

eNews Update

Release 15, Summer 2017



15 YEARS' SERVICE

Bereavement
Matters

St Albans & District Bereavement Network

Dear Friends and Supporters

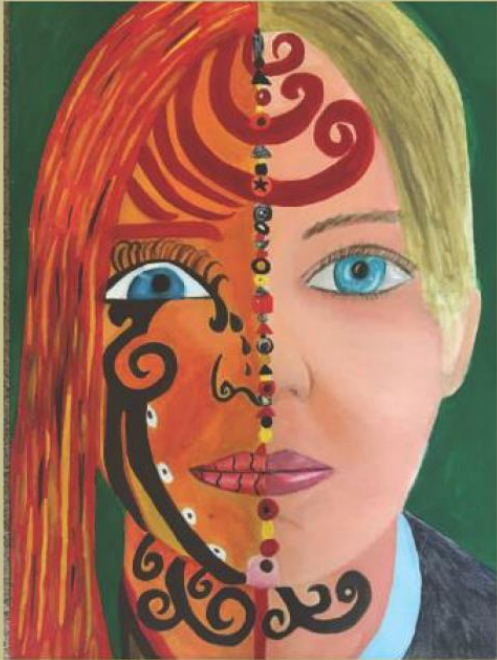
We are really excited to be planning our first ever **Art of Grieving Exhibition**. Local schools, support groups, charities, artists and art groups are being invited to take part in this exhibition which will focus around creative expressions of bereavement and loss.

We are encouraging a 'free' interpretation of the exhibition title and are happy for individuals to submit their art or creative work or groups to collaborate or submit collectively for a larger display. If you are interested in contributing please do get in touch as soon as possible.


It will be emotive and inspirational to view people's heartfelt creations.

Kate

Kate Ray ~ Bereavement Matters, Trustee



Picture: Charlotte Ray



15 YEARS' SERVICE

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The Art of Grieving

creative expressions of bereavement and loss

AN EXHIBITION OF CREATIVE expressions of bereavement and loss, including pictures, words, sculptures, mosaics, collages and all other artforms from schools, clubs and societies or any other organisation or individual. Please contact us if you wish to contribute artwork.

The exhibition will take place at the **Kingsbury Barn**, Branch Road, St Albans, AL3 4SE.

Friday, 15th September Opening Night by invitation
Saturday, 16th September Exhibition open 11am-4pm
Sunday, 17th September Exhibition open 11am-4pm

Please email Kate and Fozia at Keepingyouinformed@sabn.org.uk
For further information.

St Albans and District Bereavement Network

**Helpline: 01727 841841 Admin: 01727 841914 Email: admin@sabn.org.uk
Website: www.sabn.org.uk**

Data Protection 1998 ~ Please let us know if you prefer not to hear from us again and wish to have your details removed from our mailing lists for all future news, fundraising and event communications.

Email: admin@sabn.org.uk Telephone: 01727 841914

Fundraising.....

15th Anniversary Cream Tea

Do come along a support our

**Summer Cream Team Party in St Albans
on Saturday, 1st July 2017
from 2.30-4.30pm.**

There will be live music, a raffle and of course delicious home-baked scones served with clotted cream and strawberry jam accompanied by a glass of fizz. The perfect way to enjoy a summer's afternoon and celebrate our 15th Anniversary!

Tickets are just **£10 per person**, available from the Bereavement Matters office.
(Venue details on tickets).

Please note this event is for over 18's only.



Fundraising Successes! Huge Thank You's to

The **Co-op St Albans Stores** and all the Co-op members who supported us through the local community giving scheme and raised an amazing **£1,533.31** for Bereavement Matters.

Volunteer **Ann Barnes** arranged for us to benefit from tea and coffee sales at the Jersey Lane Tennis Club arts & craft event raising **£250**.

Trustees **Kate Ray** and **Fozia Forsyth** co-ordinated a Bereavement Awareness day at the new Bunnings Store in St Albans and collected donations of **£300** from the sale of cakes and bakes.

Thanks too to **Harvey Dagul** and **Isabel Beyer**, acclaimed piano duettists, who chose Bereavement Matters to benefit from the proceeds of their latest charity concert raising **£641.50**.

And to **David & Yvonne Langford** who organised a Variety Concert at St Mary's Church, Redbourn which raised **£1,568.00**.

Not forgetting the other individuals and organisations who have made donations, be it financial, or by giving time, or providing services, to help us to continue with our important work.

To find out more about our upcoming events

Call ~ **01727 841914** Email ~ **admin@sabn.org.uk** Website ~ **www.sabn.org.uk**

Can you help?.....

