



Charity Number 299679 SCO 42789

ABERDEEN SANDS

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NEWSLETTER: September 2025

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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 and 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 Fiona.donald@sandsvolunteer.org.uk

Sands Family Group

Our Family Group sessions meet in Airyhall Community Centre monthly during term time which ended for the summer with a trip to Hazlehead Pets Corner and hiding packets of seeds around the park for Sands Awareness week. The Group are meeting again in September. The dates of the next sessions are at the end of this newsletter.



Sands Walking Group

Our new Walking Group has adult only and family walks in Aberdeen and Aberdeenshire. We have had three walks over the last few months. If you interested in joining the walks please email fiona.donald@sandsvolunteer.org.uk or melissa.reid@sandsvolunteer.org.uk.



Aberdeen Beach Walk

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.

Moray have been holding a Next Pregnancy Group over the last few months in the same venue. For more information contact can be made with Moray befrienders direct by mobile, email and Facebook messenger. We have been busy working with Marcia our bereavement midwife to update a second room for families experiencing a loss. This is to be called the Snowdrop Room and is in place for overnight stays at Dr Gray's and for those who have to go to theatre and/or stay for a few hours. We have provided a few items including a coffee machine, clock, lamp, bedding, wall art, stickers and a framed poem.

Moray support continued



Phil, Harris' Grandad who lives in Moray took part in the Elgin Marathon with the names of babies from the area on his t shirt like he has done in the past for the London Marathon. He finished the Marathon holding Harris's sibling Eilidh's hand which was lovely and Tina and Lorna had a stall in Elgin TESCO ,raising awareness of Moray Sands and raised £346.21

Support For Dads

The support for men's online groups still run every month, and you can find information here:

<https://www.eventbrite.co.uk/.../mens-online-support..>

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 Dr Gray's Elgin.



We continue to support the Rubislaw Ward and Forget Me Not Room with items required for memory making, adults and children's support books and we are also supplying these items to the Neonatal Unit. We have additionally supplied a printer, paper and ink to the Neonatal Unit. In Aberdeen we have had the refrigerator replaced with a donation from the Mitchell family and a kettle. Thank you to Hilda who has made more of these lovely bags for the photograph albums we provide to AMH and Dr Gray's. If anyone would like to help make these bags please let us know. We will provide the material and a pattern. If you have recently attended Rubislaw Ward and there is anything that you think would make your visit a bit more comfortable then please get in touch with us and we can look into it for you.

We are in the process of upgrading two counselling rooms in the scanning department at AMH.

We want to say a huge thank you to Craig from Acorn Printing Aberdeen Ltd who kindly donated and installed privacy screens in both scanning counselling rooms and we are looking at new furniture and upgrading the rooms to make them more comfortable.

Mortuary Bereavement suite

We have donated two Moses Basket stands and a small Moses basket to the new mortuary at ARI .The small basket was handmade by Naturally Useful.



Thank you to the Aberdeen Soroptimists who have been maintaining the Rubislaw Garden at the Maternity Hospital.

Near Me online sessions

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 fiona.donald@sandsvolunteer.org.uk for more information.

Health Professional Bereavement Training

We spoke to two groups of newly graduated midwives at their Professional day about the support Sands can offer to families and professionals.

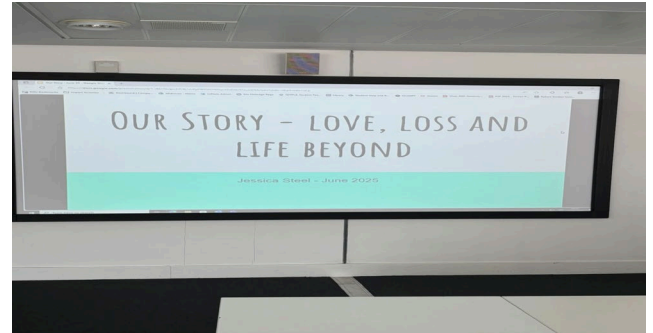
The talk was done in partnership with the Bereavement Midwives and the Chaplain from NHS Grampian who spoke about the importance of good bereavement care and their role.

Thank you to at Amber, Practice Educator for inviting us along to speak about such an important topic and to Sandra and Lyndsey for their part in the talk.

Thank you to Sophia from Sands who delivered bereavement training to staff at AMH and Dr Gray's in May and to Marcia for organising another great Sands training day at Dr Gray's. Thanks to Jade for sharing her story for the first time and to all who gave up their time to attend. Sessions are fully funded by Sands so huge thank you to all our fundraisers and donators.

