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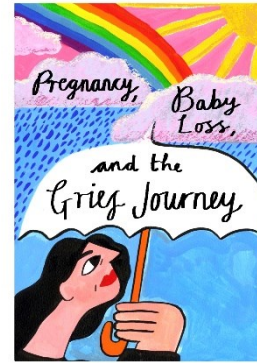
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Pregnancy & Baby Loss Contacts and Resources



- To read our booklet, *Pregnancy, Baby Loss and the Grief Journey*, click the link or use the QR code:
- **Suggestions?** Do you have a suggestion for this page or a link that needs updating? If so please fill in our form: <http://tinyurl.com/25wd9jjs>

Charities and Other Organisations Offering Support After Baby Loss

Aching Arms (www.achingarms.co.uk) supports families who have experienced baby loss, offering a comfort bear and community support (including a dads' support group). Helpline: 07464 508994 Email: support@achingarms.co.uk

Antenatal Results and Choices (ARC) (www.arc-uk.org) supports parents and professionals through antenatal screening and provides bereavement support to those who end pregnancies for medical reasons (TFMR). Helpline: 02077137486 Email: info@arc-uk.org The ARC publications page (www.arc-uk.org/for-parents/publications) offers a range of booklets to support families who experience TFMR, including help for fathers, same-sex partners, and grandparents, as well as advice for talking to children and support when preparing for another pregnancy

Bereaved Parents Together

(www.facebook.com/groups/bereavedparentstogether) is a private Facebook group which offers a safe, warm and supportive space for bereaved parents who have lost a baby, child, adult child or children from any cause or circumstance.

Child Bereavement UK (CBUK) (www.childbereavementuk.org) supports bereaved children and families who have been bereaved of a child.

Helpline: 0800 02 888 40 Email: helpline@childbereavementuk.org They also have an online chat service on their website.

The Child Death Helpline (<http://childdeathhelpline.org.uk>) is a free helpline service for bereaved families, operated by bereaved parents. Helpline: 0800 282 986

A Child of Mine (www.achildofmine.org.uk) offers support, information and guidance after the death of a baby or child. Helpline: 07803 751229 Email: hello@achildofmine.org.uk

The Compassionate Friends (www.tcf.org.uk) supports bereaved families, with a helpline run by bereaved parents. Helpline: 0345 123 2304 Email: helpline@tcf.org.uk

CRADLE (<https://cradlecharity.org>) offers support and community to everyone affected by early pregnancy loss, including miscarriage and TFMR. They also offer comfort bags in some UK hospitals. Email: info@cradlecharity.org

Cruse Bereavement Support (www.cruse.org.uk) offers support and information to everyone who has experienced a bereavement. Helpline: 0808 808 1677

The Ectopic Pregnancy Trust (<https://ectopic.org.uk>) provides information, support and community for people affected by ectopic pregnancy. Helpline call-back service: 020 7733 2653 Email: ept@ectopic.org.uk

Footprints Baby Loss (<https://www.footprintsbabyloss.org>) supports all parents and carers of twins, triplets or more who die during or after pregnancy, including offering peer-to-peer services and online support groups and communities.

GP practices can offer personalised support, resources, and access to local services. In some NHS Trusts, parents who have experienced baby loss can be connected with a bereavement midwife if they phone the hospital switchboard and ask to be put through (the phone number for the hospital switchboard will be available online and can often be found at GP surgeries or libraries).

The Lullaby Trust (www.lullabytrust.org.uk) raises awareness of sudden infant death syndrome and supports bereaved families. Bereavement Support Helpline: 0808 802 6868

MAMA Academy Baby Loss Pages

(www.mamaacademy.org.uk/pregnancy-birth/baby-loss) offer information about different kinds of baby loss and how to make negligence claims. Telephone: 07427 851670 Email: contact@mamaacademy.org.uk

The Mariposa Trust (www.mariposatrust.org) has several wings. Saying Goodbye (www.sayinggoodbye.org) supports families who have experienced baby loss, and runs remembrance services around the world. The services often take place in Cathedrals or Abbeys, but the charity is non-religious and welcomes people of any or no faith. The other wings support people who are pregnant after a loss, going through fertility treatment or adoption, and more. Saying Goodbye telephone: 0300 323 1350 Saying Goodbye email: info@sayinggoodbye.org

Miscarriage Association (www.miscarriageassociation.org.uk) supports everyone affected by miscarriage, molar pregnancy or ectopic pregnancy. Helpline: 01924 200799 Email: info@miscarriageassociation.org.uk. They have a range of leaflets (www.miscarriageassociation.org.uk/information/leaflets) exploring different aspects of miscarriage.

