

# SPRING

Supporting parents and relatives through baby loss



**NEWSLETTER** Autumn 2022

Fundraising News



## Cycle for SPRING

Full story on page 8



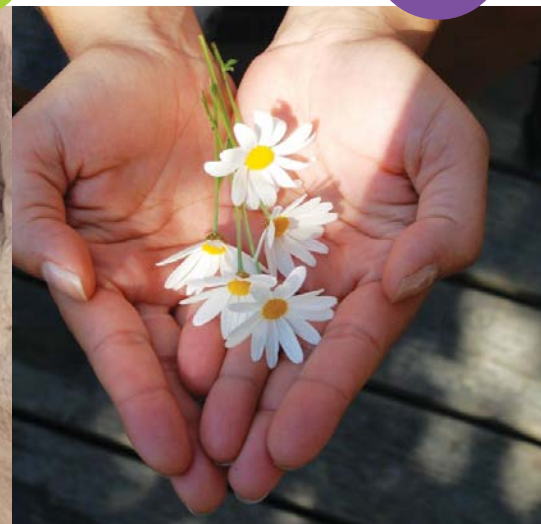
SPRING News



Real Stories



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, the SPRING service is part of the maternity services at University Hospitals Dorset, 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 Units at Poole and Royal Bournemouth Hospitals.

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: 0300 019 8752 or email: [maternity.counsellors@uhd.nhs.uk](mailto:maternity.counsellors@uhd.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.

Currently, these are going to be held each month online. Further details can be found in What's On section.

### 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, Poole BH17 8SA.

## Contact SPRING

[SPRING admin and fundraising enquiries](#)

**Telephone: 0300 019 8084** (please note that if we are unavailable to take your call, you can leave a message on our answerphone).

**Website:** [www.uhdcharity.org/current-projects/spring](http://www.uhdcharity.org/current-projects/spring)

**Email:** [spring.support@uhd.nhs.uk](mailto:spring.support@uhd.nhs.uk)

**Follow us on Facebook, Instagram, Twitter and LinkedIn @SPRINGSupport**



[Maternity and bereavement counselling services](#)

**Telephone: 0300 019 8752**

**Email:** [maternity.counsellors@uhd.nhs.uk](mailto:maternity.counsellors@uhd.nhs.uk)

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

University Hospitals Dorset NHS Charity Registered Charity No. 1057366.

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

Welcome to this edition of the SPRING newsletter.

Firstly, I hope you and your families are all keeping safe and healthy as life slowly returns to the new normal.

Since the last issue of the newsletter, SPRING has undergone some changes. We have said a fond farewell to Emma Lynch, former Chairperson of SPRING who dedicated much of her time in supporting the ongoing organisation of events and meetings along with being available to those that reached out to her personally in her role at SPRING; Emma will still be in attendance at events and continues to hold SPRING close to her and her family's heart.

I, Cyra Plenty, am delighted to have replaced Emma as Chairperson and am very much looking forward to everything this brings. You may have already met me at recent events panicking about the public speaking aspect of this role (!) or at a one of our coffee mornings enjoying the cake! I very much look forward to getting to know more of our you as time goes on.

In the time between this and the previous issue, SPRING has hosted our two annual baby remembrance events; the Wave of Light event in October and the Snowdrop walk in February. These events are always incredibly special for our bereaved parents, families and friends where we can remember our beautiful babies and also support each other which is a key part of SPRING. Sadly, our Christmas Service 2021 could not take place due to Covid, but we were able to use the skills within the steering group to again

produce an online tribute and time for reflection.

Throughout the year, we are grateful to those that continue to support SPRING and their fundraising efforts. We have people taking part in the Walk for Wards for SPRING this year which is exciting, a lovely event to be held at Upton Country Park on 17 September along with a stall where it would be lovely to see you. We also have the Wave of Light event approaching in October as well as our Christmas Service that the steering group are already planning for.

I would love to say a BIG Thank You to those on the steering group for their time and passion they have for SPRING, they have helped keep things turning over during the pandemic; behind the scenes; keeping the coffee mornings going, attending the Support Group meetings and supporting events. If you are interested in joining us please let us know, be it bereaved parent or grandparent, we would love to hear from you!

We are also always open to suggestions in how to improve or new event ideas so please do not hesitate in getting in touch.

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 and families.

