Andrew’s Rainbow Launch

Parliamentary Debate - 30th Anniversary

We would like to hear about any fundraising you have been organising, or if you would like to share Your Story, please contact us at contact@scottishcotdeathtrust.org.
Welcome to our Autumn 2015 newsletter

Dear all

We have had a really busy time over the summer months with a move into our new accommodation squeezed into an already tightly packed schedule of education and fundraising. As I write this today it is international Baby Loss Awareness day. At 7pm local time across many countries, candles will be lit to remember babies never held, those held but not taken home and those who lived their precious lives for only a short time. This will create a continuous wave of light around the globe to show support. We have worked with other charities to ensure the voice about baby loss is heard louder. We want the taboo surrounding baby loss to be banished so that families worry less about upsetting others and feel more comfortable talking about their baby when they want to, not when they feel they are given permission to do so.

It has been encouraging to see all the support out there for families living without their child, but it has also served as a reminder that the Scottish Cot Death Trust is the only charity in Scotland dedicated to supporting families affected by the sudden, unexpected death of their baby or young child. I have spoken with professionals this week who were not aware that all our families will have their baby’s death investigated by the Procurator Fiscal, that there must be, by law, a post mortem examination of their child and that the police will be involved in every single cot death. It is through this knowledge and understanding of what happens after a cot death that we can support families and put them in touch with other parents who have faced a similar experience.

Thank you to everyone who has been involved in fundraising over the past few months. It ranges from those who have jumped out of aeroplanes, abseiled from the highest structures, crawled through mud, endured blisters from the relentless miles of running and hours of perseverance of collecting donations for events. From everyone here at the Trust, THANK YOU.

Very best wishes,

Lynsay Allan
Executive Director

Thank you to Angela Fulton and Leah Law. In September we said goodbye to Angela Fulton who joined the Trust in 2013 as an Administrator and later took on the role of National Coordinator. On behalf of everyone at the Trust we would like to wish Angela all the best for the future. Leah Law, who along with Jacqui Law covered the North region providing community based Bereavement Support for families, has moved onto another post. Jacqui continues to offer support in the area. Good luck Leah!

2015 Christmas Cards

Remember to get your Christmas cards ordered early to avoid disappointment. To make sure we can keep designs fresh each year we have a limited number of each card, so please do get in touch if you want to buy cards to support a great cause!

Welcome

Jean Boardman joined the team mid October as our new National Coordinator. Jean comes from a Social Care and Education background, having worked with vulnerable families for many years. Jean will be spending her first few weeks orientating herself with the role and work of the Trust. She will be visiting as many people as she can to introduce herself once she has settled in. Welcome Jean, it is great to have you as part of the team.

Letter to Santa

If you know a wee one who would like to receive a letter from Santa then please do get in touch with us. Mr Clause will normally send out all his responses by mid December in time for the big day!

We also have a variety of other merchandise that you can see by visiting our shop online www.scottishcotdeathtrust.org, email us at contact@scottishcotdeathtrust.org or telephone into the office on 0141 357 3946.

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**Andrew’s Rainbow - Scottish Government Bereavement Event**

On the 19th June our new sibling resource, Andrew’s Rainbow, was unveiled at a Scottish Government Bereavement Conference. The event, attended by over 200 professionals with an interest in bereavement care, was a wonderful opportunity for us to showcase the book. It was met with such enthusiasm by everyone who saw it with copies being snapped up during the break times when delegates could browse the stalls.

It is such a powerful little book which cleverly explores some of the thoughts and feelings that rainbow children have. We are so delighted with it and give our heartfelt thanks to Wilma and Jamie Carragher, all the children and families who took part in the focus groups and to Veronica Hansmann and Shuna Mercer who took the focus group sessions. I am sure you will all agree that the designer, Stephen Simpson and Illustrator, Richard Rogers, both from DoGood Advertising Creative Agency, have done a wonderful job in creating the story from the raw material we gave them. Our own families enrolled onto the Next Infant Support Programme will be provided with a book/books to give to their older sibling(s). It is also available to anyone else who wishes one for a suggested donation of £4. Please see our website shop for more details.

