Newsletter Winter 2017

Miscarriage Association of Ireland

Welcome everybody to our Winter 2017 Newsletter

The newsletter is a space where we can share our stories of loss and find comfort in the knowledge that we are not alone in our grief.

I would like to thank everyone who has contributed to this issue, it is really great that you want to share your stories.

Deirdre Pierce-McDonnell
Chairperson – The Miscarriage Association of Ireland

Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: 01-8735702 • Fax: 01-8735737
www.miscarriage.ie • Email: info@miscarriage.ie
www.facebook.com/miscarriage.ie

Registered Charity No. CHY9738 / 20024420

Committee

Chairperson
Deirdre Pierce McDonnell

Secretary
Niamh Ryan

Treasurer
Marie McManus

Committee Members:
June O'Toole, Mary Lawson, Angela Grace, Niamh Darcy, Kate Nolan, Lynn Cassidy, Edel Jauny, Maureen V. Ward, Laura O'Sullivan, Tara Uí Adhmaill, Carol Conroy, Dawn O'Connor

Welcome

It can be a comfort to put pen to paper and write down your story of babyloss, whether in the form of a poem or story. It can be healing for others to read the stories. They can identify with the emotions expressed. So thank you everyone who contributed.

2017 has been a very busy year for The Miscarriage Association of Ireland. We are a volunteer committee of 12 who, based on their own experience of miscarriage provide support to women and their families via telephone, email, website/facebook, distribution of an information booklet to hospitals/ GPs. In addition we have a monthly support group meeting in Dublin and also in County Galway and County Mayo.

Ireland AM covered the topic of Miscarriage on their morning show and we got the opportunity to talk first-hand about miscarriage and the devastating effect it can have on women and their families. It is important to have a place to go to remember one's baby and the Memorial Stones that we place at various locations countrywide has become hugely significant. We placed four this year in Cavan, Donegal, Kerry and Galway. Our aim is to have a memorial stone in every county of Ireland.

The Miscarriage Association of Ireland receives some funding from Tusla - The Family support Agency which is greatly appreciated.

But we couldn't continue to provide the support without the generosity of everyone who has fundraised for us this year. The most heartfelt thanks to eveyone who chose The Miscarriage Association of Ireland as their charity in 2017.

If you would like to become a member or get involved please email ***info@miscarriage.ie***

On November 12th last we held our Annual Service of Remembrance in St Teresa's Church, Donore Avenue, Dublin 8. The church was full to capacity and it was a beautiful service of music and light. An amazing peace filled the church when all the candles were lit in memories of all the babies.

I hope you find peace and calmness in reading the stories and poems in this newsletter.

"Know you are not alone"

Kind regards

Deirdre Pierce-McDonnell
Chairperson – The Miscarriage Association of Ireland

THE NATIONAL MATERNITY HOSPTIAL SERVICE OF REMEMBRANCE

Kate Nolan and I attended The National Maternity Hospital Service of Remembrance. It took place in St Andrews Church on Sunday 1st of October. The church was full. The prayers and hymns were very uplifting. The book of Remembrance was placed on the altar and was available for parents to see their babies entry after the service.

There was a procession of symbols placed on the altar as gifts which included water, snowdrop bulbs, a candle and teddy bear.

There was a procession of candles which gave parents and other family members an opportunity to light a candle for their babies and place it on the altar. On return to their seats they were given snowdrop bulbs to plant at home.

After the service there were refreshments served and parents, hospital staff and volunteers got to chat. Well done to the staff on The National Maternity Hospital for another amazing service.

Laura O'Sullivan

THE MISCARRIAGE ASSOCIATION OF IRELAND –REMEMBRANCE WALK / RUN

On Sunday the 28th of May at 12pm, The Miscarriage Association of Ireland hosted a Remembrance Walk/Run in Galway to honour and celebrate the lives of babies that have been lost through miscarriage.

The aim of this walk was to provide an opportunity for families affected by miscarriage to openly share, celebrate and honour their babies that left them too soon. It was also an opportunity for the people of County Galway to let bereaved families know that they are not alone and to build awareness in the community about miscarriage.

It was a gloriously sunny day and the backdrop to the walk couldn't have been more stunning! Just over €1,300 was raised and there were 162 people who joined together to celebrate the lives of their babies lost through miscarriage.

