

Important dates for your diary – at a glance

9th June	Cake Sale, Great Western Hospital, 10am – 2pm Memorial garden meeting, Kingsdown Crematorium, 4pm
18th June	Meal at The Plough Inn, Nr Chiseldon, 7pm
26th June	Sands Annual Memorial Service, depart Swindon 9am
29th June	Support Meeting 7-9pm
27th July	Support Meeting 7-9pm
28th Aug	Swindon Sands Masquerade Ball
31st Aug	Support Meeting 7-9pm

A Special Thanks to Gloucestershire Sands who have helped provide funding for our boxes & digital camera, we really appreciate it!

Contact Details

Support Line: 01793 238788

If you try to call and get no response please leave a message and Cathy or Natasha will get in touch as soon as possible.

General Enquiries: admin@swindonsands.org

Support after loss: support@swindonsands.org

Fundraising: fundraising@swindonsands.org

Borrowing Books: librarian@swindonsands.org

*Thank you to Jo for helping write the newsletter this month :)
Autumn issue is out in September...*



Issue No. 2 Summer

JUNE is
SANDS AWARENESS MONTH

Welcome to our Summer Newsletter!

If you are new to Swindon Sands then we are so sorry that you have lost your little baby but so glad you have found us. We are a group of bereaved parents here to offer support for each other through such a heartbreaking time...

We have lots of things going on this summer especially in June which is the national SANDS awareness month. So if you can think of anything to do to help promote SANDS in Swindon and to let more people know we are here then go for it!



Cake Sale!

Wednesday 9th June
10 - 2pm

Great Western Hospital

It's very easy to get involved in this scrumptious new event. If you fancy going cake-baking crazy then please let us know. The more cakes we have, the more we can sell and raise much needed funds. We would like cakes of all shapes, sizes and flavours so if family and friends can get involved and bake us some tasty treats then that would be great.

Cakes can be delivered on the day to the Hospital or the night before as below:

Cathy, 14 Earl Close, West Swindon, SN5 5TX or to Jo, 6 Strouds Hill, Chiseldon, Swindon, SN4 ONH. Please let us know if you can cook up a storm but will have difficulties in delivering them so we can help.

CONTACT: *cathymilburn@swindonsands.org / 01793 238788*

(if you're cakes will be containing NUTS please let us know as this will need to be displayed)

Would you like to get more involved?

When Tasha and I set up Swindon Sands it started off small but we always knew that it would get bigger and bigger as more people found out we were here. The group is really growing and I know a number of you are keen to get more involved which is great. If anyone would like more information about how you can help or if you would like to join our committee and have a real input into the group please get in touch: cathymilburn@swindonsands.org

Befriender Training

National Sands offer 'Befriender' training which is a great way to offer support to others at a time they need it most. It is recommended that you are passed your first year mark before looking to befriend. We would be happy to help cover the cost of the course and transport, for more information on befriending then visit the National Sands website: www.uk-sands.org.

Social Get Together

We are organizing a meal on Friday 18th June at 7.00pm. It would be lovely if you could join us for food and a few drinks. We are going to The Plough Inn, Nr Chiseldon, just off junction 15 of the M4. Please let us know by email admin@swindonsands.org by the 11th June if you would like to come. Hope to see you there!



SANDS At the Swindon Duck Race!



On Bank Holiday Monday we had a display table at the famous Swindon Duck Race! We gave out leaflets and knitting patterns and got some small donations too. We even bought a duck but unfortunately the little fella needed swimming lessons! Thank you to Peter Milburn who helped loads all day in his sands t-shirt :)



Little Snowdrop

The world may never notice
If a Snowdrop doesn't bloom,
Or even pause to wonder
If the petals fall too soon.
But every life that ever forms,
Or ever comes to be,
Touches the world in some small way
For all eternity.
The little one we long for
Was swiftly here and gone.
But the love that was then planted
Is a light that still shines on.
And though our arms are empty,
Our hearts know what to do.
Every beating of our hearts
Says that we love you.
(Author unknown)

"In loving memory of Holly May"
Precious Daughter of Jo and Dave, xxx.

