

Miscarriage Association

Helpline: 01924 200799

Email: info@miscarriageassociation.org.uk

www.miscarriageassociation.org.uk

If you have been affected by miscarriage, ectopic pregnancy, or molar pregnancy, the 'Miscarriage Association' offers information, support, and opportunity to join online peer support groups.



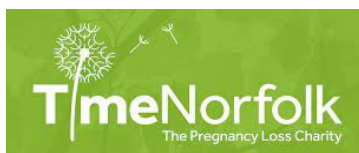
Antenatal Results & Choices

ARC – Antenatal Results & Choices

Helpline: 020 7713 7486

www.arc-uk.org

ARC provide support for parents who have lost a baby following a prenatal diagnosis and provide a support line and parent support forums.



TimeNorfolk

Tel: 01603 927487

Email: info@timenorfolk.org.uk

www.timenorfolk.org.uk

'TimeNorfolk' provides free confidential help and support to anyone who may have an unplanned pregnancy, or who has experienced pregnancy loss through miscarriage, termination, or stillbirth. They provide support across Norfolk to women and their partners of all ages.

The Ectopic Pregnancy Trust

Tel: 020 7733 2653

ectopic.org.uk

The Ectopic Pregnancy Trust offers support for anyone facing ectopic pregnancy, including information, telephone and email support, online discussion forums and Zoom support groups.

The
Ectopic
Pregnancy
Trust



Saying Goodbye part of The Mariposa

Trust Tel: 0300 323 1350

support@sayinggoodbye.org



"Saying Goodbye" provides comprehensive information, advice, support and much more to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy.

Norfolk & Norwich Hospitals Spiritual Healthcare Team

Tel: 01603 287470

email: chaplaincy@nnuh.nhs.uk



The Chaplaincy team offer pastoral and spiritual support to all parents and families and can assist with funeral arrangements and ways to remember your baby. There is a Book of Remembrance in the hospital chapel – a personalised page can be prepared for your baby if you wish.



Nelson's Journey

Tel: 01063 431788

Email: enquiries@nelsonsjourney.org.uk

www.nelsonsjourney.org.uk

Nelson's Journey is a Norfolk charity that supports children and young people who have experienced the death of a significant person in their life. They provide a range of support, appropriate for the needs of each child or young person.

Child Bereavement UK

Tel: 0800 02 888 40

www.childbereavementuk.org

Child Bereavement UK supports families and educates professionals both when a baby or child of any age dies or is dying, and when a child is facing bereavement.



Sands

Helpline: 0808 164 3332

Email: norfolk@sands.org.uk

www.norfolksands.org.uk

Local 'Sands' groups aim to offer support for bereaved parents and families. If your baby was stillborn, or died during or soon after birth, they offer support, however long ago that might have been.

Baby loss certificates from the UK Government

If your loss is before 24 weeks (and baby showed no sign of life at birth), you can request a certificate in memory of your baby. The certificates are free of charge.

You do not need to request a certificate if you prefer not to. It's optional. The certificate is not a legal document, and the certificate will not be added to your GP record. If you've lost more than one pregnancy, you can apply separately to get a certificate for each baby loss.

You can ask for a certificate if all these apply:

- you've lost a baby before the 24th week of pregnancy.
- you're one of the baby's parents or surrogate.
- you're at least 16 years old.
- your pregnancy ended on or after 1 September 2018.
- you lived in England when you lost your baby.
- you live in England.

If your pregnancy ends from 24 weeks onwards, or shows signs of life before 24 weeks, you need to register a stillbirth instead.

To request a certificate, you will need the following:

- your NHS number or postcode registered with your GP.
- the mobile phone number or email address registered with your GP.
- permission from the other parent and their email address, if you would like their name on the certificate.

You can apply for a baby loss certificate online:

[www.gov.uk/request-a-](http://www.gov.uk/request-a-baby-loss-certificate)

[baby-loss-certificate](http://www.gov.uk/request-a-baby-loss-certificate)



Bereavement

Support

Within the hospital, these contact details may be helpful for you:

Gynaecology Bereavement Nurse

Telephone: 01603 286497

Email: bereavement.nurse@nnuh.uk

Bereavement Midwives

Telephone: 01603 287110

Email: bereavement.midwife@nnuh.nhs.uk

Spiritual Healthcare

Telephone: 01603 287470

Email: chaplaincy@nnuh.nhs.uk