

SPRING

Supporting parents and relatives through baby loss



NEWSLETTER

Summer 2020

SPRING's new garden at Poole Maternity Hospital

Full story on page 6



What's inside:

Wave of Light Event
SPRING Christmas Service
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with SPRING

About SPRING

SPRING is here to help parents and families through the worst possible time in their lives. We support parents and families through the loss of a baby – at any stage of pregnancy, at or just after birth – whatever the circumstances and however long ago.

Established in 1998, SPRING is a charitable trust fund of Poole Hospital Charity, which brings parents and medical professionals together to ensure bereaved parents and families are treated with sensitivity and genuine care. Our support is available to bereaved parents and families living in Poole, Bournemouth and surrounding areas.

We know we can't make everything better when a baby dies, but we aim to make sure things aren't worse for bereaved parents.

How we can help

The loss of a baby can feel overwhelming. We offer a range of services and support to help bereaved parents and families along this devastating journey. Not everyone will need or want to make use of everything we offer. But it is here if you need it, now or in the future.

Emotional and practical support, at the point of loss and beyond

Bereavement support

We work closely with the Maternity Bereavement Support Service and Early Pregnancy Unit at Poole Hospital NHS Foundation Trust.

Specialist bereavement support midwives and nurses offer information, advice and signposting to help parents and families make informed choices, and will continue to offer support at home, if required.

Professional counselling

Counselling is available for all bereaved parents and relatives following the loss of a baby. SPRING and Poole Hospital counselling services provide sessions with fully qualified counsellors who adhere to British Association for Counselling and Psychotherapy guidelines (BACP).

Counselling provides a safe, non-judgemental environment. Referrals are via medical professionals or self-referral.

Contact Maternity Counselling Service on: 01202 448752 or email: maternity.counsellors@poole.nhs.uk

Monthly open support meetings

SPRING runs monthly open support meetings for informal peer support.

They are facilitated by fully qualified counsellors.

The meetings are friendly and relaxed and open to anyone who has experienced the death of a baby, either in pregnancy, at, or shortly after birth.

Meetings are held on the first Wednesday of each month 7.30pm – 9pm at St Mary's Longfleet Church Centre, Kingston Road, Poole BH15 2LP.

Rainbow pregnancies

We are also here to support parents and families through subsequent 'rainbow' pregnancies.

SPRING places

Bereavement suites

The SPRING Moon and Star bereavement suites at St Mary's Maternity Unit, Poole, provide space for parents and families to spend precious time with their baby before saying goodbye. Safe and private, these very special places mean parents and families receive specialised support as they go through the loss of their baby – away from the main maternity wards.

SPRING events

Remembrance events

Throughout the year, SPRING organises events to remember our precious babies.

February - *Snowdrop Walk*

October - *Wave of Light event (as part of Baby Loss Awareness Week)*

November - *Christmas Service*

Monthly coffee mornings

SPRING coffee mornings take place every month in a café, providing an informal and relaxed environment for bereaved parents and relatives to meet over a coffee and cake.

Third Saturday of every month (10.30-12pm) at Lounge One, 10 Adastral Square, Canford Heath BH17 8SA.

During the current Covid 19 Situation, these are being held virtually - see our social media platforms for more information.

Contact SPRING

[SPRING admin and fundraising enquiries](#)

Telephone: 01202 448084 (please note that if we are unavailable to take your call, you can leave a message on our answerphone).

Website: www.springsupport.org.uk

Email: spring.support@poole.nhs.uk

Follow us on Facebook, Instagram, Twitter @SPRINGsupport



[Maternity and bereavement counselling services](#)

Telephone: 01202 448752

Email: maternity.counsellors@poole.nhs.uk

c/o St Mary's Maternity Unit, St Mary's Road, Poole, Dorset BH15 2JB

Poole Hospital Charity Registered No. 1058808.

Please note that any views or opinions expressed in this newsletter are those of the authors, not those of SPRING. SPRING would encourage those seeking further advice and support to contact medical or counselling practitioners.



Chairperson's Chat

by Emma Lynch, SPRING Chairperson

Welcome to this edition of the SPRING newsletter.

Firstly, I hope you and your families are all keeping safe and healthy in these uncertain times.

As you may know since the last issue of the newsletter, SPRING has had some changes. We have said a fond farewell to Janine Golding and Emma Johnston. Emma had been the SPRING Chairperson since September 2015 and a Steering Group member since 2013. Janine was our SPRING Fundraising Administrator and left us in August 2019. Janine has not gone far and is now a Community Fundraiser at Poole Hospital Charity. Both Emma and Janine's passion and dedication to SPRING was relentless and both will be sorely missed by all (although I'm sure we'll see Emma at the remembrance events). Janine's replacement is Zoe Wood. Zoe is an ex-midwife and comes with a huge amount of experience and we feel very lucky to have her - welcome Zoe.

I am delighted to have replaced Emma as Chairperson and am very much looking forward to everything this will bring.

In the time between this and the previous issue, SPRING has hosted our three annual baby remembrance events; the Wave of Light event in October, the Christmas event in November and the Snowdrop walk in February. These events are always incredibly special as bereaved parents, families and friends remember their own special babies, while standing side by side with others who have had similar experiences. I've always felt that these events offer support, comfort and a feeling of solidarity, all of which are such important parts of what SPRING is about. We are always open to suggestions though, so if you think things could be done differently, then please let us know.

These events do rely on the time and energy of our volunteers, most of whom are bereaved

parents themselves. We are always extremely grateful for any help people can offer - whether that's helping to set-up at venues, helping out on the day or baking a cake. Please do get in touch if you would like to get involved.

As well as the events, in this edition we also introduce you all to SPRING's new garden at Poole Maternity Hospital which opened in April 2019. This is a private area that is used by bereaved parents who have stayed in our bereavement suites.

Thank you to those people who have shared their stories in the newsletter. I know it is hard to write about something so personal, but they really do help other bereaved parents. I have included my story in this edition. I actually found writing my story down incredibly helpful in my healing journey. If you would like to share your story for a future edition of the newsletter or to go on our website, then please do get in touch.

I would also like to say a huge thank you to all those people who continue to fundraise for SPRING. We have included some examples in the newsletter. If you have been fundraising and would like to tell others about it, we would love to hear from you.

Finally, this edition features details of upcoming SPRING events and activities, as you may see some of these are TBC. This is due to us currently being under lockdown, but we will publish any updates on the website and also the SPRING Facebook page - we really do hope to see you at a SPRING event very soon.

All the very best,

Emma x

Fundraising Update

by Zoë Wood, SPRING Fundraising Administrator



I am thrilled to have joined the SPRING team.

My career started as a Civil Servant working for the MOD which was followed by my time training and working as a Midwife. I feel

very privileged to have been given this role and to work alongside the Steering Group, the professionals involved with SPRING, fundraisers and of course, SPRING families.

It has been a busy few months since joining the team. We held the Wave of Light event next to the War Memorial in Poole Park in October, followed by our Christmas Service at St Mary's

Church in November. SPRING also held its annual Snowdrop Walk at Upon Country House and Park where we were very fortunate with the weather, making it a beautiful event.

