

Bereavement Support for Unpaid Carers

Making Carers Count

When someone close to you dies it can be a challenging, emotional and lonely time, particularly if you have been caring for the person for a while.

Talking and sharing feelings with someone who is experienced in listening, or with other bereaved people who have similar experiences, can be helpful.

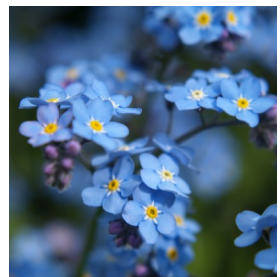
We offer bereavement support in group sessions as well as telephone support for people who do not wish to attend a group or cannot access one.

Details of the local group are given below - there is no pressure to talk, but we hope you will feel comfortable enough to express your feelings if you wish to do so.

**St Luke's Church, Church Lounge, Langley Way,
Watford, Herts, WD17 3EG
Monday 1.30 - 3.30pm**

Meeting dates - 2024 / 2025:

16th September	17th March
21st October	14th April
18th November	19th May
16th December	16th June
20th January	14th July
17th February	18th August



To book onto the group, or request telephone support, please contact the bereavement service:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit:

www.carersinherts.org.uk

About Carers in Hertfordshire

We support people providing unpaid care to someone who is elderly, disabled, ill, or who misuses drugs or alcohol. We also support bereaved carers for up to three years following the loss of the person they cared for.

We provide guidance and services to carers - children and adults - who live, work, or care in Hertfordshire and also bereaved carers with similar links to the county.

Our services are free for carers and bereaved carers thanks to funding from our supporters, Hertfordshire County Council and NHS organisations in Hertfordshire.

Our services include:

- Trained Carer Support Advisors offering support over the phone or online such as via email.
- Proactive phone calls to carers and bereaved carers.
- Information, workshops and groups provided via our website, in person, online and video apps like Zoom.
- Mentoring, our Young Carers Service and dementia specialist Admiral Nurses providing support, mainly via phone.
- Our Care Service in Hertsmeare, Three Rivers and Watford.
- Issuing of Carers' Passport Discount Cards.



Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Tel: 01992 58 69 69 Care Service Tel: 020 8905 1158

Email: contact@carersinherts.org.uk

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