

Oxfordshire Sands

April Newsletter 2015



Group Meetings during 2015

“The chance to openly talk to people who have also lost a baby is a lifeline, because they really do understand what I’m going through. It gives me comfort and hope.”

Our group support meetings are led by Sands befrienders. You are welcome to join us from 7pm for refreshments and to have a look at the basket of support books that we have available to borrow.

With the meeting starting at 7.30pm, befrienders will share their stories and experiences and you will be invited to share your story if you wish, or you may just want to come and listen to others to begin with.

If you are not in a position to attend our meetings but feel you would like support from a befriender, we are always here to listen (Contact details on back page).

We offer email and telephone support for mothers, fathers, grandparents and anyone affected by baby loss and during the anxious time of a subsequent pregnancy.

- 6th May
- 3rd June
- 1st July
- 2nd September
- 7th October
- 4th November
- 2nd December



All meetings are **7:00-9:30pm, at Bicester Children’s Centre, Queens Ave, Bicester, OX26 2NR. Tel: 07513 295505** *All adults are welcome to come along to these informal support meetings*

Donations

In memory of Grace Woodley

From Photo Purity

From Brigitte Mansfield in memory of Jorge and Leo Da Silve born asleep
5th March 2015.

From donations and a quiz held at The Dun Cow, Hornton

From the Wonnacott Family, in memory of Emily Jane

From Rizwana and Andrew Gitsham in memory of their son Mohamed
Gitsham

Thank you to Anna Milloy and all who attended the Snowdrop Teas, where a
fantastic £130 was raised for Oxfordshire Sands.

Ola Parchowska (first on the left in the below photograph) and her team at
Wheatley Pharmacy won £250 for completing a number of blood pressure
checks as part of a national All About Health campaign called 50 Hearts. She
has donated the money to Sands to be used in Level 7 of the JR hospital
which is where her baby girl Helenka was born asleep.



Many thanks ~

***All fundraising and donations are hugely appreciated and are much
needed to help us carry out the work we do.***



Chance to chat

A message from Anna Milloy, one of our befrienders:

Hello all,

I'd like to tell you about an event in south Oxfordshire. A newly bereaved mum has decided she'd like to open her home and raise support and awareness for Sands.

Chloe is offering tea and cake while you come along and knit some blankets for Oxfordshire Sands.

There will be knitting encouragement and a chance to share and talk about our precious babies.

It's the last Friday of the month.

It's at 70, Wilding road, Wallingford OX10 8AR.

Email chloehurley@mail.com with any questions.

Thanks for your support. Anna Milloy.

Anna would also like to extend her thanks to those who attended her Snowdrop Teas earlier this year.

Oxfordshire Sands' AGM

This is the official notice of the Oxfordshire Sands' AGM, which will take place on **MONDAY 1ST JUNE 2015 at 7.30pm** at Bicester Children's Centre, Queens Ave, Bicester, OX26 2NR, where we hold our support group meetings. Parking is available.

All members are welcome as we review the past year and plan for the coming year, along with re-election and election of committee members. If you would like to be nominated for the committee, you will need to be proposed and seconded by other members of Oxfordshire Sands. Please get in touch with us for any further information or to request a nomination form. Any nominations must be notified to us by 18th May 2015.

Sands Awareness Month

If you're able to – please pop along to Banbury's Castle Quay shopping centre and say hello to us on Saturday 6th June. We will be handing out balloons and holding a tombola for Sands Awareness Month.



Rainbow Group



Lydia Berry has set up an innovative new playgroup to support parents who have lost a baby at any time during pregnancy or around birth. The first of its kind in Oxfordshire, these sessions will be held at the Ace Centre in Chipping Norton, starting on Saturday 16th May. The playgroup is specifically for bereaved parents who also have children between the ages of 0 and 7. Lydia lost her first daughter Evelyn shortly after birth in 2011 and has been working with the Ace Centre to set up the much needed play session.

The sessions will be held in the main hall of the Ace Centre with plenty of toys and activities for the children to enjoy as well as healthy snacks, while parents can have a cup of tea and socialise with others in a similar situation.

The idea behind the new playgroup is to recognise that when parents lose a baby, raising older, surviving or subsequent children can be a unique challenge. Parents supporting each other can be a great help because sharing from real experiences is a powerful comfort.

