



Royal Berkshire
NHS Foundation Trust



Bereavement Support

Information and guidance to help
you following the loss of your baby

Useful contact details:

Maternity Bereavement Team Tel: 07500 123 912 Email: <u>rbft.bereavementmidwives@nhs.net</u>	The maternity bereavement service is covered by a specialist midwife or bereavement support worker 8am – 4pm 7 days a week (including bank holidays)
Bereavement Office Tel: 0118 322 8066 / 7059 Email: <u>rbft.bereavementoffice@nhs.net</u>	Opening hours: For public Monday to Friday 9am-4pm (by appointment only - excluding weekends and bank holidays) For staff Monday to Friday 8am – 5pm (excluding weekends and bank holidays)
Medical Examiners Service Tel: 0118 322 7237 / 7239 Email: <u>rbft.medexaminers@nhs.net</u>	Opening hours: Monday to Friday 9am – 5pm (excluding weekends and bank holidays)
The Mortuary Team Tel: 0118 322 7743 Email: <u>rbft.mortuaryrbh@nhs.net</u>	Opening hours: Monday to Friday 8am-4pm (excluding weekends and bank holidays)
Patient Advice and Liaison Service (PALS) Tel: 0118 322 8338 Email: <u>PALS@royalberkshire.nhs.uk</u>	Opening hours: Monday to Friday 9am-4pm (excluding weekends and bank holidays)
Switchboard Tel: 0118 322 5111	

This guide is for those parents and carers whose baby has died shortly after birth (up to 28 days of life). We know this can be a difficult time and it can affect people in different ways. This booklet will help you to understand what happens now and the support that is available to you. Not all of this information will be relevant for you, but it might be helpful to keep and read again at a later time.

Where “parents and carers” are mentioned this includes the main carers of the child who may not be the biological parents, such as carers, same sex partners and any other guardians.

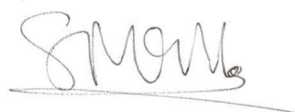
Our condolences

Firstly, I would like to offer my sincere condolences to you and your family at this difficult time.

This booklet aims to help and guide you with the formalities of dealing with your loss.

If there is anything you would like to discuss please contact the Maternity Bereavement Team who will be happy to offer you support and assistance.

Chief Executive

A handwritten signature in black ink, appearing to read 'SMcManus', with a horizontal line underneath.

Steve McManus

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1. What happens next?

We understand that this is a very difficult time for you. We hope the information in this booklet will explain what happens next and answer the more practical questions. A 'Child death review' is a term used to describe the formal processes that happen after a baby dies. This process will depend on your individual circumstances. Your baby will be transferred into the care of the Maternity Bereavement Team or the hospital mortuary while the first reviews take place, this will be until the funeral directors are able to take your baby into their care.

You should be given a named point of contact who will act as your **key worker** throughout the review of your baby's death. This is a person who can provide information and signpost you for further advice or support. This key worker will usually be a specialist midwife or member of a bereavement support team from the hospital.

Your key worker should act as a reliable and accessible point of contact who will assist with co-ordinating meetings, clearly communicate information with you and be your voice at meetings between professionals and feed back to you afterwards.

If you are not sure who your key worker is or have not been allocated one, please contact one of the staff members you have previously had contact with to discuss who this person should be.

Your Key Worker is:

Contact number:

2. The Maternity Bereavement Team

We are a specialist team who provide advice, support, and assistance to parents and carers following the death of a baby at our hospital. The Maternity Bereavement Team will ensure that the practical arrangements are completed in a caring, timely, and professional manner. We can also provide advice on the following:

- The next steps of the process
- Any additional paperwork required, such as burial or cremation papers
- Spending time and making memories with your baby
- Collection of property and valuables
- How to register the birth and death
- Making funeral arrangements
- The Medical Examiner Service (if applicable)
- The Coroner's service (if applicable)

If you would like to take your baby home or out of the country, please let the Maternity Bereavement Team know and they can advise you of when this may be possible and if there is any additional paperwork required.

