

# Caring for Carers Service

## Bereavement support

We understand that losing someone you cared for can leave an overwhelming silence, please know you're not alone and there are services here to support you through this difficult time.

Please read this in your own time, we are here to guide you further if you would like to get in touch.

### Contact details:

Andrea Hone – Carers Lead Nurse

Maria Panteli – Carer Coordinator

Emma Brady – Carer Coordinator

**Email:** [westherts.caringforcarers@nhs.net](mailto:westherts.caringforcarers@nhs.net)

**Tel:** 07977 069 888 (Monday to Friday, 8am – 4pm)

You can download this leaflet by scanning this QR code



## Bereavement and emotional support for a family member, friend or carer



When a someone close to you passes away, it can be a challenging, emotional and lonely time – particularly if you have been caring for the person for a while. We cannot offer individual counselling but talking and sharing feelings with someone who is experienced in listening, or with other bereaved people who have similar experiences can be helpful.

We offer bereavement support in group sessions as well as telephone support for people who do not wish to attend a group or cannot access one. Our bereavement support is reviewed after six months and can be provided for up to a year. For more details or to request support please [get in touch](#).

You can also access our other services, including our [events](#) and [Carers Passport Discount Card](#) offers, for up to three years after your bereavement.

### Contact us

If you would like more information or to talk to a member of the Bereavement Support Service, please get in touch with us:

Tel: 01992 586969

Email: [contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)

Or visit our website: [www.carersinherts.org](http://www.carersinherts.org)

Address: Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Hertfordshire SG14 1AX

### Local bereavement services

#### [Age UK – In Touch](#)

Age UK Hertfordshire provides a unique emotional support line for older people struggling with difficult issues such as bereavement, poor health, depression, and more.

[www.ageuk.org.uk](http://www.ageuk.org.uk) / 01992 642356 / 01992 634964 / [InTouch@ageukherts.org.uk](mailto:InTouch@ageukherts.org.uk)

#### [Hertfordshire County Council – Bereavement Services](#)

Information page on the Hertfordshire County Council website offering a list of bereavement services across Hertfordshire. This includes bereavement services for Hertfordshire suicide Prevention Network and engages multiple agencies across sectors.

[www.hertfordshire.gov.uk](http://www.hertfordshire.gov.uk)

### [CHUMS: Baby loss Bereavement Service](#)

Chums Babyloss Bereavement Service offers compassionate support to bereaved parents and families who have experienced the death of their baby through a late miscarriage (18 weeks+), a compassionate termination, a stillbirth or a neonatal death, when your baby may have lived for minutes, hours, days or weeks.

[www.chums.uk.com](http://www.chums.uk.com) / 01525 863924 / Email: [info@chums.uk.com](mailto:info@chums.uk.com)

### [CHUMS: Hertfordshire and West Essex Suicide Bereavement Service](#)

The CHUMS Suicide Bereavement Service provides emotional and practical support to those affected by a suicide or suspected suicide death. We support adults and children, residing in Hertfordshire and West Essex.

[www.chums.uk.com](http://www.chums.uk.com) / 01525 863924 / Email: [info@chums.uk.com](mailto:info@chums.uk.com)

### [Cruse Bereavement Support](#)

A Service which supports the well-being of bereaved people and enables anyone suffering bereavement caused by death to understand their grief and cope with their loss. Local resources can be found for Hertfordshire.

[www.cruse.org.uk/get-support/](http://www.cruse.org.uk/get-support/) / 0808 8081677

### [Friendship Teas](#)

Drop-in sessions for tea/coffee, cake and company for anyone experiencing loneliness, bereavement etc. Held in the Trinity Room of Holy Trinity Church, Leverstock Green.

[www.beneficeoflangelei.org.uk](http://www.beneficeoflangelei.org.uk)

### [Healthier Together – Bereavement Services Hertfordshire](#)

The website provides advice for parents, young people and pregnant women, and clinical resources to support healthcare professionals. This Information page provides details for bereavement services in Hertfordshire.

[www.healthiertogether.nhs.uk](http://www.healthiertogether.nhs.uk) / 0300 1234044

### [Garden House Hospice Care](#)

We are a local charity providing free, compassionate palliative care and support to patients and their families. Our services are available to people living in the communities of North Hertfordshire, Stevenage and surrounding towns and villages in Central Bedfordshire and Cambridgeshire.

