

Dear Saying Goodbye

My life had never been touched by loss or grief, any losses that had occurred had all happened when I was too young to remember. So when I suffered the ultimate loss, the loss of my child, I was not sure how I would ever over-come the over-whelming grief I was then faced with.

I was 12.2 weeks when our scan showed our baby, our second child, had stopped growing. No one ever warns you about the powerful feeling you get in that moment, it just engulfs you. The physical pain you feel as your heart breaks inside; the wave of grief that threatens to swamp you.

Our baby left us naturally at 12.5 weeks and that day, part of me left too.

I had a few members of my family and friends for support, but no one really knew how to handle such a situation. My hopes and dreams for my baby, were dashed, snatched away without warning. What could anyone say? I turned to the internet for answers, needing to know why what had happened, had happened, and that I wasn't alone on this painful journey.

There I found Saying Goodbye. Never did I consider what an impact this organisation would play on my life, or how important it would become to my journey.

I took a chance and emailed one of the joint Founders Zoe. I never expected such an instant and heartfelt reply. I was overwhelmed how, this then stranger, cared so deeply and could relate to how I was feeling. I emailed her my experience, and with that she shared hers with me, and she made me feel less alone in such a horrendously lonely situation.

No one around me talked about pregnancy or infancy loss, even my own, so talking with Zoe was my way of acknowledging my baby's little life, and she reassured me continually that it's ok to grieve; in fact, it's essential and healthy to grieve, to allow you to heal.

Through my grief Saying Goodbye have been there, holding my hand as I've struggled to understand, deal and come to terms with the loss of my child. I have had such overwhelming feelings of bitterness and resentment during this time, and struggled to really see the wood for the trees emotionally. I felt lost in my feelings and suffocated. I did not want to face the days ahead, as I couldn't imagine dealing with the pain a minute longer. I isolated myself from the world and from the people around me, as I was unable to pretend I was fine, day after day. My brave face slowly slipped. When I was with others I chose to cover up my pain, as people simply didn't understand, and how could I explain that inside I was falling apart?

I would contact Zoe regularly, and she not only reassured and comforted me that I was normal, she also allowed me to truly grieve and acknowledge my child. She encouraged me to be open and honest about how I feel, she showed me my feelings were valid and justifiable, and she showed me there was hope and a light at the end of the dark tunnel - She also acknowledged my child's life, which was crucial to me. I was able to be truly 'real' with Zoe, something I was unable to do with others around me. How can someone I had never met in person truly change my life in such a way? But Zoe and Saying Goodbye have. To have someone care so much for me was a gift, and it gave me my sense of belief back in myself -I will always be eternally grateful for this.

I once asked Zoe, 'How can I ever possibly repay you for your kindness'. Her simple, kind reply was this ' For you to smile again, is all I need'.

Today, thanks to Zoë's and Saying Goodbyes support and guidance, and because they provided me with the space to grieve, I can say I have been able to repay Zoe, as today I can smile again, which is a miracle, as I never thought that would be possible.

I stand here as better person for not only reaching out to Saying Goodbye, but for also allowing them in to my life.

All I can say to Zoe & SG is Thank you for Saving me.

Love

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