The safest place for your baby to sleep at night is in a cot, and during the first 6 months the cot should be in your room.

- Place your baby in the cot on its back with its feet towards the bottom of the cot (this is known as the “feet to foot” position).
- Never fall asleep with a baby on a couch or armchair as this can significantly increase the risks of cot death.
- Keep your baby smoke free. Never smoke or allow anyone else to smoke in the same room or car as your baby.
- Keep room temperature about 18 °C. Babies can overheat because of too much bedding, clothes or because the room is too hot. The easiest way to adjust your baby’s temperature is with changes of lightweight blankets. Remember a folded blanket counts as two blankets.
- Breastfeeding your baby may help to reduce the risks of cot death, but it is important to ensure that you also continue to follow the safe-sleeping guidance to ensure that your baby remains as safe as possible.
- Using a dummy at every period of sleep may help to reduce the risks of cot death. If breastfeeding, wait until feeding is well established (usually about 4 weeks) before offering a dummy. Never force a baby to take a dummy. Don’t attach neck cords to a dummy and don’t coat it in anything sweet.

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

Befriending
The Scottish Cot Death Trust can put you in contact with another person who has also suffered the loss of a baby or child to cot death.

Next Infant Support Programme
When you have experienced a cot death, the arrival of a new baby can bring huge anxieties that it might happen again. The Trust now has a new Next Infant Support Programme which offers extra support during future pregnancies and an Apnoea (breathing) monitor, on loan for up to 12 months to bereaved parents, to offer peace of mind with the new baby.

Awareness Training
Awareness training can be provided for groups of health professionals or parent groups to raise awareness of the risks of cot death and how to reduce the risks.

Information
A range of information is available via our office, website and literature for health professionals, parents and the wider public.

The sweet smell of success – Institute of Fundraising award

In our last Newsletter we shared Wilma Carragher’s incredible journey with you about the work she has done in aid of the Trust. All of that hard work, enthusiasm and dedication paid off when she received an award from the Institute of Fundraising and was commended as a “Volunteer Fundraiser of the Year”.

The award was a great recognition of Wilma’s work so far and acts as a timely reminder to us all that even the greatest journey begins with a first tentative step. If you feel inspired to follow in Wilma’s footsteps, you can get involved too.

The Scottish Cot Death Trust hit Glasgow

Staff and volunteers spent the day in Glasgow Central Station in November collecting money from the kind folk of Glasgow and we are pleased to announce that we raised over £2000! Great work everyone and thank you so much to everyone who came along and donated their precious time to rattle a bucket – and thank you to all of you who stopped to give us your spare change!
Welcome to our Spring 2012 newsletter

Dear all

Welcome to our first newsletter of 2012 and as we begin this new year it is with great regret that I have to inform you that I will be leaving the Trust in March of this year. Working at the Trust for almost 5 years has been an absolute honour and a privilege and I will be very sad to leave. Those of you who know me, will know that I am originally from Northern Ireland and I will be moving back there to be closer to my family.

During my time at the Trust it was always my ambition to ensure that we reached out across Scotland to all families living with the impact of cot death and I feel we are a great deal closer to achieving that with our excellent range of locally-available support services. Our commitment to families across Scotland will continue to be vitally important to us. We also want to raise more funds to invest in research, as this is ultimately the only way we can prevent cot deaths from happening and to possibly provide answers to those of you already living with the devastating consequences of cot death. Education and awareness of cot death is also a vitally important aspect of our work and will continue to be so in the coming months and years as we target the professionals, identified in a survey last year, with information about how their input can make a truly awful experience a little “less awful” for families.

Please be assured that the Trust’s priorities remain unchanged and as we endeavour to recruit a successor to my role, it is very much “business as usual”.

We also have other exciting news for you as we can announce that we have successfully recruited a “Volunteer Co-ordinator” onto our team of staff. Lorna Waddell joined the team in January and will be making contact with all our existing volunteers to introduce herself. If you haven’t heard from her yet – you will soon!

This is a year when we have already seen a number of major changes within the Scottish Cot Death Trust, however, our main ambition continues to be the eradication of cot death and improving support for those already living with the impact of cot death. As always, we cannot achieve anything we do without the ongoing support and commitment of our loyal supporters. We know that times are still hard for many people, but we ask you to continue to support us if you can; no matter how large or how small – it really does make a difference to us and what we can achieve.

On behalf of the Trust, I would like to thank you for your support and hope you will welcome the new Executive Director with the same warmth you have shown to me.

