**Letter 1 - Miscarriage, Ectopic Pregnancy and Molar Pregnancy**

Dear

I am sorry to hear of the recent loss of your pregnancy. I am aware this may be a particularly difficult time for you and your partner. I hope that you have already been offered support and advice from the hospital. However, if this is not the case or you wish to discuss your loss further then please do make an appointment to see me. I am also available if you need to discuss any physical health issues you may be experiencing as a result of your loss.

I have enclosed details of local services that offer support for parents who have had similar experiences. I hope you find these helpful.

Best Wishes

Dr

National Support Charities:

**The Miscarriage Association** 01924 200799 [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

This charity offers emotional support via telephone.

**Cradle** www.cradlecharity.org

Supports families who have experienced a miscarriage, including ectopic or molar pregnancy with peer support and fast track counselling.

**Tommy’s** 0800 0147 800 [www.tommys.org](http://www.tommys.org)

This national charity offers emotional support and information following miscarriage and stillbirth.

**Muslim Bereavement Support Service** 02034687333 [www.mbss.org.uk](http://www.mbss.org.uk)

This charity offers emotional support and bereavement counselling with a spiritual context.

Local charities:

**Towards Tomorrow Together** [www.facebook.com/TowardsTomorrowTogether](http://www.facebook.com/TowardsTomorrowTogether)

Email: mel@towards-tomorrow.com

This charity based in Bridgwater, provides a variety of support, information and resources to families following the loss of a baby at any stage of pregnancy.

**Yeovil SANDS Snowdrop Group** [www.facebook.com/thesnowdropgroupyeovil/](http://www.facebook.com/thesnowdropgroupyeovil/)

Email: yeovil@sands.org.uk

Local SANDS group in Yeovil who hold monthly support meetings and have a befriender phone service.

**Little Daffodils** [www.facebook.com/littledaffodilspail/](http://www.facebook.com/littledaffodilspail/)

Offer face to face support groups and sibling boxes for families bereaved from the loss of a pregnancy or baby based in Chard.

**Pregnancy Crisis Support- Mendip** www.g-pccc.org.uk/contact.html

This charity provides counselling service covering Glastonbury, Wells, Street, Bridgwater, Frome, Shepton Mallet, Weston-Super-Mare, Bath, Wincanton and Castle Cary.

**Counselling4Yeovil** [www.counselling4yeovil.org.uk](http://www.counselling4yeovil.org.uk)

This charity provides counselling service covering Yeovil and surrounding areas.

**Letter 2 - Termination of Pregnancy for Foetal Anomaly**

Dear

I am sorry to hear of the recent loss of your pregnancy. I am aware that this must have been a very difficult and emotional decision for you to make and that this is likely to be a challenging time for you and your partner.

I hope that you have already been offered support and advice from the hospital. However, if this is not the case or you wish to discuss your loss further then please do make an appointment to see me. I am also available if you need to discuss any physical health issues you may be experiencing as a result of your loss.

I have enclosed details of local charities that offer support for parents who have had similar experiences. I hope you find these helpful.

Best Wishes

Dr

National Support Charities:

**Antenatal Results and Choices (ARC)** **0207 713 7486** [www.arc-uk.org](http://www.arc-uk.org)

This charity offers emotional support and information through the process of antenatal screening and the steps that may follow this. There is also a private forum for parents who have lost a baby following a prenatal diagnosis.

**Muslim Bereavement Support Service** 02034687333 [www.mbss.org.uk](http://www.mbss.org.uk)

This charity offers emotional support and bereavement counselling with a spiritual context.

Local charities:

**Towards Tomorrow Together** [www.facebook.com/TowardsTomorrowTogether](http://www.facebook.com/TowardsTomorrowTogether)

Email: mel@towards-tomorrow.com

This charity based in Bridgwater, provides a variety of support, information and resources to families following the loss of a baby at any stage of pregnancy.

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Email: yeovil@sands.org.uk

Local SANDS group in Yeovil who hold monthly support meetings and have a befriender phone service.

