



# Noseletter

September 2020 | Issue 9

## Your supporter update

As spring blooms, I've been reflecting on the whirlwind that has been 2020 so far.

Together we faced a global pandemic that caused not only fear, but financial uncertainty the likes of which we have never seen.

## Thanks to your unwavering generosity, we are still here to support families every day.

Because of you, every call from a distressed new parent was answered. Even with the number of calls increasing, our life-saving safe sleep advice was always available.

Because of you, every grieving parent had access to counselling and support. Even for families in lock-down or regional areas, our new digital support options were there.

While 2020 has been a difficult year, I am overwhelmed with gratitude for the way our community has come together.

Through creativity, perseverance and most importantly, with your support, we have delivered on our mission throughout this crisis – **thank you so much.**

**Keren Ludski**  
CEO, Red Nose Australia



## Honouring little lives

By  
**Julie Verley**

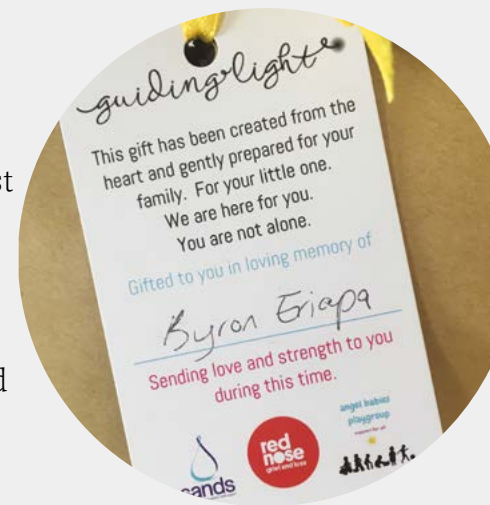
Thanks to your generous support, last month Red Nose's WA office welcomed bereaved mums to a new, monthly event combining facilitated group support and crafting.

This special group creates a safe space for mums to share experiences, connect with other grieving mums and make special Care Packs for newly bereaved parents, in memory of their own beloved child.

**I loved the session, talking and learning about grief, and then being able to do something crafty... I'm so looking forward to being with like-minded mamas again.**

Each special Care Pack contains items that have been kindly donated by the community and tied with a ribbon and card in honour of a lost little one.

**Your support throughout the global pandemic has ensured vital healing moments like this are still possible. Thank you.**



# Stillborn during COVID-19

By  
Maggie Nasr

Having a stillbirth and grieving my baby during a global pandemic has been nothing short of heartbreaking.

Thankfully, I have received invaluable support in the form of counselling with Red Nose counsellor Rachel, who provides me a completely safe space to talk about Jamie as much as I want.

**My heart still breaks as I remember his perfectly beautiful little features. It was undeniably the most traumatic, yet bittersweet experience I have ever been through.**

Unlike my first 'textbook' pregnancy, I experienced bleeding throughout and eventually the diagnosis of a placental abruption began to gingerly surface.

At 21 weeks' gestation my body went into preterm labour. I felt pure terror when I realised that my son wouldn't survive, it's a feeling I don't think will ever leave me.

We buried our tiny boy a week later on Easter Saturday and in the midst of Australia's nation-wide COVID-19 lockdown.

**Lockdown restrictions robbed us of opportunities to create memories with and honour our son.**

The hospital would normally have organised a professional photographer to take photos – instead we have no photos of Jamie to hold or to share with friends and family.

Due to restrictions on gatherings at funerals, only Richie and I were there to see Jamie's woven casket lowered into his grave with ribbons, atop a bed of flowers.

Lockdowns are still ongoing in Victoria and our family haven't been able to visit with care packages or simply be here with us while we grieve.

Thankfully our community has been really supportive, sending gifts and mementos and they don't shy away from saying Jamie's name.

We're also very grateful for Red Nose and our Counsellor Rachel's support. Being able to access one-on-one counselling and group support online has been a lifeline.

Today I take solace in author Nora McInery's words, "We don't 'move on' from grief. We move forward with it".

