

# Sands Bereavement Support Services

**Sands is here to save babies' lives and support anyone affected by pregnancy loss or the death of a baby.** Our Bereavement Support Services offer safe spaces for you to grieve and find support, whether you are a parent, sibling, grandparent, NHS professional or friend. Our team includes Bereavement Support Services Officers, counsellors and other qualified staff. Here is just some of what we do:

## We offer listening services:



Free Helpline 0808 164 3332



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



Sands support chat via our website [sands.org.uk](https://sands.org.uk)

## We help those affected by pregnancy loss or the death of a baby to support each other through:

- Sands online community providing peer support 24 hours a day, moderated by staff
- Facebook support groups, including a men's group
- Online support group meetings run by Bereavement Support staff

## We support hundreds of volunteers across the UK to run:

- Local support groups face to face and online
- Activity-based support including walk and talk, choirs, and Sands United football teams

## We create and provide free resources for making memories and growing through grief, both to hospitals and also directly to those who have experienced pregnancy loss or the death of a baby:



Memory boxes with space for families to build their own memories throughout their grief journey



Sensitively designed certificates of birth



A Bereavement Support Book, available in hard copy and to download, as a single book or individual booklets, with information about a range of subjects including physical and emotional challenges, arranging a funeral, and returning to work



Printed and downloadable activities for children and young people



Guides for those who were bereaved long ago, including any who want to trace a baby's grave



Information for those going through a review or investigation process

*Some of our groups and resources are open to anyone affected by pregnancy loss or the death of a baby. Others are for specific communities or relationships such as partners. This is so that everyone can have a safe space where they feel welcome, valued, and equal. All of our resources are available in different languages. Find out more here: [sands.org.uk/support](https://sands.org.uk/support)*



Saving babies' lives.  
Supporting bereaved families.