

NEWSLETTER: February 2020

NEWS

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& FACEBOOK @ ABERDEEN SANDS



MAIN SUPPORT MEETING VENUES

We would like to thank the Sportsman's Club for the use of their premises for our monthly support meetings. The room we have is suitable, and parking is easy.

RGU 2ND YEAR STUDENT MIDWIVES

A big thank you to Sonia for telling the story of her precious baby Charlotte and raising awareness of our group to the students. We handed out copies of 'Guidelines For Professionals' to each student and there was many interesting questions.

BEREAVEMENT TRAINING FOR PROFESSIONALS.

Thank you to Catherine for helping at a recent bereavement training session to professionals by telling the story of her precious baby and thank you to Sandra for coordinating the sessions. If anyone would like to do this in the future please email help@aberdeen-sands.org.

SANDS/BLISS ANNUAL TRANSFORMING LOSS CONFERENCE

Three midwives were funded by ourselves and Banff and Buchan SANDS to attend this conference. They found it lovely and inspiring and look forward to putting what they have learnt into practice, supporting bereaved families within Grampian.

MATERNITY VOICES PARTNERSHIP

The committee is changing the way it will receive feedback from parents with SANDS still involved. If the any parent has any feedback they would like taken to the MVP committee, good and not so good, please email help@aberdeen-sands.org.

RUBISLAW WARD, ABERDEEN MATERNITY HOSPITAL AND DOCTOR GRAY'S ELGIN

We continue to support the Rubislaw Ward and Doctor Gray's in Elgin with items such as memory boxes, memory pockets, toiletry bags, sd cards, photograph albums, keyrings, etc and more recently new window blinds in the Rubislaw Ward. In Doctor Gray's Kirsty a midwife fundraised with the Gregor Girls raising £200.00 which went towards a new chair . We hope to refurbish this room in the near future.

Contact Persons

CHAIRPERSON: Fiona Donald
SECRETARY: Susan Forsyth
TREASURER: Heather Robb
ANNIVERSARY CARDS: Karla Christie
BEFRIENDER CO-ORDINATOR: Fiona Donald
RUBISLAW LIASON: Sandra Stephen
MEMORY POCKETS: Marjory Simpson
HELPLINE ROTA: Fiona Donald
WEBSITE: Sandra Stephen & Jennifer Maitland



SCOTTISH STEERING GROUP

The Scottish Steering group still meets either in Glasgow or by conference call every two months or so, where members of all the Scottish groups come together, to look at how best to support bereaved parents and improve bereavement care throughout Scotland.

BABYLOSS BUILDINGS LIT UP IN ABERDEEN



We would like to thank His Majesty's Theatre, Marschial College, Robert Gordon's university and Space Solutions who lit up areas of their building in pink and purple to raise awareness of baby loss, during Baby Loss Awareness week 9th-15th October. Buildings were also lit up all across the UK.

RANDOM ACT OF KINDNESS

During Babyloss Awareness Week we involved ourselves as a group in 'Random Act of Kindness' again. We attached a small tag with a short message to packets of love heart sweets then placed them, with permission from Aberdeen City Council across the local area in random places for the local community to find and take away with them.

These random acts of kindness were a simple yet amazing way to connect with members of the local community and raise awareness of baby-loss and the support Sands can offer. We had many posts on our Facebook page of bags that had been found having distributed 130.



Thank you to Sandra for organising and the other parents who helped to make up and distribute the bags

SANDS WORKING TOGETHER DAY SCOTLAND FOR VOLUNTEERS



Four volunteers from our group attended this event in the Carmelite. It was a shame was in the October holidays as many others said they would have liked to attend.

HAZLEHEAD BABY GARDEN

We were kindly donated bulbs from Councillor Claire Imrie through the MISS charity which we planted in planters at the Hazlehead Baby Garden. Thank you to all who helped to plant the bulbs.

Thank you to Tina, a midwife and SANDS befriender from Moray who crafted two Christmas wreaths which we placed at the Hazlehead Baby Cemetery and our stone at the Aberdeen Crematorium, for all babies who are missing in our lives at Christmas time.

SANDS CHRISTMAS SERVICE IN ARI CHAPEL

A big thank you to Mark Rodgers and the team of hospital chaplains who assisted at another lovely, but emotional service again this year. We raised £191.10 from donations for Christmas Merchandise this year at the service, thank you to those who donated.

NEWS Cont....



SANDS AGM/#FINDING YOUR WAY CONFERENCE IN LONDON

Fiona and Sandra attended this event. The AGM was at the beginning of the day, followed by interesting workshops and speakers on SANDS UNITED football team, support for siblings and a craft workshop for example and a chance to lay a flower with your babies name on the flower carpet. Fiona was privileged to light a candle for Scotland and to receive a thank you for Volunteering Award at the end of the day. As always it is great to speak to other bereaved parents and volunteers from around the United Kingdom. They also attended a reception at the SANDS National office.



GREAT NEWS AT THE SANDS CONFERENCE

There was figures published by the Office for National Statistics (ONS) which showed that the number of babies who are stillborn or die within 4 weeks of birth in the UK has fallen to an average of 14 babies a day. This is great news but more has to be done to reduce this further.

BOOK

A book called 'When Grampa was a Boy' has been published by one of our bereaved grandparents in memory of her beautiful granddaughter Gail. Liz is helping raise money with the sale of the book for SANDS, thank you for selecting SANDS as one of the charities. For more information on this children's book for age 2 to 6 years please email

ANNIVERSARY CARDS

Should you wish a card on the anniversary of your baby's death ,please send your name, address, along with your baby's name and date of passing to help@aberdeen-sands.org. Please be assured that under GDPR rules your details will be stored securely and not passed on to anyone else.

