



www.miss-support.org.uk

Introduction by Abi Clarke (Chief Executive Officer)

www.miss-support.org.uk

SC049108

How did MISS start?

- Formed in March 2017
- Founder (Abi Clarke) lived experience of miscarriage
- Started as a cuppa & chat in Aberdeen with 13 service users attending first session
- Formed a committee 6 months after
- Received funding from HIF (for 1 year) towards venue & refreshments
- Registered as a charity in 2018 & formed board of 8 trustees
- Over the years, growth thanks to our team of 84 volunteers/16 staff; in rural areas; supported over 12,000



Corporate Statement

Mission: to provide compassionate, confidential support to individuals affected by pregnancy loss, trying after loss & pregnancy after loss.

Vision: to build compassionate support where anyone affected by pregnancy loss, trying after loss & pregnancy after loss can find comfort & understanding. We raise awareness, influence healthcare policies & reduce the stigma.

Core values:

- **compassion** (showing understanding and kindness)
- **inclusivity** (every individual feels welcomed & supported)
- **respectfulness** (dignity & sensitivity, maintain honesty & confidentiality)



Our Support Services after EPL

One to ones after miscarriage

- Listening service - using holistic techniques and skills from training; over phone or Teams.
- An empathetic and judgement free safe space
- On average 4 are carried out per week/support coordinator

Counselling

- Student placements provided through Aberdeen University; 2 students each completed 100 in person/online sessions in the last 18 months
- Themes include guilt & self-blame, loss of future expectations, trauma triggers, impact on relationships

Virtual Group after miscarriage

- Drop in held on the second Monday lunchtime of each month. Participants are supported to share their stories, thoughts, and emotions with others in an understanding environment
- Cuppa & crafts held 10-11.30 on the last Saturday morning of each month. A gentle pause for those navigating fertility journeys - a creative group where we fill our cups together.

Service user feedback

"I didn't know what to expect or how it would be but it was useful and made me realise what I am feeling is normal. I felt comfortable enough to speak about my thoughts and experiences and found comfort in hearing from others who know what it's like."

About the Virtual Support Groups

"So kind and supportive the whole time."

"Made me feel constantly supported and validated."

About 1:1's

"Wow, I didn't even know where that has come from"

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"Following the counselling sessions I feel a little lighter - I do not feel like I have the weight of the world on my shoulders anymore. I feel more accepting of what I have been through this past year and have managed to find myself back into a routine which has helped me to feel more like myself again".

About counselling



Support
Pack

Memory
Box



Supportive packs



- Memory boxes include flower seeds, candle & knitted heart
Delivered to Aberdeen, Moray, Highlands, Argyll Bute & Tayside
- Also posted also across Scotland through website
- Support packs are posted & include self-care/wellbeing items
- Provide overnight items for hospitals including clothing & toiletries. Unplanned stays.
- Funded through grants & events

Pregnancy After Loss

Support offered:

- Created a virtual and in person ante natal pregnancy after loss workshop
- Currently working on a grief journal, mini version will be included within memory boxes for free & then a full version to be published/sold
- Regular content shared through social media

Follow at:

- www.instagram.com/misspregnancyafterloss/
- www.facebook.com/MISSPregnancyafterloss/



Current Projects



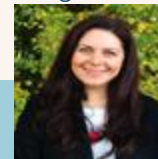
Memorial Gardens

- "Forget Me Not" garden which idea formed in 2021. At Hazelhead Crematorium in Aberdeen. Partnership with Aberdeen City Council & Sands charity. Includes benches, beehive postbox, flower beds.
- Gardens improves mental health & wellbeing, support, encourages outdoors and volunteering opportunities. 1-2 monthly garden maintenance events with companies supported including: BP, Soroptomist, STATS UK.
- Butterfly garden at Gordon Watson Funeral Directors on Great Northern Road, Aberdeen. Partnership with Sands & Archie Foundation. Can colour in a ceramic decoration & add to tree.
- Write on biodegradable paper & goes into postbox then mulched into flower seeds at Oban, A&B since May.
- Wider garden project since June identifying areas within Scotland that have no garden for epl & creating a map of current gardens there are



