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:



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

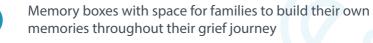
- Sands online community providing peer support 24 hours a day, moderated by staff
- Facebook support groups, including a men's group
- Online support group meetings run by Bereavement Support staff

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:





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



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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



Saving babies' lives. Supporting bereaved families.

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