RGU talk Our Story- Love, Loss and Life Beyond

Thank you to Sonia and Jessica for delivering their talk to RGU for over 50 3rd stage student midwives. Jessica spoke about her precious Finlay and Sonia spoke about the work of Sands. It is important for students to received bereavement training during in their course training and we thank RGU for their continuing support to facilitate this.



Hazlehead Baby Garden .

Thank you to Louise and Sandra who tidied up the garden and placed new bedding plants into the pots.

Thank you also to the staff at Jim Reid Vehicle Sales and Service who painted our planters for us.

Also to Aberdeen City Council for ongoing maintenance of the main planting area. Thank you to Caroline, Ian Graeme, Tara and Marissa who are staff from AAB -Business Advisors Aberdeen- who once again volunteered and asked to return to tidy up our garden at Hazlehead.

They weeded, scraped off the moss from the wall, sanded and repainted the green planters and gave the garden a good overhaul.



The garden is there for anyone who has been affected by the loss of a baby so everyone is welcome to visit it.



Forget Me Not Garden-Hazlehead Crematorium

Thank you to Intro Creative Group for installing a beautiful lectern at the Forget Me Not Garden at Hazlehead Crematorium which will hold biodegradable paper/envelopes and pens so families can write a letter or a note.

A huge thank you to 3rd pupils at Meldrum Academy who donated the money to buy this lectern. The pupils won the money by doing a presentation on Sands for YPI.

Remembering our loved ones is an important part of healing. Whether it's a note, a memory, or words of love it can all help. Any notes/letters can be posted in the Beehive Post Box.

The creation of the Forget Me Not garden has been a joint project with Sands, MISS and Aberdeen City Council. We continue to meet to discuss the next stages of the garden.

Forget Me Not Garden Continued:



Thank you to the volunteers from the STATS Group who came along and helped dig new borders and tidy up the weeds at the garden, their digging skills were appreciated. .
If anyone else's work place would like to volunteer for a couple of hours please get in touch.

Thank you to the ladies from Soroptimist International Aberdeen who donated plants to the garden and who are always helping us out with the gardening at our monthly Maintenance sessions usually on a Friday morning.

Baird Family Hospital Project

We continue to work with the Baird Family Project team with the opening due to be the end of 2026 . Lately we have been thinking more about how to say goodbye to the present Rubislaw Ward building. We were also starting to think of furniture for the new Rubislaw Suite.

Visit of Her Royal Highness The Princess Royal to Aden Country Park

We are pleased that Her Royal Highness The Princess Royal took the time to speak to former Sands volunteers, Caroline and Heather in April as part of her visit to Aden Country Park in Aberdeenshire. The Princess Royal visited the Sands memorial garden and spoke to Caroline and Heather about the amazing work they did, along with other volunteers, in creating the memorial garden, where parents and families can take time to remember their babies in a quiet and peaceful space. Thank you to Caroline and Heather and the other local volunteers who created this meaningful space for their community and which was recognised as part of this special visit.



Strengthened Sands brand

You will notice that we look a little different, but our core work and bereavement support services stay the same.

This new chapter represents how Sands has evolved and how we will continue to do our very best for every baby and every family.

We are excited for the future as we continue our vital work to save babies' lives, speak up about the issues around pregnancy and baby loss, and ensure that anyone affected gets the care and support they need wherever they live.

For more information see sands.org.uk/our-strengthened-brand .

Sands Awareness Week in June

During Sands awareness week we left Sands branded wildflower seed packets and a pen in random places for people to find. The Together We Grow Sands seed packets are all part of Sands work to make people feel less alone, know how to access support if they need it, and importantly understand more about Sands and its work in case they need to help a loved one, friend or colleague.

Sands Bereavement Training In The Workplace

We were discussing at one of our last meetings the support offered to employers to care for their staff when they have a pregnancy or baby loss. Here is the link: <https://training.sands.org.uk/bereavement-in-the-workplace/>

Library Books

Are you finished with any of our support books from our library? Please could we arrange to collect them from you?

We have a library of sibling books held locally. If anyone requires any please get in touch.

Thanks in advance. If you could email fiona.donald@sandsvolunteer.org.uk if you are finished with them, if not then no problem.



Grampian Child Bereavement Network Group and Maternity Voices Partnership

We continue to be involved in both of these groups in the Grampian area. Sharing support and being involved in the future care at Aberdeen Maternity Hospital is important.

Royal College of Midwives Annual Conference

As part of our collaboration with NHS Grampian we were invited to talk about our engagement with the Health Professionals who were attending and talking about this subject at the Royal College of Midwives Annual Conference in Birmingham.