**New Accommodation**

In August we moved into new accommodation based in the main hospital building in the grounds of Yorkhill. Thank you for all your patience during the week when we moved and we were still unpacking all our boxes.

We’re now well settled into our new office space which includes a dedicated family room where families can meet with professionals such as the SUDI Paediatrician or Pathologist. Families can also use the room for counselling if this has been agreed with the counsellor providing their sessions.

**Lights of Love**

The Lights of Love Service 2015 will take place at 7.30pm on Friday 4th December at St Mary’s Church, 15 Upper Bridge Street, Stirling, FK8 1ES. Someone from the Trust will also be attending this service. If you would like to light one of the main candles as part of the service or do a reading in memory of your loved one please let us know by 20th November. Also, we will update our website and facebook page nearer the time with information regarding other Christmas services taking place in Dumfries, Aberdeen, Fife and Ayrshire for families who have lost a child. Contact the Trust office for more details.

**Benefit Gig**

For one night only on Saturday 5th September, Eddie Izzard took to the stage for a benefit gig with the proceeds being split between the Scottish Cot Death Trust and the Eilidh Brown Memorial Fund.

The evening came about as Actor, Iain Robertson, Ambassador for the Trust, was filming a remake of Whisky Galore with Eddie. Eddie is well known for his support of charities and through chatting about Iain’s involvement with the Trust, Eddie agreed to lend his support. We are very grateful to him for taking the opportunity to raise awareness about the Trust and raise vital funds. We have still to receive the final amount raised but know that it exceeds £2000.

Thanks to everyone who bought a ticket and supported the event and thank you to Eddie Izzard!
On the 17th June 2015 a debate was held in Scottish Parliament following a motion raised by Gil Paterson MSP.

“As a parent and a grandfather, I can think of nothing more difficult to imagine or in any way comprehend than the devastation that must happen when a baby has passed away. For that to happen at all would be hard enough for any parent and family to withstand, but not to know the reason for the loss is beyond all natural senses. Therefore, it is with some comfort, relief and respect that we have people who understand the gravity of such a horrendous human experience and who aim to help in a number of ways. ”

There was cross party support for the Trust and acknowledgment of the 30th anniversary.

Margaret McCulloch (Central Scotland) (Lab)

“The debate also gives us an opportunity to remind ourselves that the Trust’s work is not done and that our work is not done. It continues and it must go on. As the Trust says on its website, a baby dies every nine days in Scotland from Cot Death”.

Stewart Stevenson (Banffshire and Buchan Coast) (SNP)

“There is one little thing that we need to think about. It is right and proper that we provide advice on how to minimise the occurrence of cot death. However, it is equally important that we reassure parents that it is not their fault that their child dies from cot death. They may have followed all the advice or may not have been aware of some of the advice, but it will almost certainly not—in 99 cases out of 100, and probably more—be the parents’ fault. That is precisely why the Scottish Cot Death Trust has to exist: it must reassure and support parents who do not know what more they could have done, when the answer may be that there was nothing more they could have done.”

David Stewart (Highlands and Islands) (Lab)

“Losing a young, healthy baby is one of the greatest traumas that parents could ever face. For 30 years, the Scottish Cot Death Trust has been counselling, supporting and educating parents, as well as supporting the professional agencies that work with the families. Let us never forget its pioneering research work. We owe a tremendous debt of gratitude to all who are involved with the trust—the befrienders, the fundraisers and the health professionals. The work that they do is truly outstanding and makes a difference to many families. We honour their contribution and commitment.”

Dr Richard Simpson (Mid Scotland and Fife) (Lab)

“The educational role that the trust provides is critical. The Summit that it held to foster collaboration was important. It is important to get a range of health professionals to interact with the family, for example nursing during pregnancy when it is a second pregnancy, but also bereavement and other counselling.”

