

[sands.org.uk/jog-50-miles-march](https://sands.org.uk/jog-50-miles-march)

[miles@sands.org.uk](mailto:miles@sands.org.uk) [sands.org.uk/jog-50-miles-march](https://sands.org.uk/jog-50-miles-march)



# JOG 50 MILES IN MARCH

**I am taking part in Jog 50 Miles for Sands to ensure bereaved families get the support they need and deserve and that no one faces the loss of a baby alone.**

## Do you need support?

Helpline: 0808 164 3332

Online Support: [sands.community](https://sands.community) All Support: [sands.org.uk/support](https://sands.org.uk/support)

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

App Support: [sands.org.uk/app](https://sands.org.uk/app)