We've also been extremely fortunate to receive the support of individuals, local businesses and voluntary organisations who have been busy raising money and awareness for SPRING over the last year.

If you'd like to do some fundraising for SPRING or get involved in any upcoming events, we'd love to hear from you, so please do get in touch.

Zoë x

Zoë can be contacted on 01202 448084 or by email: spring.support@poole.nhs.uk

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Babies remembered at SPRING Christmas Event

Bereaved parents, families and friends gathered together at St Mary's Church on Longfleet Road to attend SPRING's annual Christmas event on Saturday 30 November to remember their special babies.

The Christmas tree was the centrepiece at the front of the church throughout the event, filled with handwritten messages from loved ones, and everyone was invited to light a candle.

Music played a poignant part in the service with songs beautifully performed by Gillian Ireland, Jennifer Way and Charlie Powell. Saxophonist, Mark Pitman, was another highlight performing various Christmas carols. Dr John-Paul Carpenter also played the organ so that our guests could sing along to Silent Night, followed by readings from some of our committee members and Fraser Smith, a Chaplain from Poole Hospital.

As in previous years, children were invited to join in a sing-a-long with musical accompaniment by Declan Turner and Helen Watkins, followed by tea, coffee and cake, provided by SPRING volunteers and our supporters.

Thank you to everyone who came along to this beautiful event, and a huge thanks, as always, to all the volunteers, speakers, performers and everyone else who helped make this event so very special.



Wave of Light Event

SPRING's annual Wave of Light event took place on Tuesday 15 October in Poole Park. Around 130 bereaved parents, families and friends came together to remember their special babies during Baby Loss Awareness Week.

The Wave of Light is always a beautiful occasion marking the end of Baby Loss Awareness Week, and this year was no different as families remembered their precious babies by writing messages on blue, pink or cream stars and attaching them to lanterns with lit candles inside. Families and friends then gathered around to hear music playing and listen to poems before placing the lanterns around a beautiful tree overlooking the lake, to create a wave of light. It was very moving to see the many candles twinkling as we remembered all our special babies.

Baby Loss Awareness Week takes place every year from 9-15 October. Throughout the week bereaved parents, families and friends remember their special babies, with the knowledge that many other families around the World are doing the same.

Thank you to everyone who helped make this event so very special.





SPRING Snowdrop Walk

Around 100 bereaved parents, relatives and friends attended SPRING's Snowdrop Walk on Saturday 08 February at Upton Country House and Park.

Despite the weather being rather inclement on the days and weeks before, on the day, the sun shone for us, making it a really beautiful occasion.

Our guests were invited to join us in the Drawing Room of the impressive country house and as always, were invited to write messages for their special babies as well as listening to poems that were read out by members of SPRING's Steering Group, before walking down to the Winter Garden to tie the remembrance ribbon around a tree.

Despite the area being rather muddy from the week's worth of rain, we were able to plant some snowdrops to mark the occasion and enjoy the sunshine as we remembered our precious babies.

After the walk, tea, coffee and cake was served in Upton House creating another opportunity for bereaved families to come together.

Thank you to everyone who came along and made this such a memorable event. It truly was a lovely location to remember our babies and welcome the coming of spring.



A message from Emma Johnston

...who stood down as SPRING Chairperson in February 2020.



It's strange writing my last message for the newsletter! SPRING has been a big part of my life – ever since 2011 when my baby, Daisy, died during the labour at the end of a so-called 'text-book' pregnancy. Before my baby died, I had no idea that SPRING existed – but I am so grateful that it does. Over the years, like many of you, I have attended monthly support meetings, counselling sessions, coffee mornings and, of course, remembrance events. Being part of this community is very special because even though everybody's experiences are different, there is something that connects us all. Our babies.

I became SPRING Chairperson in September 2015. Being involved with this amazing charity, and meeting so many wonderful and inspiring people, has been an honour. Stepping down from the role, I know SPRING is in good

hands. It is valued by Poole Hospital and Royal Bournemouth Hospital, and bereavement support in maternity is seen as essential, not an 'add-on'. And SPRING is cherished by the families it supports.

SPRING has an amazing team of volunteers and professionals who will continue to make sure that bereaved families and their babies continue to get the best possible support, empathy, acknowledgement and love they deserve.

Thank you for being part of my journey – and hopefully see you at a SPRING event soon!

Emma x



New garden opened at Poole Hospital for bereaved families

After much hard work, a new garden was created last year for families staying at the bereavement suites at Poole Maternity Hospital and is an area for grieving families to come to terms with the recent loss of a baby, providing a private and safe sanctuary.

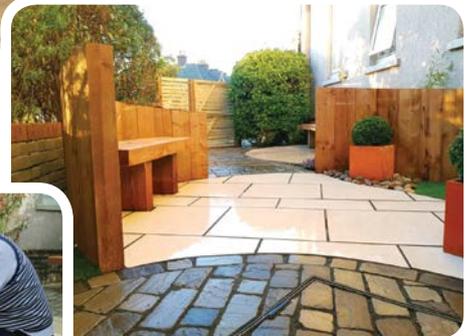
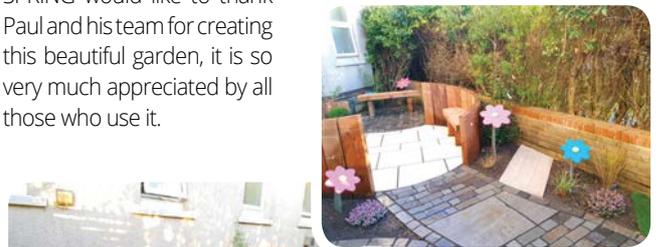
The idea for it came from Paul Steele, a parent who used the bereavement suites in the maternity hospital after he lost his daughter. Paul wanted to give something back for the care his family received by creating a private space for bereaved parents. He is the founder of the Green Project, a Dorset-based landscape company.

Following six weeks of patience and hard work, Paul and his team from Green Project built this beautiful garden which was officially opened on Wednesday 3 April 2019 by Emma Johnston, a bereaved parent and SPRING's chairperson. Debbie Fleming, chief executive of Poole Hospital and Royal Bournemouth and Christchurch hospitals, and

David Walden CBE, Poole Hospital non-executive director and chair of the hospital's charitable funds committee were also in attendance for this special opening.

Our SPRING garden is now a special sanctuary that is used by some of our families who have stayed in our bereavement suites. Bereavement Midwife, Jo Gyngell says "The SPRING garden is a valuable addition to our suites, offering our families a gentle introduction to the world outside our bereavement rooms and is a further space where memories for bereaved parents can be made".

SPRING would like to thank Paul and his team for creating this beautiful garden, it is so very much appreciated by all those who use it.



Training and Development

Did you know that SPRING also funds learning and development opportunities for our staff.

In January, our Bereavement Midwifery Team attended a bespoke training workshop that was facilitated by MOSAIC (a registered charity who specialises in offering support to bereaved children and their families).

