

Expressions

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

This past quarter is always a special time for our community. It is a time of togetherness and remembrance; not only across our beautiful country but across the globe, as networks of bereaved whānau connect for Baby Loss Awareness Week in October. Many events are held to raise awareness of baby loss, the importance of support and connection; and to allow families to come together to remember the special babies in their lives.

Sands Auckland was proud to be involved in two events this year; our Annual Remembrance Day and the Wave of Light Service. Reflections of Baby Loss Awareness Week are contained within this newsletter.

As we near the end of 2024 we would like to thank all those who have sought support from us during the year. We are privileged to hear your baby's stories and to provide a space for shared support. We also extend our gratitude to all the kind individuals who have supported us throughout the year; through donations, fundraising, knitting, sewing, crafting, digital design and printing, and baking etc.

We will be holding you in our thoughts over the festive season, and offer you our aroha and continued support for a gentle and peaceful Christmas.

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 February 2025.

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, except for February where we have had to make a change due to Waitangi Day.

5th December

No January group

13th February/6th March

7.15pm – 8.45pm

The Y Mt Albert,

773 New North Road, Mt Albert

In the Garlick Room

(to the left of reception desk)

Parents & Whānau (adults only)

CONTACT US:

www.sandsauckland.org.nz

info@sandsauckland.org.nz

Find us on Facebook



0508 SANDSA (72 63 72)

Cupcake Fundraiser

Thank you to everyone who purchased cupcakes for our fundraiser during Baby Loss Awareness Week. This was our third year of selling these yummy cupcakes in our cute Sands branded boxes.

Thank you again to the team at Cater Plus for all the hard work involved in organising this on a nationwide scale. Sands Auckland delivered cupcakes to our carers in the hospitals as a thank you for all their hard work.

Sands Talks

Sara and Tania have been busy providing talks to the wonderful nurses and midwives at North Shore and Auckland City Hospitals. By the year end, a total of 6 presentations will have taken place between the hospitals. It is always a valuable opportunity to raise the profile of Sands and the services we offer, alongside discussing the importance of providing compassionate care and support.

Hine Ora Display

Thank you to the wonderful staff on the Hine Ora Ward at North Shore Hospital for being actively involved during Baby Loss Awareness Week. We were contacted by them and asked for assistance in their display of orange butterflies. It was a pleasure to help and seeing their passion and enthusiasm in recognising this important week was heartwarming.



Upcoming Events:

Sands Conference 2025

The Sands NZ 2025 Conference is taking place in Wellington on the 13th and 14th June. The website has been launched and registrations will be open very soon. The theme for the conference is Matariki: A time to gather, to remember our babies and to look ahead. The Sands conference is a great opportunity for Sands Groups, Health Professionals and bereaved parents to come together and connect. As more details become available they will be updated on the website www.sandsnationalconference.org.nz

Charity Golf Day

Tania and Sara are delighted to represent Sands NZ in the forthcoming Cater Plus Annual Golf Day, held at the beautiful Tieke Golf Estate on 5th December. This has been a great event for Sands NZ over the past 3 years, and help us to raise awareness within the community.

Where to Get Support

We appreciate that this can be a really hard time of the year to get through. Here are some support options:

Sands Phone Support: 0508 726372 (if we are unable to take your call please leave a message).

Facebook Groups: Sands New Zealand offers several closed Facebook Groups for online chat with bereaved parents. They are a safe place to seek support and connect. Information and access to these chat groups can be found here: <http://sands.org.nz/onlinesupport.html>

Online Support Meetings: Details of when these groups take place are posted in the Sands NZ Bereaved Whānau Facebook Chat Page, or you can email the Sands NZ secretary on secretary@sands.org.nz for information or to request to join a meeting.

Lifeline: 0800 543 354 or Text Help to 4357

Samaritans: 0800 72 66 66

Skylight: 0800 299 100 (9am—5pm weekdays)

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>

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 Annual Remembrance Service



After the success and positive response to the new Remembrance Service last year, we were thrilled that the Holy Trinity Cathedral kindly offered to host and officiate our service again for 2024. We really are blessed to be able to hold our special service in such a grand and beautiful venue.

Taking some learning from our first service at The Holy Trinity, we spent some time working on the music to ensure it was fitting for the occasion and our babies; and we reached out to a master craftsman to create us a beautiful wooden tray to hold our candles. We wanted something special as it is the centrepiece of the service, holding our candles that represent the lives of our beloved children.

Our friend Glen Withers of Fidd's Workshop (<https://fiddsworkshop.co.nz/>) not only met the challenge but well exceeded it. The 500x500mm tray is absolutely exquisite, made from reclaimed wood and includes our Sands branding lasered on. We couldn't have been more impressed or grateful to dear Fidd and his



continued support of Sands and bereaved whānau. If you didn't know, Fidd also lovingly crafts and provides ashes urns for angel babies free of charge, you can see his beautiful work on his website and Facebook page.

The theme for our service was light, love and hope, which we incorporated into the service through our readings, music and gifting of candles. The service was beautiful, a fitting way to honour our babies with warmth, acknowledgement, togetherness and hope. It was wonderful to see families we had not seen for a while, and also to be able to welcome newly bereaved parents, or whānau who are new to Sands.

We offer our sincere thanks to Dean Anne Mills, Reverend Ivica Gregurec and Celebrant Helen Rutledge for leading our service; and the amazing volunteers from Good Bitches baking who kindly provided us with some incredibly delicious baking and treats which we enjoyed after the service.

Wave of Light Service

Sands Auckland was honoured to be included in the Wave of Light service at Auckland Memorial Park, co-hosted by celebrants Helen Rutledge and Kelly Townsend. This is the third year Kelly and Helen have lovingly hosted the service in honour of babies gone too soon. The service is held in the gorgeous Settlers Cottage which is situated in idyllic gardens by a lake.

On this beautiful night of shared connection and love, we gathered to light candles in treasured memory of our lost babies, and share stories over refreshments. The theme this year was forget-me-nots and butterflies. The theme was reflected in the beautiful display where we were invited to light our candles and hang sweet personalised butterflies that had been handcrafted by Helen.

Thank you to Kelly and Helen for hosting this memorable and heart warming evening.

