



## Towards Tomorrow *Together*

Welcome to our May 2026 Newsletter

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### Spring Wellness



Spring time can bring difficult milestones and reminders, so it's especially important to remember to be gentle on yourself and take time to practise self care.

Spending time outdoors can support your nervous system. Using gentle breathing whilst taking in the small details around you, such as the birds

chirping, flowers blossoming and the fresh breeze can help with grounding.

You may wish to plant a tree, flowers or herbs in your baby's memory.  
You could write a letter to your baby and place it somewhere meaningful.

The changing of seasons and brightening of weather may bring pressure to feel 'better', but grief does not follow seasons. Even the smallest of steps will lead you forward. Wherever you are in your journey following the loss of your baby, Towards Tomorrow Together is here to support you.

# Can you HELP US?

*We are collecting prizes & promises  
for our May fundraiser*

 Baby loss is incredibly hard to talk about and even harder to fundraise for. Yet the need for our support is greater than ever. We are facing a very difficult financial time and need our community now more than ever.

**WE WOULD LOVE DONATIONS OF:**

-  Free meals or vouchers
-  Hair or beauty treatments
-  Event tickets
-  Gift items or hampers
-  Experiences or activities

 If you can donate a prize or know someone who can, **please comment below or send us a message.**

**Towards Tomorrow Together**  
SUPPORTING FAMILIES  
AFTER BABY LOSS

 Your kindness helps us be there for families when they need us most.  
*Thank you.*

*Every donation makes a real difference*

Together, we can make sure no family faces baby loss alone.



## Auction of Promises

Our Auction of Promises May fundraiser is now live, running until the 31st May 2026 at 20:00.

We are very excited to be offering 2 x tickets to watch Lewis Capaldi at Powderham on Saturday 27th June 2026. Bidding starts at £10.

[Auction of Promises](#)

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## Support Spotlight - Reiki for Grief and Baby Loss

Reiki is offered by TTT through Cathy Chipfen, a qualified Usui Reiki Therapist. Cathy has provided 28 hours of client support for TTT so far this year across a range of holistic therapies and grief support services.

Reiki is a gentle energy therapy that supports deep relaxation, easing stress and tension within body, mind, and spirit. Using light touch or distant connection, universal energy is channelled to help restore balance and calm.

For those grieving the loss of a baby — or navigating any form of loss — Reiki offers a safe, peaceful space to simply rest and be. It helps soothe overwhelm, quieten the mind, and gently support emotional release in your own time and way. Sessions are available in person or remotely. Treatments last one hour.



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## Meet the Team



February saw our leadership team come together to map out plans for the year ahead. It was an inspiring session, with everyone contributing thoughtful ideas on how we can further strengthen our support for those experiencing the loss of their baby.

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## Important News - Re-Opening of Yeovil Hospital

Yeovil Hospital (YDH) Maternity and Special Care Baby Unit (SCBU) re-opened on 21st April 2026.

We understand you may have questions about the re-opening, and this news may bring with it a range of emotions.

A Q&A section is in place on the Somerset Maternity website which has been updated with questions raised in response to the re-opening:

<https://www.somersetft.nhs.uk/maternity-new/temporary-closur...>

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# EVENTS CALENDAR

EVENTS CAN BE REGISTERED FOR ON OUR WEBSITE AND ARE FREE TO ATTEND

## BABY LOSS SUPPORT GROUP (ONLINE)

|                                    |                                           |
|------------------------------------|-------------------------------------------|
| Tuesday 19 <sup>th</sup> May       | Cathy - Gentle Discussion and Relaxation  |
| Tuesday 16 <sup>th</sup> June      | Mel - Navigating Relationships After Loss |
| Tuesday 21 <sup>st</sup> July      | Cathy – Gentle discussion & Relaxation    |
| Tuesday 15 <sup>th</sup> September | Mel - The Benefits of Journalling         |

## PREGNANCY AFTER LOSS SUPPORT GROUP

|                                     |                                          |
|-------------------------------------|------------------------------------------|
| Wednesday 13 <sup>th</sup> May      | Cathy & Hope - Relaxation (Online)       |
| Wednesday 10 <sup>th</sup> June     | Mel & Hope - Managing Milestone (Online) |
| Wednesday 8 <sup>th</sup> July      | Mel & Amanda – Accupressure for Birth    |
| Wednesday 9 <sup>th</sup> September | Joy & Hope - Bonding                     |

## IMPORTANT DATES

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| 9 <sup>th</sup> - 15 <sup>th</sup> October | Baby Loss Awareness Week         |
| Saturday 10 <sup>th</sup> October          | Taunton Annual Baby Loss Service |
| Thursday 15 <sup>th</sup> October          | Bridgwater Wave of Light Service |

### Baby Loss Support Sessions

This is a safe place to discuss how you are feeling and find

### Pregnancy After Loss Sessions

Our Pregnancy After Loss group is for those currently

### Rainbow Baby Group

This group offers a gentle get together for baby and you,

support with a community who are walking the same path as yourself.

Suitable for mum's, dad's, carrying and non carrying parents, who have experienced the loss of a baby during pregnancy, labour, birth and beyond, whether this loss was very recent or long ago.

[Book Now](#)

expecting after loss.

We offer monthly topics such as managing anxiety, relaxation, managing milestones, bonding, birth preparation and acupressure for birth.

[Book Now](#)

where you can talk about any worries and how you are feeling, whilst your rainbow baby plays and socialises. We sometimes arrange specific topics, for example breastfeeding support and baby massage.

[Book Now](#)

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## Our Services

*1:1 Tailored Support*

*Holistic Therapies*

*3 Step Rewind Process*

*Grief Listening*

*Birth Preparation*

*Doula Support*

*Memory Boxes and Keepsakes*

*Funeral Preparation*

*Birth Debrief*

*Family and Community Events*

## Pregnancy After Loss Groups

## Rainbow Baby Groups

Referrals can be made at any stage of your journey following loss. We receive referrals from healthcare professionals, support services and families, as well as self-referrals.

## Thank You Corner



Thank you so much to Chris, Daniel, Ryan, Alex, Claire, Lee, David, Matt, Gavin, Darren and Andrew, for taking on the Three Peaks Challenge as a team, and raising an incredible £2,750 to split between ourselves and another charity.

## Just Giving

The money you donate will directly influence the support we can offer.

[Click to Donate](#)

## Co-Op Local Cause

Help us win a share of £5 million by nominating us.

[Nominate Us](#)





Best regards,  
The Team at TTT  
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### **Towards Tomorrow Together**

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