The Minister for Public Health (Maureen Watt)

“Supporting families has been, and still is, a fundamental aspect of the Trust’s work. Most recently, it has introduced the Scottish Co-ordinator role, which offers assistance to Boards in conducting Sudden Infant Death reviews where required, and the Next Infant Support Programme, through which the trust offers to work with each SUDI Paediatrician in Scotland to ensure that bereaved parents who are expecting a new baby receive extra care and support during the pregnancy, and that those parents are supported after the birth.”

Jamie McGrigor (Highlands and Islands) (Con)

“The Trust’s website is a fantastic resource for parents and their families. I know several mothers and fathers who have suffered the awful trauma of a cot death, and the grief of parents over the loss of a baby or toddler is so intense that it is terribly difficult for relatives and friends to begin to know what they can say or do to alleviate that grief.”

The full transcript is available at: http://www.scottish.parliament.uk/parliamentarybusiness/report.aspx?r=10020&i=91970&c=1839496
Safe Sleep

Over the summer months we have been busy delivering safe sleep education sessions to NHS staff and early years care providers based in nurseries across Scotland. Groups can range from a dozen up to 60 or so staff. We do try to tailor the sessions as much as we can to meet group requirements. Some nurseries need advice on setting up a sleep space for babies or in developing their safe sleep policies.

The same safe sleep messages are provided to all professionals with the aim of increasing their own confidence about what reduces the risk of cot death. Reduce the risk awareness sessions are as much about gaining an understanding of the rationale behind the message as the actual messages, so that they can explain to parents why they are advised to do some things and advised against others.

Police Scotland Training Day

Family Liaison Officers gathered in Fife for an update from the Scottish Cot Death Trust as part of a training day in September. One of the key messages was making sure that all families are aware of support that is available for them and that they know what is going to be happening over the days’ and weeks after their loss. It is so important that parents know what to expect and that this information is repeated gently over the first few days when the shock of their sudden loss can make it difficult to take in new information. Not all families may want to be referred to the Trust but they should be informed by someone what to expect and who they can contact for more information. The Family Liaison Officers were also reminded of our sibling resource, Rory’s Star, which helps parents talk with baby’s older siblings about what happens now that their baby brother/sister has died. We are seeing increasing numbers of early referrals for support from the police and their desire to help make sure families get to specialist support is encouraging.

Nursery Training

There was a recent article in a local newspaper that noted staff from Barrhead’s Railway Cottage Nursery organised a sponsored ‘Welly Waddle’ after our Volunteer, Liz Miller, provided training to the staff free of charge.

Claire Stevenson, Nursery manager, said, “All staff took part and found the training really informative.”

“After receiving the training we put in place a Safe Sleeping policy based on the guidance we had been given from the Cot Death Trust.”

“We wanted to give something back to the charity and they had told us about the sponsored Welly Waddle which nurseries across Scotland can take part in to help raise funds, and so the staff made plans and informed the parents and carers.”

“It feels good to give something back to the Scottish charity as well as raise awareness about cot death, many of our parents and carers had not heard of the charity beforehand.”

A total of 28 children, aged between nine months and four years, walked around Arthurlie Football ground three times in their wellies to raise the cash.

Claire added: “Both staff and children had a ball.”

Nursery staff in Scotland follow the Pre-Birth to Three - Positive Outcomes for Scotland’s Children and Families, national guidance. Within the guidance, there is emphasis on the importance of staff using research and other evidence to ensure that work with families is rooted in robust rationales, and not simply in habit and hearsay:

In order to improve and promote evidence-based practice, staff could:

• engage regularly in continuing professional development activity
• reflect on different aspects of practice with colleagues and parents and focus on what is done and why

Staff explaining their safe sleep practice by referencing relevant research or other evidence gives confidence and credibility to both the providers and users of a service.

