

17 babies are stillborn or die shortly after birth every day in the UK

Birmingham Sands are a group member of **Sands**

Our aims are to:

- Support anyone affected by the death of a baby
- Work in partnership with health professionals to improve the quality of care and services offered to bereaved families and
- Promote research and changes in practice that could help to reduce the loss of babies' lives

Contact us 07709 425001
birminghamsands@btinternet.com
www.birminghamsands.org.uk



Newsletter

Spring 2012



Birmingham Sands

Registered Charity No 299679

Welcome

Welcome to our first newsletter for 2012. If you are reading the Birmingham Sands newsletter for the first time, whether you are a parent, grandparent, family member or friend, I am so sorry for the loss of your precious baby. It is a devastating time and turns your world upside down. I hope that within these pages you find some words of comfort and support.

Birmingham Sands are going to produce two newsletters this year; this one and an autumn edition too.

Therefore, we have included precious memories for all babies born between January and June and will include those born from July to December in the autumn newsletter.

Some parents have contacted me recently to ask if they can write a poem to be printed in the newsletter. Thank you to all those who have found the strength to write beautifully moving words in memory of their precious babies. It is very special that you feel able to share your thoughts and feelings with others.

We have included information about the work we do with local hospitals, as well as events that we have hosted in the past few months and also those taking place in the coming months. You are very welcome to join us at events and if you have any suggestions of your own please let me know, I'd love to hear from you.

You can contact me at bhamsandssecretary@gmail.com

Sarah Finnigan

Birmingham Sands helpline 07709 425001

An Angel By Your Side

May you always have an Angel
With an outstretched hand to hold,
To lead you through the shadows
And to walk on paths of gold.

May this Angel be with you always
When you sail on stormy seas,
Pouring calm upon the waters
Like a softly blowing breeze.

Throughout any of life's trials
That are sent for you to bear,
Call upon this loving Angel
Who is always waiting there.

May she guide you and protect you
With her outspread mighty wings,
And give you the strength and wisdom
To cope with all life brings.

Author Unknown

Befriender Meetings

The group is very informal, and is a mix of fathers, mothers, grandparents, family members and friends. Some parents' baby / babies died recently, and for others it has been several years. Some have other children, some have not. Support is given to parents going through a subsequent pregnancy. The meetings provide an opportunity to meet, talk and share your experience, or to just sit and listen.

Our monthly befriender meetings are held on the first Monday of the month from 8pm – 10pm unless it is a Bank Holiday, when it will take place on the second Monday.

The meetings take place at:

Sunrise, Edwards Trust,
43a Calthorpe Road
Edgbaston,
Birmingham,
B15 1TS

Future meeting dates:

2012

Monday 2nd April
Monday 14th May
Monday 11th June
Monday 2nd July
Monday 6th August
Monday 3rd September
Monday 1st October
Monday 5th November
Monday 3rd December

Birmingham Sands helpline 07709 425001

Working in partnership with local hospitals

A vital part of the work of Birmingham Sands is to work closely with the hospitals and support them in their work with bereaved families. We are able to do this in various ways.

Pregnancy Loss and the Death of a Baby, Guidelines for Professionals Workshop

On 14th November 2011, we held a Sands Guidelines training day at Solihull Education Centre for health professionals, mainly from the Heart of England Foundation Trust. This workshop is based on the Sands Guidelines written in 2007 and looks at how best to support a family before, during and after the death of their baby. The day was facilitated by Jean Bowden, from Solihull Sands and me. We had 20 people attend and it was a very well received day. Health professionals were able to share their ideas and their wealth of experience.

We plan to hold a Guidelines Training at the Women's Hospital and Russell's Hall Hospital in the near future.

Baby Bereavement Photography Training

On 16th December 2011, we helped to organise and fund a workshop at the Women's Hospital for health professionals. The primary focus of the day was looking at the value and healing benefits that 'making memories' and bereavement photography has for grieving families. Participants were given the opportunity to explore and practise how to take meaningful photos in a sensitive and

unobtrusive way, whilst empowering parents in their decision making about having photos taken of their precious baby. The training was run by Rachel Hayden, a bereaved Mum and trainer. 14 people attended and they all felt it had been a hugely valuable day, supporting their work with bereaved families.

