



Stillbirth & neonatal death charity

## ABERDEEN SANDS

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**NEWSLETTER: February 2022**

### NEWS

PLEASE FOLLOW US ON TWITTER @SANDSABERDEEN  
& FACEBOOK @ ABERDEEN SANDS



#### SUPPORT MEETINGS

We have been holding our two monthly support meetings in person for the last few months. The Main Meeting on the first Thursday of the month at the Inn at The Park hotel in Aberdeen, which is central, has parking and a large enough room to social distance. Thank you to the hotel for the use of the room for no charge.

The Next Pregnancy After A Loss Meetings are held at varying venues please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org) for more information.

Thank you to the Inn At The Park and The Village where we have held support meetings free of charge.

The online meetings are continuing as and when required particularly if government restrictions change. We still have our messenger page where parents support each other and a Facebook Private page for those who wish to get support from the Next Pregnancy After a Loss group. To join either of these online Facebook pages, please email on the address above.

#### AGM

We held our AGM in September and welcomed two new committee members who befriended in Moray Tina and Lorna. We want to say thank you to Jacqui and Rebekah who have taken a step back from supporting parents in Moray. Thank you to all who volunteered and fundraised for our group over the last two years, we rely on donations to support parents and families in the NHS Grampian area.

#### MORAY SANDS

We are holding in person support meetings at the Mansion House in Elgin on the 3rd Wednesday of the month from 7pm until 9pm as a starting off point, to getting support in the Moray area up and running again. Details of the meeting dates are on the last page of this newsletter. Contact can be made with Moray befrienders direct by mobile, email, and Facebook messenger. Support books for adults and children are available from their library.

#### RUBISLAW GARDEN THANK YOU



We would like to give a huge thank you to Scott and his team of staff from local company Gold Star Cleaning, who donated their time for free to cut back all the bushes and lay bark at the garden at Rubislaw Ward at AMH. Hopefully it will now be much easier to maintain.

We would also like to thank Raemoir Garden Centre who donated 20 bags of bark for the garden and to Louise one of our parents who spoke to Raemoir and to Dobbies on our behalf.

Dobbies kindly donated bulbs for the planters.



#### RUBISLAW WARD, ABERDEEN MATERNITY HOSPITAL AND DOCTOR GRAYS, ELGIN.

We continue to support the Rubislaw Ward and Doctor Gray's in Elgin with items such as memory boxes, toiletry bags, sd cards, and children's books. In Doctor Gray's the refurbishment of a bereavement room is taking place in order to make it more homely for parents, providing additional items to enhance the area. We are funding this in conjunction with MISS charity. In Rubislaw Ward we are about to purchase chairs for the waiting area.

**Contact Persons**

CHAIRPERSON: Fiona

RUBISLAW LIASON: Sandra

SECRETARY: Susan

TREASURER: Alyson

WEBSITE: James and Jen M

TELEPHONE ROTA: Fiona

ANNIVERSARY CARDS: Karla

BEFRIENDER CO-ORDINATOR: Fiona

## NEWS Cont...

### NEAR ME SESSIONS WITH NHS GRAMPIANS BEREAVEMENT SUPPORT MIDWIFE

We continue to have 30 minute sessions available on the first Tuesday of the month, between 6pm and 8pm with Myra. If you wish to talk about or have any questions about your care that might have been at the back of your mind, now is your chance. Please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org) for a session and information of how to get onto Near Me.

### SANDS CHRISTMAS SERVICE SUNDAY 12<sup>th</sup> DECEMBER

A big thank you to Jarod the hospital chaplain, for organising and leading our pre-recorded service, which was emotional but lovely. Thank you to Ruth, Catherine and Susan for lighting the candles and taking part and to Andy from Ab Creative for recording the service. Hopefully next year we can hold the service in person.

### RETIREMENT AND THANK YOU TO MARK HEALTH CHAPLAIN

We would like to say a big thank you to Mark who has been the chaplain for Rubislaw Ward for many years performed funerals, services for babies after they have passed away as well as our Christmas and Memorial services. Jarod has taken over Marks Chaplaincy post.

### CHRISTMAS WREATHS

Thank you to Caroline of Forbes Flowers Alford who again this year kindly donated three lovely Christmas wreaths which we placed at each of the three memorials Hazlehead Baby Garden, Aberdeen Crematorium and Trinity Cemetery. It is much appreciated Caroline.

### BABYLOSS AWARENESS WEEK-OCTOBER

Our tree with our babies hearts on it at Hazlehead Park and the Marquee on the Sunday at the park for Babyloss Awareness Week was very popular and had many parents visiting including some who lost their baby in the 1960s.