If you intend to arrange and conduct your own funeral arrangements, please contact the Maternity Bereavement Team who can advise you further on how to do this. You can, if you wish, make preliminary arrangements with a funeral director but it is recommended that you do not book a date until the birth and death have been registered, as the funeral cannot take place before this time.

In order for you to legally register the death, a Medical Certificate of Cause of Death (MCCD) must be completed by a Qualified Attending Practitioner (QAP). This is a doctor who was present once your baby had passed away and is qualified to complete the MCCD.

There are two ways this can happen, and the Bereavement Team will explain which applies to you and your baby – if a Coroner needs to investigate then please read section 4. If there isn't the need for the Coroner, you can skip on to section 5. The Medical Examiner Service.

3. Arranging to see your baby

You should be given the opportunity to spend time with your baby but there are some situations where this cannot happen or when someone else is required to be present as well.

If you wish to see your baby while they are still at the hospital and the Coroner is involved, they will need to authorise a visit to take place before this can be booked. Depending on the circumstances, they may also add restrictions or require a member of staff to attend with you.

If your baby is under the care of the Maternity Bereavement Team, you can arrange a visit by contacting the team directly.

If your baby is under the care of the Mortuary team, a visit can be arranged through the Hospital Bereavement Team. When booking a visit, the bereavement officer will ask you to confirm your baby's details such as full name, date of birth, date of death, address, name of hospital ward they were on and the NHS number (if known). We need this information to confirm the booking and pass on to the mortuary staff. When attending the viewing you will be asked to confirm three of these identifiers again and sign paperwork to this effect. **Please bring a form of ID with you, such as a driving licence or passport. If you do not have these available, please speak to the hospital bereavement team.**

You can also arrange to see your baby at your chosen funeral directors once they have taken your baby into their care after registration of death has taken place. Your key worker may be able to advise you on other opportunities that involve spending some time with your baby.

4. The Coroner

Under certain circumstances, it is a legal requirement to inform the Coroner of a child's death. If this is necessary, a consultant or the Maternity Bereavement Team will talk you through the process. If there is a need to contact the Coroner, the Coroner will decide if the treating doctor can issue the Medical Certificate of Cause of Death (MCCD) or whether further investigations are needed such as a post-mortem and/or an inquest. There is only one type of post-mortem examination which can be carried out without your consent, and this is one ordered by a Coroner. You will be informed if your baby's post-mortem has been ordered by a Coroner. You will still be able to express your wishes to your key worker, which the Coroner can consider. If a postmortem examination is required, your child will be transferred to another hospital that specialises in paediatric pathology. The Coroner's Office will provide details of this to you in advance. If a postmortem shows that the death was due to natural causes, the Coroner will issue a notification to the Registrar, which gives the cause of death so that the death can be registered. If required, the Coroner will give your chosen funeral director a certificate for cremation. If the postmortem shows that it wasn't due to natural causes and there is to be an inquest, an interim certificate of fact of death can be issued by the Coroner. If the Coroner decides that the doctor can issue the MCCD without further investigation, the Maternity Bereavement Team will contact you and the registration will continue as detailed on page 13. The Coroner's Office can be contacted for further advice and information if needed.

Berkshire Coroners' Office

Telephone 0118 937 2300

Email coroner@reading.gov.uk

Website <https://www.reading.gov.uk/life-events/>

8am-4pm Monday to Friday (excluding bank holidays)

5. The Medical Examiner Service

If the Coroner does not need to be informed about the death of your baby, you will be referred to the Medical Examiner (ME) service. The Medical Examiner is an independent senior doctor. Their role is to scrutinise the medical records, speak to a doctor who was present to confirm the death of your baby and together agree on the wording for the Medical Certificate of Cause of Death (MCCD). Within a few days of the death, you will have the opportunity to speak to the ME. You only need to speak to the ME if you want to. Your key worker can talk to you and pass this information to the ME.

If you would like a telephone conversation with the ME, they will inform you of the cause of death recorded on the MCCD. You will also have the opportunity to ask any questions about the cause of death or about any aspect of the care received around the time of your baby's death.

Following the call, the ME will release the completed MCCD and any other legal documents to the Maternity Bereavement Team, who can share this information with you. They will then arrange the birth and death registration appointments for you.