[www.ghhospice.org.uk](http://www.ghhospice.org.uk) / 01462 679540 / Email: [enquiries@ghhospicecare.org.uk](mailto:enquiries@ghhospicecare.org.uk)

### Griefline

Grief Line is a local resource offering emotional support across West Essex and East Herts to anyone struggling with their grief around the loss of someone.

[www.griefline.co.uk](http://www.griefline.co.uk) / 01279 945089

### Hear4u – Broxbourne Churches Together Listening Team

A team of volunteers who are trained in Active Listening and offer one-to-one/face-to-face listening sessions for adults. They run an informal bereavement support group in Hoddesdon.

[www.hear4ulisting.com](http://www.hear4ulisting.com) / Email: [compassionatecommunities@isabelhospice.org.uk](mailto:compassionatecommunities@isabelhospice.org.uk)

### Hertfordshire Age, UK – Bereavement Listening Support Service

Age UK Hertfordshire offers a Bereavement Support Service, providing a local support network in the Dacorum area for those who need emotional and practical help with bereavement.

[www.ageuk.org.uk](http://www.ageuk.org.uk) / 0800 6781602

### Isabel Hospice

Isabel Hospice is a registered charity which provides free palliative care and support for patients and their families. We care for hundreds of people across eastern Hertfordshire.

[www.isabelhospice.org.uk](http://www.isabelhospice.org.uk) / 01707 382500 / Email: [enquiries@isabelhospice.org.uk](mailto:enquiries@isabelhospice.org.uk)

### Petals

Petals is able to provide specialist counselling support to bereaved parents who are Hertfordshire residents, no matter where your maternity care was delivered.

They are able to provide funded counselling sessions to parents who have a Hertfordshire postcode and who have experienced any of the below within the last year: Early Miscarriage, Recurrent Miscarriage, Second Trimester Loss, Termination for Medical Reasons (TFMR), Stillbirth, Neonatal Loss, Pregnancy After Loss.

[www.petalscharity.org](http://www.petalscharity.org) / 0300 688 0068

### Rennie Grove Peace Hospice Care

A charity providing free, patient-centred palliative care and bereavement support to adults and children with a life-limiting illness in Herts and Bucks. They support and empower people from diagnosis to live the best quality of life possible.

[www.renniegrovepeace.org](http://www.renniegrovepeace.org) / 01442 890222 / 01923 330330

### [Stevenage Bereavement Support Group](#)

Run by trained volunteers and working with agencies and charities across the town, the Stevenage Bereavement Support Group is a safe place to share grief with those that understand. Refreshments are provided, and it's free to come along.

Held in the Vineyard Centre, Unit 1, The Orbital Centre, Cockerell Close, Stevenage, SG1 2NB. [www.stevenage-vineyard.co.uk](http://www.stevenage-vineyard.co.uk) / 01438 361616

### [St Clare Hospice](#)

St Clare Hospice is a local charity and each year we care for hundreds of people across West Essex and the East Hertfordshire border. We provide free, compassionate care and support to adults who are living with a life-limiting illness, facing the end of life or experiencing bereavement.

[www.stclarehospice.org.uk](http://www.stclarehospice.org.uk) / 01279 773700 / 01279 945089

### [St Clare Hospice- Bereavement Cafés](#)

Bereavement Cafés set-up to connect local, bereaved people in West Essex and East Herts together and support each other through grief and loss. Locations for cafes within your local area can be found on the page.

[www.stclarehospice.org.uk](http://www.stclarehospice.org.uk) / 01279 945089

### [Talk In Herts Counselling](#)

A Local Service, which is provided in Welwyn Garden City, offers both short and long-term counselling.

[www.talk-in-herts-counselling.co.uk](http://www.talk-in-herts-counselling.co.uk) / 07498 073093

Email: [enquiries@talk-in-herts.counselling.co.uk](mailto:enquiries@talk-in-herts.counselling.co.uk)

### [Tilehouse Counselling](#)

Tilehouse Counselling provides professional counselling for adults and young people. The service provides support for people who live in Hitchin.

