

Expressions

Welcome to our Spring 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.

Since our last newsletter, our presentations to Health Professionals have continued at both North Shore and Auckland City Hospitals. We also held the Sands Auckland AGM, which included the presentation of our Annual Report for the year, and can be found in this newsletter.



We have made excellent progress with our plans for this year's Baby Loss Awareness Week, and full details are also contained in this edition. Whilst it is a really busy time, it is an honour to be involved in these events, and create that special place to remember all our babies. We do hope you can join us.

As we start to see the spring bulbs pop up, it is a good sign that better days are coming which in grief such days can seem clouded or out of reach. Enjoy the last of the winter sunshine, Spring is definitely on the way.

Your Sands Auckland Committee
Tania, Sara, Linda & Andy

YOUR CONTRIBUTIONS

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

Some parents find it helpful and cathartic to write about their babies, their grief or their experiences. If you would like to share these with our readers we would be honoured to publish them in our newsletter. Many parents find comfort in reading other peoples' stories and to know they are not alone, so your submissions would be greatly appreciated.

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

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

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
5th September/3rd October,
7th November/5th December
No January group
7.15pm – 8.45pm
YMCA Mt Albert,
773 New North Road, Mt Albert
In the Garlick Room
(to the left of reception desk)
Parents & Whānau
(adults only)

Baby Loss Awareness Week

Remembrance Service:
Bishop Selwyn Chapel
Holy Trinity Cathedral, Parnell
Sunday 13th October 2024
Followed by refreshments

Global Wave of Light:
Tuesday 15th October, 7pm
Sands NZ Online Service

Wave of Light Service:
Tuesday 15th October, 6.30pm
Settlers Cottage, Auckland
Memorial Park & Cemetery

Further details are contained in this newsletter regarding Baby Loss Awareness Week and events/fundraisers happening.

CONTACT US:

www.sandsauckland.org.nz

info@sandsauckland.org.nz

Find us on Facebook



0508 SANDSA (72 63 72)

SANDS COMMITTEE UPDATES

The Sands Auckland Central Annual General Meeting was held on the 25th June and we are pleased to confirm the committee remains unchanged:

Chairperson / Coordinator – Tania Cornwall

Secretary – Sara Lane

Treasurer – Andy Lane

Committee Member – Linda Lee

Our group only functions due to the commitment of our volunteers and supporters so we thank all those that provide their time and assistance to keep us going, it is invaluable.

It is not too late to be part of our organisation, you don't have to wait until the next AGM, we would love to have you on board. We always welcome fresh input and ideas.

If you are interested please email us at:

info@sandsauckland.org.nz



Flowers

*Please don't send me flowers,
their beauty I cannot see.
My glass is almost empty,
I cannot picture it as full.*

*Please don't expect me to be
grateful*

as it forces me to lie.

*How can I be grateful
when my loved one did not
survive.*

*So please don't send me flowers,
I don't want them on my mind.*



By Emma Walker

Thank you for sharing your work inspired by baby Charlotte, Emma. You can find more of Emma's work on Instagram @emma_jane-poetry.

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 you
can visit our website
for internet banking
details 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



Baby Loss Awareness Week & October 15th Pregnancy and Infant Loss Remembrance Day

Every year we recognise International Baby Loss Awareness Week. This provides the opportunity for parents and families around New Zealand to come together and remember the lives of their babies who have died. We acknowledge the lives and deaths of all babies, no matter what their gestation, length of life or how they died. It is also a chance to highlight the work done by Sands around New Zealand. The aims for the week are:

- To promote 15th October as National Baby Loss Awareness Day
- To promote the annual Global Wave of Light and other events or services where parents can publicly acknowledge their babies
- To raise awareness and increase understanding of the impact of baby loss amongst the wider community



REMEMBRANCE DAY

**Bishop Selwyn Chapel (in Holy Trinity Cathedral), Parnell
Sunday 13th October • 1.30-2.30pm**

Following the success of last years event, we were delighted to be contacted by our friends at Holy Trinity Cathedral regarding the planning of a service for this year. Holy Trinity Cathedral have been great supporters of Sands and the service we provide.

