

Information Leaflet



Liverpool Women's
NHS Foundation Trust

Care and Support following Stillbirth and Neonatal Death

Introduction

We have designed this booklet to ensure that you and your family are fully aware of the choices available and the formalities involved at this difficult time.

The Honeysuckle Team offer practical advice and guidance as well as ongoing emotional support, you can contact the team via telephone and email 0151 702 4151 / honeysuckle@lwh.nhs.uk

SANDS bereavement support app is free to download on smart phone or tablet. This app offers guidance on various topics such as saying goodbye to your baby, examinations/testing, funeral arrangements and support for friends and family - including children.



Making Memories

The Honeysuckle Team are passionate about promoting positive memories for bereaved families.

When a baby dies, there are few happy memories to help the grief that parents and other family members experience. This section discusses various ways in which you can make memories of the time that you had together and honour the memory of your baby. Your nurse / midwife will support your choices for memory making.

Memory Box

Your nurse / midwife should offer you a memory box, should you not be given one please ask staff. Memory boxes can help capture the time you had with your baby. The box is a special place for keepsakes to remember your baby by. This could include a scan picture, photographs, hand and foot prints, a lock of hair or any cards that you might receive. It may not always be possible to take hand and foot prints or have a lock of hair, but you may still like to have a box for other memories. A memory box can help you acknowledge your grief and talk about your pregnancy and your baby with family and friends.

Blessing

A short blessing or naming ceremony can be arranged with the hospital's on call chaplaincy team who would usually provide this service. Ask your nurse or midwife to make contact with the chaplaincy team. If the chaplaincy team are not available another staff member at the hospital can conduct a blessing on their behalf – your nurse or midwife will support you with this. You may wish to record or stream this for family and friends to watch.

Memorial Book

There is a book of remembrance located in the chapel at LWH. If you would like your baby's name to be added to the book please email our hospital chaplain Christine.dickinson@lwh.nhs.uk with the following details of your baby: baby/babies name, the date that you delivered or the date your baby was born and the date baby died. Christine will then be able to place these into the book of remembrance.

Memorial Garden

There is a garden dedicated to our honeysuckle families. You are welcome to visit the garden at any time and can access from the main reception of the hospital. Within the garden there is a metal love lock tree. You may wish to purchase a padlock with your baby's name or a small message inscribed to hang on the tree. If you would like to order a lock please visit Ladybugs Picnic Wirral - <https://www.etsy.com/uk/shop/LadybugsPicnicWirral>

Naming Your Baby

Some parents decide to give their baby a name, as this gives them their own identity and can make it easy to talk about them. Some parents use a nickname they may have chosen during their pregnancy. It can sometimes be hard to determine their gender and you might

like to choose a name that fits either gender. You do not have to name your baby if this does not feel right for you.

Seeing and Holding Your Baby

You may be anxious about whether you want to see and hold your baby. Your nurse or midwife will support you with this. If you are not sure about seeing your baby or anxious about how your baby will look you could ask your nurse or midwife to show you a photograph or ask them to describe your baby to you. If you would like to see your baby and this is not suggested, please ask the staff caring for you.

Hand and Footprints

When possible, your nurse or midwife will offer and if accepted will try to take ink prints of your baby's hands and feet. You may choose to incorporate the prints into images, tattoos and jewellery. You may want a few sets of these prints to give to family members who are not able to meet your baby.

Photographs

Your nurse or midwife will usually offer to take photos of your baby. You can also take your own photographs of your baby. Some parents like to have photographs of their baby's hands and feet, others may also wish to have a photo of them holding their baby.

Should you agree to photographs being taken but you do not wish to look at the photos you can request for them to be given to you in a sealed envelope. You can then look at them at a later date if you wish, or you can give them to family members or friends. If you do not wish for photographs to be taken, then please inform the nurse / midwife caring for you.

