



If you would like more information  
please contact us:

-  [www.achingarms.co.uk](http://www.achingarms.co.uk)
-  [info@achingarms.co.uk](mailto:info@achingarms.co.uk)
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Find us on social media



# Aching Arms

Bringing comfort after pregnancy  
and baby loss

[www.achingarms.co.uk](http://www.achingarms.co.uk)

Registered Charity No: 1153296

# About our charity

Aching Arms provides comfort and support for bereaved families after the loss of their baby during pregnancy, at birth or soon after.

We work directly with midwives and nurses at over 170 hospitals nationwide, who, on our behalf, offer an Aching Arms Bear to parents in their care. We also donate bears to other organisations who support families after baby loss at any stage of pregnancy and send them to families who contact us themselves via our website.

The bear provides a sensitive conduit for health professionals to support and discuss the emotional and well-being needs of parents, particularly in the turbulent days following their baby's death.

Each Aching Arms bear is given as a gift from one bereaved family to another, to let the parents know that they are not alone, and each beautiful bear wears a personalised, handwritten label with the name of the baby in whose memory the bear was dedicated. The label also signposts parents to our website, where they will find support and information.

## SUPPORT

### SUPPORTING ARMS

Led by health professionals who have personal experience of baby loss, our Supporting Arms service offers parents the opportunity to talk to someone who has an understanding of what they're going through.

### VIRTUAL CARE

Our Virtual Care service, gives parents the chance to book a video support call with our Bereavement Care Manager.

### BE TOGETHER PROGRAMME

The Be Together Programme offers a range of community events that bring bereaved parents, siblings and families together. It's an opportunity to create new friendships and remember precious babies whilst making new memories.

### SUPPORTING ARMS FOR DADS

We host a monthly online group specifically for Dads to share and talk about their experiences.

### OUR VOLUNTEERS

The heart and soul of the Aching Arms family are the hundreds of loyal volunteers who work with us.

They work in the community to build relationships with their local hospital and lovingly prepare our bears and deliver them to maternity units across the UK. We literally couldn't do it without them.

As Aching Arms is run by a small team of staff, we are always grateful for volunteer support. Not only does this help our charity, but our volunteers also get an awful lot out of helping us in this way.

Some of the roles our volunteers take on:

- Local Hospital Volunteer
- Postal Volunteer
- Training/Education Team
- Fundraising Events Team
- Ambassadors



Families can access support by telephone, text or email on **07464 508994** or [support@achingarms.co.uk](mailto:support@achingarms.co.uk)



### FUNDRAISING

We rely on donations and the support of our amazing fundraisers. The vital funds you raise ensures we can continue to offer comfort and support to bereaved families across the UK.

There are many different ways to get involved, perhaps enjoy one of our annual campaigns - to host a Forget Me Not Tea Party in the spring or a take-on a Miles in Memory challenge in October.

You might like to host your own fundraising event - a family fun day, quiz night, gaming marathon, or race night. Or raise money for Aching Arms by setting a new personal challenge - major city marathon, 10k run, country cycle, adventurous abseil, or mountain trek.

You can be as fun, adventurous, and creative as you like! From cake sales to sponsored swims, our friendly and compassionate Fundraising Team will help and support you every step of the way. Together, we will make a difference.

### OTHER WAYS TO SUPPORT US

A kind and generous one-off donation or a regular monthly gift will make a difference and can be made here:



We have a beautiful selection of gifts and comfort boxes in our online shop and every sale supports our ongoing work.

Will you give in celebration - we'd love you to share your birthday, anniversary, or other special occasion with us and celebrate with a Facebook Fundraiser in aid of Aching Arms.

You can quickly and easily choose us as your Amazon Smile partner and each time you shop, Aching Arms will receive a small donation.

Would you consider a lasting legacy of love and leaving a gift to Aching Arms in your will.

Our work also includes actively campaigning to raise awareness of the impact of pregnancy and baby loss. We strongly advocate for bereaved parents' emotional and mental health needs, and improved bereavement care.

We deliver an ongoing programme of awareness training for healthcare professionals and bereavement care in the workplace training for employers.

