



# Sophia Pregnancy Loss Support

Newsletter

Issue 3

April 2018

## Welcome!

At Sophia Pregnancy Loss Support, we aim to support anybody who has experienced the tragic loss of a baby through miscarriage, TFMR, stillbirth and neonatal death. As a charity, we aim to educate others about this type of heartbreaking experience.

We run a friendly monthly support group where we welcome parents, family members and friends who have been affected by the death of a baby. We meet on the first Tuesday of every month between 6pm and 8pm at Combe House, George Eliot Hospital, Nuneaton.

Trustee Christian Boyle's marathon efforts have stepped up in the lead up to the London Marathon 2018. Christian has pledged to run the 26 miles for 26 angel babies, with the final mile being run for his daughter Evie. Celebrity Kym Marsh has donated money for a mile in her son Archie's memory. Chris has been training hard and is very nearly at his £2000 donation target. To sponsor Christian, please visit <http://uk.virginmoneygiving.com/christian-boyle-SAVMLMBONDS3332018-2984>.

Tegan helped to raise £645 for Christian's marathon efforts by doing a Santa Run last December. She presented the cheque to us at our monthly support group in February. Thank you Tegan for raising such a wonderful amount for SPLS.



As a charity, SPLS have been working hard to implement the new General Data Protection Regulation (GDPR) before its inception in May 2018. The GDPR increases privacy for individuals, which given the incredibly sensitive nature of our charity work, is very important. To find out more about how we are implementing this, please get in touch with us and we will be able to provide information.

Members from SPLS attended the Midlands Business Network Expo in Stoneleigh at the end of January. It was a wonderful opportunity to connect with businesses from all over the country and let them know about our work. We were welcomed by all of those we spoke to and even though we did not attend for this reason, we were pleased to be able to offer support to a few exhibitors too; a fantastic day!



Coventry and Warwickshire Partnership Trust donated £635 from their recent pantomime. Jodie from Sophia Pregnancy Loss Support received the cheque from members of the board. Thank you to those involved for donating such a wonderful amount to our charity.

Nominations for the 2018 Butterfly Awards are open until 26th May. If you feel like you have received excellent care or support from an individual or group after a bereavement, why not nominate them for an award? There are 12 categories to choose from. We know from our experience last year that it is an honour to receive a nomination for the work that we do.



Sophia Pregnancy Loss Support is trying to reach out to those who have suffered the death of a baby. It can be the loneliest of times for those experiencing such tragedy and we want to offer a friendly hand of support. We have been able to run a coffee and cake afternoon this year so that people could drop in for as little or as long as they needed to. We are planning more of these throughout the year. Follow us on Facebook and Twitter for when these are going to be.

Another initiative we have is sending Angelversary Cards to bereaved parents on a date of their choice to remember their baby/ies. Whether it is a due date, a birthday or day that baby passed, we want to provide people with the gift of recognition of those important dates, when other people in their lives may not remember. This is a free service that we provide; if you would like to receive Angelversary Card/s, please get in touch.

Our next awareness stand in the Ropewalk Shopping Centre, Nuneaton is on Saturday 21st April. Our first in January proved to be very successful. We met lots of wonderful people and were able to provide support to many, as well as informing others of the charity work we provide.

Our website has been receiving lots of visits over the past few months. We were incredibly pleased to know that some of our visitors were from as far away as the USA. Breaking the silence is a worldwide initiative and we are honoured to be a part of this important work. We are now selling merchandise on our website. All of the proceeds from this will go to help support bereaved parents, as well as raising awareness.

Plans for Baby Loss Awareness Week 2018 are well underway. There are many local charities and professionals from related areas working together to create a week to publicly remember our angels. Keep reading our newsletters for more information on this!

## THANK YOU!

We have many individuals, groups, companies and businesses to whom we are extremely grateful for their continued support.

**Heart of England Co-operative** provided SPLS with a cheque for £300 for us to purchase a laptop to enable us to complete our charity work more efficiently.

**Hair 19** are fundraising for us to celebrate their 10th anniversary by holding a cake sale and raffle.

**Trojan Brotherhood** are also fundraising for SPLS for their 10 year anniversary by completing an Easter Egg Run.

**Exhall Co-op** has donated £262.50 and **Sherbourne Avenue Co-op** has donated £544.50 both from the sale of 5p bags.

### Upcoming Events

Please come and visit us and show your support!

**21st April 2018** - Ropewalk Shopping Centre Awareness Stand, Nuneaton.

**22nd April 2018** - London Marathon. Good luck to Christian!

**1st July 2018** - Bulkington Carnival.

**11th August 2018** - Mud7 Run. #TeamSophia

Do you fancy taking on a fun challenge to help yourself get fit, as well as raise money for Sophia Pregnancy Loss Support? We are creating a team for the Mud7 again this year and we need your help! Contact us for more information.



### Contact Information

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