

Bereavement is a part of life

Coping with Grief

Bereavement is something that everyone experiences at some time in their lives and each and every loss is a unique experience.

Even after a long time, maybe years later, your life may still be affected by your bereavement.

It is absolutely normal to feel these emotions or have the following reactions:

- Initial shock, disbelief, a sense of unreality ~ "has this really happened?"
- To see or hear the person who has died
- Depression, despair, loneliness and isolation
- Anger or hurt
- Guilt ~ "if only I had done something differently"
- A desire to escape
- To be worried or frightened
- Relief that any suffering has ended



Our Services

Bereavement Matters offer practical and emotional bereavement support to anyone living in the St Albans District regardless of race, creed or culture.

Telephone Helpline

A dedicated telephone helpline is answered personally Monday to Friday between 9am and 1pm and is the first point of call for anyone requiring help or advice.

Children's & Young People's Service

A support and visiting service for children, young people and their families and advice for schools and other professionals supporting bereaved children and young people.

Visiting & Buddy Service

A personalised service offering listening and support in broadening social horizons following bereavement.

Counselling Service

A professional counselling service for adults needing support through the grieving process. Qualified counsellors support clients either face to face or by telephone.

Group Activities

A way of joining together with others who have been bereaved. Including an annual Children and Families Activity Event, a Service of Remembrance and Thanksgiving at St Albans Cathedral in November each year and other individual events.

Information Resource

An extensive information service is available giving access to more than 250 organisations and all the key UK support services.

Yes

I would like to support your work and enclose my gift of:
Please make cheques payable to SABN

Thank you

name _____

address _____

post code _____

email _____

telephone _____

KEEPING YOU INFORMED: we would like to keep you up to date with news about our work through our e-Newsletter and other communications. We will not share your details with any other organisations. Please tick here if you would prefer **NOT** to hear from us again.



Bereavement Matters

We offer support and advice for anyone coping with grief



St Albans & District
Bereavement Network

helpline 01727 841841 www.sabn.org.uk



Bereavement Matters

St Albans & District Bereavement Network

If you need help or advice please contact us:



telephone helpline
01727 841841



email
help@sabn.org.uk



website
www.sabn.org.uk

We provide support to anyone living in the St Albans district

St Albans & District
Bereavement Network

PO Box 671, St Albans, Herts, AL1 3ZX

Tel: 01727 841841 (Helpline)

01727 841914 (Admin)

web: www.sabn.org.uk

email: help@sabn.org.uk (Helpline)

admin@sabn.org.uk (Admin)

Registered Charity Number 1094636

donation form

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If you are a UK taxpayer, HM Revenue & Customs will pay us an extra 25p for every pound you give, making your gift go even further. Please tick the first circle below to allow us to claim.



I am a UK taxpayer and wish St Albans & District Bereavement Network to treat this and all donations I make in the future as Gift Aid until I notify you otherwise. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) this is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASC) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.



I am NOT a UK tax payer.

Please detach this form and forward it to:

St Albans & District Bereavement Network
PO Box 671 ~ St Albans ~ Herts ~ AL1 3ZX



Bereavement
Matters

St Albans & District Bereavement Network