We plan to hold more Photography workshops in the near future.



Precious Memory Boxes

We continue to supply precious memory boxes to 5 hospitals in Birmingham and the West Midlands. These boxes enable families to start creating some tangible memories of their time with their baby at the hospital and to place their keepsakes of their precious baby in when they leave the hospital. Many parents talk about how much it meant to them to receive this box at the hospital. Thank you to all those who donate, fundraise or knit blankets, to enable us to supply these boxes to the hospitals. We really appreciate your support.

Lisa Brayshaw
Hospital Liaison Co-ordinator

Birmingham Sands helpline 07709 425001

Making Memories

Here at Birmingham Sands we give parents, and their families and friends opportunities to remember their precious babies and talk about them when they wish to. This can be at group gatherings, such as Flowers on the Lake, within befriender meetings or at remembrance services.

In the following few pages, parents have written beautiful words in memory of their precious babies or on behalf of siblings who have lost their brother or sister.

Every family finds special ways of including their baby/babies in their lives and this is very personal to each of them and I would like to thank them for sharing their experiences, thoughts and feelings with us in this newsletter.

If you wish to include an article, poem or share your personal experiences and thoughts about how you include your baby in your everyday life, please let us know and we will look at including it in our next newsletter.

Sarah Finnigan



In memory of Dexter Joyce

Dexter, what a beautiful baby boy you were. From the moment we knew you existed we loved you with every piece of our hearts. During the time you were growing and working so hard to become our little baby boy, we sang to you and told you stories. Our hope is that you heard those songs and stories and heard the laughter that your new mommy and daddy shared in the excitement leading up to your arrival. We hope that you knew, even for just a short time, the wonderful family that you had waiting for you.

We imagine you would have grown up to be a cheeky, ginger haired Joyce, with a disarming sense of humour, enabling you to get your own way as often as possible. Daddy would have taught you to build Lego and be curious about the world. You would have had no choice but to follow in his footsteps and become a 'Doctor Who' geek! Mommy would have taught you to read and to love animals. She would have helped you with your homework and encouraged you to stand up for your beliefs. Both of us would have tried to fill your life with good music, trips to the beach, visits to castles and lots and lots of laughter and giggles.

Dexter, when we looked at you for the first time we had never felt such powerful emotions in our entire lives. Some might think sadness would be the first feeling. In fact, the overriding emotions we felt when we looked at your beautiful little face were love and pride. You were perfect; we simply couldn't stop gazing at every intricate part of your little body.

When we close our eyes we see the soft hairs on your head, your gorgeous little nose, your tiny fingernails and perfectly formed ears. We can still feel the softness of your skin as we kissed your wrinkled forehead. These memories of you Dexter are etched in our minds and hearts forever.

On the 28th April at 1.25am, our lives paused and changed forever when you were born. In your honour we will vow to be better people and the thought of you will drive us on to concentrate on what really matters in this world. Wherever you may be now, we hope that you are safe, free and at peace and please remember that despite the pain we are feeling now, we would never take back your existence and the eight months we shared with you. We are so very thankful to you, our little baby boy Dexter - for you have given us the greatest gift of all; you have made us parents.

Maria England



To a Little Angel

Hello and goodbye, little angel.
Your time with us was all too short,
We never had the chance to get to know you.
But the memory of your peaceful face
In all its jewel-like beauty and perfection
Will remain with us forever.

The shock of your sudden and unexpected end
Still has repercussions:
Tears in the quiet darkness,
Self-loathing, recriminations, anguish and pain.
Sometimes it seems pointless to go on.
Yet sometimes it seems imperative to go on – in your
memory.

How was your brief existence?
Was it a world of wonder?
Did you pass your time with contemplation of what the
future held in store?
Did you have plans and expectations?
Or did you just accept your reality
With the calm assurance of a child?

How would your life have been?
You knew no tears or tantrums
No selfishness or hate.
But you will not know the joy of childhood,
Meeting and making friends,
Discovering your new world.