The sessions will be a safe space where parents can feel comfortable and able to talk about their loss or just watch their other children play. The aim for the group is making connections with others facing similar challenges, which can help ease the burden of caring for young children whilst grieving.

Lydia said, “Losing Evelyn was the single most traumatic experience of my life and I found having my second daughter a year later a difficult adjustment. I often struggled to grieve and also be a mum to a living child. The support from others who have been through similar experiences has been a lifeline so I’m really excited to start these special play sessions. I want to thank the Ace Centre for giving me such great support and facilitating this support playgroup. They have encouraged me to speak out on behalf of bereaved parents, giving me the confidence to help others in need of a kind ear. I am looking forward to meeting parents from around Oxfordshire who want to reach out. Hopefully our daughter will have fun and my husband and I will make some new friends.’

The new playgroup will be held on select dates throughout the year: 10.30 -12.30 on Saturday 16th May, 18th July, 19th Sept, 21st Nov.

For more information contact Lydia: oxfordshirerainbows@gmail.com

Ace Centre - <http://www.ace-chippingnorton.co.uk/family-centre/>

If your child is over 7 and you wish to attend please contact Lydia.



Blanket support

The hand knitted blankets in our memory boxes have a unique value. They bring the bereaved parents a personal message of love at a very confusing, painful time. The blanket may be taken home by the parents or it may be used to wrap the baby's body if the parents want this.

Angie Lambert raised money selling TY Beanie Bears at fetes and at work. She says, 'I have done this in memory of my Grandson James who did not make it into the world.' Money donated is to buy wool for memory box blankets.

We would like to thank Thame activity group, who have kindly knitted blankets with the wool donated by Angie.

Also, we would like to thank all the individuals and groups who have kindly supported our blanket appeal, including Wantage WI, West Hendred WI and Bicester Needle and Craft Club.

Email Newsletter



Have you considered receiving our newsletter via email, so that more of the money donated to us can go towards the important work we do?

If so, or if you do not wish to receive our newsletter any more, please email newsletter@oxfordshiresands.org

Diary dates for 2015



June is Sands Awareness Month –

Monday 1st June – Oxfordshire Sands' AGM at Bicester Children's Centre, *Queens Ave, Bicester, OX26 2NR* where we hold our support group meetings.

Saturday 6th June- Tombola in Castle Quay shopping centre, Banbury

Saturday 13th June- Annual National Sands service, followed by a short dedication in the Sands garden at the The National Memorial Arboretum situated on Croxall Road, Alrewas, Staffordshire DE13 7AR. Further information about this event can be found here <https://uk-sands.org/support/remembering-your-baby/sands-annual-remembrance-service-and-garden-open-day>

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**International Babyloss Awareness Day and Wave of Light –**  
October 15<sup>th</sup>

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Oxfordshire Sands Annual Remembrance Service –
Sunday 22nd November
***WEEK EARLIER THAN USUAL**

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## Contact Details

**Befrienders:** Vicky, Karen, Corinne, Jenni, Anna,  
Rosemary, Andrew  
07513 295504/ 07513 295505  
(Text or leave a message for a call back)

[befriender@oxfordshiresands.org.uk](mailto:befriender@oxfordshiresands.org.uk)

**Fundraising:** Karen Hancox 07870 345983  
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**Newsletter:** [newsletter@oxfordshiresands.org.uk](mailto:newsletter@oxfordshiresands.org.uk)

**Website:** [www.oxfordshiresands.org.uk](http://www.oxfordshiresands.org.uk)



Oxfordshire Sands is run on a voluntary basis and depends on donations. It provides support to the parents and families who have lost a baby. Money raised by the Group is used to pay for the upkeep of the Ashfield suite at the John Radcliffe Hospital and the Forget-Me-Not room at the Horton Hospital, providing photographs of the babies and the cameras used, for remembrance cards and booklets, information leaflets provided, the 'Always Loved, Never Forgotten' memory boxes, hospital equipment, midwife training, maintenance of Sands memorials in Banbury, Botley, Headington and Wolvercote cemeteries and Hardwick Hill Crematorium, plus the Books of Remembrance and the annual Service of Remembrance and Sharing.

*Charity registration number 299679*