Washing and Dressing Your Baby

You may want to wash and dress your baby, or you could ask your nurse or midwife to assist you with this. You could bring something from home for your baby to wear; alternatively the hospital can provide clothing for your baby. If your baby's condition makes dressing them difficult, you may want to wrap them in a blanket or something similar.

We have suitable clothing, wraps, blankets and angel pouches and your nurse / midwife can support you with your choices.

Hospice care

For babies who were born alive and then passed away or who are stillborn local hospices such as Claire House Family Support | Support and Activities | Claire House Children's Hospice and Zoe's Place Bereavement Support - Welcome to Zoë's Place Baby Hospice (zoes-place.org.uk) can provide support to families if facilities are available. They have bereavement suites where you are able to take your baby and stay with them for a few days. If you would like your nurse or midwife to make enquiries about this, please ask them.

On-going keepsakes

In addition to the keepsakes, you collect from your pregnancy or soon after you baby is born, there may be other things that form valuable keepsakes in the future. Among these things could include poems, letters, emails, cards and jewellery.

Registration

If your baby was born alive and then passed away or was stillborn at 24 weeks or later, you are legally required to register this with the local registrar of births and deaths.

In the case of a stillbirth the midwife or doctor will complete a medical certificate of stillbirth.

In the case of a neonatal death the doctor will complete a medical certificate of death and you will be contacted by the local Medical Examiner's Office.

Please ensure when you leave the hospital that you have provided us with your preferred contact number - The Honeysuckle team contact you to confirm when you would prefer an appointment and will liaise with Liverpool Registry Office to make arrangements for the registration.

The Honeysuckle Team will call and advise you of the date and time of your registration.

Registration appointments take place within The Honeysuckle Team office at Liverpool Women's NHS Foundation Trust.

Alternatively you can make contact with Liverpool Registry Office yourself to make an appointment via Liverpool City Council website - <https://liverpool.gov.uk/births-marriage-deaths/deaths/register-a-death/>

Funeral choices

If your baby was stillborn at 24 weeks or later, or died after birth, you are legally required to have a burial or cremation for them.

The Honeysuckle Team are here to guide you through this process and can make initial contact with a funeral director on your family's behalf. Most funeral directors in the local area do not charge for a baby or child's funeral – the funeral director will confirm with you if there are any fees to pay.

Once arrangements have been made the funeral director will contact The Honeysuckle Team to make arrangements for bringing your baby into their care.

Should you wish to take your baby home prior to the funeral taking place you must ensure the funeral director is aware so they can offer you support at home.

If they are able to assist with your request the nurse or midwife caring for you will complete your discharge and ensure you are provided with a letter to confirm you have chosen to take your baby home. This letter will provide details of who to contact at Liverpool Women's

Hospital should you have any concerns. Should you opt to take your baby home and wish for a cremation the documentation for cremation will be given to you to pass onto the funeral directors.

Support for you and your family

The Honeysuckle Team run a monthly support group for parents and grandparents, with guest speakers, a library of books, craft table and refreshments provided. The support group is facilitated by Honeysuckle Team's bereavement specialist midwives. Please check The Honeysuckle Team web page for up to date information about support group sessions. Honeysuckle Bereavement Service - Liverpool Womens NHS Foundation Trust

The Honeysuckle Team run biweekly wellbeing and football sessions for men in partnership with LFC Foundation. The sessions are facilitated by Honeysuckle Team's bereavement specialist midwives and LFC Foundation's mental health coaches. Sessions take place at Leisure United – Jeffrey Humble, Long Lane, Aintree, L9 6AG. For more information please contact honeysuckle@lwh.nhs.uk

The Honeysuckle Team are active on social media. We have our own Facebook page Honeysuckle Bond and two private closed Facebook pages one for families and one for Dads who have suffered the loss of a baby. To join one of the private groups, go onto our Facebook page and request to join Honeysuckle Community Page or Honeysuckle Dad's Group. If you request to join one of the private groups please also send Honeysuckle Bond a direct message so the team can ensure you are added.

