



## ABERDEEN SANDS

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Charity Number 299679 SCO 42789

### NEWSLETTER: August 2022

CHAIRPERSON:	Fiona	RUBISLAW LIASON:	Sandra
SECRETARY:	Susan	WEBSITE:	James and Jen M
TREASURER:	Alyson	HELPLINE ROTA:	Fiona
ANNIVERSARY CARDS:	Karla	BEFRIENDER CO-ORDINATOR:	Fiona

### Support Meetings

The Main Meeting is on the first Thursday of the month at the Inn at The Park hotel in Aberdeen, at 8pm the hotel is central and has parking. Thank you to the hotel for the use of the room for no charge.

The Next Pregnancy After A Loss Meetings are held at Clan House on Westburn Road on the third Wednesday of the month. Thank you to charity CLAN for allowing us to use their conservatory for our meetings.

We are continuing with our Messenger and private Facebook Pages where parents can support each other and if you wish to join either of these online pages, please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### Moray Support Meetings

We are holding in person support meetings at the Mansion House in Elgin on the 3rd Wednesday of the month from 7pm until 9pm. 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.

### Support For Dads

National SANDS have online support meetings for bereaved parents and also specifically for bereaved Dads to receive support. If you would like more information on the dates and the zoom link, please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### Long Ago Bereaved

We have some books in our SANDS library for those who are long ago bereaved. If you are long ago bereaved, we can direct you to how to find where your precious baby was laid to rest

### Rubislaw Ward, Aberdeen Maternity Hospital and Doctor Grays's Elgin



We continue to support the Rubislaw Ward and Dr Gray's in Elgin with items such as memory boxes, toiletry bags, SD cards, photo albums and children's books and lately a new camera.

We have recently purchased new furniture for the waiting area with money that came from Aberdeen Student Show fundraiser. Thank you to them for choosing Aberdeen Sands as one of their charities and donating £1288.00 from their theatre show in May.

Fiona attended a disbursement ceremony held by the students with all successful charities in attendance to receive a cheque and raise awareness of the group.

### Rubislaw Garden

We would like to thank Louise for her continuing work revamping the garden, coordinating the bench being revarnished and the addition of a tool shed. Thanks to Dobbie's who kindly donated bulbs for the planters. Hopefully it will now be much easier to maintain. We also recently purchased some outdoor furniture for the garden at Rubislaw at AMH. It will enable patients and staff in the ward can get outside for fresh air in a private setting away from others.



### Doctor Gray's Bereavement Room

In Dr Gray's the refurbishment of the bereavement room has taken place making it more homely for parents, providing additional items to enhance the area, such as coffee maker, shower curtain, refrigerator and new chair. We funded this in conjunction with MISS charity and together we are aiming to raise £4000.00 towards the cost of a double bereavement bed. This will allow partners to stay overnight.



### TESCO Community Grants Scheme

We were pleased to announce that we won the grant from TESCO and received £546.00. The money received will be used for photograph albums that are being donated to Rubislaw Ward and Dr Gray's for bereaved parents and SD cards for the camera.

### Hazelhead Baby Memorial Garden

Huge thank you to Patricia who kindly planted bedding plants in our pots up at the Sands Baby Garden.

#### Replacement Planters

Thank you to Westhill Men's Shed for the two planters they made and painted for the Baby Garden. These will replace the ones that were stolen from our SANDS garden at Hazelhead and thank you to Aberdeen City Council for securing them.

They have now been planted up with plants donated by Ben Reid Garden Centre, so thank you to them also.



To get to the Hazelhead Baby garden turn up the Aberdeen Crematorium road and turn first left along the bottom of the graveyard. Park in the car park and you will see the wall from the Baby Garden in front of you.

## Linkswood Cemetery Baby area in Elgin



We have purchased a new bench in conjunction with Moray Council for the baby area of Linkswood Cemetery in Elgin. Unfortunately, the original bench was in a state of disrepair. The plaques on the original bench have been kindly cleaned by the men from Elgin Men's Shed and will be reused. They are also kindly building a couple of planters to enhance the bench. Huge thank you to them.

