

Newsletter

Autumn/Winter 2019



Contents

Editor's Welcome	3
In Review: Our Spring Service	4
In Review: Our Flower Drop	5
Support Meetings	6
Time for Reflection: To Lose Someone	7
Fundraising Updates	8
Fundraising The Easy Way	10
Bereavement Care Training	11
Bristol Sands Resources	12
Memorial Baby Gifts	13
In Review: Bristol 10k	14
Dates for your Diary	18
Sands United Bristol FC Update	20
Project Updates	21
Time for Reflection: Love In Every Tear	24
Remembering Our Babies	25
New Arrivals	26
What Is A Rainbow Baby?	27
Bristol Sands and Your Newsletter	28
GDPR - Don't forget to give us your consent	29
Postal Form	30
At a Glance: What's On in 2019... & Looking Ahead: To What's On in Early 2020...	32

Editor's Welcome

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

As ever, I'd like to start by thanking 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 remains 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 and what we do.

As usual, 2019 has been incredibly busy with events and fundraising, as well as the launch of the Sands United Bristol FC football team! More on that inside. It's always great to receive any feedback on our Newsletter so please feel free to email as below with any thoughts, comments or suggestions. As they say, there's no such thing as a bad idea!

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 newsletters@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 Spring/Summer Newsletter is **20th February 2020**.

Best wishes,
Reg

A Butterfly Lights Beside Us

*A butterfly lights beside us like a sunbeam,
and for a brief moment its glory and beauty belong to our world:
but then it flies again.
And though we wish it could have stayed,
we feel so lucky to have seen it.*

~ Author Unknown

In Review

Our Spring Service - May 2019



Our Spring Service this year was at the stunning Kings Weston House, Bristol, on Sunday 19th May. The sun came out on a truly beautiful day.

As always, we had beautiful songs sung by Bromley Heath WI Community Choir and a first for the Spring Service, a song from Partsong Choir which was equally stunning.

Our Celebrant Christine ran the service impeccably with her kind words and our volunteers read poems that spoke to all our hearts.

When hearing our babies' names during the Roll Call, we each had garden decorations of either butterflies or dragonflies to place at the front in memory of our precious babies - they were such a pretty addition to the Service and we each took them home at the end. Mine now stand in my garden and I get to look out on them and remember my babies every day.

After the service the sun was still shining on the beautiful grounds, with the children playing outside with bubbles and lots of cake to go around. It really was the perfect end to a heart-warming and special Remembrance Service.

~ by Roxanne, Bristol Sands Events Coordinator

Our Flower Drop - July 2019

On Sunday 7th July 2019 we were blessed with the weather for yet another year as we gathered for our annual Flower Drop Service on Clevedon Pier.

This is a short service that contains a few poems before we perform the simple act of dropping a flower, dedicated to our baby/babies, over the edge of the pier. Accompanied this year by some moving music and with bubbles floating on the breeze, the sight of those beautiful multicoloured blooms drifting out to sea is both a beautiful and an incredibly moving one.



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

To Lose Someone

*To lose someone I loved so much,
Brings pain beyond belief,
There are no words to ease my pain,
My sadness and my grief.*

*I feel I've lost someone so close,
So wonderful so dear,
I think about your special ways,
And wish that you were near.*

*But although you have left this world,
You'll stay within my heart,
Guiding like an angel,
Even though we are apart.*

*For love is ever lasting,
And so are my memories,
Your legacy that's always there,
To light the way for me.*

~ Author Unknown

Fundraising Updates



We'd like to say a huge thank you to Elly Salisbury who not only took part in the Bristol 10k as part of Team Bristol Sands for 2019, but she also completed the Cotswold Triathlon a few weeks later in memory of her son, Jay. Elly raised a truly phenomenal amount of £2,044.99 towards the Quiet Room at St Michaels Hospital - thank you Elly!