Miscarriage Leave in Workplace Workshops

- Over 165 organisations attended from across the UK
- Funded through National Lottery & in partnership with MIST
- For team leaders/senior managers & HR
- Content includes how to support teams after loss, mental health & wellbeing, adopt a miscarriage leave policy in workplace, fertility
- Quote from previous attendees: "Excellent content. Easy for me to understand.. I am so pleased spaces are opening for conversations in this area"
- Bespoke sessions including for Worley & RGU in Aberdeen
- Register for free at our next session: www.eventbrite.co.uk/o/miscarriage-services-mist-48479466283



Support through media

Social Media



Newsletter

- Approx 350 subscribers
- Sent out monthly
- Written with thought, research & lived experience
- Information on support, activities & upcoming events

Podcast



- Called 'You are not alone'
- Over 956 full listens, 691 streams, 66 followers
- Topics include acupuncture and fertility, holistic therapies, grief across cultures

Our team

Board

- 3 office bearers
- 4 trustees
- Skills in communication, governance, finance, succession planning
- Report to OSCR
- Meet bi-monthly

Volunteers

- Number of: 84
- Various roles including shop, events, media, fundraising & support
- Inclusivity
- Ages range from 14 to 67

Staff

- 16x staff members
- Funded through grants & corporate mainly
- Part & full time staff
- Roles include Operations, Support & Media

How are MISS funded?

- All services are free of charge
- Approximately £18k outgoings each month
- Multiple income streams to retain sustainable & succession planning
- Includes corporate giving (in kind & donations), fundraising events, supporters, crowdfunding, charity shop, grants, ecommerce & legacy giving
- Very challenging period of time with lack of funding & lack of multi-year --> sustainability





MONTHLY GARDEN MAINTENANCE

Join our 'Forget Me Not' memorial garden cleanup and planting sessions at Aberdeen Crematorium!

Held every month from 10:30 am to 12:30 pm, enjoy a chance to make an impact while connecting with others in our shared space. Let's create something beautiful together!

2026 DATES:

- Friday 10th July
- Saturday 25th July (1:30pm - 3pm)
- Friday 14th August
- Friday 11th September
- Friday 9th October
- Friday 13th November
- Friday 11th December

To sign up visit our website: www.miss-support.org.uk/events



MISCARRIAGE & FERTILITY AT WORK



A free, compassionate training series supporting organisations to better understand and respond to miscarriage, fertility challenges, and childlessness in the workplace.

THURS 5TH FEB

When Loss is Invisible: Talking about Miscarriage at Work
12pm - 1pm

MON 14TH SEPT

Beyond the Rainbow: World Childless Week Awareness
12pm - 1pm

MON 9TH MARCH

Supporting Colleagues Through Pregnancy Loss
12pm - 1pm

WED 14TH OCT

How to better support affected colleagues:
A comprehensive and certified interactive half day workshop
11am - 1:30pm

THURS 7TH MAY

Understanding Mental Health After Pregnancy Loss
12pm - 1pm

WED 4TH NOV

Supporting Him Through Pregnancy Loss - Movember Awareness
12pm - 1pm



Pregnancy After Loss Antenatal Workshops

Three-hour workshops designed to provide compassionate support and gentle education for those navigating pregnancy after loss, alongside their birthing partner

Friday 25th September

12.30pm-3.30pm

Westhill Community Church, Old Skene Rd, Westhill AB32 6AQ

To book a space, visit:

<https://www.miss-support.org.uk/our-services/pregnancy-after-loss-support>

Thanks for listening! Any questions?

For additional support or information please contact
www.miss-support.org.uk advice@miss-support.org.uk