



Support and Help numbers

The most effective support you can get is speaking with support groups or a counsellor. Below are numbers for various support groups that you can contact. It is important that you can call someone at any time, day or night, so where possible we have provided available times to call a particular number.

If you would prefer to call a National support number, a selection of these is provided below. A very comprehensive range of numbers is included in the back of the book "When a Baby Dies". Remember to check our Web Site www.ahtrust.org for the latest numbers.

Local Support groups

Brighton area

SANDS (Stillbirth and Neonatal Death Society)

☎ 07799 031645

🕒 24 Hours 7 days a week (return call within 48 hours)

📖 This is a Sands dedicated answering service and someone will call you back.

Just Friends Brighton

☎ 01273 696955 and ask for Level 13, then ask for a Just Friends co-ordinator. If a co-ordinator is not immediately available, they will take a message and someone will call back.

🕒 24 Hours 7 days a week

📖 Support group setup by midwives.

Worthing area

Please visit our web site for the latest contact information for Worthing.

Eastbourne area

Bereaved Parents Support Group

☎ 01424 757062

🕒 24 Hours 7 days a week messaging service

📖 Eastbourne, Hastings and surrounding areas.

Haywards Heath / Mid-Sussex area

MAPS (Midwives and Parents Support Group)

☎ 01444 441881 Ext 8483/8484/8485 (Pam Parsons)

🕒 24 Hour, Meetings held in the Princess Royal Hospital at 7.30pm on the first Friday of the month.

📖 Information and Support for bereaved parents in the Mid-Sussex area run by parents and midwives.



National Support groups

SANDS

☎ 020 7436 5881

🕒 Mon-Fri 10am to 5pm to speak with someone, 24hr Answering machine

📖 The National number for SANDS, if you cannot get through on one of the local SANDS numbers.

Child Death Helpline

☎ 0800 282 986

🕒 Mon-Fri 10am to 1pm and every evening 7pm to 10pm

📖 A national freephone number for anyone affected by the death of a child.

Compassionate Friends

☎ 0117 953 9639

🕒 Mon-Sun 10am to 4pm 6:30pm to 10.30pm

📖 An organisation of bereaved parents and their families, who help others that have suffered the death of a child.

Cruse Family Bereavement Line

☎ 0845 758 5565 (evenings)

🕒 Mon-Fri 5pm-9pm, Sat 3pm-5pm, Sun 3pm-7pm

📖 An evening telephone line offering 1-2-1 telephone support to anyone who has been bereaved. You can also Call 0870 167 1677 during the Daytime.

Child Bereavement Trust

☎ 01494 446 648

🕒 24 Hour (Answering service to leave a message when no one is available)

📖 Resources and information for bereaved families and professionals



Other Useful Numbers

Royal Sussex County Hospital - Brighton

Main Number 01273 696955
Registration Officer Ext: 4611
Local Counsellor 01273 381210 (If number is unavailable call 01273 696955 and
ask for a Midwife to provide the latest number)
133 Preston Drove
Brighton
BN1 6LE

Eastbourne District General

Main Number 01323 417400
Bereavement Officer Ext: 4995

Hospital Chaplains: (All Faiths)

Brighton: 01273 696955 Ext: 4122
Haywards Heath: 01444 441881 Ext: 4232
Eastbourne: 01323 417400 Ext: 4145

Spiritual Healing, Reiki & Counselling

Karen Batchelor
01323 492622
Karen_Batchelor@lineone.net



The Internet

The Internet provides an incredible amount of information on Stillbirth and Neonatal death, which due to the very nature of the Internet, can change very rapidly. Our Web Site at <http://www.ahtrust.org> contains our most up to date web site links, including descriptions, enabling you to get directly to the information or topic you require easily without having to search the Internet. We provide links to other web sites that can offer more diverse information, which can specifically address your personal situation or loss.

Available Books

There are a surprising number of books available on Stillbirth and Neonatal Death. During our grieving we found books to provide an excellent source of support and information.

We know how difficult it is to go out shopping or asking for books which are rarely available over the counter, so we have tried to provide a list of available books and their details to make it as easy as possible to find the book you require.


If you would like to purchase a book on the Internet, our web site <http://www.ahtrust.org> has our most up to date listings of books, and where possible, provides links to online bookstores to help you purchase a title with the minimal amount of effort.


