


Antenatal Results & Choices

ARC provides information and support to women and their partners:

- 
- Making decision before, during and after antenatal testing
 - Dealing with the consequences of screening tests
 - When fetal condition is suggested or diagnosed
 - Making decisions about the future of the pregnancy
 - Coping with the aftermath of their decisions



The consequences of a decision to terminate an abnormal pregnancy remain with parents forever. It is always very hard, but how we come to terms with the loss of that baby depends to a large extent on how we are treated from the time that an abnormality is discovered.

**Quote from first
Annual Review,
1988/89**

Antenatal Results & Choices

Online Forums

Trained Peer
support

Helpline

Parent
meetings

Website

Policy &
Research

Professional
Training

Booklets
hard copy and
online

ARC Publications

Ending a Pregnancy after Prenatal Diagnosis

"I am not sure how I'd have coped if I hadn't had first the booklet and then the support and contact from other ARC parents. Knowing that you are not alone in your feelings, and that others understand what you are experiencing is a great comfort."

**Antenatal
Results &
Choices**

arc-uk.org
Helpline 020 7713 7486

A Handbook for Parents
after a Prenatal Diagnosis

Supporting You Through Your Pregnancy

"Ultimately, you need to feel that you have made the choice that is right for you. Your decision will be respected and supported by all the health professionals responsible for your care."

**Antenatal
Results &
Choices**

arc-uk.org
Helpline 020 7713 7486

12-15 Crawford Mews
York Street
London
W1H 1LX

020 7713 7356
info@arc-uk.org

Helpline 0207 713 7486
www.arc-uk.org

**Antenatal
Results &
Choices**

**Antenatal
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ARC Publications

Supporting you through
difficult family times

Talking to Children

"The decision to end the pregnancy may have been made with your other children in mind, but the decision belongs to you and is part of your story, not theirs. Your children do not need to know all the details."

Antenatal
Results &
Choices

arc-uk.org
Helpline 020 7713 7486

Supporting you through
difficult family times

Help for LGBTQ Partners

"Some people experience unhelpful assumptions, questions, suggestions, or even negative attitudes from professionals or other people around them, due to their sexuality or gender identity."

Antenatal
Results &
Choices

arc-uk.org
Helpline 020 7713 7486

Supporting you through
difficult family times

Help for Fathers

"Most men try to support their partner while being emotionally hurt themselves. It helps to understand that a lot of the feelings we go through may seem irrational but are part of the grieving process."

Antenatal
Results &
Choices

arc-uk.org
Helpline 020 7713 7486

Supporting you through
difficult family times

Help for Grandparents

"While shopping every woman seemed to be pregnant, every woman of my age was pushing their grandchild in the pram. I was so envious and, ashamed to say, jealous."

Antenatal
Results &
Choices

arc-uk.org
Helpline 020 7713 7486

Appropriate Support

ARC

SANDS

Miscarriage Association

Held in our Hearts

Simba

Child Bereavement UK

Baby Loss Retreat

Community Link Workers

“Care whilst in hospital was excellent, but I felt lost and alone when I arrived home”

‘Because I had made the decision to end my pregnancy, I never thought I was worthy of any help, so I never looked for it.’



Thank You!

**Antenatal
Results &
Choices**

www.arc-uk.org
info@arc-uk.org
020 7713 7486



@ARCCantenatal



Antenatal Results
and Choices (ARC)

