

# Sands

Sands is here to save babies' lives and support anyone affected by pregnancy loss or the death of a baby.



We provide support



We improve bereavement care



We save babies' lives



To learn more, get support or find out how you can get involved, visit [sands.org.uk](https://sands.org.uk)





# Together, we are Sands.

When someone loses a baby, it is a devastating and life-changing experience. This is why the Sands community is here – to support families through their loss and to grow around grief.

**Everyone has an important role to play as part of our community.**

We are the bereaved families, volunteers, befrienders and staff members. We are healthcare professionals, fundraisers and campaigners. We are here because we share Sands vision for a world where fewer babies die.

**We can all play a role in making a difference to bereaved families and saving babies' lives.**



**Get involved: [sands.org.uk/we-are-sands](https://sands.org.uk/we-are-sands)**

## We are here to support you



Call our help line for free  
0808 164 3332



Find your local group  
[sands.org.uk/support](https://sands.org.uk/support)



Search Sands Bereavement Support in your app store



Join our online community  
[sands.community/login](https://sands.community/login)



Access Grief Chat via our website



Join your local Sands United Team



Email [helpline@sands.org.uk](mailto:helpline@sands.org.uk)



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