Kind regards

Fiona Brown
Executive Director

Welcome to Lorna Waddell
Volunteer Co-ordinator

We are delighted to welcome our new Volunteer Co-ordinator – Lorna Waddell to our team of staff. Lorna started with the Trust in January and her role is to support our existing volunteers to fulfil their role: to manage the befriending service and to recruit new volunteers to the Trust. Lorna joins us with more than 10 years experience in working with volunteers – so her knowledge and experience will be invaluable to us.

Got a few hours to spare?

Volunteers play a vital role in helping the Trust in so many ways:

Befrienders are bereaved parents/family members who volunteer their time to support other bereaved parents (in person/over the phone/via email or texting)

Fundraising volunteers organise or support fundraising activities/events in their local community

Office volunteers come into the office to help with administrative work; help with Gift Assistant and dispatch Christmas card orders

Volunteer Speakers deliver talks about cot death and the work of the Trust and attend cheque presentations on behalf of the Trust

We simply couldn’t achieve everything we do without our committed volunteers and are eternally grateful to them for all they do. If you can spare a few hours of your time, regardless of where you live, you could help make a huge difference to our work. Whether you can only spare a few hours once or twice a year; or whether you can help every week – we would love to hear from you and work with you to find a volunteering role within the Trust which interests you and helps us.

To find out more call Lorna on 0141 357 3946

Educational Support for Siblings

We are often asked for information for support for surviving siblings who seem to be struggling with issues relating to the death of a brother or sister. We thought you may be interested to hear about this useful resource available across Scotland in schools and some community groups. “Seasons for Growth” is an educational, peer support programme for children, young people or adults who have experienced significant change or loss, often through death, separation or divorce.

The programme supports young people aged between 6-18 years. Imagery of the four seasons is used to illustrate that grief is cyclical, not a linear journey with a clear end. The programme runs over 8 weeks with groups of 5-7 participants and is lead by a trained Companion. Participants share their experiences, and support and learn from one another. Peer support is a key element of the programme and young people each receive a journal to use during the sessions and keep as a permanent reminder of their experience, the skills they have developed and the people who helped them.

“I can make choices and decisions” 11 year old boy

“Seasons for Growth” helps children and young people to develop the language needed to express their feelings, gives them a safe place to talk, and provides an opportunity to learn new ways to cope. For more information regarding Companion Training: www.seasonsforgrowth.org.uk or call 0141 339 2366

Vodafone World of Difference

We are absolutely delighted to announce that another one of our mums, Alma Strutt, has been selected by Vodafone World of Difference to come and work for the Trust for 4 months. Alma applied to Vodafone last year to come and help the Trust develop in-house graphic design so that we can develop our own resources and information materials in-house and therefore reduce our printing costs.

This work will have a huge impact on our ability to develop new resources and to update existing resources quickly and easily without incurring extra costs. Alma will be required to keep a blog of her time at the Trust. You can follow Alma's progress by following her blog. Keep an eye out for the blog address on our website and on Facebook.
What bereaved parents want Professionals to learn from their experience?

Last year many bereaved parents and family members responded to a survey which was co-ordinated by Linda Sterry during her 2 month Vodafone World of Difference placement with the Trust. Essentially, what we wanted to know was “What do bereaved parents want the professionals to learn from their experience?”

The overall purpose of the survey was three-fold. Firstly we wanted to know how bereaved parents felt about the way professionals dealt with the family at the time the child died. Secondly we wanted to know what they thought we could or should have done better; and thirdly we wanted to identify if there were any groups of professionals we ought to be working more closely with. It was our intention to use the information provided to contribute to our future work within the Trust, but also to work with the relevant professionals to improve how bereaved parents are treated.

The term “professionals” relates to all the professionals involved at the time of a child’s death – Police, Crown Office, Procurator Fiscal, Medical staff, Pathology staff, nursing staff, ambulance staff, funeral directors, social workers etc.

More than 500 surveys were sent out and a total of 109 were fully completed.

The general key findings of this survey were:
- Inconsistency of care
- Impact of communication
- Issues of abandonment expressed by bereaved families
- Importance of professionals actively listening to families
- Not to make families feel any more guilty than they already feel
- Families value honesty, empathy and open communication when dealing with tragedy

The specific key findings particular to individual professional groups are:
- Families, generally, respected the role the police have to play and the comments received demonstrate the positive impact police officers and CID can make and have made in what is inevitably an extremely tough role
- The most important action that Health Visitors and GPs can take to support families is to listen to them and not abandon them
- Funeral Directors provide an invaluable service and were by far the most helpful professional involved with the group of respondents
- Paediatricians have some work to do to ensure families are aware of who they are and what their role is

What next?

