

# Expressions

Welcome to our Spring 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.

The Sands Auckland AGM was held on 29th June, during which our annual report was produced. This report outlines our activities over the past year and is included in this newsletter.

Our committee is excited to be attending the Sands National Conference in Hamilton at the end of September. This is an important event for our Sands groups across the country as it is a great time to connect and network; as well as upskill and share new information and research. The conference is not only beneficial to Sands groups but also health professionals and bereaved parents, whose attendance and contributions enrich the conversations and learning. If you'd like to join us, please visit the website for more information – [www.sandsconference.co.nz](http://www.sandsconference.co.nz)

Baby Loss Awareness Week is held every year during the 9th – 15th October. We are planning our annual activities to mark this special week and will post updates on our website, Facebook page and email to members to confirm details. More information is available further in this newsletter. We hope you can join us.

With the beginning of Spring comes Father's Day. We know days like these can be difficult for bereaved parents as they are a reminder of those missing from our lives and what could have been. As always, we will be holding all Dads in our thoughts and hearts this Father's Day.

**Your Sands Auckland Committee**  
**Tania, Sara, Linda, Andy and Vaioleti**



## 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 November 2022.

Please forward your submissions to: [info@sandsauckland.org.nz](mailto: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  
1st September/6th October,  
3rd November/1st December  
No January group  
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)

## Baby Loss Awareness Week

**Remembrance Day:**  
Sunday 16th October 2022  
**Global Wave of Light:**  
Saturday 15th October 2022

Please see further in the newsletter for more details about Baby Loss Awareness Week and the events we have planned.

**Support groups and all events will be subject to Alert Level status. We are able to provide alternative arrangements by Zoom. Please check our Facebook page for updates prior to each meeting or event.**

## CONTACT US:

[www.sandsauckland.org.nz](http://www.sandsauckland.org.nz)

[info@sandsauckland.org.nz](mailto:info@sandsauckland.org.nz)

Find us on Facebook



0508 SANDSA (72 63 72)

## SANDS COMMITTEE UPDATES

The Sands Auckland Central Annual General Meeting was held on the 29th June and we are pleased to confirm the following committee members:

Chairperson / Coordinator – Tania Cornwall

Secretary – Sara Lane

Treasurer – Andy Lane

Committee members – Linda Lee & Vaioleti Tongi

Our group only functions due to the commitment of our volunteers and supporters, so we thank all those that provide their time and assistance to keep us going, it is invaluable. If you would like to be part of our organisation we would love to have you on board. We always welcome fresh input and ideas.

If you are interested please email us at: [info@sandsauckland.org.nz](mailto:info@sandsauckland.org.nz)



## Sands National Conference 2022

Every two years a Sands group hosts a national conference that brings together bereaved families, health professionals, researchers and anyone with an interest in perinatal and infant loss, grief and bereavement.

Sands Waikato will be hosting the next Sands National Conference – “Finding Your Flow in Grief and Resilience” This is taking place 29th September to 1st October 2022, at The Link in Hamilton.

Conference is a great opportunity to reignite friendships and start new ones with other families and professionals. Sands groups throughout NZ are able to come together and exchange ideas. Conference is always a busy time of speakers and workshops which can be educational, creative or inspiring.

You can keep up to date with details of the conference on Facebook, Sands National Conference, or the website: [www.sandsconference.co.nz](http://www.sandsconference.co.nz). We at Sands Auckland will also share updates as and when they become available.

Please note that there is no accommodation linked directly to the venue, so we recommend checking out [www.Booking.com](http://www.Booking.com) or [www.airbnb.co.nz](http://www.airbnb.co.nz) for suitable accommodation.



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  
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details or alternatively  
donate via our Give  
a Little page [https://  
givealittle.co.nz/  
sandsaucklandcentral](https://givealittle.co.nz/org/sandsaucklandcentral)

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Paul can be contacted on  
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[paul@godigitalprint.co.nz](mailto:paul@godigitalprint.co.nz)



# Baby Loss Awareness Week & October 15th Pregnancy and Infant Loss Remembrance Day



Every year we recognise International Baby Loss Awareness Week. This provides the opportunity for parents and families around New Zealand to come together and remember the lives of their babies who have died. We acknowledge the lives and deaths of all babies, no matter what their gestation, length of life or how they died. It is also a chance to highlight the work done by Sands around New Zealand. The aims for the week are:

- To promote 16th October as National Baby Loss Awareness Day
- To promote the annual Global Wave of Light and other events or services where parents can publicly acknowledge their babies
- To raise awareness and increase understanding of the impact of baby loss amongst the wider community



## IMPORTANT

**THE FOLLOWING EVENTS ARE SCHEDULED TO TAKE PLACE, BUT ARE SUBJECT TO ALERT LEVELS AT THAT TIME. PLEASE FOLLOW OUR FACEBOOK PAGE FOR UPDATES.**

## ANNUAL REMEMBRANCE DAY Sunday 16th October • Open from 1.30pm

We are pleased to confirm that this year's event will be able to go ahead under the current traffic light setting of Orange. Our venue provides both spacious indoor and outdoor space, and is suitable for social distancing. As per the government guidelines we recommend the use of a mask when indoors. Our Remembrance Day is an opportunity to meet with other bereaved parents and family members, honour our babies, tie a ribbon on our remembrance heart and be together on this special day. Children and families welcome.

This year we will have tea light jars available for families to take home, in addition to remembrance rocks. We will also have lots of yummy treats kindly supplied by the Good Bitches Baking group.

Whilst there is no charge for this event, a koha would be greatly appreciated towards additional refreshments. We will also have available to purchase our Christmas Stars, which are perfect for engraving and hanging on your tree.

If you are interested in coming along please email us for venue details as we need an idea of numbers for catering.

**Email:** [info@sandsauckland.org.nz](mailto:info@sandsauckland.org.nz)

**Subject:** Annual Remembrance Day

## GLOBAL WAVE OF LIGHT Saturday 15th October

International Pregnancy and Infant Loss Remembrance Day is recognised across the world and you are invited to join with other families and take part in the Global Wave of Light. This involves lighting a candle at 7pm to burn for 1 hour in memory of all the babies who lit up our lives for such a short time.

In previous years a service has been held by the Women's Health Chaplain in Auckland City Hospital. However, with the current hospital restrictions in place this may not be possible but we are still trying to determine if this can go ahead. Therefore, please keep checking our Facebook page for updates.

We would encourage everybody to join in from the comfort of your own home, and we would love to see your photos on our Facebook page with the names of your precious baby (babies). Should our event take place we would love to see you there.



# Honouring Fathers

I don't know what it's like to be a grieving father on Father's Day, only a grieving mother, but I find those tangled into this unlucky club to be the strongest and most admirable men out there. And if this is you, I don't know why the world falls so short at acknowledging your hurt.

It will never be okay that something so unfixable and permanently tragic had to happen to your family. It's not alright that you have to grieve on a day you are meant to celebrate and feel appreciated. These aspects and this version of your life will never be okay. But it is okay that you, yourself, were and are unable to fix what has already happened.

It's all right if life is not as it once was, and some days are filled with more sorrow than the others. For that is grief.

You haven't failed because your child died,

and your family needs more than just outright strength to navigate the toughest days.

You've shown your strength for so long already, and you are seen. Even in the fog-filled days of acute grief, you put your own needs aside for the well-being of your entire family. It wasn't asked of you, maybe you didn't even want that responsibility, but you grabbed it by the reins because you are a Dad.

Your child died, and it's not okay. But you are more than the father who lost his child. Though a piece of your heart is and will always be missing, you are still you, your family is still a family, and you are still Dad.

It's Father's Day, and I hope you, the Bereaved Father, know we're thinking of you.

*Abridged from an article by Caila Smith on [scarymommy.com](https://scarymommy.com)*

# Support for Dads

## *Dad Still Standing Podcast*

This podcast features two UK based dads discussing baby loss, coping with life, and working their way through grief. In the aftermath of losing babies, Liam and Matt found there was no support specifically aimed at dads to help them process their grief, prepare for what was to come next, and help them to support their partners. So, they've teamed up to create this podcast for other dads (and families), which shows a bereaved father's perspective and provides the tools to help them on their journey with grief. Available on Apple Podcasts and Spotify or click the following link: <https://www.dadstillstanding.com/podcast>

The podcast also features an episode all about coping with Father's Day. Whether it is your first Father's Day after losing your baby or your 20th, the emotions can still feel the same.