As this was an inaugural event, we are hoping to organise this Remembrance Walk/Run again next year not only in Galway but in other locations across the country.

Dawn O'Connor

THE MISCARRIAGE ASSOCIATION OF IRELAND –REMEMBRANCE WALK / RUN

DONATIONS

As the treasurer of every charity will tell you there is no such thing as a small donation. Every cent received is precious and is relied upon so much to provide the services they carry out. To provide our services, such as our annual Service of Remembrance, our support meetings, our telephone support and our e-mail support we rely on funding from grants, subscriptions, donations and sponsorship. Thankfully, we continually receive much support through donations.

Over the years as Treasurer of MAI I have welcomed all sorts of donations. At our Service of Remembrance each year our own donation box can be weighed down and from other Services held throughout the Country, namely the Letterkenny Service in 2016, people's generosity of spirit is prompted by attendance and they contribute to supporting those others who may be in need of our help.

Our most daring supporters, Akeem Molloy and Katie Donohue, took part in a sky dive last year and donated sponsorship to us. Our very own committee members have not been shy when putting the Miscarriage Association of Ireland forward for donations when they see an opportunity. Angela Grace put forward the MAI to her employer for a donation and received €250 for our cause; this was the ESB who provide donations to charities their staff are actively involved as one of their Corporate Social Responsibility initiatives. Edel Jauny, who works for Aer Lingus, similarly proposed us to her colleagues when they chose a charity to support and Margaret O'Keeffe has had her employer support us for many years.

Other committee members put their thinking hats on when at meetings they learned that money was in short supply and we needed a capital injection. Maureen V. Ward, who runs Talented Kids Performing Arts School, ran an All Stars Christmas Concert in the Helix, Dublin last December and raised a total of €3,671.17, Niamh Darcy held a fund raiser at Morris Castle and raised €1,000 for our worthy cause. Dawn O'Connor organised a walk in Galway during the summer raising lots and Kate Nolan, herself an artist, donated all the commission raised on the pictures she painted recently. It's a great relief for any treasurer to see a bank balance moving away from the being in the red!

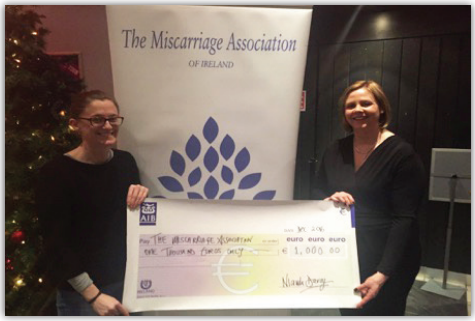
I would especially like to thank an anonymous contributor who donated €100 during the summer months. While I can't send a receipt, I would like to mention that those who donate anonymously are very much valued by us at MAI.

As all donations are voluntary it makes them all the more precious because they come not under duress like a tax or a charge but out of the goodness of people's hearts. They mean we can carry on our services and pass on the goodness to others when they are in need of help. To all who have donated to the Miscarriage Association of Ireland I wish to say a big thank you for helping us provide services which are vital to our country.

Marie Mc Manus,
Treasurer,
Miscarriage Association of Ireland.

DONATIONS

AIB
Date 5/07/2017
Sec No THE MISCARRIAGE
Association of Ireland
Eight Thousand Euro
€ 8,000
www.aib.ie


The Miscarriage Association
OF IRELAND
AIB
euro euro euro
€ 1,000.00

The Miscarriage Association
OF IRELAND

MEMORIAL STONES

Many parents of miscarried infants return on a regular basis to the burial plot of their dead child. A great many of these babies are buried in communal graves without individual markers and in some cases, no burials have taken place. This is particularly so for miscarried babies and also for babies buried in earlier decades. Countless numbers of parents have indicated to us that they would like to have a permanent feature to commemorate their lost child. It was this demand that brought about our Memorial Stone initiative.