If you work in early years or you know someone who does, contact the Trust to enquire about education on safe sleep messages and reducing the risk of cot death.
Dance X Treme raise £560 in memory of Niamh

Earlier this year, Dance X Treme, held their dance show ‘Dance X Treme Hits Broadway’ at the Gardyne Theatre on the 13th and 14th March 2015, directed and choreographed by Ashley Kinloch. Ashley decided to hold a raffle at the shows, in memory of her niece, Niamh Mulholland. Niamh’s mum, Holly, and Niamh’s big sister, Eilidh were also in the show and attended the dance classes each week. The raffle raised an amazing £560 and some of the girls and boys who attend the junior class (age 3-6) are pictured with the big cheque, which was presented to the Trust. Thank you to everyone involved.

Remembering Fern on their wedding day

Fern’s parents, Andy and Dawn Barclay, married on the 18th April this year. The couple purchased our Little Stars pink pin badges to give to their guests as favours on the day, and they also released pink balloons with Fern’s big brother, Flynn, all to remember Fern and ensure she was included in their special day.

A big congratulations to the new Mr & Mrs Barclay, and well done in raising £1087.50, so far, in baby Fern’s memory.

The new Mr & Mrs Barclay

Big sister, Eilidh (in yellow top) and the junior class at Dance X Treme

Lewis Kelly McKay was 6 months old when he sadly passed away this year on 22nd March. Lewis’ parents Louise and Colin, and Louise’s sister, Sarah, decided they wanted to begin fundraising with family and friends, and it was agreed that they would all take part in a Tandem Skydive in August this year, on Louise’s birthday.

Eight fundraisers from ‘Team St. Lewis’ took to the skies at Strathallan Skydive centre on a beautiful sunny day, and all managed to jump. So far, the team have raised a fabulous £4164.58 in memory of baby Lewis through participating in the skydive and also bag packing at Asda Coatbridge.

A huge thank you to everyone who has supported the family and took part in fundraising for the Trust, in memory of baby Lewis.

Team ‘St. Lewis’ take to the skies in memory of Baby Lewis Kelly McKay

Congratulations to Mr & Mrs Carr

The lovely Mr & Mrs Carr were also married this year, and in lieu of favours, donated money to 3 chosen charities. Congratulations and thank you both very much for choosing the Trust as one of the charities, and for the donation of £120, in memory of Fraser’s sister, Alison.

Remembering Fraser

In June, Claire & Ryan Edwards, and their friend Leah Kowalczyk, all climbed Ben Nevis to honour their son Fraser’s, 21st Birthday, and to commemorate the Scottish Cot Death Trust’s 30th Anniversary. What a lovely way to remember Fraser on his birthday. The Edwards also hosted a stall, in aid of the Trust, at the ‘Seafest Food and Fun Fayre Day’ in Lossiemouth, and their fundraising activities combined raised an amazing £2132.27. Well done for all your efforts this year and thank you so much for your continued support.

Face painting Fundraiser

A big well done to Jayne McGibbon’s children and their friends, who surprised their mum by organising their own, impromptu Face-Painting Fundraiser in their street, in aid of The Scottish Cot Death Trust. The group raised £32! Well done kids! What a fantastic effort!

Remembering Lewis

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Team ‘St Lewis’ take to the skies in memory of Baby Lewis Kelly McKay

Baby Lewis with his mummy & daddy

Skydivers: Kayleigh McCluskey, Brian Davidson, Steven Johnstone, Sarah Mackie, Ann Fox, Louise Downie, Mandy Smith & Louise McGeough

Team ‘St Lewis’ bag packing at Asda Coatbridge

Baby Fraser; and Claire, Ryan & Leah at the top of Ben Nevis

Stall at ‘Seafest Food and Fun Fayre Day’

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Dawn, Andy and Flynn releasing their balloons

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30th Anniversary Afternoon Tea in Aberdeen
Thank you so much to everyone who came along to our 30th Anniversary Afternoon Tea this year, held at the beautiful Beach Ballroom in Aberdeen on Sunday 6th September.

