

Dear Saying Goodbye,

Where do I start?

I found you over three years ago, just as you went onto Twitter.

At the time I was losing our third baby. We had previously lost our first two babies in the previous 8 months. At the point I found you, I was in total shock. I thought really soon I would wake from the nightmare and at the next appointment would be told they had made a mistake and our baby was growing as it should.

We weren't that lucky.

What proceeded was another 2 months of a nightmare. We were still grieving our first two babies and now dealing with becoming so ill because of losing our third.

You, Saying Goodbye, walked every step of those two months with me. Even up until the minutes before I had to go to theatre, where my life was saved. You talked me through and supported and answered questions that no one else could answer. You knew how it felt to feel as the fall from the cliff would never stop. You knew how it felt to sob and sob and sob until you felt you no longer had the energy to move let alone continue crying. You held my hand through all of this.

The months following our loses you continued to walk with us. You were there every day. Checking to make sure we were ok. Encouraging because I'd managed to leave the house, supporting the feelings of complete and utter numbness from the real world. It was like you were in that bubble with me. You understood it all. You were the ones who told me I was being normal, that our hearts were breaking, that I was so confused as to why I couldn't keep our babies. Every step you were there.

The quotes you offered as support, the information, the guidance, I don't have the words to say how much it helped and am thankful.

We attended a service. We needed a break. We needed to get away just the two of us to grieve and be together. The service was beautiful. It gave us the place to remember our babies. Give them a physical representation with the ringing of the handbells and lighting of candles. It was an opportunity to lay our babies to rest and know that they would always be in our hearts and never forgotten. What was also so amazing was being able to stand with so so many others who were feeling and experienced the same. That it was normal and ok to be grieving the little lives of our babies.

Since then I have attended several services and see how much Saying Goodbye are doing for families, friends and individuals who have lost babies at any stage of pregnancy, birth and infancy. It is truly immense.

I'm reminded of one of the nights I was in hospital after our third baby died and asked a nurse if there was any support available. I was told no, as our baby was a miscarriage, not another form of loss. I then found you and the relief was immense.

You continued to support throughout our forth pregnancy through one of your other divisions and now we have a beautiful, if not incredibly lively little boy.

You saved me and I will be eternally grateful.

The work you do is so needed and totally awesome. I honestly don't know what I would have done without you.

Losing our third baby felt like the final straw, it felt that that was it, life was over, I had failed. But you showed me that wasn't the case and I cannot thank you enough.

Thank you Saying Goodbye xxx