk))

This is our non-religious event for the year and the format of this service involves:

- a short service with some readings;
- an opportunity to light a candle for your baby/babies;
- a roll call of babies' names – see the next page for further details;
- a butterfly or dragonfly to dedicate to you baby and a label for you to write a message.

After the service, refreshments will be served and our library of books will be available for you to borrow. It will be the usual emotionally charged event but a good opportunity to spend an afternoon remembering your absent child in the company of others who fully understand your loss.

You are welcome to bring children to the service but as we are unable to provide a crèche facility we ask that you are mindful of other parents. Also due to limited space, we may ask for pushchairs/buggies to be left in the foyer area during the service.

The full postal address is:  
**Kings Weston House,  
Kings Weston Ln, Bristol, BS11 0UR.**



### Important Note: Roll Call of Babies' Names

During the service a 'Roll Call' – i.e. a list of babies' names and anniversary dates – will be read out. If you would like your baby's name and anniversary date(s) included in the roll call, please email: [rollcall@bristolsands.org](mailto:rollcall@bristolsands.org) If you have a child with an unusual name, please let us know how it is pronounced, as well as the spelling.

If you do not have time to email don't worry as there will be an opportunity to register your baby's details when you arrive at the venue.



## Bristol Sands Summer Flower Drop Sunday 7th July, Clevedon Pier

This year's **Flower Drop** will take place on **Sunday 7th July 2019** at Clevedon Pier, meeting at Scarlett's Tea Room (opposite the entrance to Clevedon Pier) from 10.15am before heading to the pier at 11.00am.

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](mailto:flowers@bristolsands.org) or via the mobile **07970 930 513**.



## Bristol Sands Christmas Service, December 2019 - Update

This year's **Christmas Service** is booked for **Sunday 15th December** and, following the success of last year's service, will take place at **St. Mary Redcliffe** in the heart of Bristol.

Further details will be released in due course.



## AGM - Date for your diary to get involved!

We will be holding our Annual AGM on **12th June** at **Bedminster Library** at **8pm**



**All are welcome to come along to hear about our achievements this past year and our plans for the coming year.**

- We are keen for more people to get involved with Bristol Sands to enable us to do more in the the local area.
- We are also keen to hear from people who are interested in joining the committee as well as those who may like to support in a more ad hoc nature.
- **Committee Membership** does require more of a commitment, taking on specific roles and tasks within the group as well as attending regular committee meetings every six weeks or so.
- **Ad hoc Volunteering** would be less of a commitment but just as vital to our work such as doing a reading at one of our services or supporting project working groups.

If you are interested in finding out more about either way of being involved prior to the AGM please get in touch with Kaeti, our Secretary, at [bristolsandssecretary@outlook.com](mailto:bristolsandssecretary@outlook.com)

## Sands United Football Club

By now you may have seen on social media or heard of a football team called 'Sands United'. The team was set up by Robert Allen initially to play a charity football match to raise money for Sands and to bring together dads and family members who've been affected by the loss of a baby.



In their first year and since that first game they have formed a team that competes in a league in Northampton and, in December 2018 they won the Daily Mirror 'Pride of Britain Team of the Year Award'.

Bristol Sands are consequently looking for guys who want to get on the pitch and support each other and raise awareness of the vital work we carry out.

Inspired by the success and impact of the first Sands United football team started last year in Northampton, Bristol Sands are looking to start something similar. As Sands United have done, we are looking to build up a group of dads and family relatives to get together for perhaps a bit of 5-a-side football once or twice a month.

If you are interested please send an email to [bristolsandsunitedfc2019@gmail.com](mailto:bristolsandsunitedfc2019@gmail.com) with your contact details and Peter Byrom will be in touch to introduce himself and organise the first session.

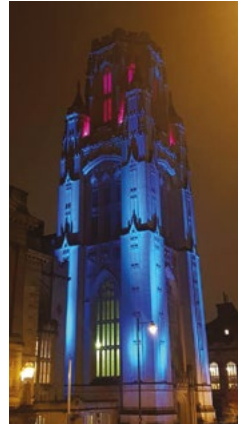
## Further Reviews and Thanks

### Charity Auction

We'd like to say a huge 'thank you' to members of Redland Ladies Hockey Club who held an **Auction of Promises** on 20th October and raised an amazing £2,000 for Bristol Sands. We very much appreciate your support.