6. Hospital postmortem consent

The hospital doctor issuing the Medical Certificate of Cause of Death (MCCD), or the Maternity Bereavement Team may ask you to consider a hospital postmortem. They will discuss this with you and explain the reasons why. These are sometimes important for further learning about the cause of death and improving treatments. You will be under no pressure to consent. It will not delay the registration process. The doctor can issue the MCCD, and you can register in the usual way as detailed previously.

If you do agree to a hospital postmortem, a trained consent taker (usually from the Maternity Bereavement Team) will be able to guide you through the process.

You have 48-hours after signing the consent form to change your mind and withdraw consent by calling the Maternity Bereavement Team. If you consent to a hospital postmortem, your baby will be transferred to another hospital that specialises in paediatric pathology. The results of a hospital post-mortem usually take around 12-14 weeks and the Maternity Bereavement Team will arrange a meeting to go through the results with you once they are back if you want to do this.

7. Milk donation

Not every woman wants to stop lactating at this difficult time, and there is the option of donating your milk to the Oxford Milk Bank. Please contact the Infant Feeding Team at the Royal Berkshire Hospital if you have any further questions by email at rbft.infantfeedingteam@nhs.net, or you can contact the Oxford Milk Bank directly:

Amanda Wood, Oxford Milk Bank manager

Email: amanda.wood@ouh.nhs.uk or log onto www.ouh.nhs.uk/infantfeeding to download our registration form.

8. Natural milk production

The amount of milk produced in the breast will vary from person to person and will reduce naturally over a period of time.

Engorgement

Engorgement is when the breasts become swollen, firm and painful. It can happen between 2-5 days after the death of your baby. Your breasts can leak milk and feel uncomfortable for up to 7-14 days. This can settle on its own. If severely engorged, your breasts can become hard, shiny, warm and slightly lumpy to touch. Breast engorgement actually helps to suppress the production of breast

milk. However, painful breast engorgement is not necessary and can be avoided.

Mastitis

Mastitis is inflammation of the breast, which, if left untreated, can develop into a more serious infection.

Symptoms include:

- red, swollen area on the breast that is hot and painful to touch
- breast lump or area of hardness on the breast
- white or blood stained nipple discharge
- flu-like symptoms including fatigue, chills, fever

If you display any of these symptoms, it is recommended that you contact your midwife, health visitor or GP as antibiotic treatment may be required.

Relieving symptoms of engorgement

There are various methods that can be used to reduce milk production, including prescribed medication and a milk reduction routine. These are a few suggestions to help relieve engorgement

- Take regular pain relief
- Wear a support bra all the time
- Use breast pads to absorb leaking milk
- Use cold compresses or gel packs on the breasts
- If your breasts feel very full, hand express a small amount off for comfort
- Apply washed and chilled cabbage leaves to the breasts
- Have a warm bath or shower to allow the breasts to leak naturally (ensure shower water jets are not directly on the breasts)
- Sleep in a semi upright position to avoid pressure from heavy breasts

Reducing your milk supply

If you were expressing regularly for a premature or ill baby you will need to gradually reduce the amount of breast milk produced. This

can be done through increasing the time between hand or pump expressing, over a few days and eventually coming to a stop. We would suggest the following

- Day 1 Pump each breast for 5 minutes every 4-5 hours
- Day 2 Pump each breast for 3-5 minutes every 6 hours
- Day 3 Pump each breast just long enough to relieve discomfort

Medication

Cabergoline (Dostinex) prevents / suppresses milk production by blocking the hormone that is secreted to produce milk. It should be used alongside a milk reduction routine. Your midwife or GP will be able to arrange this

The funeral

Around the time of your baby's funeral is going to be highly emotional. This unfortunately can affect your milk production and you may experience engorgement even though you thought things were settling down. If possible, sit down and support your breasts with your arm. Let people know not to hug you too hard if your breasts are painful

9. Organ and tissue donation

You may wish to consider organ or tissue donation (cornea and heart valve). The Maternity Bereavement Team can arrange for a specialist nurse from the national referral centre at NHS Blood and Transplant to contact you by phone to discuss tissue donation and answer any questions you may have. Donation will not delay the funeral arrangements.

