



Charity Number 299679 SCO 42789

## ABERDEEN SANDS

HELPLINE (0870) 7606649

EMAIL: [help@aberdeensands.com](mailto:help@aberdeensands.com)

WEBSITE: [www.aberdeen-sands.org](http://www.aberdeen-sands.org)

ADDRESS: PO BOX12113

ABERDEEN AB16 9DX

TWITTER: @SANDSABERDEEN

FACEBOOK@ABERDEENSANDS

## NEWSLETTER: July 2024

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 and the Next Pregnancy After A Loss meetings are both held at CLAN House in Aberdeen. Details of our meetings are on the last page of this newsletter. The venue is central and has plenty parking. 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. If you wish to join either of these online pages, please email [help@aberdeensands.com](mailto:help@aberdeensands.com)

### 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 in the 'Still Room'. If you would like to attend a befriender can meet you at the front door if you get in touch with us. Details of our 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 For Dads

National SANDS have online support meetings for bereaved parents and also specifically for bereaved Dads to receive support.

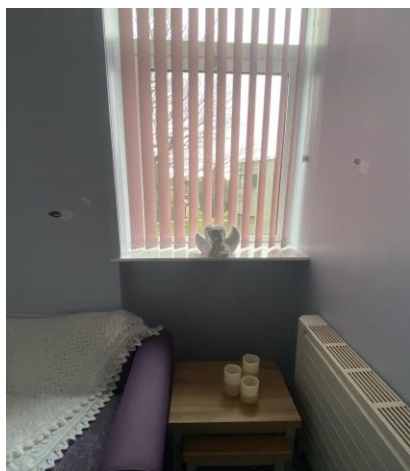
The support for men's online groups still run every month, and you can find information here:

<https://www.eventbrite.co.uk/.../mens-online-support..>

### 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 Forget Me Not Room in Doctor Grays Elgin



We continue to support the Rubislaw Ward and Dr Gray's in Elgin with items required for memory making, toiletry bags and lately we recently purchased new blinds for the baby room in Rubislaw ward. This will allow privacy for bereaved parents when spending time with their precious baby.



Thank you to the Soroptimist International Aberdeen for continuing to maintain the Rubislaw Garden its such a lovely area for bereaved parents to sit. Thank you also to the group who invited us to talk about the support we offer bereaved families and the activities of our support group.

### **Near Me online sessions**

Myra Kinnaird Bereavement Support Midwife NHS Grampian, is available to talk with any parent on the Near Me platform online. Myra will go over your notes or answer any of those questions you might have about your care. This can be at a date and time that suits you both.

Please email [fiona.donald@sandsvolunteer.org.uk](mailto:fiona.donald@sandsvolunteer.org.uk) for more information.

### **RGU Talk to Stage 3 Student Midwives**

Thank you to RGU Nurses and Midwifery School for inviting Jessica to share her story, 'A Parents Perspective' to stage 3 student midwives online today.

A big Thank you to Jessica for delivering her talk, and to Sonia who shared her experiences of bereavement care and who talked about the support SANDS offers families and professionals themselves.

Good luck to the students who finish their course in September.

### **Health Professional Bereavement Training**

SANDS delivered bereavement training to 46 healthcare professionals in AMH and Dr Gray's Hospital. These training days provide professionals with the knowledge and skills to help them feel more confident when caring for bereaved families.

Thank you to Sophia who delivered the sessions and to Tina who shared her personal experience at the Dr Gray's session. Thank you also to Amber and Marcia at NHS Grampian for their support.

Finally a thank you to all our supporters and fundraisers as without your donations we would not be able to run these days.

The next training days are half day workshops on 31<sup>st</sup> October in the morning or the afternoon in Aberdeen please contact [amber.balkwill@nhs.scot](mailto:amber.balkwill@nhs.scot) and in Dr Gray's in Elgin on 1<sup>st</sup> November a full day workshop contact [marcia.dean@nhs.scot](mailto:marcia.dean@nhs.scot).

