

SPRING

Supporting parents and relatives through baby loss



NEWSLETTER

No. 26
Summer/Autumn 2017

Wave of Light

Looking ahead to Baby Loss Awareness Week
and SPRING's Wave of Light event this October

Inside this issue:

- Cuddle Cot Donation
- Little Angels Knitting Group
- SPRING's 20th Anniversary
- Real Stories
- Fundraising News
- What's On

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)*

December - *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.

First Saturday of every month at The Coffee House, 10 Adastral Square, Canford Heath BH17 8SA.

Other events

SPRING organises other social and fundraising events during the year – see our website for details www.springsupport.org.uk.

All bereaved parents and families are welcome to attend SPRING events. We look forward to meeting you.

Contact SPRING

24 hour answerphone: **01202 448084**

www.springsupport.org.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 Johnston, SPRING Chairperson

Welcome to this edition of the SPRING newsletter.

When the summer starts coming to a close, and autumn feels like it's (almost!) upon us, my thoughts always turn to October, and the annual Baby Loss Awareness Week, which takes place 8-15 October. At the end of the week (Sunday 15 October), SPRING joins groups and individuals to create a global wave of light at 7pm to remember our babies. Our event will be at Poole Park from 6.30pm – I hope you may be able to join us. For me, acknowledging and remembering our babies is one of the most important things we do as SPRING – it's always incredibly special.

We will also be remembering our babies at SPRING's annual Christmas event, which takes place at St Mary's Church, Longfleet Road, on Saturday 25 November (3pm). It's a chance to come together with other bereaved parents, families and friends before the festive season really kicks in.

Looking further ahead, next year it will 20 years since SPRING was established. One

of the ways we will mark this important milestone will be an extra special Snowdrop Walk in February (see page 5). We hope our 20th anniversary will help us raise even more awareness about baby loss and how SPRING is here to help. It's likely to be a busy time – so if you'd like to get involved volunteering with SPRING (whether it's baking a cake, helping at events or offering your skills in something else), then we'd love to hear from you!

This newsletter also includes lots of news from our supporters and fundraisers, to whom SPRING is extremely grateful – thank you for all you do to raise money and awareness for SPRING. Also special thanks to those who have shared their stories for the newsletter – we really do appreciate it.

Best wishes – and hopefully we'll see you at a SPRING event soon,

Emma x

Contents

About SPRING	2
Chairperson's Chat	3
Fundraising/Update	3

SPRING NEWS

Cuddle Cot Donation	4
The Early Pregnancy Clinic	4
Little Angels Knitting Group	5
2018: SPRING's 20th Anniversary!	5
How SPRING is run – Have your say!	5

REAL STORIES

Orla's Story	6-7
Baby Ebony Jo	8

RAINBOW BABIES

Baby Isaac and Rainbow Baby Jacob	9
Tough Mudder in memory of baby Isaac	9

POETRY CORNER

Poem - My Angels	10
Poem - Words from the Heart	10
Have you got a story to share?	10
SPRING supporting learning and development opportunities	10

FUNDRAISING NEWS

Fundraising HIIT!	11
Team Daisy 2017	11
Ride for Lillith	12
10,000ft Sky Dive	12
Bump to Baby Show	12
Thank You Fundraisers	13

WHAT'S ON

Coffee Mornings	14
SPRING's Wave of Light Event	14
SPRING's Christmas Remembrance Service	14
What's On	15
Open Meetings	15
Nearly New Sales in Aid of SPRING ..	15

OTHER NEWS

Get Involved	16
Thank You	16
Mailing Preference Service	16

Fundraising Update

by Sara Fripp, SPRING Fundraising Administrator

It's been a busy few months for the fundraisers.



Some braved the weather and elements to take part in runs and sky dives and we even braved the deluge of rain at our Open Gardens event in April! Luckily spirits weren't damped and the sale of tea, cakes and jams flowed! Take a look at our Fundraising News pages to see how these and other events went. We're looking forward to other challenge events, which our supporters are taking up in the coming months – good luck to all.

We've also been extremely fortunate to receive donations from corporate supporters, and a very special donation which has enabled us to purchase an additional Cuddle Cot. You can find the full story on page 4.

As always we are so grateful to all our supporters for their hard work, energy and commitment to raise money and awareness for SPRING.