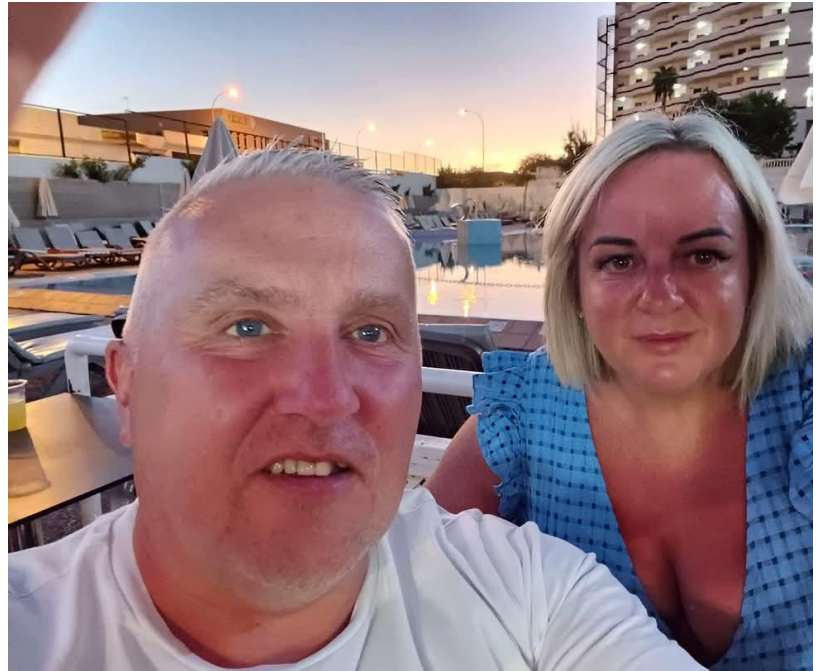


BABY LOSS

Retreat

BABY LOSS
AFTERCARE SUPPORT

SC048126



**Baby Loss Retreat
aim to relieve the
emotional and
psychological
suffering to parents
who have lost a
baby at any stage.**



BABY LOSS

Retreat

**Parents can get 6
Sessions of
Counselling or
Trauma Therapy from
one of our Qualified
Counsellors.**





After the Counselling sessions are complete the parents get 2 days away at one of our Retreats in Dumfries or Glenrothes

This for them to get away from all the pressures in an isolated area to reflect on their loss and talk together and understand each others grief

Our retreat in Dumfries has a Memorial bench for parents to add their babies names



Every parent gets a comfort bag on the retreat with personal items on Baby Loss and dealing with your grief.

BABY LOSS
Retreat
BABY LOSS
AFTERCARE SUPPORT
SC048126



BABY LOSS
Retreat

BABY LOSS
AFTERCARE SUPPORT

Baby Loss Retreat offer:
Baby Loss in the workplace training,
which is CPD Certified.
More information can be given by
contacting the charity

CPD CERTIFIED

The CPD Certification Service



BABY LOSS
AFTERCARE SUPPORT
SC048126




**BABY LOSS
IN THE
WORKPLACE
TRAINING**

RAISING THE STANDARDS BY IMPLEMENTING
BABY LOSS AWARENESS AND SUPPORT
WITHIN THE WORKPLACE AND CREATING THE
CORRECT POLICIES TO HELP WITH AN
EMPLOYEE AFFECTED BY BABY LOSS