[www.tilehouse.org](http://www.tilehouse.org) / 01462 440674 / Email: [counselling@tilehouse.org](mailto:counselling@tilehouse.org)

### [The Oasis Lounge, BS Methodist Church – Isabel Hospice Coffee Mornings](#)

Hosting Coffee mornings (run by Isabel Hospice) which are Wellbeing courses (for those diagnosed with a life-limiting illness) and Grief Encounters for the bereaved.

[www.bsm-church.org.uk](http://www.bsm-church.org.uk) / 01279 501745

### [The Hospice of St Francis](#)

The Wellbeing and Family Support team provides a range of services for individuals, families, and children of Hospice patients, in West Herts and South Bucks, who are affected by a loved one's life-limiting illness both pre- and post-bereavement.

[www.stfrancis.org.uk](http://www.stfrancis.org.uk) / 01442 869550 / Email: [info@stfrancis.org.uk](mailto:info@stfrancis.org.uk)

## **National bereavement support services**

**At a loss** – find bereavement services and counselling across the UK, including resources on bereavement during the pandemic.

[www.ataloss.org](http://www.ataloss.org) / Email: [office@ataloss.org](mailto:office@ataloss.org)

**Child Bereavement UK** – offers support if you are bereaved after losing a child. Or if you're a child or young person who is grieving after losing someone.

[www.childbereavementuk.org](http://www.childbereavementuk.org) / 0800 0288840

**Child Death Helpline** – helpline for all those affected by the death of a child.

[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) / 0808 8026868 / Email: [support@lullabytrust.org.uk](mailto:support@lullabytrust.org.uk)

**Home - Cruse Bereavement Support** – We have over 80 branches across England, Wales and Northern Ireland that provide grief support to people of all walks of life. Our local branches are primarily staffed by volunteers who work extremely hard to provide support to people when they need it most.

[www.cruse.org.uk](http://www.cruse.org.uk) / 0808 8081677

**Dying Matters** – resources to help people talk more openly about dying, death and bereavement, and to make plans for the end of life.

[www.hospiceuk.org](http://www.hospiceuk.org) / 020 7520 8200

**The Good Grief Trust** – a charity run by bereaved people, helping all those experiencing grief in the UK. Provides information and stories about grief and bereavement.

[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org) / 07864 820148

**Grief Encounter** - supporting bereaved children and young people

[www.griefencounter.org.uk](http://www.griefencounter.org.uk) / 0808 8020111

**Hub of Hope** – database of mental health services in the UK, including community, charity, private and NHS mental health support. This service also offers trauma and post-traumatic stress / grief support.

[www.hubofhope.co.uk](http://www.hubofhope.co.uk) / Email: [hubofhope@chasingthestigma.co.uk](mailto:hubofhope@chasingthestigma.co.uk)

**The Loss Foundation** – offers support to people who have lost someone to cancer. Includes free support groups, walking events, workshops and a peer connection service.  
[www.thelossfoundation.org](http://www.thelossfoundation.org) / 0300 200 4112 / Email: [hello@thelossfoundation.org](mailto:hello@thelossfoundation.org)

**Marie Curie** – Telephone Bereavement Support sessions  
[www.mariecurie.org.uk](http://www.mariecurie.org.uk) / 0800 0920 2309/ Email: [support@mariecurie.org.uk](mailto:support@mariecurie.org.uk)

**Samaritans** – if you're struggling you can call Samaritans any time on **116123** to talk about anything.  
Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**SANDS** – information and support for anybody affected by the death of a baby. Support includes a helpline and live chat.  
[www.sands.org.uk](http://www.sands.org.uk) / 0808 164 3332 / Email: [helpline@sands.org.uk](mailto:helpline@sands.org.uk)

**Sue Ryder** – offers bereavement support, including ways of finding bereavement support online.  
[www.sueryder.org](http://www.sueryder.org) / 0808 164 4572 / Email: [supportercare@sueryder.org](mailto:supportercare@sueryder.org)

**WAY (Widowed and Young)** – advice for people who have lost a partner before their 51<sup>st</sup> birthday.  
[www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk) / 0300 201 0051

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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217198** or email **[westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)**

#### Survey - Friends and Family Test

We welcome feedback about your care; this feedback is shared with all staff we can improve patients' experience. Click this [link](#) or go to **bit.ly/4o3QVFJ**.

Department	Patient Experience
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