We raised £467.15 from donations, thank to all those who donated in the Marquee or through our Enthuse page. Thank you also to Courtney who made lovely blue and pink tealights which we sold. Thanks also to those who lit up their windows pink and blue during BLAW and to those who joined the Wave of Light on the 15<sup>th</sup> October.

### BAIRD FAMILY HOSPITAL

We continue to work with the project team we had a zoom meeting in November to discuss the progress with an onsite date expected to be December 2023. Over the summer a survey was created and a name was selected by bereaved parents and staff. The most popular was 'Rubislaw' Suite and two rooms 'Snowdrop' and Butterfly'.

Thank you to the Baird Family project team for involving Aberdeen SANDS parents in this process.

### JOHN LEWIS

Thank you to John Lewis Aberdeen for their very generous donation of £1000 to Aberdeen Sands.

When the shop closed they chose local charities to donate money to.

We had built up a relationship with the staff in the nursery department as they invited us into the shop back in 2019.

They were looking to advise staff on how they could help support parents when they were returning items following the loss of a baby.

This money will be used to continue supporting bereaved families in Grampian.

### TESCO COMMUNITY GRANTS - ABERDEEN SANDS - MEMORY MAKING PHOTOGRAPHY ITEMS FOR BEREAVED FAMILIES

### **WE WERE FIRST!!!!!! THANK YOU THANK YOU**

Thank you to all who posted their token in the Aberdeen SANDS box at TESCOs we have won £546.00 for a years supply of sd cards and photo albums for the Rubislaw Ward at Aberdeen Maternity Hospital, whilst raising awareness of Aberdeen SANDS

### TRINITY CEMETERY

The stone at the Trinity cemetery has been all cleaned up it what a transformation there has been. Thank you to Memorial Specialists for doing the work for us.



### HAZLEHEAD BABY GARDEN

Thank you to Kai for donating an amazing £150.00 to purchase two trees at the entrance of Hazlehead Baby Garden in memory of his precious twin brother Aiden.

### NEW TREASURER

Thank you to Rona who took on the post of treasurer of our group for the last 6 months ago, which was greatly appreciated and welcome and thank you to Alyson who has taken over the treasurer position.

### BEFRIENDER TRAINING

Well done to Fiona G and Debbie on passing their SANDS Befriender Training and to Natasha for passing her Booster Befriender Training. Thank to Karen for offering to continue befriending in the Moray area. We are always needing Befrienders in our group in Moray and Aberdeen to support parents. For more information about how to become a Sands befriender go to [sands.org.uk/befrienders](https://sands.org.uk/befrienders) or email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### SANTAS GROTTTO

This year due to restrictions we held a Santa's Grotto for our SANDS siblings instead of a Christmas Party.

Thank you Norman and Alan who took part as the main man and thank you to <https://www.facebook.com/bouncyfuninflatables> for their amazing grotto and sleigh, to <https://www.facebook.com/weddingdesignsbyzoe> who made a fantastic sign and to <https://www.facebook.com/partymania.co.uk> who kindly loaned free of charge a couple of outfits.

Thank you to the organisers Jen Y, Claire, Sandra and Susan and to our helpers on the day. The children had a lovely time.

### DUFFTOWN CHRISTMAS MARKET STALL

Thank you to Mortlach and Dufftown Development Trust for our stall at the Christmas market in December and to those who made a purchase or donated they raised £815.50 which is great. Thanks also to the committee members in



Moray who created the wreaths and looked after the stall.

### SANDS SCOTLAND NETWORK DAY

Sandra and Fiona represented our group at the SANDS in Scotland Network Day in Dunfermline hosted by Fife SANDS back in October. It was great, getting together with our bereaved parents from around Scotland discussing what is happening in Scotland and the future plans for our charity.

Thank you to Fife Sands, for the hospitality and the opportunity for us to remember our precious babies.

### QUIZ NIGHT 11<sup>TH</sup> FEBRUARY AT THE INN AT THE PARK

We are holding a Quiz night and tickets are now available for over 16's due to licensing laws at £10.00 per person which will include stovies or mac and cheese and entry into a raffle. Door open at 7pm quiz starts at 7.45 sharp with four in a team. For more information please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### SANDS LIBRARY

Our library has a range of support books for adults and for siblings when a precious baby has died, .

If you would like to borrow any or have borrowed any books and are finished with them for just now please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### MATERNITY VOICES PARTNERSHIP

The committee now works with focus groups in Peterhead, Inverurie Moray and Aberdeen with SANDS still involved and Fiona is attending both the local Aberdeen group which meets every two months and the larger Grampian overall group.

