

About this Pack

This information pack has been thoughtfully put together by the parents of Annabel who was stillborn at full term. The pack consolidates all the information you need to help you through one of the most difficult times of your lives.

After we lost Annabel, we wanted to know we were not the only ones, we wanted hope, we wanted any information on what had just happened to us. What we found was that the information which we needed most, was not readily available, and sometimes difficult to find.

About Annabel



We conceived Annabel almost immediately and the pregnancy went perfectly. The morning sickness and strange eating habits were there, and the usual fun and jokes were made. We constantly compared this pregnancy to that of Sam (our first Son), and we were generally enjoying the experience.

Annabel was a healthy active baby throughout the pregnancy. We really started to notice her becoming active during our holiday in France.

We decorated the nursery early on, set it up and bought all the equipment that you think you might need. Everything was going so well and to plan.

Catherine is an insulin dependent diabetic and because of the problems with Sam's pregnancy, Annabel was scheduled to be born by Caesarean section at 38 weeks on the 8th of November.

On the 6th of November, we went in for the usual pre checks, ready for hospital admittance the following day. Everything was fine and Annabel was kicking madly as usual. That night Catherine felt some pains in her stomach, we assumed that they were the Braxton hicks contractions and didn't think any more of it. We now think this is when Annabel actually died. The following day Catherine commented that she hadn't felt the baby moving, but again didn't think much of it.

We arrived at the Hospital that evening, excited at the prospect of our second child which we already knew was going to be a girl. The standard checks were done starting with the foetal heart monitor. No heart beat could be found at the first attempt. Another machine was tried and another. A Scan was then done which confirmed the baby had died. She was born the following day by Caesarean section, and we got to hold her - thank goodness we did. She was a beautiful girl with long dark hair and she was perfect. We never had a reason for her death, the post mortem showed everything as being normal.

In such a tragic situation, we will always be left with the question - Why?

From experience we can honestly say that 'Time is a great healer' and we think of her every day, she will never be forgotten.





A special Letter to Mummy

I can remember very clearly the moment we decided that we wanted to have another baby and at the same time I can still hear them telling me that the precious baby we wanted so badly had died. Even now I still wonder how you can go from feeling so positive and in control of your life to having it totally shattered by silence, a very sad silence from within, not only had my babies heart stopped but so had mine.

I knew I was having a little girl, we all knew. I had her name already in my heart and quite a few people didn't like the name we had chosen but Sam and I did. We always called her Annabel but I continually tried out different names throughout her pregnancy because I guess I wanted everyone to like her name. When she died I said to Trevor that I had to call her Annabel because that was the name she knew and how could I tell Sam that his baby sister had died and that she wasn't called Annabel. She is truly Annabel and her name ironically means '*favoured by god*'.

I did feel like I was living in a dream world for quite some time. I remember when I felt that everyone else had gone back to normality and I was left here to carry on a very lonely broken road. The road I was travelling on had completely changed direction and for some time I felt that I had lost my compass.

We were so happy and we had so many plans for our future. All of the dreams for her future and ours were gone with just a couple of words. I have sworn blind that I am not going to plan anything anymore, but that was the way we were, the great planners. We had the nursery decorated and done just waiting for the baby. There I was buying shampoo and bubble bath because it is buy one get free and of course we would use it all.

The hardest thing of all was packing the nursery away. I still don't know how we did it. We just put it all into plastic boxes and wrapped it all up so lovingly and careful. Then up it went into the loft. Her nursery was beautiful and it was all ready for her to come home to. Every little detail had been thought of and for weeks afterwards I would just go and sit in there and cry, until one day I knew I had to shut the door and open a new one.

I wanted to watch my daughter grow, just like I watched the sun flowers grow in my garden from a tiny budding plant into the most beautiful flower. Even now the mere thought of her, the mention of her name, a passing child of her age still and always will bring tears to my eyes. We will never forget our babies. I know that she lives on in my heart and when I die I know that I will see her again.

She was perfect with her rose bud lips, her beautiful black hair, her ten tiny toes and her ten long slender fingers. How could God take away such perfection? I haven't got the answers to that, I only know that each day the pain lessens and something good comes. Someone said to me 'you may not know why now but one day you will'. I truly believe that.

Without the support of my husband, family and friends I don't think that I would have made it this far. They have all listened to me endlessly through the anger, the bitterness, tears and sorrow. Just talk and those that love you will listen and try to understand. Most of all don't forget that no matter what, you will always be a Mummy to your baby.

We did open up a new door and through that door we have found lots of sunshine and laughter again.

