

“ *There is no support like the support from another bereaved parent.* ”



 Aching Arms




Aching Arms

Bringing comfort after pregnancy and baby loss

If you would like more information please contact us:

 www.achingarms.co.uk

 info@achingarms.co.uk

 07826 067801

Find us on social media



For Health Professionals

www.achingarms.co.uk

Registered Charity No: 1153296



What we do

Aching Arms provides comfort and support for bereaved families after the loss of a 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.

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.

“ When I received a bear donated by the parents of Lucas, I did not know them, nor did I have the pleasure of ever meeting their baby Lucas, but I instantly felt as though I wasn't alone. ”

The label also signposts parents to our website, where they will find support and information.

HOW IT WORKS

This scheme is completely free of charge to hospitals and health/bereavement care settings. One of our volunteers will deliver the bears to your hospital, usually in batches of 12 or 24.

All we ask is that your staff give parents the opportunity to take home a bear following the death of their baby.

FREE TRAINING

We provide guidance on how midwives and nurses can offer the bears and we also offer a specific baby loss awareness training workshop which is free of charge. The course can be taken via one of our short training videos online or face to face.

The aim of our training is to give a greater insight into the experiences of parents whose babies have died, along with information on the benefit of parents having a soft object to cuddle as part of their grieving process.



“ The charity is so valued by many bereaved parents and families, and the bears are a very welcome addition to further enhance the bereavement care that we are able to provide within the hospital. ”

WORK WITH US

Since we started in 2010, we have ensured that more than 25,000 bears have reached the aching arms of bereaved mothers and fathers, either through hospitals or individual requests via our website.

If you would like to work with us to help even more families, please don't hesitate to get in touch.

SUPPORT

SUPPORTING ARMS

Run by bereaved parents, 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. Booking is available on the link on our website.

BE TOGETHER PROGRAMME

The Be Together Programme are a range of community events that bring bereaved parents, siblings and families together.

SUPPORTING ARMS FOR DADS

We host a monthly online group specifically for Dads to share and discuss their particular experiences.



Families can access support by telephone, text or email on **07464 508994** or **support@achingarms.co.uk**