



Stillbirth & neonatal death charity

QUARTERLY NEWSLETTER: Nov/Dec 2018

## NEWS

### AGM

We held our AGM in September which was well attended. Thank you to all the committee for their work over the last year and thanks to all for wishing to continue to run our group.

Thank you to Karla for joining the committee, along with two Moray SANDS committee members Rebekah and Karen. They joined as Moray SANDS became a satellite of Aberdeen SANDS. The Moray group kindly donated £2500.00 to the Baird Family Hospital bereavement suite.

We received for the meeting, impressive information from our website designer of the activity of our new website, how many people search it for how long and where about in the country and were pleased with the reports. We decided at the AGM to set up a twitter account for which Sandra is the administrator and we are looking to see if we can find an office space for our group.

### BEFRIENDER TRAINING

We are pleased that five of our parents successfully passed our Befriender Training and are now attending a few meetings as part of their probation period.

### 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.

### BEREAVEMENT TRAINING FOR PROFESSIONALS AND AT RGU TO STUDENT MIDWIVES.

Thank you to our parents who have helped at these training sessions by telling the story of their precious babies and to Sandra for coordinating the sessions. If anyone would like to do this please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org). £25.00 was put in a collection tin at the midwife training day .



### BAIRD FAMILY HOSPITAL BEREAVEMENT SUITE AND FUNDRAISING REQUIRED.

We are still working closely with the project team with regard to the new Bereavement Annexe and how it will look. Fiona, Sandra, Susan and other members of the committee have been involved from the start of the planning process.

### CHRISTMAS SERVICE

A big thank you to Mark for the lovely but emotional Christmas Service again this year. Donations for cards came to £233.75 thank you to all who donated.

## ABERDEEN SANDS

HELPLINE (0870) 7606649

EMAIL: [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org)

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

ADDRESS: PO BOX12113 Aberdeen AB16 9DX

Twitter: @SANDSABERDEEN

### Contact Persons

CHAIRPERSON: Fiona

SECRETARY: Susan

TREASURER: Heather

ANNIVERSARY CARDS: Pamela

BEFRIENDER CO-ORDINATOR: Fiona

RUBISLAW LIASON: Sandra

MEMORY POCKETS: Marjory

HELPLINE ROTA: Fiona

WEBSITE: James & Jennifer M

### RUBISLAW WARD AND ABERDEEN MATERNITY HOSPITAL

We continue to support the Rubislaw Ward with items such as memory boxes, memory pockets, toiletry bags, SD cards, patient line cards, and photograph albums etc.

### MATERNITY LIASON COMMITTEE

The committee continues to meet with Fiona and Susan in attendance, ensuring that SANDS is involved in shaping the Maternity Services in the Grampian area for the future. If the any parent has any feedback they would like taken to the committee, good and not so good, please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### CELEBRATE MARCH AND AWARDS

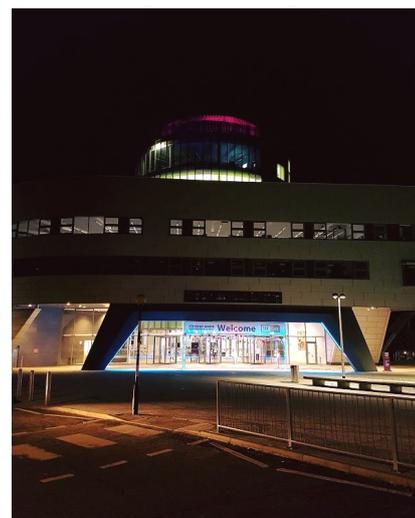


Thank you to Sandra for organising and to the group of parents that marched down Union Street for the Celebrate parade. We were one of three finalists for the small charity of the year award. We were invited to attend the Celebrate awards event at the AECC. We did not win but were glad of the chance to raise awareness of the support our group offers.

### HAZELHEAD BABY GARDEN

Thank you to Rhiannon and Kevin for planting spring flowers in the planters and we also had the main garden area replanted with lovely flowers.

