



# Useful local contacts following loss of a pregnancy

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## Information for women, birthing people and their families

We are sorry to hear that you have lost your baby.

While you are in hospital, your named carer will be able to offer you support. Once you have gone home you may be supported by close family and friends. However, for some people support outside your family unit may be needed. This support can help you make sense of how you are feeling, and in time, come to terms with your loss.

### 1. Hospital Chaplains

- William Harvey Hospital, Ashford  
Telephone: 01233 633331 extension 723-8014
- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate  
Telephone: 01843 234273

### 2. Miscarriage Association (<https://www.miscarriageassociation.org.uk/>) will put you in contact with local support contacts.

Telephone: 01924 200799

### 3. A.R.C. (<https://www.arc-uk.org/>) (Antenatal Results and Choices)

Telephone: 0207 6 310285

Telephone: 0207 6 310280

### 4. The Ectopic Pregnancy Trust (<https://ectopic.org.uk/>)

Telephone: 01895 238025

### 5. SANDS (<https://www.sands.org.uk/>) (Stillbirth and Neonatal Death Society)

The Ashford group meets on the third Wednesday of the month and the Thanet group on the second Wednesday of the month.

Telephone: 07547 195791 (mobile)

### 6. Child Bereavement UK (<https://www.childbereavementuk.org/>) will help you find local services and provide information.

Telephone: 08000 288840

**7. VITA Health: Kent and Medway Talking Services**

Telephone: 0330 910414

**8. Waymark Trust East Kent Counselling Centre**

Telephone: 01227 781891

**9. New Romney Counselling Centre** (<https://www.newromneycounsellingservices.co.uk/>)

Telephone: 01797 367809

**10. Women's Health Counsellors (East Kent Hospitals)**

Email ([ekhuft.womenshealthcounsellors@nhs.net](mailto:ekhuft.womenshealthcounsellors@nhs.net))

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekhuft.pals@nhs.net](mailto:ekhuft.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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