



Welcome to the first South East London Sands newsletter

We hope you will enjoy reading about recent fundraising activities and future events. If you are inspired to get involved by fundraising or helping run the group after reading our news, please get in touch, we'd love to hear from you. With best wishes for a healthy and happy Christmas and New Year from all of us at South East London Sands.

Have Your Say - Recorded Experience Measure

The London Maternity Clinical Network is planning to pilot a new feedback mechanism to capture the care experiences of bereaved parents. To help inform how feedback could be collected, Sands is asking for your help by answering this survey before 21st December. The survey takes around 30 minutes to complete and all data will be anonymised. Please [click here to take part](#).

The Caspian Cup 2016

In 2015 we decided a football tournament seemed the perfect way to celebrate our son's birthday annually whilst raising money for good causes. This year, on August 21st, in honour of Caspian's 2nd birthday, it felt right to donate all proceeds to SEL Sands as a thank you to the group that provided us so much support and friendship on our journey.

Held at Long Lane's Ground and with the involvement of two football clubs, four teams played off for the Caspian Cup. With the sun shining all afternoon, an inflatable slide and goal kept the children entertained alongside a barbecue and DJ. Releasing a sea of blue balloons into the sky to remember Caspian and all of our beloved babies felt like the most fitting end to a very special day.

This year's Cup was a huge success, raising almost £2,000 and we would like to thank all

who came to share it with us and our amazing Sands friends who helped to make it so special.

Ashleigh & Jerron



'5 for 5 Challenge' – River Walks

2016 marks 5 years since our first child and only son, Petroc, was stillborn. We wanted to do something special to mark this milestone, and while deciding what found the '5 for 5 Challenge'.

This fundraising initiative was started by bereaved parents Aoife and John in memory of their son, Seamus, who would also have been 5 this year. The similarities in their story were too strong to ignore and we decided to get involved. The challenge to do something personal around the theme of 5, while fundraising for Sands.

We challenged ourselves to 5 x 5km walks along 5 rivers in South East London. Over three weekends we walked along the Beck, the Pool, the Ravensbourne, the Quaggy and the Thames along with our daughters (3 years and 6 months old). Thanks to the generosity of our supporters we raised just over £1,200 which will be shared between Sands-UK and SEL Sands.

Liz and Jerry



Curtain Up Christmas Market – 7 years of selling cakes for Sands!

This December Julia is once again creating delectable refreshments for sale at the Curtain Up Christmas Market, with the proceeds going to SEL Sands. Curtain Up is perfect for your Christmas shopping, and a fantastic family day out with raffles, games, competitions and special surprise celebrities. This year the entrance fees will go to Max's Foundation, which funds research into and supports those affected by genetic heart conditions in children.

There will be over 45 stalls offering everything from vintage clothing, antiques and jewellery to collectables, books and cakes. Legendary actress Fenella Fielding is opening the market, and a surprise celebrity will draw the raffle.

Curtain Up Christmas Market. Sunday 11 December, 11am-3.30pm. £2

St Mary Abbots Centre, Vicarage Gate, Kensington, London W8 4HN

www.curtainupevents.co.uk

Upcoming Events

Lights of Love

A free family friendly evening service of remembrance with traditional carols, readings and musical performances. All welcome, no need to book ([further details](#))

Date: Friday 9th December, 7.30pm

Location: St. Paul's Church, London, SW1X 8SH

Time To Remember

Remembrance service for babies who have died at Guy's and St.Thomas's

Date: Sunday 11th December, 3:00pm

Location: Shepherd's Hall, St. Thomas's Hospital, London, SE1 7EH

Forget Me Not

Remembrance service for babies and children who died at Lewisham and Greenwich hospitals.

Date: Sunday 26th February, 3:00pm

Location: The Chapel, Old Royal Naval College, Greenwich, London SE10 9NN

Christmas Cards In Aid Of Sands

If you haven't yet got your Christmas cards, it isn't too late to do so and help out Sands in the process. UK Sands receives all profits of sales from [this website](#), and packs of 10 are available for less than £4.

Upcoming Support Group Meetings

Bereavement Support Group

Held on the first Monday evening (7:30pm) of each month (not including public holidays), our meetings provide bereaved parents with a chance to talk about their experiences in a safe, supportive environment. Full details of these meetings including a map and guidelines are available on [our website](#).

Dates: 5th December | 9th January | 6th February

Location: Hartley Hall, Culverley Road, Catford, SE6 2LD

Pregnancy & Parenting After Loss

An opportunity for bereaved parents who are experiencing a subsequent pregnancy, or the challenges of raising children after a loss, to support each other.

Date: 14th December

Further dates and venue to be confirmed shortly before each meeting - see our [facebook page](#) or website for details each month

We receive no financial assistance from UK Sands and are dependent upon the fundraising efforts of our many supporters. In addition to the group meetings and telephone support we fund the provision of memory boxes and bereavement training for midwives at our five local hospitals.

If you would like to fundraise in aid of SEL Sands then please do [get in touch](#). Alternatively you can give directly to the group via [our JustGiving page](#).

At this time we remember...

Max, born 21 December 2015

Elijah, born 4 February 2016

Angelina, born 14 February 2011

Golden, born 14 February 2011

Bram, born 22 February 2016

Marli, born 25 February 2009

"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes a part of us" - Helen Keller



If you don't already follow us on social media, links are available at the end of this email. If you would like to contribute an article about a recent fundraising effort or mention an upcoming event on our website and newsletter, please do get in touch, either in reply to this newsletter or [via our website](#).

With best wishes from the team at South East London Sands.



Our mailing address is:

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