

Expressions

Welcome to our Winter 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.

Thank you to all those who have attended our support groups over the last few months. We are privileged to hear your baby's stories and to provide a space for shared support.



It is hard to believe that we are fast approaching June at the time of writing, and half way through the year. Planning is already under way for Baby Loss Awareness week in October and Sands NZ are undertaking the Light up Aotearoa Campaign again where we ask as many places as possible to light up pink and blue (or purple). Last year was a great success and we had 34 locations nationally including Holy Trinity Cathedral in Parnell and Eden Park. Keep a look out on our Facebook page for updates over the coming months.

We have had some great opportunities to be included in training days recently. Tania attended a morning at AUT and presented to third year student midwives about the work and support offered by Sands. Sara also presented to North Shore Hospital as part of their Women's Health study day with more specific reference to early losses. It is always a privilege to attend such sessions but a challenge to deliver it in within the time slot allocated.

Wishing you a dry and healthy winter and may it be blessed with winter sunshine.

Your Sands Auckland Committee
Tania, Sara, Linda & Andy

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
2023:

1st June, 6th July
3rd August, 7th September
7.15pm – 8.45pm

The Y Mt Albert,
773 New North Rd, Mt Albert
In the Garlick Room
(to the left of reception desk)
Parents & Whānau (adults only)

AGM & Committee Meeting
Wednesday 28th June 2023
7.30pm – 9.30pm

YOUR CONTRIBUTIONS

We welcome your poems, reflections and personal stories for inclusion in our newsletter. The deadline for our next edition is 20th August 2023.

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 28th June 2023 – 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 2022/23
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 here are the
ways to donate:

Account Name:
SANDS Auckland Central
Inc

Account Number:
01-0147-0012794-00

or alternatively donate via
our
Give a Little page:

[https://givealittle.co.nz/
org/sandsaucklandcentral](https://givealittle.co.nz/org/sandsaucklandcentral)

SANDS NZ

ONLINE SUPPORT

.....

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.

.....

Empty Arms Meetings -
second Wednesday evening
of each month

 A meeting for bereaved parents
with no living children.

.....

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



Sands NZ & VCA Spring Series

Did you know Sands NZ and Vicki Culling Associates provide training to midwifery, nursing and social work students.

These sessions are valuable learning opportunities and are offered for free to students. The series is made up of online content and discussion webinars with bereaved parents. The next Sands NZ & VCA Spring Series starts in September/October 2023.

Topics in our most recent Autumn Series included:

- Early Loss
- Perinatal Hospice
- Ending a Wanted Pregnancy
- Self-Care for Professionals Working with Baby Loss

Information and registrations will be available via Vicki Culling Associates website (www.vca.co.nz) and the Sands NZ Facebook page (<https://www.facebook.com/SandsNewZealand>) closer to the time - spaces are limited so register early.



Cupcakes – we're taking orders soon!!

After the overwhelming positive feedback received regarding the cupcakes that we sold last year during Baby Loss Awareness Week, we will be looking to sell these again this year.



To ensure no-one misses out we will be taking advanced orders and providing a registration form for these. This is a great way to support Sands and if you have any events/meetings in October these make a great (not to mention yummy!) catering option for morning tea/supper and also assist with raising awareness in our branded boxes.

More details will be provided in the next newsletter and also on our Facebook page.



TFMR MAMAS
MAMAS TO ANGEL BABIES

Were you aware that Thursday 4th May is TFMR Awareness Day?

The second annual TFMR Awareness Day was recognised earlier this month, perhaps you saw our social media post?

We wanted to highlight this important day so TFMR voices are proudly & lovingly heard. TFMR Mamas is a new support and awareness organisation that was set up in October 2020 and is UK based. They offer many avenues for support - such as resources, support groups and awareness raising events. TFMR Mamas can be reached via Facebook (www.facebook.com/tfmrmmas) and their website (www.tfmrmmas.com/).

"A 'decision' made with the most love and the biggest heartbreak"