

Expressions

Welcome to our Winter edition of Expressions.

We are grateful to be able to hold our support meetings in-person again. Thank you to all those who have attended our support groups over the last few months. We are honoured to hear your baby's stories and provide a space for shared support.

We would like to remind our readers that the next Sands Conference will be held on September 29 – October 1, 2022 in Hamilton.

Our national conference brings together bereaved families, health and caring professionals, researchers and anyone with an interest in perinatal and infant loss, grief and bereavement.

Please see the website to register or for more information – www.sandsconference.co.nz

Thank you to North Shore Hospital who invited us to talk in May as part of a study day to discuss the work and support offered by Sands.

We were also able to share our experiences which helps enhance the skills and knowledge of nurses, midwives and social workers to deliver compassionate care to bereaved families. It is always a privilege to attend these sessions.

We wish you a warm and healthy winter.

Your Sands Auckland Committee

*Tania, Sara, Linda,
Andy and Vaioleti*



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
2022:

2nd June, 7th July

4th August, 1st September

7.15pm – 8.45pm

YMCA Mt Albert,

773 New North Rd, Mt Albert

In the Garlick Room

(to the left of reception desk)
Parents & Whanau (adults only)

AGM & Committee Meeting

Wednesday 29th June 2022

7.30pm – 9.30pm

This will take place via Zoom,
please email us for details

YOUR CONTRIBUTIONS

We welcome your poems, reflections and personal stories for inclusion in our newsletter. The deadline for our next edition is 20th May 2022.

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

CONTACT US:

www.sandsauckland.org.nz

info@sandsauckland.org.nz

Find us on Facebook



0508 SANDSA (72 63 72)

ANNUAL GENERAL MEETING

Wednesday 29th June 2022 - 7.30-9.30 pm

Please email us for details should you wish to attend, the meeting will be via by Zoom

Agenda

1. Financial Accounts 2021/22
2. Annual Reports
3. Outgoing committee/Incoming Committee
4. Any other business

We will also be voting-in our volunteer committee for the coming year, the roles being as follows:

Chairperson - to organise committee meetings and oversee the running of our group;

Coordinator - to take care of supplies to our hospitals, maintain contact and good relationships with health professionals, ensure the running of our support services and support items, lead/coordinate talks and seminars when required;

Secretary - to take and distribute minutes of committee meetings, look after correspondence, maintain our membership roll and keep our website updated;

Treasurer - to maintain the monthly accounts, oversee applying for grants and reporting back to funding bodies;

Committee Members - to support these positions and work towards becoming support people for our group meetings. It is important to have good admin assistance at committee level - people who can research suppliers, place orders, organise fundraising, monitoring Facebook etc.

All our roles are voluntary and all help is invaluable.

If you would like to join us on the committee we welcome and appreciate all new members. Maybe you have a talent/skill which would be valuable to us, or just some spare time. This is your group.

If you are thinking of joining our committee please give Tania a call or email:

info@sandsauckland.org.nz 0508 72 63 72 / SANDSA

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 please send your cheque to us at Sands Auckland Central Inc. or visit our website for internet banking details.

Sands Auckland Central
PO Box 41 111, Mt Roskill,
Auckland 1440

SANDS NZ

ONLINE SUPPORT

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Open Support Meetings -
third Thursday evening
of each month

 A meeting for all bereaved parents, no matter the gestation or age your baby or child died, and no matter how your baby died.

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Empty Arms Meetings -
second Wednesday evening
of each month

 A meeting for bereaved parents with no living children.

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Online support meetings begin at 8:00pm and finish between 9:15 - 9:30pm.

 If you would like to participate in any of these meetings, please email the Sands NZ Secretary on secretary@sands.org.nz

www.sands.org.nz

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



Give a Little

Sands Auckland now has its own Give a Little page and any fundraising initiatives you wish to partake in can be directly linked to it. <https://givealittle.co.nz/org/sandsaucklandcentral>



Baby Loss Awareness Week – Light Up Aotearoa

Last year, the Sands NZ Board compiled a list of places that light up for various campaigns throughout the year. They wrote to the various councils in an effort to get as many of these places or landmarks blue and/or pink for Baby Loss Awareness Week. This was the first year for such a campaign and a total of 18 landmarks/places throughout Aotearoa took part to help us raise awareness. With less than 5 months to go, the 2022 campaign is under way and it is hoped that this year more places will be lit up.

Here in Auckland, we were delighted that the Holy Trinity Cathedral lit up their altar to coincide with the Wave of Light from 7-8pm. Sadly, due to COVID restrictions at that time we were unable to access the inside of the Cathedral and so took some photographs from the outside. They kindly promoted the Wave of Light on their website and Reverend Ivica Gregurec shared his own personal story which can be found on YouTube <https://www.youtube.com/watch?v=jHwV99g9jwc>. We hope they participate again this year, and that we will be able to enter the Cathedral.

The Board also contacted the more obvious landmarks in Auckland. Vector Bridge needed an application a year in advance so we were unsuccessful with our request. Many people also asked about the Sky Tower, who we did write to and despite a follow up received no response. A request will be sent again this year, but if you have any contacts there that could assist, please let us know.



Alternatively feel free to complete the Light Up Submission request on the Sky Tower website, maybe if they receive many requests for the same campaign they might respond. <https://skycityauckland.co.nz/sky-tower/lighting/lighting-policy/>. Keep a look out on the Sands New Zealand Facebook page for updates of places that will be taking part.

The Good Sell

Sands NZ were invited to launch a campaign with the Good Sell, and they set a goal of \$5,000 to raise funds to provide training for health professionals who support families when they lose a baby.

This is a great and simple way to fundraise for charities. If you have items to sell, you list them on the Good Sell against the charity campaign you wish to help. You then select what percentage of the sale price you wish to donate, and once sold the Good Sell will donate this from the auction/sale proceeds.

You could just simply browse our campaign to see if any of the items listed are or interest to you or maybe a friend. Anyone can hop onboard with us on this campaign, and every little helps. Spread the word to your family and friends as the campaign closes on 30th June.

A Huge Thank You

Sands Auckland would like to express their sincere gratitude to Paul Gerrard of Go Digital. Paul has kindly been collating the random articles we send him into our nicely presented newsletter for 5 years, and puts up with our editing changes. He prints them off at his cost and we send them out to our members on our database who have chosen to receive this by post. Other members receive by email.

In the past we have had been fortunate enough to have Community Post envelopes donated to us by NZ Post, but sadly this arrangement is no longer available. So just as we thought this would be our last posted newsletter, Paul has kindly stepped in and will be sponsoring the postage throughout the year. We cannot thank him enough!

If you need any printing at all, or know of anyone who does please do not hesitate to pass on Paul's details.