### Baby Loss Awareness Week

The annual Baby Loss Awareness Week took place between 9th-15th October and saw us come together with around 60 charities to raise awareness of Baby Loss. It was one of our busiest BLAW's as we took part in a number of events during the week.



For the first time, buildings within the Bristol area lit up pink and blue in support of BLAW, to help raise awareness of Baby Loss and we'd like to thank St Peters Church in Portishead, Ashton Gate Stadium, Bristol Hippodrome and MShed Cranes for agreeing to take part. There were a few unfortunate technical issues for the MShed cranes, but we hope to be able to see them illuminated next year along with the other building who supported us this year and keep our fingers crossed for a few more! The Bristol buildings joined 180 other buildings, landmarks and structures all over the country illuminated in pink and blue, only 71 buildings took part in 2017, to compare how successful this year has been. Hopefully we can build on that number and make 2019 even better still.

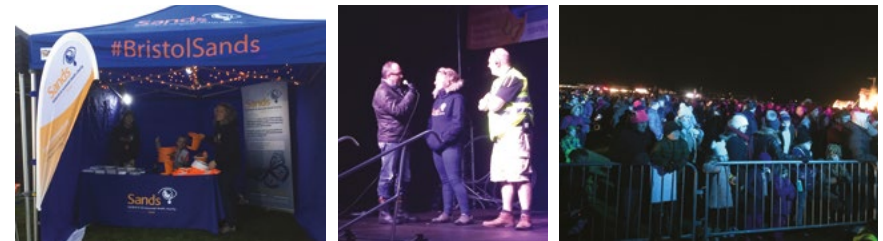
Bristol Sands also took part in a 'Random Act Of Kindness' campaign which saw a gift of Loveheart Sweets left all over the city and surrounding area as a gift to help raise awareness of Baby Loss. Those who found the sweets were asked to post their find on social media and help spread the word. One person who picked up the sweets was local actor Joe Sims, who kindly Tweeted his find to his 8.5k followers.

As always the week ended on 15th October at 7pm with the International Wave of Light, thank you to everyone who lit a candle in memory of their baby/babies and shared it on social media. The number of candles across the likes of Facebook and Twitter never cease to be both an amazing act of remembrance and togetherness, as well as being so overwhelmingly beautiful and heart-breaking.



### Downend Roundtable Firework Display

On Friday 2nd November, Bristol Sands were proud to be the designated charity for the Downend Roundtable firework display in Bristol. One of Bristol's biggest displays, it attracts thousands of spectators each year and helps raise thousands of pounds for charities and good causes.



We were lucky enough to be selected as their charity for 2018 which not only gave us an amazing fundraising opportunity but also a great way to raise awareness as our very brave Secretary and Befriender Kaeti Morrison addressed a crowd of around 8,000 people to tell them all about Bristol Sands. It was an amazing, if just ever so slightly cold, evening and the fireworks were pretty awesome too! A huge thank you must go to Downend Roundtable for their support and their additional gift of a branded Gazebo which we can use for future fundraising events.

Also, a massive thank you to all our volunteers on the evening who helped out with the collection buckets enabling us to raise a phenomenal £5,680.94.

### Sands Annual Conference, Glasgow 17th November 2018

A number of Bristol Sands Committee were able to attend last year's annual Sands Conference in Glasgow, a very special occasion, as the focus was very much on celebrating Sands 40th birthday in 2018. As well as being a great opportunity to network and share ideas with other Sands groups around the country, we were able to attend a number of helpful workshops. Bristol Sands were asked to deliver a fundraising presentation during one of these workshops, which we've been assured was very well received.