If you'd like to get involved in any upcoming events, or if you are planning your own fundraising activity, we'd love to hear from you, so please get in touch.

Best wishes,

Sara x

Sara can be contacted on 01202 448084 or by email: friends@springsupport.org.uk



Pictured (l-r): Sandra Chitty, Pauline Moore, Emma Johnston, Sara Fripp.



Cuddle Cot Donation Received

A Cuddle Cot was donated and presented to the SPRING bereavement suites at Poole Maternity Hospital on Tuesday 8 August.

The specialist piece of equipment, which keeps a baby cool, allows bereaved parents to spend precious time with their baby to form an important bond, make memories and simply keep them close.

Mrs Pauline Moore kindly donated £1600 to SPRING to purchase the Cuddle Cot. Pauline said, "I'd read an article about Cuddle Cots and thought what a difference this could make to grieving families to give them some precious time with their baby." Pauline tragically lost her daughter and granddaughter (Samantha and

Chloe) and wanted to do something positive in their memory and felt that this was a cause that would have been close to their hearts.

Sandra Chitty, Head of Midwifery at Poole Maternity, thanked Pauline for the donation saying, "We're extremely grateful for this very kind and heartfelt donation. Our bereavement suites were used by over 50 families last year, and having this additional Cuddle Cot will enable grieving parents more time with their babies which is such an important part of the grieving process."

Emma Johnston, SPRING Chairperson, added, "Losing a baby is devastating, but this very kind donation will help families spend precious time with their baby before they say goodbye - a time to make memories that will last a lifetime. As SPRING relies on donations to fund support for bereaved families, we really are extremely grateful."

Our thanks also to the charity 4Louis who kindly donated the beautiful wicker Moses basket to use with the Cuddle Cot and Poole Print for donating the plaque in memory of Samantha and Chloe.

The Early Pregnancy Clinic

The Early Pregnancy Clinic is run from the Harbourside Gynaecology Centre, B5 Poole Hospital, seven days a week (8.30am - 12 noon) with dedicated scanning.

The Early Pregnancy Clinic is a member of the Association of Early Pregnancy Units, which has a national membership, and aims to improve the standard of care given in early pregnancy loss. The clinic is for women referred by a GP or midwife who have bleeding and abdominal pain between 6 and 14 weeks' gestation.

The intention of the clinic is to fast-track care of women threatening to miscarry, give reassurance with a viable

pregnancy, provide quality care and provide support to those miscarrying, and provide early detection and management of an ectopic pregnancy. There is a doctor, registered nurse and counsellor in attendance at this clinic.

You can reach Shonagh Gibb, Early Pregnancy Nurse Counsellor at Poole Hospital in the Early Pregnancy Unit on 01202 448432.

Little Angels Knitting Group

by Sara Fripp

When SPRING was first founded, nearly 20 years ago, we relied on donations of knitted items which weren't always fit for purpose. It quickly became clear that more appropriate items were needed and so the Little Angles Knitting Group was formed in 2000.

This lovely group of keen knitters, organised and run by Glynis Martin, get together every month for a knit and natter over a coffee and cake and in between times are busy putting together the blankets, garments and teddies for our little ones.

I had the pleasure of meeting with the group at their August get together. It was lovely to chat with Glynis and the other members, all

with their own personal reasons for wanting to support the work of SPRING.

The group is so productive that they even produce enough knitted items to hold regular sales with proceeds going to the SPRING trust fund.

It's clear that a lot of love and care goes into their work and we know that the smallest of things can make the biggest of differences at such a difficult and sad time.



2018: SPRING's 20th Anniversary!



Join us to mark the occasion, including an extra special Snowdrop Walk.

In 2018, we will be marking 20 years since SPRING was established, including an extra special Snowdrop Walk at Upton House & Country Park on Saturday 24 February. We will remember our babies with readings and poems in the warmth of Upton House, before walking to the 'winter borders' where a SPRING memorial stone will be unveiled, and attendees will have the opportunity to plant snowdrops on the grassy bank. We hope that this special place will give bereaved families

somewhere to return to throughout the year to remember their babies. Afterwards, there will be a buffet lunch and hot drinks at Upton House, giving families a chance to come together at this beautiful venue.



Remembering our babies is such an important part of what SPRING does.

We hope the change

of location to Upton House & Country Park will mean this free event is more accessible to bereaved parents, families and friends.