The two hour session focused specifically on supporting our bereaved parents who could assist siblings who have lost a baby brother or sister in managing their grief. This is a topic that often comes up with the training session focused on baby loss at all stages of pregnancy and following delivery.

The midwives found this day really beneficial as they felt it further enables them to support

and advise families following the sad news of the loss of a baby.

The midwives also attended a conference in Stevenage which focused on the Bereavement Care Programme where they gained an insight into how other services are run around the country as well as ensuring that they were up to date with the Bereavement Care Standards and following best current practices.



A Fond Farewell

At the end of February, we said a fond farewell to Shonagh Gibb, one of our Early Pregnancy Nurse Counsellors, who has been heavily involved with SPRING's Steering Group as well as helping out at our events, as she leaves her counsellor role.

"After 40 years working for the NHS and 21 years in the dual role of Early Pregnancy Nurse Counsellor, I have made the decision to retire in February 2020. I have been very fortunate to have had a very varied and interesting career, and feel extremely privileged to have been involved with SPRING since the very first open meeting in October 1998.

I reflect on how much attitudes, and awareness, surrounding baby bereavement have changed and although still a long way to go; I feel confident that this will continue in a positive way. The SPRING charity has always been proactive in the provision of enhanced services to bereaved families, as a professional I am proud to be associated with this.

In 2019, I was fortunate, in receiving funding for the annual Association

of Early Pregnancy Units conference. This is a multi-disciplinary event, covering topics such as assisted conception, current trials, research, and management of complex conditions in pregnancy and how this impacts on management and care. Highlighting best practice and extended roles of nurses and midwives in Early Pregnancy.

I have been able to apply this knowledge and awareness to our Unit at Poole, enabling the team here to give what we hope is good empathetic care, during and around the stress and sadness of baby bereavement.

The experiences I have shared with families have changed me in so many ways. I have met and shared in the journey with so many amazing people, with lots of tears and also surprisingly laughter. I am totally humbled by the



resilience and endurance, during the most difficult and tragic times.

You have taught me so much!"

Shonagh x

Shonagh Gibb
Early Pregnancy Nurse Counsellor

Being a Volunteer

Bereaved parent, Louise Chissell, shares her experience about being a volunteer with SPRING.



"My name is Louise and I joined the SPRING Steering Group at the beginning of 2019. I lost my son George in 2015 at 23 weeks pregnant, at the 20 weeks scan they found he was very unwell, and we made the difficult decision to end the pregnancy.

SPRING helped me so much at the time. I was feeling every emotion possible and benefitted so much from the counselling that SPRING provided that I felt that I wanted to be part of this charity that had helped me and my family so much. I had also attended the monthly peer support group (which I still regularly attend now) where I met other parents in an informal environment who had been through a loss.

Being part of the Steering Group does bring a level of commitment, such as helping out at events and attending meetings, but I am happy to give this time as it means I can help SPRING to continue to support other bereaved parents and be sure their voices are heard when needed. Nothing we can do will make things better, we can just try to ensure that nothing makes it worse."



Keeping in touch with SPRING

To comply with new data protection laws which came into effect on 25 May 2018, we contacted everyone on the SPRING mailing lists to get permission to contact them about SPRING news and events. If you, or someone you know, wants to be added to our mailing list, please email us spring.support@poole.nhs.uk or call 01202 448084.



SPRING would like to welcome all new Rainbow Babies.

Why Rainbow Babies?

The idea is that the new baby is like a rainbow after a storm. The beauty of the rainbow does not negate the ravages of the storm.

When a rainbow appears, it does not mean the storm never happened – or that the family is not still dealing with its aftermath. What it means is that something beautiful and full of light has appeared in the midst of the darkness and clouds. Storm clouds may still hover but the rainbow provides a counter balance of colour, energy and hope.

Rainbow Baby Neave

The thought of having children has always seemed so magical & quite frankly, an easy enough desire to achieve.

Obviously there's the birth, the sleepless nights, financial strain and the never ending worry but all these hardships are worth it. Parents decide to have children, so they do. Job done. It all looks so perfect from the outside. No one talks of the storm they have had to travel through before they reach their child filled Utopia.

For us, our journey started in 2016 when my partner and I decided to try for our first baby. It all happened really quickly. Within the first month I was pregnant.

I was a little apprehensive as I had been made aware that the first 3 months can be the most risky but with our 12 week scan just around the corner and no issues in sight the excitement of becoming a Mummy was setting in.

The day came for our scan, and I was incredibly nervous. Looking back now it was as if I already knew. The scan revealed that there was no heartbeat. We had lost our baby. A silent miscarriage. It was a devastating shock. Just like that our baby had gone. I suddenly felt empty. I hadn't shared my news of the pregnancy with many but I needed to heal and the only way I could do that was by talking to others. Surprisingly a number of people I spoke to also shared with me their stories of loss, it was comforting to know I was not alone and although heart breaking their stories were quickly followed up with that of hope.

It took a few months before we decided to try again and once more we were fortunate enough for it all to happen very quickly. This time though I was prepared. I told myself I wouldn't get too excited until I had heard my baby's heartbeat. The 12 week scan came and it was tears of joy all round. Finally we could start dreaming of meeting our little one.

Despite the excitement a small amount of anxiety remained, the events of the first pregnancy weren't going to leave me that easily. It was soon our 20 week scan. I knew this was an important

one as they would be checking the health of baby but my main concern was still hearing that heartbeat. It was detected instantly and a wave of relief rushed over me. After regaling over our growing baby & enjoying all of our little one's acrobatics the Sonographer began with the checks, ticking them off as he went. All was going well until it became clear that the Sonographer was lingering over baby's heart. From that moment on everything stopped.

After multiple scans, visits with cardiac specialists & several consultations, we were told our baby had been diagnosed with a rare congenital heart condition, Ebstein's Anomaly. We were told it was impossible to determine the severity of the condition and the impact it would have on our baby, if any at all. We were presented with the option to no longer continue with the pregnancy. There was however, no choice for us, this was our baby and we wanted to give them the chance of life.

The remainder of the pregnancy was fraught with worry, anxiety and non-stop monitoring but it was all worth it in the hope of meeting what we now knew was our baby girl.

Ophelia was born in April 2018 in Princess Ann Hospital, Southampton. From the outside she was perfect. Immediately after birth she was taken straight to Neonatal care to be monitored. She thrived within the first few days but it soon became clear that her condition was sadly more severe than hoped.

Ophelia underwent

open heart surgery at just over 2 weeks old. The surgery went as well as it could but sadly Ophelia's body was unable to cope and we lost our baby girl a few days later at just 19 days old. Nothing could have prepared us for the pain we would feel saying goodbye to our baby girl. It was the hardest thing we ever have had to face.