FUNDRAISING

THE GUNG HO at Castle Fraser Aberdeen.

Following the success of our Team Sands doing the Baker Hughes we are thinking of our next Team Sands challenge. This is to be The Gung Ho which is a 5k obstacle course and is open to anyone over the height of 4ft so would be suitable for older children. If you would interested in joining Team Sands, please email Sandra at aberdeensands5@gmail.com.

Thank you to Lisa for selling the spree books and for all who purchased one we raised £130.00

KILTWALK ABERDEEN

Thank you and well done to those who took part in the Kiltwalk events for SANDS Scotland, it is really appreciated. In Scotland the total raised from all the Kiltwalks was £38,970.00 to help families across Scotland affected by Babyloss. The next Aberdeen Kiltwalk is 7th June 2020.

All the best to those who are undertaking fundraising over the next few months.....

DONATIONS

£1000 from the Buckie Rotary Club which is money raised by Arlene & Steve. They along with friends walked the 6 Harbour walk along the Moray Coast in memory of their daughter Kirsty.

£250 from Lynsey and Martyn, who donated the money to the minister, who conducted their wedding and asked for it to go to Aberdeen SANDS.

£500 from Westhill Mother and Toddler & 2's Group.

£265 from a company called SPARKS.

£1570.00 from Jan in memory of Findley on his first birthday, who undertook a raffle selling to family and friends and the money is to go to the Baird Family Hospital Bereavement suite .

£50.00 from three young girls who had a bake sale for a few charities. The money for SANDS went towards purchase of some items for the SANDS Afternoon Tea, that their Mum Jen M helped organise.

£382.20 raised at ST COLUMBUS CHURCH OF SCOTLAND in Bridge of Don, where we did talk about Aberdeen SANDS and its involvement in the Baird Family Hospital Bereavement Suite planning, at their monthly coffee morning. They have asked that the money goes to the Bereavement Suite fund in the new Baird Family Hospital.

£425.00 in memory of Charlie Danny from a masonic charitable organisation Rubilsaw Chapter 254 Order of Eastern Star who kindly nominated our charity.



£7660.22 with gift aid from Clarksons who selected SANDS as their nominated charity of the year. Some employees took part in Ride The North cycle event and climbing Ben Nevis



£52.50 donated from the sale of knitted covers for oranges by Lorna and a special mention to Stuart for selling them

£100 from Liz which is money from her friend who raised much more than she expected at their choir craft sale and has donated to several charities .

£993.37 from David who wanted to donate money from his wife Jodie's funeral, in memory of their wee girl Lucy to Aberdeen SANDS.

We are so sorry for your loss David.

EVENTS

ANNUAL ABERDEEN SANDS BEETLE DRIVE DATE FOR THE DIARY

The Beetle Drive will take place on 5th June 2020 at Airyhall Community Centre at 7.30pm sharp. All SANDS parents please bring a home bake and a raffle prize. It is a fun family evening raising money for a good cause.

There are events where you can get involved for SANDS Scotland for information please visit www.sands.org.uk/get-involved/fundraising. SANDS SCOTLAND provides memory boxes, bereavement support literature and bereavement training for professionals of many different disciplines and at Universities in Scotland. All of which aims to improve the care given to bereaved

NEW ARRIVALS

Congratulation on the safe arrival of.....

Weston and Eddison born on 1st September to Nicole and Aaron weighing 4.13lbs and 4.6lbs little brothers to the late Clayton.

Eilidh Elizabeth Rose born on 26th November to Louise and Colin weighing 7lb 8oz a little sister to Andrew and the late Katie.

Harry Ross born on 3rd January 2020 to Arlene and Steven weighing 7lbs 11oz, a little sister to the late Kirsty.

FORTHCOMING MEETINGS – All welcome

MEETINGS:

SHETLAND SANDS SUPPORT MEETINGS

For more information please telephone: 07341945028 or email admin@shetlandsands.co.uk

MORAY SANDS

Wednesday 19 th Feb	7.30pm	Ugie House Hotel Keith
Wednesday 18 th Mar	7.30pm	Elgin Community Centre
Wednesday 15 th April	7.30pm	Ugie House Hotel Keith
Wednesday 20 th May	7.30pm	Elgin Community Centre
1Wednesday 7 th Jun	7.30pm	Ugie House Hotel
Wednesday 15 th Jul	7.30pm	Elgin Community Centre

ABERDEEN SANDS

For details of the venues above please contact the helpline:

Thursday 5 th Mar	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 2 nd April	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 7 th May	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 4 th Jun	8pm – 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 2 nd Jul	8pm – 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL

THE NEXT PREGNANCY GROUP:

The group will continue to meet monthly, and should you feel you want to go along to these meetings for some support, details are listed below:

Wednesday 19 th Feb	8pm- 11pm	Next Pregnancy Meeting	Jennifer M's home
Wednesday 18 th Mar	8pm- 11pm	Next Pregnancy Meeting	Ruth's home
Wednesday 15 th April	8pm- 11pm	Next Pregnancy Meeting	Aimee's home
Wednesday 20 th May	8pm- 11pm	Next Pregnancy Meeting	Jen M's home
Wednesday 17 th Jun	8pm- 11pm	Next Pregnancy Meeting	Natasha's home
