

Expressions

Welcome to our Winter edition of Expressions.

If you are a bereaved parent reading this newsletter for the first time, please be assured that you are not alone and we are here to provide support at any time.

Thank you to all those who have attended our support groups over the last few months.

We appreciate how difficult it can be to come along to your first meeting but we are privileged to hear your baby's stories and be able to provide a space for shared support.



It is going to be a busy few months starting with our AGM, details of which can be found in the newsletter. We also have 5 further training days planned between Auckland City, North Shore and Waitakere Hospitals as part of Women's Health Study Days.

We welcome the invitation to these, if we can share our information to those on the front line then we hope this will assist them dealing with bereaved families in the early stages of their grief journey.

Initial plans have already commenced regarding Baby Loss Awareness Week and we thank the Reverend Ivica Gregurec for thinking of us and accommodating a date into their busy schedule.

As always, with all Baby Loss Awareness Week events we will provide updates in our next newsletter and on our social media.

Keep well and warm over the cold winter months.

Your Sands Auckland Committee

Tania, Sara, Linda & Andy

Note to our readers:

Many of the writings featured in our newsletter are the personal narrative of our readers. These, in their entirety or part, may not be printed elsewhere without permission. The nature of these 'stories' is very personal and has not been edited, therefore the views expressed may not necessarily be those of Sands Auckland. Where possible we have acknowledged the original source of all material/information used in Expressions.



DATES TO NOTE

Support Group Meetings
1st Thursday of each month
2024:

6th June, 4th July

1st August, 5th September
7.15pm – 8.45pm

The Y Mt Albert,
773 New North Rd, Mt Albert
In the Garlick Room
(to the left of reception desk)
Parents & Whanau (adults only)

AGM & Committee Meeting
Wednesday 25th June 2024
7.30pm

SAVE THE DATE!
Baby Loss Awareness Week
Remembrance Service
Holy Trinity Cathedral, Parnell
13th October 2024

YOUR CONTRIBUTIONS

We welcome your poems, reflections and personal stories for inclusion in our newsletter.

The deadline for our next edition is 20th August 2024.

Please forward your submissions to: info@sandsauckland.org.nz

CONTACT US:

www.sandsauckland.org.nz

info@sandsauckland.org.nz

Find us on Facebook



0508 SANDSA (72 63 72)

ANNUAL GENERAL MEETING

Tuesday 25th June 2024 – 7.30-9.30pm

Please email us for details should you wish to attend, the meeting will be via by Zoom

Agenda

1. Financial Accounts 2023/24
2. Annual Reports
3. Outgoing committee/Incoming Committee
4. Any other business

We will also be voting-in our volunteer committee for the coming year, the roles being as follows:

Chairperson – to organise committee meetings and oversee the running of our group;

Coordinator – to take care of supplies to our hospitals, maintain contact and good relationships with health professionals, ensure the running of our support services and support items, lead/coordinate talks and seminars when required;

Secretary – to take and distribute minutes of committee meetings, look after correspondence, maintain our membership roll and keep our website updated;

Treasurer – to maintain the monthly accounts, oversee applying for grants and reporting back to funding bodies;

Committee Members – to support these positions and work towards becoming support people for our group meetings. It is important to have good admin assistance at committee level – people who can research suppliers, place orders, organise fundraising, monitoring Facebook etc.

All our roles are voluntary and all help is invaluable.

If you would like to join us on the committee we welcome and appreciate all new members. Maybe you have a talent/skill which would be valuable to us, or just some spare time. This is your group.

If you are thinking of joining our committee please give Tania a call or email: info@sandsauckland.org.nz 0508 72 63 72 / SANDSA

Sands Donations

We were recently very fortunate to receive two very generous donations and would like to thank Corlize & Jan Britz from Driving Miss Daisy North Bays and Julian McCree of Liquidity Research and Training. We are humbled by your kind support, and your donations will go a long way in providing memory items to bereaved families.



Sands Auckland is a charitable entity - Registration Number CC20236.

Thank you to all who support our group...

COGS Auckland City, Go Digital, Good Bitches Baking, and the kind individuals who have made donations & held fundraisers.

We survive on grants and donations and greatly appreciate any gesture of support.

If you would like to make a donation here are the ways to donate:

Account Name:
SANDS Auckland Central Inc

Account Number:
01-0147-0012794-00

or alternatively donate via
our
Give a Little page:

[https://givealittle.co.nz/
org/sandsaucklandcentral](https://givealittle.co.nz/org/sandsaucklandcentral)

Expressions is designed and printed by Paul Gerrard at Go Digital, supporter of Sands Auckland.

If you or your business have a need for design and print, Go Digital will donate 10% of that business to Sands.

Paul can be contacted on 0274 926681, or on email at: paul@godigitalprint.co.nz



Sands NZ & VCA Spring Series

Are you in a role working with bereaved families? Would you like to further enhance your knowledge on baby loss?

The Professionals' Series offers four months of online learning about 16 different and important aspects of baby loss in Aotearoa NZ. It has been developed for anyone who interacts with or supports bereaved parents, families and whānau in a professional capacity.

These sessions are valuable learning opportunities. The course is made up of online content and discussion webinars alternating between hearing from bereaved parents and discussion and networking with other course participants.

These are just some of the topics covered.

- What Should I Say and Not Say?
- Decision Making Following an Unexpected Diagnosis
- Rainbow Inclusive Perinatal Bereavement Care
- Fathers and Baby Loss

"I can highly recommend this course to any health professional who supports bereaved parents and whānau as part of their role. As a [health professional in the baby loss space] I initially wasn't sure that I would learn much from this series, however every topic brought a new perspective and new learning that I hadn't previously come across or considered. Hearing the voices of bereaved parents through the webinars was hugely beneficial and helped to focus my practice more closely onto the parents' perspective and away from the clinical needs and day to day pressures of providing health care."

(2023 participant)

Information and registrations are available via Vicki Culling Associates website www.vca.co.nz



W.I.N.T.E.R.

Things generally tend to slow down in the winter. In grief, the season can bring mixed feelings. For some, the quiet season of winter can be a relief yet for others, the stillness may come with a deeper sadness as family and friends go back to their everyday routines. The WINTER acronym provides some ideas for how to honour your grief and care for yourself during the winter months:

W: Warmth — The harsh weather can lead to more time indoors and it can feel dreary. Add extra warmth to your space during this time. Leave out extra throw blankets, light candles, or add twinkle lights to make the space warm and cozy.

I: Introspection — The quiet of winter, when some of the deeper feelings of grief might emerge, can be a time for deeper introspection. You may want to explore your grief emotions through counselling, support groups, or journaling. Allow yourself to express some of the more difficult feelings in grief.

N: Newness — Winter often represents a lack of growth or newness, but you may want to take time to create newness in your own life. As events, and time with family may slow down, this can create more free time. This can be a great time to do something new. Sign up for a new class, attend a grief workshop, or visit somewhere new.

T: Time — Allow yourself time to grieve and heal, the grief process takes time and cannot be rushed. Give yourself extra time to do and accomplish things. Slow your pace.

E: Empathy — Be extra gentle with yourself, acknowledging that grief impacts many aspects of the self. Know that it's OK to not "keep up the same pace" as you did before.

R: Rest — Embrace the slower pace of winter. Give yourself time to rest, allowing your body and mind to heal from the stress that grief can bring. Perhaps sleep in a little longer than usual or get a massage.