Everyone had a fantastic time and £3318.39 was raised on the day. Guests were treated to a glass of bubbly on arrival, the chance to browse some of the goodies on offer from local stall holders, and relax with their friends and family while being entertained by pianist Ewelina Grzybek.

Special thanks to our fundraising volunteers Dave & Laura Stuart, Jenna Allan and Liz Miller for all your efforts in making sure the day was a success, and to Stanley Wright for taking the photographs. Thank you to everyone.

Nikki raises £4413.13 with her Afternoon Tea
Our fabulous fundraiser Nikki Winning organised her own Afternoon Tea in May this year, at The Travellers Rest, Neilston and raised a whopping £4413.13.

Nikki, with a little help from her friends, organised all aspects of the event and it was so successful that they even needed to increase the capacity so they could sell more tickets for the event.

A huge THANK YOU to Nikki, Gill at The Travellers Rest, Liz Miller and all Nikki’s friends and family that supported her to raise much needed funds for the Trust, in memory of her daughter, Robyn. Well done!

RUNNING EVENTS
Thank you to our runners!! Here are just a few…

Edinburgh Half Marathon
Well done to Layla’s Angels fundraiser, Hayley Smith, who completed the Edinburgh Half Marathon in 1 hour and 56 minutes! Wow! Well done Hayley.

Edinburgh Marathon
Congratulations to Barrie Finlayson who ran the Edinburgh Marathon in May and raised an amazing £1,609.17, in memory of his friend’s daughter, Carla Kelly Donaghy. Well done Barrie! What a brilliant achievement. Barrie’s lovely wee boy even managed to cross over the finishing line with his dad too.

Baker Hughes 10K
Well done to Jane Annand, who completed the Baker Hughes 10K in May, with a time of 1hr 29 minutes. And that was with a foot injury!!! Jane surpassed her fundraising target and raised a fabulous £380. Thank you Jane!

If these guys have inspired you to don your running shoes, why not think about taking part in one of the many events happening throughout the UK. Check out our website to find out what runs are happening in your area.

We will provide you with all the fundraising materials (and support) you will need.

London Marathon
The Scottish Cot Death Trust has a limited number of Golden Bond charity places for the London Marathon 2016. If you want to apply for one of these places, you must pledge to raise a minimum sponsorship of £1500 and can pay a registration fee of £50, please contact the office for an application form or visit our website. Closing date: Friday 20th November 2015.
**Skydiving for the Trust!**

On Saturday 29th August, 8 fundraisers descended upon Strathallan Skydive centre in Perthshire to take part in a tandem skydive! Unfortunately the weather was just too windy for most of our participants, although Tansy D’Ambrosio held on all day and eventually got to jump at 6pm! Some of our other participants rebooked and have successfully completed their jumps. Between them, they have raised an amazing £3531.55 so far. Well done to you all! A once in a lifetime experience!

(L to r) Iain McLellan, Lynne Izatt, Joanne Robertson, Tansy D’Ambrosio & Stewart Horn

**Join the Trust for a Tandem Skydive in 2016**

Have you ever fancied taking on an exciting new challenge? Well now is your chance to make it a reality! We are securing dates for 2016 and want you to join us!

A fantastic opportunity to take part in a Tandem Skydive at Skydive Strathallan (www.skydivestrathallan.co.uk) and enjoy the experience of a lifetime.

**We will require a deposit of £50 to secure your place** and ask that you aim to raise a minimum sponsorship of £500 on top of this (each jump will cost the Trust £250). Jump guidelines are:

- Minimum age: 16
- Maximum age: 49
- Maximum weight: 14 stones

Please contact the office to request your information pack…

**£3729.99 raised at this year’s abseils**

As part of the Trust’s 30th Anniversary commemorations - some of the staff team (Catherine, Angela, Shona and Carol) decided to face their fears and take part in the Finnieston Crane abseil at the end of May.