Look out for more details about the Snowdrop Walk on the SPRING website and Facebook page, as nearer the time, we will ask you to register your interest in attending so we have numbers for catering.

We will also keep you posted about other events and activities to mark SPRING's 20th anniversary. But we'd love to hear your ideas about how we mark this important milestone. To share your thoughts, please email friends@springsupport.org.uk

How SPRING is run – have your say!

This autumn, we are reviewing SPRING's constitution – the governing document, which sets out what SPRING does and how it is run.

It's a great opportunity to look at what we do and how we do it, so we'd like to involve as many bereaved parents as possible, as well as professionals involved with SPRING.

To make the process as creative and productive as possible (and hopefully fun too!), we will host two workshops facilitated by a facilitator from Poole CVS, which provides advice and support to local not-for-profit groups.

The first workshop will take place on Saturday 30 September, 9.30 am until 2pm, Seminar room 1, Post Graduate Centre, Poole Hospital.

To find out more – or if you'd like to come along – please email friends@springsupport.org.uk

We really are keen to hear what you think. Many bereaved parents, families and friends have brilliant ideas about what SPRING could be doing to make even more of a difference – so please do get in touch with your feedback and suggestions.



Orla's Story

by Helen Browne

Orla was born on 26 July 2016 in Surrey, Orla had been diagnosed as having Jeunes Syndrome during pregnancy.

The main symptoms of Jeunes that Orla had were a very small chest and short arms and legs. There is a spectrum of severity in Jeunes, ranging from severe which is the lethal form and babies at the severe end will not survive infancy, right through to mild cases where the child may not be diagnosed until

“Throughout the pregnancy, I tried to keep positive.”

later in childhood and have minimal signs. Another symptom of Jeunes is kidney failure but this does not tend to present until later in childhood and can be a very cruel outcome for a child who has survived breathing difficulties as a baby, to then need a kidney transplant.

Orla's chest was so small her lungs were not able to grow fully. An MRI scan towards the end of pregnancy revealed her lungs were too small for her to survive and we were advised she would most likely be unable to take a full breath. Throughout the pregnancy I had tried to keep positive and various ultrasound scans had given different outcomes and glimmers of hope but the MRI confirmed everyone's worst fears. We were so lucky to have an amazing specialist midwife supporting us, right from our first scan helping co-ordinate appointments and referrals right through to caring for Orla soon after delivery.

“We wanted to ensure that Orla did not suffer.”

We discussed at length with several doctors options of active treatment to prolong Orla's life but due to the lung volumes being so small, no treatment was appropriate and would have only caused discomfort and possible suffering. Having exhausted all possibilities we came to the decision that palliative care was the best way forward as above all we wanted to ensure that Orla did not suffer.

Fortunately we were referred to our excellent local children's hospice in Hampton, Shooting Star Chase (SSC) and they put together a symptom control plan that was shared with all professionals involved, to ensure that Orla was kept comfortable and would not suffer any distress.

The neonatal doctors were unable to predict how long we would have with Orla but felt it would most likely only be a few hours. Trying to explain this to our three-year old son Finley and prepare him for losing his baby sister before he had even met her was unbelievably hard.

Orla arrived just after midnight on her due date. She was delivered straight onto my chest and to finally have her in my arms breathing and looking content was amazing! Her breaths were shallow and initially she was only able to whimper but after an hour to everyone's amazement she showed us what a strong character she was and let out a good cry. We then spent the next few hours showering her with love and cuddles. She managed a few drops of expressed milk from a syringe and made sure to let us know

when she wanted more. After exceeding the doctors' expectations, she had a full review and X-rays taken but they sadly confirmed the diagnosis of Jeunes, and palliative care remained the most appropriate way forward and we transferred to SSC.

We arrived at SSC on the 27 July and headed straight to explore the gardens so Orla could experience as much as possible in her time

“We showered her with love and cuddles.”





with us. Our son was super excited and rushed around seeing everything and telling Orla what he found. We all got to go on the roundabout and listen to Finley playing music on the chimes, Orla seemed to recognise Finley's singing and would settle when upset if he sang which is a great memory for us all to have.

We also spent time in the sensory room. Orla seemed to love the water bed and it was a really peaceful place to all be together. This room will always be thought of as Orla's room by Finley.