We can't imagine, but hope that your passing
was merely a slide
Into an easy, welcoming sleep.
No pain, and no distress.
A beautiful dream that by degrees became oblivion
- or maybe the gateway to an afterlife!
A world we may all share some day.

Why did you have to leave us so soon?
Had we not professed sufficient longing for you?
These are the thoughts that plague us daily.
Or were you too perfect for this evil old world,
Too innocent and fragile to bear the burden of life?

If somehow you can hear these words,
Wherever your soul finds itself,
Please know that we would have loved you.

(No! That is wrong: we DO love you!)
And that we would trade everything for the chance to be
with you again.
Our perfect little one.

Written following the still-birth of our baby boy in November
2010, and recited at his cremation service

John Pierpoint - January 2011



Sophia May Allen-Nembhard

27th November 2011

Dear Sister

I never got to play with you,
the way that I had planned.
But I know that your with the angels now
In gardens of cloudy sand.

Don't forget me sister,
I won't forget you
One day we will meet and play together
Just me and you

Love from your Brother Mikial, aged 3.



*Oh, Little Butterfly,
Messenger of God,
When I see you in the sky,
I cannot help but nod.*

*You bring me respite,
From grief and despair,
Every time I see you,
Sailing through the air.*

*You renew my faith,
In all God's wondrous plan,
And I know it's all in faith,
Not in what I understand.*



Flowers on the Lake

Saturday 15th October 2011

Canon Hill Park, Birmingham

Birmingham Sands meet annually at Cannon Hill Park to remember our babies during 'Flowers of Remembrance' marked during Baby Loss Awareness Week. This is an annual event to promote knowledge and understanding as well as an opportunity for parents to remember their babies.

'Flowers of Remembrance' is an occasion for bereaved parents to meet and float a flower on the lake at Cannon Hill Park in memory of their baby or babies.

This year Deb and Phil Bourn read poems. These are included in the following pages.

Parents, family and friends have an opportunity to talk and reflect on their thoughts and feelings. I always find this event quite emotional and moving as it is held outdoors in very natural surroundings and closer to nature.

Everybody who attends is given a flower and in their own time they make their way to the lake where they lay their flower down on the water in memory of their baby/babies.

Ritu Sharma



Birmingham Sands helpline 07709 425001

I'll Be There

Daddy please don't look so sad,
Momma please don't cry,
Cause I am in the arms of Jesus and
He sings me lullabies.
Please try not to question God,
Don't think He is unkind.
Don't think He sent me to you,
And then He changed His mind.
You see, I am a Special Child,
And I am needed up above,
I'm the special gift you gave Him,
The product of your love.
I'll always be there with you,
And watch the sky at night
Find the brightest star that's gleaming,
That's my halo's brilliant light
You'll see me in the morning frost,
That mists your windowpane.
That's me, in the summer showers,
I'll be dancing in the rain.
When you feel a gentle breeze,
From a gentle wind that blows,
That's me, I'll be there, Planting a kiss on your nose.
When you see a child playing,
And your heart feels a little tug,
That's me, I'll be there, giving your heart a hug.
So, daddy, please don't look so sad,
Mommy don't you cry.
I'm in the arms of Jesus,
and He sings me lullabies.

Author Unknown

My Mom is a Survivor

My Mom is a survivor,
Or so I've heard it said.
But I can hear her crying
When all others are in bed.
I watch her lay awake at night
And go to hold her hand.
She doesn't know I'm with her
To help her understand.
But like the sands upon the beach,
That never wash away,
I watch over my surviving Mom,
Who thinks of me each day.
She wears a smile for others,
A smile of disguise,
But through heaven's open door
I see tears flowing from her eyes.
My Mom tries to cope with my death,
To keep my memory alive,
But anyone who knows her
Knows it's her way to survive.
As I watch over my surviving Mom,
Through heaven's open door,
I try to tell her...
Angels protect me forevermore.
I know that doesn't help her,
Or ease the burden she bares,
So if you get a chance, talk to her
And show her that you care.
For no matter what she says,
No matter what she feels,
My surviving Mom has a broken heart
That time won't ever heal.

