



sands 

Sands is here to save babies' lives  
and support anyone touched by  
pregnancy and baby loss.



We provide support



We improve bereavement care



We save babies' lives

To learn more, get support  
or find out how you can get  
involved, visit [sands.org.uk](https://sands.org.uk)



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# Together, we are Sands.

Baby loss is a devastating and life-changing experience. This is why the Sands community is here - to support parents and families through their loss and to grow around grief.

**We are the bereaved parents and families.  
The volunteers, befrienders and staff members.  
We are healthcare professionals, fundraisers  
and campaigners.**

We are doing everything within our combined power to inspire change because together we share Sands' vision for a world where fewer babies die.

We can all play a role in making a difference to bereaved families and saving babies' lives.

**Get involved** [sands.org.uk/get-involved](https://sands.org.uk/get-involved)

**We are here to support you**



**Call our helpline** for free 0808 164 3332



**Find your local group**  
[sands.org.uk/support](https://sands.org.uk/support)



**Access our Sands Support  
Chat** via our website



**Join our online community**  
[sands.community/login](https://sands.community/login)



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



**Join your local Sands United team**  
[sands.org.uk/sands-united](https://sands.org.uk/sands-united)

