



**15 babies are stillborn or die shortly after birth every day in the UK**

**East Kent Sands' volunteers offer emotional support, comfort and information if your baby has died during pregnancy, at birth or soon afterwards.**

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.

We work closely with the QEQM and William Harvey hospitals to help provide the best possible bereavement care for families.

**Our Support Group usually\* meets on the third Wednesday each month from 7.45pm to 9.15pm at Ashford College TN23 1NN, on the corner of Elwick Road and Station Road, near Ashford International Station.**

**There is parking very close - Dover Place and Elwick Road (both free after 6pm) - and regular buses stop near the College.**

**You are very welcome to just come along, or to let us know in advance so we can make sure we are there to greet you. Tea and coffee provided.**

**We also run the Margate Support Group and there are Sands groups in Barnehurst and Gillingham. \*Please double check our website for precise dates.**

Local Sands support & information 07547 195 791 [eastkentsands@gmail.com](mailto:eastkentsands@gmail.com)

National Helpline (Freephone) - 0808 164 3332 or [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

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

**[WWW.EASTKENTSANDS.ORG.UK](http://WWW.EASTKENTSANDS.ORG.UK)**

**Charity number 299679**