Molar Pregnancy Support and Information

(<https://molarpregnancy.co.uk>) supports people who have experienced a molar pregnancy, with a forum and three regional centres.

Petals (www.petalscharity.org) provides and promotes specialist counselling for parents across the UK who have experienced baby loss.

Sands (www.sands.org.uk) supports families and medical professionals affected by any kind of baby loss. Helpline: 0808 164 3332 Email: helpline@sands.org.uk Sands also run online and face-to-face bereavement support groups and pregnant after loss groups monthly. See also their online community forum (<https://sands.community>) and Sands United, football teams for men affected by baby loss: (www.sands.org.uk/sands-united) The *Sands Bereavement Support Book* is available here: www.sands.org.uk/support-you/how-we-offer-support/sands-bereavement-support-book. The booklet has sections on 'neonatal care and end of life', 'termination for medical reasons (TFMR)', 'saying goodbye', 'supporting children' and much more.

Teddy's Wish (www.teddyswish.org) offers support and information to families affected by Sudden Infant Death Syndrome (SIDS), stillbirth or

neonatal death, through counselling, retreats and other services. Email: support@teddyswish.org

TFMR Mamas (www.tfmrmmas.com) run a range of support groups for mums, dads, LGBTQ+ parents and grandparents who have been affected by TFMR.

Tommy's (www.tommys.org/baby-loss-support) offers support and information to bereaved families, as well as conducting medical research into baby loss.

Twins Trust Bereavement Service

(<https://twinstrust.org/bereavement.html>) supports all parents and carers of twins, triplets or more who die during or after pregnancy, including offering peer-to-peer services and online communities.

Winston's Wish (www.winstonswish.org) supports grieving children and young people and the adults that care for them.

Support for Particular Groups of People

The Bereavement Journey (www.thebereavementjourney.org) is a six-week course of discussion sessions, often run in churches. The first five sessions are open to people of any or no faith, and the optional sixth session considers grief from a Christian perspective.

Black Minds Matter (www.blackmindsmatteruk.com) provides resources and access to therapy for Black individuals and their families.

The Jewish Bereavement Service (<https://jbcs.org.uk>) offers counselling support from a Jewish perspective. Telephone: 020 8951 3881 Email: enquiries@jbcs.org.uk

LGBT+ Bereaved Parents Community

(www.facebook.com/groups/414483379303584) is a private Facebook group.

Muslim Bereavement Support Service (<https://mbss.org.uk>) supports Muslim women who have experienced bereavement. Telephone: 020 3468 7333. Email: info@mbss.org.uk

The New Normal Charity (www.thenewnormalcharity.com) runs a range of online support groups for bereaved people (including 'Queer Good

Grief', 'Black and Brown Good Grief' and more). Telephone: 07865 256 889 Email: info@thenewnormalcharity.com

Sikh Helpline (www.sikhhelpline.com) offers 24/7 telephone and email support for all issues. Helpline: 03000 3000 63 or 07999 004 363 Email: info@sikhhelpline.com

How to Find Local Charities and Support Networks

The list above only includes national charities, so it's a good idea to **ask medical providers what is available in the area**. These websites might also be helpful:

At A Loss (www.ataloss.org/Pages/FAQs/Category/organisations-that-can-help) allows families to search for local organisations, with an option to find culturally sensitive services (such as religious/ethnic or LGBTQ+ support, or services in different languages).

Baby Loss Awareness Alliance (<https://babyloss-awareness.org/support>) have a list of resources depending on what you need. They also have a full list of member organisations (<https://babyloss-awareness.org/organisations>), many of which offer local or specialised support or ways to remember babies who have died.