Are you interested in becoming a charity Trustee?

Bereavement Matters are seeking two more Trustees to join and enhance the board of our small local charity.


Currently we are recruiting for a new **Treasurer Trustee** and a **Fundraising Trustee**. Trustees would need to attend 6-8 meetings per year and be available by phone, email or in person inbetween meetings for several hours each week.

If you would like to help make a difference to the lives of those in the local community struggling with grief why not take a look at our website to find out more about these roles: www.sabn.org.uk or email director@sabn.org.uk.




Would you like to contribute to our Art of Grieving Exhibition?

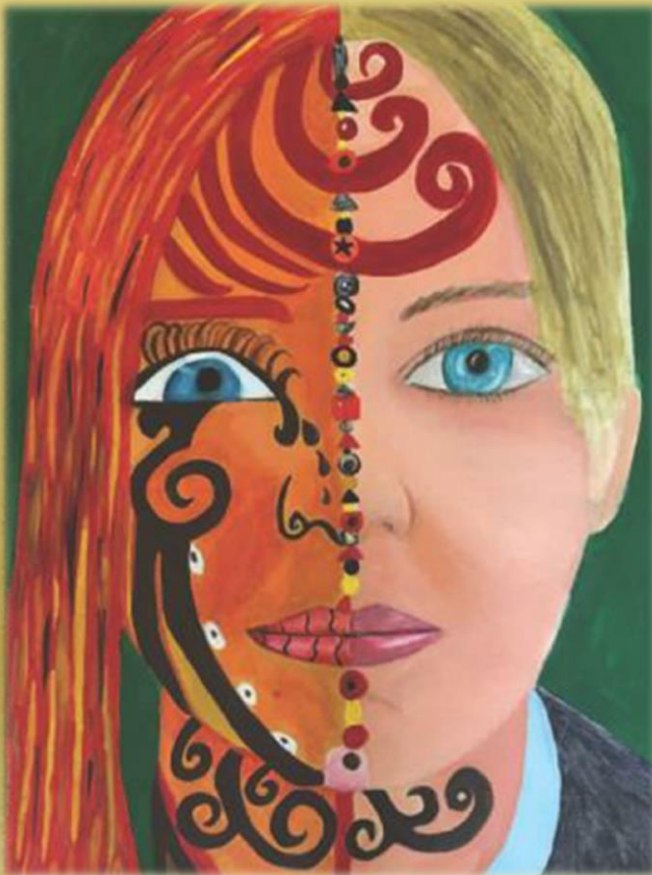
We are looking for all sort of contributions for our exhibition of creative expressions of bereavement and loss..... pictures, words, sculptures, mosaics, collages and any other art forms.

We are also gathering a display of 'Broken Hearts...  ' collected via social media for the exhibition so would love people to send pictures of a broken heart to our facebook page:

<https://www.facebook.com/stalbansbereavementnetwork/>

Also, please contact us if you'd like to exhibit a piece of creative work on the Broken Heart theme, the Umbrellas  in the Rain theme or anything else related to grief, loss or bereavement.

#BrokenHearts 
#BereavementMatters 



To contribute artwork or to find out more about getting involved please email Kate and Fozia at: keepingyouinformed@sabn.org.uk.

To find out more about our upcoming events

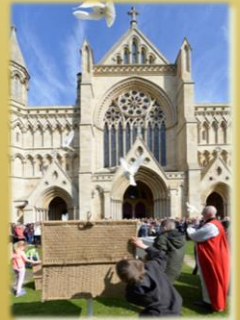
Call ~ **01727 841914** Email ~ admin@sabn.org.uk Website ~ www.sabn.org.uk

Remembrance Service May 2017

In May 2017 a special service took place at St Albans Cathedral marking fifteen years of work by Bereavement Matters supporting the bereaved and grieving in the local community.

More than 800 people joined with the Deputy Lord Lieutenant of Hertfordshire, the St Albans City Mayor and our co-founders Dr Mary Grove MBE and Rev Colin Rowe to remember loved ones and give thanks for the time shared with them.

Personal messages written on paper doves and placed on the trees of remembrance and the lighting of candles added poignancy to the occasion. Two Bereavement Matters service users shared moving testimonies, giving an insight into their own grief journeys, their coping strategies for when the pain is unbearable and how this has helped them to move forward with some hope.



St Albans Cathedral, Sunday 7th May 2017 - Photography by : Arun Kataria

**Our 2018 Service of Remembrance & Thanksgiving
will be held at St Albans Cathedral
on Sunday, 13th May 2018
starting at 3pm
dove release 4.15pm**