

a story of loss, grief and hope



YOU ARE NOT ALONE PRODUCTIONS PRESENTS

YOU ARE NOT *Alone*

RUNNING TIME..... 5 x 7minutes
GENRE..... Documentary
RATING..... M
YEAR..... 2020
LANGUAGE..... English
COUNTRY OF ORIGIN..... Australia
FORMAT..... 1920x1080 25fps
BROADCAST..... Kidspot

youarenotalonedoco.com

SYNOPSIS

A journey of heartbreak over the loss of a child and the joy as one woman finally gives birth to her rainbow baby.

You Are Not Alone is a story of loss and grief and the things we don't talk about after a miscarriage. It explores how miscarriage mentally, emotionally and physically impacts women and men, those who have suffered multiple losses and those from different nationalities and backgrounds, as well as the roles social media and religion play in the loneliness.

Take a look around your office and when you walk down the street – many of the women and men around you are carrying a burden and hiding a grief that is hard to talk about. Every year 103,000 couples report a miscarriage in Australia*. In fact, statistics show that 1 in 4 pregnancies sadly end this way, that is, a pregnancy that has not developed past 20 weeks.

This five-part, online documentary series explores and opens the discussion around miscarriage and breaks down the silence surrounding it.

'You Are Not Alone' is a narrative documentary series looking at all aspects of miscarriage through the eyes of everyday Australians who have experienced either their first or multiple losses. We share the experiences of couples and families who have lost a baby, as well as a leading obstetrician, researchers and support organisations, about the medical reasons behind miscarriage and the support that exists for the many thousands who experience it each year.

The series will take audiences on a personal and sometimes challenging journey, with soon to be parents, who have experienced falling pregnant and then losing their baby. We ask difficult questions about what it was like for them beyond that moment, how they made sense of their loss and how they rebuild and carry on, while witnessing others finding joy through their own pregnancy.

We look at how society deals with loss and grief connected with miscarriage, but also how it impacts men and same-sex couples, how remoteness and isolation affects dealing with a loss and how the grief stays with so many, so many years on.





DIRECTORS STATEMENT

In late 2017 my husband and I found out that we were pregnant for the first time. We had discussed adding to our family for 6 years and finally had reached the stage where it was a reality.

Excitement was understatement, we told our families and friends early (or what many say is early) and as we waited for our 12 week scan everything seemed 'normal' and we couldn't wait to see our child. Our scan was like any other day, however it would change our lives forever. We were told in that scan that we had a 'non-viable' pregnancy, and that in fact we had not progressed past 9 weeks. After we had gone through the medical procedure - a D&C - I tried hard to get back to normal life.

Being open and talking about our loss helped me get through that time, but what it also did was opened my eyes to how many others had gone through what I was experiencing. I thought we needed to be able to discuss this openly and honestly. To break down the stigma that is still attached to miscarriage. The blame, the hurt, the misunderstanding that women and men go through. To be able to properly invest in this storyline as a filmmaker, I think it was important to have gone through it personally, to be able to be empathetic and understanding to those who were willing to share and be part of the project.

In May 2018, I released a video on my Facebook page which was an interview telling some of my story. The video reached over 13,000 people and had more than 8000 views. The swell of support from those who watched the video was truly amazing and went to show that this project was important for those who are part of the documentary and those who are likely to experience the loss and grief in the future.

You Are Not Alone was created to tell the stories of those men and women who have experienced their own losses. Little did I realise that my own story would become an integral part of the documentary series, something that I struggled with, but with the help of my supportive husband we began the journey.

Lyndal Redman



PRODUCER STATEMENT

So many of my close friends have experienced miscarriages, silently. As a producer, mum and friend of Lyndal, one thing I have learned since starting this documentary series is the importance of sharing your story.

This series is about finding the courage to talk about it openly and realising that sharing your story can help others open up the conversation that hopefully will lead to healing, resilience and support for so many who are currently suffering alone.

Lauren Hillman

PRODUCER STATEMENT

It's hard to believe that in 2020 there is still a stigma around talking about miscarriage; that new parents shy away from announcing they're pregnant before 12 weeks over fears they'll lose the baby and have to explain why.

As a journalist, I have rarely seen much in the media around miscarriage, so when my friend Lyndal decided to speak out, I was honoured to be involved. In creating this documentary series, we've spoken to women, men and couples from all walks of life; their stories are compelling, heartbreaking, honest and raw.

Our hope is that by elevating the conversation around miscarriage, many more will realise that You Are Not Alone.

Caroline Winter



CREDITS

CREW

Director: Lyndal Redman

Producers: Lyndal Redman, Lauren Hillman and Caroline Winter

Camera Operators: Lyndal Redman, Jordan Agutter, Susan Rooney-Harding, Jonathan Zoch and Chloe Angelo

Drone Pilots: Jordan Agutter and James Smith

Location Producers: Cathy Rodda (Melbourne)
Rani Chaleyer (Sydney)

Editor: Lyndal Redman

Consulting Editor: Arcane Edit

Graphics: Tom Aldahn

Colour Grading: Beyond Content

Post Production Audio: Matrixx Audio

Transcriber: Karin Peagram

Music: Twilight - Peter John
The Racer - Tristan Barton
Nya Dagar - Linus Johnsson
Aurora - Colossus

Other Cast: Samantha Payne
Jade Bilardi
Dr Heather Waterfall





KRISTY

Kristy and her partner Tim live on a remote cattle station Hamilton Station in the far north of South Australia. Their station is 7,010 square kilometres and is situated 114km north of Oodnadatta and more than 1000km north of South Australia's capital of Adelaide. For them a medical emergency requires being airlifted by the RFDS. It is this remoteness that makes Kristy's story compelling.