Kay Des'Ormeaux

Birmingham Sands helpline 07709 425001

Birmingham Sands Charity Ball

Saturday 27th November 2011

Ramada Hotel – Sutton Coldfield

On Saturday 27th November 2011, my darling Phil and I hosted the sixth Birmingham Sands Charity Ball.

This year 180 guests attended the Ramada Hotel for an evening of fundraising and fun. And for 20 of the guests, it was an opportunity to remember and celebrate the brief life of their son/daughter.

We always aim to make the evening a social and friendly event with gorgeous food, entertainment and the chance to win some super prizes.

One of those this time included a six foot bear!!

But we feel it is equally important to acknowledge our much missed babies and highlight the fabulous work Birmingham Sands offers to support bereaved families.

Unfortunately, this year, due to tremendous high winds, we were unable to release seventeen Chinese lanterns outside. The Ramada staff successfully managed to release one lantern as parents, friends and family members gathered in a circle and held hands around it. A very moving moment for us all.

This year we raised an incredible £5300. Thank you to all those who supported Phil and I and our precious little Alfie.

Deb Bourn



Birmingham Sands helpline 07709 425001

Christmas Remembrance Service December 2011

The Birmingham Sands Remembrance Service took place at Sutton Coldfield United Reformed Church on Saturday 10th December.

This was the first time Jay and I had attended the Christmas service since losing our little girl, Charlie in March 2010. It seemed very poignant to go along this year, as we took Charlie's little brother, Oliver with us.

The service was very gentle and peaceful, giving us some time away from the hustle and bustle of Christmas preparations to remember our precious little girl.

There was a mix of music, readings and hymns along with the reading out of all our precious babies' names. We wrote a message for Charlie, which Jay and Oliver placed on the tree, while other parents and their families placed their decorations on the tree. I lit a candle for our beautiful little girl, who we miss so much every day.

I was asked to read a poem, which I have included on the following page. It really meant a lot to me to be a part of the service, especially as the words of the poem really struck a chord with me, having felt some guilt after having Oliver that our lives were moving forward and she wasn't here to share it with us. I so wish she was.

The music played during the service was very emotional and thought provoking, particularly, for us, 'Angel', by Sarah McLachlan, which I listened to a lot in the weeks after we lost Charlie. The tears flowed freely and we felt

glad we were able to have some quiet time together with our precious daughter.

It was such a special service, and I was glad, as parents and families we were able to come together to share our thoughts, feelings and memories of all our precious, dearly loved and missed babies.

Sarah Finnigan



A Child Speaks Out From Heaven

by Richard Wilkins

Although you think I've gone
and you feel your hearts are breaking,
you think I've left you both
in a world you see as taking.

I know you feel so cheated
From the little time we had,
But this isn't what I want,
To make you feel so sad.

Please believe in me
You don't have to let me go,
I live on in your hearts
So much more than you can know.

I know it's hard to understand
But one day you'll know I'm right,
You needn't stumble in the dark
You can always use my light.

Please know that I'm still with you
And that all these words are true.
You once looked after me
Now I'm looking after you...

Babies Book of Remembrance



Birmingham Sands' Babies Book of Remembrance is kept open at Sutton Coldfield United Reformed Church. You can see your entry at any time.

If you would like an entry made in memory of your baby/babies please contact us, via the helpline or email, and we will send you a form. There is a small charge for this.

Birmingham Sands helpline 07709 425001

Precious Memories

Always Loved Never Forgotten

January

Mia Hickin

5th January 2008

Our beautiful first daughter.

We know you are at peace and Nanny Jennifer is with you, but we still miss you very much.

See you soon,

All our love

Mummy, Daddy and Sophie xxx

Alfie Bourn

7th January 2005

Our darling little Alfie

We love and miss you so much

Fly high with the angels precious boy

Mummy, Daddy, Will, Louie and Daisy



Bob Long

Born too soon - 7th January 2011

Daddy and Mummy miss you every day

Rest with the angels until we can cuddle you again

xx

Little Ben Sharpe

10th January 2007

Dearest Ben,

3 long years have gone by and 3 long years since we first met you and first cuddled you. You were so precious to us then and you are so precious still. Time may go by, but our special memories of you will remain with us all forever.

