



ABERDEEN (Moray) SANDS

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Stillbirth & neonatal death charity

NEWSLETTER: February 2023

NEWS

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



Contact Persons

CHAIRPERSON: Fiona

RUBISLAW LIASON: Sandra

SECRETARY: Susan

TREASURER: Alyson

WEBSITE: James and Jen M

TELEPHONE 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 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 and if you wish to join either of these online pages, please email help@aberdeen-sands.org.

SUPPORT FOR DAD'S

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

RUBISLAW WARD ABERDEEN MATERNITY HOSPITAL AND DR GRAY'S ELGIN

We continue to support the Rubislaw Ward and Doctor Gray's in Elgin with items such as memory boxes, material memory pockets, toiletry bags, sd cards, usb sticks, leaflets, photo albums, hand and footprints and children's books.

We have also donated children's support books to the Neo Natal Unit at Aberdeen Maternity Hospital.

NEAR ME SESSIONS WITH NHS GRAMPIANS BEREAVEMENT CARE MIDWIFE.

We have 30 minute sessions with Myra available on the first Tuesday of the month between 6pm and 8pm. If you wish to talk about our have any questions about your care in the past that might have been in the back of your mind, now is your chance to meet Myra.

BABYLOSS AWARENESS WEEK 9th to 15th October

We had our awareness tree at Hazlehead Park again during this week again with the hearts with our babies names on them and lit them up at night pink and blue during the week. We had an awareness afternoon in a marquee in the park, which was well attended by bereaved parents from the past and those who have newly been receiving support, attended with their families.



Thank you to Helen one of our befrienders who spoke about her precious baby George on STV news, raising awareness of SANDS.

Thank you to those who lit up buildings pink and blue for Babyloss Awareness Week which included Berriedale Funeral Directors, Space Solutions, His Majesty's Theatre,



Anderson's Care Home in Keith, Covesea Lighthouse, Kirk of Keith St Rufus Botriphnie and Grange in Keith. Thank you also to those bereaved parents who lit up window in their home or to those who hung up bows in their workplace with babies names on them.

We provided information to the COOP in Ellon, who handed out pebbles and tealights to parents from their store to place in Friends of Ellon Cemetery Baby area, which was lit up for the Wave of Light. Thanks also to Friends of Ellon Cemetery for raising awareness in their cemetery.

BAIRD FAMILY HOSPITAL

We continue to work with the new hospital project team. Recently we have had a meeting with the Art coordinator where ourselves as well as other service users and third sector groups are to get involved in the selection of Art for the new building.

ABERDEEN UNIVERSITY

We are pleased to have passed on our Aberdeen SANDS leaflets and business cards to the 'Parents and Carers Network' in Aberdeen University. This will raise awareness to staff and students of the support SANDS offers to those who sadly suffer the loss of their precious baby



SPORTSCHALLENGE ABERDEEN

Thank you to the organisers and attendees at Sportschallenge, a quiz evening, for selecting Aberdeen SANDS as one of their four charities for the evening. Thanks to Sonia for sharing her story of the loss of her precious baby and for raising awareness of SANDS and the support it offers bereaved parents. Thank you to the other four SANDS volunteers for attending and helping on the night.

SANDS SIBLINGS PARTY

Thank you to all our helpers in the lead up to and on the day of the siblings party. Good fun was had by all and it was great for parents to meet each other again face to face or meet new parents. Thanks to the attendees for the raffles prizes and for purchasing raffles. Thank you to Katrina from Aristo-Kat Discos who was our fantastic DJ for the afternoon and kept the kids entertained with party games and dancing. Thank you to Caroline at Airyhall Community Centre for the use of the building.

BEFRIENDER TRAINING

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.

BEREAVEMENT TRAINING FOR PROFESSIONALS

Bereavement Training will be returning face to face soon, for more information email help@aberdeen-sands.org and we will put you in touch with the training coordinator.

SANDS LIBRARY

Our library has a range of support books for adults and for siblings when a precious baby has died. If you would like to borrow any or have borrowed any books and are finished with them for just now 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.

CELEBRATE PARADE

Thank you to all parents including those from Moray, who walked down Union Street it was great to march with other third sector and voluntary organisations. This was a great way to raise awareness of Aberdeen SANDS.

