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Themes: Advocacy, Bereavement and Grief, Counselling

Aimed at: All People

We provide free resources and self published books for parents to support them in their grief and journey through miscarriage, stillbirth and neonatal death.

Today there will be 10 stillbirths, while a further 1 in 4 pregnancies will end in miscarriage (Tommy's, 2017). These rates are stubbornly high, leaving families every day devastated by the loss of a child. This leaves us with many questions, such as what support is there out there for these families? Where can they look for help?

Every day to many people join the invisible community of parents who carry a child around in their hearts and not in their arms. This is the most devastating thing any parent can go through: to say hello and goodbye in one day. If this has been your story then we are deeply sorry for your loss, but we are here to tell you that you are not alone in this. You may feel that you have nothing to move forward with, and nowhere to go, but you have come to the right place. At Little Fingers, we aim to bring together and provide you with the right resources to help you on your journey.

The team at Little Fingers aim to support those parents who have endured the trauma of baby loss at any stage, whether it be miscarriage, stillbirth or neonatal death. We know too well this pain having endured it ourselves and know what it is like to be alone in the shadows of the taboo and pain that surrounds such loss.

We are a fully registered non-profit UK charity. All of the money raised goes directly towards purchasing resources and providing our self produced books to bereaved parents and health care professionals. Our book (as well as the future books we aim to print) works to be both a resource and signposting directory of services to offer this more rounded approach.

Here are some of the ways that we aim to support bereaved parents:

Supporting those who have suffered miscarriage, stillbirth and neonatal death

By providing resources and information that are not currently provided to bereaved parents upon walking their journey of grief in their moment of most need

Supporting newly bereaved parents by signposting them towards the current organisations and charities that able to give them further support specific to their needs

Raising awareness of other charities and organisations that support parents

Providing the provision of facilities to local trusts and hospitals

To support and educate families in their walk through the journey of grief following the tragic loss of a baby

The resources we offer are available to any bereaved parent or health care professional upon request, there is no donation necessary. So far we have donated books to many individuals, hospitals, charities, bereavement centres, counselling centres, support groups and chaplaincies across the UK. Some of our books have also been posted globally across 8 different countries. Over 5000 books have been handed out since the books were produced in March 2014.

As a charity we have worked tirelessly to raise over £50000 to date, to allow these resources to be continually presented upon request. If you would like a copy of the book for yourself, a loved one or someone you work with then please go to our book page to request one.

So far the journey has been hard but fulfilling. We hope that we can help you to come to a much better place on your journey too.

Thank you for coming on our journey with us.

The Little Fingers team and trustees x

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