You're constantly in our thoughts and hearts.

Love always and forever

Mummy, Daddy, Charlie and Lulu xxxxx

Danny Ray Kennedy

31st January 2011

Our darling boy,

We miss you,

Love Mummy, Daddy and baby sister Orlaith xxxxx

February

Louis Alexander Santry

Born 20th February 2006

Passed away 21st February 2006

You are thought of daily as we shed a silent tear, our only wish that you were still here



Precious Memories

Always Loved Never Forgotten

March

Charlotte Phoebe Finnigan

1st – 7th March 2010

Our beautiful daughter Charlie
We are so blessed to have held you close
Always in our hearts
All our love
Mummy, Daddy and special kisses from your little brother Oliver
xxxxx

Fionn Dónal Larkin

Born and Died 18th March 2007

We remember you always.
You are our baby boy.
We miss you.
Love you, Mummy, Daddy, Niamh and sister Úna.

Rebecca and Brian Roberts

21st March 1982

Always in our hearts
Never forgotten.



Abbie Moore

27th March 2004

Mommy's precious little girl.
I will hold you close forever in my heart.
You will always be in our lives.
We love and miss you so much.
Mommy, Daddy, James and Nicholas

Amelia Rose Dawson Williams

28th March 2011

Although our time was so short Amelia Rose touched so many people. Her beauty shone through and will always be sadly missed and always in our hearts. She's now a little angel playing with the other angels in a special place and we know you will always be looking down on us. You are so so precious and will always be our beautiful daughter Amelia Rose and our love for you grows now, always and forever. God bless you xxxx

Rachel Dawson and Philip Williams
A very proud Mommy and Daddy x

April

Frances Moore

9th April 2000

You will always be part of our family.
You live on in our hearts and minds.
Love and miss you always
Mommy, Daddy, Billy and Freya XXXX

Birmingham Sands helpline 07709 425001

Precious Memories

Always Loved Never Forgotten

April (continued)

Thomas Michael Murphy

15th April 2011

Suddenly left at 37 weeks pregnant, at least you didnt suffer
Goodnight my precious little man, Fly high
Love always Mommy, Daddy, big brother Jack and big sisters
Ellie and Olivia xxx



C J, Charlie John Rodgers

Born and Died

16th April 2005

Loved so very much by
Mommy, Daddy

Kaitlin, Maddison, Tallulah Lilly and Alexis Eleanor

Jake Gordon Haywood Hicks

17th April 2005

An angel in the book of life, wrote down our baby's birth,
and whispered as she closed the book "Too beautiful for earth."
Always loved
Mum, Dad, Ross and Will

Dexter Joyce

28th April 2011

To our little ginger haired baby boy born sleeping at 36 weeks
and six days....

You made us so proud to be your parents. Every day our arms
ache to hold you. But then we remember that we hold you
every day and always will, locked in our hearts forever. You
have changed us forever; because of you, we aim to be better
people in this world. You gave us the best gift in the world: you
made us parents. You will always be mommy and daddy's first
born child xx

James George Brayshaw

Born 29th April 2000

You were so peaceful and beautiful
And will forever be in our hearts and minds
We will always love you
Mummy, Daddy, Jack and Charlie

May

Nina Sharma

1st May 1995

Our beloved babies will always be remembered
and will always sparkle above us
like the stars in the night.
Love you all, Ritu, Kumar and Arun

Precious Memories

Always Loved Never Forgotten

May (continued)

Alison Hannah McMahon

4th – 5th May 1985

Your brief life a very precious gift
Loved and remembered always.

