

QUARTERLY NEWSLETTER: Sept/Oct 2017

NEWS

WEBSITE

A big thank you to Sandra Stephen and Jennifer and James Maitland, along with DF COMMUNICATIONS for their creation of our new website. It provides a great deal of information on the support we offer. The website address is: www.aberdeen-sands.org.

A big thank you also to Jonathan Boughey for hosting our original website, email and helpline service for the last many years. These services are vital to allow bereaved parents to contact us.

BAIRD FAMILY HOSPITAL AND FUNDRAISING REQUIRED.

We have recently been shown as a group the latest design plans for the new hospital and the Bereavement Annexe in particular. Fiona Donald, Sandra Stephen, Susan Forsyth and other members of the committee have been involved from the start of the planning process and we now wish to fundraise for the interior decor and furnishing of this project. Anyone wishing to fundraise for this please email help@aberdeen-sands.org and we can guide you how to get started....

Contact Persons

CHAIRPERSON: Fiona Donald

SECRETARY: Susan Forsyth

TREASURER: Heather Robb

ANNIVERSARY CARDS: Pamela Styles

BEFRIENDER CO-ORDINATOR: Fiona Donald

RUBISLAW LIASON: Sandra Stephen

MEMORY POCKETS: Marjory Simpson

HELPLINE ROTA: Fiona Donald

WEBSITE: Sandra Stephen & Jennifer Maitland



HAZLEHEAD BABY GARDEN

Thank you to Rhiannon and Kevin MacDonald who decorated the planters at Hazlehead Baby Garden



RUBILSAW WARD

We have funded the two en-suite rooms in the Rubislaw Ward to be redecorated and upgraded. Hannah one of the midwives in the ward decorated the walls, new recliners, bedside furniture, blinds, bed linen, shower curtains, coffee makers etc. and freshened the rooms up. The corridors of the ward also had a small freshen up.



BEREAVEMENT TRAINING FOR HEALTH VISITORS AND HEALTH PROFESSIONALS

Thank you to Rachel Taylor for telling the story of her precious Archie at the Health Visitor Bereavement Training course back in May and to Sandra for talking about Aberdeen SANDS and raising awareness of us. Fifteen health visitors attended and this course will now take place on a bi-annual basis.

We also have another course which will be our 7th Bereavement training in September for health care professionals, the last course in June was attended by seventeen health care professionals.

It is only due to generous donations we receive that we are able to do this. These days are invaluable as it enables staff to gain the skills in how to best support families who have experienced a loss.

NEWS



BEETLE DRIVE

Thank you to all who attended the SANDS Beetle Drive, who sold 'Tropic's squares, or raffles we raised £1106.50 which was great. This year we have donated the money to our Baird Family Hospital Bereavement Suite, some of the project team were in attendance.

#15 BABIES A DAY CAMPAIGN

Thank you to (from left to right) Heather Robb, Jennifer Yeomans, Catherine Stewart, and Sandra Stephen, who raised awareness and highlighted that it is unacceptable that 15 babies die in the UK per day. They placed 15 babygros on a washing line at Hazlehead Park. Sandra also did an interview for Radio Scotland and the Evening Express.



OTHER INFORMATION

RGU BEREAVEMENT TRAINING FOR STUDENTS.

We continue to be involved in a Bereavement course at RGU for 1st and 3rd year student Midwives at RGU. There is a training session coming in September for the 1st year student.

SANDS/BLISS CONFERENCE IN BIRMINGHAM

Aberdeen, Banff and Buchan, and Moray SANDS are funding three midwives to attend this annual conference.

SPREE BOOK

We are selling spree books again this year £20.00 each. If you are interested please email help@aberdeen-sands.org SANDS receives monies from each book sold.

MAIN SUPPORT MEETINGS 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.

ABERDEEN SANDS CHRISTMAS SERVICE

Aberdeen SANDS Christmas service will be held at ARI chapel on Sunday 10th December.

10.30am Quiet Service

11.15 am Family Service

Refreshments afterwards and SANDS Christmas cards will be available

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

NEW ARRIVALS

Congratulation on the safe arrival of.....

Rebekah MacKenzie and Daniel Nicol on the birth of Madason Kathleen Autumn Nicol born on 6th January weighing 5lb 10 oz little sister to the late Adam.

Hayley and Greg Johnston on the birth of Rhys Laurence William Johnston on the 15th April weighing 5lb 2oz little brother to the late baby Poppy .

Louise and Colin Jack the birth of Andrew Iain Harris Jack born 8th July weighing 8lb 6oz. Little brother to the late Katie Rose.

Debbie and Adam Fraser on the birth of Holly Elizabeth Rose Fraser
Born 9th August weighing 7lbs 3 1/2 ounces. Little sister to Jake and the late Peter.

Karen Elrick and Scott Forbes on the birth of Eithne born 16th May weighing 7lbs 4oz. Little brother to Hewie and the late Lola

DONATIONS

£550.00 from Ithaca Energy Ltd this was in memory of one of their employees Natalie Thom and her husband Alan Urquhart and their precious baby Lily.