**Little Daffodils** [www.facebook.com/littledaffodilspail/](http://www.facebook.com/littledaffodilspail/)

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This charity provides counselling service covering Yeovil and surrounding areas.

**Letter 3 - Stillbirth**

Dear (both parents names)

I am sorry to hear of the recent death of your baby. I am aware that this is likely to be a very difficult time for you and your partner, which is understandable. I hope that you have already been offered support and advice from the hospital, however, if you do wish to discuss anything with me, then please do make an appointment.

We like to see all new mothers at six weeks for a health check and I would be grateful if you could make an appointment with me in due course. The purpose of the appointment is to check your physical and mental health, and an opportunity to discuss any other issues.

I have enclosed details of local charities that offer support for parents who have had similar experiences. I hope you find these helpful.

Best Wishes

Dr

National Support Charities

**Stillbirth and Neonatal Death Charity (SANDs)** 0808 1643332 <https://www.sands.org.uk/>

SANDs offers emotional support and counselling to those who have suffered the loss of a baby.

**Tommy’s** 0800 0147 800 [www.tommys.org](http://www.tommys.org)

This national charity offers emotional support and information following miscarriage and stillbirth.

**Muslim Bereavement Support Service** 02034687333 [www.mbss.org.uk](http://www.mbss.org.uk)

This charity offers emotional support and bereavement counselling with a spiritual context.

**Twins Trust** 0800 1380509 www.twinstrust.org

This charity supports all parents of multiples who have experienced loss, whether it was during pregnancy, at birth or any point afterwards.

**The Lullaby Trust** 0808 8026868 [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

This charity offers emotional support by telephone for those who have suffered death of a baby or child.

**Winston’s Wish** 0808 8020021 [www.winstonswish.org](http://www.winstonswish.org)

This charity supports children and young people after a death by providing telephone support as well as information and resources for parents, family and schools to aid them to support the child.

Local support charities

**Towards Tomorrow Together** [www.facebook.com/TowardsTomorrowTogether](http://www.facebook.com/TowardsTomorrowTogether)

Email: mel@towards-tomorrow.com

This charity based in Bridgwater, provides a variety of support, information and resources to families following the death of a baby at any stage of pregnancy.

**Yeovil SANDS Snowdrop Group** [www.facebook.com/thesnowdropgroupyeovil/](http://www.facebook.com/thesnowdropgroupyeovil/)

Email: yeovil@sands.org.uk

Local SANDS group in Yeovil who hold monthly support meetings and have a befriender phone service.

**Little Daffodils** [www.facebook.com/littledaffodilspail/](http://www.facebook.com/littledaffodilspail/)

Offer face to face support groups and sibling boxes for families bereaved from the loss of a pregnancy or baby based in Chard.

**Josephine’s Star** [www.josephinesstar.org.uk](http://www.josephinesstar.org.uk)

Offer support for grieving siblings and their families in Somerset.

**Pregnancy Crisis Support- Mendip** www.g-pccc.org.uk/contact.html

This charity provides counselling service covering Glastonbury, Wells, Street, Bridgwater, Frome, Shepton Mallet, Weston-Super-Mare, Bath, Wincanton and Castle Cary.

**Counselling4Yeovil** [www.counselling4yeovil.org.uk](http://www.counselling4yeovil.org.uk)

This charity provides counselling service covering Yeovil and surrounding areas.

**Letter 4 - Neonatal Death - less than 6-8 weeks old**

Dear (both parents names)

I am sorry to hear of the recent death of your child, NAME OF CHILD. I am aware that this a very difficult time for you and your partner, which is understandable. I hope that you have already been offered support and advice from the hospital, however, if you do wish to discuss anything with me then please do make an appointment.

We like to see all new mothers at six weeks for a health check and I would be grateful if you could make an appointment with me in due course. The purpose of the appointment is to check your physical and mental health, and an opportunity to discuss any other issues.

I have enclosed details of local charities that offer support for parents who have had similar experiences. I hope you find these helpful.