NHS Blood and Transplant

Telephone 0800 432 0559

10. Donation to medical science

You may wish to consider donating your baby's brain or spinal cord to medical science for anatomical examination, education, training and research. This must have been agreed and signed for before your baby died, with a written consent form direct from the organisation. If this is something that you have decided on, you should contact the relevant organisation and also inform the Maternity Bereavement Team. The closest centre to the Royal Berkshire Hospital is John Radcliffe Hospital in Oxford. There are restrictions to donation, so please speak to the centre directly for further information.

John Radcliffe Hospital Bereavement Office

Telephone 01865 220110

Bequest Office

Telephone 01865 272181

Department of Physiology, Anatomy & Genetics

University of Oxford

Sherrington Building, Parks Road, Oxford OX1 3PT

Opening hours 8.30am-2.00pm Monday-Friday

Please note there is a 5-day period between the day of a death and being able to accept.

They would be unable to accept during the Christmas and Easter periods as the department is closed.

11. Registering the death

If the MCCD is issued by the Medical Examiner, the Maternity Bereavement Team will send it to the Register Office. If the Coroner has been involved, they will send on the paperwork directly. Once the appropriate paperwork has been sent to the local Register Office (this may not be Reading if your baby was moved to a different hospital), the Maternity Bereavement Team will talk to you and find out the best time of day to make a combined birth and death registration appointment on your behalf. It is possible to register outside the county by declaration, but this could cause a delay. The Maternity Bereavement Team can explain the process if required. Registering a birth and death is a legal requirement and should be done within five days of the cause of death being agreed, where possible.

Reading Register Office

Civic Offices, Bridge Street, Reading RG1 2LU

Telephone 0118 937 3533

Website <https://www.reading.gov.uk/life-events/deaths/>

9am-5pm Monday to Friday (excluding weekends and bank holidays)

Location of the Reading Register Office



<https://maps.app.goo.gl/9XkGxANFAYHaxhvs6>

Please note that there is no parking at the Civic Offices. The nearest car parks are at the Holy Brook, Oracle or Broad Street Mall.

Who can register?

The death of a baby is usually registered by one or both of the baby's parents. If parents are married, either parent can attend this appointment and both parents will automatically be included in the certified entry. Parents who are not married at the time of their baby's birth and who want the father/non-birthing parent's details to appear in the certified entry must both be present at the appointment. It is recommended that photo ID is taken to this appointment if possible.

During the appointment

At the appointment you will meet the registrar who will complete the birth and death certificates. The appointment with the registrar takes approximately 30 minutes. During the appointment, the registrar will ask you:

- Your baby's full name
- Your address
- Date and place of birth
- Date and place of death
- You (the 'informant's') name and address.

The Registrar can help with the official 'Tell Us Once' service that alerts other government agencies of the death at the same time. The Registrar can provide you with the unique reference number and details of the service.

The Registrar will produce a certificate of burial or cremation ('green form'). This is for your appointed funeral director. It confirms that the registration has taken place, and the funeral arrangements can proceed. If the Maternity Bereavement Team are arranging the funeral with you, please pass this back to them following the registration appointment.

There is no charge for these services unless you want more than one copy of the certificates.

There is a charge for any amendments / corrections to registration entries. Please check very carefully before signing to say that you agree with the death certificate details before they are printed.

12. Additional reviews

All baby deaths will undergo a child death review process even if there are no concerns. Your key worker will be able to give you further information on this. They can advise when you will be expected to receive feedback on these reviews and if your involvement is required in any way.

Below are examples of the reviews that may take place, not all will be necessary – this will depend on the circumstances of the death.

Perinatal Mortality Review (PMR): The hospital (or hospitals) where you and your baby spent time, must review the care that you both received. This is called a hospital ‘Perinatal Mortality Review.’ If this is the case, a specialist midwife will contact you and give you more information about the process and how you will receive feedback. Your input is very important, and you will be asked whether you have any questions or concerns about your care that you would like to be included in the review. It is completely up to you if you want to be part of this process.