To date, we have 15 Memorial Stones placed in various locations throughout Ireland:

1999: Glasnevin Cemetery, Our first Memorial Stone was placed in The Holy Angels Plot.
2008: Deansgrance Cemetery, the Plot of the Angels.
2008: St. Theresa's Church, Donore Avenue, off South Circular Road, in the Church grounds.
This Memorial Stone marked the 20th Anniversary of the Miscarriage Association of Ireland.
2009: St. Michael's Cemetery Athy, Co. Kildare.
2010: Redford Cemetery, Greystones, Co. Wicklow.
2011: Church of Our Lady and St. Joseph, Caragh, Naas, Co. Kildare, in the Church grounds.
2012: Fingal Cemetery, North County Dublin.
2012: The Church of St. MacCullin, Lusk, Co. Dublin, in the Church grounds.
2012: Holy Spirit Parish Church, Ballymun. Dublin 9, in the Church grounds.
2012: St. Kieran's Cemetery, Kilkenny.
2016: St. Patrick's Cemetery Clonmel, Co. Tipperary.
2017: Church of Ireland, Annagh Parish, Belturbet, Co. Cavan, in the Church grounds.
2017: St. Patrick's Church, the Crossroads, Killygordon, Lifford, Co. Donegal.
2017: Bohermore Cemetery, Galway City, The Plot of the Angels.
2017: Rath Cemetery, Tralee, Co. Kerry.

In most cases, a Service of Remembrance was conducted locally, during which the Memorial Stone was unveiled and dedicated to the memory of all Babies, whose short lives were very precious. These children, although sadly no longer with us physically, will live on through the story of our family. For, ***"As long as we live, they too will live; for they are now a part of us, as we remember them."***

It is our aim to erect a Memorial in every county in Ireland if possible thus allowing any parent who do not have an individual grave or marker, an opportunity to spend some quiet time in a special place and remember. Wording on Memorial Stones:
"Behold, I have carved you on the Palms of my hands." (Isaiah 49:16).
In memory of our precious little babies, who never got the opportunity to share our lives with us but will live on in our hearts, forever.

We are currently in discussion with local contacts regarding the placement of more Memorial Stones. If you feel that a Memorial Stone could be helpful in your area and if there is not one already in that particular location, please get in touch with The Miscarriage Association of Ireland and we can look at possibilities. For more information, please check out our website: **www.miscarriage.ie**

Miscarriage is such a heart-breaking loss. It is the loss of your future hopes and dreams for that baby. In many cases, it is a silent grief. No parent should have to say "goodbye" to their baby before they get the opportunity to say "hello." The loss of your baby, at any stage, is hard to accept and difficult to understand.

Memorial Stone, Glasnevin Cemetery

Our recent Service of Remembrance held in St. Theresa's Church, Donore Avenue brought home the sad realisation of just how common miscarriage and babyloss is. Nobody wanted to be there and yet, everybody wanted to be there! This was an opportunity to publicly acknowledge all those precious and much wanted children, sadly no longer with us. It was a day of mixed emotions. There were tears of great sadness but also joy. The little night lights, representing each child, shone brightly and there was a real sense of wonder and awe for this little life who had made such a difference in our lives. I think we can honestly say that these little lives have brought out the best in us. They have taught us the true meaning of love.

You can contact us via email, by telephone, by attending our Monthly Support Group Meetings and Service of Remembrance. Please remember that you are not alone. There is support available.

June O'Toole

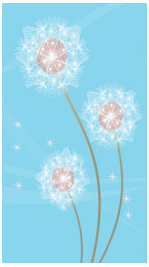
LIVING WITH LOSS

The Irish Hospice Foundation hosted a "Living with Loss" bereavement information evening on Thursday 2nd November 2017. As November is traditionally a month of remembrance, as part of their bereavement support function, the Hospice have hosted a bereavement evening over the last number of years in the Alexander Hotel, Dublin. This event aims to provide information about grief and the range of supports available to bereaved people.

As usual, the event was very well attended with people of all ages attending. There were several organisations who work in the bereavement support area with stands at the event and the audience had an opportunity to visit these stands and be informed of the services provided. Kate Nolan and myself represented the Miscarriage Association of Ireland and had information packs, bookmarks and other literature present to provide information to those attending. This year Kate also lit the Hospice memorial candle at the start of the evening. It was a good opportunity to talk to people affected by miscarriage and to link up with other organisations providing bereavement support particularly around baby loss (Féileacáin and A Little Lifetime Foundation).

The evening opened with an introduction followed by a video exploring grief. This was followed by a very interesting talk on grief and grieving by Breffni McGuinness from the Hospice Foundation. The guest speaker Laura Kennedy (columnist with The Irish Times, author of the personal reflection column 'Leavetaking') spoke on the theme 'Living with Loss'. Laura lost her mother as a result of cancer and she gave an very open and honest account of her own feelings of loss which I am sure were of great comfort to those attending. Laura also took some very varied questions from the audience which she answered very well. Obviously her own experience has allowed Laura to understand and empathise with other people that have experienced loss.

