



Here for anyone affected by the death of a baby

We are the Manchester group of the national Sands charity (<https://www.uk-sands.org>).

We are all bereaved parents who are trained to support other bereaved parents in the Manchester area, and we do so in a voluntary capacity.

We hold **monthly evening meetings** in and around the Manchester area, hosted and run by volunteers either in their own houses or in a community venue. The meetings are informal and supportive, and **all are welcome** no matter when your bereavement occurred - whether recently or some time ago.

The meetings provide an often welcome opportunity to talk about and share your experiences and concerns with other individuals and couples who have perhaps experienced something similar - whether it's about what happened, how it happened, or how to cope. There is no requirement to talk, and some come just to listen and to feel supported.

If you feel you would like some support, but can't face attending a meeting, please contact us and let us know what we can do to support you.

If you, or someone you know, would like more information about us, or about our meetings, the dates and venues, please contact us by phone, or email, or by using the contact form on the website (see below).



contact us by phone, or email, or via the form on the website

Helpline **07756 466841**

Email: manchester@sandsvolunteer.org.uk

Website: www.manchester-sands.org.uk