(If you would like to include a favourite poem in future newsletters
please email them to admin@swindonsands.org)



Support Meetings

Our support meetings are held on the last Tuesday of the month from 7 - 9pm and are very informal, providing a safe place to chat and meet others who are going through the heartache of losing their baby. Feel free to come along for any amount of time and if it's your first time and would like to meet up a bit early rather than walk in on your own then please get in touch.

NEW Memorial Garden in Swindon

On Wednesday 9th June at 4pm we have a meeting with Kingsdown Crematorium to discuss the possibility of a memorial garden at the cemetery. If you would like to know more or have an input then please feel free to come along to the meeting. We will meet in the car park just before 4pm.

SANDS Annual Memorial Service

10th Anniversary Open Day and Memorial Service

Saturday 26th June 2010 – 2pm

We are organizing a trip to the annual open day and remembrance service, being held at the National Memorial Arboretum, Alrewas, Staffordshire. This is an established event giving people the opportunity to remember their babies in a simple but beautiful service in the Arboretum's Millennium Chapel and to meet with others in the peaceful atmosphere and tranquil surroundings of the Sands Garden. It is sure to be a lovely way to remember our loved ones and we do hope you can join us.

As part of the day we will also be laying pebbles along a pathway in memory of our little ones. Please let us know if you are unable to make this event but would like us to take one for you.



We have arranged for a mini-bus to take us up there, leaving at 9am from the car park at:
Gablecross, Divisional Police HQ
Shrivenham Road
South Marston
Swindon
SN3 4RB.

Please let us know asap by emailing admin@swindonsands.org if you would like to come. There will be a nominal charge to cover petrol costs and we are intending to take a picnic and appreciate the beautiful surroundings prior to the service. Refreshments are also available in the restaurant there.

We need help selling tickets and prizes for the raffle!

If you can help advertise this fab event by putting up A4 posters in your local area then please let us know and we can send you some. We also need help selling tickets and with prizes for our raffle. Please tell friends, family and work colleagues and we hope to see as many of you there as possible!

It's going to be an amazing night!

Swindon Sands presents...

A Starry Night

Masquerade Ball

We are holding a fundraising Ball so that we can continue supporting families devastated by the death of a baby. The funds raised will help run our monthly support meetings, the helpline, website and most importantly place Memory Boxes in Great Western Hospital

Tickets £45
As well as your BBQ buffet banquet, your ticket includes an arrival drink, glass of wine with your meal, entertainment, charity raffle and disco

To purchase a ticket:

01793 238788
fundraising@swindonsands.org
www.swindonsands.org

Saturday 28th August 7pm

Alexandra House, Wroughton, Swindon



Mini Memory Boxes

for earlier losses...

We have now successfully launched the large memory boxes at GWH and they are in place to support newly bereaved families.

We know that losing a baby at any stage in pregnancy is heartbreaking and to have to go through a delivery and still leave the hospital empty handed is just devastating. The main purpose of the memory boxes are to help families create memories during the short time they have with their little one and to leave the hospital at least carrying as many memories as possible with them.

So we have spent some time looking into the possibility of creating smaller memory boxes for losses between 14 -20 wks and are happy to say that these will be in place at the hospital over the coming weeks. The boxes will include a mini blanket, an angel pocket which can be used to bury baby in, 2 teddies, poem, support literature and a certificate acknowledging the birth of the baby.

We hope that these boxes will bring some comfort and support to families in the future.

If you like knitting or know someone who does then you can help by knitting our blankets and angel pockets. The patterns can be downloaded from our website: www.swindonsands.org

Hand & Foot Cast Boxes at GWH

After several months of talking with the hospital about providing boxes for the hand and foot casts, we are pleased to have provided 50 boxes last month, which fit into the memory boxes.



Digital Camera

In April we were able to provide Hazel Ward with a lovely digital camera and docking archival printer for the sole use of families who have lost their baby, to capture precious memories.