



ABERDEEN SANDS

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Charity Number 299679 SCO 42789

NEWSLETTER: October2023

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@aberdeen-sands.org.

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 books for adults and children are available from their library.

Support For Dads

National SANDS have online support meetings for bereaved parents and also specifically for bereaved Dads to receive support. If you would like more information on the dates and the zoom link, please email help@aberdeen-sands.org.

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's Elgin



We continue to support the Rubislaw Ward and Dr Gray's in Elgin with items such as memory boxes, toiletry bags, SD cards, USB sticks, leaflets, photo albums and hand and footprints.

In Rubislaw we donated heart keyrings for twins and more recently men and women's pyjamas. SANDS already supply the single heart keyrings in the memory boxes.

We have provided a refreshment trolley to the Rubislaw Ward between the two ensuite rooms for bereaved families to access refreshments and one our parent families Danielle and Barry have kindly donated a mini refrigerator which sits on this trolley.

Rubislaw Garden



Thank you to Soroptimist International Aberdeen's members for tidying up the garden between Rubislaw and the Neonatal unit, with new plants added to the many planters.

We are pleased that the side door in Aberdeen Maternity Hospital beside the Reproductive Unit and Rubislaw Ward is now open again 7am until 7pm, having been closed for Covid.

Moray News

Doctor Gray's Forget Me Not Room

Huge thank you to SFS Art for donating this beautiful painting for the bereavement room in Dr Gray's Hospital and to Nicole at Glenisla Frames for framing the painting. The room is looking very homely now.



Johnston Carmichael in Keith organised events such as a coffee morning and a quiz night and raised £2895.54 over the year, as well as awareness of the support offered in the Moray area. What a fantastic amount thank you.



Frank S Maclean funeral directors continue with their fundraising and held a stall at Gordon Highland Games raising money and

TESCO Community Grant

A big THANK YOU to all who voted for Moray SANDS at TESCO in Keith, WE WON £518.00, receiving a Keith Community Grant. This will help support bereaved parents in Dr Gray's in Elgin with memory making items, toiletry sets, children's books and other items to make their stay more comfortable.

Hazelhead Baby Memorial Garden

We have had two groups of people helping us with our garden. The ladies from Hazlehead Golf Club donated money £165.00 which enabled us to purchase new plants and volunteers from Anderson Anderson Brown kindly tidied up the garden clearing up the weeds on the path area and trimming the plants

To get to the Hazlehead Baby garden turn up the Aberdeen Crematorium road and turn first left along the bottom of the graveyard. Park in the car park and you will see the wall from the Baby Garden in front of you.

RGU Talk to Student Midwives Stage 3

Thank you to RGU Nursing and Midwifery School for inviting Sonia to share her story, 'A Parents Perspective', to Stage 3 student midwives in person and online.

A Big Thank you to Sonia for delivering her talk and to the SANDS parents who kindly shared what was good about their bereavement care and what wasn't so good which was discussed with the students.

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

Health Visitors

We have donated siblings stickers for children's red books and siblings cards that can be passed to nursery or playgroups to two teams of Health Visitors in the city. If any professional or parent wishes either a sticker or card, please get in touch.

Support Books and our library.

A few of our parents have been reading a wide range of support books. One parent has given us a few titles to purchase for the library and another has donated the support books she has read. Thank you to both, we used money donated by Student Charities to fund this.

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 aberdeensands1@gmail.com if you are finished with them, if not then no problem.

New Babyloss Garden at Hazlehead Crematorium, Aberdeen

The new Babyloss Garden at Hazlehead Crematorium, Aberdeen had its Ground Breaking ceremony on 30th June with Sandra and Fiona attending.

Thank you to Aberdeen City Council, MISS charity and Aberdeen City Lord Provost David Cameron for attending.

This garden is for anyone affected by Babyloss and our Memorial Stone that's close by will be moved to this area along with our bench which was donated by parents in Shetland .

