

# Expressions

Welcome to our Autumn 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.

We hope you have managed to enjoy the fabulous weather over the summer so far, such a contrast to last year. The year finished for us with another fantastic charity Golf Day, and an invitation from Holy Trinity Cathedral to attend a Festival of Nine Lessons and Carols – details of these events are contained in the newsletter.



Whilst things are a little quieter for us over the Christmas period, we are back in full swing with Tania visiting AUT in March to present to Year 2 Student Midwives. Sara will also be visiting North Shore Hospital to visit the team of new Social Workers, build up new relations and talk about the support Sands offers.

We acknowledge that with Easter and Mothers' Day in the next few months, these can be difficult times as there is always someone missing. Please be kind to yourself and we are here to support you in any way we can.

**Your Sands Auckland Committee  
Tania, Sara, Linda & Andy**

## 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 May 2024.

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

7th March

4th April

2nd May

6th June

7.15pm – 8.45pm

YMCA Mt Albert,

773 New North Road, Mt Albert

In the Garlick Room

(to the left of reception desk)

Parents & Whānau

(adults only)

*Keep a look out for a reminder on the Sands Auckland Facebook page a day or two before the meeting.*

Sands NZ offers several Closed Facebook Groups for online chat support. These chat groups can be a great way to connect with other grieving parents across New Zealand, and to seek support and ask questions anytime.

They can be accessed here:

<http://www.sandsauckland.org.nz/support/online-support/>

Other online support resources are available here:

<http://www.sandsauckland.org.nz/resources/online-resources/>

## 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 NZ Golf Day

On 5th December 2023, Tania and Sara represented Sands NZ, at the annual Cater Plus Charity Golf Day. It was such an honour to be selected as the chosen charity once again.

However, this time Sands were gifted one team entry for the event. As Tania and Sara are not golfers we were lucky enough to find a supporting team, of which one member happened to be a professional golfer. The "Moormacs" finished respectably in the top 3 and thoroughly enjoyed the hospitality shown by Cater Plus.

The day was filled with raffle selling and of course raising awareness of the volunteer work provided by Sands. It really was overwhelming to see the generosity of everyone there.

Thank you to everyone involved in making this event possible, and raising \$10,000 for Sands NZ.



*From left to right: Grant Moorhead, Wes McCree, Julian McCree, Scott Taylor*

## A Festival of Nine Lessons and Carols - 17th December, Holy Trinity Cathedral

Each year, as a preparation for the Christmas celebrations, the Cathedral organises the traditional Choral Festival of Nine Lessons and Carols. Sands Auckland was graciously invited to join the occasion and read one of the readings, as a sign that they cherish our relationship with them.

It was an absolute pleasure and honour for Tania and her family to attend. The service, singing and music was simply beautiful and certainly raised the Christmas spirits.

As a reader, Tania was given the privilege of sitting amongst leaders of important organisations, of Auckland City and the NZ Government.

Tania does admit to feeling daunted upon learning her reading would follow that of the Deputy Mayor. Happily, despite her nerves, Tania delivered her reading without any mishaps.

We thank Revered Ivica Gregurec and the Cathedral for the kind invitation, and for our ongoing special relationship.



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)



# Mothers' Day

With Mother's Day approaching, we understand just how difficult this time can be for mums and anyone affected by the loss of a baby. Days like Mother's Day can be full of mixed emotions, and the need for support and to be heard can be more important. We are here to support you.

Sands offers safe spaces through our online community where there are other bereaved parents online who know how you feel and want to offer support. Our online Bereaved Whānau Chat Group can be accessed here: [sands.org.nz/onlinesupport.html](https://sands.org.nz/onlinesupport.html)

We are a community that understands and acknowledges your grief. We are honoured to hear about your babies and your deep enduring love. We know how important it is to be acknowledged as mothers. If you'd like support this Mother's Day, please feel free to join the online chat page, to share and/or support other parents.

For bereaved mums with no living children it is hard to show the world you are a mum, and for those mums who are fortunate enough to be blessed with a family there will always be someone missing from the celebrations.

Motherhood is a gift and should be celebrated in its entirety – whether you carried your child for a few days, weeks, months or maybe you got to bring your child home. Please remember it is your story to celebrate how you deem suitable.

To every mother with empty arms and an aching heart, we wish you a supported and gentle Mother's Day. We recognise your motherhood and your precious babies.