## Lord Provost Stone Unveiling

Aberdeen SANDS was invited to an unveiling of a memorial stone entitled 'the resilience of its citizens during the covid19 pandemic'. We thank the Lord Provost fund for their grant in 2020, which helped us support bereaved parents and families in the Aberdeen area and offered encouragement to our group when covid restrictions made life difficult and isolating, for bereaved parents

## RGU Talk to Student Midwives Stage 1 and Stage 2

A big thank you to Sonia who presented her story of her precious Charlotte 'A Parents Perspective' to 1st and 2<sup>nd</sup> year students online in March and April. The talk was well received and there were many interesting questions. A copy of 'Guidelines For Professionals' book was donated to each student (over 150 copies). This is an important book for our group to donate to RGU students and was really appreciated. Below is the impact this has had on Holly with her pregnancy loss care..

Second stage student midwife: *'Myself and the rest of the second years are extremely grateful to Aberdeen SANDS donating a copy of the guidelines for professionals to every student in our cohort. The book is so informative and has been absolutely crucial to my learning. The book covers everything in great detail how to provide high-quality bereavement care, something I'm extremely passionate about both as a student and a bereaved sibling. To have key information all in one place has been so helpful for preparing as a student to give the best care possible in such a heart-breaking time for families. The donation of the precious memories booklets has helped us see the impact of care and read the precious stories from families and their babies.*

*Thanks'*

*Holly*

First stage student midwife: *'As a student midwife, one of the first things you worry about before you even start the course is caring for a family with baby loss. You have no idea what to say or what to do, and you become paralysed with that fear. This book is amazing - giving students the information they need to arm themselves with the skills and knowledge to help women and families through this unimaginable time, and to make sure that they themselves can process it. I can't recommend it highly enough.'*

We also handed out our leaflets and Precious Memories booklets. Thank you also to RGU for allowing us to raise awareness of the support Aberdeen SANDS offers to bereaved parents.

## YPI (Youth Philanthropy Initiative)

Westhill Academy - A big thank you and well done to Grace and Caitlyn for getting through to the final in their school and for selecting Aberdeen SANDS for their YPI presentation.

Robert Gordons College - A big thank you to 4<sup>th</sup> year pupils at for getting through to their school final and presenting an excellent presentation which Sandra attended.

Mackie Academy - Thank you also to 5<sup>th</sup> year pupils who also selected Aberdeen SANDS as their charity to present to their school.

We are sorry that you didn't win but the awareness you have raised of the support Aberdeen SANDS offers bereaved parents and families is fantastic and much appreciated.

## Baird Family Hospital

We continue to work with the project team and we have a project update from Gail Deputy Project Director below. We would like to thank the Baird Family Hospital Project team and Graham's Construction for our tour, we are pleased with the buildings progress and can't wait to see it when it's finished.

Fiona also attended a coffee morning at St Columbus Church with Gail, where Gail explained the importance of working together with service users in planning and designing the new building including the project's collaboration with SANDS.

Over to Gail:

*'The Aberdeen Sands branch have played a very important role in helping us in the NHS Grampian team to design The Baird Family Hospital so I am pleased to provide you with a brief update on how the project is progressing. The Baird will replace Aberdeen Maternity Hospital and is due to open in spring 2024. AMH will be demolished once we move into the Baird.'*

*Sands have been helping us since 2015 with input to design, how the hospital and the Rubislaw Suite needs to operate to support families and how we can make the environment as private and comforting as possible. If you drive past the hospital site on a regular basis, you will see the huge progress that has been made on the Baird building in front of the children's hospital; this new facility is most definitely going to be the new public face of the Foresterhill Health Campus! We were delighted to have Sands colleagues visiting the Baird construction site on the 30<sup>th</sup> June as part of our VIP visit programme. We can only allow small groups of visitors on site at the moment but it was important to us that Sands were on this VIP list due to the huge amount of time you have given to us in designing the building. Your fundraising efforts are also hugely appreciated and our team enjoy attending these and winning quiz and beetle drive trophies..... 😊 There are future pieces of work we will be coming and asking for some more help with. These will include interior design and helping us work with an artist as part of the art programme to create the correct environment in the Rubislaw Suite. We will also be asking for help and advice on how we celebrate AMH before the building is demolished as we recognise the building will hold many precious memories and emotions for families and we want to be sensitive to that. Please get in touch if you would like to find out more and do follow us on social media to keep abreast of developments. We love being invited to come and speak to groups so please invite us to help spread the word!'*