Baird Family Hospital

We continue to work with the new hospital project team. Recently we have had a meeting with the Art coordinator Alexandra, where ourselves as well as other service users and third sector groups are getting involved in the Art for the new building. Susan and Fiona attended a meeting with one of the selected artists Bespoke Atelier. We started to think about patterns, drawings, themes and illustrations for the interior of the Birthing Annexe (to be called Rubislaw); specifically on the balcony areas. The Arts Trust team also attended one of our support meetings to speak with parents.

We were pleased to be able to visit the new hospital building site with Clea Harmer, Jen Coates and SANDS Scotland staff. What a difference from our visit last year with the bereavement Rubislaw Suite looking much bigger than we imagined with outside balcony for both ensuite rooms.

Thank you to the project team for continuing to involve parents from our group in this project.



June was SANDS Awareness Month

During volunteers week we said and still want to say a big Thank You to anyone who volunteers for SANDS. Aberdeen Sands is run entirely by volunteers.

Our volunteers have helped in many ways from befriending, answering phones, sending memorial cards, ordering items, keeping our finance records in order, sharing their precious story, helping out at events and even dressing up as a bear to name just a few.

If anyone is interested in volunteering for us please email help@aberdeen-sands.org for more information

A big thank you to Helen for her sharing her story about her precious George on the STV news and to Sandra for raising awareness of the support SANDS offers.

We offer our CONGRATULATIONS to Sandra for gaining an AWARENESS Award from National SANDS for her work in raising awareness of SANDS in the Grampian area.

From organising fundraising events to the Babyloss Awareness tree in October and the SANDS logo written on Aberdeen beach last year; her enthusiasm and ideas are always fabulous.

Granite City Gathering Conference Aberdeen.

We attended the Granite City Gathering in June where we raised awareness of baby loss and the support SANDS offers families including those long ago bereaved. There were over 150 people in attendance and many people stopped by our stall and took leaflets and business cards.

National Childbirth Trust Nearly New Baby Sales

Thank you to the Aberdeen city and shire NCT for raising awareness of the support SANDS offers bereaved parents at their nearly new sales by distributing our leaflets and business cards in June. We are pleased at the awareness this will have raised of the support SANDS offers. If anyone else would like our leaflets or business cards to display or distribute please get in touch with us help@aberdeen-sands.org

Celebrate Parade.

Thank you to Jen for organising and to those who took part in the Celebrate Parade down union Street which raised awareness of SANDS and the support it offers bereaved parents.

National Bereavement Care Pathway Launch Event

The NBCP launch event was held earlier in the year. It was an excellent day which gave an opportunity for bereaved parents and professionals to network. There were brave parents from across Scotland who shared their experiences of bereavement care and presentations from professionals including Marcia and Myra, bereavement midwives for NHS Grampian which was a pilot for the NBCP.

Thank you Jessica for sharing Finlay's story alongside your experience of bereavement care, at the National Bereavement Care Pathway learning event held in Aberdeen for Health Professionals around Scotland.

Bereavement Training

Our Bereavement Awareness sessions were well attended in Aberdeen with over 50 professionals – midwives, Health Care Support Workers and Health Visitors. Thank you to Sophia from Sands for delivering the sessions and to Amber and all the Practice Education team at AMH in helping coordinate the bookings. In Dr Grays in Elgin there were 21 professionals including midwives, paediatric nurses, doctors, Health Visitors, sonographers and Health Care Support Workers. Thank you to Tina for sharing her story of precious Alfie and along with Lorna for organising the refreshments.

Bereavement training for staff is essential to ensure they are equipped with the skills to support families. More Bereavement Awareness training dates have been booked for 26th October two half days in Aberdeen and a full day course in Elgin 27th October.

For more information on training please view link

<https://training.sands.org.uk/>.

Befriender Training

Two befrienders from our group attended the Booster Training over a couple of half days. It was good to speak to others from around the UK and hear their experiences of befriending.

We are always needing Befrienders in our group in Moray and Aberdeen to support parents. For more information about how to become a Sands befriender go to sands.org.uk/befrienders or email help@aberdeen-sands.org.

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.



Scottish Community Day in Trinity Hall.

The venue was the beautiful Trinity Hall, thank you to them for ensuring the day ran smoothly. Thank you to all who attended, our speakers and those who facilitated the workshops. One of the workshops was with eight of the artists who are working with the Baird Arts Trust on the new hospital building. Special thanks to Jessica who shared her story about her precious Finlay. Also a special thanks to Emily and Laura 2 very talented girls who played the piano and flute during our remembrance session.