### **SANDS Befrienders**

SANDS needs Befrienders particularly Dads in order to support bereaved families when they suffer pregnancy loss.

If you are interested in training to be a Befriender please email [fiona.donald@sandsvolunteer.org.uk](mailto:fiona.donald@sandsvolunteer.org.uk) or go to [sands.org.uk/befrienders](http://sands.org.uk/befrienders).

### **Volunteers week from 3rd to 9<sup>th</sup> June**

We just wanted to say during volunteers week, a thank you to all volunteers who help Aberdeen SANDS, run as a group , the committee, befrienders, fundraisers, awareness raisers, volunteers and anyone who has supported our group. We rely on volunteers to support our parents and families in the Grampian area.

### **Library Books**

Are you finished with any of our support or siblings books from our library? Please could we arrange to collect them from you?

Thanks in advance. If you could email [fiona.donald@sandsvolunteer.org.uk](mailto:fiona.donald@sandsvolunteer.org.uk) if you are finished with them, if not then no problem.

## Hazlehead Baby Memorial Garden



Thank you to the staff at Jim Reid Vehicle Sales & Service who kindly removed, refurbished and repainted our planters in our baby garden at Hazlehead Cemetery. Thank you to Anya and Strachan for replacing the plants. Thank you also to staff at Aberdeen City Council who have power washed, weeded and repainted the slabs in the garden. The garden was opened ten years ago and to mark this we laid a lovely wreath in the garden.

## Child Bereavement UK Helping Men and Boys Cope with Grief event.

Two befrienders from Aberdeen and one befriender from Moray attended a study day run by CBUK. It was a very informative day on how to help support men cope with grief.

We were joined by our two bereavement midwives from NHS Grampian and Sands provided them with funding to attend.



## Forget Me Not Garden at Hazlehead Crematorium

The new Forget Me Not Garden is coming along nicely, with an opening date of the 24<sup>th</sup> August and we are having an opening ceremony with the Lord Provost attending. The plants have been laid and a hedge planted and the two memorial stones and benches are now in place.

We have been working in conjunction with MISS charity and Aberdeen City Council.





We attend meetings of many third sector and NHS related groups raising awareness of SANDS.

### **Maternity Voices Partnership**

The committee now works with two focus groups in Buchan/Moray, and Aberdeen city/Aberdeenshire with SANDS still involved. Fiona is attending the local Aberdeen/Aberdeenshire group which meets every two months. If any parent or family member has any feedback, would like to join any of these groups or would like more information about the meetings, please email [fiona.donald@sandsvolunteer.org.uk](mailto:fiona.donald@sandsvolunteer.org.uk).

### **PIC Group (Grampian Perinatal & Infant Collaborative )**

Fiona and Tina represent SANDS at meetings for the new Grampian PIC group where more than 50 third sector charities have attended. The group shares information, experiences and the support they offer. At the last meeting we were presenting about the support Sands offers parents and families in the Grampian area. Thank you to Tina for stepping in as Fiona had technical difficulties and could not discuss the PowerPoint.

### **Bereavement Webpage Review-Focus Group**

A group of bereaved parents have been involved in reviewing the Bereavement pages on the 'Giving Birth in Grampian Website'. The group is reviewing and updating the webpage content and making it more accessible to those who have had a loss.

### **Foresterhill Mortuary Infant Bereavement Group**

A few meetings have now been discussing the environment of the new Mortuary being built on the ARI campus and its waiting areas including the factors which would make this space more comfortable for bereaved families focussing on infants up to young adults.

### **Aberdeen Council of Voluntary Organisations (ACVO )**

We have been invited to a few events through our connections with ACVO. During Volunteers Week we were invited to network with other voluntary organisations at CLAN house and then we attended the Aberdeen Town House one Friday, where the Lord Provost introduced the morning of 'The Promise' initiative with other Third Sector groups and charities who support children and families in our area.

### **Grampian Child Bereavement Network Group**

We hold our online calls every couple of months, and there is quite a few charities and groups attending who support bereaved children in Aberdeenshire, Moray and the city. It is really useful to share the support available for children and families in this area.

