

Leaving something in your Will to St Albans District Bereavement Network will help ensure that we can continue to support local families, adults and children who have been bereaved.

Whilst we cannot advise you on how to draw up your Will, we strongly suggest that you visit a solicitor to make sure that your wishes are met, so that your loved ones will not have difficulties sorting out your estate after your death.

Having an existing Will does not make it difficult to add a gift to charity. A Codicil can be added to take into account your additional wishes or to make allowance for changed circumstances. It is a good idea to check and update your Will regularly. A visit to your solicitor will take care of any changes you may want to make.

"SABN has kept the family afloat over the past few months and we'll be forever in its debt"

A mother of a bereaved family.

"One of my children sees a visitor from SABN at school and he is much happier and says he looks forwards and values his time with the counsellor."

A Mother of a bereaved child.

"Friends and family support you at the beginning but as time passes, they return to their busy lives. The group has helped me tremendously over the last year and I am very grateful to all the people involved who have made it possible."

A Member of a Social Group.

Patrons:

The Rt. Revd. Christopher Foster, Bishop of Hertford
Dr. Mary Groves
John Motson OBE
Revd. Colin Rowe
Jenny Stroud

Our aim is to help bereaved children, young people, adults and their families who live in the St Albans City & District to have access to bereavement support, to enable them to make sense of their loss and move forward with hope.

St Albans City & District Bereavement Network is available to people of all backgrounds regardless of race, creed or culture.

We trust that this leaflet has been of some help to you in deciding how you can help and support us.

Thank you.

Dr Michael Elves,

Chairman of the Trustees & Management Group

The Area We Cover



For further information or help please contact:
St Albans City & District Bereavement Network,
P.O. Box 671, St Albans, Herts., AL1 3ZX
Helpline 01727 841841
Admin: 01727 841914
email: help@sabn.org.uk
Website: www.sabn.org.uk

Please help us support bereaved children, young people and adults throughout St Albans City and District by making a Bequest in your Will?

Support

SABN supports bereaved children and young people through the provision of:

A Home Visiting Service A free home visiting service for children and young people up to the age of 18 is offered to bereaved families.

Group Work Working in Partnership with the West Herts Palliative Care Service, SABN offers local children, their parents and carers, an opportunity to share their experiences with others in a similar situation.

Support for children in schools and for school staff who work with children experiencing grief.

Information SABN holds a database of relevant local information for bereaved children of all ages and a range of information for adults.

SABN supports bereaved adults through the provision of:

A Home Visiting Service Someone to visit and support by listening in confidence.

Social Support Groups for those who would like to share with others in a similar position

A Bereavement Counselling Service.

A Telephone Helpline open Monday to Friday, with an answerphone out of hours.

We also offer Advice and Support for Professionals e.g. GP's, Health Workers, District Nurses, companies and school personnel.

All support is given by qualified staff and trained volunteers.

These services are provided free to all bereaved people and their families



Gifting

Any gift, no matter what the size or type, is of huge value to St. Albans District Bereavement Network. You can be sure it will be put to the best possible use and you will be helping a local charity.

To help you decide, we have outlined the three main types:

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| Residuary Gift | The sum left from an estate when all debts, charges and gifts are deducted. |
| Pecuniary Gift | A gift of a fixed amount of money. |
| Specific Gift | A gift of a particular item e.g. jewellery. |

Please remember that gifts left to St Albans District Bereavement Network are tax efficient. Even if your estate is liable for Inheritance Tax, no tax will be paid on any gift you have left us in your Will. Many people use gifts to charities as a way of staying within the Inheritance Tax threshold, thereby avoiding the tax altogether.



What shall I do next?

If you have not made a Will or you would like to make changes to one, please get in touch with a solicitor.

How you can help us

In order for us to sustain and develop our service SABN needs to raise £100,000 per year. Financial support is sought from the statutory services, grant making trusts, fundraising efforts and voluntary giving.

Your legacy will help to secure the continuation of this local Bereavement Service, making a creative investment in the future well-being of our community.

If you wish to make a gift to SABN please hand or post this form to your solicitor.

Thank you.

Name:.....

Address:

Post Code:

Telephone:

email address:.....

I would like advice on leaving a legacy to SABN in my will.

Signed:.....

Date:

Will you