Orla gradually deteriorated with her breathing becoming more effortful and struggling to swallow. All the staff at SSC were fantastic in ensuring that Orla was kept comfortable. As the symptom control plan was already in place with any change they were really quick to react and any medication needed was given. Orla loved her cuddles and was happiest when on our chests, Finley loved giving her kisses and stroking her hair – an amazing big brother.

During her time with us we barely slept as we wanted to make the most of our time with her and never knew when our time would be up. At various points we thought she was taking her last breath but Orla had a different plan.

We had three precious days with Orla. She was so courageous and put up a great fight.

“We had three precious days with Orla.”

Orla decided when it was time to go and passed away peacefully when we were all relaxing in the sensory room.

The staff at SSC were fantastic helping us make keepsakes with hand and footprints and taking casts of her hands. The hospice has a special cool cot that Orla could stay in until her funeral and we are so grateful for this as meant we could stay with her at the hospice.

We looked in to organ donation and Orla's heart valves were both donated and will hopefully help someone in need.

We spent a week at the hospice after Orla had passed. The staff were a fantastic support and helped with arrangements for the funeral and entertaining Finley. The family accommodation is great and meant we could visit Orla whenever we needed to day or night.

Finley has such happy memories of his time at the hospice which is down to the outstanding care everyone gave us and the superb facilities which he made full use of - trampoline, soft play, music room, art room, Lego wall, array of toys and great garden. Without the hospice Orla would have had to spend her

short life in the neonatal unit. While the NICU staff are fantastic we would not have been able to have time as a family with Orla and there would not have been the same opportunities to create memories and support for Finley.

Shooting Star Chase is a truly amazing place and the care they give to children with life limiting conditions and their families is unbelievable. They truly care about the children and that shows in everything they do and how much the children love being there. We are fortunate to still be able to visit the hospice and find comfort in their memory garden and benefit from the excellent counselling service which we've been able to continue with through SPRING since moving to Bournemouth earlier this year.

We will be forever grateful to all the staff who cared for Orla both at Ashford and St Peters Hospital and Shooting Star Chase in Surrey. We could not have asked for more and while we are still devastated we lost Orla, we know that everything possible was done for her and all she knew was love.

“Everything possible was done for her – all she knew was love.”

Baby Ebony Jo

by Kirsty Lynch

I found out I was pregnant in June 2016 very early, just two weeks. I had my first scan on 6 August when I was six weeks pregnant.

At my 12-week scan everything was perfect and I was given 29 March 2017 as my due date.

I've got two boys Lewis who was six and Dominic who was four.

“I was living between feeling excited and feeling really scared.”

This pregnancy felt the same. At my 20 week scan I was told that the baby's kidney looked big and bright. I didn't expect anything to be wrong as the 12 week scan went great. I only wanted to find out the sex as I hadn't with my other two. I felt like I had been punched in the stomach and was full of fear.

I had to go for regular scans and was told my baby could have polycystic kidney disease. I was also told I was having a baby girl when I was 24 weeks – they couldn't see before as the fluid was low. After speaking with the consultants, searching the internet and lots of tears and sleepless nights I was living in between feeling excited and feeling really scared that my baby would be poorly. It was always a case of how long would my baby be in hospital.... not that she wouldn't come home.

I tried to stay positive and thought of names and chose Ebony Jo.



“My mum was my rock.”

At the last scan Ebony was doing really well and they booked me in for a caesarean section in two weeks' time, the 1 March, four weeks early as fluid was still low.

My mum was my rock throughout.

I went into hospital on 28 February to be prepped for Ebony's arrival the next day.

Ebony's heart rate was dipping so they rushed me in for my c section. I call Ebony my pancake baby.

I was so scared and was willing Ebony to take her first breath.

“As Ebony took her first breath, it took mine away.”

At 17.04 my beautiful daughter Ebony Jo came into this world. She weighed 3lbs 14.5 ounces. As Ebony took her first breath, it took mine away. She cried out and I thought we had done it. My life was complete. Ebony

“The pain in my heart was unbearable.”

looked perfect. They took her to the neonatal intensive care unit and I was finally able to see my baby. Sat with Ebony for hours and I could have just burst. Ebony was doing amazing and I got to hold her the next day. The doctors said she was doing really well and we could transfer to our local hospital.



