

## Sands

Sands is a stillbirth and neonatal death charity. Their aim is to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it. They provide bereavement support nationally, a freephone helpline, mobile app and online community and resources. They also support research into the causes of baby deaths.

They support

- bereaved parents and siblings and grandparents
- friends and colleagues
- healthcare professionals

To contact the local group see the details below.

Last updated: May 6, 2022

---

**Telephone:** 020 7436 7940

**Website:** <https://www.sands.org.uk/>

**Helpline:** 0808 164 3332

*free phone from landlines and mobiles*

**Email:** [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

**Website 2:** <https://newcastle.sands.org.uk/>

**Twitter:** <https://twitter.com/SandsUK>

**Facebook:** <https://www.facebook.com/sandscharity>

**Youtube:** [https://www.youtube.com/channel/UChjoFvQRHY4G0iznNqufL8A?view\\_as=subscriber](https://www.youtube.com/channel/UChjoFvQRHY4G0iznNqufL8A?view_as=subscriber)

**Opening Hours:** 10 am to 3pm Monday to Friday  
6 pm to 9 pm Tuesday and Thursday evenings.  
Closed on bank holidays

**Address:**  
10-18 Union Street

London  
SE1 1SZ

---

## Related Articles

[Bereavement and grief](#)

[Family and relationship problems](#)