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Providing support following
the loss of a baby



Services Offered by Fife Sands

Befriending

We aim to provide someone to talk to 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 are held on the last Friday of every month, alternating between Kirkcaldy and Dunfermline. Meetings start at 7.30p.m. and you are welcome to bring a family member or friend. If it is your first meeting, give us a call beforehand and we can arrange to meet you outside.

Next Pregnancy Support Group

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

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.

Newsletters

These are produced quarterly and contain information regarding events, services, fundraising, poems and birthdays. Newsletters can be posted if email addresses are not available.

Office

Our office is situated in Rosyth. It is not open at regular times, but if you want to pop in for a coffee and a chat, please phone to make an appointment.

Counselling

We have on our committee a midwife who has undertaken bereavement counselling training, and is available for private sessions on request.

Long Ago Bereaved

We offer support regardless of how long ago your loss occurred.

Snowdrop Baby Memorial Gardens

There are five Baby Gardens, situated in Dunfermline and Hayfield Cemeteries, Dunfermline and Kirkcaldy Crematoria and Western Cemetery, St Andrews. There are memorial stones at each of these Gardens where inscriptions can be made for a small charge.

Headstone Insurance

We can help you arrange insurance for your own family headstone.

Baby Tracing

In some cases where a baby was buried some time ago, but the parents were not told where, we can you give you the information you require to try to locate your baby's final resting place.

Information

We have a selection of leaflets and a well stocked library of books which may be borrowed on request. These include topics such as funeral readings, books for children about the loss of a sibling, and pregnancy after loss. If you have any specific questions, we can obtain information from various contacts at the hospital, Bereavement Services and Undertakers.

Books of Remembrance

There are Books of Remembrance at both Forth Park and Queen Margaret Hospitals. The books are available for viewing on request and at the Remembrance services. Forms are available from the office, and there is no charge for this service.

Memorial Services

There are three services held in Fife each year. These are in Kirkcaldy in April, Dunfermline in August and December. All family and friends are welcome.

Pastel Portraits by Sue Fernandes

Sue is a former midwife who now lives in Australia. She is able to produce a likeness of your baby in soft pastel colour or pencil. from photographs. Costs vary depending on size and type. A leaflet is available on request.