The highlight for many of us there, was to hear from the two keynote speakers, Sands founders Bel Mooney and Hazel-Anne Lewis. They talked of the lack of bereavement care available to them when they experienced their own losses which was both emotional and horrific to hear, particularly when comparing it to the bereavement care we experience today. The hurdles they faced getting Sands started and for it to be recognised as a charity was a shocking eye opener to how things were back then. Their stories were simply inspirational; we were all moved and extremely thankful to them for their bravery in persisting and creating Sands.

*continued...*



Bel and Hazel-Anne have agreed to become Patrons of Sands and they were also the first to be awarded in the Volunteer awards for 2018. In total 40 volunteers of Sands, past and present, were recognised along with Bel and Hazel-Anne, for their contributions and to mark Sands 40th anniversary. We had two award winners from Bristol Sands, our current Chair, Charlotte Coombs and Gill Catron who was associated with Bristol Sands between 1997-2003/4. Gill took a two year

career break to focus on fundraising a huge amount for Bristol Sands and also helped to set up the first mobile phone and held the first Bristol Sands Christmas Service, to name but a few of her achievements.

### Trefest 2018: 4th-8th December

Once again Bristol Sands took part in Trefest which was held at St Mary Redcliffe between 4th-8th December 2018.

Trefest is an event that sees around 80 charities and organisations take part in a tree decorating competition and there are always some amazing and inventive ways to create a Christmas Tree! For us, it's an amazing way to raise awareness and reach people, as the event attracts thousands of visitors in the few days that it's on.

This year we decorated the tree with 105 pink and blue ribbons to represent the heart-breaking number of babies that would be lost during just one week. The tree was so full of ribbons, almost every branch was covered, it made such an impact with those who came to view it. St Mary Redcliffe Church said they had a number of people comment on the meaning of our tree, so we hope this helped to further raise awareness of the important work we do.



We're very much looking to have Trefest as part of our regular events to take part in, as soon as the dates for Trefest 2019 are confirmed, we will let you know. If you have any ideas of how to decorate our tree next year, or you'd like to be involved in creating the tree, please get in touch.

## GDPR - Don't forget to give us your consent

In May 2018 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/attendingandsgroup](http://www.sands.org.uk/attendingandsgroup)

If you have received an email or letter from Kaeti, 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/attendingandsgroup](http://www.sands.org.uk/attendingandsgroup)

*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](mailto: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 Co-ordinator - Projects, on 07387 268 962 or email:

[charlotte.willson@sands.org.uk](mailto:charlotte.willson@sands.org.uk)

## Project Updates

**It's important that we not only raise money for the projects that we have to undertake, but also raise awareness of progress and outcomes. Here are some very important updates:**



### The Lavender Suite Project

Quite some time ago we were able to set aside a significant amount of our fundraising to go towards a much-needed refurbishment of the Lavender Suite Bereavement room at St Michael's Hospital in Bristol. We are very pleased to be able to update you on this project as work is nearing completion. As well as some much needed redecoration, a new kitchen has been installed and we have been able to purchase some new bedroom furniture, including a new bed. We have also updated the furniture within the lounge area by providing two sofas which we hope will be a little more comfortable for parents. We are working on getting the last few decorative items in place before we can officially confirm the project complete. A big thank you must go to all our fundraisers who helped make this project possible, we hope this refurb will enable parents to spend time with their precious babies in a more comfortable and homely environment.

### The Arnos Vale Project

Last year saw 45 runners take to the streets at the Bristol 10k and 39 participants taking part in our Virtual Run Event, to raise around £10k for the Arnos Vale Project. Working with the Victorian Cemetery, we were looking to create a fitting memorial for babies who are currently buried in unmarked graves. Although the cemetery is very old, babies were buried there right up until the late 1970's, around the time that Sands was created, and we thought this was a fitting way to mark our 40th anniversary in 2018.



