



ABERDEEN SANDS

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Charity Number 299679 SCO 42789

NEWSLETTER: February/March 2026

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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.

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. We want to say thank you for the donation from our special visitors Joyful Ponies and Pygmy's - Animal Assisted Therapy of their time when they visited the children at the group back in November. Tessa and Ruby the ponies were so gentle and lovely and didn't mind being groomed by the children. The next dates for the sessions are at the end of this newsletter .



Sands Walking Group

This group has adult only and family walks in Aberdeen and Aberdeenshire. The group is starting back with an adults only walk in March. If you interested in joining the walks please email fiona.donald@sandsvolunteer.org.uk or melissa.reid@sandsvolunteer.org.uk



Thank you to Jessica and her team of coordinators for organising the Family Afternoons with their imaginative activities and to Melissa and the befrienders who organise and attend the walking group.

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. We had a special meeting in October where we held a Wave of Light at our support meeting and we remembered our babies and all other lost babies. Details of our meeting dates are on the last page of this newsletter.

Moray may be holding Next Pregnancy Group over the last few months for more information please get in touch and contact can be made with Moray befrienders direct by mobile, email and Facebook messenger. In September there was a Memorial Pregnancy Loss service in the New Elgin Cemetery organised by the hospital chaplains.

Moray News continued

We held a Bereavement Training Day for Professionals in Elgin in October and we would like to thank Sophia for taking the time to hold another day, Marcia for organizing the day and Tina for sharing her personal story. Thank you to everyone who attended.

Thank you To Marcia and all the midwives and staff on Ward 3 at Dr Grays who not only they provide an amazing service to bereaved parents but they also support our fundraising so we can provide coffee, toiletries & SD cards etc, plus our twice monthly meetings.



We held a stall selling Tina's lovely wreaths at the Golf View Hotel in Nairn. Thank you to all the midwives and staff of Ward 3 at Dr Gray's and everyone who purchased a wreath we raised over £1155.00.

Support For Dads

National SANDS have online support meetings for bereaved parents and also specifically for bereaved Dads to receive support.

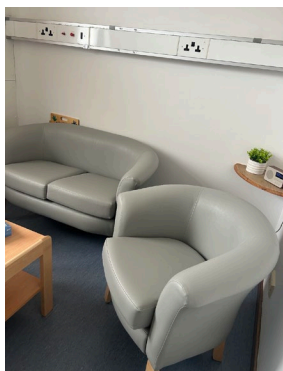
The support for men's online groups still run every month, and you can find information here:

<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 and Neo Natal Unit at Aberdeen Maternity Hospital and Forget Me Not Room and Snowdrop Room in Dr Gray's Elgin.



We continue to support the Rubislaw Ward and Neo Natal in Aberdeen and the Forget Me Not Room with items required for memory making, adults and children's support books.

We've updated the counselling rooms in the scanning department at AMH by purchasing new furniture, organising the installation of privacy screens on the windows and providing some homely touches.

We hope these changes will make a real difference to the families who use these rooms by creating a more welcoming and supportive environment.

The furniture will be transferred to the new Baird Family Hospital once it is completed.

Special thanks goes to Acorn Printing Aberdeen Ltd for installing the privacy screens on the windows for free. Thank you also to Dominique who kindly donated £500 towards the project.



The Snowdrop Suite in Dr Gray's ward 3, is an extra room specifically used for pregnancy loss. It is smaller than the Forget-Me -Not suite and is used for ladies, who are more at risk of needing theatre care or as a day care case only. Along with MISS we have provided beddings and soft furnishings for both the room and the ensuite.



Rubislaw Ward and Neo Natal Unit at Aberdeen Maternity Hospital and Forget Me Not Room and Snowdrop Room in Dr Gray's Elgin continued

If you have recently attended Rubislaw Ward or Dr Gray's and there is anything that you think would make your visit a bit more comfortable then please get in touch with you and we can look into it for you.

Thank you to the Soroptimist International Aberdeen who continue to maintain the Rubislaw Garden at the Maternity Hospital making it a lovely area for parents and families.

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.

Christmas Services

A big Thank You to Jarod and Paul the hospital chaplains for organising the Christmas service today it was emotional but lovely, as it always is. It is good to take time away from the rush of Christmas to think of our precious babies not with us.