*Cyra x*

## Fundraising Update

by Zoë Wood, SPRING Fundraising Administrator



Well, the last couple of years have proved to be certainly challenging for so many people and for so many different reasons due to Covid-19!!

Here at SPRING,

we offered our invaluable counselling service on a 'virtual' basis and similarly, our remembrance events held on a 'virtual' capacity or on a smaller scale. Whilst this sadly is not how we would wish for these events to be held, we were nevertheless glad that we were able to reach out to the local community across our social media platforms.

For SPRING supporters, it has meant that they have had to "think outside of the box" and adapt to the legislation and constraints put upon events, challenges and individual

fundraising. Everyone here is so very grateful for the continued support and fundraising efforts from individuals, community groups and corporate sponsors during the last couple of challenging years, we thank you all so very very much indeed!!

We would also like to say a huge thank you to Hannah who has shared her real-life story in this edition. By sharing these experiences, it can truly make a difference to those who have also experienced the loss of a baby - if you would like to share a story, or tell us about your fundraising efforts, then please do get in touch as we would love to hear from you.

*Zoë x*

Zoë can be contacted on  
0300 019 8084  
or by email:  
spring.support@  
uhd.nhs.uk

## Contents

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

### SPRING NEWS

Wave of Light 2021 .....	4
Virtual Christmas Event 2021 .....	4
Snowdrop Walk 2022 .....	5
Fond Farewell to Emma Lynch.....	5
Charity Team .....	5

### REAL STORIES

Baby Katie .....	6
------------------	---

### FUNDRAISING NEWS

Ironman 70.3 Weymouth! .....	7
Bournemouth Half Marathon .....	7
Cycle for SPRING .....	8
Quiet Room .....	8
70's 80's and 90's disco .....	9
Baby shower for Chanelle! .....	9
Christmas Lights at Runton Road ..	10
Bournemouth Bay Run!! .....	10

### Corporate Fundraising

Gap Group Hire Solutions.....	10
Motonovo .....	10
Nationwide Group Staff Union .....	11
Irwin Mitchell Solicitors.....	11
Fernhill Care Home.....	11
Forum Jewellers .....	11
Jar of Wishes .....	11

### WHAT'S ON

SPRING's open support meetings ..	12
Coffee Mornings.....	12
Walk for Wards.....	12
SPRING's Wave of Light.....	12
Christmas Service.....	12
Snowdrop Walk.....	12



# Wave of Light 2021

Bereaved parents, families and friends came together on a clear and mild autumn evening as SPRING was finally able to hold its first in person event in nearly two years by marking the end of Baby Loss Awareness Week on the 15 October in Poole Park.

As twilight fell, Emma Lynch (SPRING's Chairperson) welcomed everyone to the event which was held under the oak tree by the memorial garden in the park. Beautiful poems were read by members of the Steering Group along with Jo Gyngall, one of the bereavement midwives, followed by some gentle music for a period of reflection and the lighting of candles as we remembered our special babies.

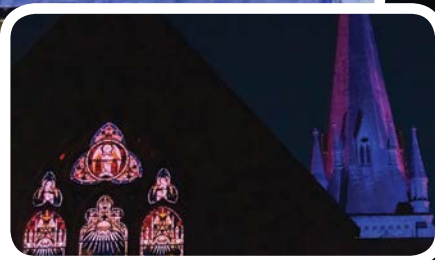
Whilst being a very emotional occasion it was so lovely to join together and have some dedicated time to remember our loved and longed for babies that were gone too soon.