Angela Grace



YOUR STORIES

Ashling's Story

To whomever would like to read my story,

As I write this I am 39 weeks pregnant, eagerly awaiting the arrival of the most precious gift, our new baby. This is our third baby, we have an amazing little girl who is 2 and a half, but we did not get to meet our second baby.

A little insight into my/our pregnancy loss story. Last November (2016) I went for my 13 week scan, there we were told our baby had died the week before.... Those awful words 'Im sorry,but there is no heartbeat' .... We did not expect that, the baby in the screen was clearly seen, beautiful, but not alive. This was devastating for us both. I went into hospital a few days later to have my baby, saying it was an unpleasant and gut wrenching experience would not describe it. Our close family were amazing, helping out with our toddler, calling in to see if we needed anything. I discovered friends who suddenly avoided me and friends who rang and offered to listen/talk - whatever was needed. My husband was beyond amazing, he was grieving too but made sure I was ok. I could not Imagine anyone else being by my side, grieving, having to say goodbye to our little baby.

I miss our baby, even though we never met.

We have been blessed with our third baby, I hope she/he will be happy and healthy. I am so excited to meet face to face. This is a time where I find myself wondering was our second baby a boy or a girl, who would have they looked like...but all I do know is they were loved and will never ever be forgotten. I am sure our baby angel is present, keeping an eye on us all.

I am glad to share a little bit of my story of loss. A lot of people don't even know I lost a baby, but also some unexpected people have shared their pregnancy /baby loss story with me, even years later it will remain with us, a love and a longing for our baby. This is certain from the women who have shared their story with me.

It's been, and is a journey, I writing this as a thank you to those who supported me, for anyone who might need some hope but most importantly as a thank you to our second baby,baby angel, for letting me be your mummy for a few months.

Much love and well wishes,

Ashling. X

Sinead's Story

Hello, my name is Sinead Cosgrove, like so many others I've experienced pregnancy loss. The past year has been tough with 3 losses including a missed miscarriage, ruptured ectopic pregnancy and a natural miscarriage. I found the whole experience such a lonely and difficult one, which prompted me to write a piece about it all.

I will always wonder who you would have been....

It's been nearly a year now, I have wanted to write about it since it happened but this is the first time I've felt able to actually do it. I was 11 weeks pregnant with our 3rd child, we were in the car en route to our first scan. I felt a little apprehensive having had a tiny bit of spotting the night before. We were running late which was getting me a little more worked up. My husband was laughing at me, telling me to relax, joking and teasing me about how stressed I was getting about our tardiness. Finally we got there, My other half checked us in at reception. I had never noticed before how they asked for payment prior to the scan. I guess that avoids having to ask somebody to pay up if they get bad news, I thought. It wasn't long before we were called in, after asking a few questions regarding why we were opting for an early scan, the sonographer typed "maternal reassurance" as the reason.

So we began, the flat screen mounted on the wall right in front of us, we waited anxiously to see our baby for the first time. As the probe was positioned the image of our little bean appeared, I quickly noticed the absence of that all important flicker. I knew. I looked at my husband , he hadn't realised yet, he was still waiting expectantly. The sonographer started to speak apprehensively, describing various things she could see, and then she delivered the news I already knew, "but unfortunately I can't see a little heartbeat there today, I'm so sorry" I looked at the screen, the perfectly shaped little fetus, but no tiny limb movements, silence, stillness, it was there but just floating in the darkness. The room suddenly felt tiny, like there was no air, I needed to get out. Tears streaming down my face, we were guided down the back stairs, avoiding the couples excitedly waiting for their turn. A wave of grief and sadness hit me, my heart ached, it was gone, I would never meet that little person I had been planning for these last 11 weeks. I would never hold them, smell their baby newness, I would never know if they were a boy or girl, I would never get to see how their big sisters would be with their new sibling. We made our way to the maternity hospital, we were put in a waiting room with other mothers to be waiting for scans.

