



ABERDEEN SANDS

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Charity Number 299679 SCO 42789

NEWSLETTER: March 2024

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|--------------------|--------|--------------------------|-----------------|
| 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 have held a couple of get togethers for some of the Next Pregnancy Group who have young children and maybe can't attend our meetings in cafés during the day .

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@aberdeensands.com

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 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@aberdeensands.com

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 required for memory making and toiletry bags. Lately through one of our parents and CNOOC; money was donated for a new reclining chair for partners to rest on, a table and a lamp.

Two CNOOC representatives visited the Rubislaw Ward where they received a tour and learnt more about the ward and about the support SANDS offers parents.

We met with the two new Rubislaw managers, practice educator and bereavement midwives just before the end of last year

NHS Grampian marked 30 years of having a ward dedicated to pregnancy and baby loss. Rubislaw Ward becoming Scotland's first dedicated baby loss ward in 1993, thanks to the pioneering efforts of just a handful of members of staff who recognised the importance of delivering care to families in a sensitive way. We would like to thank all those staff who over the years have supported bereaved families.

Moray News

Thank you to those who purchased wreaths at the Dufftown Christmas Market where Tina and Lorna sold Christmas Merchandise and Wreaths and to Ward 3 at Dr Grays for supporting wreath fundraising and raising £651.00. Thank you to Tina for her hard work in creating these beautiful wreaths.



Thank you to Frank S MacLean Funeral Directors for their continual support of Moray SANDS with donations and raising awareness.

SANDS Christmas Service

Thank you to Jarod and the other hospital chaplains for the lovely Christmas service they organised back in December.

Thanks also the Niamh and Morgan who read the poems and to Catherine for lighting the candle and for reading the poems at the family service.

Thank you also to those that donated towards SANDS cards and merchandise at the service we raised £147.60.

Siblings Christmas party

Thank you to Jennifer Y, and her group of helpers for organising the Christmas Party. Thanks also to Kat from Aristo-Kat Discos who kept the children entertained. The children had great fun but always remembering their siblings not with us anymore.

Thank you so much to the Archie Child Bereavement Support team who donated beautiful heart decorations to hand out to those children that attended.

Christmas Wreaths



Thank you to Cameron's Mummy and Daddy who chose beautiful Christmas Wreaths for our three Memorial Stones. These are in memory of all of our lost babies no matter where they are laid to rest. These are placed at Hazelhead Baby Garden, Hazelhead Crematorium and Trinity Cemetery

Befriender Training

Well done to Sonia and Jessica who have now become SANDS Befrienders and to Jen Y and Fiona who took part in the Booster Training Course for Befrienders.

SANDS needs Befrienders to support bereaved families when they suffer pregnancy loss.

If you are interested in training to be a Befriender please go to sands.org.uk/befrienders or email [email aberdeensands1@gmail.com](mailto:aberdeensands1@gmail.com).

Near me

Myra Kinnaird Bereavement Support Midwife NHS Grampian, is available to talk with any parent on the Near Me platform online. Myra will go over your notes or answer any of those questions you might have about your care. This can be at a date and time that suits you both.

Please email aberdeensands1@gmail.com for more information.

Hazelhead Baby Memorial Garden



Thank you to the staff at Jim Reid Vehicle Sales & Service who kindly removed, refurbished and repainted three of our memorial benches from our baby garden at Hazelhead Cemetery.

These benches allow bereaved families to sit and reflect on their precious baby in an enclosed area.

To get to the Hazelhead 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.

Thanks to Anderson, Anderson Brown staff in the Business Advisory Group - Stuart Fiona and Nadia - who came and tidied up our weeds and planters as part of their annual volunteering day that the company gives to them to give back to the community.

As volunteers we sometimes struggle with time to do these things so we are grateful when local businesses fund and help us with such projects.

Babyloss Awareness Week



We were very busy in Babyloss Awareness Week back in October, we hung wooden hearts on the tree at Hazelhead Park with the tree being lit up pink and blue at night. We had a marquee event with refreshments in Hazelhead Park on the Sunday it was good to see many of you there including some faces we hadn't seen for a while. Thank you for your kind donations and thank you to the staff at Hazelhead Park Café for the refreshments.



Thank you to Sandra and Anya for organising the SANDS awareness display in the shop window of the vaccination centre in the Bon Accord the shopping mall. This included a tree with our babies names on ribbons. We also had a stall nearby on the Friday in the shopping centre where we worked with the MISS charity handing out wee bags with candles and business cards to raise awareness of Babyloss and we talked to shoppers as they passed by. The press attended this event talking to Sandra and to Abi from MISS and thank you to Helen who told her story of precious George for this article, which was televised on the evening news. At the two events we raised £113.00 so thank you to all who donated.

