

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 appreciate how difficult it can be to



come along to your first meeting but we are privileged to hear your baby's stories and be able to provide a space for shared support.

It has been a taxing few months due to sickness however we have managed to deliver our annual presentations to AUT Student Midwives and North Shore Hospital as part of a study day. We welcome the invitation to these, if we can share our information to those on the front line then we hope this will assist them dealing with bereaved families in the early stages of their grief journey.

Next month looks slightly different from years gone by in that we are no longer required to hold an AGM following the unification of Sands NZ. Further details are contained in the newsletter.

Initial plans have already commenced regarding Baby Loss Awareness Week and we thank the Reverend Ivica Gregurec for thinking of us and accommodating a date into their busy schedule. As always, with all Baby Loss Awareness Week events we will provide updates in our next newsletter and on our social media.

Keep well and warm over the cold winter months.

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
2025:

5th June, 3rd July

7th August, 4th September
7.15pm – 8.45pm

Mount Albert Community
& Leisure Centre
(formerly The Y Mt Albert),
773 New North Rd, Mt Albert
(to the left of reception desk)
Parents & Whanau (adults only)

SAVE THE DATE!

Baby Loss Awareness Week
9th – 15th October

Remembrance Service
12th October 2025

Holy Trinity Cathedral, Parnell

YOUR CONTRIBUTIONS

We welcome your poems, reflections and personal stories for inclusion in our newsletter.

The deadline for our next edition is
20th August 2025.

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)

Unification of Sands NZ

We can now confirm that the majority of groups around the country have voted to accept a proposal for unification to be a structurally unified organisation.

What does this mean?

For all groups, there will be one charitable registration, one set of financial accounts, and a centralisation of resources. For example, all groups will have access to common support materials which will benefit groups in more remote areas that have not been able to provide these.

This enables the provision of quality support for bereaved parents, families and whanau across all of Aotearoa New Zealand. This will contribute to a sustainable unified and cohesive organisation that continues to provide the best support across the country when a baby dies. We hope it will also help to gain structured governmental financial support.

Sand NZ liaised with other organisations that had been through the same process and who are now thriving as a result.

How does this affect Sands Auckland?

Sands NZ has set up a structure for each group to become part of a single organisation so we are no longer a separate registered charity. This does not change the way we operate at a local level. Whilst Sands NZ is one organisation with one set of financial accounts, we hold our own account within that structure. This means less administration for us in terms of formal reporting. We will still maintain our own account and undertake fundraising and grant applications as we have done in the past.

What happens now?

This is still early days for Sands NZ, with further discussions to be held with the groups at the upcoming conference, but for now we simply carry on as before.

Sands Conference

The countdown is on with only a few weeks to go until the Sands National Conference. It is still not too late to register!

Being held at the James Cook Hotel, Wellington on 13th & 14th June, the conference committee have been working hard and the programme and full list of speakers has now been confirmed.

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.

For further detailed information, or to register visit:

www.sandsnationalconference.org.nz



Sands Auckland is a regional part of Sands NZ, a charitable entity - Registration Number CC30352.

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

Account Number:
03-1555-0050567-02

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



Caught off guard...

It's surprising how a simple greeting can catch you off guard. They were 3 simple polite words "Happy Mothers' Day".

It will be 18 years this September since I first became a mum. I have navigated my way through 17 Mothers Days, however I can't explain why this year I felt the absence of my firstborn boy more strongly than in previous years. The hugs I did receive felt out of kilter, as there was someone missing from the other side to balance it out.

We were on our way out for lunch and I wanted to stop by a clothes shop, I had my eye on a dress and the sale enticed me in. The shop is situated near a very busy garden centre and cafe, even more busy with people taking their mums out. So, we chose the first car park space that became available, meaning a short walk to the shop.

An assistant in the shop greeted me, then stopped, turned back and wished me a "Happy Mothers' Day". I stopped and turned to my husband in disbelief. How did she know I was a mum – my child had chosen to wait in the car?

We were parked way down the car park and out of sight. I had not been in this shop with him in the past. And she had absolutely no idea of when I became a mum and the sadness behind it.



I know she thought she was doing the right thing and being pleasant but deep down I hoped that she did not greet everyone in the same way that day. After all these years I surprised myself with my reaction, which went on mostly in my head. Maybe it's because I have supported others along the same journey that I know how triggering this could have been to so many people. It's true that you don't know what a person is going through or has gone through and you cannot make assumptions.

Navigating your way through specific days of the calendar when you're a bereaved parent is a challenge. There is no right or wrong way of your journey, it's finding out what works best for you. However, this year it proved to me that no matter how many years have passed there will always be something that can pull on the heart.

Sara Lane

Thank you!

A big thank you to our amazing knitters who regularly supply us with the most beautiful items, all made with love.

We also received a supply of gorgeous small quilts, and it was a pleasure to be able to deliver these recently.

The photo shown, was just the tip of the iceberg! If you knit, crochet or sew or know anyone who does and wants to become involved, please let us know.

