



Our volunteers offer emotional support, comfort and information if your baby has died during late pregnancy, at birth or soon after.

Working closely with the William Harvey and QEQM hospitals we:

- Run the Ashford Baby Memorial Garden
- Provide telephone, face to face and email support
- Raise awareness of baby loss in the community
- Provide memory boxes to hospitals
- Pay for bereavement training for midwives
- Provide a range of information leaflets



We cover Ashford, Canterbury, Dover, Shepway, Swale and Thanet and support wider Sands national activities, including research, helpline support and information.

Our friendly and relaxed Support Meetings are an opportunity for parents, family and friends to meet with others who have been through a similar experience. They are led by trained volunteers, themselves bereaved parents.

Feel free to come along, or let us know in advance and we can make sure we are there to greet you.

Ashford	New Ashford College, Elwick Road, TN23 1NN.	Usually third Wed each month 7.45 to 9.15	Support and info 07547 195 791
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Margate	Trinity Resource Centre, St Mary's Ave, CT9 3TN.	Usually second Wed each month 7.45 to 9.15.	Support and info 07888 967 463
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Please check our web site for further details and exact dates.

For all other enquires please contact East Kent Sands, 13 Goldings Court, Ashford, Kent TN24 9JR. Telephone 01233 643 976, or by email eastkentsands@gmail.com

www.eastkentsands.org.uk

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