Various buildings were lit up pink and blue during the week throughout Grampian including churches, lighthouse, His Majesty's Theatre, Aberdeen City council buildings, Ellon and Turriff Cemetery baby areas and parents lit up their front windows with pink and blue lights. Thank you to all for raising awareness of Babyloss.

Memorial Garden Extension at Hazelhead Crematorium

The new Memorial Garden Extension at Hazelhead Crematorium is progressing well. We are working in conjunction with MISS charity and Aberdeen City Council.

Our Memorial stone and bench that are presently nearby this new garden area will be moved into this lovely enclosed area in the next few months.

A survey was sent out on our Facebook page and through our distribution list and the 'Forget Me Not' Garden was the most popular name.

Thank you to all who voted.

If anyone interested in helping to maintain the garden along with members of MISS. For more information please email aberdeensands1@gmail.com.

Library Books



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.

Bereavement Training Counsellors and Therapists

Thank you to Susan M, who told her story of the support she received as a bereaved parent at a training session for counsellors and therapists delivered by SANDS .

National SANDS Bereavement Training

There was a mix of different professionals (midwives, neonatal, gynae nurses, Sonographers) attended Sands bereavement training in October at Aberdeen Maternity Hospital. Thank you to Sophia from National Sands who delivered the training and to Amber from the practice education department at AMH for organising the room and bookings.

There was also a training session in Dr Gray's Hospital. Thank you to Tina for sharing her story of precious Alfie and to Lorna for organising the food.

Training session like these are essential for staff to ensure they are fully equipped with the necessary skills to care for bereaved families.

Our bereavement training sessions are booked for May and October in Aberdeen and Elgin and for more information or to book a place please email gram.ifpeducators@nhs.scot .

Newly Graduated staff training.

We were invited to talk to eleven newly graduated staff at their development day. They had graduated in September 2023 and were working in different areas of NHS Grampian.

Thank you to Sandra who presented the work of SANDS locally and nationally and told the story of her precious baby Beth. Information was given on the importance of good bereavement care and the support and resources available for professionals and each attendee received a resource pack. Thank you also to Amber Practice Educator at Aberdeen Maternity Hospital for inviting us.

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.

Shetland SANDS

There was an opening event at the end of last year of the Northern Star Bereavement room.

Shetland SANDSs Chair Marie and midwife Hannah cut the ribbon to officially open the new bereavement suite at the Gilbert Bain Hospital.

The new suite, named the Northern Star, provides bereaved parents with a comfortable and private space.

As part of the renovation work, the dedicated suite within the maternity department includes a bedroom space and shower facilities.

Great news for bereaved parents in Shetland.

Maternity Voices Partnership

The committee now works with two focus groups in Buchan/Moray, and Aberdeen city/Aberdeenshire 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@aberdeensands.com.

Grampian Perinatal Infant Collaborative (PIC)

Fiona and Tina represent SANDS on the new Grampian PIC group which has just started having had one meeting, where more than 20 third sector charities attended. They are following best practice from the Greater Glasgow and Lothian Health Boards who already have had this collaboration working for a few years. The group will share information, experiences and the support they offer.

Foresterhill Mortuary Infant Bereavement Group

Fiona attended an online meeting to discuss the environment of the new Mortuary being built on the ARI campus and its waiting areas and the factors which would make this space more comfortable for bereaved families focussing on infants up to young adults.

A survey has been created and sent to families asking for suggestions and ideas. We are pleased to be asked to be involved in this difficult to think about area.

Grampian Child Bereavement Network Group

We hold our online calls every couple of months, and there is quite a few charities and groups attending who support bereaved children in Aberdeenshire, Moray and the city. It is really beneficial to share the support available for children and families in this area.

Awareness Events

Thank you to Langstane Press who print our support leaflets, often for no charge, for inviting us to attend a Aberdeen Business Supplies Show. We attended each stall and talked about SANDS which was a good way to raise awareness of SANDS and the support it offers bereaved parents around the UK.

Aberdeen Health and Wellbeing Festival



We had a great day when we held a stall at this event raising awareness of the support SANDS offers bereaved parents. There was over 60 stalls and taster sessions from some health and wellbeing organisations. Many people visited our stall and chatted with us.

Thank you to those who volunteered to run our stall it is greatly appreciated taking time out of your busy day.