It was a nerve racking experience, climbing 175ft and abseiling off the side, but one that they all managed to overcome and, as a team, raised £1057.83! Well done girls!

Another 5 fundraisers (Rosemarie Taylor, Evelyn Rimmer, Kirsty McGettigan, Karin Earl and Michelle Stewart) completed a similar challenge at the Forth Rail Bridge on Sunday 18th October and, so far, have raised an amazing £2672.16. Thank you ladies.

The SCDT staff team – Catherine Anderson, Angela Fulton, Shona Latto & Carol Jones

Lynsay, Kirsty, Karin and Evelyn

Michelle, Karin & Kirsty

**Michelle Ritchie**

Michelle began the 5x50 Challenge in March this year to raise money in memory of her sister, Amy, who sadly passed away when Michelle was just 4 years old. Michelle walked; hill walked in the Ochils, ran and completed British Military Fit classes (even in the wind and hail!) to achieve the challenge. Michelle raised £767.43 by taking part in her challenge. Well done Michelle.

The 5x50 is a charity challenge encouraging people to run, walk, jog or cycle 5K (or 30 minute exercise equivalent) every day for 50 days.

**Hailstones at the Military Fitness Class**

**Layla’s Angels and Garioch Kettlebells**

A HUGE thank you and well done to the team at Garioch Kettlebells, who smashed their target of £150 and raised £465 for Layla’s Angels.

The event was organised by instructor Alan, and the team climbed Bennachie, which is a 1600 foot local hill, carrying Kettlebells!!!!

Well done to everyone involved, what a fantastic achievement and a good bit of exercise too!

**Layla’s Angels Jenna Allan and Vicki Mearns**

<table>
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<tr>
<th>Michelle Ritchie</th>
<th>Garioch Kettlebell Team</th>
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Scottish Cot Death Trust Autumn Newsletter 2015
Fundraising

Tough Mudder 2015
Kelly Lindsey and her colleagues from Aviva in Perth took part in this year’s Tough Mudder event in May.

The team had a great time and The Scottish Cot Death Trust was one of 3 charities chosen to benefit from their fundraising. Well done guys and thank you for the raising £390.75 for the Trust.

Welly Waddle
The Welly Waddle is a fun sponsored walk for pre-fives. It continues to be one of our favourite events and we love hearing all about our Welly Waddlers.

Thank you to all of our Welly Waddlers, here are just a couple:

Whithorn Nursery
Whithorn Nursery in Newton Stewart raised £413.50. Well done!

Cathkin Community Nursery
Cathkin Community Nursery from Cambuslang raised £250 from their Welly Waddle. Thank you!

If you have taken part in a Welly Waddle recently, please send in any photographs you would like to share so we can include them in our next newsletter.

Our Corporate Supporters

Dress Down Day at Teleperformance UK, Kilmarnock
A BIG thank you to all the employees of Teleperformance UK, based in Kilmarnock, for their donation of £180.28. The company had a Dress Down Day and raised the money, in memory of employee Kirsty McGettigan’s son, Aaron, who sadly passed away in 2013.

Nominate Us
Please consider nominating the Trust at your workplace/supermarket/church/social club or local business to benefit from any fundraising activities they may be considering. If you are interested but not sure where to start, please get in touch for some advice on where to begin.

Kirsty McGettigan, Rochelle O’Hanlon & Jo Hunter, presenting their cheque to our Community Fundraiser, Carol Jones

Ben Nevis Charity Challenge 2016
The Ben Nevis Charity Challenge is an exciting team challenge set in the stunning Scottish Highlands. Teams of four are challenged to climb Ben Nevis, cycle 25 miles and canoe Loch Lochy. The Ben Nevis Charity Challenge is an Open Challenge so teams can fundraise for the charity of their choice.

The challenge starts in Fort William, where they have registration and a full event briefing between 5-8pm on the evening of Friday 17th June 2016. The challenge begins the following morning from 6am, when teams will start the event at one-minute intervals.