CONTACT US ON

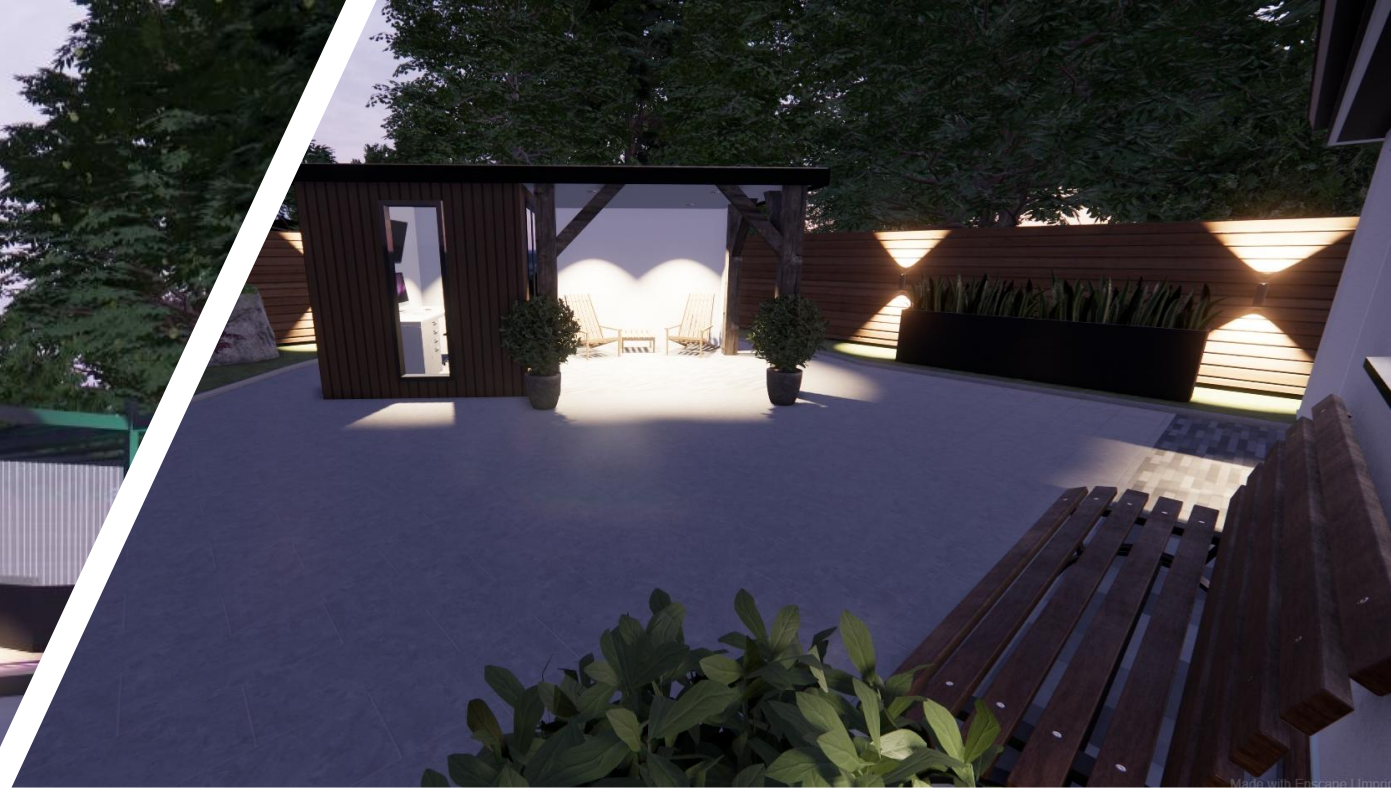
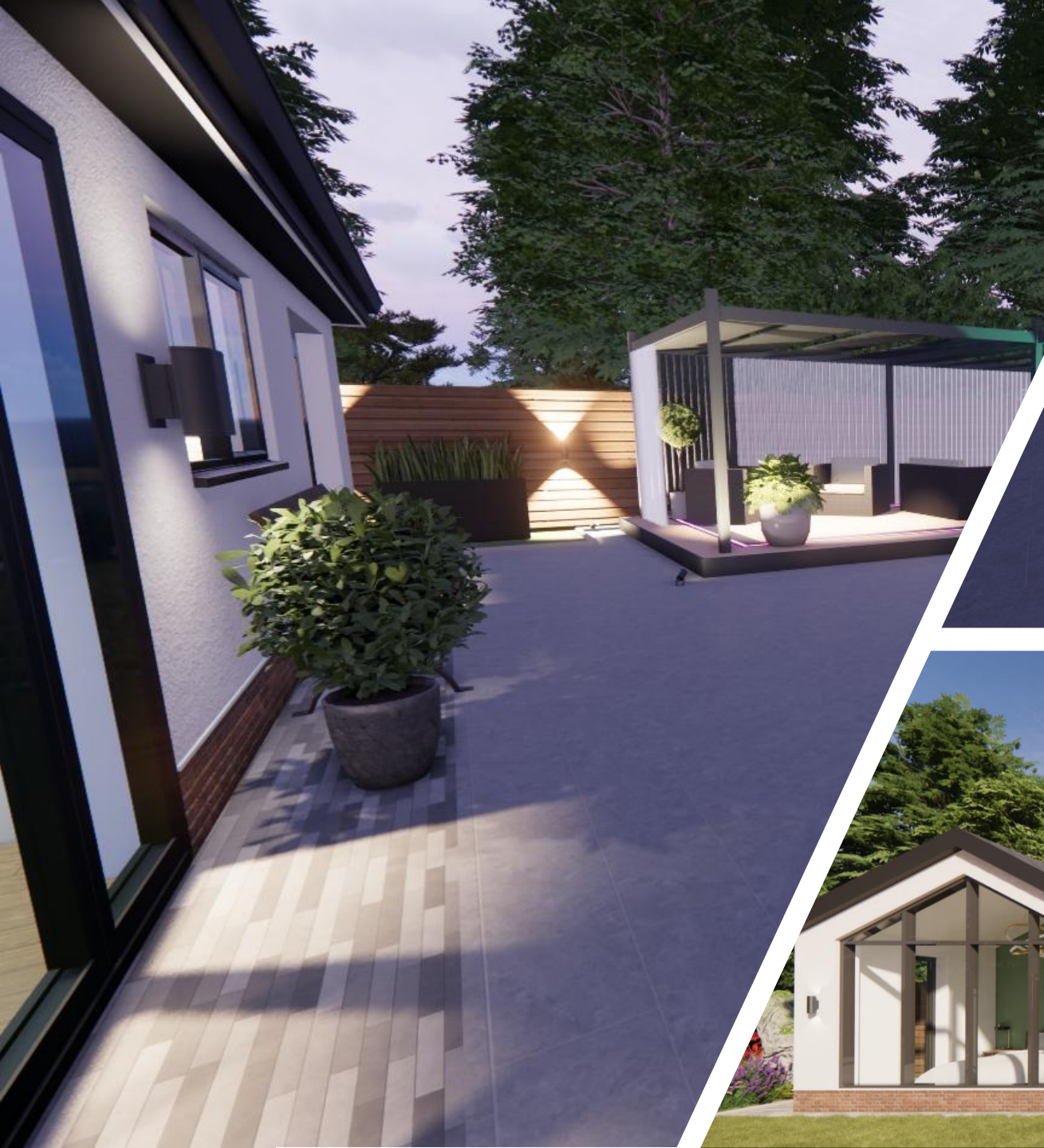
bryan.morrison@babylossretreat.org.uk