**Thanks to your generous support Red Nose Bereavement Services have been able to run throughout pandemic lockdowns and restrictions, so that every family has support when they need it most.**



If you would like to read more of Maggie's journey, visit [rednose.org.au/news](https://rednose.org.au/news)

# Memorial services go virtual

By  
Jo Rimes

As a bereaved mother and a Counsellor at Red Nose, I wanted to say a heartfelt thank you for ensuring our grief and loss services have been able to adapt to the challenges of COVID-19 and run throughout 2020.

Memorial and remembrance services are a vital part of the grieving process for many families. These events form a safe space to express love for a child and connect with other bereaved families helping everyone to feel less alone in their pain.

With COVID-19 restrictions fluctuating across the country and the general uncertainty of trying to plan an event during a pandemic, many of our annual in-person memorial services were simply not possible this year.

**But thanks to your generous support, we were able to go virtual for the first time, livestreaming a National Remembrance Service on Red Nose Day.**



**Going digital meant that every Australian family, whether in locked-down cities or in regional and remote areas, had the opportunity to come together to acknowledge, honour and remember the little lives we have lost.**

Featuring heartfelt poems, songs and stories from bereaved parents and guest speakers the Service, while presented a little differently, was just as beautiful and connecting as ever.

**Hundreds of families across the country connected in silence during the reading of over 300 children's names.**

Families remember their babies and children in so many different ways and it was bittersweet to see everyone lighting their candle, holding each other and lifting up photos, teddies or mementos to the screen.

There was even an opportunity to break off into smaller 'virtual rooms' to stay back for a cup of tea and a chat, just like we would have done in-person.

Though rather different than previous years, this Remembrance Service was once again an important moment of connection and love.

**It was an honour to be with all the families in this way, and it was far more special than I had imagined. Thank you again, for making all of this possible.**

To read more about this year's special Remembrance Service, visit [rednose.org.au/news](https://rednose.org.au/news)



# Using Facebook to keep babies safe

By  
Jane Wiggill

Safe Sleeping education is a vital part of our mission to reduce the rate of sudden infant death and save little lives.

But due to the global pandemic, accessing training is more difficult for childcare centres, midwives and health care professionals, and parents generally have less access to their usual sources of information.

**Thanks to your generous support, Red Nose has been able to introduce new Q&A sessions on Facebook, so that even in isolation parents have a safe space to connect and seek life-saving advice.**

Usually we deliver vital education at places like childcare centres, hospitals, pregnancy expos and community events – making sure that everyone has the knowledge to keep their baby safe.

Unfortunately, with lockdowns and physical distancing restrictions fluctuating across the country, we are no longer able to conduct face to face training sessions or participate in expos.

The Q&A sessions on Facebook offer a new, fun and efficient way to present safe sleeping information in a format that

is readily accessible to large numbers of people.

We've now run five live sessions since the pandemic hit and they were all really well received, with lots of community engagement through questions and comments.

**I was so worried, but now I know what to do and I feel so much better. I'm so glad I checked with Red Nose first.**

We know that by July, the number of calls to our Safe Sleep Advice line had increased by over 30%, and those calls still haven't slowed down today.

With even more parents and family members looking for guidance and reassurance, these live sessions are helping to fill an important gap in keeping babies safe across Australia.

**Having this kind of connection and reach across our community has been amazing and we plan to make them a permanent fixture of the Red Nose calendar well into the future. Thank you for making it possible!**



## Save the date

RED NOSE DAY 2021  
FRIDAY 13 AUGUST

Mark the date in your calendar and follow us online for the latest news.

This year, you helped raise over \$600,000 to support families and help stop little lives being cut short, **thank you!**

Help us do it again next year!

## Thank you

### Grief & Loss Support Line

1300 308 307 (available 24/7)  
[rednosegriefandloss.org.au](http://rednosegriefandloss.org.au)

### Safe Sleeping & Safer Pregnancy Advice Line

1300 998 698 (business hours)  
[education@rednose.org.au](mailto:education@rednose.org.au)

### Make a donation

1300 998 698 (business hours)  
[rednose.org.au/donate](http://rednose.org.au/donate)

[rednose.org.au](http://rednose.org.au)