We are currently developing our organisational strategy for the next 5 years and the outcomes of the survey will be central to this. We will continue our work with the professionals, but also undertake new work with groups such Health Visitors, GPs and Funeral Directors who all played an important role for those who responded to the survey. We will continue our work with SUDI Paediatricians to ensure that their vital role is maintained in supporting bereaved families. We also plan to report on the findings from the survey at professional conferences and study days in the coming year and hopefully at the SIDS International Conference in Baltimore in October.

We are immensely grateful to everyone who responded for your time and for your contribution to analysing all the responses.

Support

Fundraising

Join our Charity Golf Day and Dinner

Mar Hall Golf & Spa Resort – Friday 14th September

We are very excited to announce our very first Golf Day Dinner – we have an amazing day planned, from lunch on arrival at 12 noon, 18 holes of golf on the fabulous Earl of Mar course, with on course competitions and halfway house drinks, to drinks in the Spike Bar, dinner, auction and entertainment in the evening.

With spectacular views of the River Clyde and the Kippatrick Hills beyond, the new 18 hole Earl of Mar championship course at Mar Hall offers a five star golf experience close to Glasgow.

It is a great opportunity to enjoy a day golfing whilst supporting the Scottish Cot Death Trust – team entry for 4 is amazing value at £500.

We held our first Afternoon Tea event on Saturday 12th November at the Grand Central Hotel in Glasgow.

Guests had the opportunity to browse the stalls on offer (which included jewellery, chocolate, cosmetics and art) and had the chance to enjoy hand massages before sitting down to a sumptuous Afternoon Tea washed down with a glass of bubbly.

The day was a huge success and raised over £3000.

Hold your own Afternoon Tea

If you feel inspired to organise your own Afternoon Tea, to raise money for the Scottish Cot Death Trust, we will provide you with all the information, support and materials that you need to organise your event. Invite your friends, family or colleagues to a Tea Party, or similar event (Cocktail party, Garden Party or Children’s party) where you all get together, enjoy delicious tea and in return your guests make a donation. Your event can be as simple or elaborate as you want and for 3 or 300 people. Call 0141 357 3946 to register for your free pack now.

New resource library

We are keen to develop a resource library with books, primarily aimed at children, which we can then recommend to other parents. We are looking for families to borrow these books, use them with your own family and then give us your feedback on them. We will be able to use your feedback to help other families decide which books might be helpful to them too.

If you see a book reviewed either on our website or within the newsletter and you feel it would be helpful to your family, then you can ask to borrow it from us. All the books will be available on loan-free for a period of one month. We currently have three books which we need people to review for us. We will give you some guidance on what kind of information would be helpful to include in your review. To borrow any books please call us on 0141 357 3946.

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Run for us...

We are always looking for people to take part in running or walking events in aid of the Trust, so if you are thinking about donning your running shoes, why not support a worthy cause at the same time?

We will support you with your fundraising and provide you with a Trust running vest or t-shirt and we would be delighted to have you on our team.

Some of the events coming up in 2012

- Ignis Asset Management Women’s 10K – 13th May 2012
- Edinburgh Marathon – 27th May 2012
- 10K for Men – 17th June 2012
- Great Scottish Run – 2nd September 2012
- Loch Ness Marathon – 30th September 2012
- BIG FUN RUN
  - Glasgow – 14th July 2012
  - Edinburgh – 15th July 2012
  - Dublin – 21st July 2012
  - Belfast – 22nd July 2012
  - Scottish Borders – 28th July 2012
  - East Lothian – 13th September 2012
  - Aberdeen – 22nd September 2012
  - Perth – 23rd September 2012

And not forgetting our (slightly) older runners...

- Michelle White and her mum Aminnorie Hogan from Dunoon took part in the Big Fun Run in Dunoon in memory of their sister and daughter Niamh.
- Hazel Burnett and her team from Bearsden took part in the Great Scottish Run to remember her precious daughter Connie, who sadly passed away on 17th August 2010, aged just 2 months. They raised £2000 in her memory.
- Shona Clark from Aberdeen took part in the Aberdeen Baker Hughes 10K.
- Gurdev Singh Pali from Glasgow took part in the Great Scottish Run.
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Welly Waddle

The Welly Waddle continues to be a popular event and we are always looking to sign up more young waddlers.