The committee continues with focus groups in Peterhead, Inverurie, Moray and Aberdeen with SANDS still involved. Fiona is attending both the local Aberdeen group which meets every two months and the larger Grampian overall group.

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 help@aberdeen-sands.org.

Grampian Child Bereavement Network Group

We hold our online calls every couple of months, and there are 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.

Anniversary Cards

Would you like an anniversary card in memory of your baby on their special day? Please email help@aberdeen-sands.org or aberdeensands1@gmail.com for an application form. Please be assured all details are stored securely. Thank you to our parent who continues to send these cards out to bereaved parents.

FUNDRAISING

Aberdeen Student Show

We were invited to the Aberdeen Student Show disbursement afternoon as we were a Silver nominated charity and are delighted to say we received an amazing £ 3,126.43 . Thank you to all at [Aberdeen Student Show](#) for all the work they do to support and raising awareness of local charities.

Annual Beetle Drive

Thank you to all who attended the Beetle Drive we raised £1341.00 whilst also having a great evening. Thank you also to those who purchased Tropic squares or raffles, those who gave a donation, and those who helped on the night. Thanks to our compere Sonia and to Rhona for providing the Tropic baskets. Well done to the winners and commiseration to the losers.

Thanks to the person that donated the colourful dice.

Ladies Night

Back in March our SANDS Ladies night was attended by 160 ladies who were treated to a fantastic meal and live entertainment. We raised £6871.60

Thank you to Melissa and Gavin for the donation of £1500.00 from their long, long walk fundraiser in memory of Harris. They walked from Aberdeen to Ballater and around Loch Muick with family and friends joining them. This will fund our support meetings at CLAN House in the conservatory for just over a year

Donations

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

£50.00 Lindsey in Moray selling furniture and donating the proceeds to SANDS.

£10.00 from Frank S McLean and Son funeral directors in Buckie.

£107.30 from Johnston Carmichael in Keith

£250.00 from the Parents and Grandparents of Rhuairi.

£165.00 from the Ladies section at Hazlehead Golf Club, which was raised during the winter season and we purchased plants for the planters at Hazlehead Baby garden.

£74.00 from Greg's Cupcakes and Bakes from a raffle that was held during SANDS Awareness Month.

£1022.50 from Lyndsey and family who raised this for Lyndsey and in memory of Kirsty her daughter both having big Birthdays.

£1000.00 from Total Energies from the offshore Alwyn team.

£1000.00 from Accura Measurement Ltd.

£220.00 from Eastside Photography. For the second year in a row they have organised sessions for SANDS parents where they can get photos taken with momentous of their lost baby and donations from these sessions will come to our group

Thank you Colette in Moray who raised £1325 in memory of her precious daughter Ruby. Thank you for sharing your story in the press and helping raise awareness of Sands.

Thank you to Kerry-Lee and her husband for raising awareness of Stillbirth and by sharing their story about the loss of their precious daughters, Olivia and Aimee .

Fundraising and Donations continued.

Aberdeen Kiltwalk.

Thank you and well done to those in Aberdeen who took part in the Kiltwalk raising money and awareness of SANDS In Scotland. Hope your legs were not too sore.

Thank you and well done to Julie who raised £836.00 taking part in the My Marathon My Way 2023 in memory of Baby Lucan.

Thank you and well done to Robbie and his friend Tam who walked the South Glen Shiel Ridge in memory of his precious daughter Indi Grace Jane. They fundraised for SANDS in Scotland and have raised over £1630.00.

Fund Raising for SANDS In Scotland

We have a few parents fundraising for us over the next few months from Walking their dog challenge to the 'One Million steps' fundraiser, well done to all who raise awareness and funds this way .

There are many ways to fundraise for SANDS in Scotland and here is a small portion of the events that Aberdeen SANDS parents took part in. Thank you to for taking part and raising awareness of SANDS.

There is a wide variety of ways you can challenge yourself. More information available on 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> .