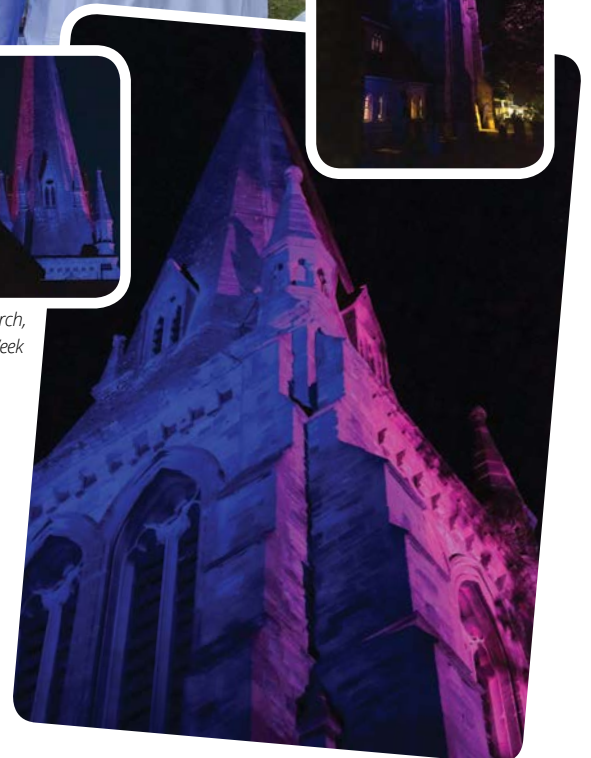
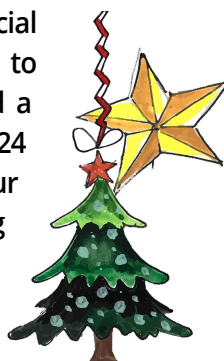
# Virtual Christmas Event 2021

We were so incredibly sad that another of our special remembrance events had to be cancelled due to the Covid-19 restrictions. However, we shared a message across our social media platforms on 24 December 2021 where we remembered all our beloved angel babies as members of the Steering Group read out some poems.

Many thanks also to Anjelica Finnegan for singing Star Candles by Michael Head accompanied by Philip Lawson.



*Photos are courtesy of St Mary's Longfleet Church, Poole in support of Baby Loss Awareness Week*







## Charity Team

Welcome to this edition of the SPRING newsletter giving you the latest information about the service SPRING provides and updates on the wonderful people and companies that have supported this important work over the last few years.

I am very proud to head up the fantastic charity team at University Hospitals Dorset NHS Charity; it is such a great charity to work for and be a part of as it really does have the ability to touch the lives of all those who live and work in the area.

I have worked in the charity sector since 1999, primarily in fundraising and marketing – initially running those services for a regional disability charity for 16 years after which I moved to Bournemouth Hospital Charity and now University Hospitals Dorset NHS Charity following the merge of the 2 hospital charities.

It is difficult to believe that we are over a year since merging of the charities, which reflected the coming together of Poole Hospital and Royal Bournemouth & Christchurch Hospitals to form University Hospitals Dorset NHS Foundation Trust. While the name has changed our values and mission haven't – the charity's focus remains to work together with NHS staff to enable them to provide the best possible care for every patient and every condition that is treated at our hospitals.

The SPRING fund sits within the University Hospitals Dorset NHS Charity and as such is part of the wider charity; albeit with a standalone logo recognising its slightly different status to the rest of the areas we fundraise for in the Hospitals.

I am delighted that after nearly 2 years we are now able to plan our regular events to support you and your families in remembering your angel babies. I do hope that you can attend one or all of these.

Lastly, I would like to say a HUGE thank you to the companies, groups and individuals that continue to support the SPRING fund – this support enables the charity and the hospital to continue to provide the open support meetings, counselling, coffee mornings and ensure that the SPRING suite and garden are maintained and provide the right environment for parents and families when they need it at such a difficult time in their lives.

Best wishes

*Debbie*

**Debbie Anderson**  
Head of Charity



## Snowdrop Walk 2022

**SPRING's Snowdrop Walk was held at Upton Country Park in February.**

This year we were very fortunate and the weather remained kind as we gathered in the beautiful grounds of Upton Country Park. Poems

were read by members of SPRING's Steering Group before we strolled to the Walled Garden to plant some snowdrops.

Whilst we missed being able to sit down afterwards with refreshments in the Drawing Room due to Covid-19 restrictions, it was still a lovely occasion bringing our SPRING families together remembering our special babies.

### Little Snowdrop

(Author unknown)

*The world may never notice  
If a Snowdrop doesn't bloom,  
Or even pause to wonder  
If the petals fall too soon.*

*But every life that ever forms,  
Or ever come to be,  
Touches the world in some small way  
For all eternity.*

*The little ones we longed for  
Were swiftly here and gone,  
But the love that was then planted  
Is a light that still shines on.*

*And though our arms are empty,  
Our hearts know what to do.  
For every beating of our hearts  
Says that we love you.*



## Fond Farewell to Emma Lynch

**This year, Emma Lynch, stood down as SPRING's wonderful chairperson.**

Emma has been a big part of SPRING's Steering Group for many years, and has attended the monthly support meetings, coffee mornings along with our special remembrance events. Her passion, thoughtfulness and commitment to SPRING has been truly valued and we would like to thank Emma for her never wavering support, along with her empathy and care she showed SPRING's bereaved families. Emma, we wish you all the very best and hopefully we will see you at a SPRING event soon!