So, alongside delving into their own experiences, Liam and Matt chat through the best ways to cope with the pressures the day can bring, give out their top five tips for dads, and offer advice on how family and friends can support you.



# Sands Auckland Central Annual Report 2021/22

Presented at the AGM June 2022

In the past financial year, April 2021 – March 2022, Sands Auckland Central has continued to provide support to bereaved parents, whanau and those caring for them, while striving for continual improvement in the services we offer. Here is a brief outline of what we have achieved:

## Volunteers

Without our regular committee member volunteers and those who support us with baking, knitting, sewing, fundraising etc., Sands Auckland Central would not be able to offer support to bereaved parents. We would like to take this opportunity to thank all those who have contributed their time and energy with us this year:

Thank you, Andy Lane, Dan Cornwall, Linda Lee, Paul Gerrard, Sara Lane, Tania Cornwall and Vaioleti Tongi.

## Sands New Zealand Board

Sands Auckland Coordinator, Tania Cornwall and Secretary, Sara Lane continue in their roles on the Sands NZ National Board and enjoy representing Sands Auckland on a national level. Sara and Tania will hold the role of Board Members until the next Sands National Conference in Sep/Oct 2022.

## Support Group Meetings

Our meetings provide a safe, non-judgmental environment to talk of our babies, our grief and emotions; as well as provide an opportunity to offer support to each other. The feedback we receive from parents who attend continues to be positive and demonstrates an ongoing need for these in the community.

We continue to meet monthly at the Mt Albert YMCA. The meetings have been facilitated by Tania and Sara. In this financial year we continued to gratefully receive baking from the community charity organization, Good Bitches Baking in those months where alert levels allowed. We appreciate the support from GBB whose volunteers share their love and support by supplying our meetings with delicious treats.

## Email, phone and Facebook

Along with our email address, our 0508 number is the first point of contact for parents,

families and health & caring professionals. This number is diverted to a mobile phone managed by Sara, our phone supporter.

We also continue to maintain our Facebook page as a further opportunity to support families, and also as another way to publicise our meetings and other events.

Continued communications from parents and community groups validates the need for many forms of access and support, and demonstrates that people are able to find us and reach out.

## Expressions Magazine

We continue to produce our magazine on a quarterly basis to provide information to parents and whanau; and more importantly to honour our babies and provide a space for sharing and hope. Sands Auckland wishes to express our sincere gratitude to Paul Gerrard of Go Digital for his ongoing support in designing and printing our magazine, as well as sponsoring the postage.

Thank you also to all those who have contributed to our magazine over the past year; and to Sara and Tania who have collated, posted and edited the material. It is an honour to read about your precious babies, and to share your thoughts and feelings. Please continue to send in items for Expressions – other parents appreciate the mutual support offered.

## Support Items

Through our grants we have continued to be able to supply items to parents and hospitals this year. These include; special memories booklets, support packs, information leaflets, blankets, knitted clothing and inkless hand and footprint kits. In 2021 Sara developed a great relationship with the Rotorua Coffin Club who are kindly supplying us with coffins where needed.

## COVID-19 Response

In light of the COVID-19 restrictions, Sands Auckland has continued to adapt our operations to ensure our support services were available to bereaved parents during the lockdown periods. We managed this by communicating changes with our members



and health professionals, posting support items to hospitals to limit contact, conducting support meetings online via Zoom and adding extra health and safety precautions for our inperson support meetings when the alert levels allowed.

## Grants & Sponsorship

Thank you to the following organisations for the support they have given – COGS Auckland City and Go Digital.

These sponsors/grant bodies have enabled us to cover the costs of the following: Expressions Magazine production & postage, stationery items & postage, costs associated with Baby Loss Awareness Week, room hire for support group meetings, inkless kits, special memories books, volunteer expenses, support items, volunteer training, administration costs and the telephone. Special thanks to our Treasurer Andy for his ongoing commitment to securing our grants and ensuring we meet our financial obligations.

Thank you also to the following kind individuals and organisations who supported us during the year: Kiri Hemming and Sandra Taylor for the continued supply of gorgeously cute knitted items; and Elizabeth Pringle and Christine Gerrard for the sweet crocheted teddies. Many thanks to the Rotorua Coffin Club for their supply of lovingly crafted coffins.

