

Patient Information

Remembering Your Baby



Losing a baby at any stage of pregnancy is a devastating experience which can leave you feeling bewildered and alone. Many people find it helpful to have special ways to remember their baby. This leaflet tells you about some of the ways Gloucestershire Hospitals can support your memory-making.



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Department

Spiritual Care

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At Gloucestershire Royal Hospital we have a 'Forget-me-not garden'. This is a tranquil and beautiful place where you can sit and reflect.

At the heart of the garden is a memory-tree sculpture to which you can have a leaf added, inscribed with your baby's name.

Patient Information

Please scan the barcode below or type www.gloshospitals.nhs.uk/charity/news-and-events/news/our-forget-me-not-garden-a-place-of-healing-opens-thanks-to-your-support/ into your internet search box to find out more.



Alternatively, there are books of remembrance in the chapels at Cheltenham General and Gloucestershire Royal Hospital.

Your message, which should be no more than 50 words long, will be inscribed by hand. A hand-inscribed copy will also be produced for you to keep.

If you would like to make an entry, please email your text to gln-tr.spiritualcare@nhs.net. Also add your name and address and state the hospital where you would like the entry to be made. There is no charge for this service.

The books can be viewed at any time when our offices are staffed, but it is a good idea to telephone ahead to make sure that someone will be present to open the cabinet for you. The contact details for the hospital chaplains are at the end of this leaflet.

Each year we organise baby remembrance services, 'Small Footprints On Our Hearts'. One of these is usually during National Baby Loss Awareness Week in October, and repeated in the spring. Please get in touch with the chaplains to ask for details.

When the hospital arranges cremation, the ashes are scattered in the special baby garden at Cheltenham crematorium. There are also ways to remember your baby at the crematorium. For more details, email cemetery@cheltenham.gov.uk

Patient Information

Useful contacts

The Hospital Chaplains

Gloucestershire Royal Hospital

Tel: 0300 422 6200

Cheltenham General Hospital

Tel: 0300 422 4286

Email: ghn-tr.spiritualcare@nhs.net

Bereavement Support Midwives

Tel: 0300 4225 564

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>