MATERNITY VOICES PARTNERSHIP

The committee now works with focus groups in Peterhead, Inverurie Moray and Aberdeen with SANDS still involved and 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, or would like to join any of these groups, or if you would like more information about the meetings, please email help@aberdeen-sands.org.

SANDS IN SCOTLAND STEERING GROUP

The Scottish Steering group has been meeting online due to restrictions, every two months or so, we hope to have in person meetings this summer. 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

NEWS Cont...

CHRISTMAS WREATHS

Aberdeen Sands placed wreaths at Hazlehead Baby Garden at Hazelhead Cemetery, Aberdeen Crematorium and Trinity Cemetery in memory of all our precious babies.

DATE FOR THE DIARY SCOTTISH COMMUNITY DAY IN ABERDEEN

We are hosting a Community Day on 9th September 2023 at Trinity Hall, Holburn Street Aberdeen, where anyone interested in hearing about SANDS locally and nationally is welcome to attend. Bereaved parents and professionals from around Scotland attend and it is a great way of meeting other bereaved parents.

NATIONAL BEREAVEMENT CARE PATHWAY

A launch event of the new pathways was set for the start of February in Edinburgh, but has been postponed until April. NHS Grampian was a pilot with two other Health Boards for this and our Bereavement Midwives have been working on developing this, prior to it getting rolled out to all hospitals in NHS Scotland.

MYRA KINNAIRD NHS GRAMPIAN BEREAVEMENT SUPPORT MIDWIFE

We would like to wish Myra all the best in her semi-retirement, although we still see her a few hours a week. Thank you Myra for being such a great support to our bereaved parents over the many years.

ABERDEENSHIRE CHILD BEREAVEMENT NETWORK GROUP

We hold our online calls every couple of months, and is quite a few charities and groups attending who support bereaved children in Aberdeenshire, Moray and the city of which we are a part. It is really useful to share the support available for children and families in this area. We have located our meeting venue and liaise with Archie Bereavement support workers through this meeting group.

SANDS CHRISTMAS SERVICE

A big thank you to Jarod the hospital chaplain and his helpers on the day for organising and leading both of our in person Christmas Services, this year. It was great to get back to being with other bereaved parents to think of our precious babies. It was emotional but lovely. Thank you to Susan and Sandra for purchasing the merchandise and gift items, to those who gave a donation for the merchandise we raised £143.50 and to the befrienders who managed to attend the services.

MORAY NEWS

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.

DR GRAYS ELGIN BEREAVEMENT ROOM

The bereavement room is now refurbished with the new bereavement bed in place with bedding, and additional items to enhance the room such as home comfort features. The bed was funded in conjunction with MISS charity.



LINKSWOOD CEMETERY BABY AREA IN ELGIN

We have recently purchased a new bench for the baby area at the cemetery and thank you to Elgin's Men Shed who have kindly cleaned up the plaque and have built two planters to enhance the bench. Thank you to Decora garden centre for donating the compost and plants .

TESCO COMMUNITY GRANT

In Keith TESCO we had a Moray SANDS box for shoppers to place their blue token in to help fund Memory Making Photography items and emergency toiletry items for Bereaved families for families at Dr Gray's. We are awaiting to see if we have won funding and thank TESCO for the awareness this project has raised of the support SANDS offers bereaved families. Thanks to all who voted for Moray SANDS.

DONATIONS

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

£39 from Lyndsey who sold leftover birthday cakes at her place of work.

£554.21 from the Simpson family from Marjory's funeral who created herself over 900 memory pockets, over a period of 15 years, in memory of her Grandchildren Gemma and Sarah.



£1460.00 as Sharon Henderson had a Mummy and Baby event fundraiser, what a great idea in Keith. Thanks to SANDS befrienders Tina and Lorna for raising awareness with the SANDS stall and to all attendees, and those that bought raffles.



£250.00 from Aberdeen Funeral Directors, Dignity Funerals in Woodside. We received this donation after attending the open day of their Butterfly Memorial Garden, where there was also a civic reception. Thank you to the team and to Sandra for assisting with the ideas for creating the garden

£822.00 from Leonie and Shaun from a Christmas raffle and charity bottle which has gone towards bedding for Dr Gray's Bereavement Room.