Register to take part in a Welly Waddle:
If you are connected to a nursery, playgroup, childminder, parent & toddler group or have a group of friends keen to organise a Welly Waddle, then you too could help us fight cot death in Scotland.

We will provide you with everything you need to take part in your own very own Welly Waddle, including instructions on how to organise your event as well as a sponsor form, certificate, sticker and balloon for every child taking part.

Just a few of the youngsters helping us make a difference by waddling throughout Scotland.

- Matthew Gill took part in the Mini Great North Run. Matthew’s parents have both experienced a cot death in their family.
- Ben Stuart took part in the Aberdeen Big Fun Run in memory of his brother Mitchell.
- Aoife & Alan Shiuti Murdoch took part in the Paisley 5K in memory of their sister Aine.
- Staff from Stepping Stones for Families, from Glasgow took part in the North Glasgow Run 5K.
- Michelle White and her mum Aminnorie Hogan from Dunoon took part in the Big Fun Run in Dunoon in memory of their sister and daughter Niamh.
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Special thanks to...

Every year Moira and Geoff Cook from Dunblane organise a Charity Black Tie Dinner at their restaurant The Sheriffmuir Inn in memory of their son Liam. This year’s event was held on 30th September and raised over £4000. We cannot thank them enough for their continued support and for the thousands of pounds they have raised over the years.

Thank you

to Lodge 404 Robert Burns, Ballieston who raised a staggering £10,800 in aid of the Scottish Cot Death Trust.

RWN Walter Houston pictured presenting the Trust’s Chairm an Dr John McClure and volunteer Liz Miller with a mammoth cheque. This money will really help us make a difference!

New Firewalk events to be announced soon...

If you would like to help us organise an event, please get in touch with the Trust offices and we would be delighted to chat with you.

If you would like to support the work of the Trust, find out how you can take part in any of our events or just have a chat about fundraising, please call the office on 0141 357 3946 or email contact@scottishcotdeathtrust.org
Just some of the ways you have been raising money for the Scottish Cot Death Trust...

**Rachel Macgregor** from Hamilton was a happy healthy 4 year old when she died suddenly on 21st January 2011. Rachel’s mum Lesley took part in our Ayrshire Firewalk to remember her wee girl and raised an astonishing £3050. The Hamilton community have also shown their support by raising money to help all the families who are living with the loss of a child. Rachel’s nursery Woodlands Nursery Centre recently raised £640 by holding a Welly Waddle, so over £5750 has been raised to date.

**Andrew Adams** 18.2.11 – 9.4.11

Drew Adams was just 2 months old when he died suddenly. Drew was a much loved wee brother to Libby, Calum and Duncan who miss him so much. They wanted to remember Drew this Christmas so they encouraged pupils at their school to buy eco friendly Christmas Stars to feature on their special Christmas tree. Pupils made a donation for a star instead of sending Christmas cards and were able to leave special messages on their star. All the pupils wanted to help families through sad and difficult times. Thank you!!!

**Jack Miller** 2.10.11 – 23.10.11

Jack Miller was just 3 weeks old when he passed away. Jack’s family, from Dunblane have already raised over £4000 in his memory. Their fundraising has included a charity day at Jack’s mum’s workplace, the Clydesdale Bank, and his mum Nicola also sold wine and chocolate sets, bath bombs and decorated soaps to raise money. They have lots of other fundraising activities planned for the coming year.

**Joe Bellis** 10.5.09 – 26.9.10

Joe Bellis from Aberdeen passed away on 26th September 2010, aged 16 months. His parents Lynne & Mike, along with their good friend John Stewart have raised over £5000 in his memory. They held an 80’s disco in September and John also bravely took part in a parachute jump to help boost the funds.

**Olivia Lennon** 5.10.10 – 13.1.11

Olivia Lennon passed away on 12th January 2011, aged just 3 months. Her heartbroken family, from Kaimuir have since raised £4000 in her memory. Her mum Michelle took part in our Ayrshire Firewalk and dad Andrew, granddad John and Uncle John took part in the Loch Ness Marathon.

Michelle also helped the Trust organise the Firewalk in Ayrshire and helped us raise awareness about the event.

Loved ones remembered on special occasions...

