

Volunteer to raise awareness



Miscarriage* is still something of a taboo subject. Perhaps you could help us to carry on breaking the silence around it while also raising awareness of the Miscarriage Association and the work we do?

There are lots of simple things you can do to help raise awareness, from becoming a media volunteer to helping us spread the word on social media. If you would like to find out more about fundraising for the M.A. then click [here](#).

* Although we use the word 'miscarriage' here, raising awareness of ectopic pregnancy and molar pregnancy is equally important. In fact, because people often don't know what they are, it can be even more important to get them talked about. Even so, we'll often use the word 'miscarriage' or 'pregnancy loss' in this information, just for ease of reading.

Media volunteers

Join our media volunteer team and work with us to highlight miscarriage, ectopic pregnancy and molar pregnancy and the issues surrounding them. You'll work positively with the media, usually by sharing your story, to help ensure pregnancy loss stays firmly in the spotlight.

Our media volunteers feature regularly in newspapers and magazine, on TV and radio and in online publications, nationally and regionally. Find out more about becoming one [here](#).

Social media/online champions

Social media is a quick and easy way to help raise awareness and to support the work of the M.A. You can use your own social media channels to share or retweet our public posts.

We also have private Facebook groups which you can join and use to share your experience and support others. You can find us:

[Here](#) on Facebook

[Here](#) on Twitter

[Here](#) on Instagram

[Here](#) on LinkedIn

Community champions

While the pandemic has curtailed much of this activity at present, our volunteers help to raise awareness right at the heart of their communities by finding places willing to display a poster or small information cards: from supermarkets and hairdressers to libraries and the local GP surgeries.

Contact us via

info@miscarriageassociation.org.uk to get supplies, but be mindful of social distancing and other restrictions.

Why not also consider nominating the M.A. for supermarket token or plastic bag proceeds schemes? You can nominate in stores by speaking to the information desk staff - the request is always better received when it comes from a customer.



Workplace advocates

One of the ways you might like to help is by championing miscarriage support in the workplace.

We have recently launched a new resource aimed at helping people back to work following pregnancy loss. We are also encouraging employers to introduce miscarriage policies to help both the person(s) affected and their managers.

As a workplace advocate you could raise awareness of the M.A.'s workplace information hub and encourage your manager to look at implementing a specific miscarriage policy. You could also speak to your union, if you have one, and encourage them to get involved, too.

You can read how Victoria encouraged best practice in her workplace, [here](#).

You also might like to organise a display in your workplace – we can help with posters and leaflets. If you have a company intranet, you could speak to the co-ordinator and ask them to add the M.A.'s details as a source of support.

If your company has a charity of the year scheme, consider nominating the M.A. Or if you have a payroll giving scheme, you could encourage giving to the M.A.

Motivation squad

Help us cheer on our brilliant fundraisers by joining our motivation squad at mass participation events all across the UK. From the London Marathon and the Royal Parks, to kilt walks in Edinburgh and sea swims in Cornwall, help us be there to cheer people across the finish line.

It's easy to get involved. Simply register your interest – you can do this alone or with family or friends – and we'll let you know when there is an event local to you. We'll send you an information pack, balloons and a T shirt to wear at the event and then it's just a matter of cheering and clapping as loudly as you can!

This is a lovely, fun way to support our fundraisers and to raise awareness of the M.A. in the community. Contact our Fundraising Manager Karn via karn@miscarriageassociation.org.uk to get involved.



Event volunteers

Help staff our stand at an exhibition or conference near you. Or why not stage your own display or event, perhaps for Baby Loss Awareness Week? Get in touch via info@miscarriageassociation.org.uk to register your interest.

Web: www.miscarriageassociation.org.uk

Email: info@miscarriageassociation.org.uk

