



**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 second Wednesday each month from 7.45pm to 9.15pm in the Trinity Community Resource Centre, St Mary's Avenue, Margate CT9 3TN.**

Opposite the Wheatsheaf Hungry Horse restaurant.

**There is free parking on site and regular buses stop right outside.**

**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 Ashford Support Group and there are Sands groups in Barnehurst and Gillingham. Please see our website for dates.**

Local Sands support & information - 07888 967 463 [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*