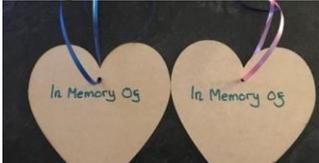
Thank you to those who have donated through this medium who we haven't thanked above. It is greatly appreciated.

London Marathon

Phil, Rhiannon's Dad and Harris's Grandad, ran the London Marathon for SANDS with some of our babies names on his back; one baby's name for each mile he ran which he called Harris' Heroes. Thank you so much Phil.

Dates for the Diary

Baby Loss Awareness Week 9th to 15th October



We are hanging wooden hearts with babies names on a tree at Hazlehead Park during BLAW to help raise awareness on Saturday 7th Oct. They will remain on the tree for 7/10 days and the tree will be lit up pink and blue at night.

For those who had a heart last year we will be using them again. If you do not want the heart up or removed your heart last year please email Aberdeensands5@gmail.com

If you would like your precious babies name in a heart please click on the link below and fill in the dedication box the full name.

<https://sands.enthuse.com/.../aberdeen-sands-baby-loss...>

If you are able we ask for a small donation towards the cost of the hearts we would be very grateful. We realise times are difficult so if this is an issue please email Aberdeensands5@gmail.com

If you had a heart last year we will put it back up unless instructed otherwise.

We also invite everyone for a cuppa on Sunday 8th Oct to the marquee at Hazlehead Park 1400-1600 to meet some of our volunteers.

Moray SANDS Afternoon Tea & Prosecco

Saturday 21st October 2023, from 3pm to 6pm at the Mansion House, Elgin.

Also magician, DJ, raffle and pamper tree.

Any donations of raffle prizes are greatly received, come along for a fun afternoon and bring your friends.

Tickets £35.00 available here:

<https://register.enthuse.com/.../MoraySandsHighTeaandPros...>

Sibling Christmas party on 25th November

This is a party for all bereaved siblings impacted by baby loss and will be in Airyhall Community Centre from 2pm to 4.30pm. More information will follow

CONGRATULATION ON THE SAFE ARRIVAL OF

On 30th October Maisie to Briony and Craig weighing 5lb 3oz little sister to the late Brodie. We are sorry to the family for the lateness in posting the arrival of Maisie.

On 8th May Henry Lauren to Camille and Julian weighing 8lbs 7oz little brother to Freddie and their precious past losses.

On 5th May Zac to Megan and Andrew weighing 7lb 8oz little brother to Charlotte, Theo and the late Alister.

On 11th April Ruaridh Thomas to Farah and Ben weighing 7lbs 9oz little brother to Isla and the late Ethan.

On 24th July Jackson William to Barry and Danielle weighing 8 pounds 14.5 ounces little brother to the late Peyton.

On 28th July Thomas to Claire and Graham weighing 8lb 6oz little brother to Arthur and the late Amelia.

The Aberdeen SANDS community is very sad and sorry that after being born on 4th June, Louie Arran and sadly after fighting hard he passed away on 11th June 2023. Second son to Kirsty and Wayne and little brother to the late Walker. We are thinking of Kirsty and Wayne and their family and friends.

ABERDEEN SUPPORT MEETINGS

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

MAIN SUPPORT MEETING

7th September	8.00-10.00pm
5th October	8.00- 10.00pm
2nd November	8.00- 10.00pm
7th December	8.00-10.00pm
4th January	8.00-10.00pm

NEXT PREGNANCY AFTER A LOSS GROUP

20th September	8.00-10.00pm
18th October	8.00-10.00pm
15th November	8.00-10.00pm
20th December	8.00-10.00pm
17th January	8.00-10.00pm

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

20th September	7.00-9.00pm
18th October	7.00-9.00pm
15th November	7.00-9.00 pm
20th December	7.00-9.00pm
17th January	7.00-9.00pm

Aberdeen SANDS Christmas Services

10th December	10.30am Quiet Service
	11.15am Family Service

ARI chapel, Westburn Road ABERDEEN

Refreshments Available after both services

2023 Quarterly Memorial Service for Early Losses

East Chapel Aberdeen Crematorium at 10.30am

Wednesday 13th December