Catherine Harwood
Mother of Annabel – Stillborn 8-11-2000



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 are 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

📖 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

SANDS (Stillbirth and Neonatal Death Society)

☎ 07799 031645

🕒 24 Hours 7 days a week

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

Eastbourne area

SANDS (Stillbirth and Neonatal Death Society)

☎ 01323 484089 (Nicola and Derek)

🕒 24 Hours 7 days a week

📖 This Group is also called the Baby Bereavement Group and covers the Eastbourne, Polegate and Hailsham Area.

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 all those 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

Hospital Chaplains: (All Faiths)

Brighton: 01273 696955 Ext: 4122

Haywards Heath: 01444 441881 Ext: 4232

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. We have 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.

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.

Dear Cheyenne


 Joanne Cacciatore / MISS foundation


 ISBN 0966301501

\$ 7.95 US dollars approximately £5.12


 **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.

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.





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


 Kristen Johnson Ingram / ACTA Publications


 ISBN 0879461594

£ 6.95


 **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.


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


 Ingela Radestad / Books for Midwives


 ISBN 1898507759

£ 14.99


 **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.

 **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 approximately £8.38


 **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.

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


 M.Frances Boyle / Books for Midwives


 ISBN 1859721494

£ 38.50


 **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.


 **When your Baby Dies**

 Louis A Gamino and Ann Taylor Cooney / Augsburg


 ISBN 0806643552

\$ 4.99 US Dollars approximately £3.21


 **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

\$ 10.95 US Dollars approximately £7.06


 **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

\$ 18.95 US Dollars approximately £11.84

 **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.



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
Haywards Heath Council 01444 455694
Worthing Council 01903 239999 (Scheme on Hold but call for details)
Adur District Council 01273 263136
Mid Sussex Council (Main Switchboard only) 01444 458166

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 emigrate 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.



Updating this Pack

To ensure that your pack has the latest most up-to-date information, you can download any revisions from our website at www.ahtrust.org/SupportPackUp.htm. Please make a note of the Pack Revision Number at the bottom of each page so that you know which update to download for your pack.

Further Information

The Annabel Harwood Trust is a registered Charity (No 1086637) and operates as a non-profit organisation. Our main objective is to provide information packs to parents who have lost babies.

The information pack is distributed by the Brighton and Sussex University Hospitals – NHS Trust free of charge to parents who have lost a baby before or soon after birth. Further packs* are available for purchase. Please see the enclosed leaflet for details on ordering.

*Note: Future support pack leaflets and books may change from the ones enclosed in this pack.

Return of books

The complete contents of this pack are free for you to keep without obligation. However, we have limited funding available, so if any of the books or leaflets enclosed in this pack are of no interest to you, we kindly request that you return them to the address specified on our web site so that we can re-use them in future packs.

Your comments and contacting us

We welcome your comments good or bad about this information pack so that we can continually improve and update the information we provide. Perhaps you know of further books, Web sites or other information we can add? Do you have a special quote that we could use on future packs? We will respond to all letters and E-mails received.

E-Mail: Info@Ahtrust.org

Address: Please visit our Web Site at www.ahtrust.org to obtain our current address.

The address for correspondence and return of books may change from time to time as responsibilities for receiving letters, donations and returns are shared amongst trustees.



Donations

The Annabel Harwood Trust relies solely on donations and some support from local businesses, and we are a non-profit organisation. Every penny donated goes towards additional support packs. If you find this pack useful and would like to make a donation to the charity to enable further packs to be made, please complete the following form, or use the enclosed leaflet. You can also visit our web site for details on donating.

Each support pack costs approximately £25 to produce. Please help us continue to provide the packs to other parents who have lost their baby.

Please send your donation along with this form to:
(Cheque or PO only – please do not send cash)

The Annabel Harwood Trust
25 Hazel Way,
Crawley Down,
West Sussex
RH10 4JS

Receipt Required

Please Make Cheques payable to **The Annabel Harwood Trust**

Thank you for your support

The Annabel Harwood Trust can increase your donation by 28% by using the *giftaid it* scheme. All you need to do is tick the box and complete your name and address below:

I am a UK taxpayer and would like The Annabel Harwood Trust to reclaim the tax on the enclosed donation and all donations made hereafter until further notice.

Note: The above box must be ticked to enable us to claim you Giftaid.

Full Name _____

Address _____

giftaid it

Postcode _____

Date _____

Please note: The details above are only for use by the Inland Revenue if requested by them. Your details will not be used by the Annabel Harwood Trust, or will they not be passed onto any other organisation or sold for any other purpose.

Details of the *giftaid it* scheme is available on the Internet at:

<http://www.direct.gov.uk>
Then enter in the search box "Gift Aid"



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