The plan agreed by the Charity in 2024 was to have our own Retreat so we can manage the time parents can spend at the Retreat or they want time away during Babies birthdays, Mothers day or any other milestones that gets too much and need time away

We hope to have this completed by 2028







BABY LOSS
AFTERCARE SUPPORT

SC048126

bryan.morrison@babylossretreat.org.uk

www.babylossretreat.org.uk

HELD IN OUR HEARTS

Baby loss counselling
and support





We offer bespoke and flexible compassionate care after pregnancy, baby or infant loss so no one is alone at this devastating time.



Empathy



Connection



Love

Counselling

- Individual online or in person
- Up to 12 months
- Weekly sessions

Peer Support

- 1-2-1 in person, online, telephone, email or WhatsApp
- Person centred
- Continuity of care provided long term
- Group support offered via walk and talks

Hospital To Home

- Early Intervention to bridge the gap from clinical to community care.
- Opt out service providing 6 sessions in the family's home.
- In partnership with NHS
- Assist bereaved parents to navigate grief and reduce isolation.

Community

- Ongoing connection and support for as long as helpful
- In person events around important dates (Mothers Day, Christmas, Baby Loss Awareness Week)
- Team Held In Our Hearts fundraising events

Hospital to Home – a new way to support

- Hospital to Home provides an opt out approach to families whose baby has died after 12 weeks of pregnancy and under school age.
- The project intends to fill a gap in the transfer of bereaved families between hospital and home by providing bespoke and targeted short term support to bereaved families.
- This allows the H2H support workers to **reach in** so families do not have to **reach out** for support.





Support offered by H2H



- 6-8 visits at home at a time that suits the family.
- Physical and emotional support in the early days and weeks.
- Assistance with planning funeral/memorial arrangements.
- Support to prepare for and attend follow up hospital appointments.
- Provide information on grief to family and extended family and friends.
- Talk to siblings and provide books for home and school.
- Provide advice and support to families returning to work.
- Continuity of care and long term support through peer support or specialist baby loss counselling





Hopes for the future...

- We believe that every bereaved person should have the right to emotional and practical support after pregnancy, baby or infant loss.
- Psychosocial support should be an automatic offering and not something that families have to ask for or seek to find themselves.
- We hope no one in Scotland is alone after their baby dies.





