**Bereavement Café**

Hello my name is Sally and I work at St Clare Hospice and I'm here today to talk to you about and invite you to one of our online bereavement cafes. These are weekly events that are held on Zoom and are facilitated by trained volunteers. And they're an opportunity for you to meet with other local people who've also been through a bereavement and share your experiences.

At St Clare Hospice we think that some of the most meaningful support that you'll get when you've been bereaved is by connecting with other people who've had a similar experience. So I hope you will consider joining us. We are currently doing them on Tuesday's and Wednesday's and there's an opportunity soon to do one in the evening. If you're interested in attending then please email bereavement@stclarehospice.org.uk or phone our bereavement helpline on 01279 967 670.

We've got Facebook groups that also provide an opportunity to engage with other local people who've been bereaved. So if you look for "Bereavement Cafe East Herts" you're welcome to join or access it from the St Clare Hospice website. Thank you.

*Animation video.*

Losing someone you love is never easy. Here at St Clare Hospice, we understand that a little bit of extra support can sometimes go a long way. Our Bereavement Support Helpline can offer a listening ear and guidance after the loss of someone close. Speaking to someone who understands can make a real difference. That’s why we have also launched our Bereavement Café online communities. Just log on to Facebook and find your local group on the St Clare Hospice page. There, you’ll have a space to meet and connect with other local, bereaved people. You can chat, share and recommend helpful resources to support each other. Brighter times lie ahead, and when it is safe to do so, you’ll be able to meet up at a Bereavement Café event in your local community. We believe that reaching out and supporting each other is the best comfort you can find through grief. Find out more about how St Clare is here for you at stclarehospice.org.uk/bereavement