### **SANDS In Scotland Steering Group**

The Scottish Steering group has been meeting online and in person in the central belt, every two months or so. This is where members of all the Scottish groups come together, to look at how best to support bereaved parents and improve bereavement care throughout Scotland. The next Community Day is to be held in Dundee on 28<sup>th</sup> September. This year the focus is on volunteers, the team are eager from Sands volunteers and the day will focus on sharing and learning from each other.

### **Orkney Sands**

Orkney Sands has been set up to provide support to those affected by baby loss.

This will give opportunity for bereaved parents in Orkney to meet others who have been through a similar experience.

### **Anniversary Cards**



#### **Anniversary Cards**

Would you like an anniversary card in memory of your baby on their special day? Please email [help@aberdeensands.com](mailto:help@aberdeensands.com) for an application form. Please be assured all details are stored securely.

## A B Wellness and Reflex BLOG

We met Shona from AB Wellness & Reflexology at the Health & Wellbeing Festival in January. She invited us to write a blog for her weekly wellbeing newsletter about Babyloss and the support available.

Thank you to Jessica who wrote a beautiful piece for the blog.

You can read the blog here

<https://www.abwr.co.uk/nurturing-hope-and-finding.../>

Thank you to Shona for giving us the opportunity to raise awareness of Sands and the support we provide.

### Health and Wellbeing day

We held our Health and Wellbeing Afternoon for those who have been affected by the loss of a baby whether recently or long ago, in conjunction with Samantha from Relax, Release and Rebalance.

This was to mark the end Sands Awareness week, and the afternoon showcased alternative therapies which could help during the grief process following the loss of a baby. Attendees could book short taster sessions of hand, foot, head massages, reiki and reflexology.

Thank you to Sandra and Sam for organising and to the therapists for coming along and creating such a lovely afternoon for our bereaved parents.



## New Family Group Meetings

Trigger Warning: sorry this may be upsetting for some of you. If so please ignore.

We are planning to start our Aberdeen Sands Family Group following the summer holidays. The purpose of the group is to give a safe space for families who have suffered the loss of a precious baby to get to know others who understand in a relaxed environment.

We have booked some dates in Airyhall Community Centre between now and the Christmas party. The group will run monthly. It will run for 2 hours and have an activity for the children, refreshments and plenty of time to play/chat.

## FUNDRAISING

### Aberdeen Kiltwalk

Congratulations to all who took part in Aberdeen Kiltwalk who raised a total of £21,900 for SANDS in Scotland between all of our walkers on a very hot day.

74 walkers took part and have raised the above amount for Sands which is fantastic.

We had a Team Sands fundraising page which raised over £7000 but there were many others who had their own private JustGiving pages so the amount is a total from all the pages.

Thank you to everyone who chose Sands as their nominated charity and to Liz who created all the lovely kilts and to Aberdeen Academy of Dance for donating £230.00 to some of our walkers from sales of their programme at their latest Dance Show.



## Annual Beetle Drive

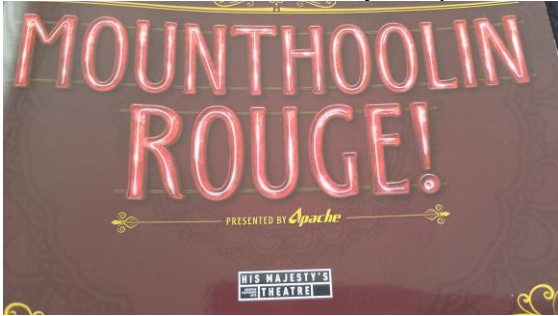
Our Beetle Drive was a sell out and a great success. We raised around £1400.00.

A BIG THANK YOU goes to all

who attended the Beetle Drive, donated, bought squares or raffles, helped on the evening set up or serve the refreshments and a big thank you to Sonia our master of ceremonies and organiser.