The couple found out they were pregnant with their first child on a trip to Port Augusta in regional SA to visit family. After waiting for the RFDS to arrive at the station for her first scan, she was told that they couldn't find a heartbeat.

She and Tim headed to Alice Springs to be checked at the hospital where it was confirmed that they had suffered a miscarriage.

The couple has had three losses, one baby boy and are continuing to try for more children.

Kristy Place, Tim Williams, Jovi Williams

DAVID

70-year-old David and his wife became pregnant with their first child early in their marriage. His wife, a premature baby herself, had suffered some health issues from birth. When her and David became pregnant they were excited about becoming parents for the first time. They both welcomed the idea of having a child and were preparing for that moment.

Around the 20-week mark, David's wife lost their child and suffered some further health complications, she lost her eyesight and was classified as blind. Following that, she decided for them both that she wouldn't try for another child. David accepted the decision and they continued to enjoy married life together.

As life went on, David continued to think of that life lost and the implications of not having a child. At 70+ years old he often reflects on missing out of the joys of parenthood, as he watches friends with their grandchildren and great grandchildren.

David Moore



LYNDAL AND JAMIE

Our Director Lyndal takes us through why the project came about by talking about her experience of loss through both her miscarriages. We hear how each of those losses changed her, her husband and their future. Lyndal suffered her first loss in 2017 after finding out her and Jamie were pregnant with their first child together. They arrived for their first scan, excited to see their baby for the first time. Little did they know that moment would also be one of heartbreak as they found out their pregnancy was 'non-viable'.

In early 2019, Lyndal and Jamie found out that they were pregnant for the third time after a second loss in January of the same year. After the mental anguish of their previous losses, Lyndal went into this pregnancy apprehensive and took each step and day as a milestone in the journey to motherhood. After reaching the 20-week mark, both Lyndal and Jamie felt relief at finally passing the moment when the pregnancy became 'viable'.

At the documentary's conclusion, we are taken into the hospital theatre room as Lyndal's dreams and hopes become reality and we see the moment her and Jamie's son takes his first breath. Their rainbow baby finally arrives.

Lyndal Redman, James Smith and Lincoln Smith



LORI AND BREE

Lori and Bree are a same sex couple who wanted to have a little bundle of joy themselves. Due to Lori's age, and early possible menopause, they decided that Bree be the person to try to fall pregnant through IVF. After multiple attempts she was unable to fall pregnant, so Lori thought she would give it a try.

Little did they realise that Lori would become pregnant quite quickly. They thought that their luck had changed, only for Lori to find out they were miscarrying, and her chance of becoming a parent was slipping away. At one point they were both trying to get pregnant at the same time, with Lori suffering a second miscarriage in the same year.

After Lori's losses, Bree decided to try again, only for her to finally become pregnant. Bree gave birth to a little girl in July 2020.

Lori and Bree Bell

JANEANNE

Jeananne and her husband live half a world away from her parents in Kenya. The first time they fell pregnant they were very excited, ringing her parents at the 12-week mark to let them know they would soon become grandparents.

At 14-weeks her and her husband returned from a trip to Queensland having told the rest of the family. Janeanne was booked in for routine scan and arriving at the clinic she thought nothing was wrong. When she was asked by the sonographer how far along she was, Janeanne replied “14-weeks”, it was then the woman asked her ‘Are you sure you’re pregnant?’ It’s something she has never been able to forget.

Jeananne Kirui



KATE

Kate is a midwife, and in her 60s, she already had a couple of children before her pregnancy loss back in the 80s. She woke to find herself bleeding, ringing her father-in-law for help as her husband had to attend to work, she headed to the hospital.

The fallout from the miscarriage and not dealing with her loss ended her marriage. Her now adult children wouldn’t even know that she had lost a baby.

Kate Nottage

LIBBY

Libby met her partner later in life, he had 2 children to a previous relationship, but she was desperate to have a child of her own. They have tried getting pregnant naturally, only to suffer multiple miscarriages, they tried IVF only to go through the same heartache.

After 10 miscarriages they have given up the option of having their own child, they are now looking at becoming foster parents to fulfil her need to become a parent.

Libby Parker-Trainor and Matt Trainor



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SCREEN AUSTRALIA IN ASSOCIATION WITH SOUTH AUSTRALIAN FILM CORPORATION PRESENTS
A YOU ARE NOT ALONE PRODUCTIONS PRODUCTION
YOU ARE NOT ALONE

DIRECTOR LYNDAL REDMAN PRODUCERS CAROLINE WINTER - LAUREN HILLMAN - LYNDAL REDMAN
DIRECTOR OF PHOTOGRAPHY LYNDAL REDMAN CAMERA JORDAN AGUTTER - CHLOE ANGELO
JONATHAN ZOCH - SUSAN ROONEY-HARDING DRONE JORDAN AGUTTER - JAMES SMITH

LOCATION PRODUCER RANI CHALEYER - CATHY RODDA EDITOR LYNDAL REDMAN TRANSCRIBER KARIN PEAGRAM
POST PRODUCTION COLOUR BEYOND CONTENT SOUND POST PRODUCTION MATTRIXX

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THE PINK ELEPHANTS SUPPORT NETWORK

AND ALL THOSE BEAUTIFUL PEOPLE WHO SHARED THEIR STORIES



Australian Government



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ANALYST PRODUCTIONS