

QUARTERLY NEWSLETTER: March 2019

NEWS



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RGU 2nd YEAR STUDENT MIDWIVES

A big thank you to Sonia for telling the story of her precious baby Charlotte and raising awareness of our group to the students. We handed out copies of 'Guidelines For Professionals' to each student and there was many interesting questions.

BEREAVEMENT TRAINING FOR PROFESSIONALS.

Thank you to Catherine for helping at a recent bereavement training session by telling the story of her precious baby and thank you to Sandra for coordinating the sessions. If anyone would like to do this please email help@aberdeen-sands.org.

BAIRD FAMILY HOSPITAL BEREAVEMENT SUITE .



We were proud that Fiona was selected with another service user to 'Cut The Turf' at a ceremony for the new Baird Family Hospital, it was an honour. Fiona has been involved in working with the project team in the planning and design of the Bereavement Suite since the early stages of the project, also helping select the area on the ARI site that the hospital is to be built on.

As a result of working closely with the Baird Family Hospital team, at the end of February the project team got the exciting news that they had been selected to present a poster on this partnership at the prestigious NHS Scotland Event 2019 at the SEC, Glasgow! The theme of the event this year is 'Working together, improving outcomes' so it couldn't be a better fit. We wish the project all the best in the competition.



MORAY GARDEN



A few Moray parents and Tina a midwife took out their spades and dug out and planned a new garden area at Elgin Hospital in Moray. A shape was cut out in the shape of the SANDS logo and a lovely hedge was planted. A bench has now been delivered and there is a plan to hold a garden open day on the 25th May at 4pm. There will also be a memorial stone in the garden and anyone who wishes to attend is asked to bring a small pebble with their babies name on it to please place in the garden.

MATERNITY SERVICES LIAISON 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. Fiona is also involved in the new computerised notes for women at the Maternity Hospital called Badgernet and Fiona and Susan attended a Scanning Services Review meeting. If the any parent has any feedback they would like taken to the MSLC committee, good and not so good, please email help@aberdeen-sands.org.



Contact Persons

CHAIRPERSON: Fiona Donald

SECRETARY: Susan Forsyth

TREASURER: Heather Robb

ANNIVERSARY CARDS: Karla Christie

BEFRIENDER CO-ORDINATOR: Fiona Donald

RUBISLAW LIASON: Sandra Stephen

MEMORY POCKETS: Marjory Simpson

HELPLINE ROTA: Fiona Donald

WEBSITE: Sandra Stephen & Jennifer Maitland

NATIONAL SANDS AGM



Fiona represented our group at the National SANDS conference in Glasgow. There was an informal parents event on the Friday where you could meet other bereaved parents from around the UK in an informal setting. At the conference on the Saturday we were honoured to be in the company of Bel Mooney and Hazel Anne Lewis who founded the SANDS charity 40 years ago. It was an emotional but thought provoking day.

BABYLOSS MEMORIAL TREE IN THE CHAPEL AT ABERDEEN MATERNITY HOSPITAL.

A Babyloss Memorial tree kindly bought by a local company Johnston Carmichael, has recently been placed in the chapel at AMH. Bereaved parents can get a heart shaped leaf engraved and placed on the tree in memory of their baby. Aberdeen Sands has purchased more leaves. If you wish a leaf please email help@aberdeen-sands.org or the Bereavement and Pregnancy Loss Team nhsg.pregnancylossteam@nhs.net

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, photograph albums, keyrings and a new television for the day room. We also purchased a laptop for Myra Specialist Bereavement Midwife for NHS Grampian.

SCOTTISH STEERING GROUP

The Scottish Steering group meets in Glasgow 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.

YOUTH PHILANTHROPY INITIATIVE AT KEITH GRAMMAR

Three girls from Keith Grammar School selected Aberdeen SANDS as their charity for their YPI presentation. A big thank you to the girls for raising awareness of our group and well done for getting through to the final in your school.



SALLY'S SEWING

A huge thank you to Sally Mackay for hosting two sewing workshops back in January. We had a number of attending, including 2 travelling from Shetland and 2 travelling from Ayrshire. They all learned to make the baby gowns and bags for the photo albums that go in the memory boxes at the Rubislaw Ward.]