Thank you to Katie and Amanda from NHS Grampian for including Sands in their presentation at the Royal College of Midwives Conference in Birmingham in April. Their presentation included the way that NHS Grampian engaged with Sands parents to improve bereavement care in particular the planning of the new Baird Family Hospital, bereavement training for Health Professionals and the items we supply to Rubislaw Ward and Dr Gray's Hospital.

Anniversary Cards

Would you like an anniversary card in memory of your baby on their special day? Please email Fiona.donald@sandsvolunteer.org.uk for an application form. Please be assured all details are stored securely.

Orkney Sands

Orkney Sands email address is orkney@sandsvolunteer.org.uk

Shetland Sands

Shetland Sands email address is support@shetlandsands.co.uk.

YPI (Youth Philanthropy Initiative)

Thank you again to Meldrum Academy for choosing Aberdeen SANDS as their charity to present to their school and well done on winning £3000.00 in the final. We have spent some of the money on a container box in the Forget Me Not Garden for seeded paper and pens for parents to write a message to their loss. Well done to the teams from Aboyne and Mintlaw Academies who got to the final and presented about Sands. Sorry you didn't win but thanks for raising awareness of the support Sands offers and thank you to those who chose Sands but didn't get to the final from these schools and from Mearns Academy.

Thank you to Susan, Louise and Catherine who attended the final and shared with the young people who attended how Sands offers support to bereaved parents and families who are affected by pregnancy and baby loss.

Scottish Community Day for Volunteers

The Community Day this year is the 8th November in Glasgow for sands volunteers. Some of us will be attending so please join us and let us know on Fiona.donald@sandsvolunteer.org.uk.

Celebrate Parade



Thank you to everyone who marched down Union Street in the Celebrate Aberdeen parade. Thank you to Sandra for organising as it was a great way to raise awareness of Sands.

Awareness Events

Thank you to Airyhall Community Centre for allowing us to create an awareness of Sands in the wall of their centre alongside other community groups who use the space. Thank you to our parent artist Anya for painting the Sands logo so beautifully; raising awareness of Sands and our Family Group which meets there every month



Thank you to Dan and Snap Fitness Aberdeen who ran a series of activities to raise awareness of Aberdeen Sands. The events included 50 miles run, 50 miles cycle, 10 miles row and 2000 floors on the stair master .

FUNDRAISING

Annual Sands Beetle Drive

Thank you to all who attended our Beetle Drive. We had over 70 people come along to our 18th Beetle Drive. Thank you to those who helped, who baked, who purchased and donated raffles, bought squares or donated money to our fund. A big Thank You to Sonia and her team for organising the event we raised £1271.90. Congratulations to the winners.

Student Charities Team

Thank you to the Student Show who selected Aberdeen Sands as one of their GOLD award charities and for their generous donation from their fundraising efforts of £10k.



Congratulations to Lynsey Stewart, a Community Midwife in South Aberdeenshire, who completed the Dopey Challenge Marathon in Walt Disney World and raised money for Aberdeen Sands.

Sands In Scotland

Thank you and well done to Megan who achieved her target taking part in RUN28 in February in memory of her sister Lucy. Megan raised £200.00.

Thank you to Martin who ran the Scottish10K in memory of his daughter Mille and raised £885.00.

Aberdeen Kiltwalk

Well done and thank you to all 69 walkers who took part in the Aberdeen Kiltwalk, walking in memory of our precious babies and to all who donated. We raised overall in Aberdeen £11250.00 for Sands in Scotland.

Thank you to those who took on various challenges for Sands including 'My 100KM Walk in March' which included Rebecca in memory of her brother.

These fundraisers will pay for memory boxes which are handed out by maternity hospitals, health professional bereavement training and literature to be handed out by the bereavement wards as well as helping new support groups start up in Scotland.

Thank you to Tom and good luck. Tom is going to take part for sands in the Cardiff Half Marathon in October 2025.

There are many ways to fundraise for Sands in Scotland and there are 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. Thanks also to all the others who took part and had their own fundraising pages.

Donations

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

£105.50 from the funeral for Gordon brother of Helen in memory of Macy.

£170.00 from Rebecca who took part in dog walk challenge.

£210.00 from Natasha who provided a raffle of an Easter basket and thank you to Natasha for spreading awareness of Aberdeen Sands in memory of her precious daughter Angel who would have been 16 by handing out random bags of kindness.

£700.00 raised by Adam and Debbie auctioning a football top.

£4167.00 from Aberdeen City Council Crematorium Management.

£629.06 from NHS retail catering units collection tins in their cafes and units.