Baird site visit

Gail Thomson

Deputy Project Director

## FUNDRAISING

### SANDS Quiz at The Inn At The Park

Thank you to those who attended our quiz back in March. We raised £746.71. Well done to the winning team and thank you to those who donated and bought raffles. Some of the money was used to fund items for the Rubislaw Garden. Thank you also to the Inn at The Park for hosting the quiz and who donated a £40

### Whisky Donation

We were recently donated a limited edition bottle of whisky by Apache North Sea Ltd. It was placed in a specialist whisky auction and we are delighted to announce it was sold for £420 which is amazing!!

If you would like to fundraise for Aberdeen (Moray ) SANDS we have a link set up  
<https://sands.enthuse.com/sandsaberdeen/profile> .

Thank you to those who have donated through this medium whom we haven't thanked.

## SANDS AWARENESS MONTH JUNE #Always There

### Beetle Drive



The Beetle Drive went well and we raised £1001.20 with half the money raised going towards the Bereavement Bed at Dr Gray's Hospital and the remainder will be to purchase ongoing items for Rubislaw Ward. Thank you to all those who came along, bought raffles and squares and who sold square sheets. Special thank you to Rhona Donald who created tropic baskets for Sands parents to sell squares.

### Aberdeen Beach Sand Art

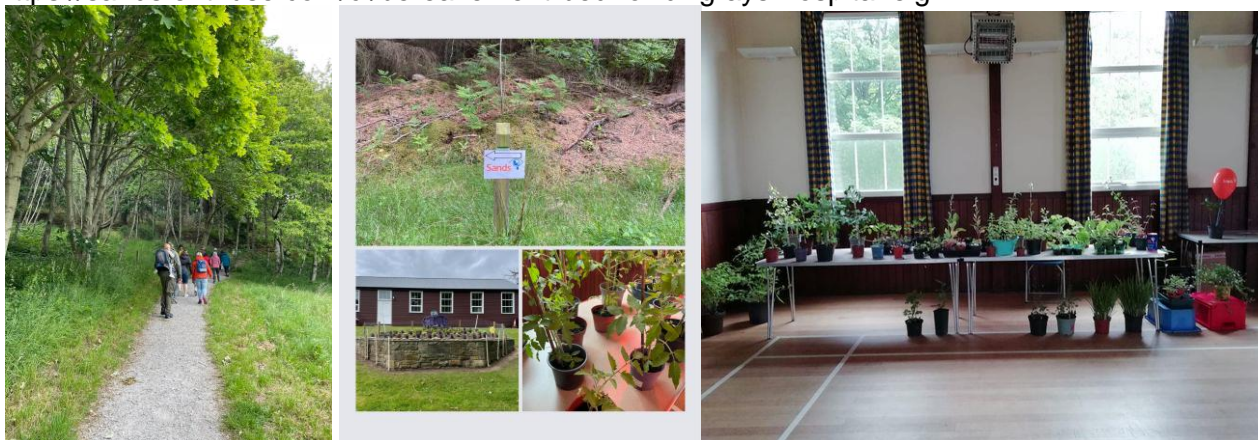
We raised much awareness with lots of people stopping to talk, take photographs and place windmills on our Sand Art on Aberdeen Beach with the word '@SANDS' and the SANDS logo imprinted on the sand. The windmills for our babies were removed after the event and we raised £211.90.

Thanks to Sandra who organised to all the volunteers who helped, Inversnecky Cafe who kindly supplied us with refreshments, Doug from Unity Art who drew our logo, Graham who was taking photos with his drone, Archie who played the pipes and <https://www.facebook.com/partymania.co.uk> for kindly loaning us Sandy Bear. Together, # we are SANDS.



