

# eNews Update

## St Albans Bereavement Network

Release 1, Spring 2013



Welcome to our first release of the St Albans Bereavement Network eNews Update. With the Spring comes new beginnings so what better time to launch our new eNews Update. Our news releases will bring you regular information about what we are doing, our events, fundraising activities and tell you more about the people who are making a difference to the work we do.

We would love to hear your thoughts and ideas on what you would like to see covered in future updates and any feedback you may have on our first release!

**Happy Reading!**

St Albans and District Bereavement Network  
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Website: [sabn.org.uk](http://sabn.org.uk)

**Links:**



**justgiving**

### SABN Launches a new Buddy Service in 2013



Among the biggest challenges facing those who are bereaved in later years are loneliness and isolation.

In recognition of this, SABN has developed a new and valuable service called the 'Buddy Service' designed to help bereaved adults (over 55 years) to broaden their social horizons and build new friendships by attending one of the many clubs or groups that exist in the area for their age group.

With the help of a designated 'buddy', SABN hopes to provide support and help in identifying a suitable club or group in the St Albans area. We are now looking for Buddies to support this service if you can help or know anyone who may be interested please let us know.

**To find out more visit [www.sabn.org.uk](http://www.sabn.org.uk)**

### Co-op Funding for Children's Open Day



Thanks to £1,400 funding from the Co-operative Group Community Fund SABN are organising another special day for bereaved children and their families. Last year's event at Butterfly World was very successful; so this year we are keeping the natural world theme and planning a "down in the woods" activity day.

Our event will take place on Saturday, 13<sup>th</sup> July 2013 and we will be helped by the "Down the Woods" organisation, who run Forest School sessions, to organise this unique event in private woodland just outside Sandridge. Any SABN volunteers able to come along and help on this day, please contact the office: phone ~ 01727 841914 / email ~ [admin@sabn.org.uk](mailto:admin@sabn.org.uk) – thank you!

**To find out more visit [www.sabn.org.uk](http://www.sabn.org.uk)**

#### Links:

**Buddy Service:** <http://www.sabn.org.uk/adult-support.htm>

**Events:** <http://www.sabn.org.uk/news-and-events.htm>

## Dates for your diary.....



**Saturday, 15<sup>th</sup> June 2013**

Strawberries & Fizz Afternoon in St Albans

**2pm to 4pm**



**Sunday, 24<sup>th</sup> November 2013**

SABN's 6<sup>th</sup> Annual Service of Remembrance and  
Thanksgiving at St Albans Cathedral

**Dove Release - 2.30pm**

**Service – 3pm**

## Our Team.....



### **Councillor Aislinn Lee becomes a Patron**

Michael Elves, SABN Chairman is delighted to announce that Councillor Aislinn Lee, former Mayor of St Albans 2011-2012 has joined our body of Patrons. Responding to our invitation to become a Patron, Aislinn Lee commented:

***"I would be honoured to accept this role and promise to do all I can to help promote SABN in whatever way the organisation asks."***

Councillor Lee is a great champion for the work we do with the bereaved and has also been an enthusiastic supporter of our Darren's Dash fund raising events over the past couple of years.

## Links:

News & Events: <http://www.sabn.org.uk/news-and-events.htm>

## Fundraising.....

### How you can help us in 2013

You can help raise extra funds for St Albans City and District Bereavement Network every time you shop online – all without putting your hand deeper into your pocket.

Give as you Live brings together thousands of leading stores, including John Lewis, Expedia and Tesco, who have all signed up to donate a percentage of every purchase you make online.

**Help us receive a £250 bonus just by signing up 50 new shoppers - so let's see if we can reach this target!**

To find out how to get started visit:

<http://www.giveasyoulive.com/join/stalbansbereavement>



### Michelle's Half Marathon, 9<sup>th</sup> June

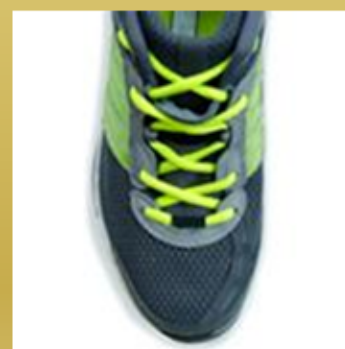
Michelle Roberts will be running the St Albans Half Marathon on Sunday 9th June in memory of her Mum Christina Mathieu who passed away 3 years ago.

Michelle is running on behalf of two charities, Alcohol Research UK and St Albans Bereavement Network and explains her reason for choosing to support us.

***"The last three years have been challenging to say the least but with the help and support of SABN (St Albans Bereavement Network) and my loving friends and family I have managed to learn ways of dealing with my loss.***

***The initial help I received from SABN has been invaluable and I can honestly say that I could not have coped without the help and support I received from the organisation....."***

If you would like to support Michelle please visit her Just Giving page: <http://www.justgiving.com/Michelle-Mathieu-Roberts>



### Links:

Give as You Live:

<http://www.giveasyoulive.com/join/stalbansbereavement>

Michelle's Marathon:

<http://www.justgiving.com/Michelle-Mathieu-Roberts>

# Keeping you informed .....

## Launch of our new website

We will shortly be re-launching the SABN website to make it a more up-to-date and informative way to communicate with the community, our volunteers, clients, funders, donors and anyone else interested in keeping up-to-date with our news, events and the services we are offering to the local community.

**More information about the launch will follow soon**



## Follow us

We have recently set up an SABN Twitter account, so why not sign up and follow us and we can all learn together how to get the best out of this 21<sup>st</sup> century communications tool.

**To find out more about signing up and following us visit:**

<https://twitter.com/StAlbansBN>



## Links:

Twitter: <https://twitter.com/StAlbansBN>