



Stillbirth & neonatal death charity

## ABERDEEN SANDS

HELPLINE (0870) 7606649

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NEWSLETTER: JUNE 2020

### NEWS

PLEASE FOLLOW US ON TWITTER @SANDSABERDEEN  
& FACEBOOK @ ABERDEEN SANDS



*We hope you are bearing up to the severe limitations, we are having to adjust too, during lockdown which makes it really difficult for all especially bereaved parents getting support from friends and family.*

#### SUPPORT MEETINGS

During this difficult time we have set up a messenger page for any parents to support each other and a Facebook private page for those who normally attend or who wish to get support from the Next Pregnancy Meetings, whilst we are unable to host face to face meetings. We have a number of ladies expecting at the moment getting support from each other in the group, with the unfortunate restrictions in place at present attending any maternity appointment. To help those expecting we posted out a wee pamper pack for them to help them relax.

We have zoom meetings on the dates that our meetings would normally take place. The first Thursday of the month for main support and third Wednesday of the month for Next pregnancy support after a loss. If you would like more information on either group please email [help@aberdeen-sands.org](mailto: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



#### BEREAVEMENT TRAINING FOR PROFESSIONALS.

Thank you to Laura and Catherine for helping at a recent bereavement training session to professionals by Laura telling the story of her precious baby and Catherine for talking about Aberdeen SANDS. Thank you to Sandra for coordinating the sessions. If anyone would like to do this in the future please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

#### SCOTTISH STEERING GROUP

The Scottish Steering group still meets either in Glasgow or by conference call 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.

#### HAZELHEAD BABY GARDEN

Thank you so much to Jamie McDonald who kindly stained our benches and planters at our garden at Hazlehead and Jamie kindly donated his time for free. Thank you to Duluxcentre in Aberdeen for donating the stain.



### **MATERNITY VOICES PARTNERSHIP**

The committee is changing the way it will receive feedback from parents with SANDS still involved. If any parent has any feedback they would like taken to the MVP committee, good and not so good, please email [help@aberdeen-sands.org](mailto:help@aberdeen-sands.org).

### **CRUSE**

We met and did a talk to Cruse counsellors about the support we offer in Grampian to bereaved families with a view of possibly working together in the future.

### **BOOK**

A book called 'When Grampa was a Boy' has been published by one of our bereaved grandparents in memory of her beautiful granddaughter Gail. Liz is helping raise money with the sale of the book for SANDS, thank you for selecting SANDS as one of the charities. For more information on this children's book for age 2 to 6 years please email [Lizcouthts@aol.com](mailto:Lizcouthts@aol.com)

### **JOHN LEWIS**

Thank you to the staff in the Nursery Department in the store in Aberdeen for inviting us to share how to care for bereaved parents when they cancel/bring items back for a refund. We mentioned also the new guidelines for employers issued by SANDS in February.

### **FUNERAL DIRECTOR**

Thank you to Laura from Coop Funeralcare in Aberdeen for inviting Sandra and Fiona to visit Rose Street so we could give advice on how staff can help improve the service they provide to bereaved families, following the loss of a baby in any of their nine branches. We look forward to continuing to work in partnership with her.

### **NATIONAL BEREAVEMENT CARE PATHWAY**

The launch that was planned of the Pathways was cancelled, however the 5 pathways of care are available to be viewed on the NBCP Scotland website. The piloting of the pathways has been paused for those early adopters health boards which includes Grampian. In May a video was launched where parents explained why they think the pathway is important and how they hope it will help families in the future.

### **NATIONAL BEFRIENDER ZOOM MEETINGS**

Befrienders are encouraged to attend twice monthly online zoom meetings, where Befrienders from around the UK can discuss helping to support family members during COVID19 restrictions.

### **ABERDEENSHIRE CHILD BEREAVEMENT NETWORK GROUP**

There has been two zoom calls of this group with charities and groups supporting children in Aberdeenshire and the city attending of which we are a part. This has been proven to be really useful sharing the support available for children and families in this area

### **LORD PROVOST HARDSHIP FUND**

We are pleased to have won a small Grant to fund our subscription for Zoom for a few months and postage of literature to families and other related costs of the COVID19 lockdown restrictions.

## NEWS Cont...

### RUBISLAW WARD, ABERDEEN MATERNITY HOSPITAL AND DOCTOR GRAY'S ELGIN



We continue to support the Rubislaw Ward and Doctor Gray's in Elgin with items such as memory boxes, memory pockets, toiletry bags, sd cards, photograph albums, keyrings, etc and we still hope to refurbish a bereavement room in the next few months in Doctor Gray's.

SANDS has provided new smaller memory boxes and pouches which have now arrived in the hospital.

### SANDS AWARENESS MONTH

In June SANDS was focusing on supporting healthcare professionals.

Bereavement following the death of a baby is one of the most difficult parts of the job for many health care professionals.

We are so grateful to the staff in Dr Grays and AMH in particular Rubislaw ward for everything they do for bereaved families.