After Ophelia's passing we were surrounded by love and support. It was overwhelming the amount of people, friends, family, care givers and total strangers who approached us each helping to ease a little of our pain. We were given the opportunity to go to Naomi House where we were able to stay with Ophelia until the time we were ready to say goodbye. Here we were cared for and supported enabling us to process everything that had happened as well as making some last treasured memories. From here we returned home and began with trying to adjust to life without our baby girl. It was during this time that I was referred to SPRING. Here I was given the opportunity to continue to process the events and begin a journey of recovery.

After almost a year since saying goodbye to Ophelia I was pregnant again for the third time. Due to the emotional rollercoaster that is having another baby after loss, I continued to receive support right up until baby's birth. Our beautiful little rainbow baby arrived safely in October 2019.

Holding our tiny, perfect, little rainbow baby in our arms for the first time was completely breath-taking. She was everything we had waited for and more, and after a night in hospital we were finally able to take our baby girl home. Walking out through those hospital doors felt like the end of a huge chapter in our lives, one that would never be forgotten and one that we would hold close always. The storm was over.

Ophelia was and always will be our sunshine, the light that paved the way for our beautiful rainbow and her little sister, Neave.

I truly believe if it hadn't been for the support that we had been given along the way we would not be where we are now. We are truly grateful for everyone we've encountered along the way and can never forget the kindness we were shown.

Through darkness there is always hope.





Our Son – Finn William Lynch

Christmas 2013 is a date that will haunt me forever. I was 20 weeks pregnant, and everything was going well. We went up to The Midlands, where both my family and my husband's live, for a long weekend to deliver Christmas presents and celebrate my step-son's birthday.

On 22nd December we all went to the pantomime and then came back to our flat for a home-cooked roast dinner – a perfect day! I went to bed as normal, but then woke up at about 4am with the most horrendous stomach ache. I actually thought I'd gotten food poisoning, but sadly it was much worse. I woke my husband and explained that I was in excruciating pain, and he called 111 straight away. The pain was so severe I couldn't even speak to them myself. Due to being pregnant they sent a paramedic to check me over. He was concerned, so I was taken to the hospital in his car. My husband followed once his dad and step-mum had arrived to look after the girls. Every bump in the road made me cry out in pain, and the drive seemed to take forever. On arrival at the hospital I was taken straight in to see a doctor. They did various tests, including checking the baby was okay, and concluded that I had a severe urinary tract infection and sent me away with painkillers and antibiotics.

We were due to be travelling back to Dorset on the 23rd, but I was still in so much pain I couldn't travel. It was decided then that we would have to spend Christmas in The Midlands. My husband had to drive back to Dorset though to pick up all of the girls' Christmas presents as they wouldn't have understood why Father Christmas hadn't visited them. Christmas Day is a complete blur to me. I got up and managed to watch the girls open their presents, but then I had to go back to bed. I have no real memory of Boxing Day at all. I couldn't eat, and every time I tried to drink, I was sick. I kept taking the tablets, but I was just getting worse.

Then, on 27th December at around 9pm, my waters broke. I was in bed, and I actually thought I'd wet myself, but then the realisation of what had happened became clear. I called my husband who helped me get to the bathroom. Again he called 111, who sent an ambulance straight away. I arrived at the hospital and again was seen straight away. They checked for the baby's heartbeat but couldn't hear it. (Three people actually checked after one

was convinced they could hear it, which just prolonged the inevitable.) I was then given a tablet to bring on labour.

My world just fell apart. I couldn't believe this was happening. Thankfully the labour was easy and quick. I think I was in so much pain already that I didn't really feel the contractions. I asked to use the commode that they had brought into the room for me as I couldn't walk due to the pain. I still had the mesh underwear on that they supplied, and when I looked down our son was there. I can remember saying, "the baby's here, please don't let it touch the floor" – at this point I didn't know if Finn was a boy or a girl.

The midwife asked if we wanted to see/hold the baby. I couldn't do it. I was in so much pain, I just couldn't cope with that as well. They took our son away. I have regretted that decision ever since, although I have come to terms with why I made that decision. Thankfully though, I have photos and his footprints to treasure.

There was then talk of blood transfusions – my cell count was really low and showing severe signs of infection – but they wanted to send me for a CT scan first. Ironically, I had to sign to say I wasn't pregnant before they did the scan. I remember the poor nurse's face when she had to ask me, as she knew I had just given birth to my stillborn son.

They scanned me, and I was taken back to the room where I had given birth. Within minutes an anaesthetist was in the room saying I had to go to surgery straight away. My poor husband had just lost his son and was now being told he may lose me. He was sent home and told they would phone him when the operation was complete and I was in recovery.

The operation took 6 hours, and thankfully I pulled through. They had to remove 1 metre of my bowel as adhesions had caused an obstruction which had cut off the blood supply. I was being

poisoned by my own body, and my body had poisoned our son.

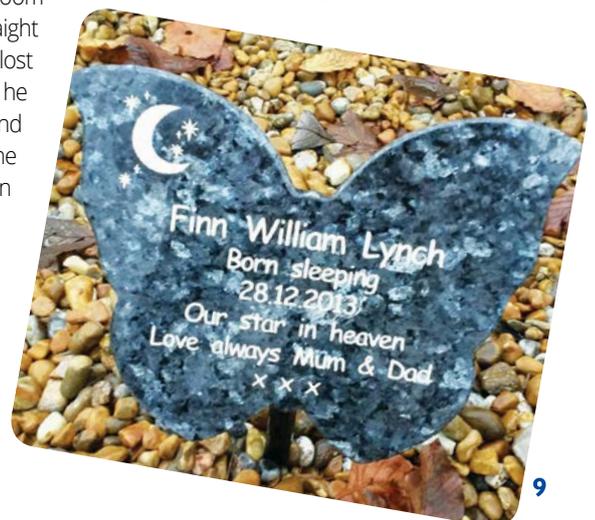
I was in Intensive Care for 5 days and then the main ward for a further 3 days. I was also told that if they hadn't operated when they did I would have died within 24 hours. The thought of my two daughters losing their mummy was enough to help me get stronger. We had to stay in the Midlands until the beginning of February 2014 when I was eventually well enough to travel.

Only a few days later, on 9th February 2014, we travelled back to the Midlands as our son's funeral was taking place on 11th. We named him Finn William Lynch. That evening I wrote him a letter that explained why I hadn't held him. This allowed me to say goodbye and was the start of my journey of forgiving myself. The letter, a family photo, an Eeyore soft toy and a blanket were given to the funeral directors to put into his tiny white coffin.

We buried our son in an area of the cemetery where only babies are buried. Only my husband, the vicar and I attended. We just wanted it to be us. It was a beautiful service that took place at the graveside, and we went back later that day to just sit and reflect.

We all visit the grave whenever we are in the Midlands, which thankfully is quite often, and add new toys and flowers. Both my daughters, aged 15 and 8, speak of Finn as their brother and understand that he is now in heaven. We also have a Butterfly in the Butterfly Garden at Bournemouth Cemetery where we can go and visit.

I am still sad about what happened, but feel thankful to be alive and able to watch my daughters grow up. SPRING helped me in so many ways and to finally find some inner peace again.