Best Wishes

Dr

National Charities

**Stillbirth and Neonatal Death Charity (SANDs)** 0808 1643332 <https://www.sands.org.uk/>

SANDs offers emotional support and counselling to those who have suffered the loss of a baby.

**Muslim Bereavement Support Service** 02034687333 [www.mbss.org.uk](http://www.mbss.org.uk)

This charity offers emotional support and bereavement counselling with a spiritual context.

**Child Death Helpline** 0800 282986 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

This charity offers emotional support by telephone

**Twins Trust** 0800 1380509 www.twinstrust.org

This charity supports all parents of multiples who have experienced loss, whether it was during pregnancy, at birth or any point afterwards.

**The Lullaby Trust** 0808 8026868 [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

This charity offers emotional support by telephone for those who have suffered death of a baby or child.

**Winston’s Wish** 0808 8020021 [www.winstonswish.org](http://www.winstonswish.org)

This charity supports children and young people after a death by providing telephone support as well as information and resources for parents, family and schools to aid them to support the child.

Local charities:

**Towards Tomorrow Together** [www.facebook.com/TowardsTomorrowTogether](http://www.facebook.com/TowardsTomorrowTogether)

Email: mel@towards-tomorrow.com

This charity based in Bridgwater, provides a variety of support, information and resources to families following the loss of a baby at any stage of pregnancy.

**Yeovil SANDS Snowdrop Group** [www.facebook.com/thesnowdropgroupyeovil/](http://www.facebook.com/thesnowdropgroupyeovil/)

Email: yeovil@sands.org.uk

Local SANDS group in Yeovil who hold monthly support meetings and have a befriender phone service.

**Little Daffodils** [www.facebook.com/littledaffodilspail/](http://www.facebook.com/littledaffodilspail/)

Offer face to face support groups and sibling boxes for families bereaved from the loss of a pregnancy or baby based in Chard.

**Rosie Crane Trust** 01460 55120 [www.rosiecranetrust.org/](http://www.rosiecranetrust.org/)

Providing a 24hour listening ear helpline, drop in centres, befriending service and subsidised counselling to bereaved families.

**Josephine’s Star** [www.josephinesstar.org.uk](http://www.josephinesstar.org.uk)

Offer support for grieving siblings and their families in Somerset.

**Pregnancy Crisis Support- Mendip** www.g-pccc.org.uk/contact.html

This charity provides counselling service covering Glastonbury, Wells, Street, Bridgwater, Frome, Shepton Mallet, Weston-Super-Mare, Bath, Wincanton and Castle Cary.

**Counselling4Yeovil** [www.counselling4yeovil.org.uk](http://www.counselling4yeovil.org.uk)

This charity provides counselling service covering Yeovil and surrounding areas.

**Letter 5 - Neonatal Death – over 8 weeks old**

Dear (both parents names)

I am sorry to hear of the recent death of your child, NAME OF CHILD. I am aware that this a very difficult time for you and your partner, which is understandable. I hope that you have already been offered support and advice from the hospital, however, if you do wish to discuss anything with me then please do make an appointment.

I am also available if you need to discuss any physical health issues you may be experiencing as a result of your loss.

I have enclosed details of local charities that offer support for parents who have had similar experiences. I hope you find these helpful.

Best Wishes

Dr

National Charities:

**Stillbirth and Neonatal Death Charity (SANDs)** 0808 1643332 <https://www.sands.org.uk/>

SANDs offers emotional support and counselling to those who have suffered the loss of a baby.

**Muslim Bereavement Support Service** 02034687333 [www.mbss.org.uk](http://www.mbss.org.uk)

This charity offers emotional support and bereavement counselling with a spiritual context.

**Child Death Helpline** 0800 282986 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

This charity offers emotional support by telephone

**Twins Trust** 0800 1380509 www.twinstrust.org

This charity supports all parents of multiples who have experienced loss, whether it was during pregnancy, at birth or any point afterwards.

**The Lullaby Trust** 0808 8026868 [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

This charity offers emotional support by telephone for those who have suffered death of a baby or child.

