

Fife Sands
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Registered Charity No 299697
Registered Charity Address 28 Portland Place, London, W1N 4DE



Befriending



Fife SANDS is one of more than 120 self-help support groups which exist nationwide. Support is provided by befrienders who have direct experience of baby loss. We can offer this support through monthly group meetings, telephone or email.

It is not our policy to make the initial contact with bereaved parents, rather we prefer they contact us when they feel the need. We are therefore dependent on parents being referred to us by hospitals, health visitors, GPs, social and other health workers.

When bereaved parents contact us we endeavour to support parents by talking with them and inviting them to our monthly meetings.

Befriending

Someone to talk to when you want to talk, who will understand how you are feeling because they have been there, and who will listen. Our befrienders are bereaved parents themselves and are involved on a voluntary basis.

Support Group Meetings

These meetings are open and informal and they provide comfort and assistance to the parents by bringing them together with others who have suffered a similar loss. The company of people who truly understand can be a comfort whether you choose to share your own story or simply wish to listen to others.

Occasionally it can be helpful for our befrienders to meet parents privately before they feel ready to attend our meetings.

Support Group meetings are held on the last Friday of every month at 7.30pm and alternate between Kirkcaldy & Dunfermline—please check our website for up to date information on meeting venues.

Kirkcaldy

January, March, May, July, September & November

Dunfermline

February, April, June, August & October

Telephone and Email Support

If you would prefer not to attend meetings, or can't get to them, support can be given through telephone calls or emails.

Next Pregnancy Support Group

We also run a support group for parents undergoing a subsequent pregnancy as we know how difficult this can be. These meetings are monthly, as required, and are run by an experienced midwife.

Sands Forum

The National Sands Website has a forum for bereaved parents. Many parents find support here from others who have had similar experiences. The forum can be found at www.sandsforum.org

Services

We hold three services of Remembrance and Thanksgiving each year. One in April in Kirkcaldy, another in August in Dunfermline and a Family Christmas Service in December, also in Dunfermline.

A baby changes lives. It doesn't matter if that small person has never drawn breath or has lived only a short time, for the people who are left things are never the same again. The death of a baby is the loss of a person and the loss of future dreams. At Sands we know how precious and irreplaceable each baby is and how they will always be a part of the lives of those who love them.