



Over 5,700 babies were stillborn or died within the first four weeks of life in the UK in 2013

Exeter Sands are a local support group offering 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 bereaved parents, family and friends to meet with others who have been through a similar experience.

We also work closely with hospitals in our area to help provide the best possible bereavement care for families when a baby dies.

To find out more about your local Sands support group, our regular meetings and how we can help you, please contact us.

Local helpline: 07548656930

Email: exeter.sands@gmail.com

www.exetersands.org

Facebook: [ExeterSands](https://www.facebook.com/ExeterSands)

Support meetings are held on 2nd Tuesday of every month
7-9pm at St. Thomas Library, Exeter. EX2 9AZ

Supporting anyone affected by the death of a baby and promoting research to reduce the loss of babies' lives

Support: 0808 164 3332

www.sands.org.uk