

SUPPORTING FAMILIES THROUGH MISCARRIAGE
STILLBIRTH AND CHILD LOSS



A GUIDE FOR HEALTHCARE PROFESSIONALS

"From the day I lost my son 4Louis have supported me physically and emotionally! Without them I wouldn't have any memories of my little boy. I have never met such genuine people, and I can not give them enough thanks to repay everything they have done for me. Supporting my loss was one thing but funding my Midwifery degree has blown me away ! .. very special people, close to my heart "
Laura Clark , 4Louis Student Midwife,

I honestly can't verbalise what 4 Louis means to me, my husband and my family. Thank you to the incredible people that make these boxes/memories possible. I will forever be grateful

Thoughtful and tasteful boxes. Women love the memory boxes
Suzanne Turner, Leighton Hospital

Your service has been invaluable to the unit, the boxes have supported and helped not only families but the staff who have used them. The recent donation of the new cuddle cot is amazing and we are extremely grateful..
Jo Williams, Neonatal Unit, Calderdale

I was induced on Thursday 20th September as my little boy Bobby had no heartbeat. A beautiful memory box was given to us and he used a cold cot. Without those things I really do not know how I'd be getting through these darkest days of my life.

Parents always comment on how beautiful the memory boxes are, A special box for special memories.
Shirley Pennington, Ormskirk District

What helped to lessen the heartache was your Memory box, facilitated by the Midwives. We now have several memories of baby Ethan, prints and casts of his hands and feet, a lock of his hair, and the knowledge that when we say our final goodbyes at the crematorium, that he will not be alone, but have a little teddy bear with him, one that we have a matching one of too.

4louis memory boxes on our unit have been gratefully received by bereaved parents
HEULWEN HARDEN, Glangwilli

Welcome

4Louis is a charity that works all across the UK and Ireland to support anyone affected by miscarriage, stillbirth or death of a baby or child. We also work to improve the care bereaved families receive from health care and other professionals while supporting you in your role.

4Louis was founded by Louis' family in 2009 who found that there was very little access to support and memory making following Louis' stillbirth at 38 weeks gestation. Since then 4Louis has sent us on a journey we never expected, but parents who have experienced a miscarriage, stillbirth, baby or child death are still at the core of everything we do.

Miscarriage, stillbirth and the death of a baby or child is not a rare occurrence. Every day in the UK around 15 babies die before, during or soon after birth. 1 in 4 pregnancies sadly end before the reach 12 weeks.

It's heart-breaking to imagine that a lack of resources available reduce the precious memories and keepsakes captured in the short time that the family spend with their baby or child. Or that having no dedicated bereavement rooms on hospital wards means families have to spend precious time with their baby or child before they have to say goodbye in a clinical room surrounded by unsuitable adverts on the walls and the sounds of a busy ward with babies and children around them. Even gaps in training for health professionals due to funding means families are not receiving acceptable care during such a traumatic time.

We provide staff the training and equipment to ensure excellent care is given to these bereaved families by prompting them to offer the opportunity to capture precious memories, take special photographs and giving the families extra time to spend with their baby or child in a safe comfortable environment. We also need to look at our support for midwives and health professionals, their well-being is just as important.

We have funded many study days for trusts across the UK and even funded for individual health care professionals to attend conferences, study days and courses to help improve their knowledge and approach to these families.



SMALL CHANGES
CAN MAKE A BIG
DIFFERENCE

Meet the Team



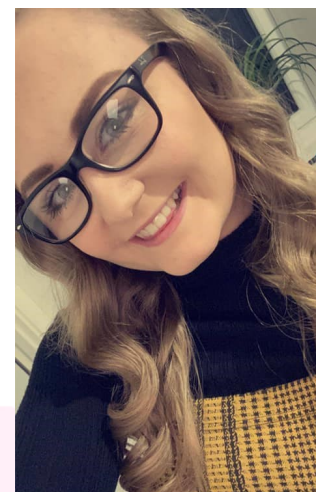
Bob McGurrell
Louis'
Granadad, Co-Founder, CEO