This is a great opportunity to meet with other bereaved parents and family members, honour our babies, tie a ribbon on our remembrance heart and be together.

There will be light refreshments after the service. Children and families of all belief systems welcome.

If you would like to come along then please complete the RSVP form below to assist us with catering. More information and the link can be found on the Sands Auckland Facebook page, or the Sands Auckland Website.

<https://www.cognitofrms.com/SandsAucklandCentral/RemembranceService2024RSVP>

GLOBAL WAVE OF LIGHT Sunday 13th October

International Pregnancy and Infant Loss Remembrance Day is recognised across the world and you are invited to join with other families and take part in the Global Wave of Light. This involves lighting a candle at 7pm to burn for 1 hour in memory of all the babies who lit up our lives for such a short time.

As in previous years Sands NZ are hoping to provide an online service. Once details become available, we will share them on our social media page.

You are welcome to join in from home and we would love to see your photos on our Facebook page with the names of your precious baby (babies). If however you would prefer to join a Wave of Light in person then we have included details of an event being held from our friends at Auckland Memorial Park, see the advert next page.



Yummy Fundraiser

Following the success of previous years, thanks to our supportive Charity Partner Cater Plus, we will be offering the sale of cupcakes. These are perfect if you have an upcoming function, a morning tea shout or just fancy some self-indulgence while supporting a worthy cause.

The boxes contain 6 vanilla cupcakes with a delicious swirl of frosting (2 each of raspberry, mango and boysenberry), and are all neatly contained in a Sands branded box to help raise awareness. We are delighted that the price remains the same as last year and priced at \$30 for 6 cupcakes (RRP \$35).



We are taking paid pre-orders now, and the cupcakes will be available from early October. They can be collected from either our October Support Group in Mt Albert, Remembrance Service in Parnell, Henderson or Torbay.

Please support us by purchasing a box to enjoy, to order click on the following link:

<https://www.cognitoforms.com/SandsAucklandCentral/CupcakeOrderForm2024>

If you have any questions please email us at info@sandsauckland.org.nz

Light Up Aotearoa

It's happening again for the 4th year! Sands NZ have contacted many councils and organisations in an effort to light up as many landmarks as possible.



This is a great way to raise awareness of pregnancy and infant loss and it's lovely to see that this happens in other countries too. Thank you to all the places that took part, lets get those lights shining again for 2024.

A map of the landmarks/buildings taking part is being compiled and will be published on the Sands NZ Facebook Page in time for Baby Loss Awareness Week. If you see any of the places lit up on your travels, please share a photo.

Please join us as we honour our babies together at our

CANDLE LIGHTING CEREMONY FOR THE GLOBAL WAVE OF LIGHT

Cottage image credit: Jeff Butler

Tuesday October 15th 2024 | 6:30pm
at Settler's Cottage, Auckland Memorial Park & Cemetery
2163 East Coast Road, Silverdale, Auckland

Ceremony will start at 6:30pm with candle lighting at 7pm, followed by refreshments.

This is a free event. It is fine to just turn up, but an RSVP to Helen or Kelly would be appreciated for catering purposes.

If you are unable to attend, but would like a candle lit for your baby or loss, please contact Helen or Kelly.

Helen Rutledge
Celebrant 0272455837

AUCKLAND MEMORIAL PARK & CEMETERY

Kelly Townsend
Celebrant 021331137



Sands Auckland Central Annual Report 2023/24

Presented at the AGM June 2024

In the past financial year, April 2023 – March 2024, Sands Auckland Central has continued to provide support to bereaved parents, whānau and those caring for them, while striving for continual improvement in the services we offer. Here is a brief outline of what we have achieved.

Volunteers

Without our regular committee member volunteers and those who support us with baking, knitting, sewing, fundraising etc., Sands Auckland Central would not be able to offer support to bereaved parents. We would like to take this opportunity to thank all those who have contributed their time and energy with us this year: Thank you, Andy Lane, Dan Cornwall, Linda Lee, Paul Gerrard, Sara Lane and Tania Cornwall.