Some tried to keep their eyes to the ground and avoid us, some were oblivious and beamed with happiness as they came out clutching black and white pictures. Some time later we were brought into a small room, a doctor went through the motions of explaining the different management options. Tears still rolled down my cheeks, she shifted uncomfortably in her seat, "Are you OK?" She asked in an almost surprised tone. I mumbled yes, she continued, "Are you sure you're ok?" She asked again, sounding almost a little irritated by my emotion and inability to listen attentively to her. I felt silly for not being able to suck it up, wipe the tears away and get on with what needed to be done. She gave up on me and conversed only with my husband from then.

continued.....

I was fairly certain that I wanted a procedure called an erpc (evacuation of retained products of conception) or more commonly know as a D&C. Satisfied that a decision was made she said "right, you come in next week and we will scrape out your womb". I felt sick. That's all I was to her, another job on her list, my grief and loss an inconvenience and distraction.

At home, I got to the safety of our bedroom as fast as I could, overwhelmed by sadness, we held each other and cried. In the days that followed I felt numb, I tried to keep a somewhat brave face for our children, but they saw the tears a number of times. We explained as simply as we could. Mama had a tiny baby in her tummy, but that baby was too small and sick and weak and so it died, and that is why we are sad, but we will be ok. They are sensitive little souls, and showered me with hugs and kisses which was exactly what was needed. I found it so difficult to look down at my small little bump and know that my little baby was still in there, still and silent. The earliest date for a d and c was over a week away, luckily a friend of mine working in obstetrics got me an earlier appointment. I gathered a different sort of hospital bag to the one usually associated with a trip to a maternity hospital.

Again at check in we waited in line with heavily pregnant women checking in for inductions and elective cesareans. Upstairs on the gynae day ward we went through the motions of meeting different members of staff, midwives, anaesthetist, bereavement midwife, doctors. Answering the usual standard questions prior to a procedure. My friend popped her head in behind the curtain, it was so good to see a friendly face, her hug was much needed. She even did a quick scan for me as I was haunted by the irrational fear of "what if they were wrong, what if my baby is actually still alive in there and I'm about to evacuate it from my body?" I knew it wasn't but I needed that reassurance, and I was so thankful that I had someone to give me that.

After a while the cytotek took effect, the cramps were pretty intense, but in a strange way I felt it was important I feel some pain for this tiny baby, seeing as I would never go through any sort of labour for it. The midwife came to take me to surgery. As I stood up blood began to pour onto the floor, as I was to walk down to theatre I was eager to quickly pop a sanitary towel on to avoid leaving a trail as I went. The midwife was irritated by my request, "well just hurry up then!" She hissed. I felt like a scolded child. Down in theatre I waited my turn, clutching my pillow on my lap. The doctor who was to do my erpc introduced himself, he sat down beside me, chatted for a few minutes and said "I'm sorry about this, but we'll look after you". When I woke up I heard a baby crying, it took a minute for me to realise where I was and realise they were the cries of somebody else's newborn.

The midwife in recovery was kind, "I'm sure that's the last thing you want to hear" she said. I smiled and said, "Well sure that's just life isn't it". Leaving the hospital I felt so numb, so cold, so lonely. My husband put his arm around me, I wrapped my arms tightly around my abdomen. I felt so empty, so hollow. In the days that followed I cried a lot. But I was so conflicted about how I felt. People tried to say things they thought would help. "Oh that's awful, but it's so common, at least it was early." "There was probably something awful wrong with the baby." "Look on the bright side, you are so lucky, you have 2 beautiful children already." "At least you know you can get pregnant." Enter guilt, my thoughts in response to these words of wisdom : "What is wrong with me? Why am I upset when it was early and other women are obviously able to get over it without much fuss. " "they are right, I am lucky, I have no right to feel sad about this, I should be grateful for what I have."

continued.....

I am clearly a complete drama queen, my loss is minuscule compared to some. What has happened to me is minor and I am acting like its a tragedy " But really I wanted to shout at them "No actually it's not fair, it's not fair that my baby was taken, it's not fair That it's little heart stopped beating. Please stop minimising my loss. I wanted that baby. Telling me it was early , there was something wrong with it or that I'll have another doesn't ease the pain, it just plain hurts. And as for counting myself lucky for the children I have, well I absolutely do, but honestly which one of your children would you have chosen not to meet?"