£50.00 from Mary who donated in memory of her precious granddaughter Millie who was sadly stillborn. Mary said that her daughter and husband get a lot of comfort looking through Millie's memories, something they will treasure forever.

£503.00 was raised at an evening of mediumship in Hopeman in Moray, raising £420.00 with Helen selling copies of her book 'Heavenly Message' raising a further £83.00 giving us the grand total. The money will be used for items for the Bereavement Ward at Dr Gray's Hospital. £260.00 was raised by Eastside Photography who took special photos of some of our SANDS families. Thank you to Mairi for organising and to those who purchased photos.

£252.87 was raised by Frank S McLean and Son in Buckie at their coffee morning at the end of last year.

£925.00 was raised by the sale of Tina's lovely wreaths sold before and at Dufftown Christmas Market again this year, assisted by Lorna.



£12000.00 from and Aberdeen City Council special fund, some of which is earmarked for the Memorial Garden area refurbishment at Hazelhead Crematorium.

£1000.00 from Dorothy and Stuart in memory of Neil for their 50th wedding anniversary friends and family donated to SANDS for bereavement suite.

£60.00 donation from Barbara in memory of their Grandson George.

£1045.00 raised by Lynsey one of our community midwives in NHS Grampian taking part in the 'Running with Dopey' in Florida for SANDS.

Special thank you to Adam for organising the photocopying of our newsletter.

MONEY FOR SANDS IN SCOTLAND

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.

Swim 5k in August, 100km dog walk in September and Walking Two Hundred and Fifty Miles in December

There is a wide variety of ways you can challenge yourself from swimming, camping out, walking your dog for example. 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.

FUNDRAISING

SANDS LADIES NIGHT

Our Ladies night is 4th March at Union Kirk and tickets are still available at £45.00 each to include two course meal and entertainment. We have had a few sponsors for our event so thanks to them, Gordon and Watson Funeral Directors, CNR International and The Granite Spa.

Tickets are available on the following link. <https://sands.enthuse.com/cf/aberdeen-sands-ladies-night>

LONDON MARATHON

Thank you to one of our Dad's Tim who ran the London Marathon for National SANDS well done.

NEW ARRIVALS

Congratulation on the safe arrival of.....

On 27th September Archie Watson Alexander to Cecilia and Shaun weighing 8lbs 3oz little brother to the late Alfie James.

On 30th November Thea Astrid Lagatha to Graeme and Johanna weighing 6lbs 5oz little sister to the late Freya.

On 12th December Charlotte to Sarah-Jane and James weighing 6lbs little brother to Daniel, Marie and precious lost babies.

On 26th January John Fraser to Claire and Jeff weighing 4lb 3oz little brother to the late Jack.

ANNIVERSARY CARDS

If 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.

FORTHCOMING MEETINGS – All welcome

SHETLAND SANDS SUPPORT MEETINGS

For more information please telephone: 07341945028 or email admin@shetlandsands.co.uk

ABERDEEN MAIN SUPPORT MEETINGS—Both meetings are held at CLAN House, Westburn Road ABERDEEN AB25 2QA

| | |
|------------------------|---------------|
| 6 th April | 8.00-10.00pm |
| 4 th May | 8.00 -10.00pm |
| 1 st June | 8.00-10.00pm |
| 6 th July | 8.00-10.00pm |
| 3 rd August | 8.00-10.00pm |

NEXT PREGNANCY GROUP -

| | |
|------------------------|--------------|
| 15 th March | 8.00-10.00pm |
| 19 th April | 8.00-10.00pm |
| 17 th May | 8.00-10.00pm |
| 14 th June | 8.00-10.00pm |
| 19 th July | 8.00-10.00pm |

MORAY SANDS SUPPORT MEETINGS—The Mansion House Elgin

| | |
|------------------------|-------------|
| 15 th March | 7.00-9.00pm |
| 19 th April | 7.00-9.00pm |
| 17 th May | 7.00-9.00pm |
| 21 st June | 7.00-9.00pm |
| 19 th July | 7.00-9.00pm |

202 Quarterly Memorial Service for Early Losses, East Chapel Aberdeen Crematorium at 10.30am

Wednesday 29th March
Wednesday 28th June
Wednesday 27th September
Wednesday 13th December