Then very quickly the doctors told me the devastating news. Ebony had a very rare genetic condition called Glutaric Acidemia type 2. I couldn't take in all that they were saying, but I heard Ebony could live only days or hours. The pain in my heart was unbearable. I screamed out for my mum. We were told this on the 2 March and



“Then doctors told me the devastating news.”

that evening we had a family christening for Ebony at the hospital. All Ebony's family were there. Such a bittersweet moment. I still clung onto hope.

We had to do the hardest thing imaginable and take Ebony off life support. I held my perfect beautiful daughter for two hours until she took her last breath at 12.04am on 3 March. I physically felt my heart being ripped out and part of me go with my Ebony.

We were given a cuddle cot which meant I could spend precious time with my baby and do all the firsts a mother does with their new born. I bathed Ebony, took her for a walk in the pram, read stories and sang to her.

My mum stayed with us. I stayed with my Ebony until her funeral.

55 hours Ebony was here but I feel her around me all the time. My two boys speak about Ebony which is so comforting to me.

I was in shock for a while after Ebony closed her eyes and I didn't want to believe it. It all happened so quickly.

As a mum it's our role to protect our children. It's my role now to keep my daughter's memory alive.

“I feel Ebony around me all the time.”



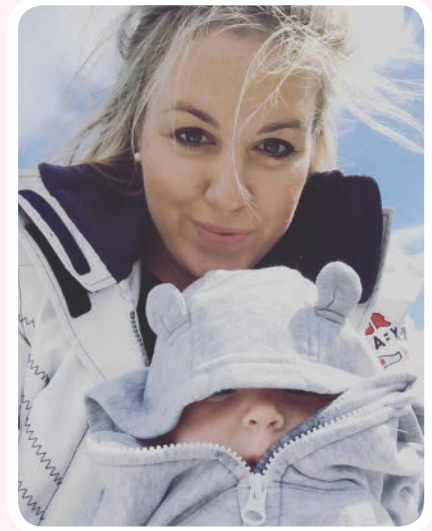
SPRING would like to welcome all new Rainbow Babies.

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.

of having another baby. This year I had my beautiful rainbow baby and I would not have been able to share that post if it hadn't been for the support and care I received from SPRING last year. So thank you so much for helping me get to this happy place.

“A rainbow baby carries the torch of love you have for the child you lost”

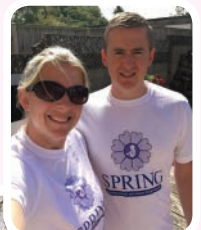


Tough Mudder in memory of baby Isaac

by Haddie & Matt Kilner

We wanted a good reason to do tough mudder, give ourselves a challenge mentally and physically. So we decided after Isaac's funeral that we would partake and raise money for SPRING, which provided a vital resource to my brother and sister in law and helped the family through the loss of their first born Isaac.

We took part in Tough Mudder in memory of our nephew Isaac and have raised over £400 so far!



Baby Isaac and Rainbow Baby Jacob

A mother to an Angel and a Rainbow

by Emily Whitmore

Last year I learnt in the worst way possible that in life nothing is guaranteed, when our first baby Isaac was born sleeping.



My due date came and Isaac's brother Jacob was born which was one of the best days of my life and I quickly understood the expression 'rainbow baby' as I held Jacob.

A rainbow baby does not mean that your loss should be forgotten; such a devastating loss can never be forgotten. Rather, your baby will carry the torch of the love you will always have for your first child you lost.

In the past couple of months I have learnt that it is OK to be happy after an unthinkable loss. Isaac will always be our first son and a brother, and we will always continue to chat about Isaac to Jacob.

I just want women who have experienced a loss to know that they aren't alone and that there is a promise of hope after a storm.

I was supported by SPRING when I lost my little boy and you were truly amazing when I thought that I couldn't go on or even dream

“ I wasn't sure how I could move on from such pain ”

On the day Isaac left us I wasn't sure if I could go on or how I could ever move on from such pain.

A few months passed and I knew Isaac would have wanted us to have hope and make plans, so when I became pregnant, I knew that Isaac had sent us our rainbow.

I soon realised that having a baby after a loss is scary and the joys of pregnancy had sadly been taken away from me and replaced with anxiety.

As the pregnancy went on, I learnt that it was ok to be afraid, to cry if I needed, to take each day as it came and to remind myself that each appointment and scan was to keep a close eye on my rainbow.



