

Expressions

Welcome to our Autumn 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.

Is it too late to send everyone New Years wishes? It all seems so long ago now. The new year brings for us new challenges and new beginnings. It also brings back regular events as Tania prepares for a presentation at Auckland City Hospital, and to the



Year 2 Midwifery Students at AUT. The Sands Bi-Annual Conference is just 4 months away, and further details can be found in this newsletter. The conference committee are working hard to put this all together in making it a successful event.

Easter and Mothers' Day will be with us soon which can be difficult. It is a bitter sweet time with celebrations for existing children and missing those who are lost. We acknowledge that it is also very difficult for those with no children who are reminded of what might have been. Find a way that works for you to get through, surround yourself with those who truly understand.

Enjoy the rest of these hot summer days, they don't appear to be going away just yet! Take care.

**Your Sands Auckland Committee
Tania, Sara, Linda & Andy**

Our Mother's Day Wish

To Mums blessed with children,
may you feel treasured;

To Mums with empty arms,
may you be comforted;

To those unable to be with their Mum,
we are thinking of you.

Today we celebrate all Mums.



Sands
Auckland Central



DATES TO NOTE

Support Group Meetings

1st Thursday of each month

6th March

3rd April

1st May

5th June

7:15pm – 8:45pm

YMCA Mt Albert,

773 New North Road, Mt Albert

In the Garlick Room

(to the left of reception desk)

Parents & Whanau

(adults only)

Keep a look out for a reminder on the Sands Auckland Facebook page a day or two before the meeting.

Special General Meeting

Thursday 13th March, 7.30pm

Please email us should you wish to attend, the meeting will be held via Zoom.

Agenda

- 1) Potential unification of Sands Auckland Central with Sands NZ
- 2) Discuss distribution of assets upon potential unification
- 3) Vote on a resolution to unify with Sands NZ

CONTACT US:

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Find us on Facebook

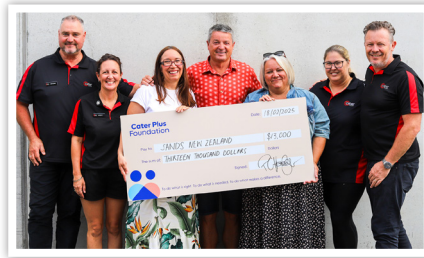


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Cater Plus & Sands NZ Charity Golf Day

In December Tania and Sara represented Sands NZ at the Cater Plus & Cater Plus Foundation Charity Golf Day. Held again at the beautiful Tieke Golf Estate in the Waikato, the weather didn't disappoint.

This was our fourth year being invited back and it was lovely to see some familiar faces from the previous years. We also met new people enabling us to further increase our presence within the community.



Thank you to Rise and Grind for the free operation of their coffee cart, to kick start the day which complemented the breakfast supplied by Cater Plus. This was a great start to day that was filled with fun, food, and fantastic auctions.

Thanks to the incredible support from suppliers, event volunteers and everyone who participated. A total of \$17,000 was raised on the day with \$13,000 to Sands NZ, \$2,000 to the National Poppy Fund and \$2,000 for Tieke Junior Golf.

In Memory of Helen Rutledge

Sands Auckland wishes to honour the life and service of Helen Rutledge, a dear friend and supporter of Sands Auckland.

A few years ago Helen reached out to Sands Auckland to offer her services and experience as a celebrant for our Baby Loss Awareness Week activities. And what a blessing it was to have met and worked alongside her. Helen was like a welcome breath of fresh air. She brought new ideas, beauty and creativity to our remembrance services; and most of all, she was committed to ensuring bereaved whanau had a beautiful space to honour their babies.



As well as her work as a marriage and funeral celebrant, Helen gave her time generously to many organisations, and assisted in running Death Cafes to normalise the end of life journey.

We shall forever remember Helen as a kind, selfless and giving soul who worked hard to improve the lives of many. It is an honour to have known her. She will be greatly missed, but we are certain her legacy of kindness will have inspired many of us who walked alongside her. Our thoughts go out to her friends, family and colleagues who will be enduring so much grief at this time, and also the community who have lost such a force for good.

Sands Conference

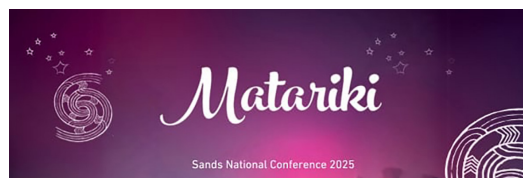
The 2025 Bi Annual Conference is taking place on the 13th & 14th June, at James Cook Hotel in Wellington. The conference is taking place just before the rising of Matariki, so is a chance for us to gather in preparation for the new year. Incorporating the themes of

Matariki, we gather to remember our babies, we appreciate and celebrate each other's company and we look ahead to the future. Matariki is represented by the stars that includes Pohutukawa which encourages us to reflect on the past, be thankful for those who contributed to our lives, and honour all those who have passed and their spirits are released to become stars.

A Sands conference is a place to come together to remember, learn, talk and feel supported in a place where pregnancy, baby, and infant loss is recognised and spoken of. We welcome bereaved parents and families, healthcare professionals, and anyone who has an interest in pregnancy, baby and infant loss, and grief and bereavement. We cater to all audiences,

Registrations are open and details of the programme including speakers and workshops will be released very soon. For further information and updates please refer to the Sands Conference website:

<https://www.sandsnationalconference.org.nz/>



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





The 2025 Sands NZ & VCA Professionals' Series runs from June to September 2025

“As professionals working with families during a time when they feel their most vulnerable, it’s paramount that we know how to hold them tenderly, with our words, our presence, our support. This course gives you the tools you need to journey with those suffering loss in a way that offers light in a time of great darkness.” (2023 participant)

“This was an amazing course and it helped me so much in my care as a core midwife and also having an understanding for when I become an LMC” (2024 participant)

The Professionals' Series offers four months of online learning about 20 different and important aspects of baby loss in Aotearoa NZ. (That’s four months of active learning and then there’s a further month to complete the content). It has been developed for anyone who interacts with or supports bereaved parents, families and whānau in a professional capacity.

The course is made up of 20 hours of online content and (optional) evening discussion webinars (two in June, one in July, one in August and two in September). The webinars alternate between hearing from bereaved parents and discussion/networking with other course participants. As well as the course content, Vicki also offers additional content that is optional.

Dates - start on Sunday 1st June and end on Tuesday 30th September 2025. Access to the course will close on Friday 31st October 2025.

PRICING

The cost for the four months is \$550.00 +GST (\$632.50)

Please refer to the website for a full list of topics covered, below are just a few:

- Baby Loss in Aotearoa NZ
- Caring for Māori Whānau, Indian Families and Pasifika Aiga
- What Should I Say and Not Say?



- Memory-Making When a Baby Dies
- Early Loss
- Decision Making Following an Unexpected Diagnosis
- Perinatal Hospice
- Ending a Wanted Pregnancy
- Loss in a Multiple Pregnancy
- 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)

“This entire course is put together so generously and thoughtfully. I have learned so much, that I know with sit with me throughout the rest of my career and I thank you for the time and intention that has gone into putting this course together. The additional links and readings are so helpful, and I like the way I have been able to step away and come back in my own time depending on how I am receiving the content, what else is happening in my life and my readiness for engaging with the content. Tied in with the monthly webinars, I have found this to be a wonderful format for learning.” (2024 participant)

Please email vicki@vca.co.nz if you have any questions at all.

Register here: <https://docs.google.com/forms/>