On Saturday 29th June (under a blazing hot sun!!) Committee Members Natalie Le Grange and Peter Byrom represented Bristol Sands at Delphi Technologies annual 'Family Fundraising Fun Day'. Natalie's husband Keith works for Delphi and they supported Bristol Sands as one of their chosen charities for the day. Delphi have supported Keith and Natalie since they lost their daughter Aurora in 2018.

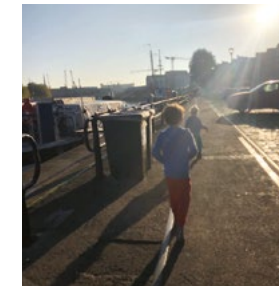
During the Fun Day (and between ice-creams - strictly for the purposes of keeping cool in the blazing heat) Natalie, Keith and Peter spoke to guests of Delphi about their experiences and of the different types of support that Bristol Sands offer bereaved parents. It was a great day and the total raised by Delphi Technologies for Bristol Sands was £2,000. Our thanks to Keith for the nomination and to all at Delphi for their tremendous support.



Sands Treasurer and Befriender Hilary Sturgeon selflessly attended a fundraising evening of Gin Tasting on 10th May, where she spoke to fundraisers and supporters about the work we do at Bristol Sands. The evening was a great success and raised £1,011 on the night which went towards the fundraising efforts of Emma Steele and Helen Jackson who were taking part in the Ride for Beatrice Bristol to Edinburgh by Bicycle challenge, in memory of Emma's friend's daughter Beatrice. In total they raised an astonishing amount of £6,128 - well done ladies, absolutely amazing, thank you!



A big thank you to everyone who took part in the Sands Virtual Challenge that took place during Sands awareness month in June. The virtual challenge is a great event to take part in as you can choose your challenge - run, walk, cycle, we even had a rower this year! - and choose your distance, either have a one off distance challenge or challenge yourself to a big distance to be covered across the whole month - the choice really is up to you. And, you can of course choose when to complete it which is certainly helpful with busy calendars. Open to everyone of all ages and abilities - it's a great one for the kids to get involved with too - competitors paid an entry fee of £10 for adults and £5 for children and received a 'race number' and one of our virtual challenge medals once they'd completed it. We raised £90 during June, keep an eye on our socials for news of another Virtual Challenge event coming soon.



Sarah completed the June 2019 Virtual Challenge, her final miles in sunny Spain in over 35°C heat, in memory of her baby Riley.

Osain and Arthur completed the October 2018 Challenge in memory of their brother Archie.

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.

Fundraising The Easy Way

Choose to support Sands at the same time

With Amazon Smile

Let's face it – these days most of us do a substantial amount of shopping online. It's quick, easy and convenient, what's not to like – but did you know that your online shopping could actually benefit Sands?



AmazonSmile is a simple and automatic way for you to support a charity of your choice every time you shop, at no cost to you. When you shop at smile.amazon.co.uk, you'll find the exact same low prices, vast selection and convenient shopping experience as amazon.co.uk, with the added bonus that Amazon will donate a portion of the purchase price to your selected charity.

Since this was introduced by Amazon, charities have received nearly £2m in donations and Sands themselves have benefitted to the tune of nearly £1,700 just by using [smile.amazon](https://smile.amazon.co.uk)

It's amazing just how easy this is and great to think that Sands can benefit from your online shopping!

You can read more about it here:

<https://smile.amazon.co.uk/>

Or are you selling on eBay?

Through **eBay for Charity** you can support the causes that matter the most - to you - by buying and selling on eBay. They are helping non-profits connect with over 169 million eBay community members to raise money.



So why not clean out your cupboards and help Sands. Now you can sell almost anything on eBay and donate from 10% to 100% of the final sale to support our vital work.

The **eBay for Charity** service is free and a simple way to make a contribution while also making something for yourself. You decide exactly what percentage of your final selling price you'd like to give to Sands and what percentage you'd like for yourself.