If you would like to borrow a title, there are several options available to you. The MAPS support group provides a loan service of books (see Support and Help numbers for details of the MAPS group), or your local library should have limited titles and may even be able to order a title upon request.

All the information you require to order a particular Title is detailed below.


Books obtainable in the UK

When a Baby Dies

 Nancy Kohner and Alix Henley / Routledge


 ISBN 0415252768

£ 9.99


 **Extract:** This sensitive, informative book offers a lifeline to bereaved parents and their families. Produced in co-operation with SANDS.

Love, Labour and Loss: Stillbirth and Neonatal Death


 Jo Benson, Dawn Robinson Walsh / Scarlet Press


 ISBN 1857270630

£ 8.99


 **Extract:** This book clearly expresses many of the feelings bereaved parents have had or will have in the future. For newly bereaved parents it will offer some comfort that they are not alone in their feelings.

When a Meeting Is Also Farewell: Coping with a Stillbirth or Neonatal Death

 Ingela Radestad / Books for Midwives


 ISBN 1898507759


£ 19.99

 **Extract:** Ingela Radestad's first child, Ellen, died shortly before birth. As a midwife and now the mother of three children, Ingela recognised that there was a need for a sensitive but realistic book to help parents and those around them cope with the death of a very small child.




When your Baby Dies

 Louis A Gamino and Ann Taylor Cooney / Augsburg


 ISBN 0806643552

£ 4.99


 **Extract:** A comforting and practical book for parents grieving the death of an infant through miscarriage or stillbirth.

An Empty Cradle, A Full Heart


 Christine O'Keeffe / Loyola Press


 ISBN 0829411739

£ 6.99

 **Extract:** This collection of more than a hundred short meditations beautifully interweaves these overwhelming and very real feelings of bereaved parents with scripture passages that provide comfort, direction, and a sense of hope.

Empty Cradle, Broken Heart


 Deborah Davis / Fulcrum Publishing


 ISBN 1555913024

£ 10.99

Extract: The heartache of miscarriage, stillbirth, or infant death affects families everywhere. The impact is great; the aftermath difficult. Empty Cradle, Broken Heart offers reassurance to parents who struggle with anger, guilt, and despair.

Trying Again: A Guide to Pregnancy After a Miscarriage, Stillbirth and Infant Loss

 Ann Douglas / Taylor Trade Publishing


 ISBN 0878331824

£ 9.99


Extract: Trying Again extends a helping hand to women coping with their loss and at the same time contemplating future pregnancies. This one-of-a-kind guide also offers insight into "high-risk" pregnancies, understanding each trimester's common concerns, anticipating labour, dealing with a subsequent loss, deciding whether to try again, and honouring the baby you lost while loving the baby in your arms.

Pregnancy After a Loss: A Guide to Pregnancy After a Miscarriage, Stillbirth or Infant Death


 Carol Cirulli Lanham / G P Putnam's Sons


 ISBN 0425170470

£ 14.95


 **Extract:** A guide to getting pregnant after a miscarriage, stillbirth, or infant death, it also explores the practical and emotional issues surrounding the loss of a baby.

A Piece of My Heart: Living Through the Grief of Miscarriage, Stillbirth or Infant Death

 Molly Fumia / Conari Press


 ISBN 1573245100


£ 13.05

 **Extract:** This text is a book about the necessity of grieving the loss of tiny, un-lived lives. Readers will be affirmed in the sacred right of all parents to mourn the loss of their children, however short their lives, and will be shown the path towards eventual healing.




 **Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy**


 Arnold Petersen / Multnomah Publishers


 ISBN 1576738515

£ 7.99


 **Extract:** With the warmth and compassion of a licensed counselor and a Christian woman who has suffered miscarriage herself, Pam Vredevelt offers sound answers, advice, and reassurance to the woman fighting to maintain faith in this heartbreaking situation.

 **Forever Silent, Forever Changed: The Loss of a Baby in Miscarriage, Stillbirth, Early Infancy**


 Kellie Davis / Booklocker.com


 ISBN 1931391572

£ 9.95


 **Extract:** Forever Silent, Forever Changed was written for Kellie's son, Kyle, who was stillborn, and for families and friends of those who have experienced losses similar to hers. In this book, you will find Kellie's journey through loss, grief and acceptance. A must read for parents, family, friends and health care providers.