Thank you to the poem readers Karen, Niamh, Morgan and Keila you were amazing.

Thanks to all who donated for the Christmas Cards and Sandra and Susan for organising the Sands gifts and sweeties for the youngsters amongst us. Thank you for the donations for Christmas cards from Christmas Service and at Siblings party including the raffles was £673.00.

Thank you to Susan who organised the wreaths for the three Aberdeen Sands Memorial stones. These are in the Trinity Cemetery beside the Sands stone, the Aberdeen Sands Baby Garden and the Forget Me Not Garden.



Siblings Party

We held the Sands Sibling Christmas party which was well attended by our Sands community of families. Thanks to all our young volunteers Niamh, Laura, Megan and Rosa and to Jen, Sandra and Susan for organising.

Thanks to Natasha who knitted lovely toys and helped us raise funds. A big thanks to our DJ Kat for keeping the kids entertained all afternoon.

Thanks to Joyful Ponies & Pygmy's - Animal Assisted Therapy who donated selection boxes for the children.



Health Professional Bereavement Training

Thank you to Sophia from the Sands training department for delivering the training and to Amber NHS Grampian Practice Educator for her help to organise the sessions.

A heartfelt thank you to Jessica who shared her personal story about her precious son Finlay during the training

Thanks to all attendees and we hope that you left with greater awareness of baby loss and skills to help support bereaved parents with compassion and confidence.

Thank you to Sophia also for hosting a training day in Elgin and thank you Marcia for organizing the day and Tina for sharing her personal story.

Baird Family Hospital Project

We continue to work with the Baird Family Hospital Project team with the opening due now in 2027.

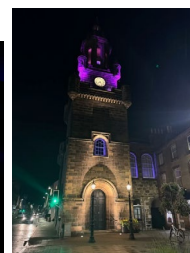
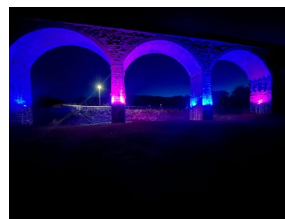
Babyloss Awareness Week

Back in October during Babyloss Awareness week we had many awareness events in around the NHS Grampian area.

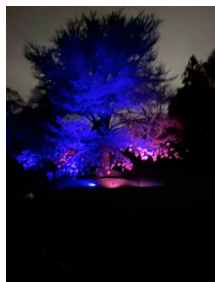
Thank you to the staff in Moray Crematorium who opened up their chapel, and also to the chaplaincy team who had a memory tree at Dr Gray's. quite spaces for reflection and items of remembrance for bereaved families. There was a Wave of Light Service at Dr Gray's chapel and the Sands befrienders had a stall in the hospital raising awareness of Sands and collected £130.00.



Thank you to those building that lit up pink and blue amongst them Findochty, Covesea Lighthouse, Duke of Gordon statue, Cullen, St Rufus Church in Keith and The Tolbooth BS Nelsons Tower in Forres (courtesy of Forres Heritage Trust). Sorry If we have missed any out but thank you.



In Aberdeen we hung the hearts on the tree at Hazlehead Park for a few weeks and we held our marquee event on the Sunday which was well attended, thanks to those who covered the stall and chatted to families attending.



Thank you to Lyndsey who works at ARI who put together a display of ribbons in memory of the babies who left us too soon.

Thank you to all those businesses and families who lit up their windows pink and blue in the Aberdeen and Aberdeenshire including Berriedale Funeral Home in Bridge Of Don, Braemar Castle, HMT, Marischal College for this special week.



Thank you to those who independently took part in a Ribbon Run in Memory of their baby.

Thank you for the invite from Aberdeen University to host a table in the library's concourse, during this special week. We were asking for volunteers to assist us with our Sands events and the maintenance of the Forget Me Not garden.

Thank you to all students and lecturers that came and spoke to us and to those that made a donation.

Forget Me Not Garden- Hazlehead Crematorium

We continue to meet to discuss the next stages of the garden. Thank you to the members of [Soroptimist International Aberdeen](#) who continue to help maintain the garden and to Solstice Nurseries who kindly donate plants to the garden. Thank you to Joanne who coordinates and shares her knowledge of plants to create this lovely calming area for us to remember.

