> *I received my bear today. It's beautiful and I already have comfort.*

> *It's not just a bear, it's like someone walking up to you and holding your hand through your darkest days. I treasure my bear. It brings a kind of comfort that no one else can.*



If you would like more information please contact us:

www.achingarms.co.uk

info@achingarms.co.uk

07826 067801

Find us on social media

Aching Arms

Bringing comfort after pregnancy and baby loss

For Parents



www.achingarms.co.uk

Registered Charity No: 1153296

Aching Arms is here to help and support you when you've experienced the heartbreak of losing your baby, during pregnancy, at birth or soon after.

Aching Arms Bears

We offer a beautiful comfort bear to fill your arms and a community to support you as you grieve. Each Aching Arms bear is given as a gift from one bereaved family to another, to let you know that you are not alone.

Many parents who have experienced the loss of a baby during pregnancy, at birth or shortly afterwards find comfort in receiving the gift of an Aching Arms bear.

Each beautiful bear wears a personalised, handwritten label with the name of the baby in whose memory the bear was dedicated.

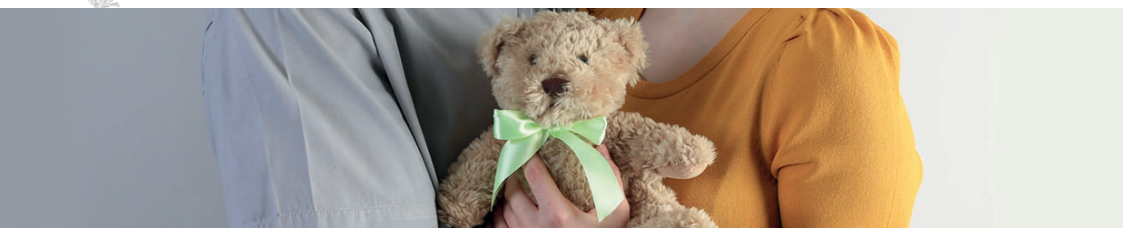
It is our hope that each bear is a comforter to hold, extends the hand of friendship from one family to another and connects families to those who can offer information, support and and understanding. If you have not received a bear with this leaflet, or know someone who would benefit from having a bear, you can send us a request via our website.

Many families who receive a bear go on to dedicate an Aching Arms bear in honour of their baby, which helps another bereaved family to know, just as they did, that they are not alone.

Aching Arms Dad Book

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.

> ***When our midwife told us about the Aching Arms bears and explained how it worked we just loved it - such a beautiful and simple idea that brings so much comfort. It has been a comfort to me since we came home without our little girl.***





Support for You

We're here so that you don't have to go through the loss of your baby alone.

Our support service is run by bereaved parents and gives you the opportunity to talk to someone who really understands what you're going through. Whether you want to talk about how you are feeling or share memories of your baby with us, we are here to listen.

This service is a flexible call back service open to anyone in the UK. When you call, you'll be taken to a voicemail for you to leave your name and phone number and we'll then contact you within 72 hours, to arrange a convenient time to talk.

We're here so that you don't have to go through the loss of your baby alone.

07464 508994

support@achingarms.co.uk

Please note:
This is not an emergency service. If you need to speak to someone urgently please contact one of these organisations: Phone Samaritans on **116 123** or text **'Shout'** to **85258.**

SUPPORT FOR MUMS

Aching Arms offers a helpline and a dedicated monthly online group for Mums. It is there to offer the chance to gain support and comfort from speaking to others. All Mums are welcome, birthing and non-birthing. The group is facilitated by our Bereavement Care Team.

SUPPORT FOR DADS

Aching Arms offers a dedicated helpline number and a monthly online group just for Dads, offering the chance to gain support and comfort from speaking to others. The group is facilitated by our Dads Support Lead. For more information, please call or text **07754 436133** or email **dadsupport@achingarms.co.uk**

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.

To find out more please visit our website at **www.achingarms.co.uk**