But of course I didn't say any of this, I knew that people meant well, and what was said was said with good intentions. I suppose as a society we are uncomfortable with sadness, grief and negative emotions in general, we like to try and fix things, make people look on the positive side. Miscarriage is still not talked about much. I can't help but think that part of the reason for this is because women feel they are not allowed or meant to be upset about it. There is a definite attitude of "suck it up".

I felt the pressure of this attitude, I wanted to stay at home and cry but I felt guilty, and silly for these feelings. I feared family and friends thought I was "making a meal out of" the whole situation. I tried to get it together, put on a brave face and get back to "normal". I uttered the phrase "ah sure it just wasn't meant to be", many times, agreed with people about how lucky I was in other ways and deflected my pain by minimising it compared to others.

We are one year on, and unfortunately are two further losses along. One of which included a ruptured ectopic pregnancy. Resulting in the loss of one of my Fallopian tubes as well as the pregnancy. Bringing into focus not only loss and grief, but also my own mortality, as well as uncertainty regarding my future ability to conceive. I am not looking for a pity party. I am doing ok. But I do want to break the silence, I want to speak for those women that are experiencing this pain right now. They should not have to feel alone or unjustified in their sadness. They should not be made to feel that their pregnancy loss is a common medical condition, regardless of how far along they were.

Miscarriage is different for everyone. Let's respect that. Let's offer sympathy and support. If you don't know what to say, don't fill the gaps with cliches, put your hand on their shoulder, offer a kind smile, a hug. It hurts because it mattered. Let's not make them feel it didn't. Many thanks for listening,

Sinead Cosgrove

POETRY CORNER

Little Peanut

I don't know what your name is
I don't know the colour of your hair
I don't know if you were a boy or a girl
I don't know if you would have been tall (probably),
funny, serious, curious, active, imaginative, a thinker or a doer,
like your daddy or your mum
I don't know.

I don't believe in angels or god or heaven or jesus
I don't believe you are 'With Him' or Her or mother earth or
those who have gone before you.
I'd like to believe Nana is looking after you.
That would be a nice thing to believe. But I don't.
I don't believe it was meant to be
I don't believe everything happens for a reason
I don't believe.

I don't want to hear its very common
I don't want to hear it will all happen in its own time.
I don't want to hear.

What do I know?
I know that you were our little peanut for almost 8 weeks
I know that you made us smile, feel excited, make plans,
think of when we made you and imagine when you would be here.
You made October seem very exciting and alive.
You made us feel tender and together and like we were grown ups.
You were you for a little while. Short but very sweet.
Our little peanut.
That's what I know.

We grew up.
Life lost some of its shine.

I want you to know that there was and is and always will be a place for you,
little peanut. I don't know where that place is but I know its there.

Fiadhnait

POETRY CORNER

Snow falling, coal fire burning
Carol singers singing, and hearts yearning…

For the special time of year,
When families reunite,
Sharing untold stories,
Making everything feel right.

I sit alone and reflect
On that Christmas years ago
When our time was not so happy
And we had to face letting go

I remember my mother crying,
And me not knowing what was wrong,
Feeling there was no Christmas spirit,
No happiness, no song,

Wanting to comfort her,
And not knowing why,
Because I was a young child
I never thought he'd die

It didn't make any sense to me
Because that bump was still there,
And I knew he was inside it
But it was soon to be bare…

Susie Power

SAD FAREWELL

We remember and acknowledge all those babies who have been lost to us, with whom for a time, however short, we had the privilege of sharing a very special relationship.

We remember Baby Sexton who was due to be born on 17th May 2017 but was sadly taken before this time.

Sadly missed by Ashling, Niall, Daisy and Levi.

TELEPHONE SUPPORT, EMAIL SUPPORT, SUPPORT GROUP MEETINGS

Please remember we offer support to those who have experienced miscarriage and their families. You are welcome to contact us by **email: info@miscarriage.ie** where your email will be read and replied to with sympathy and understanding.

TELEPHONE SUPPORT is also available, for those who would like to chat to someone who has had the experience of miscarriage. Please check our website: **www.miscarriage.ie/telephonesupport.html** to obtain the number of the person on call. If we are not able to take your call, please leave a message and we will contact you as soon as possible.

We also hold **SUPPORT GROUP MEETINGS** in Buswell's Hotel, Molesworth Street, Dublin, 2 at 8pm on the first Thursday of each month. Both women and their partners who have experienced miscarriage are very welcome to attend. You will be in a safe place to talk about the loss of your baby in the company of others who have had a similar experience.