This project is nearing completion and we are expecting this to be installed very soon. The design was finalised towards the end of last year and the stone (which was shipped all the way from India!) arrived just before Christmas. Our amazing stonemasons have almost finished their work and all that will be left will be to put the stone in its place. We will be holding an unveiling ceremony on Saturday 13th April at 10:30am so that you can come and view it for yourselves. It will be a great opportunity to come together, particularly for our amazing fundraisers, to see what we've achieved. Arnos Vale is a lovely place to walk and explore, so do make the most of your visit if you're joining us, there's even a lovely coffee shop should you want to stop for a cuppa and a piece of cake. Please keep an eye on our social media and in our next edition and we'll bring you some pictures of the finished article should you be unable to join us at Arnos Vale.

## The Quiet Consultation Room Project

We're excited to be able to bring you details of our next project we're working on at Bristol Sands. We are working together with The Early Pregnancy Unit at St Michaels Hospital in Bristol, who would like to create a quiet and comfortable room for parents to use when they are having difficult discussions, making tough decisions and sadly receiving news that their baby has died. The room will be used for parents pre-21 weeks gestation and we hope will provide a space that will feel a little less clinical and homelier.

As well as a redecoration, we will hopefully be providing some comfy sofas and other pieces of furniture, decorative items and some form of refreshment facility. We have a target of £5,500 to raise to cover this work and we are very pleased to say that all the proceeds from our amazing Team Bristol Sands at the Bristol 10k for 2019, will be going towards this project. We're sure you'll see many of our runners fundraising pages appearing on their social media shortly, but if you don't know any of the runners and would still like to make a donation towards this project, please head here: [www.justgiving.com/fundraising/sands-bristol-stmichaelsroom](http://www.justgiving.com/fundraising/sands-bristol-stmichaelsroom)



## 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 16th June 2019, 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.

## Fundraising for Bristol Sands

If you would like to fundraise for Bristol Sands we have a number of ways that you could help.

### Fundraise for specific projects

If you are interested in donating or putting on a fundraising event towards a specific project, please contact us for full details of projects we are currently working on.

### Fundraise for our core costs

In addition to any specific projects, we also need to fundraise towards our core costs and these include some of our vital services, such as the provision of support packs within our local hospitals and holding our memorial services throughout the year, and fundraising towards vital research.

- If you would like to help towards our core costs, we now have a new online way that you can donate or set up your own fundraising events to help us in this regard. If you would like to make a one off donation, you can do this via:

[www.justgiving.com/fundraising/Sands-bristol](http://www.justgiving.com/fundraising/Sands-bristol)

- Or if you would like to do your own fundraising event, sponsored run or bike ride for example, please **set up your own JustGiving Page selecting Sands as the supporting charity (not Bristol Sands)** and then go to:

[www.justgiving.com/teams/Sands-bristol](http://www.justgiving.com/teams/Sands-bristol)



and select 'Join The Team'

You will then be able to link your page to our Bristol Sands fundraising page, meaning all of your fundraising will be able to come directly to us. It will also mean that you can register your event with our fundraising team and receive any support materials you may need.

## 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 [newsletter@bristolsands.org](mailto:newsletter@bristolsands.org)

### Personalised Jewellery

**Alan Parsons Jewellery** – [www.alanparsonsjewellery.com](http://www.alanparsonsjewellery.com) / tel: 07906 299 737

**Face 2 Face** – [www.f2fphotoengraving.co.uk](http://www.f2fphotoengraving.co.uk) / tel: 01329 510 300 / mob: 07727 268 493

**Smallprint** – [www.smallp.co.uk](http://www.smallp.co.uk) / tel: 0121 704 9099

**Wendy Kemp Jewellery** – [www.wendykempjewellery.co.uk](http://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](http://www.icklepickleprints.co.uk) / tel: 07982 907 374

### Castings (Hands & Feet)

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

### Personalised Cards, Gifts, Keepsakes & Candles

**LittleWhiteFeathers.com** – *Handmade Gifts to Remember* – [www.littlewhitefeathers.com](http://www.littlewhitefeathers.com)