### BABY LOSS AWARENESS WEEK



We would like to thank His Majesty's Theatre, and RGU Sir Ian Building for lighting up in pink and purple for this special week remembering baby loss.

## NEWS

### HMP GRAMPIAN SANDS AWARENESS SESSION

Fiona raised awareness of SANDS during Baby Loss Awareness Week in the education centre at the prison. A number of bereaved ladies attended where the prison chaplain said a few words, and Fiona talked about the support SANDS offers. There was lovely refreshments after the session and a big thank you to Fife College staff for asking us.

### RANDOM ACT OF KINDNESS



Along with many other Sands Groups in the UK to mark Sands 40<sup>th</sup> year and Baby Loss Awareness Week (9<sup>th</sup>-15<sup>th</sup> Oct) we were involved in the Sands '*Random Acts Of Kindness*'. 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. We distributed 105 bags - one for every baby that dies shortly before, during or after birth in a week. Thank you to Sandra, Kerry and the other people who helped to make up the bags.



### MISS (Miscarriage Information Support Service) CANDLE SERVICE

A few bereaved parents attended a lovely but emotional service during Baby loss Week run by Abi at the MISS GROUP. The MISS group holds support meetings for more information email [miscarriageinfosupportservice@gmail.com](mailto:miscarriageinfosupportservice@gmail.com).

A table was set up at the Rotunda at ARI in conjunction with MISS which was left up for Baby Loss Awareness Week (9<sup>th</sup> - 15<sup>th</sup>) which detailed the support available in Aberdeen for those who have lost a precious baby.

### 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](mailto:help@aberdeen-sands.org). Please be assured under the new GDPR rules your details will be held securely and will not be passed out to anyone else.

### YPI

Thank you to the young people at Robert Gordons College YPI team who selected Aberdeen SANDS as their chosen charity. Congratulations for getting through to the final and raising awareness of SANDS.

### UNITE STUDENTS ACCOMMODATION

Thank you to Gary for the use of a room at their Causewayend Premises and this group have selected SANDS as their charity of the year 2018/2019, thank you so much.

### ASCO FUND DAY

We were asked by ASCO to come along and raise awareness and show their staff how we spend the £7500.00 we received as our share in Aberdeen when ASCO choose National SANDS as their charity of the year in 2017. Thank you to Lyndsay and family, Alyson and Lauren for attending the event and sharing the support Aberdeen SANDS offers. Thank you again to ASCO for inviting us and for fundraising for SANDS, we received donations of £40.75 on the day.

## FUNDRAISING

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

£122.38 from the principal teacher for maths from Aboyne academy. Money was raised from a bake and donate cake stall for teachers the first day back to school.

£5109.65 raised by Louise at a Race Night that she organised at the Ashvale.

Big thank you to Lisa for selling the Spree Books again this year and raising £80.00. Thank you to all who purchased a book.

£1,953.13 was raised by Claire, Jeff, Catherine, Calum, Andrew, Blair and Marta who took part in the Ythan Challenge and raised for the new bereavement suite at the Baird Family Hospital.



## HUET CHALLENGE

Hannah her family, friends and a couple of SANDS family members took part in the Helicopter Underwater Escape Challenge at Survivex. Hannah raised more than £3067.50 towards the new Baird Family Hospital bereavement suite. Hannah though a great swimmer doesn't like enclosed spaces, so was a real challenge for her. Well done Hannah and all those who took part.



## DONATIONS

£2500.00 from Moray SANDS who donated the monies the Baird Family Hospital Bereavement Suite.

£3500.00 from Screwfix foundation from a grant that we applied for are the monies are donated to the new bereavement suite in the Baird Family Hospital. Thanks also to Rachel for suggesting we applied.

*MUIR  
Briefly Known,  
Forever Loved.  
Always Remembered.*

£375.00 in memory of Muir son of Suzanne. Donations in lieu of gifts at an afternoon tea held at Hazlehead. There was also a £50.00 online donation to National SANDS.

