

# Expressions

**W**elcome to our Summer 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.

In contrast to last year we have been able to hold our monthly support meetings in person, and were able to invite families to join us for our Annual Remembrance Day for Baby Loss Awareness Week.

Given the nature of our organisation, it really does make a difference when supporting bereaved families to do this in person, as opposed to a zoom call, so we are grateful for this. We were also able to get back to other scheduled events, details of which are included in the newsletter.

We have a few remaining Christmas Stars available, which are a perfect way to honour your baby during this festive season. Many people who bought them, then arranged to have them engraved with their baby's name. These are \$10 plus postage of \$5.20 (or can be collected from Torbay or at our December Support Meeting).

We hope that you can all spend the festive season with family and friends wherever they may be. We will be holding you in our thoughts over the holiday and new year period and offer you our love and continued support for a gentle and peaceful Christmas.



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  
1st December

2023:

2nd Feb/2nd March

7.15pm - 8.45pm

YMCA Mt Albert,

773 New North Rd, Mt Albert

In the Garlick Room

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

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If you have any concerns regarding Covid, the YMCA is a great venue providing lots of space and good ventilation and you are welcome to wear a mask.

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## YOUR CONTRIBUTIONS

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

Please forward your submissions to:  
[info@sandsauckland.org.nz](mailto:info@sandsauckland.org.nz)

## 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)

### Thanks to our Knitters

Thank you to Maureen Craven and Kiri Hemming for their time given in supplying us with gorgeous knitting. It's always a pleasure to distribute this to our hospitals as we know it has been made with love. If you know of any keen knitters who are keen to help let us know as we have suitable patterns available.



### Cupcake Fundraiser

Thank you to everyone who purchased cupcakes for our fundraiser during Baby Loss Awareness Week. The yummy cupcakes in the Sands personalised boxes were sourced by Cater Plus who are keen supporters of Sands. Cupcakes were distributed by Cater Plus to their clients and in their cafes, as well as to Sands groups around the country that were taking part. Sands Auckland delivered cupcakes to our carers in the hospitals as a thank you for all their hard work, and also to various media offices in the city to help raise awareness of Baby Loss Awareness week. For the first year of trying this from both parties it was a great success.



### Cycling from Cape Reinga to Bluff

A HUGE Thank You goes to Jeanette Waters who is spending 44 days cycling from Cape Reinga all the way down to Bluff. Dedication and donations are keeping her wheels spinning. Jeanette is 75 and is fulfilling a lifelong dream in the process, New Zealand is her love and photography is her pastime so she has combined the two. The cycle route covers various types of terrain, cycling down beaches, gravel roads, off road trails, and country byways. We are delighted that Jeanette has chosen to support Sands and know that the funds raised will go directly to providing support items to help bereaved families create precious memories. Jeanette is making excellent progress and has shared some beautiful photographs on her Facebook page Cycle for Sands - 3000kms Cape Reinga to Bluff | Facebook If you wish to support Jeanette you can donate at <https://givealittle.co.nz/fundraiser/keep-these-wheels-spinning-for-sands>



### Where to Get Support

We appreciate that this can be a really hard time of the year to get through, and even worse so after the last few months. Here are some support options:

#### Sands Phone Support:

0508 726372 (if we are unable to take your call please leave a message).

**Facebook Groups:** Sands New Zealand offers several closed Facebook Groups for online chat with bereaved parents. They are a safe place to seek support and connect. Information and access to these chat groups can be found here: <http://sands.org.nz/onlinesupport.html>

**Online Support Meetings:** Details of when these groups take place are posted in the Sands NZ Bereaved Whanau Facebook Chat Page, or you can email the Sands NZ secretary on [secretary@sands.org.nz](mailto:secretary@sands.org.nz) for information or to request to join a meeting.

**Lifeline:** 0800 543 354 or Text Help to 4357

**Samaritans:** 0800 72 66 66

**Skylight:** 0800 299 100 (9am–5pm weekdays)

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](mailto:paul@godigitalprint.co.nz)







# Baby Loss Awareness Week, 9th-15th October

After two very disrupted years, we were delighted to be able to hold our Annual Remembrance Day at the end of Baby Loss Awareness week. It was lovely to see families we had not seen for a while, and also to be able to welcome newly bereaved parents. Thank you to the amazing volunteers from Good Bitches baking who kindly provided us with some yummy treats. This is an important event in our



she was holding at Auckland Memorial Park in Silverdale. Unfortunately we were unable to attend but Helen's photographs were just beautiful. The Sands NZ online service was kindly hosted by Sands Taranaki, who beautifully read out a long list of precious baby names.

To help increase awareness, Sands NZ embarked upon their Light up Aotearoa campaign again. This year over 30 landmarks/buildings took part



calendar so we were relieved that this could take place. Unfortunately, we were still unable to hold our physical Wave of Light service, as this is always held in the Chapel at Auckland Hospital. There were alternatives available, and thank you to Celebrant Helen Rutledge who contacted us regarding a service

throughout the country and Sands Auckland were delighted that Holy Trinity Cathedral and Eden Park took part.

The aerial photograph of Eden Park blew us away and certainly got people talking. This was the perfect end to such a busy week.



# Sands National Conference

After being postponed twice, the Sands National Conference was finally held in Hamilton. It was such a great feeling to be able to finally connect with others after so long.

Whether you are catching up with other Sands groups, meeting new health professionals who you would not normally chat with, or meeting bereaved parents this really was a special time, with rooms full of compassion and aroha. At the time of planning, Sands Waikato were restricted in terms of speakers due to the borders not being fully open, but they did an excellent job in their selection of speakers covering a wide range of topics.

We also managed to find time during the packed programme to visit The Kiwi Coffin Club Charitable Trust in Rotorua. We were able to donate some material to them, and our thanks go to Kay for her warm hospitality.

At the Sands Conference an Honorary Life Membership is awarded. This award is given to recognise the valuable contribution of individuals to Sands, at both a local and national level. It also acknowledges their involvement in raising awareness of baby loss and supporting parents,

families and whānau following the death of a baby.

The member also has to have provided 10 years of continuous service to Sands. Huge congratulations to Tania Cornwall on being awarded this for her amazing mahi and support over the years.

Preparations have already begun for 2024, being hosted by Sands Taupō - we are looking forward to it already!