If any parent or family member has any feedback they would like taken to the MVP committee, or if they would like more information about attending meetings, please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### SANDS IN SCOTLAND STEERING GROUP

The Scottish Steering group has been meeting online due to restrictions, 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. SANDS in Scotland have online support meetings for bereaved parents and also specifically for bereaved Dads, around Scotland to receive support. If you would like more information on the dates please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### ABERDEENSHIRE CHILD BEREAVEMENT NETWORK GROUP

We hold our online calls every couple of months, and there is no about fourteen charities and groups attending who support bereaved children in Aberdeenshire and the city of which we are a part. This is really useful sharing the support available for children and families in this area.

### BEREAVEMENT TRAINING FOR PROFESSIONALS.

Bereavement Training face to face has been postponed at present, however there are webinars available for professionals, for more information email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org) and we will put you in touch with the training coordinator.

## FUNDRAISING

£500.00 from ' Celebrating Finlay' by Jessica and Rob who organised a large fundraiser for a few charities supported by family and friends, taking part in many different activities.

Thank you to Claire who ran 60 miles in August for Sands in Scotland and raised £1000.00 in memory of Jack

Thank you to those who ran 310,000 steps in October for SANDS, that was great raising funds for SANDS in Scotland and raising awareness.



## DONATIONS

A book called 'When Grampa was a Boy' has been published, THE Author a bereaved grandparent and the monies were donated to Aberdeen SANDS raising £871.00 over the last few years. Thank you to Liz and her friends who sold the books that was a great amount.

£50.00 from Over 60s Friendship group in memory of Charlie Danny beloved son of one of our Aberdeen SANDS families. They donated their loose change when they met up.

Our donations and fundraisers have really dropped over the last few months due to COVID restrictions. If you would like to fundraise we have a link set up

<https://sands.enthuse.com/sandsaberdeen/profile>

*Thank you to those who have donated through this medium who we haven't thanked above*

## NEW ARRIVALS

### ***Congratulation on the safe arrival of.....***

Alice Morven born on 21st October 2021 to Liina and Oliver weighing 8 lb and 15.2 oz - a little sister for Frederik Angus and late Lilian Marie.

## ANNIVERSARY CARDS

If would you like an anniversary card in memory of your baby on their special day. Please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org) or [aberdeensands1@gmail.com](mailto:aberdeensands1@gmail.com) for an application form. Please be assured all details are stored securely.

## FORTHCOMING MEETINGS – All welcome

### SHETLAND SANDS SUPPORT MEETINGS

For more information please telephone: 07341945028 or email [admin@shetlandsands.co.uk](mailto:admin@shetlandsands.co.uk)

MAIN SUPPORT MEETINGS—On zoom and face to face at The Inn At The Park Hotel 3-4 Deemount Terrace ABERDEEN AB11 7RX

#### MAIN SUPPORT MEETING Face to Face

3 <sup>rd</sup> March	8.00-10.00pm
7 <sup>th</sup> April	8.00-10.00pm
5 <sup>th</sup> May	8.00 -10.00pm
2 <sup>nd</sup> June	8.00-10.00pm
7 <sup>th</sup> July	8.00-10.00pm

Please contact us for dates of online Main Support Meetings.

#### NEXT PREGNANCY GROUP -In Person venue to be confirmed. .

16 <sup>th</sup> Feb	8.00-10.00pm
16 <sup>th</sup> March	8.00-10.00pm
20 <sup>th</sup> April	8.00-10.00pm
18 <sup>th</sup> May	8.00-10.00pm
15 <sup>th</sup> June	8.00-10.00pm
20 <sup>th</sup> July	8.00-10.00pm

#### MORAY SANDS SUPPORT MEETINGS—The Mansion House Elgin

16 <sup>th</sup> Feb	7.00-9.00pm
16 <sup>th</sup> March	7.00-9.00pm
20 <sup>th</sup> April	7.00-9.00pm
18 <sup>th</sup> May	7.00-9.00pm
15 <sup>th</sup> June	7.00-9.00pm
20 <sup>th</sup> July	7.00-9.00pm

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#### 2022 Quarterly Memorial Service for Early Losses East Chapel Aberdeen Crematorium at 10.30am

Wednesday 23<sup>rd</sup> March  
Wednesday 29<sup>th</sup> June  
Wednesday 28<sup>th</sup> September  
Wednesday 14<sup>th</sup> December

SANDS Christmas Service 12<sup>TH</sup> December