**Alexandra's Angel Gifts** – [www.alexandrasangelgifts.co.uk](http://www.alexandrasangelgifts.co.uk)

**Angel of Mine** – [www.angelofminejewellery.co.uk](http://www.angelofminejewellery.co.uk)

**Crystal Face** – [www.crystalface.co.uk](http://www.crystalface.co.uk)

### Memorials

**Slatework Signs** – [www.slateworksigns.co.uk](http://www.slateworksigns.co.uk) *(Donates a % of profits to Sands)*

### 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](http://www.alexandrasangelgifts.co.uk)

Email: [suefernandes@activ8.net.au](mailto: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](http://www.theseashoreofremembrance.blogspot.com)

## Time for Reflection

### Too Soon

*This was a life that had hardly begun  
No time to find your place in the Sun  
No time to do all you could have done  
But we loved you enough for a lifetime*

*No time to enjoy the world and it's wealth  
No time to take life down off the shelf  
No time to sing the songs of yourself  
Though you had enough love for a lifetime*

*Those who live long endure sadness and tears  
But you'll never suffer the sorrowing years  
No betrayal, no anger, no hatred, no fears  
Just love - Only love - In your lifetime.*

~ Mary Yarnall

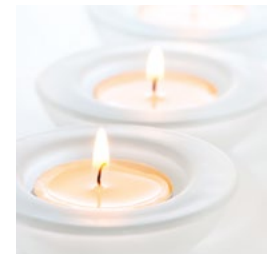
## Remembering Our Babies

### Important Note about Remembering Babies

If you would like your baby remembered in this section, please email [newsletter@bristolsands.org](mailto:newsletter@bristolsands.org) or post your baby's details to:

**Bristol Sands Newsletter**, 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.*



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

*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 2019.*

## 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 [newsletter@bristolsands.org](mailto:newsletter@bristolsands.org) or post your baby's details to:

**Bristol Sands Newsletter**, 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.*



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

## 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/attendingandsgroup](http://www.sands.org.uk/attendingandsgroup) where you'll be able to select to receive the Newsletter.

- Email [newsletter@bristolsands.org](mailto:newsletter@bristolsands.org) or
- Call the **Helpline** on **07970 930 513**

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 [newsletter@bristolsands.org](mailto:newsletter@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 newly updated 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.

## Postal Form

### Remembering Our Babies and New Arrivals

Remembering Babies	<i>This MUST be done for EVERY Newsletter that you would like your baby's name to appear.</i>
Your name:	
Address:	
Tel no:	
Email address:	
Baby's name to be remembered:	
To be remembered in the (tick): <input type="checkbox"/> Spring Newsletter 2019 <input type="checkbox"/> Autumn Newsletter 2019	
Date of Birth:	
New Arrivals	<i>This MUST also be done for EVERY Newsletter that you would like your baby's name to appear.</i>
Your name:	
Address:	
Tel no:	
Email address:	
Baby's name to be remembered:	
To be remembered in the (tick): <input type="checkbox"/> Spring Newsletter 2019 <input type="checkbox"/> Autumn Newsletter 2019	
Date of Birth:	

**Last date for receiving your baby's name(s) for the Autumn/Winter issue is 20th August 2019.**  
Please send to: **Bristol Sands Newsletter**, 122 Smyth Rd, Ashton, Bristol BS3 2DP.





## At a Glance: What's On in 2019...

### APRIL

Arnos Vale Memorial Unveiling - at 10.30am Saturday 13th April

### MAY

Team Bristol Sands at Bristol 10k Sunday 5th May

Bristol Sands Spring Service, Kings Weston House - at 2pm Sunday 19th May

### JUNE

Sands Awareness Month Throughout June

AGM, Bedminster Library - at 8pm Wednesday 12th June

### JULY

Bristol Sands Flower Drop, Clevedon Pier - at 11am Sunday 7th July  
*(meeting at Scarlett's Café opposite - from 10.15am)*

### AUGUST/SEPTEMBER

TBC - Family Picnic August/September

### OCTOBER

Baby Loss Awareness Week 9th-15th October

International Wave Of Light Tuesday 15th October

### NOVEMBER

TBC - Ceramics Event November

### DECEMBER

Treefest Tuesday 3rd December

Bristol Sands Christmas Service, St. Mary Redcliffe Sunday 15th December