The new Mr & Mrs Harvey, Steven & Jen, from Barrhead remember their niece Robyn Winning by having Trust pin badges instead of the traditional wedding favours at their wedding in September.

Carolyn & Jim Wilson, from Perth remember their son Matthew at their Silver Wedding Anniversary celebrations on 3rd September 2011. Matthew passed away in 1994 and his family Urrn & Carolyn pictured with their other children - Micheal, Andrew and Sarah, remembered him on their special night - donating £400 to the Trust in his memory.

Some of the ways you can raise money in aid of the Scottish Cot Death Trust

- Welly Waddle
- Schools Fundraising
- Cycle Events
- Running Events
- Parachute Jump
- Challenge Event
- Organise your own event
- Sell merchandise

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 key-rings on a sale or return basis, so no money is required in advance. We can also buy our merchandise direct at www.scottishcotdeathtrust.org/shop

If you would like to support the work of the Trust, find out how you can take part in any of our events or just have a chat about fundraising, please call the office on 0141 357 3946 or email contact@scottishcotdeathtrust.org

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The Scottish Cot Death Trust has always played a leading role in increasing knowledge and understanding of cot death through our education and research programmes. Over the past few years we have had less funding available to fund new research projects but in 2012, we plan to address that.

Our advice would be:
- Take frequent short breaks even if it means waking baby
- Don’t use the seat for sitting or sleeping outside of the car
- Ensure the baby is lying as flat as possible so that the head cannot fall forwards
- When arriving home take the baby out of the car seat and transfer to a cot where the mattress is firm and flat
- Minimise the time the infant spends in the seat, but never exceed a maximum of two hours
- Consider the amount of clothing your baby is wearing - cars soon heat up. If possible, outdoor clothing should be removed, particularly hats and snow suits as young babies cannot regulate their temperature.

Additional advice is available on the following websites:

Apple Blossom Nursery leads the way for safer sleeping in day nurseries

Apple Blossom day nursery in Inchinnan, Renfrewshire, has taken a very pro-active approach to the often taboo issue of cot death. After having awareness training for all of their staff, they developed a policy and safe sleeping code for all babies in their care and this is on display above the cots to ensure that all babies are positioned safely for sleep, every single time they sleep. This was also communicated to parents and visitors to the nursery. They have the Trust’s room thermometers in place, above the cots where the babies sleep, to help them keep a safe sleeping environment for the babies.

The management and staff are so committed to keeping babies safe that four of their staff trained as volunteer speakers for the Trust so that they can also provide training for other day nurseries. They also recently held a Welly waddle raising more than £400 for the Trust. If you are involved with the care of babies or young children and would like awareness training, please call us. Alternatively you can download a copy of our Nursery Education pack at: http://www.scottishcotdeathtrust.org/professionals/training-resources-for-professionals/nurseries-creches-childminders/

In Memory of Andrew Gordon Adams
18th Feb - 9th April 2011

We always dreamed of four children and, despite being 9 weeks early, when Drew was born on 18th Feb 2011 our family was complete. Our older children (Libby, 6, Calum and Duncan, 4) were delighted with their new brother. For 4 weeks I traveled to our “local” hospital daily (2½ hour round trip) with my husband, Graham, and kids going as often as possible, hindered by school and lambing (the joys of farming). Graham always said Drew needed me to establish feeding etc to get him home, there would be time for Drew to get to know the family after that. Duncan was 10 weeks early, so we had no worries about Drew, we knew he would come home in his own time. Just 4 weeks later I went to stay in the hospital but Drew had been doing so well we were both able to come home on Saturday 19th March - to everyone’s surprise.

The next three weeks passed quickly. Drew was everywhere. He was adored by our village especially at the nursery and school, overwhelmed by presents from friends and family and was shown off at every club the children attended. We adored him, Duncan loved being a big brother at last, Calum and Libby were always on hand to help. It made it so much harder then to have to sit them down on the 9th Apr to tell them Mummy and Daddy had woken up to find Drew had stopped breathing, the doctors had done all they could and were unable to save him. It was just 8 days past Libby’s 9th birthday and 5 past Duncan’s 5th, only a week before Easter, it felt so unfair.