Gordon and Watson Funeral Directors

All of us at SANDS would like to wish Annette McDonald for all her help and support she has given us over the years whilst she was working at Gordon & Watson Funeral Directors, Aberdeen. We are going to miss working with her and wish her all the best in her new job.

Anniversary Cards

Would you like an anniversary card in memory of your baby on their special day? Please email 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

Donations

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

£800.00 from Alan Rutherford and Laura Pike at the St James Place Charitable Foundation. Thank you to Cameron's Gran who nominated Aberdeen SANDS for this donation.

These next two donations were for Babyloss Awareness week.

£171.00 from Fyvie Community Choir. .

£201.00 from Fyvie Church Congregation who held a soup and sweet lunch. Thank you Johanna for nominating Aberdeen SANDS.

£104.68 from Fiona a Bodyshop demonstrator who donated her commission.

£288.00 from Halloween Party at Clubbercise Emma.

£254.10 from collection of funeral of Mr John Spiers in loving memory to his darling granddaughter Kirsty Spiers.

£30 from Rebecca M and family.

£25 from Alastair C and Catriona O a donation from a relatives estate.

£60.00 from Claire and Graeme in lieu of Christmas cards in memory of Amelie.

£50.00 from George James's Gran.

£350.00 from Donna who raffled a hamper at Christmas time in memory of her great niece Bella and Katie's daughter.

£150.00 from ICRGU on behalf of those who attended the Inspired evening 2023.

£120.00 from Howard instead of payment for overlocker that was used by Marjory to sew memory pockets for Aberdeen SANDS.

£242.00 to Moray SANDS from the staff Maryhill Group Practice Elgin. The staff had organised hampers.

£312.00 to National SANDS from the staff at Elmbank Medical Practice raised from a raffle at the practice.

£100.00 from James at Engage PR.

£27.50 from Greg's Cupcakes and Bakes.

£70.00 by Layla and family in memory of Macy.



£400.00 from the Trade Widows Fund Charity at Trinity Hall where ourselves and other charities benefitted from their charity fund.
This donation will be used to purchase memorial heart keyrings that we provide to the Rubislaw Ward at Aberdeen Maternity Hospital.



Fund Raising for SANDS In Scotland

There are many ways to fundraise for SANDS in Scotland. Thank you to those who took or are taking part in events and raising awareness of SANDS.

Your fundraising and donations are very much appreciated.

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.

Dates for the Diary

Beetle Drive

We are planning for our 17th Annual Beetle Drive which will be at Airyhall Community Centre on June 7th 2024 at 7.30pm sharp.

More information to follow in a few months about a fun family evening whilst raising funds for SANDS.

Aberdeen Kiltwalk

A group of bereaved families from Aberdeen SANDS are walking the Aberdeen Kiltwalk this year . There is still a chance to join Team Sands on Sunday June 2nd. There are 2 routes a 18 mile walk or a 4 mile walk. If you fancy joining us please email Aberdeensands5@gmail.com or PM me for more information.

CONGRATULATION ON THE SAFE ARRIVAL OF

Josie born 13th September weighing 7lbs 5oz to Arianne and Johnathon little sister to Jessica and the late James.

Jaxon Derek born 27th December weighing 8lbs 6oz to Johanna and Graeme little brother to Thea and the late Freya.

Orla born 11th December weighing 6lbs 10 oz to Melissa and Gavin little sister to the late Harris.

Rory James born 7th February weighing 7lb 10oz to Mairi and Neil little sister to Freya and the late Isla.

ABERDEEN SUPPORT MEETINGS

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

MAIN SUPPORT MEETING

| | |
|-----------------------|---------------|
| 4 th April | 8.00- 10.00pm |
| 2 nd May | 8.00-10.00pm |
| 6 th June | 8.00-10.00pm |
| 4 th July | 8.00-10.00pm |

NEXT PREGNANCY GROUP

| | |
|------------------------|--------------|
| 20 th March | 8.00-10.00pm |
| 17 th April | 8.00-10.00pm |
| 15 th May | 8.00-10.00pm |
| 19 th June | 8.00-10.00pm |
| 17 th July | 8.00-10.00pm |

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

| | |
|---------------------------|--------------|
| 21 st February | 7.00-9.00pm |
| 20 th March | 7.00-9.00pm |
| 17 th April | 7.00-9.00 pm |
| 15 th May | 7.00-9.00pm |
| 19 th June | 7.00-9.00pm |
| 17 th July | 7.00-9.00pm |

2024 Quarterly Memorial Service for Early Losses

East Chapel Aberdeen Crematorium at 10.30am

Wednesday 27th March

Wednesday 26th June

Wednesday 25th September

Wednesday 11th December