Button Gilliam

Beautiful baby girl born sleeping

19th May 2005

Thought of, loved and missed every day
Daughter to Maxine and Simon,
Little sister to Lucie
Big sister to Ryan and Jamie

Samuel Lewis Harper

21st May 2002

Our special little angel,
Born asleep,
Always in our hearts and thoughts
Love Mommy, little brother Luke and Nan & Grandad Salisbury

Richard Dawes

30th May 1985

Our beloved son, always missed.
Held in our hearts forever.
Love from Mommy, Daddy, Martyn and Gemma



June

Liam Corkill

9th June 1992

To my lovely baby boy Liam,
I will be with you always no matter where you are,
I miss you so much, every day & wish I could spend 1
day with you just to hold you & cuddle you.
Even though it's been 19 years I still miss you as
much today as when I lost you, if only things could of
been different, I think about you every day & wonder
what you would of been doing.
Gone but never forgotten, always in my heart.
Lots of love
Mummy xx

Megan Frances

11th June 2002

Missed but not forgotten
Love You, Daddy and Mommy

Liberty Rose Gwinnett

and Gabriella May Gwinnett

12th June 2003

Our beautiful baby girls, so precious and new.
Taken to where the angels live, but taken there too soon.
Always in our hearts,
Love Mommy, Daddy, Luke, Matthew, Jake, Chelsea,
Jessica, Mitchell, Brandon, Isabella and Tallulah.

Birmingham Sands helpline 07709 425001

Precious Memories

Always Loved Never Forgotten

June (continued)

Robert Joseph Boughton

14th June 2001

Our darling Bobby Joe, a special little boy who taught us what is most important in life. We will always love you, and always miss you. Love from Mommy, Daddy, Chris, Dani and Ellianna
XX

James Richard Farnsworth

16th June 2004

Always in our hearts
Love Mummy, Daddy, David and Katharine



Precious Memories

Precious memories for July – December will be printed in our Autumn newsletter, which will be issued in October.

If you would like to add a Precious memory for your baby/ babies please call the helpline to ask for a form or you can email your entry to bhamsandssecretary@gmail.com



Birmingham Sands helpline 07709 425001

Library

We have a small library of books which are available to borrow from the monthly Befriender meetings.

Please feel free to browse the library and ask one of us if you wish to sign a book out. You can borrow books free of charge for 3 months; this can be extended if need be. Once you have finished with specific books we ask you to return them so that others can make use of them.

If you have any suggestions of relevant books which you would like us to include in our library please let us know and we will look at buying a copy for people to borrow.



Exercise for Well Being

When you are struggling with the loss of your baby – the hardest thing can be to make positive steps away from the emotional black hole that threatens to engulf you. Those steps are both small and large and each person has to make their own journey. Many people don't often consider it, but exercise is one thing that could help you along the way.

Exercise improves your energy levels and motivation as well as enabling you to sleep better. The endorphins your body releases during exercise can help prevent or reduce depression. And for mothers it allows you to take control over your body following the changes that have recently occurred. Getting outside also improves your mood and outlook – so even a short walk around the block or your local park can really help.

Since I qualified as an exercise professional I have always worked with post natal women. When I lost my beautiful baby boy Abel in November 2010 I realised that I could potentially use my skills and qualifications in a very practical way to support other people who have lost their precious babies.

If you would like to chat through what is the right type of exercise for you or to have an exercise session together please give me a ring on **07847 179157** or email me on sarahkippax@hotmail.com.

Sarah Kippax

Birmingham Sands helpline 07709 425001

Fundraising

There are many ways in which you can raise money to help support the work of both Birmingham and National Sands. Some people do organised events, such as sponsored walks, runs, swims and even a sky dive in Ritu's case!

We are always looking for ideas from parents about how to raise money for the group and the invaluable work we do in the local area supporting parents and their families.

Please email birmingham Sands@btinternet.com with your thoughts and ideas or if you would like to get involved with the group's work.

Birmingham Sands Annual General Meeting (AGM)

The group's AGM will take place on Wednesday 23rd May from 7.30pm at Edwards Trust, Birmingham. All members are welcome to attend.

Birmingham Sands 30th Anniversary Year

This December marks 30 years since Birmingham Sands was first established. By way of recognising the invaluable work the group have done and the support all those involved have given to local bereaved parents and their families, we are holding an evening event.

