

# Pregnancy loss can be isolating

In the UK,

- ☞ One in every four pregnancies ends in a **miscarriage**.  
*(The Miscarriage society)*
- ☞ One per cent of pregnancies are **ectopic**.  
*(The Miscarriage society)*
- ☞ 1800 pregnancies are terminated each year due to **fetal abnormalities**.  
*(A.R.C)*
- ☞ 6200 babies each year are **stillborn** or die in the first 4 weeks of life.  
*(Sands)*

Every experience of pregnancy loss is individual, but whenever it happens, good support is vital to help families come to terms with the loss of a much wanted baby.

# 'Ripples Go a Long Way'

When a stone splashes into a pond, ripples spread to the very edge of the pond, most intensive at the centre and less towards the edges. After a while, the surface of the pond returns to look the same, but the stone is always under the surface, the pond will never be the same again.

When pregnancy loss occurs, the ripples are felt most intensively closest to the loss, and by those people closest to it, but ripples go a long way. After a while, life may return to look the same, but the loss is always there, and those affected by it will never be the same again.

# The SPLASH Project



## Seahawk Pregnancy Loss Advice, Support and Help

[www.thesplashproject.org](http://www.thesplashproject.org)

# You are not alone

The Splash Project offers help to those who have experienced the loss of a baby and feel isolated, because those closest to them are not physically nearby, or they do not understand how it feels.

It can take years for these feelings of loneliness to wear off. Whether the loss was days ago or years ago, **any** and **all** individuals or families who have been affected by a pregnancy loss and the death of a baby are welcome to seek advice, support and help, by contacting us.

# Get in touch with us.

## Pop into a session

For information or chat

## Visit Our Website

[www.thesplashproject.org](http://www.thesplashproject.org)

## Send us an email

[info@thesplashproject.org](mailto:info@thesplashproject.org)

## Drop us a line

The Splash Project  
Culdrose Community Centre  
Hibernia Road  
Helston  
TR13 8DJ

## Phone for information

on

01326 565132 or 07796 787580

The Splash Project  
is supported by  
the Maternity Unit and the Chaplaincy  
at the Royal Cornwall Hospital,  
the Culdrose Community Centre,  
and the Chaplaincy at HMS Seahawk.

# Drop In Sessions

1<sup>st</sup> Monday of each month

from

7pm until 9pm.

at

Culdrose Community Centre  
Hibernia Road  
Helston

We meet informally, and can chat about your experience with you. We offer help and information, and give common sense advice about ways of managing your grief and helping you to move forward.

We are happy to try and meet you outside of these drop in times if preferred. Contact us for further information