My Angels

*My Angels passing in the night
Always keeping out of sight*

*Are your wings becoming bare?
Leaving feather to show you care?*

*How I really loved you all
If only you could ring or call*

*To share happy days with you again
I know would take away the pain*

*It won't be long so choose my wings
In softest white the other things*

*When at last I'm with you all
Then my feathers will also fall*

*To tell the ones I specially love
It's not really me it's just a dove.*

Written by Pauline Moore



Words from the Heart

*Our darling angels sent from God above
We had a dream that you filled
And never will forget
The joy and the happiness that we had felt*

*We planned for you, we longed for you
The excitement built, and we made our plans
But out from nowhere it all went wrong*

*We never knew what it was like to hold you
We never had a chance to comfort you when you cried
We never had our chance to love you
But the love for you both will never die*

*When we close our eyes, we can all be together
Together, as a family, just as we planned*

*Until the day we meet again
Rest in peace our little darlings
Goodnight and God bless you both
Love Mummy and Daddy x*

Written by Michelle Angela Gregory

In memory of our twin boys,
17 and 19 July 2002

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, please get in touch by emailing friends@springsupport.org.uk or message us through the SPRING Facebook page.

SPRING supporting learning and development

In March, SPRING-funded counsellor, Cindy Weller, was funded by SPRING to attend the National Conference in Pregnancy & Infant Loss in London.

The day, ran by Dr Chantal Lockey, was well attended by professionals including midwives, police officers, paramedics and social workers. Following the sudden loss of her daughter, Chantal felt unsupported and now specialises in training professionals about infant loss, to help break the taboo and support other bereaved parents.

Cindy found the day really beneficial, as she gained an insight into how other services are run around the country. Cindy said, "I was really moved by the bereaved parents who spoke on the day, paying tribute to their babies by talking openly about their losses and the impact it has had on their lives."

Cindy also attended a workshop around supporting children through bereavement run by Mosaic, a child bereavement charity. And in February SPRING funded a SANDS study day for midwifery staff at Poole.



Fundraising HIIT!

by Sammy Murray

On Saturday 11 February, the wonderful Rachel Baker (Primitive Princess) organised a HIIT (high intensity interval training) session at Primitive Gym, Parkstone, with all donations going to SPRING.

She put us through our paces for an hour working alone and in pairs – doing 30 seconds of different exercises such as squats with weights, planks, superwoman press ups, kettle bells, and all sorts! 20 ladies took part and had such a fun time! Who thought working out could be fun?

We raised an incredible £200 from those joining in and others paying to see us suffer – and I got to wear my magical rainbow and unicorn leggings! A special thank you to Rachel for donating her time and earnings from this to SPRING!



Team Daisy 2017

Once again, Team Daisy took part in the Bournemouth Bay Run in April – led by bereaved dad, Nick Johnston, who took part in the 10K race with friends and family.

There were also Team Daisy runners in the 1K race, including Ned (Daisy's little rainbow brother) and his friends Albi and George. The first outing for Team Daisy was the Bournemouth Bay Run in 2011, six weeks after baby Daisy unexpectedly died during labour – it was a way of bringing our friends and family together to do something positive in Daisy's name.

Since then Team Daisy runners have raised over £18,000 for SPRING – our way of saying thank you to SPRING, and even more importantly, keeping baby Daisy's memory alive.



Team Daisy 2017.

Young Team Daisy runners (l-r): Albi, Ned and George.



Bump to Baby Show

SPRING was the nominated charity for Dorset's "Bump to Baby Show" in July.

We had the pleasure of attending this event along with friends and colleagues from Poole Maternity to share with the public some of the great work being done across the whole maternity service. Thanks to everyone at the show for choosing SPRING and donating £123.



Ride for Lillith

by Bam Russell

Fundraising was the first step to helping us heal.

The loss of our first baby was devastating, but it inspired a strength in us both, that I never knew we had. Following the care and support from SPRING, my husband decided to take part in a couple of mountain bike events, to raise money and awareness of the cause.

He chose to ride these events solo, in honour of the daughter that we lost, knowing that she would be with him on each lap, giving him strength not to give up. We called it Ride for Lillith.

We participated in three separate events – a six-hour ride, a 12-hour ride and a 24-hour team ride. To date we have raised £2,000 and I am so proud of what my husband has achieved. We are very

grateful to everyone who has donated, and thankful that we have had the opportunity to keep our daughter's memory alive.