Childhood Bereavement Network

(<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/finding-support-local-you>) allows families to search for local organisations who support bereaved children, including bereaved siblings.

Our Sam (<https://oursam.org.uk>) has as SOS Baby Loss search tool to find local support. It also runs Our Stars Choir, an online choir for bereaved parents to come together and sing popular music. For the choir, email: ourstarschoir@oursam.org.uk

Charities and Groups that offer Memory Boxes and Ways to Remember your Baby

Many organisations offer ways to remember your baby. Options include:

4Louis (<https://4louis.co.uk>) offers a range of memory boxes for families affected by baby loss, including a gift pack designed with an Imam to

support a Muslim burial and a sibling bag for children who have lost a brother or sister. They can be ordered free of charge by hospitals, funeral homes and other professionals who work with bereaved families, or requested by the families themselves. Phone: 0191 5144473
Email: mail@4louis.co.uk

A Child of Mine Sentimental Ideas

(<https://achildofmine.org.uk/category/sentimental-ideas>) lists websites that offer different ways to remember babies who have died, including everything from memorial jewellery and teddies to naming a star.

Remember My Baby (<https://remembermybaby.org.uk>) offers baby remembrance photography to UK parents experiencing the death of a baby before, during or shortly after birth. In some cases, they can digitally retouch images not taken by their photographers. Phone: 0808 189 2345 Email: info@remembermybaby.org.uk

Sands Memory Boxes (www.sands.org.uk/support-you/how-we-offer-support/memory-box) help parents build memories and bond with their babies.

SiMBA (www.simbacharity.org.uk) provides a range of memory boxes free of charge to hospitals across the UK and Ireland. The boxes can also be requested by individuals. SiMBA also have beautiful copper sculptures called 'Trees of Tranquillity' across Scotland; parents can request a copper leaf is engraved for their baby and attached to the tree of their choice.

The Skye High Foundation (www.theskyehighfoundation.com) offers purple butterfly cot cards which are placed in twins or other multiples' incubators or cots in memory of their sibling(s), as well as other memorial items.

Support with Legal and Practical Processes

Many of the charities and organisations listed above will support parents with practical and legal issues and there is a lot of information online. These pages might be useful:

The MAMA Academy Medical Negligence page

(www.mamaacademy.org.uk/pregnancy-birth/baby-loss/medical-

[negligence-claims](#)) has information about different kinds of negligence investigation and how to make a claim.

The Sands Booklet *Returning to Work*

([www.sands.org.uk/sites/default/files/Returning To Work March 2023.pdf](http://www.sands.org.uk/sites/default/files/Returning_To_Work_March_2023.pdf)) has advice for returning to work.

The Sands Booklet *Understanding Why Your Baby Died*

([www.sands.org.uk/sites/default/files/Understanding Why Your Baby Died March 2023.pdf](http://www.sands.org.uk/sites/default/files/Understanding_Why_Your_Baby_Died_March_2023.pdf)) has information about post-mortems and reviews of care.

Tommy's Baby Loss Information and Support Pages

(www.tommys.org/baby-loss-support) offer information about registering a baby's death or stillbirth; rights and benefits after baby loss; planning a funeral; returning to work; post-mortems and more.

Podcasts, Videos, Books and More

There are lots of resources available online or to purchase. The bereaved parents and medical professionals who contributed to this booklet particularly recommend:

Dad Still Standing (www.dadstillstanding.com) is a podcast for dads affected by baby loss, run by bereaved dads Liam Preston and Matt Dearsley.

Good Grief Festival (www.goodgrieffest.com) ran a Grief School session on Stillbirth (<https://youtu.be/CyaBKbJAuGc>) and Grief Chats on Miscarriage (https://youtu.be/zbs4jipmnxw?si=6UZ-hk_ZmGMy3DaH) and 'The Male Perspective on Baby Loss' (<https://youtu.be/cPcaRJ27iSw?si=2rkNfDHxreUldzlg>). They also have a playlist of videos related to baby loss (https://youtube.com/playlist?list=PLyQxoSCUV1_BqH-T1hOpqSzASgu2H8QLX). The Grief Hub has a selection of resources related to the death of a child: www.goodgrieffest.com/resources/the-death-of-a-child

A Heart that Works by Robert Delaney is memoir about the death of his two-year-old son Henry from cancer and captures some of the feelings of child loss. Bereaved mum Laura said that although 'it's not a typical baby loss book', 'it is very raw and real and one of the most honest books I've read about some of the uglier feelings around child loss'.