Sands NZ National Conference

In November 2023, our committee members Sara and Tania attended the Sands New Zealand training weekend in Wellington. These training sessions for Sands volunteers are an important event aimed at gaining or refreshing skills and sharing knowledge to help us improve our methods of providing support, fundraising, gaining cultural/inclusivity awareness, and to learn about future initiatives for Sands. A particular highlight was discussing the future of Sands and the collective drive to strive for better bereavement care. Thank you to Sands NZ for assisting with funding to allow us to attend, and in particular Catherine Maetzig of Sands Wellington, who organised the weekend.

Sands New Zealand Board

Sands Auckland Secretary, Sara Lane and Coordinator, Tania Cornwall, continue in their roles on the Sands NZ National Board. Both Tania and Sara are pleased to continue representing Sands Auckland on a national level, and help to make continual improvement to the care of bereaved whānau across Aotearoa. Sara and Tania will hold the role of Board Members until the next Sands National Conference (provisionally planned for 2025).

Support Group Meetings

Our meetings provide a safe, non-judgmental environment to talk of our babies, our grief and emotions; as well as provide an opportunity to offer support to each other. The feedback we

receive from parents who attend continues to be positive and demonstrates an ongoing need for these in the community. We continue to meet monthly at the Y Mt Albert. The meetings have been facilitated by Tania and Sara. In this financial year we continued to gratefully receive baking from the community charity organisation, Good Bitches Baking. We appreciate the support from GBB whose volunteers share their love and support by supplying our meetings with delicious treats along with kind messages of support.

Email, phone and Facebook

Along with our email address, our 0508 number is the first point of contact for parents, families and health & caring professionals. This number is diverted to a mobile phone managed by Sara, our phone supporter.

We also continue to maintain our Facebook page as a further opportunity to support families, and as another way to publicise our meetings and other events.

Continued communications from parents and community groups validates the need for many forms of access and support, and demonstrates that people are able to find us and reach out.

Expressions Magazine

We continue to produce our magazine on a quarterly basis to provide information to parents and whānau; and more importantly to honour our babies and provide a space for sharing and hope. Sands Auckland wishes to express our sincere gratitude to Paul Gerrard of Go Digital for his ongoing support in designing and printing our magazine. Thank you also to all those who have contributed to our magazine over the past year; and to Sara and Tania who have collated, posted and edited the material. It is an honour to read about your precious babies, and to share your thoughts and feelings. Please continue to send in items for Expressions – other parents appreciate the mutual support offered.

Support Items

Through our grants we have continued to be able to supply items to parents and hospitals this year. These include; special memories booklets, support packs, information leaflets, blankets, knitted clothing and inkless hand and footprint kits.



Grants & Sponsorship

Thank you to the following organisations for the funding they have given that enable us to undertake our work serving bereaved whānau – COGS Auckland City, Go Digital, Corlize & Jan Britz from Driving Miss Daisy North Bays and Julian McCree of Liquidity Research and Training.

These sponsors/grant bodies have enabled us to cover the costs of the following: Expressions Magazine production & postage, stationery items & postage, costs associated with Baby Loss Awareness Week, room hire for support group meetings, inkless kits, special memories books, volunteer expenses, support items, volunteer training, administration costs and the telephone. Special thanks to our Treasurer Andy for his ongoing commitment to securing our grants and ensuring we meet our financial obligations.

Thank you also to the following kind individuals and organisations who supported us during the year: Maureen Craven and Kiri Hemming for the continued supply of gorgeously cute knitted items. Many thanks to the Rotorua Coffin Club for their supply of lovingly crafted coffins.

Fundraising

In 2023 we continued our work with the Sands charity partner Cater Plus to enable us to be able to sell cupcakes to raise extra funds. These delicious cupcakes were sold in specially branded boxes with the Sands logo and information, and provided another opportunity to raise awareness. Sands Auckland was delighted to provide cupcakes to our wonderful health professional teams in the hospitals to recognise the amazing work they do in providing care to bereaved whānau. We give thanks to those kind individuals who bought cupcakes in support.

Our Givealittle page and Annual

Our Givealittle page and Annual Remembrance Day event continue to be our main source of fundraising for the year. We send our sincere thanks and gratitude to all those who have fundraised or given personal donations to assist us in the work that we do.

