

# Information for patients and carers

## Bereavement Support for Early Pregnancy Loss

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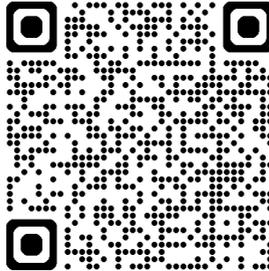
## Early pregnancy loss bereavement care

We would like to offer you and your family our sincere condolences following your pregnancy loss. Our bereavement team is here to support you and your family, offering guidance and care whilst you navigate this difficult time.

If you require any bereavement support following your loss, please reach out to the bereavement team by telephone on **01772 524575** Monday – Friday 9am-5pm – please leave a voicemail and your call will be returned. Alternatively, you can email:

**womenshealthbereavement@lthtr.nhs.uk**

Below is a QR code to take you to the LTHTR website, where you can find more information about early pregnancy loss and bereavement care.



Remember that it is normal to experience grief after a pregnancy loss. Grief can look very different from person to person, and even between two parents who have lost their pregnancy. Tommy's charity offer a **Wellbeing after Miscarriage** programme to help support your physical and mental health following pregnancy loss. It is a six part online programme, designed to be completed over eight weeks or at your own pace.

<https://www.tommys.org/baby-loss-support/miscarriage-information-and-support/wellbeing-after-miscarriage>

## Remembrance and memorial services

Attending remembrance and memorial events can be a meaningful way of honouring your baby's memory and a helpful part of your grief journey.

You and your family are invited to attend a short remembrance service for all those who have experienced the loss of a pregnancy or baby.

These are held at the Royal Preston Hospital Chapel at intervals throughout the year and the next dates for upcoming services are listed on the attached additional information sheet.

## Baby loss certificate

You may now request a certificate in memory and acknowledgement of your baby through the government website. This free document is optional but is not a legal record.

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
- you live in England

If you have lost more than one pregnancy, you can apply separately to get a certificate for each baby loss. Your certificate should arrive in the post within 14 days. If you do not receive it, you can request another certificate.

Please scan the QR code below which will direct you to the government website.



## Additional support

Below is a list of some of the additional organisations and charities that you may find additional support and advice. They provide support to bereaved parents and families from the loss of a baby or pregnancy.

**Miscarriage Association** - supporting women, their partners, families, friends and colleagues affected by miscarriage, molar pregnancy or ectopic pregnancy. [www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

**Ectopic Pregnancy Trust** - provides information, education and support to those affected by ectopic pregnancy. [Ectopic.org.uk](http://Ectopic.org.uk)

**SANDS** - the leading stillbirth and neonatal death charity in the UK, supporting anyone affected by the death of a baby. [www.sands.org.uk](http://www.sands.org.uk)

**Aching Arms** - support when you have experienced the heartbreak of losing your baby, during pregnancy, at birth or soon after.  
[www.achingarms.co.uk](http://www.achingarms.co.uk)

**4 Louis** – a UK charity to support anyone going through baby loss. The memory boxes we provide come from this charity. [4louis.co.uk](http://4louis.co.uk)

**Antenatal Results Choices (ARC)** - for women and families who have to make a decision about continuing or ending your pregnancy after being told your baby has a fetal anomaly. [www.arc-uk.org/](http://www.arc-uk.org/)

**Baby Loss, Grief and Love** - A podcast discussing all things related to trauma and baby loss. - Available on podcast platforms.

**Child Bereavement UK** - helps children, parents and families to rebuild their lives when a child grieves or when a baby or child dies.

<https://www.childbereavementuk.org/>

**Children of Jannah** - Aimed at supporting bereaved parents who are of the Muslim faith, who have been affected by the tragic loss of a child.

<https://www.childrenofjannah.com/>

**Cradle** - a national pregnancy loss charity working with Healthcare Professionals within the NHS, to support their pregnancy loss services.

<https://cradlecharity.org/>

**Dads Still Standing** – a place for dads who have suffered baby loss to find support. <https://www.dadstillstanding.com/>

**The Worst Girl Gang Ever** – a support platform and podcast for miscarriage and baby loss <https://theworstgirlgangever.co.uk/>

**Twins Trust** - supports all parents and carers of twins, triplets or more who have died whether it was during or after pregnancy.

<https://twinstrust.org/>

**Lancashire Teaching Hospitals NHS Foundation Trust is not responsible for the content of external internet sites.**

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

**Department:** Gynaecology

**Division:** Women and Children

**Production date:** December 2025

**Review date:** December 2028

**JR 1414 v1**