Our Baby James

In the spring of 2016, we were delighted to discover that we were expecting another baby, a longed for sibling for our daughter Imogen. Having had the distress of three 'missed' miscarriages at 12 week scans, seeing our baby's heart beating at 8 weeks and again at 12 weeks was incredible.

However, a day after the dating scan and screening, we were asked to come into the hospital for a meeting and given the devastating news that our pregnancy was in the 'high risk' category (1/26, 4% possibility) for two rare but serious genetic conditions - Edwards Syndrome and Patau's Syndrome. We were advised that most babies with these conditions die before or shortly after birth. It could not be conclusively diagnosed until our baby developed further (or alternatively by carrying out invasive testing at this point, or opting for a privately funded genetic test in London, neither of which we chose to do).

After an anxious wait, an appointment with a specialist consultant to carry out our 20 week scan brought the shattering confirmation that our baby had Edward's Syndrome. We were given the option to consider a termination,

but we were both very sure we wanted to give our baby every chance of life and to leave the timings in God's hands. The hospital fully supported us in our decision to continue the pregnancy.

Regular scans and check-ups followed, with the consultant expressing surprise at the continued development of our baby, which by now we knew to be a boy. We named our son James and his big sister chose his middle name, Timothy (inspired by one of her favourite TV programmes, Topsy & Tim!) Telling Imogen, aged 4, that we were having a baby (which she had desperately wanted and prayed for) but that her little brother was very unwell and may go to be with Jesus, straight from Mummy's tummy or soon after he was born, was heart

wrenching for us. But we were advised by a friend and child bereavement counsellor that, although hearing this would be terribly hard for her, she would know that she could deeply trust her parents because we had prepared her for what would happen and told her the difficult truth. My brother Pete also said, very wisely, that whilst we cannot fully protect Imogen from sadness, we can guide her into cherishing, all the



“ I wish our baby didn't have to die early. He will always be ours though - me, you (Mummy), Daddy and him. ”

October 2016

more, the joys in this life that make risking sadness a risk worth taking; she will, he believes, grow into a person who is not afraid of loss because of how we have helped her through.

Our decision to look after and love our precious little boy for as long as we were able to, was a choice we remained peaceful with throughout the pregnancy and we were very grateful to our consultant, and the other medical staff for helping us to achieve our wishes in this respect. We knew that the situation was too big for us to control, but we have a strong faith and felt secure in knowing that God was in control. We had to prepare ourselves for the probability of James dying in utero at any point in the pregnancy, yet each time we saw him still growing and developing on the scans, we would feel 'God isn't finished yet'. Over the weeks, we felt a very real sense of joy and hope alongside the pain, and we knew that this was in no small part due to the support and prayers of our family and friends who loved and held us as a family.



were devastated not to have even a brief time with him alive. A long and difficult labour concluded in the early hours of 3rd January, which was recorded as James Timothy's actual birthday. A beautiful little boy, weighing 5lb. I don't think we will ever get over that feeling of love and heartbreak mixed together when we saw him for the first time, wishing he could have survived the birth so that we could tell him how much we loved him – though I think he knew.

he filled our hearts with joy. God knew this precious life would be short and he chose us to be James' family.

I am sure that he felt every cuddle we gave him, every tender kiss from his sister ...and her tickles! He heard our words of love, our prayers, our songs. By Christmas, Imogen had developed a strong bond with him; their relationship was beautiful. He responded most to her voice. She loved kissing him goodbye on the way into school and telling him about her day afterwards. One of my favourite times was reading stories with Imogen at bedtime and saying prayers together, with her and James cuddled up close on my lap, feeling them both at the same time. I think James enjoyed stories too because even if he'd had a quiet day, he nearly always began moving during story time. One evening, Imogen toppled off my lap as my bump was getting so big. She laughed and said 'You're a cheeky little James. You pushed me off Mummy's lap!' Another fun time was swimming in the big waves at Alum Chine beach in September, holding Imogen as she squealed with excitement, James with us too.

We miss James so very much, but he'll always be a part of the family times which Ed, Imogen and I enjoy because he left an imprint on our lives that lives on here, even though he is in heaven.

I like the thought of the following image...

"Some say that time in heaven is compared to the blink of an eye for us on this earth. Sometimes it helps me to think of my child running ahead of me through a beautiful field of wild flowers and butterflies, so happy and completely caught up in what she's doing that by the time she turns to see if I'm behind her... I will be."

Author unknown

Life is so precious for however long we have it. James was alive for the months we carried him, and he is alive today in heaven. One day we will be together again. For now, we carry him in our hearts. Our son and brother. Always loved. Forever cherished.

At 34 weeks we got to see James very clearly on a 4D scan; a memory to cherish. Around this time we were also given advice as to what to expect if James reached full term, with the likelihood being that he was so fragile that he would not survive the labour, but that if he did he would probably only live for minutes or hours. Plans were made for us to be in the SPRING Suite in Poole Maternity Hospital, rooms separate from the main maternity unit, which are supported by the SPRING charity, providing space for parents who have lost babies to have time to come to terms with the loss.

On Christmas Day our family lit the last advent candle at the front of our church. It felt special going up to do this as a family of four. In January 2017 our family began a Blessings Jar, which we've continued every year since. Each member of the family writes down different things they are thankful for during the year and on 31st December we open our jar and take turns reading out the blessings and reminding ourselves of all the special memories, big and small. I put my first blessing in our jar just after seeing in the new year on 1st January and it said how thankful I was for Ed and our beautiful little girl Imogen Grace, and for baby James Timothy, still growing inside me. Shortly after this, my waters began to break.

So on New Year's Day 2017 we moved into one of the rooms in the Spring Suite. Baby James was active as normal during the rest of the day and overnight; however since contractions had not begun spontaneously, his birth needed to be induced. A routine check by the doctors before this process began on the morning of 2nd January brought news that was totally heart-breaking - that there was no sign of a heart beat or any activity.

Though we had been prepared for the high possibility of James dying during labour, we

Through the difficult time that followed, we were so grateful for the provision of a private room in the suite, which gave time to recover from the difficult birth process and time to spend with our little boy, together with close family. This was made possible by the specialist equipment available such as cold cots, under the care of the dedicated midwives who worked in the unit. The bereavement midwives also arranged a memory box, which we treasure, and Imogen was able to choose a knitted teddy to remember James. We were touched by the kindness and sensitivity shown to us, and to our immediate family, by every member of staff in the SPRING Suite. We have nothing but praise for their efficient, calm and compassionate manner in such challenging and sad circumstances for all involved - helping to make the toughest time in our lives possible to bear.

Three years on, the intense longing to hold James in our arms, to share laughter together, to wipe away his tears remains. But we have been incredibly glad of the continuing support of our family and friends, our church family and also SPRING, who by organising various events throughout the year, allow us an opportunity to gather with other bereaved parents and remember our baby boy.

38½ weeks James was with us, held and loved every second of his life. Though we desperately wish it could have been longer, we are so thankful for him;



Have you got a story to share?

Real stories of baby loss or rainbow babies can make a real difference to bereaved parents going through a similar experience.

