



St Albans & District Bereavement Network (SABN)

## **Volunteers Needed to Support Bereaved Children & Young People in the St Albans District**

*Can you offer 2 hours a week to work with a child or family who has been bereaved?*

SABN's work is valuable because it provides children and their carers with an opportunity to express very painful experiences within a 'safe' framework. Children find it hard to express their feelings in words alone and the lively programme of activities provides them with new ways to tell their story, explore their grief, and remember their special person in positive ways.

*A volunteer who joined the SABN team right from the start said, 'It is a huge privilege and very humbling to work with bereaved children, either in one-to-one or group settings, knowing that a little time spent with them in the early stages of their loss can make a lot of difference to their self esteem in the future'.*

Our current team of volunteers comes from a wide variety of backgrounds and experience of working with children including, health professionals, teachers, nurses, counsellors, retired people, play and art therapists. They all have been trained by SABN and have volunteered their time and energy to help bereaved children and their parents and carers to come to terms with the death of a parent, sibling or other significant person such as a grandparent or family friend.

As our work with children within the district increases, we are looking for new volunteers who can offer help to continue this much needed work. Our next training course is starting in mid September and will take place in the evenings and on one Saturday.

*If you would like to learn more, come to our information session to be held at the Children's Centre in St Albans on Wednesday, 7<sup>th</sup> September at 7.30p.m. Contact us to register and for full details.*

To register for the information session or to discuss the role, tel: 01727 841914 or email [admin@sabn.org.uk](mailto:admin@sabn.org.uk).

Our website: [www.sabn.org.uk](http://www.sabn.org.uk)

### **St Albans & District Bereavement Network**

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