

SUPPORTING THOSE AFFECTED BY THE DEATH OF A BABY



SHROPSHIRE

Supporting anyone
affected by the death of a
baby

Helpline No: 07772 217439

www.shropshiresands.co.uk

Charity Registration No: 299679

We are the Shropshire branch of Sands, the Stillbirth & neonatal death charity.

We are a small group of men and women who have all experienced the death of a baby, either before during or shortly after birth.

Everyone involved with Shropshire Sands is a volunteer.

Firstly we offer you our sympathy.

We know something of what you are feeling now - the sadness, the frustration, the anger, the guilt - and we know how difficult you may be finding things.

Secondly we offer you our support.

We know that you may need to talk about what has happened and we will try to help in whatever way is right for you. You may find it helpful to be in touch with someone who has been through a similar experience, or someone who lives in your locality, or you and your partner might like to meet up with another couple.

We are always happy to talk on the telephone and you will find a phone number on the front of this leaflet - please feel free to get in touch.

We can't offer a counselling service, but we can offer our friendship and support.

Our newsletter is published every month, please ring us if you would like to receive a copy.

Here are a few suggestions that many of us have found helpful and which might help you:

- Try to talk about your baby to your partner, family and friends. Use your baby's name.
- Take things easy at first if you can, you have been through a big ordeal, so don't expect too much of yourself.
- If you have a photograph of your baby, you might like to display it in a special place. If you have several photographs, or other mementoes, you might like to put them in the special folder which we have provided for you.
- Try writing things down - the account of your baby's birth and death, or even a poem - anything that helps you to express your feelings. Would you like to write something in our remembrance book?
- Grief and sorrow can take the form of physical complaints. Stomach disorders, palpitations, exhaustion, are common after bereavement.
- Don't bottle up your feelings - there is no shame in grief and there is no need to worry if you cry a lot. It is very natural.
- Don't grieve alone. There are people who want to help and share it with you.

- Grieving can take a long time - it is normal to still feel sad months or even years later. You will find, though, that even if the pain doesn't seem to get any less, it does come less often.

There will come a time when you can carry your grief and it no longer carries you.

- You will never forget your baby. He or she will always have a special place in your family. It may be that you will never completely 'get over' the death. Eventually though, you will come to terms with it - and look forward to the future but never forgetting the past.