# Baby Katie

by Sandra Hagger

Our journey began in 2012 when we decided to try for a baby. This happened fairly quickly, and our baby was due May 2013.

My pregnancy wasn't great. I never felt my baby move and spent many hours at the maternity hospital having my baby monitored. Every time was the same outcome - baby was happy with a good heartbeat. Then, 3 months before she was due I was signed off with intervene growth restriction as my placenta wasn't working properly. Extra scans still showed a happy baby just on the small side.

At 37 weeks pregnant, I had a scan which showed our baby was breach and I was booked in for a caesarean section. On the 08 May 2013, Katie was born very poorly and was taken straight to the Neonatal Intensive Care Unit but sadly, she didn't make it.

Kate was born with mitochondrial cardiomyopathy and her heart had failed.

Our world fell apart, feeling numb, and in shock, I didn't understand why this had happened to us. We later found out that we both carried the gene for mitochondrial cardiomyopathy and there was a 1 in 4 chance that this would happen every time we conceived.

I didn't know what to do...could I face having a baby? In the end we decided to try, and I fell pregnant. We were offered a chorionic villus sampling (CVS) test at 11 weeks which could tell us if this baby was affected like Katie. Unfortunately, this baby was and at 16 weeks I had to terminate.

We were then offered a treatment called preimplantation genetic diagnosis (PGD) at one of the London hospitals. This procedure helps identify embryos affected by a genetic defect and only health embryos will be



implanted. Again, the bad news came, I only produced three healthy eggs and sadly, they didn't develop enough to be used.

So that was it. It wasn't meant to be, and I began to think I would never be a mum.

In September 2017 I went for a routine doctors' appointment. My GP asked how everything was going. I told him the outcome and how the consultant in London had advised us to use an egg donor, and as far as I could see this wasn't something the NHS funded. As such, for us, it was the end of our journey. The GP did not see it that way and told me he would look into it to see if he could put a case together that he could then put forward to the funding board to see under these circumstances if they would grant funding. I had already accepted that I would never have a child so didn't get my hopes up.

To my surprise I received a letter at the end of October 2017 informing us that we had been granted funding and just had to wait for the fertility clinic at Salisbury to contact us.

Treatment started in December 2017 when the minefield of drugs and appointments began.

Our first two rounds failed due to there not being enough eggs to share from the donor. The requirement is eight or more. But on the 14 February 2018, we got the phone call telling us we had nine eggs that were being fertilised. On the 19 February we went to Salisbury to have our embryo implanted. Now for the long two weeks wait to see if we were pregnant.

On 02 March 2018 we had a positive pregnancy test! I couldn't contain my excitement - we had done it.

**“Our world was complete...after six years of heartbreak we did it.”**

On the 28 October 2018 Effie was born happy and healthy!

Our world was complete...after six years of heartbreak we did it.



## 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@uhd.nhs.uk](mailto:spring.support@uhd.nhs.uk) or message us through the SPRING Facebook page.





## Thank you Fundraisers!

*We are so incredibly grateful to our supporters who raise money and awareness for SPRING – thank you all!!*

Some people do amazing things – running, baking, cycling and more, so here is a roundup of what you have been up to over the last 18 months!!

## Bournemouth Half Marathon

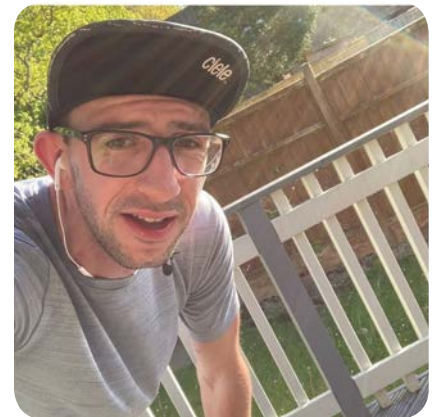
Michelle Lewis completed the Bournemouth Half Marathon raising an incredible £810!

Thank you so much for taking part and raising awareness of SPRING! The money you raised will help us to continue to support bereaved parents and their families!!