£100.00 from Bridge of Don Discussion Group where Fiona Donald and Susan Forsyth were asked to talk about the support our group offers bereaved families.

£40.00 from Rosemary and Bob Fraser and family for Gemma and Sarah Donald's Birthdays.

£105. 00 received a cheque from RGU students union.



£3651.00 from Louise's and Martyn Anderson in memory of their precious baby Theo.



£2645.76 from St Machar Academy School Charities Committee

£875.00 raised by Barry Mason who took part in the 2016 - Beards for Bairns. Requested to be used for memory boxes for RACH and the remainder £600 to our new bereavement Suite fund.

£20 donated by Susan Charles a member of staff in Rubislaw in lieu of Christmas cards

£160.00 which was donated in memory of Laura and Andrew Sutherland's precious baby Aurora May Sutherland and was collected at her funeral from friends and family.

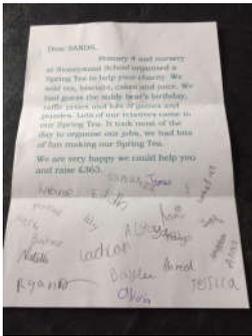
£20.00 donated by Mrs Ann Walterson.

£4665.00 kindly donated by APACHE. This money will be used for midwife and health visitor training next year.

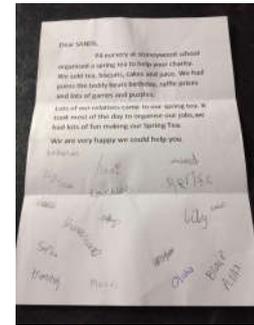
£206.00 from Colin Jack in lieu of birthday presents for his special birthday, in memory of Katie Rose Jack. He asked friends and family to donate to our Just Giving page.

FUNDRAISING

We now have a justgiving page for the Baird Family Hospital Bereavement Suite for those who just want give a donation. The web page is www.justgiving.com/fundraising/aberdeen-SANDS



£363.55 from Stoneywood Primary School raised by children in nursery and P4. They organised a spring tea all by themselves and invited their families along.



Thank you to Sandra Stephen for organizing a quiz night in aid of the new Bereavement Suite at the Baird Family Hospital. It was a sell out and well done to the winners who are members of the team from the new hospital. Thank you to David Chittleburgh and Archie Robb for their role as quiz master, it raised £1104.00.

£312.20 from staff at Inverurie Health Centre raised at their annual Xmas lunch.

£866 from Alan Urquhart who ran the Baker Hughes 10K and raised for Sands, in memory of his precious baby Lily

£432.50 from Michelle Annand who took part in a 2016 - Tandem skydive.

£1,200.00 by George Stewart who organised a Comedy Night and Disco.

£1500.00 raised by Michelle Annand and her two friends Julie and Cheryl Main by selling raffles and hampers.

£55.00 from Caroline Rodger who organised Family Fun Day for Sands.

£1000.00 was raised at the 'Prisilla of the Desert Night' at the Tivoli by David and Catriona McMullon From That's- Showbiz Productions.



£5000.00 from Nexen donated to our Just Giving page. Fiona Susan, Sandra and Isla had a photo at their premises. Robbie Dawrant also raised £10k for National SANDS, thanks to those who assisted at his bag packing and other events.



£2638.00 from Laura Dester who organised 2016 - Birthday Party/Reindeer Dust Sales in memory of her son Robbie Alexander Dester.

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

FORTHCOMING MEETINGS – All welcome

MEETINGS:

SHETLAND SANDS SUPPORT MEETINGS

Saturday 23rd September at 10.30am;

Tuesday 24th October at 6.30pm;

Saturday 25th November at 10.30am.

All meetings are at Islesburgh Community Centre. For more information please telephone: 07341945028 or email shetlandsands@hotmail.com

MORAY SANDS

The Moray meetings are to be held at 7.30pm.

20th Sep - Elgin Community Centre

18th Oct - Ugie House Hotel, Keith

15th Nov - Elgin Community Centre

20th Dec - Ugie House Hotel, Keith

ABERDEEN SANDS

For details of the venues above please contact the helpline:

Thursday 5 th October	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 2 nd Nov	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 7 th Dec	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 4 th Jan	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 1 st Feb	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 1 st March	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 5 th April	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 18 th Oct	8pm- 11pm	Next Pregnancy Meeting	Susan Forsyth's home
Wednesday 15 th Nov	8pm-11pm	Next Pregnancy Meeting	Rebekah McKenzies's home
Wednesday 20 th Dec	8pm- 11pm	Next Pregnancy Meeting	Natasha Hauzaree' s home
Wednesday 17 th Jan	8pm-11pm	Next Pregnancy Meeting	Catherine Stewart's home
Wednesday 14 th Feb	8pm-11pm	Next Pregnancy Meeting	Jennifer Maitland's home
Wednesday 14 th March	8pm-11pm	Next Pregnancy Meeting	Julie Jamieson's home