Tracey McGurrell
Louis'
Nanna, Co-Founder
Volunteer & Partnership Manager



Kirsty Knight
Louis' Mam, Co-Founder, Trustee,
Communication & Marketing
Manager



Yasmin McGurrell
Operations Manager



Amber Langley
Project Manager



Victoria Usher
Events & Donation Officer



Paula Parnaby
Trustee and Corporate
Fundraising Officer

Meet the Team



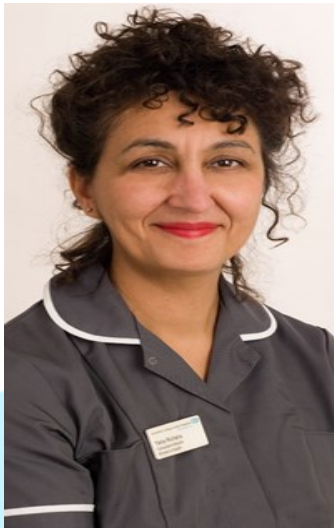
Sharon Abbott
Trustee (Chair)



Joanne Lyall
Trustee



Stephanie Archbold
Trustee



Yana Richens OBE PhD MPhil
MSc BSc RGN RM SEN
Patron



Michael and Dawn Nelson
Patron



Stuart Parnaby
Patron

Louis Robert Joseph Knight,

December 10th 2009

My Name is Kirsty and I am Louis' mammy, and founding trustee of 4Louis and this is Louis' story.



April 6th 2009 I visited my GP with a migraine and was told after 3 pregnancy tests that I was pregnant, I couldn't believe it. All emotions hit me in the following 5 minutes, scared, excited, worried and happy.

I called my partner in fear of what he was going to say, "Oh, ok.... Well... erm... so...." I went off to my mums, after agreeing with Michael that we would let everyone know together, to try and sleep off my migraine. The excitement was too much and I couldn't sleep so I shouted my mum up and told her of the exciting news. She was over the moon and so excited for me, and couldn't wait for me to tell my dad.

I went home to meet Michael so we could tell his mum and dad our fantastic news. "You're going to be grandparents!" they couldn't believe it but were really happy for us. By the next morning everyone knew I was pregnant and Peanut the Facebook baby hit everyone's computer screens. Everyone was really excited and happy for us both and followed everything through out my pregnancy.

We all first met baby Peanut 22nd April 2009 when we had our first scan to find out I was 14 weeks and 1 day pregnant. I loved every minute of seeing my tiny baby on the screen moving about and could not believe that we had created a tiny life that was now growing inside of me. A name we needed a name, for a boy we decided on Louis Robert Joseph and for a girl... well... we could not find one we liked but plenty of time for thinking of names still.

Things then started to happen, my bump grew bigger, butterflies at first as peanut started to move, then it was kicks, punches and jumps. Very quickly we started to get ourselves organised moving our stuff out of our wardrobe and even our bedroom, too make space for all the clothes, nappies, wipes ect... that we started to buy in for Baby Peanut.

August 5th 2009 I went for my 20 week scan, we were so excited we were going to find out Peanuts sex, and the baby would be getting measurements taken. However the midwife could not get baby peanuts measurements but she confirmed baby peanut was a little boy. Our baby Louis Robert Joseph I returned twice more before baby Louis' measurements could be taken.

Louis could now been seen moving never mind felt, you could see him move from one side to the other, hit and kick me it was the best feeling ever to feel this tiny life inside of me move. Time to get my own house and decorate Louis' nursery, Winnie the Pooh themed mural that took two weeks by my mum and I too complete, cot up, clothes in the wardrobe ready just to bring Louis straight home. The excitement started the weeks passed by so quickly, and the countdown began 89 days... 54 days... 20 days...



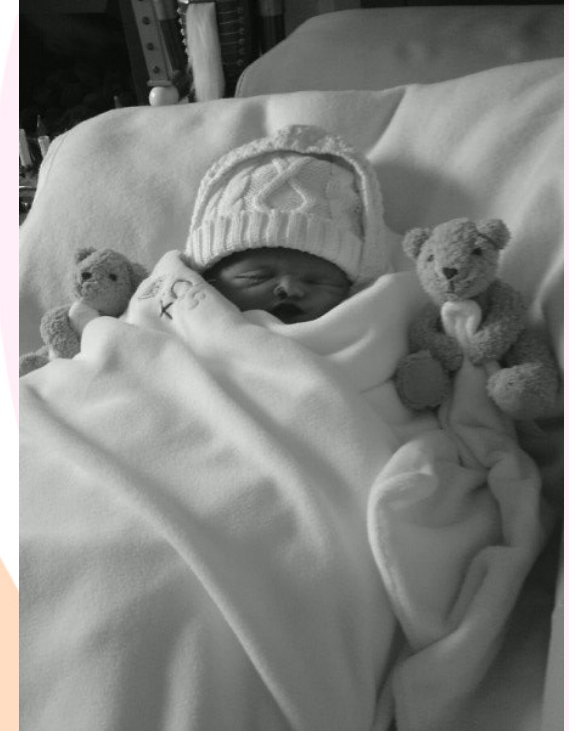
We were ushered off in to a side room where we waited for the doctor to come and do a scan to find Louis beat...
"I'm sorry But he has gone..."
"NO NOT MY BABY BOY!"