Date: Saturday 18th June 2016
Entry Fee: £195 (for team of 4 people)
Minimum sponsorship: £2000 (for team of 4 people)

Please contact the office or visit our website to find out how to sign up...

Support Us by Selling Trust Merchandise
You can support the Trust by selling merchandise on behalf of the Trust or approaching a local organisation to support us - perhaps your place of work.

We supply Little Star pin badges, wristbands and trolley token keyrings on a sale or return basis, so no money is required in advance.

You can also buy our merchandise direct at: www.scottishcotdeathtrust.org/shop
INTRODUCTION
The Scottish Cot Death Trust, Scottish Government and other agencies have published multiple guidelines regarding how babies should be safely put to sleep. Recommendations are that babies should be placed in the supine position at the foot of the cot to sleep, with no blankets or toys near their faces. It is the responsibility of all healthcare staff involved in maternity care to promote this message to ensure parents are following safe sleeping practices at all times.

AIMS
This audit is aimed to ascertain whether all babies are being put to sleep in accordance with safe sleeping guidance in the postnatal wards. The aim was for a target of 100% of babies to be meeting safe sleeping recommendations.

METHODS
A checklist asking whether babies were in a cot to sleep, in the supine, feet-to-foot position and whether blankets were near their faces was completed for every encounter with a baby on the postnatal wards. This was completed on one day at random per week from June-July 2015.

RESULTS
A total of 80 encounters with babies on the postnatal wards were recorded. Of these, 15 were excluded as the baby was out of the cot feeding at the time. Of the remaining 65 encounters, 54 (83%) babies were in their cots sleeping. Nine of these babies (17%) were not in the feet-to-foot position and 2 of the babies (4%) had blankets next to their faces. It is the responsibility of all healthcare staff involved in maternity care to promote this message to ensure parents are following safe sleeping practices at all times. The newborn period in the Postnatal ward is a particularly important time to be able to educate parents regarding sleep practices for babies.

DISCUSSION
It is important that all members of the healthcare team are aware of recommended safe sleeping practices for babies and are able to educate parents regarding these. On random days in the hospital Postnatal wards, 83% of babies were sleeping in their cots. Of these, 100% were in the correct supine sleeping position. However 17% were not in the appropriate feet-to-foot position and 4% had blankets near their faces whilst sleeping. We should strive to improve these numbers and aim for 100% compliance with safe sleeping recommendations.

FUTURE PLANS
Introduce an intervention to remind health professionals and parents regarding advised safe sleeping practices.
• Re-audit to complete audit cycle.
• Roll out this simple audit to each postnatal ward across Scotland
• Identify additional training needs of staff
My Story

Following on from a meeting with a SCDT Counsellor, Robert now feels he is able to talk about the loss of his two sons, a story that has gone untold for many years and that he thought he would never feel ready to share.

Robert, and then wife Sadie, were expecting their first child in April 1967. Robert first heard about the birth of his son when he was at work at a garage. He received a phone call saying his son had been born at full term but he was now dead, as the umbilical cord was wrapped around the baby’s neck. Robert and Sadie named their baby Cameron.

Following on from Cameron’s death, the couple then went in to fostering, and adopted a daughter called June.

After June’s adoption, Sadie found herself pregnant again and their second son was born in April 1968. They chose the name Calum for their baby because, as they had also felt for Cameron, they liked Scottish names.

Robert recalls that Calum cried a lot as a baby. He also had strong memories of one evening as he and Sadie went to go on a night out Robert didn’t know why, but he wasn’t comfortable in staying out so the couple went home. Robert clearly remembers when he woke one morning, Sadie was still asleep. He thought it was odd both June, who was 1yr old at the time, and Calum, 4 months, were still sleeping as it was 7.50am.

