

About Sands

We hope you have found the information in this book helpful. We would encourage you to use Sands for as long as you need. Our services are open to anyone affected by the death of a baby, no matter how recent or how long ago.

Our website also has a number of ways that you can help Sands make a real difference for bereaved families now and in the future. Visit www.sands.org.uk/get-involved.

About Sands

Sands is the leading stillbirth and neonatal death charity in the UK. Founded in 1978, Sands exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it wherever they are in the UK.

Sands strives to reduce the number of babies dying and to better understand the causes of baby deaths, working with governments and other organisations to drive change and raise awareness of the issues relating to baby loss.

Sands exists to support anyone affected by the death of a baby, before, during or shortly after birth. Sands provides bereavement support services at both a local and national level. These include the Sands Freephone helpline, mobile app, online community, family support packs, memory boxes and over 100 regional support groups run by trained befrienders.

Sands works to improve bereavement care available to parents and families, by offering a range of training programmes and resources and working in partnership with health care professionals, trusts and health boards.

