



Healthier
Pennine Lancashire



East Lancashire Hospitals

NHS Trust

A University Teaching Trust

Support services and remembrance Information following Pregnancy loss.

Safe | Personal | Effective

We are very sorry you have experienced a miscarriage or ectopic pregnancy and we understand that this will be a difficult time for you. After a pregnancy loss, you may want to find some special way of remembering your baby and marking the loss of his or her brief life. In this leaflet we will tell you about the remembrance and memory making services available from East Lancashire NHS Trust following pregnancy loss and also raise awareness of the national organisations which support couples and families after pregnancy loss.

These services include:

- Remembrance service
- Remembrance book
- Remembrance garden
- Memento and memory boxes
- Certificates
- Post pregnancy loss support services

Remembrance Services

The hospital holds remembrance services in the hospital spiritual centre's alternating between Royal Blackburn Hospital and Burnley General Hospital. This usually coincides with the cremation and burial of your baby and lasts approximately 20 minutes, it is advised that the chaplaincy department is contacted for further information on dates, times and location as this can be subject to change.

The Hospital also offers two remembrances, one on the third Sunday in October in Blackburn and the first Sunday in December in Nelson. The services are usually at a local church where all parents no matter what faith, beliefs or religion can attend. All hospital clergymen including the hospital Imam participates in the service to remember and pray for all the babies of mothers of all religions.

The chaplaincies are happy to speak with you on an individual flexible basis to tailor a blessing, poem reading or an intimate service specifically for you.

For all remembrance services mentioned it is advised that the chaplaincy department is contacted for further information on dates, times and location as this can be subject to change.

Contact the hospital chaplaincy on:

Telephone: 01254 733632

Email: Chaplains@elht.nhs.uk

You may want to hold some kind of personal ceremony or memorial service. This might be in your place of worship, in another place that's special to you or at home. It could be just for close friends and family or just you and your partner. The national organisation The Miscarriage Association also provide suggestions of how you might want to mark your pregnancy loss, there website is www.miscarriageassociation.co.uk.

Book of Remembrance

The hospital has a book of remembrance where you can place details of when you had your pregnancy loss. This is open on each day to remember all pregnancy losses.

If you wish to add your details to this, you will need to complete a form which is at the end of this information leaflet and send this to the chaplaincy department.

Remembrance garden

The hospital does have a remembrance garden which is based at Burnley Cemetery at the far end on the site of the Old Catholic Chapel. The easiest way to find it is entering the Cemetery at the end of the lane that runs along the side (Cemetery Lane): go through the gates, take the second path on the left and this take you to the garden. The garden was created in memory of all babies who have died. Around the garden there are benches where parents can sit and remember for as long as you wish maybe even place some flowers (please do not leave anything that is not biodegradable). It is a place where parents and families can go to remember and to have some peace and quiet time.

A Memory Memento.

Following pregnancy loss, we offer patients a memory making memento which has been created by a pregnancy loss charity called friends of serenity. We also have the availability of a memory box if you would like one of these and have not already been offered, please speak to the staff caring for you.

Certificates

Sadly, there is no official registration of babies lost before 24 weeks of pregnancy. The Government has committed to formally recognising miscarriage, ectopic and molar pregnancies in England with an optional certificate, but we don't yet know when or how this will happen.

If you would like a memorial certificate the miscarriage association and other pregnancy loss charities offer a selection of memorial certificates available online.

Remember....

Don't feel that you have to do something to mark your loss. You may feel it will make things worse or it may just not feel right for you. There are no right or wrong ways to deal with pregnancy loss.

Support Services following Pregnancy loss.

There are several organisations locally and nationally which provide ongoing support to anyone experiencing pregnancy loss. These are listed below, please remember you can also discuss the requirement for ongoing psychological support with your GP.

Lancashire Family Wellbeing Service:

This service aims to support mental health through trauma, loss and bereavement related to pregnancy. You can self-refer to this service online or by phone

www.lancashirewomen.org Tel: 0300 330 1354

The Miscarriage Association: aim to give support and information to bereaved parents who have been affected by miscarriage, molar pregnancy or ectopic pregnancy.

www.miscarriageassociation.org.uk Tel: 01924 200799

Children of Jannah: supporting bereaved parents who hold at their core the Muslim belief that all children who die enter Heaven (called Jannah in Arabic). This belief is the guiding light that helps them to provide support through a faith perspective and education to thousands of families in the UK and beyond, who have been affected by the tragic loss of a child.

www.childrenofjannah.com

The Ectopic Pregnancy Trust: is a charity which provides information and support following the diagnosis of an ectopic pregnancy.

<https://ectopic.org.uk/> Tel: 020 7733265

Who can I speak to if I have any questions?

If you have any questions about any information in this leaflet, please do not hesitate to ask the nurse who is caring for you. Or you may wish to contact some of our health professionals from the Early Pregnancy Unit (EPAU) or Gynaecology Ward team.

Contact us:

Early Pregnancy (EPAU): 01282 804268.

Gynaecology ward: 01282 804014 – open 24 hours

If you require this document in an alternative format or language, please contact

Familycarequality.safetyteam@elht.nhs.uk

Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਨੂੰ ਕਿਸੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੋੜੀਂਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome susisiekti su mumis

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REMEMBRANCE BOOK FORMS
DIVISION OF FAMILY CARE

REMEMBRANCE BOOK FORM
DIVISION OF FAMILY CARE

In Remembrance of (Baby/Childs Name and Date)

Name:-

.....

Date of Anniversary:-

.....

The Chaplaincy Team
Spiritual Care Centre
Level 3
Royal Blackburn Teaching Hospital
Haslingden Road
Blackburn
BB2 3HH

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