If you would like to share your story in our next edition, please get in touch by emailing spring.support@poole.nhs.uk or message us through the SPRING Facebook page.



Mila Rose – by Sam Manuel

June the 4th, a day that will never ever leave from our memories, a day that we wish and hope for no parent to ever have to face or go through, a day full of sadness and heartache and a day that most definitely was the hardest day of our lives...

...the day we made the heart-breaking decision to not continue on with our pregnancy.. a subject so rarely talked about for fear of opinions or judgement... I never imagined myself ever being able to make such a decision... I am sharing our story in the hope that something positive can come from such a heart-breaking situation, even if it is to just help one family going through something similar. People just do not talk about these issues or situations for fear of what other people may think. It is still such a taboo subject, yet when a family are faced with such devastating news and making decisions in such short time frames there just isn't enough information or support out there.

I too am guilty for judging. I would have never thought in a million years I would have ever even questioned or thought about making such a decision. To me, a year ago, I would not have ever considered ending a baby's life, surely there would be a way of figuring things out, making things work, whatever the situation or circumstance, I just couldn't do that.

The day of our 20 week scan we sat in the same waiting area we had sat in for our two previous healthy pregnancies with all the other happy parents to be. We joked about which sex the baby might be placing our final bets. We were called in and asked for them to tell us the sex. Then from that moment on the happiness left us like a light switch. The scan was going well, the vital organs and all the checks were being ticked off the list and everything was as it should be. The time went by and we still hadn't been told the sex of our baby and more and more time was being spent focusing around our baby's neck and face area and then the words every parent dreads to hear followed, 'I'm sorry your baby appears to be showing something concerning'. We knew from his face, we knew from the room we were taken into (a small airy quiet room, with a bible on

the window-sill, a box of tissues and a jug of water on the table) we knew this was the room for 'bad news' and there the nightmare began.

We were told our baby was showing a growth/tumour/mass around the neck/throat area but they were unsure of its nature. They told us they had seen this only once before and we were sent home in a blur of tears, confusion and heartbreak. Before leaving we asked to know the sex which seemed really unimportant now but we felt we needed to know for our boys at home, they were desperately excited to know.

We were taken back in and re-scanned. We were having a baby girl, everything I had ever dreamed of and that was the moment my husband Daniel broke down and cried. The most precious, special moment we longed to feel, the feeling our family was finally complete after waiting for such a long time was completely over shadowed by utter sadness and fear. I felt like we were living a nightmare and that I would wake up from it soon and be told we were having a healthy baby girl and be the happiest women on earth.

Sadly that was so, so far from reality...

We went home and had to face our boys and pretend everything was fine, it was not the special moment I had envisioned - no gender reveal, no pictures to show them, just a pretend smile when inside I was devastated and heartbroken.

The next two weeks were full of appointments mainly at Southampton, where we were given detailed scans to try and get a clearer picture of our babies condition, however, we were continued to be told bad news, any hope we had was slowly getting taken away from us. Consultants explained our baby girl had a very rare condition (1 in 20,000). The mass was growing and would continue to grow on our baby's neck and face throughout pregnancy. They explained



the complex surgery our baby would need after birth to allow her to breathe on her own. At this stage they were very unclear if our baby would make term due to pressure on her heart pumping blood to the mass and explained the high risk at birth of her not being able to breathe alone.

They explained that our baby would need to be born at Southampton or possibly Great Ormond Street Hospital under a general Caesarean section and would need an EXIT procedure (a procedure where baby is born left attached to the placenta whilst they secure an airway by tracheostomy).

At every appointment they offered to discuss 'options' and of course we always declined to talk about that. We were absolutely not in a mind-set to give up or end our pregnancy no matter how frightening it all was. This was our baby girl we had waited and longed for so long. She was here, wriggling about in my tummy, happy and healthy apart from this awful mass growing around her neck and face.

At 22 weeks I began to feel emotionally exhausted, drained, numb and all round just awful. I'd cried myself to sleep every night since our 20 week scan, woke up every morning thinking about it. And I'm ashamed to say there were some days I wish it would just all go away and I could be happy again.

For me a massive turning point in my feelings towards our 'options' was the



moment Southampton hospital did not give us the impression they could help us. All the odds seemed to be against us and although in our heads we knew the right decision to make, saying it out loud and not listening to our hearts was extremely hard. Monday came and we had made the decision to not continue with the pregnancy.

The day before the procedure I took lots of photos of my bump and videos of her wiggling in my belly, and they are memories I will treasure forever.

The following day we arrived at the SPRING Bereavement Suite where we were greeted by a lovely bereavement midwife and was talked through the process. I was induced and shortly after my labour began.....at 10.01pm our beautiful, tiny and precious baby girl - Mila Rose was born.

The midwife wrapped Mila in a blanket and passed her to me, I felt so unbelievably numb, I didn't cry at first because I think I was so overwhelmed. I told Daniel to hold her and I could hear him crying as he gave her a cuddle. I felt so guilty that I hadn't cried. I think I was relieved it was all over and that there weren't any further complications.

Our midwife took lots of photos for us, handprints and footprints and bought Mila back into us washed, dressed and snuggled in a small Moses basket, along with the blanket and bunny we bought with us for her. She was placed by the side of my bed and I checked

in on her throughout the night looking at her tiny hands and fingers. She was so fragile. I barely slept at all that night but I am so so grateful that I had these special moments with Mila in my own time as when she was first born I felt really disconnected and overwhelmed.

The SPRING team were just amazing and I cannot imagine having to experience our situation without them, they were so supportive, kind and helpful. They gave guidance on funeral arrangements, post mortem testing, counselling and arranged for a blessing for Mila by the chaplain. They stressed we could stay for as long as we needed and we did not need to rush to leave.

As the day went on I started to feel more and more emotional I think at the thought of having to leave her and say our final goodbyes. I wanted to stare at her little face forever but we knew by staying another night would only make it harder and prolong the inevitable. I felt a pain in my heart as we gave her one last kiss and handed her over to the midwife. She assured us she would be well looked after throughout the whole process and I truly believed every word she said. She gave us a hug and we left crying with empty arms and broken hearts.

The next few days I felt complete sadness.... I underestimated how hard those days would be... I had wanted the whole process to be over with and to begin rebuilding our lives but hadn't really thought about how hard coping with the reality would really be.

I wanted my boys with me for distraction and didn't really want to accept help from our family and friends when they offered it... but I soon found myself not allowing myself to cry or show emotion in front of the boys and felt I had to stay strong. I wasn't allowing myself to grieve.

post mortem. We agreed we thought it would be the best decision for a full post mortem. We hoped it would give us a clearer insight into what tumour our baby girl had and hoped to understand it all better. We also wanted to know if it could affect a future pregnancy and hoped it would give us some peace of mind that we had made the right decision.