## Aberdeen Student Charities Campaign

Thank you so much to Aberdeen Student Charities who selected Aberdeen SANDS with a SILVER award of £3187.05 which will fund our ongoing costs such as our website, po box, ongoing supplies to the Rubislaw Ward and our new Family Group events. We received the funds at a disbursement event at Aberdeen's Town house in Aberdeen Maternity Hospital including memory making items and toiletries.



Thank you again and good luck to all the students who have now finished university or college who took part or were involved in the organising of all their events.

## TESCO Community Fund

Thank you to those who voted for Aberdeen Sands with their blue token over the last few months.

However

If you are shopping at TESCO in their stores on the Lang Straight, Westhill or Dyce please vote for Aberdeen SANDS with their blue tokens.

If we receive the most tokens this will fund our venue for our two monthly support meetings at CLAN House . Thank you please encourage your families and friends to vote for us.

## SANDS In Scotland Fundraising

Thank you so much and well done to Ryan aged 6 who along with his Mum and family decided to raise money for SANDS in memory of his big sister Emily.

Ryan did 5km around Duthie Park in Aberdeen, a 3000 squat challenge and the family did a 5km starlight walk. He raised £1746.12 and this was matched by SHELL by another £1000.00. Your efforts in memory of Emily are really appreciated.

Thank you to Danijea who took Part in UWCB and raised £1472.00 for SANDS in memory of Baby Ava. . These fundraisers will pay for memory boxes which are handed out by maternity hospitals, health professional bereavement training and literature to be handed out by the bereavement wards. SANDS relies on fundraisers like this so thank you.

Thank you to those who took part in 29 miles challenge in February, the 100 km challenge for March, and the 50k challenge in May, all raising valuable funds for SANDS In Scotland.

There are many ways to fundraise for SANDS in Scotland. Thank you to for taking part and raising awareness of SANDS. Your fundraising and donations are very much appreciated.

There is a wide variety of ways you can challenge yourself. More information available on [www.sands.org.uk/get-involved](http://www.sands.org.uk/get-involved).

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 who we haven't thanked above. It is greatly appreciated.

Thank You to Winter and Simpson printers for printing our Precious Memories booklets containing parents stories of their precious baby.







Thank you to Hilda who made these lovely wee bags for the photo albums for us out of an old wedding dress.

We are often asked if we can take wedding dresses which are beautiful but sadly we have no storage for them so sorry.

### Dates for the Diary

#### **CELEBRATE Parade 31st August 2024.**

Please put a date in your diary to join us walking down Union Street in the Celebrate Aberdeen parade on Saturday 31st August 2024. Joining in with other voluntary organisations to raise awareness of Sands. Thank you to Jen is organising this again for this year. Great day out and a fantastic way to help raise awareness of our group. Suitable for all ages young and old. If you fancy joining us please email [fiona.donald@sandsvolunteer.org.uk](mailto:fiona.donald@sandsvolunteer.org.uk)

### 'New Beginnings' concert

**On the 1st September from 2.30pm to 3.30pm in Springfield Church (formerly Craigiebuckler) Aberdeen.**

Emily will perform a concert on flute with some of her friends performing also in aid of SANDS. This will be to mark both Emily's transition from school to start her music studies at the Royal Conservatoire of Scotland (Glasgow), but also in memory of her stillborn sister Charlotte, who should have been her family's new beginning 19 years ago.

Tickets cost £10 which includes refreshments.

The link for online tickets will be available soon. Please put this in your diary and support Emily there will be many familiar tunes. Please use this link to purchase tickets: <https://rb.gy/t0ly4v>

### Photography Sessions

Eastside Photography are offering photo sessions to SANDS families in September. You can choose one of two beautiful locations for these mini sessions.

14th September is at Balmedie Beach

15th September is 'harvest' sessions held on the farm in the barley fields in Westhill.

It sounds like beautiful locations.

Kevin has advised that there are 20 slots available over the 2 days and Aberdeen SANDS will receive funds from the sales as we have in previous years.