You can read more about it here:

www.charity.ebay.co.uk

And visit the eBay Sands Charity Page page here:

[www.charity.ebay.co.uk/charity/Sands-\(Stillbirth-&-Neonatal-Death-Society\)/13660](https://www.charity.ebay.co.uk/charity/Sands-(Stillbirth-&-Neonatal-Death-Society)/13660)

Bereavement Care Training

In addition to providing support to bereaved parents, volunteers from Bristol Sands take part in **Bereavement Training** 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. Bristol Sands believes these training events to be vitally important as good bereavement care in the first few days and weeks after a loss can be crucial.

On 8th May, two of Bristol Sands committee members and volunteers took part in a training event at Clevedon Town Council. 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. Hilary Sturgeon shared the story of loss of her first son Oscar at 27 weeks and the subsequent impact felt by both herself and her husband.



On 27th June we were again invited to take part in a training event at Clevedon Town Council. Hellie Adams was there to again talk about the support that Bristol Sands can offer to bereaved parents and the events which we put on. Peter Byrom shared his story of the loss of his first son, Thomas, and the impact that Thomas' death has had on both himself and his wife.



Both sessions, which contained a mixture of healthcare professionals, were very well received and we had some great feedback from those who attended. Many thanks must go to our brave volunteers who agreed to share their personal stories as part of this vitally important training.

Did you run the Half for Bristol Sands?



Great Bristol Half Marathon -
Sunday 15th September 2019

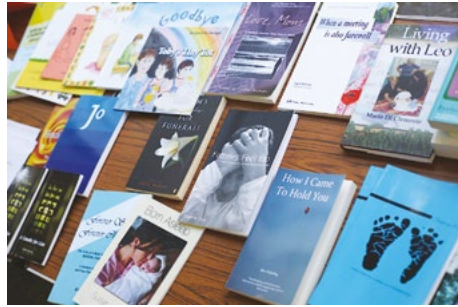
If you took on the challenge of running the Bristol Half Marathon this year and were fundraising for Bristol Sands in memory of a precious baby - we would love to share your story and photos in our next edition, please contact newsletters@bristolsands.org



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.

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 '@pinkypromiscastings' / 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

In Review

Bristol 10k – May 2019

Team Sands at the Bristol 10k has really captured the imagination over the past few years and the 2019 event was no different!

On the lovely sunny morning of Sunday 5th May 2019, we gathered for our annual fundraising event at the Bristol 10k. Following on from our 40th birthday celebrations in 2018, this year we hoped to make it even bigger if we could. Our fundraising aim for this event was The Quiet Consultation Room Project at St Michael's Hospital (please see Project section for more info), where we challenged our amazing supporters to raise the £5,500 needed to make the required changes to this room. We also wanted to challenge ourselves by recruiting more runners than we had in previous years, having a big presence at these type of events is hugely beneficial to us as it raises priceless awareness of the work that we do and hopefully attract future fundraisers.



This year, as well as the runners fundraising towards our own Bristol Sands Project, we were also joined by runners fundraising for Sands nationally and a team from our friends at North Devon Sands who were fundraising towards their own running costs.

By race-day we had a truly phenomenal 53 runners in total, beating our previous record of 45. It really is an overwhelming sight to see those Sands T-shirts and running vests gathered together before the race, most of which carried the names of precious babies they were running in memory of.

The Bristol Sands team of volunteers were there also with our new gazebo, kindly donated by the Downend Roundtable firework display team, on hand to speak to the runners and provide their family and friends with various support items to help cheer on the runners - the clappers were a particular favourite this year with the many children in attendance! We also had our own designated 'cheer-point' along towards the finish line where friends and family could gather to cheer the runners home.



After the race, we were able to provide our amazing runners with some much needed refreshments, kindly sponsored again this year by Enable Law, who also funded our charity pitch in runners village - thank you Enable Law! The water was very much required as the temperature steadily rose throughout the morning, and the sugary treats were a very much needed energy boost and certainly went down well after our athlete's awesome efforts.

