



Family Support information

Bereavement

<u>Service</u>	<u>Contact details</u>	<u>What is offered?</u>	<u>How to refer</u>
Cruse Bereavement Care	<p>https://www.cruse-hertfordshire.org.uk/</p> <p>Adult helpline: 01707 278389 Children and Young People's helpline: 01707 264293</p> <p>office@cruse-hertfordshire.org.uk</p>	<p>Cruse exists to promote the well-being of bereaved people and to enable anyone suffering bereavement caused by death to understand their grief and cope with their loss. Cruse Bereavement Care Hertfordshire offers support when you need it most.</p> <p>The death of someone we love is likely to be the most distressing experience we will ever face. When someone dies, a relationship is lost, a process of change begins and we move towards a new and largely unknown situation.</p> <p>Grieving is hard work; and we may frequently feel exhausted, or have health problems of various kinds. But grief is not an illness. It is a natural human experience from which we can emerge to face a new and very different reality.</p> <p>Each person's grieving is unique.</p> <p>Our service is offered to everyone whatever their culture, race, religion or sexual orientation. We aim to provide an accessible, individualised service supporting bereaved people on the telephone, in their own homes or within the local community. Cruse support is provided whenever it is needed, in the immediate aftermath of a death or months or even years later.</p> <p>Cruse offer 1-2-1 support for adults as well as support for children and young people.</p>	Self or professional referral
Isabel Hospice	<p>https://www.isabelhospice.org.uk/</p> <p>Office hours : 01707 382500 (ask for the duty Clinical Nurse Specialist)</p>	<p>Isabel Hospice is a registered charity which provides free palliative care and support for patients and their families living with cancer and other life-limiting illnesses such as MND, end stage renal conditions, end stage heart conditions, respiratory conditions or other neurological conditions, throughout eastern Hertfordshire.</p>	

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