MISCARRIAGE ASSOCIATION

Scottish Community Link Workers Network
Knowledge Exchange Event

4 September 2025

About miscarriage and pregnancy loss

Miscarriage – most common form of pregnancy loss, more than 1 in 5 pregnancies end this way

Ectopic pregnancy – potentially life-threatening, happens in approx. 1 in 80/90 pregnancies

Molar pregnancy – rare complication of conception, happens to 1 in 600 pregnancies and requires specialist follow up care

About us

- Founded in 1983 – offering specialist support for over 40 years
- The leading UK charity specifically dedicated to pre-24-week pregnancy loss (working across England, Scotland, Wales and NI)
- Free support and information for anyone affected by miscarriage, ectopic pregnancy or molar pregnancy
- Support for those affected by recurrent loss or pregnant after loss
- All services include partners and others connected to the loss

About our Team



Our vision

Everyone affected by pregnancy loss gets the care, support and information that's right for them.

Miscarriage, ectopic and molar pregnancy can be a deeply distressing and difficult experience and, all too often, one that is endured alone. For many people, the loss of a baby in pregnancy will feel like a bereavement and we want to ensure that they feel validated to treat it as such.

We want to instill a lasting shift in the way society views pregnancy loss. It is our vision that pregnancy loss and its impact is widely recognised, and everyone who experiences it gets the understanding, care and support they need.

Our Mission

We raise awareness of pregnancy loss and its impact and advocate for all those affected.

We provide people with the support and information they need and guide health professionals to deliver the best possible care.

We challenge policy and practice, so people experiencing pregnancy loss are seen, heard and supported in all aspects of life, from healthcare to employment.

Our Support Services

- [Staffed helpline](#) (Mon, Tues, Thurs 9-4pm and Wed, Fri 9-8pm) phone, live chat, email and social media direct message
- A range of [peer support groups](#) (online and in-person)
- These include an in-person Edinburgh group and specific online groups for molar pregnancy (not needing further treatment), recurrent loss and pregnancy after loss
- A comprehensive [website](#) including evidence-based guidance and supportive information
- Patient information leaflets (we provide 200,000+ annually)
- Training and resources for employers and line managers to better support staff in the workplace via our [workplace hub](#)

Pregnancy Loss and Mental Health

- The most common theme that our support service users talk to us about is the emotional impact of pregnancy loss.
- Although in recent years, society has shifted towards an increased understanding of pregnancy loss, people affected may still come up against stigma and a lack of compassion – which can further contribute to feelings of loneliness and isolation.
- For some people, pregnancy loss may be part of what causes a mental health problem – or makes one worse.
- Although more research in the area is needed, pregnancy loss has been linked to anxiety disorders, depression and post-traumatic stress in those who experience the physical loss and in their partners.

Siân's story

“...Depression is not about feeling sad, but is an intense energy sapping illness that crushes, blinds and destroys all hope. My life stopped at the same time as my baby's did. I felt there was no point in anything, and pure darkness filled my days. If I wasn't crying through the night, I would wake up in the morning feeling that I just couldn't face another day. I'd constantly question myself and feel angry whilst the deep pain and sorrow never left me.

Despite people doing their best to reassure me, I blamed myself for losing my baby and not being good enough to give it life. I had dreamed of life together with my son or daughter and what we would do, where we would go, what adventures we'd share, but in truth I had failed at the most pivotal part of my life. I felt so alone and empty.”

Siân's story - continued

“...There came a time, and it was quite recently, that I realised that I wanted to do something positive to break free from the chaos my life had turned into – both of self destruction and depression. I knew that if I was to continue like I was, my chances of getting pregnant and sustaining it full term were decreasing twofold, but I knew I couldn't do it alone and needed more intense support. With a professional team around me and the support from close friends and family, I was admitted into a mental health clinic.

For many people I perhaps should be keeping this as a secret, and I shouldn't talk about it in fear of being stigmatised. But in fact, I want to help to start breaking down the barriers of mental health, just as much as I want to feel I can be open about miscarriage too. I believe that losing a baby at whatever stage in pregnancy has an impact on a woman and her mental health to some level and the link between the two has not been properly explored. I hope by sharing my story so far, I am making a step into doing this.”