 **Tears of Sorrow, Seeds of Hope: A Jewish Spiritual Companion for Infertility and Pregnancy Loss**

 Nina Beth Cardin / Jewish Lights Pub


 ISBN 1580230172

£ 17.99


 **Extract:** A spiritual companion that enables the reader to mourn within the words and ways of Judaism.

 **We Were Gonna Have a Baby But, We had an angel instead**


 Pat Schwiebert / Grief Watch


 ISBN 0972424113


£ 4.50

 **Extract:** A book to help young children understand the loss of a baby.

Books obtainable in the US

 **Dear Cheyenne**

 Joanne Cacciatore / MISS foundation


 ISBN 0966301501

\$ 11.95 US dollars


 **Extract:** A journey into grief, A collection of Angels and Miracles, A Celebration of Motherhood, A book for bereaved Parents and for those who love them.

 **Always Precious in Our Memory: Reflections After Miscarriage, Stillbirth or Neonatal Death**


 Kristen Johnson Ingram / ACTA Publications


 ISBN 0879461594


\$ 8.95 US dollars

 **Extract:** Every thing on earth has a precious history, even a baby that never breathed or cried or laughed. God has written that child's story in the book of life.



 **In a Heartbeat: A Journey of Hope and Healing for Those Who Have Lost a Baby**

 Dawn Siegrist Waltman / Faithful Woman


 ISBN 0781449111

 \$ 12.99 US Dollars

Extract: If you have suffered the tragic loss of a child through miscarriage, stillbirth, or early infant death, this book was written especially for you. It says what only someone who has been there can say.

 **Losing Malcolm: A Mother's Journey through Grief**

 Carol Henderson / University Press of Mississippi


 ISBN 1578063396


 \$ 30.99 US Dollars


Extract: Losing Malcolm: A Mother's Journey Through Grief is the compelling and candid story of Carol Henderson's traumatic experiences arising from the death of her infant son. Writing with a sometimes painfully honest insight, Henderson chronicles the events that ran her through a gamut of emotions including bewilderment and fear to a bone deep grief to a transforming recovery. Losing Malcom is especially recommended reading for anyone who has ever suffered the devastating loss of a loved one, as well as those that care about them and seek to substantively assist them in dealing with their suffering.


Books that are hard to find

 **Mothers Bereaved by Stillbirth, Neonatal Death or Sudden Infant Death Syndrome**


 M.Frances Boyle / Books for Midwives


 ISBN 1859721494


 £ 38.50 (last available price)


 **Extract:** This book aims to break the isolation of bereavement by using personal interviews, letters and poems to explore the different ways in which parents experience and express their grief.

 **Help, Comfort and Hope after losing your Baby in Pregnancy or the First year**


 Hannah Lothrop / Fisher Books


 ISBN 1555611206


 \$ 15.00 US Dollars (last available price)


 **Extract:** Aimed at all those who have lost a child through miscarriage, stillbirth, neonatal death, sudden infant death or termination of pregnancy, this text gives voice to an all-too common grief that often remains unspoken and offers help to those who need it but who frequently don't know where to turn.

 **Stillborn: The Invisible Death**

 John Defrain / Lexington Books

 ISBN 0669113549

 £ 7.95 (last available price)

 **Extract:** Drawing on the moving and eloquent testimony of 350 parents of stillborn babies, it explores such topics as blame, shock, and guilt; seeing, holding, and remembering the baby; the autopsy and funeral.

Book price and availability subject to change, but all the above information has been verified at the time this support pack went to press.



Memorial and keepsake ideas

We have found that memorial and keepsakes have provided a lot of comfort and lasting memories of Annabel. Below is a list of Memorial ideas we have used and some suggestions for others.

Memories Folder

The hospital will offer you a *Memories* folder containing:

- Details of your baby's Birth
- Details of your Baby's Length and Weight
- Hand Prints
- Foot Prints
- Photographs
- A lock of hair

Initially you may not want the folder, but we strongly recommend that you do accept it. The folder gives you a chance of memories of your baby which you have for years to come. If you do not take the Memories folder at the time, it will be held in hospital records for a period of time.

Book of Remembrance

You can have your baby entered into the hospitals book of remembrance by contacting the Chaplaincy department on 01273 696955 ext 4122 for Brighton or 01444 441881 ext 4232 for Haywards Heath,

Yearly Memorial Service

The Hospital in conjunction with SANDS/MAPS holds a yearly memorial service for parents who have lost their baby. We recommend you attend this special service, which has a different theme each year. You have the chance to personally speak and have your baby individually remembered. You can also view the book of remembrance (see item above). Details of the event are available from the SANDS/MAPS group, and from our Web site.