Aberdeen SANDS donated cakes to the Rubislaw Ward and have made a Thank You book for the staff.

## DONATIONS

£3888.00 from Robertson Trust and Macallan distillery in Moray.

£500.00 from Converged Communication Solutions who selected SANDS as one of their two charities to which employees donated in lieu of Christmas Cards.

£157 donation from staff at Keith medical group at Keith health centre

£57.20 from Aberdeen Airport Security

£40.00 from Rosemary and Bob Fraser and family for Gemma and Sarah's birthdays

£1500.00 from Leanne and David Rodger who kindly asked their wedding guests to donate to SANDS in lieu of presents.

£1172.00 from Aimee Wallace and her "Wallace's Walkers" (Aimee), Ariane, Emma, Gemma and Irene who took part in My Marathon My Way for SANDS

£400.00 from Katie Gibson who sold tablet to family and friends.

£80.00 from Cults Church Guild



## 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 that under GDPR rules your details will be stored securely and not passed on to anyone else.

## CANCELLED EVENTS

### CRAFT EVENING

We had a craft evening set up for parents at the end of March which was postponed due to virus lockdown however we will still hold it once restrictions allow.

### BEETLE DRIVE

This annual event has been cancelled for this year however we have asked anyone that thought they would have attended and if they wished to donate the entrance fee to Aberdeen SANDS and we raised £225.00. The event will resume in June 2021, giving attendees an extra time to practice.

### CELEBRATE PARADE

The Celebrate parade is cancelled for this year however we hope to still be involved in celebrating in other ways with volunteering organisations in this area within COVID restrictions.

### KILTWALK ABERDEEN

Thank you to those who were going to partake in the Kiltwalk, which was sadly cancelled for 2020 in Aberdeen, however the Hunter Foundation doubled the Just Giving donations and we received £ 770.00.

## EVENTS

### ZOOM QUIZ

We held a zoom fun Quiz Night hosted by Sandra which was well attended and we hope to have another one in the future.

### SANDS SCOTLAND

There are events where you can get involved for SANDS Scotland for information please visit [www.sands.org.uk/get-involved/fundraising](http://www.sands.org.uk/get-involved/fundraising). SANDS Scotland provides memory boxes, bereavement support literature and bereavement training for professionals of many different disciplines and at three Universities in Scotland. All of which aims to improve the care given to bereaved families when their world has fallen apart with the loss of their baby. There are quite a few fundraising events scheduled to take place in the central belt in September/October 2020, restrictions permitting.

### BABYLOSS AWARENESS WEEK2020

Can you help turn Scotland Pink and Blue during #BLAW20. We were thrilled to see buildings across Scotland go blue in support of the NHS, so we're excited to see who can join us in going pink & blue in October for BABYLOSS. If you know of any or can help us organise other buildings going pink and blue please let us know or visit <https://babyloss-awareness.org/pink-blue> or email [babyloss@sands.org.uk](mailto:babyloss@sands.org.uk)

## FUNDRAISING

### GUNHOO FUNDRAISING EVENTS

We planned to partake in a Gun Hoo fundraiser, which was cancelled due to lockdown. We encouraged participants and any others interested to do a run walk or cycle, independently in their own community, and send a photo which was made into a mini video. We were pleased that 15 different families took part and we raised on Just Giving £5000.00 Thank you to all who participated and to those who donated and thank you to Sandra for organising.



### FUNDRAISER FOR SANDS

Thank you to Hannah Miley who took part in #26 Olympians Challenge 26 times for SANDS.

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

## NEW ARRIVALS

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

Louie Sandy John Smith born 20<sup>th</sup> May to Karla and Martin weighing 7lb 12oz little brother to Libby and the late Millie

## FORTHCOMING MEETINGS – All welcome

### SHETLAND SANDS SUPPORT MEETINGS

For more information please telephone: 07341945028 or email [admin@shetlandsands.co.uk](mailto:admin@shetlandsands.co.uk)

### MAIN SUPPORT MEETING

On zoom until we can meet face to face at Sportsmans Club 11 Queen's Road ABERDEEN AB154YL

6 <sup>th</sup> August	8.00- 10.00 pm
3 <sup>rd</sup> September	to be confirmed
1 <sup>st</sup> October	8.00 -11.00pm
5 <sup>th</sup> November	8.00 -11.00pm
3 <sup>rd</sup> December	8.00 -11.00 pm
7 <sup>th</sup> January	8.00-11.00pm

NEXT PREGNANCY GROUP-On zoom until we can meet again face to face.

15 <sup>th</sup> July	8.00- 10.00pm
19 <sup>th</sup> August	8.00 -10.00pm
16 <sup>th</sup> September	8.00-10.00pm
14 <sup>th</sup> October	to be confirmed
18 <sup>th</sup> November	to be confirmed
16 <sup>th</sup> December	to be confirmed
20 <sup>th</sup> January	to be confirmed

MORAY SANDS SUPPORT MEETINGS to be confirmed when they will begin again due to the restrictions however any parents are welcome to join Aberdeen Main Support Meetings on zoom.

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