

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 190 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.

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

Alongside our bear, we provide a guide for Dads following the loss of their baby. The book, 'You are a Dad...you always will be' is written by a bereaved dad to help others feel less alone.

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 and books to your hospital, usually in batches of 12 or 24.

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

“ 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. ”

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 45,000 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 SERVICE

Run by bereaved parents, our telephone and email support 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 team. Booking is available on the link on our website.

SUPPORTING ARMS FOR DADS

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

BE TOGETHER PROGRAMME

The Aching Arms Be Together events are an opportunity for bereaved parents, siblings and the wider family, to come together with other families who have also lost a baby.



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