A Keepsake Box

Keep all your special keepsakes, photographs, cards and letters in one place. You will always have this to look back on.

We have bought a beautiful hinged box that is covered in pink roses which has various compartments to store things in.

For ideas, we have stored in the box:

- All of her funeral cards tied up in a pink ribbon
- The cards from the flowers
- Her hospital photos
- Some dried flowers from the funeral
- Some soil from the Tree we planted.
- A bracelet that my mother-in-law bought
- An angel pin



Planting a Tree

Planting a Tree or donating a Park bench will provide you with a lifelong memorial of your baby, which will also provide some enjoyment to other people on behalf of your baby. A small plaque may also be allowed (with permission from the local council).

We have planted a tree on our local green and put in a small plaque on a post with Annabel's name on it.

To plant a tree, the contact number below is for the correct department of your local council office:

Brighton Council 01273 292187

Lewes Council 01273 484398

Worthing Council 01903 239999 (Scheme on Hold but call for details)

Adur District Council 01273 263136

Mid Sussex Council (Main Switchboard only) 01444 458166

Eastbourne Council 01323 515279

Other Memorial Ideas We Have Used

We made up a small photo album containing the photos that the hospital took, so that they are at hand at any time.

We also have a small photo of her in the living room and one next to our bed.

Annabel's Great Granny made her a cross stitch picture with details of her date of birth and weight. The picture has enormous sentimental value and hangs with pride in our bedroom.

My Mother bought me a silver locket to put a picture of her in.

There are various memorial websites that you can post a message or even upload an image to (please see our web site for more information).

On the mantel piece in the living room we have an angel carrying flowers that represent the month she was born in.



4 Years later . . .

It has now been over 4 years since we lost Annabel, and we can honestly say that it does get easier and time IS a great healer. Annabel is still thought of every day and quite often something happens or is seen which brings back the emotional pain for a little while.

We were determined that our experience of losing Annabel would somehow have a positive affect on our lives. After all - what could be worse than losing your child? During our 18 months of solid grieving, setting up our charity and having another baby we also made a life changing decision that in the past we would have probably not even considered as it was too risky. So much had changed in our lives especially our outlook on life. We were offered a chance to immigrate to America which we accepted.

Here is our story....

The first 6 months after losing Annabel were extremely difficult, however, during that time we made the decision to try for another baby as soon as we were allowed to. At the time it seemed to us, the only way that would somehow ease the pain. We were told about the emotional risks of having another baby for both our Marriage and the new baby, none of which we really took notice of.

We were told to wait at least one year for emotional healing, but physically it was possible to get pregnant after 3 months. When the 3 month check gave the OK, we conceived within the month. We were absolutely thrilled and terrified at the same time. The pregnancy was going well and we decided to find out the sex of the baby, the emotional wait until birth would be too much for us. At the next check-up and scan, we were told the baby looked fine, with no problems, so we asked about the sex of the baby. It was a going to be a boy, we didn't know how to feel, excited? Disappointed? Relieved? We didn't want the new baby to be a replacement for Annabel, and having a boy somehow made that easier. We left the scan silent, I still wonder what the nurse thought of our reaction.

The rest of pregnancy was just a waiting game, every day. We missed all the excitement of pregnancy, we did nothing to prepare for the new arrival, we just counted the days.

Matthew was born in December 2001 almost 1 year and 1 month after Annabel. The birth was one of the strangest experiences of our lives. We had both held back our feelings throughout the pregnancy, not wanting to get our hopes up in case *it* happened again. When he was born, that first cry seemed to take forever, we almost strained to hear it, but there it was, and the feeling was indescribable.

Matthew was in special care for 7 days on a ventilator as his lungs were not quite developed. As we had made it through the birth, we new deep down he would be OK. Thankfully he pulled through and after a year of checks and tests, he was given the all clear.

Matthew really helped us through the whole experience of losing Annabel, and for us was exactly what we needed. Both Sam and Matthew are wonderful children and have been a very important part of our healing process.

Another year later and we were offered the chance to move to America, which we accepted as a great opportunity rather than a huge risk. Although the move did not go quite as planned, it finally worked out for us and we have just celebrated our 10th wedding anniversary, finally happy again.