

The Ellie's Gift Project

Delivered by Relax With Lucy & Co

Our Story

- ▶ Lucy a mental health nurse experienced the loss of her baby Ellie in 2017 when she was advised her heart had not formed properly.
- ▶ Lucy & her husband had completed a hypnobirthing course which is a birth relaxation course before being told about their daughter's heart.
- ▶ Lucy & Rick had a termination for medical reasons due to the severity of Ellie's heart however decided to use hypnobirthing techniques to reduce anxiety.
- ▶ They were able reduce anxiety and to 'feel in control in a situation they had no control over' and because of the techniques they were able to learn, they are now able to reflect positively on their daughter's birth.

Continued...

- ▶ Lucy took some time away from the NHS to set up her own wellbeing provision in the local community of Oldham. She also trained as a hypnobirthing teacher in her daughter's memory and delivered courses locally for a couple of years.
- ▶ She reflected on her experience of losing Ellie and her birth and wanted to then create a provision for parents who are faced with the reality of going through a baby loss birth.
- ▶ Lucy went on to create The Ellie's Gift app, which is a baby loss app to help support families through the delivery of a baby that has died.
- ▶ The app is targeted at families who are faced with the reality of delivering their baby that had died, its not specific to circumstance around type of loss or gestation.
- ▶ Its also appropriate to sign post to families who need aftercare support following any type of baby loss at any gestation.

The Ellie's Gift App Features

- ▶ Pre & Post baby loss support in the form of videos/mp3 tracks and downloadable MP3's, some examples include, breathing tutorials for contractions, relaxation audios to listen to during difficult procedures and 'baby loss birth template'.
- ▶ Pre-birth telephone baby loss support line (families can speak with a trained hypnobirthing baby loss professional who can guide them through birth relaxation techniques).
- ▶ An events page so families can connect with in -person and online events.
- ▶ Journalling tool to help families document thoughts feelings and emotions.
- ▶ Access to other signposting

The Ellie's Gift Project

- ▶ Provide The Ellie's Gift app
- ▶ Pre- birth hypnobirthing telephone support line
- ▶ Weekly Mindfulness drop-in sessions delivered on zoom
- ▶ 8 Week mindfulness in grief courses
- ▶ Retreat fundraiser days
- ▶ Mental Health First Aid Training to raise funds for our baby loss provision.

Take a walk Around Ellie's Gift

- ▶ [The Ellie's Gift Baby Loss App - A Short Training Video - YouTube](#)

The Pilot

- ▶ The app is first to be piloted at St Mary's Hospital in Manchester with the support of Professor Alex Heazell and Victoria Holmes
- ▶ Further plans following the success of the pilot, are to roll this provision out across the Trust

Thankyou

- ▶ Please get in contact for more information at support@relaxwithlucy.co.uk
- ▶ Visit our website: www.relaxwithlucy.co.uk
- ▶ Find out about our Mindfulness in Grief project here - [Lucy's Story | A Breathworks Seed Funding Project - YouTube](#)