



**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 meets on the third Wednesday each month from 7.45pm to 9.15pm at a new venue, Ashford Volunteer Centre, Berwick House, 8 Elwick Road, TN23 1PF (near the junction with Bank Street, and opposite the new cinema).**

There is free parking on site and Ashford International is five minutes' walk away. Regular buses stop nearby (in either Elwick Road or Bank Street).

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.

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)

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