We live in a rural part of Scotland - the medical staff and police we dealt with had little prior experience and also found things very difficult. When we registered Drew’s death the Registrar could barely talk to us and had a tear in her eye - it was just 4 weeks since we had sat happily chatting as I registered his birth. The days which followed were awful, my husband did the funeral and―frustratingly―friends dropped everything to be there for us. I don’t even know how we survived the week before he died - it was so unremittingly difficult. We were so distracted by the thought and build up we had really underappreciated the actual day. The next one is Drew’s first birthday - we will have a cake and hope to hold a SCOT Afternoon Tea soon after, a sort of birthday party for him, in his memory. There are things I find hard, places I won’t go back to, people who make me cry, I can’t listen to nursery rhymes and still haven’t visited my cousin who has a son 3 months younger than Drew - I think he understands though, I hope so.

We are moving on, Drew is with us always and we have amazing support. Our lives are richer for knowing him and poorer for losing him but he is and always will be our boy.

Drew’s death was hard - he didn’t have his brother there, the others did, but we got through it. Just 2 weeks later we banned all visitors for Christmas and had an “Us” Day. We survived, the thought and build up was worse than the actual day. The next one is Drew’s first birthday - we will have a cake and hope to hold a SCOT Afternoon Tea soon after, a sort of birthday party for him, in his memory. There are things I find hard, places I won’t go back to, people who make me cry, I can’t listen to nursery rhymes and still haven’t visited my cousin who has a son 3 months younger than Drew - I think he understands though, I hope so.

We have a family friend who is a Minister. He married Graham and I and christened all the children. He was devastated that Drew was never christened, but our friend agreed to preside over Drew’s funeral and at the start of the service performed a blessing on him which made me feel so much better. I was overwhelmed by the amount and variety of people who turned out for Drew’s Funeral - the children asked if the school had been shut after as all the staff attended. We were able to send over £800 to the Neo-Natal Unit in Drew’s memory and his little grave sits exactly one row behind his Papa. He was buried on the day he should have been two months old.

I visit Drew every week, take him flowers and chat for a bit. The kids like to go, they “cuddle” him and race to see who is there first. He is buried in the same cemetery as my friend’s twins, who, according to my children are looking after him in heaven. We talk about Drew, often and openly, even the kids - they have their own coping ways. They each have a photo by their bedside, as do Graham and I. We have other personal mementos and a special ‘Angel Drew’ star was on the Christmas tree. All his clothes, blankets and toys are stored safely in a spare set of drawers. His photos are around us and his cards etc in a scrap book. Teddy Drew was given to him the week before he died - it wears his “DREW” “Baby Brother” t-shirt. If we want to cuddle Drew, we cuddle Teddy Drew - he lives by my bed and I kiss him goodnight every night. His christening was at Lanark church, we never christened, but our friend performed a blessing on him at the start of the service. We had a family friend who is a Minister. He married Graham and I and christened all the children. He was devastated that Drew was never christened, but our friend agreed to preside over Drew’s funeral and at the start of the service performed a blessing on him which made me feel so much better. I was overwhelmed by the amount and variety of people who turned out for Drew’s Funeral - the children asked if the school had been shut after as all the staff attended. We were able to send over £800 to the Neo-Natal Unit in Drew’s memory and his little grave sits exactly one row behind his Papa. He was buried on the day he should have been two months old.

I visit Drew every week, take him flowers and chat for a bit. The kids like to go, they “cuddle” him and race to see who is there first. He is buried in the same cemetery as my friend’s twins, who, according to my children are looking after him in heaven. We talk about Drew, often and openly, even the kids - they have their own coping ways. They each have a photo by their bedside, as do Graham and I. We have other personal mementos and a special ‘Angel Drew’ star was on the Christmas tree. All his clothes, blankets and toys are stored safely in a spare set of drawers. His photos are around us and his cards etc in a scrap book. Teddy Drew was given to him the week before he died - it wears his “DREW” “Baby Brother” t-shirt. If we want to cuddle Drew, we cuddle Teddy Drew - he lives by my bed and I kiss him goodnight every night.

Drew’s death was hard - he didn’t have his brother there, the others did, but we got through it. Just 2 weeks later we banned all visitors for Christmas and had an “Us” Day. We survived, the thought and build up was worse than the actual day. The next one is Drew’s first birthday - we will have a cake and hope to hold a SCOT Afternoon Tea soon after, a sort of birthday party for him, in his memory. There are things I find hard, places I won’t go back to, people who make me cry, I can’t listen to nursery rhymes and still haven’t visited my cousin who has a son 3 months younger than Drew - I think he understands though, I hope so.

We are moving on, Drew is with us always and we have amazing support. Our lives are richer for knowing him and poorer for losing him but he is and always will be our boy.