

A charity run by bereaved parents for bereaved parents

FOOTPRINTS BABY LOSS is a bereavement charity that provides vital support to parents and families who experience the death of one or more of their twins or triplets before, during or after birth.

★ FIRST-HAND EXPERIENCE



Our support is provided by those who have had first-hand experience of twin or triplet loss. We understand the value of having a safe space to be able to communicate with someone who has been through something similar, and provide a kind, caring and inclusive approach with our bereavement services.

★ BEFRIENDING

Befriending is peer-to-peer support from someone who has experienced a similar twin or triplet loss to you. All of our befrienders are volunteers and at least a year on from their own loss. They offer a caring, empathetic and understanding listening ear. We try to match people according to their experience where we can. Befriending can be by phone, email, messages or video calls.

footprintsbabyloss.org/befriending



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more >>>

✦ ONLINE SUPPORT GROUPS

Our online support group meetings are held virtually online. There will be a group of around five to ten people at each meeting and they will be hosted by experienced befrienders. Our meetings provide a welcoming space with other parents who understand.

Everyone is different and we completely understand if you wish to just listen or if you want to talk. There is no expectation of how much or how little you must share. It is fine to cry and we do sometimes manage to have a little laugh too.

footprintsbabyloss.org/online-support-groups



✦ ONLINE COMMUNITY

We provide a safe, caring and non-judgmental space for our bereaved community to come together to share their experiences with each other. It is a place where you can ask questions, say your baby or babies' names and perhaps share photographs, with people who understand.

footprintsbabyloss.org/online-community

“ We are here for you at any time in the months and years ahead during your grief. We hope that you find our service helpful. ”

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Charity No. 1206261