Thursday 10th December 2009 at 8am I returned to Sunderland hospital not knowing what to expect... today is to be the day we will meet our little boy but will also have to say good bye. We were led to a delivery room, at the furthest end of the corridor, myself Michael, my mum and dad and Michaels mum and dad got our selves comfortable and waited to meet Louis. At 2:10pm I went in to full blown labour... I was giving large amounts of morphine and Gas and Air, which sent me really high, to the point where I didn't know where I was or what was happening. At 6:18pm I delivered our beautiful little boy Louis, he was so perfect we couldn't understand why this had happened. We took lots of pictures of Louis, took ink prints and clay impressions of his tiny hands and feet, dressed him in loads of little outfits. We all loved spending time with our little angel. For all this was a sad time the joy of meeting our little boy took over the grief we all felt for his death,

Friday we took Louis home to my mums, where he met all our close family and friends, we took more photos. My dad even took Louis to the Stadium of Light like he had always promised. We headed off to the hospital to say our goodbye and have our last kisses and cuddles with Louis.

The next 12 days were the worst just waiting, to lay baby Louis to rest and finally on the 22nd December we held a Tigger themed cremation where every one wore something orange and we set off orange balloons even his casket was Winnie the pooh themed with beautiful pictures of Winnie the pooh and friends playing on the clouds. The service was beautiful, with a reading of a poem by my dad, and a reading written by Michaels mum carol, the memories she has of me been pregnant with Louis. We could not believe the support we received from family, and friends..

We requested donations instead of flowers at Louis funeral and this give us the base for 4Louis, we started to develop our boxes and ideas for our fundraising. We set up our Facebook page and our website, and watched as 4Louis grew and the awareness of such a taboo subject rapidly spread across Facebook.



Memory Boxes

4Louis memory boxes contain many items to help inspire bereaved families capture mementos of their baby or child. They are also a useful tool to the healthcare professional by offering them a small ice breaker when engaging with the family by giving them something to talk about and encourage the family's involvement in capturing these precious keepsakes. 4Louis currently supply 7 different style Memory Boxes



Early Miscarriage

(Conception - 16 Weeks)

4Louis miscarriage memory boxes are designed for families who suffer the trauma of a miscarriage from Conception to 16 weeks. Each box contains the following;



- 2x Teddies
- Blank Butterfly card
- 'Guess How much I Love You' book
- Forget me not seeds
- Tea Light candle
- Acknowledgement of life
- Inkless wipe kit



"Our baby was 13+1 and we got very clear foot prints, no hands print as her hands were webbed. Its a really important part of the memory box"

Early Miscarriage Twin

Conception - 16 Weeks

4Louis miscarriage twin memory boxes are designed for families who suffer the trauma of a miscarriage from Conception to 16 weeks. Each box contains the following;



- **2x Teddies**
- **2x Blank Butterfly card**
- **‘Guess How much I Love You’ book**
- **Forget me not seeds**
- **2x Tea light candle**
- **2x Acknowledgement of life**
- **Inkless wipe kit**
-

*There is no foot
too small
that it cannot leave an
imprint
on this
WORLD*

Late Miscarriage and Stillbirth

16-42 Weeks

4Louis Late miscarriage and Stillbirth memory boxes are designed for families who suffer the trauma of a late miscarriage or Stillbirth from 16 – 42 weeks available in pink, blue and neutral. Each box contains the following;



- 2 Teddies
- Clay impression kit
- Blank Butterfly card
- ‘Guess How much I Love You’ book
- Forget me not seeds
- Notebook and Pencil
- Candle
- ‘Heart in their Hand’ Keyring
- Acknowledgement of life
- Inkless wipe kit
- Blanket
- SD Card
- Picture/ Scan Frame
- ‘Wisp of hair’ box



18 Weeks Gestation

Late Miscarriage and Stillbirth Twin

16-42 Weeks

4Louis Late miscarriage and Stillbirth Twin memory boxes are designed for families who suffer the trauma of a late miscarriage for Stillbirth from 16– 42 weeks available in pink, blue and neutral. Each box contains the following;