During the review, a senior clinical team will look through your (and your baby’s) hospital notes to understand events that led up to the death of your baby. The team will include clinicians who do not work at this hospital. The completed review will be shared with you, if you wish, when complete.

JAR – Joint Agency Response: This is for deaths that are unexpected or have an unclear cause. This will involve health professionals, the police and other agencies to work together to give support and try to understand how your baby died. This usually requires an initial meeting with a treating doctor and the police to gather information on the circumstances of the death. The involved professionals will then share information and eventually share this with the Coroner. You will then be informed of the conclusion from this.

Child Death Overview Panel (CDOP): This is a review to look at all child deaths that happen in the local area. The main purpose of this is to learn from these deaths and try to make changes to reduce the risk of them happening again. All cases are anonymised, and no identifiable information is given for this panel. They then make recommendations and reports about the lessons learned to those responsible locally. This report is released annually and can be accessed by the public online via their website.

Maternity and Newborn Safety Investigations (MNSI): The MNSI programme is part of a national strategy to improve maternity safety across the NHS in England. The programme co-ordinates external investigations when a baby has been born at full term (37 weeks' gestation or over) but has sadly died within the first week of life. This is separate to a PMR or Coroner review but may happen alongside.

13. Collecting your baby's personal items

If your baby had any precious items with them while in hospital, for example a keepsake toy or blanket or any jewellery, please ask the nursing staff for these items before you go home. You can leave small items with your baby if you would like. These will remain with your baby and be transferred with them to the funeral directors.

If you are not present or forget any items, the ward staff will send any property to the Hospital Bereavement Office or pass it onto the Maternity Bereavement Team. Any valuable items may remain on the ward in a secure safe for you to collect.

Please note the Trust will dispose of any uncollected property after 28 days and valuables after one year, in line with departmental policy.

14. Collecting your baby from the hospital mortuary

Why would this be necessary?

You may wish to take your baby home before either a hospital funeral or a private funeral. Or, if your baby was born before 24 completed weeks of pregnancy, you wish to make family arrangements for your baby.

Who can do this?

Either parent or someone else you have designated, who has the correct permission and identification, can collect your baby.

When can we do this?

The hospital mortuary is open Monday to Friday 7am to 4pm, excluding Public Holidays. An appointment must be made by ringing the mortuary staff on 0118 322 7743.

What will happen to my baby?

Your baby will be prepared by the Delivery Suite staff and transferred to the hospital mortuary by the porters.

If you wish to collect your baby directly from the Delivery Suite, please speak to the Delivery Suite staff or the bereavement midwives.

What do we need to take?

You will need something suitable in which to carry your baby. We can lend you an appropriate carrier from the Delivery Suite. Please return this when you have finished with it. You can arrange return with the Maternity Bereavement team on 07500 123 912 or by emailing rbft.bereavementmidwives@nhs.net

You will need photographic proof of ID and address, e.g. a driving licence, or, if you are not one of the baby's parents, written proof that you have permission to collect the baby, as well as proof of ID.

Collecting your baby

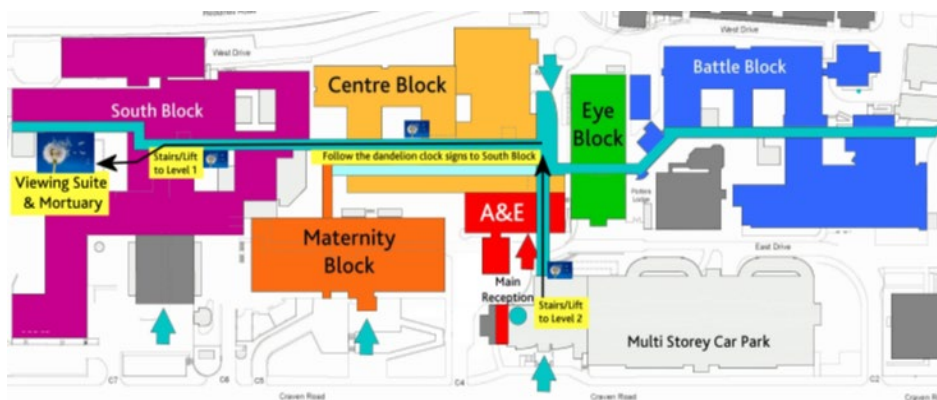
Please be aware that you will be asked to identify the baby from his or her name tags, which will involve viewing your baby's body. You will also be asked to sign the mortuary ledger to say that you are taking responsibility for your baby after his or her release.