**Winston’s Wish** 0808 8020021 [www.winstonswish.org](http://www.winstonswish.org)

This charity supports children and young people after a death by providing telephone support as well as information and resources for parents, family and schools to aid them to support the child.

Local charities:

**Towards Tomorrow Together** [www.facebook.com/TowardsTomorrowTogether](http://www.facebook.com/TowardsTomorrowTogether)

Email: mel@towards-tomorrow.com

This charity based in Bridgwater, provides a variety of support, information and resources to families following the loss of a baby at any stage of pregnancy.

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Email: yeovil@sands.org.uk

Local SANDS group in Yeovil who hold monthly support meetings and have a befriender phone service.

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**Rosie Crane Trust** 01460 55120 [www.rosiecranetrust.org/](http://www.rosiecranetrust.org/)

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**Josephine’s Star** [www.josephinesstar.org.uk](http://www.josephinesstar.org.uk)

Offer support for grieving siblings and their families in Somerset.

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This charity provides counselling service covering Glastonbury, Wells, Street, Bridgwater, Frome, Shepton Mallet, Weston-Super-Mare, Bath, Wincanton and Castle Cary.

**Counselling4Yeovil** [www.counselling4yeovil.org.uk](http://www.counselling4yeovil.org.uk)

This charity provides counselling service covering Yeovil and surrounding areas.

**Letter 6 - Sudden Unexpected Death in Infancy (SUDI) up to 12 months**

Dear (both parents names)

I am sorry to hear of the recent death of your child, NAME OF CHILD. I am aware that this a very difficult time for you and your partner, which is understandable. I hope that you have already been offered support and advice from the hospital, however, if you do wish to discuss anything with me then please do make an appointment.

I have enclosed details of local charities that offer support for parents who have had similar experiences. I hope you find these helpful.

Best Wishes

Dr

National Charities:

**Stillbirth and Neonatal Death Charity (SANDs)** 0808 1643332 <https://www.sands.org.uk/>

SANDs offers emotional support and counselling to those who have suffered the loss of a baby.

**Muslim Bereavement Support Service** 02034687333 [www.mbss.org.uk](http://www.mbss.org.uk)

This charity offers emotional support and bereavement counselling with a spiritual context

**Child Death Helpline** 0800 282986 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)

This charity offers emotional support by telephone

**The Lullaby Trust** 0808 8026868 [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)

This charity offers emotional support by telephone for those who have suffered death of a baby or child.

**Winston’s Wish** 0808 8020021 [www.winstonswish.org](http://www.winstonswish.org)

This charity supports children and young people after a death by providing telephone support as well as information and resources for parents, family and schools to aid them to support the child.

Local charities:

**Towards Tomorrow Together** [www.facebook.com/TowardsTomorrowTogether](http://www.facebook.com/TowardsTomorrowTogether)

Email: mel@towards-tomorrow.com

This charity based in Bridgwater, provides a variety of support, information and resources to families following the loss of a baby at any stage of pregnancy.

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Email: yeovil@sands.org.uk

Local SANDS group in Yeovil who hold monthly support meetings and have a befriender phone service.

**Little Daffodils** [www.facebook.com/littledaffodilspail/](http://www.facebook.com/littledaffodilspail/)

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**Rosie Crane Trust** 01460 55120 [www.rosiecranetrust.org/](http://www.rosiecranetrust.org/)

Providing a 24hour listening ear helpline, drop in centres, befriending service and subsidised counselling to bereaved families.

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Offer support for grieving siblings and their families in Somerset.

**Pregnancy Crisis Support- Mendip** www.g-pccc.org.uk/contact.html

This charity provides counselling service covering Glastonbury, Wells, Street, Bridgwater, Frome, Shepton Mallet, Weston-Super-Mare, Bath, Wincanton and Castle Cary.

**Counselling4Yeovil** [www.counselling4yeovil.org.uk](http://www.counselling4yeovil.org.uk)

This charity provides counselling service covering Yeovil and surrounding areas.