## Fundraising

Fundraising opportunities were limited this past financial year due to COVID. Our annual main source of fundraising for the year is the Annual Remembrance Day event which sadly could not go ahead in 2021. We are however grateful to those who have fundraised or given personal donations to assist us in the work that we do. Sands Auckland has now set up a Givealittle fundraising page as another avenue to raise funds.

## Baby Loss Awareness Week, 9-15 October

Disappointingly our Annual Remembrance Day and Global Wave of Light events were unable to be held due to COVID precautions at the time. Sands Auckland was grateful to be able to participate in the Sands NZ online wave of light event hosted by Sands Waikato. We are looking forward to holding these special events in October 2022.

## Sands Auckland Website

Our website continues to be a great resource for providing information about us and communicating with families and health professionals. We continue to maintain the website ourselves to ensure it is current and up to date with the latest information and resources. The address is [www.sandsauckland.org.nz](http://www.sandsauckland.org.nz).

## Sands Talks

We continue to receive invitations to talk with health professionals and it has been a privilege to talk about the support that Sands offers, as well as our own personal experiences.

In April and November 2021, Tania and Sara were honoured to speak to the nurses at North Shore hospital to discuss the experience of baby loss, how Sands provides support and how health professionals can provide compassionate, patient centred care.

Each year we are invited to speak to the AUT student midwives at their Grief & Loss study day. This is always such a privilege to be able to share the work of Sands and help to educate and inform the midwifery students of pregnancy and baby loss. Our hope is this will enable them to provide compassionate care during their work.

Sara and Tania gave the talk in July 2021.

In November 2021, Tania and Sara were invited to talk with the PICU bereavement team at Auckland City Hospital. It was a pleasure to share the work of Sands and discuss opportunities for providing compassionate bereavement care.

We continue to foster relationships with as many hospital departments as possible and feel honoured to be invited to talk with health and caring professionals. We are always open to arranging talks as part of existing study days or perinatal death information sessions.

We look forward to the coming year and hope that our support continues to be helpful to bereaved families and health professionals.

**Tania Cornwall – Coordinator / Chairperson  
On behalf of the Sands Auckland  
Central Committee**



# Online Resources

We are constantly looking for additional ways to support our whānau and have put together the following items. If you know of any other useful online resources please do not hesitate to let us know so that we can share these.

### The Colors of Love and Loss

“The Colors of Love & Loss” is a FREE illustrated book for grieving children. Dr Joanne Cacciatore, founder of the MISS Foundation and the Selah Carefarm in the US, has written this book on grief and loss for children. It is available for free download here:

<https://www.centerforlossandtrauma.com/team-3>

### Misconceptions

Misconceptions is an NZ web series that was released in 2020. It addresses first trimester miscarriage and aims to bust myths, provide information and let grieving parents know they are not alone. The series was produced by Digital Alchemist Media Productions with support from NZ on Air.

To watch the full series please use this link for the YouTube playlist: <https://bit.ly/2Cuv9bEor> visit the Herald website for the videos + written articles: <https://www.nzherald.co.nz/topic/misconceptionsnz/>

### At a Loss

An NZ podcast series of conversations about living with grief and loss - featuring Sands Auckland's Sara Lane on episode 4.

Grief is universal but also individual. At a Loss has been created to help you make sense of your journey and connect with others that understand. Hosted by Timothy Giles, this podcast brings to the fore, conversations around those subjects we find difficult and sometimes taboo to talk about such as infant loss, suicide and widowhood. It is available on all good podcast platforms or click the following link: <https://soundcloud.com/user-727817426>

### The Unthinkable

A five-part NZ podcast hosted by RNZ's Susie Ferguson, covering an issue most of us find hard to think about, let alone discuss - the loss of a baby. It is available on all good podcast platforms or click the following link: <https://www.rnz.co.nz/programmes/the-unthinkable>

### The Worst Girl Gang Ever

Miscarriage, infertility and baby loss podcast with UK based Bex Gunn and Laura Buckingham. Honest conversations about unspoken experiences. Available on Apple Podcasts and Spotify or click the following link: <https://www.theworstgirlgangever.co.uk/podcast>

Bex and Laura have just produced a book which is described as a survival guide to “miscarriage and pregnancy loss”. It was written “to be a comfort and a companion through the heartbreak of baby loss. No more shame, no more taboo. It's time to smash the stigmas”. The book is available through The Book Depository who offer free delivery worldwide.