15. The Medical Examiner's Offices

The Medical Examiner's Offices are located on Level 1 in South Block. Follow the dandelion signs from the Craven Road main entrance to the office. The offices are located next to the Viewing Suite and mortuary, as indicated.

Main reception staff will be more than happy to show you the signs to look for if you need further assistance.

Visits to the office are by appointment only. Please contact the Bereavement Office to arrange a visit if required. You will be asked to show a form of identification e.g., passport or driving licence on arrival.



16. Remembering your baby

For more information about the different ways to remember your baby, including creating a Timeless Tribute or leaving a dedication on our Memory Wall, please contact us or visit our website.

Alongside this, you can also opt to write a tribute to your baby in the remembrance book located in the hospital chapel. Please contact the Maternity Bereavement Team for more information.

The Maternity Bereavement and Hospital Chaplaincy Teams hold bi-annual remembrance services specifically for babies, which you are welcome to attend. Please contact the Maternity Bereavement Team if you would like some more information.

The Royal Berks Charity supports the Royal Berkshire NHS Foundation Trust across all sites. The charity's mission is to provide vital funds that enhance the care and experience of patients and staff.

You may wish to make a donation in memory of your baby. Giving in memory of someone special is a meaningful way to pay tribute to a loved one – honouring them and helping others at the same time and the Royal Berks Charity is always incredibly touched and grateful to receive these donations.

Royal Berks Charity

Registered Charity No. 1052720

Telephone 0118 322 8860

Email: charity@royalberkshire.nhs.uk

Website: <https://royalberkscharity.co.uk/get-involved/in-memory/>

17. Parking at Royal Berkshire Hospital

Parking at the hospital is often difficult with limited spaces. There are some pay and display parking bays (parking restrictions apply) in streets adjacent to the hospital if you are unable to find one in the hospital car park. Due to parking restrictions, please allow plenty of time to arrive if you have a pre-arranged appointment.

18. The Spiritual Healthcare Team (Chaplaincy)

The Trust has a team of experienced chaplains drawn from a range of religious and belief traditions. They are available to offer support and guidance during this time.

Hospital Spiritual Healthcare Team (Chaplaincy)

Telephone 0118 322 7105

8am-4pm Monday to Friday

Out of hours – please ask ward staff or ward receptionist to page the on call chaplain or call switchboard on 0118 322 5111

19. Patient Advice and Liaison Service (PALS)

PALS is a service who can liaise with wards and departments to provide answers to questions you may have about your experience. PALS aim to provide a reply to your enquiry within five working days. Sometimes it may take longer than this because they simply need more time to find the answer or because the enquiry is more complex. You can contact PALS using the details below:

Patient Advice and Liaison Service (PALS)

Telephone 0118 322 8338

Email: PALS@royalberkshire.nhs.uk

Main Entrance, Level 2

Royal Berkshire Hospital, Craven Road, Reading RG1 5AN

Opening Hours: 8.30am-4.30pm Monday to Friday

20. Making a formal complaint

You may decide that PALS is unable to help you on this occasion, or they may suggest that your enquiry would be better addressed as a formal complaint. To raise a formal complaint, you will need to put the concerns in writing (if you have not already done so via PALS).

Complaints Team

Telephone 0118 322 8338

Email: complaints@royalberkshire.nhs.uk

Main Entrance, Level 2, Royal Berkshire Hospital, Craven Road, Reading, RG1 5AN

The Complaints Team will be in contact with you directly to acknowledge your complaint and explain what happens next. The Complaints Team aim to investigate formal complaints within 25 working days, and you will receive a response to your complaint, either by letter or in a meeting.