*You can read Siân's story in full [here](#)

How we help

- While we don't offer counselling, our support services are available to provide emotional support and validation, along with trusted information and resources
- We signpost to a range of support available for people looking to access specialist support for their mental health (e.g. we have a curated directory of counsellors specialising in pregnancy loss, and knowledge of mental health support available through other partner charities, the NHS and wider)
- We also have specific pregnancy loss and mental health resources and information available [via our website](#) – including our leaflet, 'Looking after your mental health during and after pregnancy loss'

Our Support for Healthcare Professionals

- Free to access patient information leaflets for hospitals, clinics and GPs. Order here:

<https://www.miscarriageassociation.org.uk/leaflet-orders/>

- Training and resources on delivering compassionate care, including 'Caring for Women Experiencing Pregnancy Loss' our free 5-module e-learning course:

<https://www.miscarriageassociation.org.uk/information/for-health-professionals/>

- Professional Pause (co-facilitated with the Ectopic Pregnancy Trust) a free, monthly online peer space for health professionals working in early pregnancy care to share experiences, discuss challenges and offer each other support
- Dedicated resources and updates for health professionals via our website and our health professionals' newsletter



MISCARRIAGE
ASSOCIATION

Thank you

Lucy Graham, Head of Operations & Service Delivery

lucy@miscarriageassociation.org.uk

[Sign up](#) to our newsletter to keep up to date with all our news and updates

Sands' Bereavement Support Services



- Person centred, trauma informed support
- Run by a team of paid staff from across all four nations who work from home to deliver a UK-wide, centralised service.
- Distinct from locally based, volunteer led support, which is coordinated by our Community and Volunteering team
- Our **free telephone helpline is on 0808 164 3332**. Again, this is different from any other local numbers which local groups or volunteers might advertise

Our services



Person-centred trauma informed support

- Telephone
- Email
- Webchat (outsourced)
- Social media, including closed groups
- Online community message board
- Online meetings
- Resources and outreach – not focus for today

A high quality, professional service, accredited by Helplines Partnership



- All staff are fully trained with a long induction to ensure readiness
- Regular monitoring of call and other interactions takes place
- Staffing levels include a manager for every shift to ensure safeguarding and other support
- Clear safeguarding processes
- Mandatory debriefs/reflection/monthly clinical supervision
- Data collection to ensure we understand who is using our service, and to shape it in the future

‘I called up the Sands team for the first time in a moment of sheer hopelessness. I was so glad I did and feel so lucky that this support is readily available. Thank you...you made it a little easier to cope that day.’

Bereaved parent, May 2025

Referrals



- You can make referrals to us: contact helpline@sands.org.uk and we will send you a referral form
- We offer interpreted calls, including BSL
- Please note that some calls we receive are off remit: we can't offer counselling, crisis support, financial support, or advice on issues not directly related to pregnancy or baby loss
- But we are here for emotional support for pregnancy and baby loss
- And we are here for you: available for debriefs and any other support



Sarah Pryde-Smith CEO, Simba Charity





2005 – 2025





Our vision

Every family in Scotland receives the support they need following the loss of a baby.



Our mission

To support bereaved families to honour and remember their precious baby whenever the time is right.