It will include refreshments, music and a raffle, along with a few words from some of the key people who have driven the work of the group forward and achieved so much over the last 30 years.

The provisional date for the event is Friday 30th November. More information will be available in the next couple of months.

Forthcoming Events

June : Sands awareness month

Saturday 16th June – Annual Service of Remembrance,
Millennium Chapel, National
Memorial Arboretum, Alrewas

Saturday 30th June – Forget me Not walk, Sutton Park
from midday

9th – 15th October – Baby loss awareness week

Saturday 13th October - Flowers on the Lake, Canon Hill
Park, 1pm – 2pm

Saturday 1st December – Christmas Remembrance
Service (date to be confirmed)
Sutton Coldfield United
Reformed Church

More information about forthcoming events and fundraising will be given at befriender meetings and circulated by email and post to those parents who are on the Birmingham Sands mailing list.

In the meantime if you would like more information please contact birmingham Sands@btinternet.com

Birmingham Sands helpline 07709 425001

Useful Organisations

Anencephaly Support Group
01684 573 974

ARC Helpline
(Antenatal Results and Choices)
Tel: 0207 631 0285
www.arc-uk.org

Action for Sick Children
Freephone 0800 0744519
www.actionforsickchildren.org

Action on Pre-eclampsia
Tel: 020 8427 4217 (National)
www.apec.org.uk

AIMS (Association for Improvements in Maternity Services)
Tel: 0300 365 0663
www.aims.org.uk

Association of Post Natal Illness
Tel: 0207 386 0868
www.apni.org

Association for Spina Bifida and Hydrocephalus
Tel: 01733 555988 (local call rate)
www.asbah.org

Baby loss Awareness Campaign
07900 495436
www.babyloss-awareness.org

Birmingham Sands
Tel: 0770 942 5001
birminghamsands@btinternet.com

Child Bereavement Charity
Tel: 01494 568900
www.childbereavement.org.uk

Child Death Helpline
Tel: 0800 282986
www.childdeathhelpline.org.uk

Compassionate Friends
Tel: 0845 123 2304
www.tcf.org.uk

CRUSE Bereavement Care
Tel: 0844 477 9400
www.crusebereavementcare.org.uk

Ectopic Pregnancy Trust
Tel: 0207 733 2653
www.ectopic.org.uk

FSID (Foundation for the Study of Infant Deaths)
Tel: 020 7802 3200
Helpline: 0808 802 6868
www.fsid.org.uk

Birmingham Sands helpline 07709 425001

Family Planning Association

Helpline: 0845 122 8690

www.fpa.org.uk**Group B Strep Support**

Tel: 01444 416176

www.gbss.org.uk**Heartline**

Tel: 033 00224466 (local rate)

www.heartline.org.uk**Infertility Network UK**

Tel: 0800 008 7464

www.infertilitynetworkuk.com**International Stillbirth Alliance**www.stillbirthalliance.org**Miscarriage Association**

Tel: 01924 200799

www.miscarriageassociation.org.uk**National Endometriosis Society**

Tel: 0808 808 2227

www.endometriosis-uk.org**National Childbirth Trust**

Tel: 0300 330 0770 (enquiries)

www.nct.org.uk**NHS Direct**

Tel: 0845 4647

www.nhsdirect.nhs.uk**Nursing and Midwifery Council (NMC)**

Tel: 0207 333 7333

www.nmc-uk.org**Obstetric Cholestasis**

Helpline: 07538 585047

www.ocsupport.org.uk**Positive Parenting**

0845 643 1939

www.parenting.org.uk**Sands Helpline**

020 7436 5881

www.uk-sands.orgwww.sandsforum.org**SOFT UK (Trisomy 13 & 18)**www.soft.org.uk**Edwards Trust (Bereavement Counselling)**

Tel: 0121 454 1705

www.edwardstrust.org.uk**Tommy's The Baby Charity
including help with Toxoplasmosis**

Tel: 0207 398 3400

Pregnancy line information service: 0800 0147800

www.tommys.org**Twins and Multiple Births Association**

Tel: 0800 138 0509

www.tamba.org.uk**Birmingham Sands helpline 07709 425001**