£800.00 from Aileen who held a 70<sup>th</sup> birthday party on the 28<sup>th</sup> July and is the Mum in Law of Jacquie in Moray branch of Aberdeen SANDS.

£30 from Rhona in memory of her twin boys Lewis and Kieran

£600 from North East Scotland Manchester City supporters club. They had a fun day which included the Premier League Cup they won last spring. Thank to Michael for the nomination and to the Bank of Scotland for their donations of £500.00 to National SANDS.

£520.00 from the Donald and Winton families collected at the funeral of Elma beloved Gran of the late Gemma and Sarah.



£1000.00 from TK MAXX Gordon and co workers put Aberdeen SANDS forward to the TJX Community Fund and won.



£3000.00 from UNITE STUDENTS Gary and the Aberdeen staff at the three facilities won the city of the year award for student accommodation and instead of spending the money on an evening out donated the £1500.00 to Aberdeen SANDS. UNITE head office then matched this giving us a total of £3000.00.

## NEW ARRIVALS

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

Alan and Emma on the arrival of George Angus on 20<sup>th</sup> April weighing 6lbs 5 oz little brother to the late Ava

Richard and Susan on the birth of Bo Hamish on 2<sup>nd</sup> July weighing 3500kg .

Rhiannon and Kevin on the birth of Eilidh on 17<sup>th</sup> September weighing 6 lbs 14 little sister to the late Harris.

## FORTHCOMING MEETINGS – All welcome

### MEETINGS:

#### SHETLAND SANDS SUPPORT MEETINGS

For more information please telephone: 07341945028 or email [shetlandsands@hotmail.com](mailto:shetlandsands@hotmail.com)

#### MORAY SANDS

Wednesday 19 <sup>th</sup> Dec	7.30pm	Ugie Hotel, Keith
Wednesday 18 <sup>th</sup> Jan	7.30pm	Elgin Community Centre
Wednesday 20 <sup>th</sup> Feb	7.30pm	Ugie Hotel, Keith
Wednesday 20 <sup>th</sup> March	7.30pm	Elgin Community Centre
Wednesday 17 <sup>th</sup> April	7.30pm	Ugie Hotel, Keith
Wednesday 15 <sup>th</sup> May	7.30pm	Elgin Community Centre
Wednesday 19 <sup>h</sup> June	7.30pm	Ugie Hotel, Keith
Wednesday 17 <sup>th</sup> July	7.30pm	Elgin Community Centre
Wednesday 21 <sup>st</sup> Aug	7.30pm	Ugie Hotel, Keith

#### ABERDEEN SANDS

For details of the venues above please contact the helpline:

Thursday 10 <sup>th</sup> Jan	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 7 <sup>th</sup> Feb	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 7 <sup>th</sup> March	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 4 <sup>th</sup> April	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 2 <sup>nd</sup> May	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 6 <sup>th</sup> June	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 4 <sup>th</sup> July	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 1 <sup>st</sup> Aug	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 <sup>th</sup> Dec	8pm- 11pm	Next Pregnancy Meeting	Natasha's home
Wednesday 18 <sup>th</sup> Jan	8pm- 11pm	Next Pregnancy Meeting	Sandra's home
Wednesday 20 <sup>th</sup> Feb	8pm- 11pm	Next Pregnancy Meeting	Jennifer M's home
Wednesday 20 <sup>th</sup> March	8pm- 11pm	Next Pregnancy Meeting	Jennifer Y's home
Wednesday 17 <sup>th</sup> April	8pm- 11pm	Next Pregnancy Meeting	TBC
Wednesday 15 <sup>th</sup> May	8pm- 11pm	Next Pregnancy Meeting	TBC
Wednesday 19 <sup>h</sup> June	8pm- 11pm	Next Pregnancy Meeting	TBC
Wednesday 17 <sup>th</sup> July	8pm- 11pm	Next Pregnancy Meeting	TBC