The day of Mila's funeral I felt quite strong, I felt that I couldn't possibly cry anymore and I thought I would be ok... but when the car arrived and they handed Daniel her tiny white casket I wanted to crumble to the floor. The music began to play and we walked side by side as Daniel carried her down the aisle both desperately trying not to fall apart. We placed two pink roses on her casket along with her pink bunny. The service was beautiful and I hope we gave her the send off she deserved.

17 weeks on we were called back for the post mortem results, and were told that the tumour was benign, it wasn't genetic, it wasn't anything I had or hadn't done, it was an extremely rare condition that could not have been prevented and would highly likely never happen again. And we were reassured by the consultant that we had made the right decision.

It was such a relief to hear those words but naturally there are times I do doubt my decision and battle with heaps of guilt. I struggle to sleep at night and still can't believe everything we have been through. As time goes by people around you naturally start to forget the ordeal that you've been through, when they don't see you crying constantly, they think you're ok but I don't think I will be ok for a very long time. We decided to have some of Mila's ashes made into a glass necklace and ring so we can carry her with us every day.

I hope for anyone who is going through or has gone through a similar situation they take a little bit of comfort from my story. You will never fully get over a loss but with support and time you learn to cope with it. Mila Rose you too carry a piece of mummy's heart with you. Thank you for teaching me strength I never knew existed you will forever be in my heart baby girl xxxx

Before we left the hospital for the final time we had discussed options for a





Get Involved

There are lots of ways to get involved in supporting SPRING, from volunteering, to fundraising, to challenge events.

Some people are worried that they won't raise much, but because we are entirely self-funded, every penny donated to us from each step walked or run, of each cake baked and sold, means that we can continue to offer our support to parents and families following the loss of a baby.

Donations can be made via our Just Giving page <https://www.justgiving.com/springsupport/donate> or to SPRING c/o St. Mary's Maternity Unit, St. Mary's Road, Poole, Dorset. BH15 2JB. Cheques should be made payable to Poole Hospital NHS Foundation Trust. Thank you.

Not all donations are financial, giving a bit of your time can also be rewarding and can make a big difference by supporting those who have experienced baby loss. This can be through supporting our remembrance events or by becoming one of our happy bakers.

*If you would like to get involved, please do get in touch!
Email spring.support@poole.nhs.uk or call 01202 448084.*

Fitness Fun – Team CC

Russell Jolley and his Team CC held their Charity Team Fitness Session to raise funds for SPRING last March, raising an amazing amount of £247.69! Thank you so much!!



Jo & Lee Moffatt

"We decided to run for SPRING as the team were there for us the minute we were given the awful news that our son had died at 38 weeks.

If I remember correctly it was Gina that took care of us and we've never forgotten the support and care we received and I don't think we ever will. It's so important that you are there for families like us."



By Order of the Peaky Blinders – Helen Major

Helen Major decided to celebrate her 50th birthday by holding her party with a Peaky Blinders theme, and raise funds for SPRING in memory of her grandson.

Helen asked her guests for donations to SPRING instead of presents, raising a wonderful amount of £1054.20! SPRING would like to say a big thank you to Helen, her family and friends who donated on the night!





Bournemouth Bay 5K for SPRING in memory of Mia – Gemma Vincent.

“The reason I chose to run to fundraise for this charity was because SPRING were such a huge support to us last October when we lost our precious daughter Mia 6 months ago.

Our life was turned upside down when Mia was diagnosed with a fatal heart defect at our 20 week scan (I thought if we had got that far everything would be fine, but my world soon fell apart) we were immediately referred to Southampton Hospital for more tests, at 21 weeks we sadly lost our little girl. I couldn't comprehend it was happening to us. And the next few days went by in a haze. We arrived at the SPRING unit and the support and love we were shown was beyond amazing, the one thing that stands out is that I was still treated as Mia's Mum. After I gave birth just being able to spend precious time with her and having photos etc to cherish has really helped me grieve. I know that SPRING are a small charity and I genuinely want to do everything I can to support them, just like they did me.. from the care at the time, to the care afterwards to knowing that if I need to pick up the phone anytime I can. Thank you to you all... ”



Doing the Dorset Duddle – Michael Fripp



Last August, Michael Fripp completed a 32 mile stretch along the Jurassic Coastline raising funds for SPRING.

Michael said “Losing four babies, two to miscarriages, and two to terminations, was absolutely heartbreaking. To persist with SPRING's support and end up with Isabella, our Rainbow Princess, and giving our son a sister, was a wonderful things after so much heart break.”

Michael raised an incredible £1439 alongside raising awareness of our special babyloss charity, so thank you so very very much indeed!!

Table Top Sale – Natasha Cross

A huge thank you to Natasha Cross and her mum, Debbie Deacon, for holding a table top sale in memory of her daughter Keira, who was born sleeping, in aid of SPRING.

This event was held on a very hot day in June at Kinson Methodist Church, with lots of donated goods for sale, and also many raffle prizes where they raised an amazing £1283. Thank you all so much from SPRING.





Climb To Mount Everest Base Camp – Tony Brind

One of our amazing supporters self-funded a trip to Nepal where he headed to Everest Base Camp through the Sagarmatha National Park raising an amazing amount of £683 for SPRING.

Tony said it was an incredible experience, with the heaviest amount of snowfall in February for nearly 15 years!! Thank you so much for raising funds and awareness for SPRING through this immense challenge, we are very very grateful!



Great South Run & Christmas Afternoon Tea – Lisa Rumens

Lisa Rumens decided to take part in the Great South Run last October in memory of her granddaughter.

She said "I am helping your charity as it's so close to my heart and you helped my family so very much and we can't thank you enough. Also I will keep doing events in memory of my gorgeous granddaughter and hopefully this will help everyone in some kind of way xxx"

Following on from doing the Great South Run, Lisa also held a Christmas Cake sale and afternoon tea event in December at Poole Labour Club. Thank you to everyone who attended Lisa's event and donated.

All in all, Lisa has raised a magnificent sum of £4890 from both events, including £1000 from her employers Care UK, which is absolutely incredible!! Here at SPRING we are so very very grateful for the money you have raised as well as raising awareness of SPRING.



Rustic and Retro Cakery – Nikki Cadby

Nikki Cadby, owner and baker of Rustic and Retro Cakery baked 50 cakes over two days then held a raffle on her Facebook cake page.

The cakes looked absolutely delicious and we were assured that they tasted as good as they looked! A fantastic amount of £1205 was raised through this raffle, it truly is amazing what cakes can do!! Thank you so much Rustic and Retro and to everyone who took part in this raffle. It is so very much appreciated.



Forum Jewellers Charity of the Year

SPRING has been chosen as Forum Jewellers' Charity of the Year for 2020 so a huge shout out and thank you to everyone who voted for SPRING!

We were absolutely delighted to have been chosen and are really looking forward to the year ahead working alongside Forum Jewellers and their amazing team of ladies!



Let us know what you're up to!

We are incredibly grateful to all our lovely individual fundraisers, local community groups and businesses who raise valuable funds for our charity through events, challenges and activities. If you are fundraising for us, or are planning to raise money and awareness for SPRING, please email spring.support@poole.nhs.uk or call 01202 448084.