In June 2017 Lillith's little brother, Hugo, was born, and it has been an exciting and emotional time for us all. The counselling I received from SPRING was very helpful. Not only have they helped me through the loss of our daughter, but they supported me through the following pregnancy too.

I have learnt not to shy away from what we have lost, but to celebrate her memory as you would with every other child. I am so proud of my little girl, and I hope she is proud of me too. Our little Squisher will be treasured forever, and I look forward to telling our son all about his big sister, and what she has inspired us to do.

Her love has given me strength, and I carry that with me every day.

10,000ft Sky Dive

by Michelle Knight

2016 held a significant birthday for me, and my husband presented me with a gift of a parachute jump to mark the occasion.

I decided that if I was going to fling myself out of a plane, I may as well raise some money in doing so! SPRING helped my family immensely when we lost our baby Katie in 2010 and also supported me in my subsequent pregnancy with my son Jacob. I decided to do my jump as close to the anniversary of Katie as possible so Saturday 29 April it was!

Leading up to the jump, I was more concerned about landing safely and not breaking my ankles, however, on arrival, the enormity of jumping out of a plane strapped to a total stranger at 10,000ft and travelling at 125mph struck! Waiting around for the cloud to clear didn't help either! However, everyone there was just fantastic and kept spirits up. We were given some training including being "hung up" on a pole in fetching jumpsuits to practice our moves.

I found the whole experience rather emotional, particularly as I set out to raise £500 in total but in fact raised £1,190, dividing the money between SPRING and the epilepsy service, another charity very close to my heart. I was really touched by all the messages I received and sponsorship including family, friends, patients and colleagues.

I would like to say a huge thankyou to everyone who supported me.

So, would I do it again? Absolutely! Only higher next time!



Michelle's jump for Dorset Epilepsy Service and SPRING raised a total of £950 which will be divided between the two causes close to her heart.



Thank you fundraisers!

Are you doing something to raise money and awareness for SPRING? We'd love to hear all about it. Email friends@springsupport.org.uk

We are always so grateful to supporters who raise money and awareness for SPRING – thank you all! People do amazing things – running, jumping, baking and more! Here's a round-up of what you have been up to.



Thanks to Co-op for making great things happen in our community. Their members' community reward scheme raised a total of £2950!



Rich Lynch & his son, Jack, take part in the Aldridge 10km run raising £155.



Alyce Byles took a leap of faith and bungee jumped from a 160ft crane raising £800!



SPRING volunteers together with Judy's Jams, served tea and cake at the Open Gardens event in Branksome in April and July and raised a total of £990. Our special thanks to Judy of Judy's Jams who donated money from the sale of her very popular homemade jams and chutneys. Thanks to Peter Jackson for inviting SPRING to provide refreshments at this event, raising money and awareness about SPRING.

Emily Ridout writes: I chose to raise money for SPRING because sadly a number of my dearest friends have suffered the loss of a child. I have seen how devastating losing a child is and the lasting impact it has, and believe that the support SPRING provides to parents and families is invaluable. I know that my friends supported by SPRING were so very grateful for the help they received.

The day was absolutely beautiful with not a cloud in the sky. The views were spectacular and we could see all the way from Portsmouth to Swanage. I jumped from 15,000ft and enjoyed every second. There was a 60 second free fall then a 5 minute decent under the canopy. It was the best experience of my life and I was thrilled to do it for SPRING. So far I've raised £387.50 which is nearly double my target!



Eight-year old Bethany had seven inches of hair cut off to give to the Little Princesses Trust so they can make a wig out of it for children who lose their hair through illness. Bethany kindly donated over £400 to SPRING in memory of her sister Krystal.



On 11 March Jon King and Adam Keenan ran the Larmer Tree Half Marathon in memory of Jon's nieces, Ivy and Ava Murray, and Adam's son Charlie raising over £1200!



In May, Matt Johnson ran the Ox Ultra! That's 50 miles in 12 hours, off-road, and raised £380 for SPRING.



SPRING Coffee Mornings

Would you like to meet with other parents who have shared similar experiences?

SPRING Coffee Mornings are a great opportunity for bereaved parents to meet in an informal and relaxed environment and enjoy a drink and cake on us!

Children, friends and family are welcome.