NOMINATED CHARITY OF THE YEAR

Huge thank you to Clarksons Platou a company based in Aberdeen for selecting Aberdeen Sands to be their nominated charity for the year. They will be holding fundraising events over the next year so we look forward to hearing about the events and supporting them in their fundraising efforts.

ANNIVERSARY CARDS

Should you wish a card on your baby's anniversary, please send your name, address, along with your baby's name and date of passing to help@aberdeen-sands.org. A big thank you to Pamela for sending out the cards over the last 11 years or so and to Karla Christie for taking this job on. Please be assured under the new GDPR rules your details will be held securely and will not be passed out to anyone else.



PRINTING OF ABERDEEN SANDS LEAFLETS

A big thank you to Jasmine Ltd for printing our new Aberdeen Sands leaflets. The company generously helped design and print the new leaflets for free.

SANDS UNITED FC

This is a unique way for Dads and other bereaved family members to come together through a shared love of sport and find a support network where they can feel at ease talking about their grief when they're ready. The teams also commemorate their babies' all too brief lives by proudly displaying their names on the kit worn for every match. National SANDS dream is for a Sands United FC team in every corner of the UK so if you're interested in setting up a team please get in touch so they can support you in making this happen.

TRANSFORMING LOSS IN SCOTLAND

Aberdeen Sands were delighted to have been able to fund 6 members of staff from Aberdeen Maternity Hospital and Dr Gray's hospital in Elgin to attend this conference in Edinburgh. Huge thanks to those who fundraise or donate money to us as without you we wouldn't be able to do things like this.



Events

BEFRIENDER TRAINING

The next course is in Scotland 8th and 9th September 2019. But we are unsure where. Would you like to become a befriender? If you are interested please email help@aberdeen-sands.org

SCOTTISH NETWORK DAY

This years Scottish Network Day is at the Marine Highland Hotel in Troon, Ayrshire on May 11th 2019. A few of our parents from our group are hoping to attend, therefore if you are interested or require more information please email help@aberdeen-sands.org.

ABERDEEN KILT WALK 2nd JUNE 2019

National SANDS is actively promoting it for the first time and is asking our supporters to sign up and raise funds for Sands in Scotland.

There is three distances to choose from which will have appeal across age ranges and is suitable for family groups as well as individuals:

- 26 mile Mighty Stride – Restricted to participants aged 13 and above
- 13/8 mile Big Stroll – Restricted to participants aged 10 and above
- 6 mile Wee Wander – Restricted to participants aged 5 and above.

SANDS fundraising is aiming to get 15 participants at each of the Scottish Kiltwalk venues each committed to raising £200 - that could potentially raise £12,000 and would enable us to provide 400 memory boxes for bereaved families in Scotland or provide training for over 150 midwives.

You can sign up at the Get Involved section of the Sands website.

ANNUAL ABERDEEN SANDS BEETLE DRIVE

We are holding our annual Beetle Drive at Airyhall Community Centre on the 7th June 2019 at 7.15 pm.

Come along and have fun whilst raising funds. SANDS parents please can you bring a raffle and home bakes for the refreshments at half time. All are welcome to attend this fun evening.

CELEBRATE MARCH DOWN UNION STREET

Aberdeen Sands took part in this last year so hoping to do it again this year so will be looking for folk to come and walk with us. Great way to raise awareness of Sands. A date for the diary and more information will be given out nearer the event time which is in on 24th August 2019.

NEW ARRIVALS

Congratulation on the safe arrival of.....

Ivy - rose Margaret Macdonald on 27th December to Jo weighing 6lbs 9. Little sister to Ray.

Leah Maggie Hope was born 7th March 2019 to Louise and Martyn weighing 5lbs 8oz. Little sister to the late Theo Martyn.

FUNDRAISING



£10,000 from the pupils at Mackie Academy. Two of Mackie's pupils selected SANDS as their YPI charity last year and the school then choose to fundraise for Aberdeen SANDS as their charity of the year, for their sponsored walk. Four of the pupils raised £500.00 between them.

HANNAH MILEY HUET CHALLENGE

Big thank you again to Hannah and her family and friends for organising their fundraiser the final total was £3067.50.