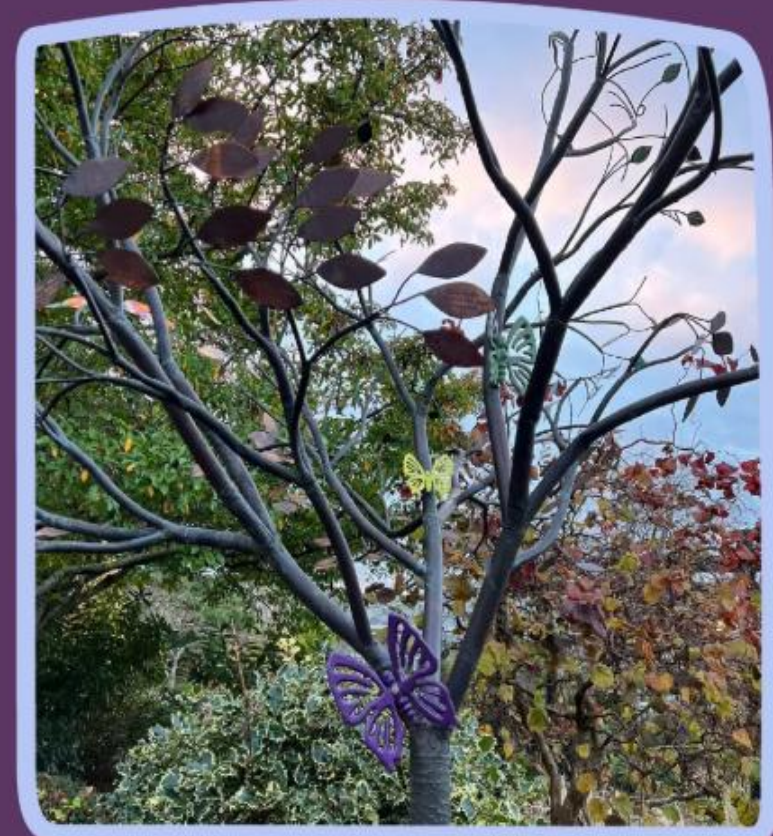
Memory Boxes



Bereavement Rooms



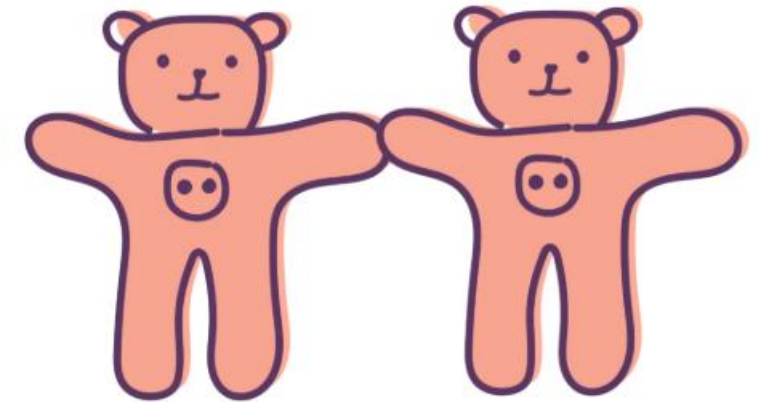
Trees of Tranquillity



Healthcare Professional Training



Volunteers



Small Memory Box



Recommended for a loss of less than 14 weeks gestation.

Medium Memory Box



Recommended for a loss between 14-24 weeks gestation.

Large Memory Box



Recommended for a loss over 24 weeks gestation.

On average, 3000 Simba Memory Boxes gifted annually to...



Hospitals



Homes



Community

Total Memory Boxes Gifted 2018 - 2023

NHS Health Boards	Small	Medium	Large	Total	%
Ayrshire & Arran	972	105	49	1126	9.85
Borders	354	48	12	414	3.62
Dumfries & Galloway	199	55	39	293	2.56
Fife	157	9	26	192	1.68
Forth Valley	1002	112	60	1174	10.27
Grampian	78	78	82	238	2.08
Greater Glasgow & Clyde	2658	585	537	3780	33
Highland	815	136	77	1028	8.99
Lanarkshire	438	80	67	585	5.12
Lothian	1254	286	260	1800	15.75
Orkney	58	10	14	82	0.71
Shetland	48	0	0	48	0.42
Tayside	338	106	80	524	4.58
Western Isles	108	19	13	140	1.22
TOTALS per year (per box)	8239	1589	1328	11,424	

“What I have because of our Simba box are treasures to me now. It was not just the things, but the experiences the Box allowed us to have. Without the Simba box, I’d never have been able to read my baby a story before I said goodbye. I will be eternally grateful. Thank you for doing something so invaluable and giving me everything I didn’t even know I needed.”

“Our Midwife spent time and patience taking beautiful hand/footprints and photos with all the double items. We didn't expect to have such beautiful memories.”

“We will always treasure Finlay’s Memory Box, his little hand and footprints, his blanket of love and our pictures of him. He will always be part of our lives, but thanks to Simba we have something tangible to remind ourselves of him, something we can look at, something we can touch.”

How can we help the CLW Network?

- Provide information postcards to signpost bereaved families on how to request a Simba Memory Box
- Provide training and education on Memory Making
- Collaborate on awareness events and community activities

Sarah Pryde-Smith
Chief Executive Officer

Mobile: 07957 532930

Email: sarah@simbacharity.org.uk

Facebook / LinkedIn: Simba Charity

Instagram: [simba_team](https://www.instagram.com/simba_team)