Joining social media groups can be a meaningful way of honouring your baby's memory alongside other bereaved families and a helpful part of your grief journey. Sharing time with other families might help you feel less isolated in your grief.

Attending events

Attending remembrance events can be a meaningful way of honouring your baby's memory alongside other bereaved families and a helpful part of your grief journey. Sharing this time with other families might help you feel less isolated in your grief.

Baby Loss Awareness Week Baby Loss Awareness Week – Break the silence around baby loss (babyloss-awareness.org) is held every year between 9-15th October and ends with an international wave of light at 7pm on 15 October for parents to remember their baby at the same time as others across the world. It is during this week's we usually hold Liverpool Women's baby loss remembrance service. For up-to-date information on this year's service please follow Liverpool Women's on social media or via website Honeysuckle Bereavement Service - Liverpool Womens NHS Foundation Trust

If you would like to be added to our mailing list please email your details to honeysuckle@lwh.nhs.uk and we can ensure you are invited and advised of all future events.

Should you wish to contact the team to discuss anything in this leaflet further, please contact us by telephone or email or if you are an inpatient and wish a face-to-face visit please discuss this with your nurse or midwife who will contact the team on your behalf.

There are lots of organisations that The Honeysuckle Team work with who can offer you and your family support.

However organisations can still be contacted via telephone or online.

Child Bereavement UK is particularly helpful if you have children in your family and are concerned with speaking to them about what has happened. They have devised leaflets available on their website for help in talking to children about bereavement.

Helpful organisations:

Liverpool Bereavement Services – provides counselling support in Liverpool for under 20 weeks gestation 0151 236 3932 / <https://liverpoolbereavement.com/>

Love Jasmine – provides counselling support in Liverpool for over 20 weeks gestation 0151 459 4779 / <https://www.lovejasmine.org.uk/>

Antenatal Results and Choices (ARC) – Offers information and support for parents making decisions around antenatal testing, including when a baby has a significant anomaly. <https://www.arc-uk.org/>

Child Bereavement UK National organisation providing support to families when a baby or child has died and offers support for children faced with bereavement. 0800 028 8840 / <https://www.childbereavementuk.org/>

Children of Jannah – Organisation providing support to Muslim families after the loss of a baby or child <https://childrenofjannah.com/how-we-can-help/>

The Compassionate Friends – Organisation of bereaved parents, siblings and grandparents that offer support to other after the death of a child. www.tcf.org.uk

The Ectopic Pregnancy Trust – Provides support and information for people who have had or been affected by an ectopic pregnancy. 020 7733 2653 / <https://ectopic.org.uk/>

Fertility Network UK – Provides support to people dealing with infertility and/or who are facing involuntary childlessness. www.fertilitynetworkuk.org

The Miscarriage Association – National organisation offering support and information for individuals affected by pregnancy loss. 01924 200 799 / <https://www.miscarriageassociation.org.uk/>

Multiple Births Foundation (MBF) – Provides support and information for multiple birth families, including bereavement support. www.multiplebirths.org.uk

Muslim Bereavement Support Service – Provides support and information to Muslim families following a bereavement 020 3468 7333 / <http://mbss.org.uk/>

Sakoon – Provides an Islamic perspective in counselling for Muslims Islamic counselling, Muslim counselling - Incorporate Islam in Counselling (sakoon.co.uk)

Samaritans – Offers confidential support, available 24 hours a day to people who need to talk.

Telephone 116 123 / <https://www.samaritans.org/>

SANDs – Provides support and information for anyone affected by the death of a baby, before or after birth.

020 7436 5881 / <https://www.sands.org.uk/>

Twins Trust – offers support to families who have lost one or more children from a multiple birth.

<https://twinstrust.org/bereavement.html> / bereavementsupport@twinstrust.org

This leaflet can be made available in different formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at pals@lwh.nhs.uk

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