It really was another great event and we're sure those who joined us on the day will agree that it was something that was amazing to be a part of. Our unbelievable thanks must go to the truly inspirational 53 runners who made this event such a huge success. As well as money raised for Sands and North Devon Sands, the runners fundraising for the project at St Michael's Hospital raised a truly staggering £10,294.72. As well as hitting the fundraising target of £5,500, our runners and their supporters have helped us raise a huge additional amount to cover vital funds needed for Sands to provide support to parents. Yet again, we can't thank you enough for this overwhelming amount of support - thank you.

If you've been inspired by this event, you've taken part previously, or you know of friends and family who might like to take part, the Bristol 10k will be taking place on Sunday 3rd May 2020 and we'd love for you to join Team Bristol Sands 2020. We will be setting ourselves a huge challenge in 2020 by trying to fundraise towards our annual running (*pun intended*)

costs and raising £10,000, as well as hoping to recruit even more runners. If you are interested in joining and running 10k for £10k, please contact us at bristolsandschair2@outlook.com to register your interest (*please don't set up any fundraising pages yet as we will be able to give you special instructions on how to do this*), we may also be able to offer some free running places again, so please keep an eye on our social media and our website for further details.

We really hope to see you in 2020 #10kfor£10k.

~ by Charlotte Coombs, Bristol Sands Chair





Dates for your Diary

Baby Loss Awareness Week 9th-15th October 2019

We are currently contacting buildings all over the Bristol area to light up pink and blue during **Baby Loss Awareness Week** which takes place between **9th-15th October**. Last year we were very pleased to have buildings such as Bristol Hippodrome, Wills Memorial Building, St Peter's Church in Portishead and Ashton Gate Stadium agree to take part in Baby Loss Awareness Week, and we're hoping to increase that number this year. *At the time of this Newsletter going to print, we are unable to confirm which buildings have agreed or the dates they will be illuminating, so please keep an eye on our social media and on our website for full details of the buildings taking part.*

Do you know a building who might like to participate next year? This could be your place of work, your local church or place of worship, a sporting or leisure venue perhaps, or even your local pub. Please get in touch with us with contact details or make enquiries on our behalf and we can include them in our buildings for next year.

We will once again be participating in the annual **International Wave of Light at 7pm on Tuesday 15th October** and we would invite you all to join in by lighting a candle (at 7pm) and letting it burn for at least an hour. Please take a photo of your candle and share it across your social media if you are able, please feel free to share on our Facebook page too - it is always such a beautiful and emotional evening as we see the many candles remembering precious babies.

If you would like more information regarding Baby Loss Awareness Week, the charities involved or to find out more about the buildings involved around the country with this year's lighting campaign, please refer to their website at www.babyloss-awareness.org for full details.

Bristol Sands Ceramics Event Sunday 10th November 2-4pm

We are once again holding our Bristol Sands Ceramic event on 10th November 2019 at the Club Room at Long Ashton Community Centre.

Parents and families can come together for an afternoon of pottery and painting the finished articles including mugs, plates and ornaments in memory of their baby or babies.

This has always been a hugely popular event and this year is no exception. Unfortunately, all places have been snapped up for this already with a number of people currently on a waiting list. We are hopeful to be able to accommodate as many as possible, but sadly won't be able to add any more at this time. We appreciate that this will be disappointing for you if you have been unable to attend this year, we will be looking at ways in which we can improve this going forward.



Treefest 2019 : 3rd-7th December

As we have done for the last few years, we will once again be participating in Treefest at St Mary Redcliffe Church in Bristol which is on between Tuesday 3rd December and Saturday 7th December (please check directly with St Mary Redcliffe for opening times or visit www.treefest.org.uk)

The event is free to enter and attracts thousands of visitors each year who view the imaginatively decorated Christmas trees by around 80 charities and organisations. It's a great way for Bristol Sands to promote the work and support we give to parents. Work is currently underway to create this year's tree decorations and we look forward to sharing this with you when the tree goes on display, please follow us on social media or check our website nearer the time. Treefest is also a competition and visitors can vote for their favourite so do please come along and give us your support if you are able to.