## Ironman 70.3 Weymouth!

Last year, James Mainwaring decided he would participate in the Ironman 70.3 Weymouth following the devastating loss of his baby boy, Archie, to show his appreciation for the care and support him and his wife received and fundraise for SPRING who supported him and his wife during this heart-breaking time.



James says "Before July, I was like most people and had no idea what SPRING did let alone who they were. This all changed on 4 July 2020 when my wife and I lost our beautiful baby boy Archie William Mainwaring.

On the evening of the 3 July, my wife and I received the soul crushing news that they could not find a heartbeat after rushing to the hospital with cramps. In the early hours of the morning of the 4 July, Archie was born at 39 weeks and 2 days. At this moment, everything was in pieces, all my plans and dreams with my son had been ripped from me.

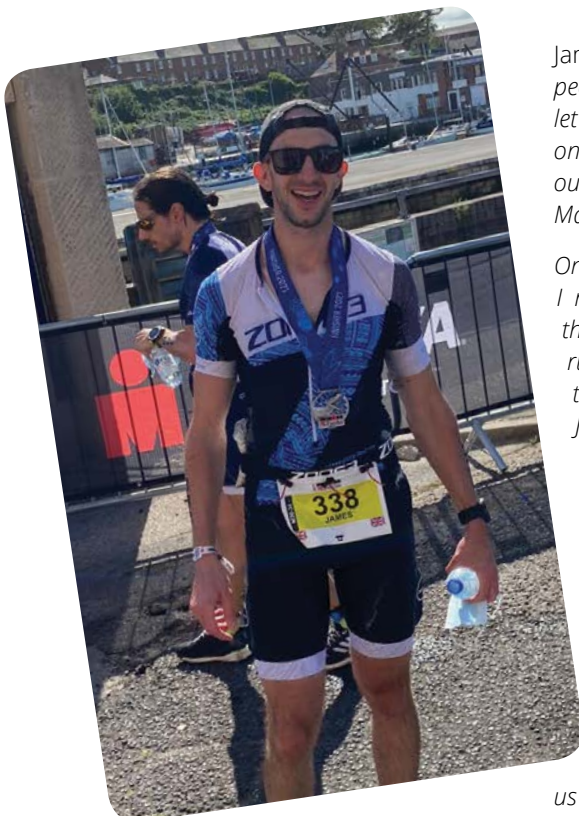
It was at this point where SPRING stepped in and began to support my wife and I. They helped and taught us to pick ourselves up and begin this new difficult chapter in our lives. They were there supporting us until we could support ourselves.



Since July 2020, my life has taken a different route and my outlook on life is different. My son is always at the forefront of everything I do. I have set myself a personal goal of completing the Weymouth IRONMAN 70.3 and want to use this opportunity to support a charity that supported me in my time of need."

This challenge involved swimming 1.2 miles, followed by a 56 mile bike course ending with a 13.1 mile run!! James completed it in 6:05:52 which he was over the moon with!!

We know how hard you've worked at training for this event, James, and would like to thank you so much for raising over £1,700 for SPRING!!





# Cycle for SPRING

Last September, nine cyclists along with their support drivers, took on the epic challenge of cycling 431 miles from Poole to Bath and back, via Wembley and Torquay to raise funds for SPRING!

The catalyst for this event was the mutual experience of friends, Chris Travers and Micky Hubbard, who tragically lost their baby girls; Olivia-Mae and Cecelia. Following this very difficult time, the common desire to give something back to SPRING who supported both families through this devastating time came about when Micky purchased a bike and discovered the holistic benefits of cycling.

With the aim to remember their girls, promote awareness of the support SPRING provides, and raise funds for this service, Chris and Micky, along with seven of their friends planned a cycle challenge and on Thursday 30 September began their "Cycle for SPRING" route from St Mary's Maternity Unit in Poole.

Despite the weather not being the kindest and faced with some tricky terrain, punctures, and snapped chains along the way, the wonderful Cycle for SPRING team completed this immense challenge arriving back to St Mary's Maternity Unit on a cold and wet Sunday afternoon! Family members and friends were there to greet them with resounding cheers, along with some well-earned cold beverages!

After some well-deserved rest it was wonderful to meet up with some of the team members to thank and congratulate them on raising an absolutely fantastic £18,750 for SPRING!