### Moray SANDS Summer Walk

Thank you to all who joined the walk in Torrieston Woods for SANDS awareness month with refreshments in Miltonduff Hall. Thank you for the hire of the Hall, to Keith TESCO and Keith Moss Street Community for their donations of food items, to Tina, Lorna and assistants for setting up the event and preparing the plant stall and to all who donated to the fundraiser for the bereavement bed. We have raised over £1300.00 of the £2000.00 needed. For anyone who would like to make a donation you can do so via this link: <https://sands.enthuse.com/cf/bereavement-bed-for-dr-grays-hospital-elgin>.



## Celebrate Parade down Union Street

We have again signed up to take part in the Celebrate Aberdeen Parade on Saturday 27<sup>th</sup> August, which involves walking down Union Street. It's a great day and showcases all the wonderful charities in Aberdeen and will help raise awareness of Sands. All the family are welcome to join us. If you are interested please email [aberdeensands5@gmail.com](mailto:aberdeensands5@gmail.com).

## 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).



## Anniversary Cards

Cards



Books

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](mailto:help@aberdeen-sands.org). Please be assured that under GDPR rules your details will be stored securely and not passed on to anyone else.

## Befriender Training

We are always needing trained 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).

## Maternity Voices Partnership (MVP)

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, or would like to join any of these groups, or if you would like more information about the meetings, please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org). Experiences from service users are valuable so they can contribute to the development of local maternity care.

## 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 Network Day

The next Network Day is to be held at the Hilton, Strathclyde in Bellshill and hosted by Lanarkshire SANDS on 17<sup>th</sup> September 2022. It is a great way of meeting other bereaved parents from around Scotland and listen to interesting speakers including hearing about the work of National SANDS.

## Bereavement Training For Professionals.

Bereavement Training will be returning face to face soon, for more information email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org) and we will put you in touch with the training coordinator.

## 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.

## DATE FOR THE DIARY

### Fundraising Ladies Night in 2023

Saturday 4<sup>th</sup> March 2023, at Union Kirk Aberdeen from 6.30pm to 1am. Tickets are £45.00 and it includes a two course meal and live entertainment. Tickets are available on the following link.

<https://sands.enthuse.com/cf/aberdeen-sands-ladies-night>

## DONATIONS

£291.11 from St Rufus, Botriphine & Grange Church in the Moray area, who had a collection at their Christingle Service Watchnight Service on Christmas Eve. Thank you also for raising awareness of SANDS having a theme around the support offered by bereaved parents and prayers for the volunteers

£1000.00 from Aberdeen Communities Mental Health and Wellbeing Fund RUN by ACVO( Aberdeen Council Of Voluntary Organisations). This will enable us to continue to support parents and families in our community when their precious baby dies by paying for our online zoom account for support meetings, support books for siblings, ink for the printers in the Rubislaw Ward and counselling

£60.00 from Liz from sale of her book

£40.00 from Rosemary and Bob, Fiona's family in memory of Gemma and Sarah.

£400.00 from Gwen and Jim who collected for SANDS from friends and family.

£300.00 in memory of Tommy, Catherine one of our volunteers whose Dad sadly passed away. The money was collected at his funeral in lieu of flowers.



Handover cheque with Leonie, Moray SANDS befrienders and Doctor Gray's staff.

£1102.00 from Leonie up in Moray, who donated money raised at her special Birthday party. Thank you also Leonie for bravely sharing your story which was featured in the Press and Journal and Evening Express, raising great Awareness of the support of SANDS in Moray.

£1000.00 from Helen and Robert in memory of Charlie Danny, beloved baby of one of our SANDS families. This was collected in lieu of presents from their Diamond Wedding Anniversary. This has funded a new camera and photograph training for the Rubislaw Ward.

£103.00 from Over 60's Friendship group in memory of Charlie Danny.

£12K from ICCM at Aberdeen City Council.

£20.00 from Tartan Competitions and SKK for organising a quiz in aid of SANDS.



LITHO PRINT | DIGITAL PRINT | LARGE FORMAT AND DISPLAY



Thank you to Winter Simpson for printing the Aberdeen SANDS leaflets at no cost to our group it is greatly appreciated.

