



**\*URGENT MEDIA RELEASE\***

## **75% OF PEOPLE SUFFER AVERAGE OR POOR MEDICAL SUPPORT POST BABY LOSS**

Baby loss is one of the few remaining taboo subjects in society, and as a nation, we are terrible at tackling grief and loss in general. However, when you consider that approximately 700 babies are lost each day in the UK during pregnancy, at birth or in infancy, it should be something we talk about, and we should be ensuring that those who suffer loss, receive the support they need. But even today in 2017, the help given falls far short of what it should.

A survey conducted by the Mariposa Trust ([www.sayinggoodbye.org](http://www.sayinggoodbye.org)) a leading charity working in the area of baby loss and bereavement support, saw 789 people share their experiences of support from partners, family, friends, and medical professionals and it highlighted troubling results.

Key points from the survey:

- 75% of responders rated the care they had received from GP's or medical professionals as average or poor
- 60% of responders were not offered any support from their GP or medical professional
- 55% of responders said if they had received better support from their family and friends, it would have helped them during their loss

The Mariposa Trust is committed to providing long-term support to anyone who has suffered baby loss, and to improving how bereavement care and support is provided. Andy Clark-Coates, co-founder, and co-CEO of the Mariposa Trust, (who has lost five babies) commented on these results. "When people go through the traumatic journey of baby loss, they need compassionate support from family, friends, and medical professionals. The fact that three in every four responders reported that the care and support they received from their GP and other medical professionals was rated average or poor is disappointing and shows we have a long way to go in providing an excellence of care wherever you live in the UK.

Helen was one of those who took part in the survey and said "My partner and I have sadly gone through 14 baby losses. Each of these is not just a miscarriage, they are our children. The trauma of trying to cope with such huge loss, while maintaining careers and trying to show the world that all was okay literally brought me to my knees. I was taken to the doctor by a friend, who could see I was in a very dark place. Their hope and mine was that I would be offered instant support, but what I got was my name added to a waiting list, and months later when support was finally offered, it was a group therapy session, which was completely unsuitable for me to share openly in, so I declined the offer. Because of not attending that one session, my name was then removed from the counselling waiting list, so I got nothing, zilch, and the only place I found support was via the Mariposa Trust when I discovered them in my local newspaper. I am a big believer that this utter abandonment of people, once they have gone through baby loss, has got to change. I understand that the NHS has extremely stretched resources, and am wise enough to know immediate counselling simply could not be offered to everyone who needs it instantly. What the NHS could do however, is put a leaflet into peoples hands, as if I had been handed one of the Mariposa Trust support leaflets, I could have turned to them, and got access to information, advice and a befriender within hours of my request.'

Baby Loss Awareness Week is the 9th to the 15th October 2017. This is a time when baby loss charities across the globe, hold events, services, and acts of remembrance, to show the world the impact of baby loss, which sees around 38,000,000 babies lost during pregnancy, at birth or in early years each year. It is also a time to show Government, media and the health service how important this issue is.

The Mariposa Trust provides support via six divisions to over 50,000 people each week, and in just five years has become a leading voice to government, the department of health and the media. Zoe Clark-Coates spoke about what has become a global time of remembrance. “Baby Loss Awareness Week is a key time for millions of families around the world. Regardless of where they live, they can connect with others in remembering the babies they have lost. Taking part in global symbolic acts, such as the ‘Wave of Light’ can be therapeutic and make people feel less alone. This is a time where we can all unite and use our collective voice, to say all lost babies matter, and highlight the issue of loss to all of society.”

In addition, Zoe Clark-Coates has written a new book, also entitled ‘Saying Goodbye,’ which looks at her personal story of loss, the forming of the charity, and provides a 90-day support resource for people. This is available via Amazon and in all good bookshops.

More information on the Mariposa Trust can be found at [www.sayinggoodbye.org](http://www.sayinggoodbye.org), and all press enquiries should be sent to [press@sayinggoodbye.org](mailto:press@sayinggoodbye.org).

**Editors Notes:**

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