Bristol Sands Christmas Service Sunday 15th December at 2pm

The annual Bristol Sands Christmas Service will see us return to the stunning venue of **St Mary Redcliffe Church, Bristol, BS1 6RA on Sunday 15th December at 2pm**. This is always a well attended event and a lovely traditional service; everybody has the opportunity to:

- Light candles for our babies
- Sing traditional Christmas carols
- Decorate the tree with a personalised decoration
- Have your baby's/babies name/s read out in our Roll Call
- Listen to readings from other bereaved parents and
- Afterwards enjoy a cup of tea or coffee with a slice or two of cake and catch up with friends before the festive season truly takes hold.



You are more than 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.

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 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 church.

There is a Pay & Display car park opposite the church and some very limited Pay & Display car parking in the surrounding streets. Many bus services stop nearby on Redcliffe Hill or the church is a short walk from the City Centre. If anyone requires a disabled parking space, please contact us directly and we will be able to arrange this for you.

Sands United Bristol FC Update

Since the article in the last Newsletter Sands United Bristol FC has really kicked off (*pun intended*).

Shortly after the Newsletter hit the streets, a couple of the players made appearances on various local radio programmes - Team Manager Peter Byrom and Reg Coombs on BBC Radio Bristol's John Darvall Show, Peter Byrom and Team Treasurer John Ross on the Midweek Sports Bar on BCFM and BBC Radio Bristol Breakfast Show with Emma Britton - to promote the team and appeal for players. Each time the guys bravely opened up and told their stories of loss.

At the beginning of June we held our first training session which was attended by BBC Points West - Peter and John were then live to the region on the Friday night on Points West where a VT showed clips of the squad in action and some of the other dads (Keith Le Grange and Chris Morris sharing their stories and feelings). Despite all of them being nervous about what they were doing they all came across really well and each appearance has had the desired effect of reaching out to more bereaved dads, brothers, cousins, grandads etc.

Back in April there were around a dozen players in the squad and now there are over 30. The team has had several training sessions and taken part in the launch game for Sands United Cardiff and in a Veteran's Tournament. Along the way they've managed to build a partnership with Bristol Rovers Community Trust who have very kindly sponsored the teams home shirts as well as having Peter and John as their guests for Bristol Rovers home game v. Oxford - even speaking to the 7,500 strong crowd before the game. Everything is now building to the launch game at 17.30 on Saturday 28th September 2019. The match will be at Lockleaze Sports Centre and the team will be playing Sands United Wales for the new 'Sands Severnside Derby' trophy. You are all welcome to come along and support our team and we very much look forward to seeing you there.



For more info and updates, please check our socials by searching for 'Sands United Bristol FC' on Facebook, Twitter & Instagram.



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



The refurbishment of the Lavender Suite at St. Michael's Hospital in Bristol is currently ongoing but the delay in its completion is due to a very positive reason. The decoration and building works are completed and the new bedroom furniture and living room sofas are in place.

We are now looking to source the final furniture for the living room and some decorative touches, however this shopping list has increased since we reported last following a visit to an award winning Bereavement Suite in the South West.

A number of the Bristol Sands committee recently visited the bereavement suite at Musgrove Park Hospital in Taunton, where our hosts shared with us the work they've done to their suite and the services and memory items they are able to provide bereaved parents.

It was a hugely beneficial visit and gave us lots of food for thought. We are now working with St Michael's to introduce some of these new ideas and we hope to bring you an update in the next edition.

The Quiet Consultation Room Project

The Quiet Consultation Room Project was set up to fund the refurbishment of a room within the Early Pregnancy unit at St Michael's Hospital. The room will be used by parents to have difficult discussions, hearing difficult news or sadly being told that their baby has died.