SPRING Coffee Mornings take place on the first Saturday of every month at:

The Coffee House
Adastral Square
Canford Heath



Times may vary so check our Facebook page for details or contact us at friends@springsupport.org.uk

SPRING's Wave of Light Event

Sunday 15 October
Memorial Garden,
Poole Park
6.30 - 7.15pm

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 in remembrance of their baby at 7pm local time.

At the event, we will read poems and we will light candles in memory of all the babies who lit up our lives for such a short time.

For more information, please email friends@springsupport.org.uk

SPRING Christmas Remembrance Service

*Saturday 25th November 2017 at 3pm
At St Mary's Church, Longfleet Road, Poole*

Place decorations (provided) with a personal message, on our Christmas tree

Light a candle in memory of your baby

Join us for refreshments afterwards

You are invited to join us for an uplifting service to remember our special babies at Christmas time. We hope you can join us.

Key Dates

OCTOBER

Wed 4th. Open Support Meeting (7.30pm -9pm), St Mary's Longfleet Church Centre (Room 1b, First Floor), Kingston Road, Poole BH15 2LT.

Sat 7th. Coffee Morning (10.30am – 12.30pm), The Coffee House, 10 Adastral Square, Canford Heath, Poole BH17 8SA.

Important DATE!

Sun 15th. Wave of Light
(6.30pm – 7.15pm), Memorial Garden,
Poole Park.

NOVEMBER

Wed 1st. Open Support Meeting (7.30pm -9pm), St Mary's Longfleet Church Centre (Room 1b, First Floor), Kingston Road, Poole BH15 2LT.

Sat 4th. Coffee Morning (10.30am – 12.30pm), The Coffee House, 10 Adastral Square, Canford Heath, Poole BH17 8SA.

Important DATE!

Sat 25th. SPRING's Christmas Event
– Remembering Our Babies, (3pm)
St Mary's Church, Longfleet Road,
Poole BH15 2JD.

DECEMBER

Sat 2nd. Coffee Morning (10.30am – 12.30pm), The Coffee House, 10 Adastral Square, Canford Heath, Poole BH17 8SA.

Wed 6th. Open Support Meeting (7.30pm -9pm), St Mary's Longfleet Church Centre (Room 1b, First Floor), Kingston Road, Poole BH15 2LT.

JANUARY

Wed 3rd. Open Support Meeting (7.30pm -9pm), St Mary's Longfleet Church Centre (Room 1b, First Floor), Kingston Road, Poole BH15 2LT.

Sat 6th. Coffee Morning (10.30am – 12.30pm), The Coffee House, 10 Adastral Square, Canford Heath, Poole BH17 8SA.

FEBRUARY

Sat 3rd. Coffee Morning (10.30am – 12.30pm), The Coffee House, 10 Adastral Square, Canford Heath, Poole BH17 8SA.

Wed 7th. Open Support Meeting (7.30pm -9pm), St Mary's Longfleet Church Centre (Room 1b, First Floor), Kingston Road, Poole BH15 2LT.

Important DATE!

Sat 24th. 20th Anniversary Snowdrop
Walk (11am – 1.30pm), Upton House
and Country Park, Poole Road, Upton,
Poole BH17 7BJ

Open Support Meetings

Monthly open support meetings are held at St. Mary's Longfleet Church Centre (Room 1b, 1st Floor) Kingston Road, Poole BH15 2LT. Meetings are held on the first Wednesday of each month, 7.30 - 9pm



BABY & CHILDREN'S NEARLY NEW SALES 2017

2pm - 3:30pm

Admission: £1 per adult
(FREE tea, coffee & squash)



7th October
2nd December

Hamworthy Scout Hall
Beccles Close
Hamworthy, BH15 4BS
Rear access to hall and lots of
free parking available at Carter
Community School

Please contact Helen
to donate or register to sell:
helenhunt@yahoo.co.uk
or 01202 463446.

16th September
18th November

Broadstone Methodist Church
Lower Blandford Road
Broadstone BH18 8DP

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 this sale go to SPRING.

GET INVOLVED

There are lots of ways to get involved in supporting SPRING. Here are just a few ideas.

We welcome all suggestions that could help SPRING continue to be parent-led and provide support to bereaved parents and families.



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



Follow us on Facebook

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

Search for us at **SPRING Support**



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

How to Make a Donation

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>

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

Call 01202 448084 (24 hour answerphone) **Email: friends@springsupport.org.uk**

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

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