The Legacy of Leo LGBT+ Blog (<https://thelegacyofleo.com/lgbt-baby-loss>) shares a diverse selection of people's stories of loss.

The Other Mothers (www.teddyswish.org/baby-loss-podcasts) is a podcast run by Teddy's Wish patrons Caro Tasker and Elle Wright and Co-Founder Jen Reid. Elle has also written two books about baby loss, *Ask Me His Name* and *A Bump in the Road*, which are both sold in support of Tommy's.

Sands Books (<https://shop.sands.org.uk/en/products/books>) offers a range of books related to baby loss, including some for young children. Sands have also produced other resources to support siblings of all ages, including a range of activity books which are available in English, Arabic, simplified Chinese, Polish and Welsh (www.sands.org.uk/support-you/how-we-offer-support/support-siblings)

Sands Watch and Listen (www.sands.org.uk/support-you/watch-and-listen) lists creative projects that the charity supports or supported, including the podcast *The Voices of Baby Loss*, the Netflix film *Pieces of Woman* and the documentary *Growing Around Grief: Mothers' Stories*.

The Song of the Whole Wide World by Tamarin Norwood (2024) is described as 'an extraordinary memoir of anticipatory grief, seventy-two minutes of life and a silent maternity leave'.

Stillbirth Stories (<https://stillbirthstories.org>) is an audio archive of parents and clinicians talking about their experiences of stillbirth. Supported by Wellcome, it offers clips, full interviews and transcriptions describing experiences from the 1960s to the 2010s.

Time to Talk TFMR (<https://talktfmr.podbean.com>) is a limited series of podcast episodes featuring parents who have experienced TFMR and the people who support them.

Tommy's Baby Loss Series (www.tommys.org/baby-loss-support/baby-loss-series) is a series of animations which feature the voices and stories of bereaved parents, aiming to break the silence on all forms of baby loss.

The Worst Girl Gang Ever (<https://theworstgirlgangever.co.uk>) is a podcast offering support with miscarriage and baby loss, run by bereaved mums Bex Gunn and Laura Buckingham. They have also published a book and write a regular email newsletter.

Support and Training for Medical Professionals

The medical professionals who contributed to this booklet recommend:

Abigail's Footsteps (www.abigailsfootsteps.co.uk/professionals/training) offers two free online training sessions for professionals.

Bereavement Training International (<https://bereavementtraining.com>) offers training to professionals who support parents when a pregnancy ends, or a baby or child dies.

Beyond Bea (www.beyondbea.co.uk) offers accessible baby loss and bereavement care training and resources to students and health professionals, aiming to raise awareness of baby loss.

The Butterfly Project (www.neonatalbutterflyproject.org) is an educational website which has been developed to help healthcare professionals understand what it feels like to be a parent who experiences the death of one or more babies from a multiple pregnancy.

Sands Accredited Training Programme (<https://training.sands.org.uk>) offers training to enable professionals to safely support parents and families through pregnancy loss or the death of their baby.

Resources for Friends and Family

If you know someone who has experienced pregnancy or baby loss, there is lots of advice online about what to say and how to help; you might like to look at some of these pages:

- www.sands.org.uk/sites/default/files/5%20ways%20you%20can%20help.pdf
- www.miscarriageassociation.org.uk/your-feelings/supporting-someone-through-pregnancy-loss
- www.tommys.org/baby-loss-support/stillbirth-information-and-support/family-and-friends-how-give-support-after-stillbirth;
- <https://twinstrust.org/static/ff66e716-2b2c-435d-b23ed4c50599a6c8/d8c79b45-5201-4264-980047d4452d842b/Helping-a-bereaved-parent.pdf>



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