The aim is to provide a quiet and homely space that parents can use and spend time in away from other expectant parents. Thanks to the phenomenal efforts of our Team Bristol Sands 2019 at the Bristol 10k, we've completely smashed the fundraising amount needed of £5,500.

We're now very pleased to be able to tell you that the redecoration work has been completed already, with the electrical work starting very soon. The furniture has been ordered and should be arriving in a few weeks' time. We very much hope that by the time of our next Newsletter that we'll be able to share with you more details and hopefully pictures of the completed room. We'd very much like to thank our amazing Bristol 10k runners and their supporters for making this possible.



The Arnos Vale Project

In the last newsletter we were able to let you know that this project was nearing completion and to bring you details of a special unveiling ceremony. We are all very pleased to confirm that this project is now officially completed following the lovely unveiling ceremony that took place at Arnos Vale on Saturday 13th April 2019.

It was a beautifully sunny, but very chilly, morning where we all gathered to reveal our memorial and to say a few words as we remembered the babies buried at the site. We were incredibly lucky to have Bel Mooney, cofounder of Sands, join us to say a few words, unveil the memorial itself and lay flowers in remembrance.

We were fortunate enough to see many of you there to share with us this special moment as we revealed the memorial we have been working towards and that was fundraised by our amazing Team Bristol Sands 10k team for 2018. Our thanks not only go to those awesome runners but also to Alwyn and Sally at Bristol and West Memorials, who, we hope you'll agree, took our choice of words and rough design ideas, and have created something that's just simply stunning. Our thanks also to Bel for joining us on the day and for her beautiful words she included a few weeks later in her Easter Saturday edition of her column in the Daily Mail.

It was a beautiful unveiling and a lovely way to end this project and we hope that you have been able to visit Arnos Vale to see this for yourself. If you've not been yet, the memorial is situated just up the hill on the right-hand side as you enter from the main Bath Road entrance.



And finally... A moving tribute to lost souls

It was sunny and cold as I stood last Saturday among bluebells and primroses in Bristol's Arnos Vale Cemetery, to unveil a new memorial.

The local branch of SANDS (Stillbirth and Neonatal Death charity) had heard about an untended part of the beautiful old 45-acre site, where stillborn babies were interred without ceremony or headstone in less enlightened times.

Some would surely have been 'illegitimate' births and standing on the rough ground that covered them, I could imagine shame as well as sorrow.

To remember those little lost souls (and that particular bereavement all of us there had suffered), the marvellous men and women who invited me had worked hard over many months to raise funds.

The result is a handsome stone monument that includes these moving words: *'Be still, close your eyes, breathe, listen for my footfall in your heart.'* It offers consolation: *'We are not gone but merely walk within you.'*

This was not a sad occasion. Honour is given when you recollect even those you did not know. My short speech linked that thought to this time of year. To a Christian (and we are still a Christian culture), Easter means resurrection.

If you don't share that faith, you will recognise renewal. Rebirth. Regeneration. Revival in nature. And it's a genuine reawakening when a society shifts attitude – demonstrated by the fact that little ones who never drew breath are no longer just shovelled away as if they didn't matter. They are allowed Remembrance.

I treasure that beautiful instruction of Jesus which expresses compassion: *'Suffer the little children... to come unto me.'*

As I stood in that atmospheric place, moved, placing flowers, I thought of those words – and of Easter eggs and hope and my grandchildren, and the precious sharing of experience.

And the distant song of birds was full of soul as well as joy.

*Words by Bel Mooney,
cofounder of Sands*

Time for Reflection

Love In Every Tear

*O precious, tiny, sweet little one
 You will always be to me.
 So perfect, pure, and innocent
 Just as you were meant to be.
 We dreamed of you and of your life
 And all that it would be.
 We waited and longed for you to come.
 And join our family.
 We never had the chance to play,
 To laugh, to rock, to wiggle.
 We long to hold you, touch you now
 And listen to you giggle.
 I'll always be your mother,
 He'll always be your dad.
 You will always be our child,
 The child that we had.
 But now you're gone...but yet you're here
 We'll sense you everywhere.
 You are our sorrow and our joy,
 There's love in every tear.
 Just know our love goes deep and strong
 We'll forget you never
 The child we had, but never had
 And yet will have forever!*

~ Author Unknown

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.