- 4x Teddies
- 2x Clay impression kit
- 2x Blank Butterfly card
- ‘Guess How much I Love You’ book
- Forget me not seeds
- Notebook and Pencil
- 2x Tea light Candle
- 2x Acknowledgement of life
- 2x Inkless wipe kit
- SD Card
- 2x ‘Wisp of hair’ box
- ‘Heart in their Hand’ Keyring

***Blankets can be supplied on request**

*** Can be used if only one twin dies and the other survives.**

Neonatal

**4Louis Neonatal memory boxes are designed for families who suffer the trauma of a Neonatal death available in pink, blue and neutral
Each box contains the following;**



- **2 Teddies**
- **Clay impression kit**
- **Blank Butterfly card**
- **‘Guess How much I Love You’ book**
- **Forget me not seeds**
- **Notebook and Pencil**
- **Candle**
- **Inkless wipe kit**
- **Blanket**
- **‘Heart in their hand’ Keyring**
- **SD Card**
- **‘Wisp of hair’ box**

*Sometimes the smallest things take
up the most room in your heart*

-Winnie the Pooh



Paediatric

0–5 years

4Louis Paediatric memory boxes are designed for families who suffer the trauma of the death of a child aged 0-5 years available in pink, blue. Each box contains the following;



- **2 Teddies**
- **Clay impression kit**
- **Blank Butterfly card**
- **‘Guess How much I Love You’ book**
- **Forget me not seeds**
- **Notebook and Pencil**
- **Candle**
- **Inkless wipe kit**
- **SD Card**

I love you
to the moon
& back
to infinity
and beyond
forever and ever

Paediatric

5–18 years

4Louis Wooden Paediatric memory boxes are designed for families who suffer the trauma of the death of a child aged 5-18 years
Each box contains the following;



- **2 Teddies**
- **Clay impression kit**
- **Blank Butterfly card**
- **‘Guess How much I Love You’ book**
- **Forget me not seeds**
- **Notebook and Pencil**
- **Candle**
- **Inkless wipe kit**
- **‘Forever in our heart’ box**

'Cwtches' (Welsh box)

Our 'Cwtches' memory boxes are translated in to Welsh, and can tailored to meet the needs of various units and families, and are only available in neutral .



Moses Baskets

It can be difficult to know how best to present smaller babies to families with out them being over powered by a moses basket or cot. We can provide moses baskets FREE of charge in 3 different sizes. All baskets supplied are available in neutral colours.

Replacement covers for the small and medium baskets can be supplied upon request.



Large 24+ Weeks



Medium Pod 16-24 Weeks



Small up to 16 Weeks

Miscarriage Burial Beds

We designed these burial beds to stop families taking their babies home in specimen jars, bedpans and foil containers with the words '*FETAL MATTER*' which unfortunately is still happening.

The burial beds are untreated wood which means they are safe for burial or cremation if the family choose to do this.

These Miscarriage beds are available in 3 sizes

Small - upto 6 week,

Medium - upto 12 weeks

Large - upto 18/20 week gestation.



Washcloths and Towels



*Ten little fingers, ten little toes,
two beautiful eyes and
one button nose!*

Bathing your new born baby is a precious moment for any family, it is important to give a bereaved family the choice of having such a memorable experience.

We supply our washcloths with Pink or Blue footprint soaps which are fragranced with baby powder along side our hooded towels. These can also be kept by the family and are softer and more suited than the normal NHS towels.

Photography Equipment



Pictures tell a story in one powerful image and are always a treasured keepsakes of a loved one, 4Louis feel after the poor quality photos taken of Louis our camera kits are important tools to allow families to capture lots of photos of their baby or child. There are lots of different ideas that can create some beautiful photos even at the most heart breaking time.

Our camera kits contain a high resolution bridge camera, to ensure the best quality photos can be captured, with a compatible printer so that families can have their photos there and then. We even supply the ink and paper for the printer too!

*you're my
definition
of perfect
♡*

Cuddle Cot



Adapted from the original cold cot, this unit is compact, discrete and designed to fit in to a Moses basket to keep the environment homely at such a traumatic time. This specialised piece of equipment is designed to keep a baby cool to allow their family to spend up to but not limited to, 72 hours with them.

With this unit being compact and portable families can be given the choice to take baby home to meet other family members and create further memories.

4Louis have donated over 260 cuddle cots to various units across the UK and Ireland which have been funded by bereaved families in memory of their little ones.



