



## Online Resources: Miscarriage, Baby Loss & Bereavement

Baby Loss / Bereavement Support	
Bereavement Midwives	please speak to your midwife or phone the maternity unit to make contact
East Cumbria SANDS Group (Local Branch)	EastCumbria@Sands.org.uk
SANDS Stillbirth & Neonatal death Charity. SANDS bereavement support App available	<a href="https://www.sands.org.uk/coronavirus">https://www.sands.org.uk/coronavirus</a>
Team Evie (Local Group)	<a href="https://www.teamevie.org/bereavement-support/">https://www.teamevie.org/bereavement-support/</a> <a href="https://www.facebook.com/teameviecharity">https://www.facebook.com/teameviecharity</a>
Miscarriage Association	<a href="https://www.miscarriageassociation.org.uk/information/information-on-coronavirus-covid-19/">https://www.miscarriageassociation.org.uk/information/information-on-coronavirus-covid-19/</a>
Lullaby Trust	<a href="https://www.lullabytrust.org.uk/bereavement-support/">https://www.lullabytrust.org.uk/bereavement-support/</a>
Silent Footprints (Local Group) Currently running "silent footprints" baby loss support service through online and telephone support. Face to face groups will start again once we are able....	<a href="mailto:info@alwaysanotherway.co.uk">info@alwaysanotherway.co.uk</a> 07825152936 / 07516319860 (Gail Dobson Burns/ Jo Haigh)

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