

Sands Awareness Month 2016

1-30 June - How to Get Involved



June is Sands Awareness Month, when we all work hard to increase awareness of stillbirth and neonatal death and the everlasting impact experienced when a precious baby dies during pregnancy, at birth or shortly afterwards. While many more people are aware of the pain of baby loss because of the work of Sands and others, many people still have no idea and it remains a taboo subject. More recently we've all made a lot of progress in breaking the silence, but there is a long way to go. This is a chance for us all to do our bit, no matter how small, to make people listen; to highlight the fact that over 100 babies will die each week during the month of June and to raise vital funds so that Sands can continue to support, research, and improve.



Will you **Walk a Mile in My Shoes** for Sands? You don't have to just stick to trainers and hiking boots, how about a wellie walk, a sandal stroll, striding in stilts or sauntering in slippers? Whether you decide to walk alone, with friends and family, with work colleagues or even with your dog, organising and taking part in *Walk a Mile in My Shoes*, allows you to share and celebrate while raising awareness and vital funds for Sands.

Turn Facebook and Twitter Orange this June Update your Facebook or Twitter profile pictures and Facebook cover photo with Sands orange for the duration of June to raise awareness and ask your friends and followers to do the same. Download an Orange Selfie or our one of our *I'm turning Orange for Sands Awareness Month* images from the website. www.uk-sands.org/get-involved/events/sands-awareness-month

Orange Challenge Event Get friends and family to sponsor you to sit in a bath of baked beans or orange juice! Wear something Orange every day during June. Or why not invite friends round for an 'orange' inspired dinner that could use foods like apricots, butternut squash, carrots, clementines, oranges, pumpkin, smoked salmon, sweet potatoes or orange sorbet.

Have an '**Orange' Dress-Down Day** Charge £2 to wear orange for the day in your office, school or nursery. Why not have a prize for the best dressed or most inspirational use of Orange! Wear an Orange wig, come to work in an orange suit, or even fancy dress! Let your imagination run wild!!

Why not **BAKE 4 SANDS** Register with our Fundraising Team for our Bake4Sands pack and continue an orange theme right the way through to your cake sale by baking carrot cake or chocolate orange crispy cakes!

Trek The Beacons for Sands (25km, 50km, 75km or 100km distances) on 4-5th June in the Brecon Beacons. Other events happening during Awareness Month include the **Great East Swim** and the **Edinburgh Night Cycle**. Interested in taking part in one of these events – or looking for OTHER fun ways to raise funds and awareness for Sands this June?

Raise Awareness, Raise Funds Inspire friends to join in by sharing your Orange Selfie and asking them to do the same – Download our Selfie Sign from our Facebook page or our website - Text **JUNE01 £5 to 70070** to donate to Sands and help save babies' lives.



Get in touch with a member of our Fundraising team today so we can help support your fundraising and get you on your way!

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