The **Flexmort CuddleCot™**
gives grieving parents the GIFT OF TIME.



Cuddle Blanket



Some families wish to spend time with their loved ones either on a ward, in the chapel of rest, at home or in the hospice, rather than at a Funeral Home or mortuary.

The mobile cuddle blanket can be used to turn any bed into a refrigerated bed and allows Children to be cooled, thereby preserving their appearance, condition and dignity.

This mean's there is no need for the child to be immediately transferred to the mortuary or the use of a Cold Room, as this can be an unpleasant experience for the families.

Bereavement And Quiet Rooms



Bereavement and Quiet rooms offer families the opportunity to spend precious time with their baby or child in a peaceful and homely environment while they prepare to say goodbye. They are ideally positioned away from the main wards but with staff and medical facilities on hand.

4louis have funded many bereavement and family rooms from providing soft furnishings, kitchenettes, to full renovations, some of our projects have been funded by families in memory of their little ones.

Walsall , Neonatal



Bucks Healthcare Gynaecology Counselling Room



Sunderland Royal Hospital, The Louis Suite

Training



4Louis provide funding for healthcare professionals, to allow them to access necessary bereavement and photography training available through various training facilitators providing in house training. We also fund for health professionals to attend national conferences and training days.

4Louis have exhibited at many conferences and training events, promoting the work we do for bereaved families across the UK including the RCM Conference, Maternity

and midwifery Festival's, CBUK annual Neonatal Conference, Transforming Loss Conference and many more.

4Louis have been invited by many trusts to speak at their study days to talk of Louis' story, from a parents or a grandparents perspective, 4louis as a charity and the work we do.



Ibraheem's Gift

The Ibraheem's Gift pack was designed in close consultation with his family and their hospital Imam and contains the immediate necessities that parents would need to help them prepare for their baby's Muslim burial. As far as we know this is the only baby loss pack available in the UK which is culturally appropriate to Muslim families.

The items included in the pack are listed below and are sourced and put together with love and we acknowledge families may prefer to buy their own items for their baby, however Ibraheem's Gift is there to provide families with the immediate items to help with the burial process as Muslim burials happen very swiftly.



- **Two 1mx1m pure white unstitched cotton burial shroud**
- **One plain white memory blanket**
- **One 'Gift for the Bereaved Parent' Remedy for Grief from the Islamic Perspective, book by Zamir Hussain.**
- **One Tasbeeh (Prayer Beads)**
- **One 5ml Attar bottle (scented oil)**
- **One plain white baby hat**

4Louis Bereavement Forum



This is a forum for healthcare professionals to share the best practise and asking for advise on matters supporting each other to ensure families are getting the best care possible.

The forum holds quarterly conferences for all its members (locations vary) with professional speakers, giving up to date training and information around best practise in bereavement care.

"This forum gives emotional support, educates on practices and allows us to share difficulties and receives fact-based solutions."

**Megan Murray
Bereavement support nurse Specialist
Women's Unit
Blackpool NHS Teaching**



Notes



We are so fortunate to have the amazing 4louis team support our ongoing work with the babies and families we are privileged to care for at Forget me not children's hospice. The team provide us with the most wonderful memory boxes which ensure our families are able to capture those most beautiful memories of their baby which will be forever treasured.

**Emma Bleasdale,
Forget me not children's hospice**

I struggle everyday and it's been nearly a year now, but when I look at my box I remember that I'm not alone.

4louis have been so lovely to send me a memory box in memory of them. Something I can keep forever and always look at other than my scan pictures.

4Louis is a beautiful charity that's helps people who are going through the worst time and they give us a glimmer of light the memory box that they make is SO beautiful and it's a perfect way to remember our angels thank you so much 4Louis for keeping my angels memories alive

This charity made our horrible experience so much brighter. You guys are doing an amazing job and I will do all I can to raise as much money for such a beautiful, thoughtful charity

Excellent service received by the 4Louis team, which had enabled to offer a service to our bereaved families.

Emma Brazier, Heartlands ED

The room that 4louis charity created in SRH is wonderful and it gives grieving parents and their family time with their cherished one, the cuddle cots are also a fantastic idea

I thought these boxes were only giving to babies lost at a later gestation or born sleeping. I kind of felt like I didn't deserve one... but I was so so grateful and thankful. When I got home and opened the box, it then dawned on me, I have lost my baby too!

Bereaved Mum, Ectopic Pregnancy



Charity Number 1172212



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