We held a joint service with MISS charity for the Wave of Light on the 15th October. Thank you to Jarod the Hospital Chaplain and the singing group who sang or read poems it was a lovely service remembering our babies.

YPI (Youth Philanthropy Initiative) Westhill Academy

Thank you to the team of young people who have selected Aberdeen Sands as their charity to present to the school with the chance of winning £3K for our group. We wish them good luck.

Library Books

Are you finished with any of our support books from our library? Please could we arrange to collect them from you? Thanks in advance. If you could email fiona.donald@sandsvolunteer.org.uk if you are finished with them, if not then no problem.

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

Our family group mentioned at the start of this newsletter which meets monthly is an environment where siblings can take part in a craft activity and get a chance to interact with other siblings.

Grampian Child Bereavement Network Group, Maternity Voices Partnership and Peri- Natal and Infant Health collaborative (PIC Group)

Fiona chatted to the Maternity and Neonatal Psychological Intervention Service about the support Sands offers bereaved parents and families. This was through our groups contact with the PIC group.

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

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.

Bereavement Training In The Workplace

Sands offers support to employers suggesting to them ideas of how to care for their staff, when they have a pregnancy or babyloss. Here is the link: <https://training.sands.org.uk/bereavement-in-the-workplace/>

Sands Volunteer Community Day in Glasgow

Thank you to those who organised and attended the Sands Community Day in Glasgow and to the volunteers from Aberdeen who travelled down. It was an interesting day and good to chat and share with other bereaved parents and volunteers from around Scotland.



Orkney Sands

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

Shetland sands

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

Postage Stamps

If anyone would like to collect their stamps below this is the address to send them to for Sands. Stamps for Sands, Xchange Master Limited, 272 Bath Street Glasgow G3 4JR.

Awareness

The Aberdeen Health and Wellbeing Event

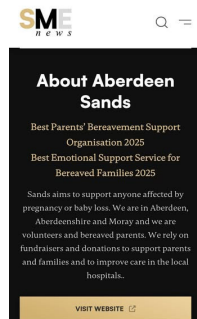


Thank you to Jen, Susan M, Sophia, Susan F, Megan and Helen for hosting the stall at The Aberdeen Health and Wellbeing Event at the Beach Ballroom today. Thank you to all who attended and spoke to us. This was a great awareness event of the support Sands offers in the Aberdeen and Aberdeenshire areas.



Scottish Enterprise Award

We are pleased to announce that Aberdeen (Moray) Sands have won a Scottish Enterprise Award 2025 for: Best Bereavement Support Organisation and Best Emotional Support for Bereaved Families. Thank you to those who nominated us for this award.



Fundraising



Thank you so much and well done to Steven who cycled from Land End to John O Groats and raised £1100.00 in memory of his precious granddaughter Penelope.

Donations

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

£378.00 was donated at a coffee morning at St Columba's church where we spoke about the work of Sands.

£1000.00 Accura Measurements.

£2500.00 from Andy H who selected Sands as his charity after doing some work at a truck fair.

£600.00 from Karla's family after the funeral of her Grandma.

£300.00 from Shaun who did an offshore raffle a Christmas time.

£50.00 from Skipton Building Society.

£100.00 from Karen in memory of her friend's precious baby Penny.

£146.00 from Hazlehead Ladies Golf Club.

£1400.00 from a Boozy Bingo Fundraiser and we are to purchase more keyrings and SD cards for the Rubislaw and Neonatal Wards.

£1200.00 from Maryhill Practise in Elgin who held a Christmas Raffle.

£100.00 via Giving Force Foundation from a donator at BP.

£250.00 from Clarksons Offshore and Renewables Ltd.

£120.00 from Claire B in lieu of Christmas cards.

£615.00 donated through our enthuse page by Anne.

£100.00 from Barbara S.

£725.00 from Keisha who walked 100K in July and August in memory of her daughter Arabella.

Sands In Scotland



Thank you to Tom who took part in Cardiff Half Marathon and raised £687.00 for Sands.

Thank you to Martin who completed the Scottish 10k run, in memory of Millie who would have been 10 this year raising £945.00.

Thank you to Ben and his colleagues from MDL Maritime Developments Ltd for taking part in the Ride The North cycle challenge, raising £3143.00 in memory of Ben and Jennas' precious baby Rowan.