Baby Loss Awareness Week, 9-15 October

In 2023 we were delighted to work in conjunction with the staff at Holy Trinity Cathedral to provide a new event for our Annual Remembrance Day. Reverend Ivica Gregurec kindly offered to host a remembrance service incorporated into our

Annual Remembrance Day. The service was absolutely lovely and well attended. It was wonderful to see families we had not seen for a while, and also to be able to welcome newly bereaved parents. Thank you to the amazing volunteers from Good Bitches baking who kindly provided us with some yummy treats and also to Reverend Ivica Gregurec and Celebrant Helen Rutledge who led our beautiful service.

Sands Auckland was grateful to celebrants Helen Rutledge and Kelly Townsend for providing a beautiful Wave of Light service at Auckland Memorial Park, Settlers Cottage. This was the ideal venue, situated in a large open space by a lake. Everyone attending played a part by either giving a reading or lighting a candle for their baby. Helen and her team created such a beautiful display and provided handcrafted lovely angels where baby names could be written on ribbon and placed next to the candle.

Sands Auckland Website

Our website continues to be a great resource for providing information about us and communicating with families and health professionals. We continue to maintain the website ourselves to ensure it is current and up to date with the latest information and resources. The address is www.sandsauckland.org.nz.

Sands Talks

We continue to receive invitations to talk with health professionals and it has been a privilege to talk about the support that Sands offers, as well as our own personal experiences.

Sara was honoured to speak at the North Shore hospital Grief Study Days in May and October 2023 to discuss the experience of baby loss, how Sands provides support and how health professionals can provide compassionate, patient centred care.

In December 2023, Tania and Sara attended the CaterPlus charity Golf day and provided a discussion of Sands as an awareness opportunity. Tania also represented Sands at the Holy Trinity Festival of Nine Lessons and Carols in December as part of their Christmas services.



What I've Learned About Grief: A Bereaved Dad's Perspective

I was just thinking about 5 years down this road and some of the things I've learned:
I have learned not to trust my emotions.

I will have the blackest of black days and a day later the world will look like there is hope. Nothing in child loss, good or bad, is forever other than the loss of our child.

On the bad days I hold out hoping for a better day.

Time does heal but not in a way that most people think.

Time shows you all the sides of grief. Time teaches you your limitations. Time helps you to stuff the grief so you can function again. Time shows you how to interact with a non-grieving world.

You don't grieve any less, but your life gets easier. I had to come to grips with being happy.

For a long time I felt that experiencing the slightest sliver of joy was somehow being unfaithful to my daughter. I'm here to tell you that is a huge lie of grief. Just because you are experiencing good things does not mean you miss your child any less.

Abridged from thelifeididntchoose.com blog

Dads Still Standing Podcast

In this award winning podcast, two UK based dads discuss baby loss, coping with life, and working their way through grief. In the aftermath of losing babies, Liam and Matt found there was no support specifically aimed at dads to help them process their grief, prepare for what was to come next, and help them to support their partners. So, they've teamed up to create this podcast for other dads (and families) which shows a bereaved father's perspective and provides the tools to help them on their journey with grief. Available on Apple Podcasts and Spotify or click the following link: <https://www.dadstillstanding.com/>



From page 7

Each year we are invited to speak to the AUT student midwives at their Grief & Loss study day. This is always such a privilege to be able to share the work of Sands and help to educate and inform the midwifery students of pregnancy and baby loss. Our hope is this will enable them to provide compassionate care during their work. Tania gave the talk in March 2024.

Also in March, Sara joined the new social work team at North Shore Hospital to meet them, present about Sands, how we operate and how we could work together to provide compassionate bereavement care.

We continue to foster relationships with as many hospital departments as possible and feel honoured to be invited to talk with health and caring professionals. We are always open to arranging talks as part of existing study days or perinatal death information sessions.

We look forward to the coming year and hope that our support continues to be helpful to bereaved families and health professionals.

**Tania Cornwall - Coordinator / Chairperson
On behalf of the Sands Auckland
Central Committee**