We all think you are incredible and would like to send you and all your brilliant supporters our heartfelt thanks once again for fundraising and raising awareness of SPRING and what we do!



## Quiet Room

In March 2021, SPRING was delighted to receive this beautiful coastal painting, donated by local artist, Sarah Hornby which brightens up an important space within the antenatal clinic area, outside the entrance to the "Quiet Room".

Lisa Cribb, Antenatal Screening Co-ordinator, said "We use the "quiet room" to see our parents who have experienced a pregnancy loss or are having a baby with a complication and it is very important that the area is as comfortable and calming as possible at what is a very traumatic time for our parents. Prior to receiving the painting there was a blank wall outside of the quiet room and the painting has dramatically improved the outlook for our couples as they approach the room and we have received lots of positive feedback."

Thank you so very much Sarah for this wonderful piece of art, it is truly appreciated by all the team.







# 70's 80's and 90's disco

Thank you so much to our incredible supporters Lisa Rumens and her daughter Charlie who organised a 70's, 80's and 90's disco in aid of SPRING!!

A staggering £2,886 was raised at this event, and we would love to thank Lisa and her family, and everyone who donated or attended for supporting SPRING! We loved the pictures and outfits - it looked as though it was a great party - we loved the outfits!!

Lisa also took part in the Great South Run across the historic naval city of Portsmouth raising over £500 for SPRING! Thank you to Lisa and her team for raising such a fabulous amount!



# Baby shower for Chanelle!



One of SPRING's amazing supporters, Chanelle, held her rainbow themed baby shower last June, and rather than receiving gifts, Chanelle asked for donations to be made to SPRING instead, which holds a special place in her heart.

It looks as though you all had a wonderful day!! Thank you so very much to Chanelle for her kind gesture, and to all her family and friends who donated - you raised a fantastic £270 for SPRING! Thank you!



## 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 <https://www.uhdcharity.org/current-projects/spring/> or to SPRING c/o St. Mary's Maternity Unit, St. Mary's Road, Poole, Dorset, BH15 2JB. Cheques should be made payable to University Hospitals Dorset NHS Charity. Thank you.

Not all donations are financial, giving a bit of your time can also be rewarding and make a big difference by supporting those who have experienced baby loss. This can be through supporting our remembrance events or by joining SPRING's steering group.

*If you would like to get involved, or simply want to let us know what you are up to, please do get in touch! Email [spring.support@uhd.nhs.uk](mailto:spring.support@uhd.nhs.uk) or call 0300 019 8084.*



# Christmas Lights at Runton Road

Annie Johnson of Runton Road, Parkstone raised £447 with her wonderful Christmas Light display over the festive period!

Thank you so much to Annie and everyone who donated!!



## Gap Group Hire Solutions

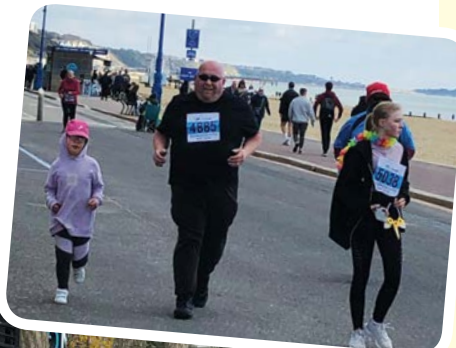
Our corporate sponsors are so generous, and we would love to do a shout out to Gap Group Hire Solutions who donated £1,000 to SPRING as their chosen charity of the month for May!!

Thank you so very much for your incredible donation!! The funds raised will help us to continue providing the much needed support for bereaved parents and their families following the loss of a baby.

## Bournemouth Bay Run!!

William Blackwell took part in the Bournemouth Bay Run to raise funds for SPRING in memory of his son James.

Despite gaining a painful knee injury after 2km William was determined to carry on and completed it in 46 minutes raising a fantastic £585!! William said "it was an honour to take part and raise money and awareness for SPRING... you all do an amazing job and I can honestly say I'm not sure how we would have got through losing James without the support provided.".... thank you so much William, we are truly grateful to you and all your supporters!



## Motonovo



A huge congratulations and thank you to Motonovo's South Coast team who undertook the Brighton to London Bike ride in June.

It looks as though you had a great day! Thank you to Jemma and her team for raising an incredible £1700 for SPRING!!