## Fundraising for SANDS in Scotland

The money raised for SANDS In Scotland provides memory boxes, heart keyrings and bereavement books to bereaved parents in Scotland.

Thank you to

Andy, Fiona G 's Dad who raised £285.00 by taking part in a cycling race for SANDS. Fiona being one of our newly trained befrienders.

Adam, Debbie, Jake and Holly who took part in Gaming For Good and raised £700.00.

Rab who raised £650.00 by taking part in a Skydive in memory of Demi Leigh but due to bad weather it was cancelled.

Jen Y one of our committee members who jogged 50 miles in March and raised £400.00 and thanks to all who took part in this personal challenge.

Thank you to all those not mentioned who took on a challenge, or have a challenge coming up fundraising for SANDS. It is greatly appreciated.

## London Marathon in October 2022

Good luck to Tim Y who is running the London Marathon for SANDS in the autumn in memory of Eva. The link to his fundraising is [https://www.justgiving.com/fundraising/evayeomans?fbclid=IwAR06kMJbNI4rQ0ne1xOaZQYE00wwRYjg3XJx43WQShzBhQ9CHLPWwiZX6\\_k&utm\\_id=26](https://www.justgiving.com/fundraising/evayeomans?fbclid=IwAR06kMJbNI4rQ0ne1xOaZQYE00wwRYjg3XJx43WQShzBhQ9CHLPWwiZX6_k&utm_id=26)

There is a wide variety of ways you can challenge yourself from swimming, camping out, walking your dog for example. More information available on [www.sands.org.uk/get-involved](http://www.sands.org.uk/get-involved)

### CONGRATULATION ON THE SAFE ARRIVAL OF

On 24<sup>th</sup> March Luca Finn, to Rob and Jessica weighing 6lb 11 oz little brother to the late Finlay.

On 11<sup>th</sup> July Hugo, to Samantha and Ryan born weighing 5 lbs little brother to Maddie and the late Alfie.

### Forthcoming Meetings-All Welcome

#### MAIN SUPPORT MEETING

The Inn At The Park Hotel, 3-4 Deemount Terrace Aberdeen AB11 7RX

1 <sup>st</sup> Sept	AGM	7.30- 8.30pm
	Main Meeting	8.30- 10.00pm
3 <sup>rd</sup> October		8.00- 10.00pm
3 <sup>rd</sup> November		8.00-10.00pm
1 <sup>st</sup> December		8.00-10.00pm
5 <sup>th</sup> January		8.00-10.00pm

#### NEXT PREGNANCY AFTER A LOSS MEETINGS

**CLAN House, 120 Westburn Road, Aberdeen AB25 2QA**

17 <sup>th</sup> August	8.00-10.00pm
14 <sup>th</sup> September	8.00-10.00pm
19 <sup>th</sup> October	8.00-10.00pm
16 <sup>th</sup> November	8.00-10.00pm
14 <sup>th</sup> December	8.00-10.00pm
18 <sup>th</sup> January	8.00-10.00pm

#### MORAY SANDS SUPPORT MEETINGS

**The Mansion House, The Haugh, Elgin IV30 1AW**

17 <sup>th</sup> August	7.00-9.00pm
14 <sup>th</sup> September	7.00-9.00pm
19 <sup>th</sup> October	7.00-9.00pm
16 <sup>th</sup> November	7.00-9.00pm
14 <sup>th</sup> December	7.00-9.00pm
18 <sup>th</sup> January	7.00-9.00pm

#### Shetland SANDS Support Meetings

For more information on Shetland SANDS email [Support@shetlandsands.co.uk](mailto:Support@shetlandsands.co.uk)

#### Healthcare Chaplaincy Dates

2022 Quarterly Memorial Service for Early Losses

East Chapel Aberdeen Crematorium at 10.30am

Wednesday 28<sup>th</sup> September

Wednesday 14<sup>th</sup> December

**SANDS Christmas Service Chapel ARI Sunday 11th December 2021**

10.30am Quiet Service & 11.15am Family Service (times to be confirmed)