21. Giving feedback

You may want to give feedback about your experience to someone independent of the hospital. There are Maternity and Neonatal Voices Partnerships (MNVPs) who work with every hospital to gather feedback and improve maternity services; they are not a complaints service but are passionate about listening to your feedback and ensuring that positive changes happens. MNVP's are independent NHS funded working groups, mostly made up of parents and carers who have experienced care, and sadly bereavement at the Royal Berkshire Hospital. To find out about the MNVP visit the website <https://www.royalberkshiremnp.org> or email feedback@royalberkshiremnp.org

22. Ongoing help and support

Support is so vital during this time and the Bereavement Team and your key worker, along with your family and friends and sometimes your GP or family doctor can provide some support. It is quite normal to feel that you need more support, and you may wish to contact other services and organisations such as those listed below following your bereavement.

The Willows Support Group

The Willows Support Group is made up of a group of people in the Reading area, whom have all lost babies at various stages. They hold monthly group meetings to enable parents to share their experiences with other parents who have gone through the devastating loss of a baby. They also support the Maternity Bereavement Team with memory boxes, furniture, consumables etc. for use in the bereavement rooms within RBH Maternity.

Web: www.willowssupportgroup.co.uk

Email: thewillowroom@hotmail.co.uk

Child Bereavement UK

Information and support for bereaved children and families.

Web: <https://childbereavementuk.org>

Tel: 0800 02 888 40

4Louis

A charity that works across the country to support anyone affected by miscarriage, stillbirth and the death of a baby or child.

Web: <https://4louis.co.uk>

Tel: 01915 144473

Sands

The Stillbirth and Neonatal Death Charity (Sands) is a national charity in the United Kingdom that provides support to anyone affected by the death of a baby.

Web: www.sands.org.uk

Tel: 0808 164 3332

Footprints Baby Loss Charity

Footprints Baby Loss is a local bereavement charity that provides vital support to parents and families who experience the death of one or more of their twins or triplets before, during, or after birth.

Web: <https://www.footprintsbabyloss.org>

Email: support@footprintsbabyloss.org

Tommy's

Tommy's is the largest UK pregnancy and baby loss charity, funding research into baby loss and providing trusted information and support.

Web: www.tommys.org

Tel: 0800 0147 800

Cruse Bereavement Support

Bereavement support, information and campaigning for all.

Web: <https://www.cruse.org.uk>

Tel: 0808 808 1677 (National)

Tel: 0134 441 1919 (Berkshire & Borders)

Daisy's Dream

A charity supporting children through bereavement.

Web: www.daisysdream.org.uk

Tel: 0118 934 2604

The Lullaby Trust

Bereavement support for those affected by SIDS

Web: <https://www.lullabytrust.org.uk>

Tel: 0808 802 6868

Winston's wish

Supports bereaved children, young people, their families and the professionals who support them.

Web: <https://www.winstonswish.org>

Tel: 0808 020 021

The Mariposa Trust

Supports those affected by baby loss from pregnancy to infancy.

Web: <https://www.mariposatrust.org>

Tel: 0300 323 1350

Child Death Helpline

Helpline service for those affected by the death of a child.

Web: <https://www.childdeathhelpline.org.uk/>

Tel: 0800 282 986

Books about bereavement

There are books available that can help you when explaining a death to young children:

- In The Stars by Sam Kitson - a virtual version of this book is freely available on YouTube:
https://www.youtube.com/watch?v=S7C_UVewPU8
- Where Are You, Lydie? By Emma Poore
- Chester Raccoon and the Acorn Full of Memories by Audrey Penn
- I Miss You: First look at Death by Pat Thomas
- Ida, Always by Carol Levis and Charles Santoso
- Why Do Things Die? By Katie Daynes
- Feeling All My Grief by Kim T.S
- I Can't Believe They're Gone by Karen Brough

Personalised books

These books have been written specifically to share with younger siblings or children of siblings who have died, to help keep the memory of loved ones alive using comfortable and safe dialogue and imagery. Web: <https://www.lossbooks.com/>

Notes

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

Authors: Victoria Hunt, Amy Wood and Louise Neal, RBFT Maternity

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