[www.springsupport.org.uk](http://www.springsupport.org.uk)



# Corporate Fundraising



## Nationwide Group Staff Union

Last year, the Nationwide Group Staff Union (NGSU) purchased 75 of these beautiful footprint keyrings from the Heart in their Hand Project for our memory boxes as precious keepsakes for SPRING's bereaved parents.

We would like to thank NGSU for purchasing these gorgeous keyrings. We know they will be so cherished by our bereaved parents and their families.



## Irwin Mitchell Solicitors

A huge thank you to Irwin Mitchell Solicitors who generously provided funding for lanterns for SPRING's Wave of Light event that we hold each year.

It was wonderful to be joined by Alice, Rebecca and Elizabeth at this special event held in October, so a special thank you to them for their support!

Irwin Mitchell Solicitors are also kindly funding a specialist photography course for our wonderful bereavement midwives.

This training course focuses on creating beautiful memories for bereaved parents and we would like to thank Irwin Mitchell Solicitors so very much. This course will provide an enhanced service by our team, and your support in this is truly



The greatest gift you can give a bereaved parent is the Gift of Remembrance

## Fernhill Care Home



We would like to say a huge thank you to everyone at Fernhill Care Home, Longham, for raising a fabulous £978 for our charity!

Thank you so much for your support and incredible donation!

[www.springsupport.org.uk](http://www.springsupport.org.uk)

## Forum Jewellers

2020 and 2021 saw SPRING being supported by Forum Jewellers, Broadstone.



Despite it being a testing couple of years Forum Jewellers were able to organise several amazing virtual charity raffle events with some fabulous prizes!!

The support and generosity from Forum Jewellers' suppliers was truly overwhelming with various fantastic items donated for the winning tickets... we very much appreciate their support!! Thank you to everyone who took part in these fundraising events and for raising such brilliant amounts for SPRING!!

We would also like to thank all the customers who so generously donated to SPRING by popping their loose change into our collection pots within the store.



We are so very grateful and truly appreciate every bit of support given by Forum Jewellers and our wonderful community!! Thank you!!

## Jar of Wishes

A wonderful local business, Jar of Wishes, held a fundraising charity raffle in aid of SPRING where the lucky winner would receive a beautiful wax burner!



Thank you so so much to everyone who participated.... a wonderful £115 was raised!!

## SPRING's open support meetings

Due to the Covid-19 pandemic, SPRING was unable to hold its monthly Group Support Meetings in the usual way at St Mary's Longfleet Church Centre.

However, from September 2021 we were once again able to offer bereaved parents and their families the opportunity to attend our monthly Group Support Meetings at SML Church Centre.

The first meeting was held on Wednesday 1 September and it was truly lovely to be able to resume this much valued group support session.

These meetings have continued to be held on the **1st Wednesday of every month, 7.30pm - 9pm**, and facilitated by one of our specialist bereavement counsellors.

If you have any further enquiries, please do not hesitate to contact us here at SPRING at [spring.support@uhd.nhs.uk](mailto:spring.support@uhd.nhs.uk)



## Coffee Mornings

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 very welcome to join us for coffee (or tea!) and some cake.

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



Join us for a coffee!

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

**Call 0300 019 8084 Email: [spring.support@uhd.nhs.uk](mailto:spring.support@uhd.nhs.uk)**

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

SPRING is part of University Hospitals Dorset NHS Charity. Registered Charity No. 1057366

## SPRING's Wave of Light

**Poole Park by the War Memorial.**

**18.30 – 19.30 Saturday, 15 October 2022**

As we mark the end of Baby Loss Awareness Week we would like to invite bereaved parents, grandparents, families and friends to join us at our Global Wave of Light event at Poole Park.



## Christmas Service

**St Mary's Longfleet Church, Longfleet Road, Poole, BH15 2JD.**

**15.00 – 17.00 Saturday, 26 November 2022**

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

## Snowdrop Walk

**Upton House and Country Park, Poole Road, Poole, BH17 7BJ.**

**11.00 Saturday, 11 February 2023**

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.

For further information regarding any of the above events, please contact SPRING on 0300 019 8084 or email [spring.support@uhd.nhs.uk](mailto:spring.support@uhd.nhs.uk)



Follow us on Facebook, Instagram, Twitter and LinkedIn

Search for us at **SPRING Support**



**SPRING**  
Supporting parents and relatives through baby loss