

Leicestershire Sands
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www.leicester-sands.org.uk



Dear Parents,

As a bereaved parent, the next pregnancy can be a very exciting and worrying time, where both parents could be left feeling very overwhelmed and particularly isolated.

We at Leicestershire Sands know how much of a rollercoaster ride the subsequent pregnancy can be for parents. Friends and family will be excited for you and may tell you to look forward and concentrate on this new baby... however, as a bereaved parent, you may still want and need to talk about your baby or babies that have died.

You could experience conflicting emotions of excitement, fear and guilt and possibly have a feeling of detachment and not want to talk about this pregnancy. All of these feelings are completely normal. Many parents who have been through pregnancy after loss have said they wished they could fast forward the pregnancy or spend it away from everyone they know.

With support from University Hospitals of Leicester we are now able to offer bereaved parents a "Next Pregnancy" support group. Our group meets on the 3rd Wednesday of each month between 6.30pm and 8.30pm in the Clinic area of the Kensington Building at the Leicester Royal Infirmary. It is open to any bereaved parent going through another pregnancy and is an informal gathering of parents and Sands befrienders, all of whom have gone through a pregnancy after having a stillbirth or neonatal death.

We hope to offer you an opportunity to come together with other bereaved parents and to draw on the experiences of Sands befriender parents who have also "been there". Our befrienders will understand how you feel and may be able to offer you practical help as well.

Many of our parents have said they felt comforted and less isolated meeting others going through the same feelings, emotions and practical issues. Many of our parents have built close friendships with each other and meet up socially with their newborn babies outside the group.

If you have any questions at all, or want to know more, please email, phone or text us using the contact details above.

With very best wishes,

Roopal Shah

Supporting anyone affected by the death of a baby and promoting research to reduce the loss of babies' lives

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