

Awareness Talks

Our experts have created a short series of sessions based on our most popular requests.

Each session lasts 45 minutes with 15 minutes for Q&As, £500 per session.
Please select from any of the following:



Memory Making and Commemoration

Understand the importance of memory making and commemoration, exploring personal and diverse ways families choose to remember their babies. Find out about ways to get involved through Sands, and get some guidance on supporting commemorative choices.



Supporting men after loss

Explore cultural and emotional ways to better support men and partners after loss, focusing on promoting inclusive and sensitive care that recognises the impact of baby loss on men's mental health. Gain understanding of different support available, and how the workplace can enable better bereavement practice.



Finding the Words

Supporting open and safe conversations around pregnancy and baby loss by helping you to find the right words. Hear from our experts and from parents, who tell us about appropriate ways and words, whether at work, at home or in your community.



Wellbeing and Guided Meditation

Give your colleagues a moment to reflect on their own health and wellbeing. Let our experts guide you through several grounding and mindfulness exercises, and end the session with a guided meditation. No experience necessary and cameras can remain off.

To book

Complete this form to register your interest. Alternatively, contact **corporate.partnerships@sands.org.uk** to discuss your needs.

Sands' speakers are trained and qualified in supporting people navigating experiences, or conversations, on pregnancy and baby loss.

W: sands.org.uk/support
E: helpline@sands.org.uk
T: 0808 164 3332

