

Dear Zoe, Andy and the Saying Goodbye Team

The words 'thank you' seem too small for something that means so much, but from the depths of my heart thank you for the most beautiful, peaceful and reflective service in Oxford at the weekend.

I had been so incredibly nervous about attending, being in my early twenties and knowing I was going on my own I was worried that I would look out of place, but that couldn't have been further from the truth. There is no 'typical person' at the service, people come of all ages and everyone comes with their own individual heartbreak and pain. Everyone has their own unique story to tell but you united us in grief to recognise our babies lives in the most thoughtful and compassionate way possible.

Being allowed to grieve and acknowledge the lives of my three babies in the company of strangers was emotional and painful, of course it was, but it was healing. Lighting my three candles and ringing the bell three times, once for each baby, to have other people share all those thoughts and emotions that I've kept buried deep within, is a memory that will stay with me forever.

The service was breath-taking, the venue; Christ Church Cathedral is simply beautiful and our babies all deserved to be honoured and remembered in such a stunning place. Thank you of course to your singing team as well for their wonderful music, which along with the reading and poems, conveyed every single emotion in the most sensitive and respectful way.

My babies are and always will be my children. They are a part of me that I carry in my heart each day, I will never stop loving them and until the day I take my last breath I will never stop missing them, but with the help of Saying Goodbye you have allowed me to make small steps to recovering; for that I will be forever indebted to you.

Thank you!

Charlie