Thank you to the Electra team who Run 50K in September for Sands and raised £1508.28.



Thank you to Tim who ran the Great North Run in memory of his daughter Eva and raised £700.00. Tim has previously run the London Marathon for Sands and we wish you good luck Tim when you run the Manchester Marathon in April for Sands

Thank you to those who took on various challenges for Sands including 20K and 100K. Some of the parents and friends were Lauren T, Leonie, Alyson, Libby, Louise C and just last month Jenna and if you did too and I didn't mention you then sorry and thank you so much.

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 and to help new support groups start up in Scotland. Sands relies on fundraisers like this so thank you.

There are many ways to fundraise for Sands in Scotland. Thank you to for taking part 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. And to all the others who took part and had their own fundraising pages.

Dates for the diary

Beetle Drive- Would you like to help volunteer and organise this event in 2027. Can You Help please?

We will have our Beetle Drive this year on the 29th May at Airyhall Community Centre a week earlier than in the past. We are looking for another person to run the Beetle Drive in 2027. You will be connecting with other volunteers in the group, given handover information and support can be sought from existing volunteers. No experience is required all you need is passion to raise funds. It has been running for 19 years this year. Thank you to those that have helped in the past. It is a fun night for all the family and is held in Airyhall Community Centre.

Put this date in your diary.

It sells out fast and the link for purchasing a ticket will be out soon.

Fundraising Firewalk

Five of our family members are brave 'soles' and are taking part in a Multi Charity Event on Sunday 1st March 2026 at Aberdeen Science Centre to raise funds for Sands.

They will walk across 20 feet of wood embers burning at 1236 degrees Fahrenheit.

Congratulations On The Safe Arrival Of

Mirren Grace Jane born 11th July to Sally and Robbie weighing 8lb 11oz little sister to Colby, Louie and the late Indi.

Carter Robert on 4th August to Mark and Rachel weighing 6lbs 6oz to little brother to his siblings who is watching over him.

Barnaby on 31st August to Katy and Ryan weighing 6lb 5oz little brother to the late Penny.

Freddie Euan on 12th Sept to Laura and Dean weighing 7lbs 9oz little brother to the late Ethan.

Summer Indigo born 21st September to Sophie and Adam weighing 6lb 2oz little sister to the late Saylor.

Hayley Elizabeth born 29th sept to Alice and Michael weighing 8lb 4 oz little sister to her siblings who are watching over her.

Zachary Francis born 3rd November to Kirsty and Zander weighing 7lbs 12 little brother to Eli and the late Frances.

Romeo Alexander born 7th December to Jamie and Sophie weighing 9lbs 9oz little brother to Robyn and the late Bobby.

Maisie and Harris born to 18th December to Kayleigh and Lewis weighing 5lbs 9 oz and 6lbs 10 oz respectively. Little sister and brother to Millie and Noah and the late Alice, Alfie and George.

Sierra born 3rd November to Jade and Kenny little sister to Colton, Brianna and the late Camryn.

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.

Aberdeen Support Meetings

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

Main Support Meeting

5th March	8.00- 10.00pm
2nd April	8.00- 10.00pm
7th May	8.00-10.00pm
4th June	8.00-10.00pm
2nd July	8.00-10.00pm
6th August	8.00-10.00pm
3rd September	8.00-10.00pm

Next Pregnancy After A Loss Meeting

18th March	8.00-10.00pm
15th April	8.00-10.00pm
20th May	8.00-10.00pm
17th June	8.00-10.00pm
15th July	8.00-10.00pm
19th August	8.00-10.00pm
16th September	8.00-10.00pm

Aberdeen Sands Family Group Meetings

Airyhall Community Centre Aberdeen AB15 8AD
From 2.00- 4.00pm

22nd March
17th May
14th June

MORAY Sands Support Meetings

The Mansion House, The Haugh, Elgin IV30 1AW

18th March	7.00-9.00pm
15th April	7.00-9.00pm
20th May	7.00-9.00 pm
17th June	7.00-9.00pm
15th July	7.00-9.00pm
19th August	7.00-9.00pm

NHS 2026 Quarterly Memorial Service for Early Losses East Chapel Aberdeen Crematorium at 10.30am

25th March
24th June
30th September
16th December
Sunday 13th December Sands Christmas service