Maximus Foundation UK

A cheque presentation was held at St Mary's Maternity Unit, with Jason Lucas (Maximus Foundation UK Trustee), alongside with the nominee Juliette House, and Emma Lynch (SPRING Chairperson), Karen Stevens and Emma Mesher (SPRING Counsellors).

A huge thank you to Maximus Foundation UK who generously provided SPRING with a grant of £2500.00 following a nomination by one of their employees.



Sunseeker

In October, SPRING was invited to the Sunseeker shipyard as we had received a generous donation of £500 which was raised by their employees.

It really was an amazing opportunity for SPRING representatives to look around the shipyard and meet those employees who had nominated SPRING for this donation. Thank you so very much to all those at Sunseeker who donated to our charity, it is so so appreciated.





BABY & CHILDREN'S NEARLY NEW SALES 2020

2pm - 3:30pm

Admission: £1 per adult



Broadstone Methodist Church

Lower Blandford Road, Broadstone BH18 8DP

12th September

14th November

Please contact Janet to donate or register to sell:
cliffandjanetsibley@hotmail.co.uk or 01202 699420.



Find us on Facebook:
"Charity Nearly New Sale"

All proceeds from these sales go to the SPRING charity.

SPRING's Wave of Light Event

Thursday 15 October 2020
6:30 – 7:30pm
Venue TBC



Bereaved parents, families and friends are invited to join us at our Global Wave of Light Event as we mark the end of Baby Loss Awareness Week.

All around the world, parents, families and friends light a candle at 7pm to remember the babies who lit up our lives.

For more information, contact SPRING on 01202 448084 or email spring.support@poole.nhs.uk

SPRING's Christmas Service

Saturday 28 November
at 3:00pm
St Mary's Church
Longfleet Road,
Poole BH15 2JD



You are invited to join us for an uplifting service to remember our special babies at Christmas time, followed by tea, coffee and cake.

For more information, contact SPRING on 01202 448084 or email spring.support@poole.nhs.uk

Key Dates

JUNE

TBC – Virtual Coffee Morning – please keep an eye out on our Facebook page for further details

TBC – Open Support Meeting – please keep an eye out on our Facebook page for further details

JULY

TBC – Virtual Coffee Morning – please keep an eye out on our Facebook page for further details

TBC – Open Support Meeting – please keep an eye out on our Facebook page for further details

AUGUST

TBC – Open Support Meeting – please keep an eye out on our Facebook page for further details

SEPTEMBER

Wednesday 2nd – Open Support Meeting (7.30pm), St Mary's Longfleet Church Centre, Kingston Road, Poole BH15 2LP

Saturday 19th – Coffee Morning (10.30am – 12 noon), Lounge One, 10 Adastral Square, Canford Heath, Poole BH17 8SA

OCTOBER

Wednesday 7th – Open Support Meeting (7.30pm), St Mary's Longfleet Church Centre, Kingston Road, Poole BH15 2LP

Saturday 17th – Coffee Morning (10.30am – 12 noon), Lounge One, 10 Adastral Square, Canford Heath, Poole BH17 8SA



Tuesday 15th – SPRING's Wave of Light Event, (6.30pm – 7.30pm), Venue TBC

NOVEMBER

Wednesday 4th – Open Support Meeting (7.30pm), St Mary's Longfleet Church Centre, Kingston Road, Poole BH15 2LP

Saturday 21st – Coffee Morning (10.30am – 12 noon), Lounge One, 10 Adastral Square, Canford Heath, Poole BH17 8SA



Saturday 28th – SPRING's Christmas Service (3.00pm), St Mary's Church, Longfleet Road, Poole BH15 2JD

DECEMBER

Wednesday 2nd – Open Support Meeting (7.30pm), St Mary's Longfleet Church Centre, Kingston Road, Poole BH15 2LP

Saturday 19th – Coffee Morning (10.30am – 12 noon), Lounge One, 10 Adastral Square, Canford Heath, Poole BH17 8SA

www.springsupport.org.uk

Join us for a coffee

Our SPRING coffee mornings are a chance to meet other parents or relatives who have experienced pregnancy or baby loss.

They are hosted by a bereaved parent from our Steering Group at Lounge One on the third Saturday of each month. Bereaved families have the opportunity to meet in an informal and relaxed setting for some peer support and gentle chat. Children, family members and friends are also very welcome to join us for coffee (or tea!) and some cake. We look forward to seeing you there! **During these Covid-19 times, we are currently holding virtual coffee mornings - please see our social media pages for further information.**



Lounge One, Adastral Square, Canford Heath. 10.30-12pm. 3rd Saturday of each month.



Snowdrop Walk

Our Annual Snowdrop walk will once again be held on 06 February 2021 at Upton Country House and Park.

Bereaved families and friends are invited to come along where there is the chance to write messages, walk and talk with others, followed by refreshments in the Drawing Room.



Open Support Meetings

Our open Monthly Support Meetings are held on the first Wednesday, 7.90-9pm, of each month and led by one of our counsellors. However, due to the current Covid-19 situation, we are following Government guidelines and these meetings are not taking place.

These meetings take place at St Mary's Longfleet (SML) Church Centre, Kingston Road, Poole, BH15 2LP.

Get involved

There are lots of ways to get involved in supporting SPRING.

Here are just a few ideas.

DONATE
Via Just Giving or donate direct to SPRING at St. Mary's Maternity Hospital, Poole.

BAKE CAKES
Join our list of happy bakers!

Organise or come along and attend an event.
EVENTS

Collect from family, friends or work colleagues.
RAFFLE/TOMBOLA PRIZES

If you'd like to get involved, please get in touch!

JustGiving™

We are always in need of your help so we can carry on helping families during their difficult times.

We are members of the Just Giving Website. It's an excellent idea. Essentially it means that visitors to our website can donate money and/or gifts to SPRING online. Any items we receive are automatically transferred to the SPRING account and SPRING gets the full benefit immediately. Also, Gift Aid can be added automatically so that SPRING benefits even more.

You can find out more about donating by visiting:
<http://www.justgiving.com/springsupport/donate>

You can set up your own fundraising page for SPRING by logging on to:
<http://www.justgiving.com/springsupport/raisemoney>

The Baby Mailing Preference Service helps reduce the number of baby-related mailings you receive.

In the sad circumstances of the death of a baby, mailings to parents about baby products from well meaning companies can cause unintended hurt.

By registering with Baby MPS you can reduce the number of unwanted mailings you receive.

Contact MPS:
Tel: 020 7291 3310
Email: babymps@dma.org.uk
www.mpsonline.org.uk

Follow us on Facebook, Instagram and Twitter

...and keep up to date with latest news, announcements and other members

Search for us at SPRING Support

For more information or support – or to make a donation – contact SPRING:

Call 01202 448084 Email: spring.support@poole.nhs.uk

c/o St Mary's Maternity Unit, St Mary's Road, Poole, Dorset BH15 2JB

SPRING is part of Poole Hospital Charity. Registered Charity No 1058808