£2410 from Andrew and Jenny on the occasion of their precious boy Tom's 21st Birthday.

£4000.00 from Sally who requested donations to sands instead of presents for her special birthday and she did a fundraiser as well.

£200.00 from Fiona M from her mother in laws funeral.

£310.00 from Gayle from her Mother in laws Ruth Mckenzie from Stonehaven's funeral.

£378.00 from a Coffee Morning held at St Columbus Church where Sandra talked about the support Sands offers bereaved families.

£47.81 from Leonie at the Steamboat Tavern in Lossiemouth.

Dates for the diary

Eastside Photography is to run family photo sessions in support of Sands again this year with the full session fee donated to Sands. Please find how to book here:

Sands Kirkhill Forest - 20th September 2025

<https://app.studioninja.co/booking//sandsstillbirthkirkhill>

Sands Balmedie Beach - 21st September 2025

<https://app.studioninja.co/booking//Sandsbalmedie>

Babyloss Awareness Week in Aberdeen

This year during Babyloss Awareness week between 9th and 15th October we will have our tree at Hazlehead Park hanging with hearts with our babies' names on them as in previous years with a marquee event on Sunday 12th October from 2pm to 4pm where refreshments will be served.

We will also be joining with MISS charity to hold a service on 15th October at the Forget Me Not Garden from 6pm until 7.30pm. More details of these events will follow and how to get a heart for your precious baby if you haven't had one in the past.

Babyloss Awareness Week in Moray

Throughout the week we will be hosting a series of events in Moray and as with Aberdeen theses are open to anyone affected-parents, families, friends and the wider community.

On Thursday 9th to Wednesday 15th October a Remembrance tree will be in the chapel in Dr Gray's and all are welcome to add a heart to the tree in memory of your baby. On Thursday 9th October from 10am until 4pm in foyer at Dr Gray's Hospital there will be an awareness stand with representatives from Sands.

On Monday 13th October at 6pm in the chapel at Dr Gray's there will be a Remembrance Service.

More information on both series of events in Aberdeen and Moray will follow in due course and if anyone would like to help please get in touch.

This newsletter is also available on our website to view, however if you would like to join our distribution list to receive an emailed copy and information on our other activities please send an email. This distribution list is kept secure and is only used for the above reasons.

THANK YOU from our chairperson to whoever nominated her for a Pinnacle Volunteering Award. I have volunteered for over 20 years not for awards but in memory of my lost babies but thank you.

CONGRATULATION ON THE SAFE ARRIVAL OF

Ozzy Jack born 25th March weighing 8lbs 10oz to Megan and Shannon. Little brother to Jude and the late Lockie.

Seren Elizabeth born 28th April weighing 6lb 0.5oz to Jessica and Rob. Little sister to Luca and the late Finlay.

Ella born 14th May weighing 8lbs 8oz to Chris and Natasha. Little sister to the late Nina.

Kane born 4th July weighing 7lb 2oz to Kaiya and Calvin. Little brother to the late Krue.

Rayna Fyvie born 6th August on her Mummy's birthday, weighing 6lb 13oz to Johanna and Graeme. Little sister to Thea, Jaxon and the late Freya.

ABERDEEN SUPPORT MEETINGS

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

MAIN SUPPORT MEETING

4 th September	8.00-10.00pm
2 nd October	8.00-10.00pm
6 th November	8.00-10.00pm
4 th December	8.00-10.00pm
8 th January	8.00-10.00pm
5 th February	8.00-10.00pm

NEXT PREGNANCY GROUP

17 th September	8.00-10.00pm
15 th October	8.00-10.00pm
19 th November	8.00-10.00pm
17 th December	8.00-10.00pm
14 th January	8.00-10.00pm
18 th February	8.00-10.00pm

FAMILY GROUP

Airyhall Community Centre Aberdeen AB15 8AD

7 th September	2.00 -4.00pm
5 th October	2.00 -4.00pm
9 th November	2.00-4.00pm

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

17 th September	7.00-9.00pm
15 th October	7.00-9.00pm
19 th November	7.00-9.00 pm
17 th December	7.00-9.00pm
21 st January	7.00-9.00pm
18 th February	7.00-9.00pm

MORAY Sands NEXT PREGNANCY MEETING The Mansion House, The Haugh, Elgin IV301AW

9 th September	6.30- 8.30pm
7 th October	6.30-8.30pm

2025 Quarterly Memorial Service for Early Losses

East Chapel Aberdeen Crematorium at 10.30am

Wednesday 24th September

Wednesday 17th December

Sands Christmas service Sunday 14th December

10.30am Quiet Service (Adults only)

11.30am Family Service