Robert also recalls a funny story about Calum. Robert was friends with one of the local Policemen in Biggar, Gordon. He popped round to see Robert where he lived on the High Street. Robert said “I've got a job for you, give us a wee hand to change my boy's nappy” to which Gordon replied “no bother!”. At this time Robert knew Calum was a wriggly baby and always moving about so Robert left Gordon with Calum to go and make a cup of tea and whilst Robert was in the kitchen he couldn’t stop laughing knowing it would be a nightmare to change Calum’s nappy! Robert popped his head through telling Gordon to be careful not to jag his son with the nappy pins. Poor Gordon couldn’t change the nappy and the Policeman, in his uniform, ended up with pooh on his trousers. Needless to say Robert was in the kitchen he couldn’t stop laughing.

Robert woke one morning, Sadie was still asleep. He thought it was odd both June, who was 1yr old at the time, and Calum, 4 months, were still sleeping as it was 7.50am so he went towards his baby’s basket. He was crying and talking, the floodgates were open and his hidden feelings were coming out and this took Robert by surprise. At this point he realised he had to let go. After the meeting with the Counsellor, Robert went to visit Calum's grave and said “You can rest in peace now son”.

Robert now feels that he had Calum on loan and if heaven is perfect there can’t just be old people, there must be kids there too. Robert believes that he and Calum will meet again.

Calum - March 1970

Time, they say will heal the pain
But thoughts forever will remain
Till death will take me to the past
And I’ll see me son again at last

Still though this life I travel on
For night gives way to another dawn
When joy again may come my way
Or is it just another day?

Written for my son Calum. Robert Kerr

I hide behind a cloudy screen
In case my true face can be seen
For in this way I find relief
A blessed way o bare grief

On this I march on:-
When the shadows gather round,
An unseen arm may sustain the
Sinking head and death create,
Not a captive but a conqueror
Our Aims

The Scottish Cot Death Trust was founded in 1985 and has three main aims:

- To raise funds for research into the cause(s) of cot death
- To educate the public and health care professionals about cot death and ways of reducing the risks
- To improve and extend the support for bereaved families

The Trust is the only cot death charity in Scotland.

For the first six months, the safest place for me to sleep is in my cot in your room.

Check the room temperature when I’m asleep

Clear my cot
No teddies
Pillows

cot bumpers
Just me!

On my back to sleep
Tuck me in with blankets under my arms

Feet to foot

Reduce the risk by avoiding these things.

Avoid sleeping on the sofa

Don’t leave me in my car seat when I am not travelling

Don’t smoke when pregnant and keep my home and car smoke free

Avoid letting me sleep in your bed

Initial Contact

Initial contact from Trust staff to provide information about cot death and the services available from the Trust. The support worker will listen to and offer support to help families cope with their loss.

Befriending

The Trust can put families in touch with another person who has also lost a baby or child to cot death.

Next Infant Support Programme

The Next Infant Support Programme offers families affected by cot death extra support during future pregnancies, including the loan of an apnoea (breathing) monitor for up to 12 months and infant resuscitation and first aid training, to offer peace of mind with a new baby.

Counselling

This professional service is available to those personally affected by cot death.

Awareness Training

Training can be provided for professionals or parenting groups to raise awareness of safe sleep messages and how to reduce the risks of cot death.

Information

A range of information is available for professionals and families. Contact us or visit our website for details.

Our Services:

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Contact us

Please note that our address has changed to: Scottish Cot Death Trust, 5th Floor (Main Building), Yorkhill, Dalnair Street, Glasgow G3 8SJ

Tel: 0141 357 3946 • Website: www.scottishcotdeathtrust.org

Email: contact@scottishcotdeathtrust.org

Please contact the office if you require this newsletter in an alternative format.

Facebook: facebook.com/cotdeath

Twitter: twitter.com/cotdeathtrust

Office hours: Monday - Thursday 9am - 5pm • Friday 9am - 4pm

The Scottish Cot Death Trust is a registered Scottish Charitable Incorporated Organisation (SCIO), Registration number SC003458

Donating just got easier!

If you would like to support the work of this Trust you can text SCDT15 and your amount to 70070