Pregnancy and Infant Loss Support Group meetings for Mayo normally take place on the 3rd Wednesday of the month in the Gateway Hotel, Swinford, Co Mayo at 7.30 pm.

Geraldine Sheerin organises and facilitates the independent Pregnancy and Infant Loss Support Groups in Swinford, Co. Mayo. Please contact Geraldine on ***087 056 5999*** for information beforehand and to confirm exact dates and times.

Miscarriage Support Group meetings are also held in Galway in the Raheen Woods Hotel, Athenry, Galway. Please contact Dawn O' Connor on ***087 689 3456*** for more information.

We have our Book of Remembrance at the meetings in September, December, March and June for those who might like to make an entry in the Book.

OPINION PAGE

Articles are welcome for our Opinion Page. This page is used for people to state their opinions regarding miscarriage. This could mean:

- Treatment in hospital
- Aftercare
- Infertility problems
- Future pregnancies
- News that you wish to share with us about your miscarriage

Though people may wish to talk about their worries and concerns on this page, we would also welcome any positive experiences you have had. You may wish to remain anonymous in the newsletter but your name and address should be submitted to the Miscarriage Association of Ireland. Articles may be submitted to us at **newsletter@miscarriage.ie** or by **post** to Carmichael Centre, North Brunswick Street, Dublin 7 and marked "Newsletter".

OUR NEXT NEWSLETTER / YOUR IDEAS

Please let us have your stories, poetry, articles, coming events, sad farewells, welcome babies, anniversaries and anything you feel will help those who read our newsletter.

Please forward them to us at **newsletter@miscarriage.ie** or by **post** to Carmichael Centre, North Brunswick Street, Dublin 7 and marked "Newsletter" and include name and contact details. Your name does not have to be included in the article if you wish to remain anonymous.

Closing date for entries for next newsletter is 30th April 2018.

JUST A NOTE:

Sometimes, for whatever reason it is not always possible to publish or acknowledge everybody's correspondence. This does not mean it is not important so please keep forwarding your items of news for sharing.

OUR NEWSLETTER

Our newsletter is circulated to members, hospitals and other interested parties and is available on the internet. The opinions in this newsletter are those of the contributors and are not necessarily those of the Miscarriage Association of Ireland.

Angela Grace

MEMBERSHIP

The Miscarriage Association of Ireland is a registered charity, set up by a small group of women and men who had personal experience of miscarriage. We give our time and our services voluntarily. The annual membership fee is €15. All monies raised go directly to the charity and enables the Association to help those affected by the loss of a baby following miscarriage by offering help and support through our:

1. Telephone helpline
2. Email support service
3. Monthly support meetings
4. Placement of memorial stones in different locations around the country
5. Annual service of remembrance
6. Distribution of information books and leaflets
7. Website and Facebook page

OUR AIMS

Our hope and aims are to provide support, help and information and to attempt to improve services for women, couples, and their families who have had experience of miscarriage.

To become a member:
You can become a member by filling out the membership form on the website and paying via credit card or PayPal, or by filling out the membership form and sending it with your details and a cheque, postal order, or bank draft for €15 to:

The Treasurer, Miscarriage Association of Ireland, Carmichael Centre, North Brunswick Street, Dublin 7.

You will be placed on our mailing list, receive our newsletter when published, and you will be kept updated on any major events which are being held.

To make a donation / Set up a direct debit
Some people like to make a donation in memory of a baby they have loved and lost and others like to celebrate the eventual birth of a much wanted baby following a previous miscarriage. Sometimes friends, family and colleagues club together or hold a charity event or fundraiser to make a donation to the Miscarriage Association of Ireland. You can make a donation via the website using a credit card or PayPal. If you would like to set up a direct debit please email **info@miscarriage.ie** for the Miscarriage Association of Irelands bank details.

However you would like to help, your support is always welcome and very much appreciated.

Thank You

The Miscarriage Association
of Ireland

Carmichael Centre, North Brunswick Street, Dublin 7
Telephone: 01-8735702 • Fax: 01-8735737
www.miscarriage.ie • Email: info@miscarriage.ie
www.facebook.com/miscarriage.ie

We are part funded by Tulsa

TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

www.baldoyleprint.ie - 01 839 1463