



Supporting the *Out of Sight, Out of Mind* campaign

We believe that this is a vital gap in support for bereaved parents across the UK, and too many people are suffering as a result of it. [Read more](#)

Your support will help raise awareness of this issue with those who have the power to address it. This can be as easy as tweeting your local politicians, or writing to them. We have set out the simple steps to help you do this below.

If you have more time, please consider meeting your local politician. You may have personal experience of this issue that would really help them to understand the impact of unavailable, inaccessible and inappropriate psychological support. We know this might not be an easy subject to share, so please contact [one of the many baby loss supporting the week](#) for advice. They can support you to find the words to express your concern, and your experience.

IF YOU HAVE 1 MINUTE

- [Tweet your local politician](#) and ask them to take action to support the campaign. We've set-up a suggested tweet for you to send.
- [Share our animation](#) on social media using #BLAW2019 and #BLAWOutOfSight

IF YOU HAVE 5 MINUTES

Email your local politician and ask them to write to the Government urging them to make this a priority. Find out who your MP, MSP, AM or MLA is and send them a message [here](#).

We've created a template to help you do this:

- [England MP letter](#)
- [Northern Ireland MLA letter](#)
- [Scotland MSP letter](#)
- [Wales AM letter](#)

You may also like to send you letter in the post.

IF YOU HAVE MORE TIME

Arrange to meet your local MP, MSP, AM or MLA

Your representative will usually hold regular "surgeries", where local people can go and express any concerns they have face-to-face. Some of these will be in a 'drop-in' format, but some will require you to book a slot. It is best to call their local office to find out what you

need to do. You can also book time into their diary for a longer meeting outside of surgery hours. To find out who your local representative is visit www.theyworkforyou.com.

Surgery meetings are usually quite short, so it's good to be prepared with what you want to say before the meeting. Our *Out of Sight, Out of Mind* briefings [insert hyperlink] are a useful guide to the key issues for bereaved parents who need psychological support. You may also feel it is appropriate to talk about your own experience. Consider what you would like to say about that beforehand. If you have any concerns, contact one of the [charities involved in Baby Loss Awareness Week](#).

Meetings arranged outside of surgery time are likely to be longer. We would recommend that if there are a number of you who would like to discuss the same issue, that you request one of these and meetings as a group. This adds weight to your issue and might feel less daunting than doing it alone. If possible, it's worth meeting as a group beforehand to discuss the points you'd like to raise.

It might feel daunting meeting your local representative for the first time, but it is important to remember that you're the expert.

Here are some tips to make sure you have a successful meeting:

It is important to send a follow up letter or email after your meeting. They are likely to have many meetings every week, so this will help keep you and your campaign fresh in their mind.

In your letter make sure you:

- ❖ Thank them for taking the time to meet with you.
- ❖ Outline the items you discussed.
- ❖ List what actions they said they would do, what you said you would do, and by when.
- ❖ Let them know you will follow up with them in the near future to keep them up-to-date with the campaign and to find out the outcome of any actions they committed to.

Be organised: you might be quite limited in time, so it's important you know what to say.

Write down some bullet points to help prompt you if you think that would help.

Ask your questions: Don't be shy about asking any questions you have. Make sure you set out clearly what they can do to help you. This is your prime opportunity to pin them down.

Take materials – [download the report and briefing here](#)

Let us know how you got on – babyloss@sands.org.uk