Jasper Izaak Peter Lockett	23rd Jan – 16th February 2001
Elijah John Wilkinson	23rd January 2009
Ailsa Diana Burden	21st October 1963
Aurora Ann Le Grange	24th March 2018
Maisie Bevis-Brewer	5th March 2009
Amalie Rose Curtis	26th November 2014
Finley Harvey Charlwood	4th August 2014
Chester Catron	18th December 1996
Alice Temple	15th January 2018
Florri Hayley Scott	12th August 2015
Luca Thomas Nesbitt	5th February 2014
Elizabeth Mary Coombs	10th March 2012
Chloe Mae	20th March - 7th May 2013
Grace Rose Beaumont-Wraith	27th June 2015
Sophie Dilling	12th January 2010
Danny George Wilford	21st – 22nd February 2012
Charlie Lodge	17th June 2011
Gabriel Star Senneck	18th March 2013
Ava Lily Talbot	29th November 2012
Rufus George Smith	16th - 21st January 2011

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



Eric John Le Grange	16th February 2019
Elsa Ava Rose Talbot	1st April 2014
Joseph Luca Nesbitt	17th June 2015
Oliver Johan Horwood	17th November 2010
Joseph Folke Horwood	13th January 2014
Frankie	27th March 2014
Emily-Rose	24th May 2016
Chloe Dilling	9th December 2010
Henry Dilling	24th May 2015
Daniel Temple	24th February 2019
Joshua Glover	28th August 2010
Lois Glover	11th September 2013
Harry Robert Peter Coombs	20th February 2013

*Please when emailing your baby's name(s) can you specify which section of the Newsletter they should appear in. **Last date for receiving your baby's name(s) for the next issue is 20th February 2020.***

What is a Rainbow Baby?

A 'rainbow baby' is a baby that is born following a miscarriage, stillbirth, neonatal death or infant loss.

In the real world, a colourful and bright rainbow comes after a storm and gives hope for things getting better. When a rainbow appears, it does not mean the storm never happened or that we are not still dealing with its aftermath (the loss), but something beautiful and full of light has emerged from the darkness and clouds.

Storm clouds may still be overhead but the rainbow baby provides a counterbalance of colour, energy and hope, bringing a new light but by no means replaces the precious baby that was lost.

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/attendingssandsgroup where you'll be able to select to receive the Newsletter.

- Email newsletters@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 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 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.

GDPR - Don't forget to give us your consent

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

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

www.sands.org.uk/attendingssandsgroup

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

www.sands.org.uk/attendingssandsgroup

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

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

supportercare@sands.org.uk

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

charlotte.willson@sands.org.uk

Postal Form

Remembering Our Babies and New Arrivals

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 2020 <input type="checkbox"/> Autumn Newsletter 2020	
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 2020 <input type="checkbox"/> Autumn Newsletter 2020	
Date of Birth:	



Last date for receiving your baby's name(s) for the Spring/Summer issue is 20th February 2020.

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

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

OCTOBER

Baby Loss Awareness Week 9th-15th October

International Wave Of Light Tuesday 15th October

NOVEMBER

Ceramics Event Sunday 10th November

DECEMBER

Treefest 3rd-7th December

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

Looking Ahead: To What's On in Early 2020...

MAY

Team Bristol Sands at Bristol 10k Sunday 3rd May

Bristol Sands Spring Service - *time & venue TBC* April/May

JUNE

Sands Awareness Month Throughout June

AGM, Bedminster Library - *TBC*

JULY

Bristol Sands Flower Drop at Clevedon Pier - *TBC* July