Here is the link to book a slot

<https://www.signupgenius.com/.../904084EA4A822A1FB6...>

It was suggested before for SANDS families that you are welcome to take a memento of your precious loss if you wish so they are included in the photograph

### Donations

*Thank you to all who have fundraised or donated to Aberdeen (Moray) SANDS.*

£690.00 from Becca's Grammas funeral Mary from family and friends.

£131.00 from the ladies section at Hazlehead Golf Club.

£210.00 from Laurens baby Mollies funeral.

£1610.00 in total with £430.00 coming to Aberdeen SANDS from Sian she raised the money running 29 miles in February. She experienced a loss and was in Dr Grays and appreciated all the little extras sands provide so wanted to give something back. Got permission Sandra did

£1400.00 from Katie, her family and friends in the Fraserburgh area, who organised her FUNDRAISING Quiz back in February.

£500.00 from Tom and Joyce Charlotte's grandparents.

£1000 from Accura Measurement Ltd.

£410.00 from Mark and Rachel from a pool competition.

£75.00 from Liz who raised the money by selling toys, books and a raffle for a playmat.

£734.15 from Simon collected at the funeral of his fiancée Amy and his precious baby Aiden.

Thank you also Simon for raising £7190.00 and gift aid so over £8000.00 by taking part in the Aberdeen Kiltwalk

## **NEW ARRIVALS**

Celeste born in February, to Madeleine and John. Little sister to Estelle, Kira and the late Michael.

Georgia Grace Elizabeth born on 14<sup>th</sup> March weighing 7lbs 13oz to Hannah and Craig . Little sister to the late baby Thom.

Freya Lena born 10<sup>th</sup> April weighing 7lbs 3.5oz to Jan and James. Little sister to Lewis and the late Findley and the late Robyn.

Holly born on 15<sup>th</sup> April weighing 6lb 14 oz to Katherine and Chris. Little sister to the late Cameron.

Alfie Jack born on 24<sup>th</sup> April weighing 7lbs 6.5oz to Leyanna and Jono. Little brother to Vinnie & Ava and the late Louie.

Louie Robert born on 24<sup>th</sup> April weighing 8lbs 13oz to Robbie and Sally. Little brother to Colby and the late Indi.

Florence born on 7<sup>th</sup> June weighing 8lbs 3oz to Courtney and Dan. Little sister to the late Lillian.

## **ABERDEEN SUPPORT MEETINGS**

Both meetings are held at CLAN House, Westburn Road ABERDEEN AB252QA

### **MAIN SUPPORT MEETING**

1 <sup>st</sup> August	8.00- 10.00pm
5 <sup>th</sup> September	8.00- 10.00pm
3 <sup>rd</sup> October	8.00-10.00pm
7 <sup>th</sup> November	8.00-10.00pm
5 <sup>th</sup> December	8.00-10.00pm
9 <sup>th</sup> January	8.00-10.00pm

### **NEXT PREGNANCY GROUP**

14 <sup>th</sup> August	8.00-10.00pm
18 <sup>th</sup> September	8.00-10.00pm
16 <sup>th</sup> October	8.00-10.00pm
20 <sup>th</sup> November	8.00-10.00pm
18 <sup>th</sup> December	8.00-10.00pm
22 <sup>nd</sup> January	8.00-10.00pm

### **MORAY SANDS SUPPORT MEETINGS, The Mansion House, The Haugh, Elgin IV30 1AW**

21 <sup>st</sup> August	7.00-9.00pm
18 <sup>th</sup> September	7.00-9.00pm
16 <sup>th</sup> October	7.00-9.00 pm
20 <sup>th</sup> November	7.00-9.00pm
18 <sup>th</sup> December	7.00-9.00pm
22 <sup>nd</sup> January	7.00-9.00pm

2024 Quarterly Memorial Service for Early Losses  
East Chapel Aberdeen Crematorium at 10.30am

Wednesday 25<sup>th</sup> September  
Wednesday 11<sup>th</sup> December