BAKER HUGHES 10K

We wish those of our parents and family members all the best who are taking part in this fundraising event on May 5th

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

DONATIONS

£75.00 from Barry and Claire from the sale of a Snuzpod

£300.00 from Aberdeen African Catholic Ladies AACL.

£150 from IPOS MORI Scotland. Mark MacDonald MSP was interviewed by them and he asked that they make a donation to our group.

£1775.00 from Natasha and David kindly fundraised in memory of their precious baby Freddie.

£233.75 which was made from the donations for the Christmas Merchandise at the service and the Children's Christmas Party

£646.51 from Lorna, her father passed away George and SANDS had a special place in his heart. The monies are a donation from the family and friends at this funeral and the money is to go toward the SANDS garden in Moray. This money purchased a bench and some of the planting for the garden.

£241.06 was donated by our Moray befriender Rebekah's customers at her workplace dropping in at her work.

£20.00 from Louise in lieu of Christmas cards.

£401.50 from Kelly and Gavin at Charlie Danny's funeral to be spent on love heart keyrings. Sadly missed by all.

Val and Neil donated £10K to SANDS. £5k is to go to SANDS Scottish Research Project and £5k to the Baird Family Hospital Bereavement Suite project, in memory of their precious twins.

£750.00 from the family of Harry kindly collected at his funeral father of Laura.

£100.00 from Macphies of Glenbervie towards Jen Y's Inverness Half Marathon which she ran well done.

£250.00 from Aileen in memory of her nephew Findley and Aileen ran the Aviemore Half Marathon and received kind donations from family and friends and wishes the money to be split between Aberdeen SANDS and Rubislaw Ward.

£1245.00 Jennifer did the Great Aberdeen Half Marathon in memory of Freddie and her monies raised are to go to the Baird Family Hospital Bereavement Suite.

IN MEMORY

ABERDEEN SANDS sends their thoughts and are extremely sad that Charlie Danny born on 3rd December 2018 to Kelly and Gavin weighing 5lb15oz. He was a little brother to Tommy, Findlay and the late Katie and sadly passed away 2nd January 2019.

MEETINGS:

SHETLAND SANDS SUPPORT MEETINGS

For more information please telephone: 07341945028 or email shetlandsands@hotmail.com

MORAY SANDS

Wednesday 20 th Mar	7.30pm	Elgin Community Centre
Wednesday 17 th April	7.30pm	Ugie House hotel Keith
Wednesday 15 th May	7.30pm	Elgin Community Centre
Wednesday 19 th June	7.30pm	Ugie House hotel Keith
Wednesday 17 th July	7.30pm	Elgin Community Centre
Wednesday 14 th Aug	7.30pm	Ugie House hotel Keith
Wednesday 15 th Sept	7.30pm	Elgin Community Centre
Wednesday 16 th Oct	7.30pm	Ugie House hotel Keith

ABERDEEN SANDS

For details of the venues above please contact the helpline:

Thursday 4 th April	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 2 nd May	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 6 th Jun	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 4 th July	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 1 st Aug	8pm- 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 5 th Sept	7.30pm – 8.30pm	AGM	
	8.30pm – 11pm	Main support meeting	Sportsman's Club 11 Queens Road Aberdeen AB15 4YL
Thursday 3 rd Oct	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 20 th Mar	8pm- 11pm	Next Pregnancy Meeting	Jennifer 's home
Wednesday 17 th April	8pm- 11pm	Next Pregnancy Meeting	Natasha 's home
Wednesday 15 th May	8pm- 11pm	Next Pregnancy Meeting	Debbie 's home
Wednesday 19 th June	8pm- 11pm	Next Pregnancy Meeting	Julie's home
Wednesday 17 th Jul y	8pm- 11pm	Next Pregnancy Meeting	Sandra's home
Wednesday 14 th Aug	8pm- 11pm	Next Pregnancy Meeting	TBC
Wednesday 18 th Sept	8pm- 11pm	Next Pregnancy Meeting	Sandra's home
Wednesday 16 th Oct	8pm- 11pm	Next Pregnancy Meeting	TBC
