



Rennie Grove Peace



The Next Steps

Helping you navigate life when someone dies

We are very sorry to hear of your recent bereavement. As this can be a difficult time, we hope our booklet will offer you some simple step-by-step advice on what to do when someone dies.

Everyone experiences grief in their own way, and we're here to help you.

Contact us on
01923 60 60 30
8am-6pm
7 days a week

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This guide has been created in memory of Andrés, and all who have been cared for by Rennie Grove Peace Hospice Care.



Who do I inform?

- Inform the funeral director and arrange for your loved one to be taken to the chapel of rest.
- Inform the care agency if you have been using carers. Our nurses may be able to help you with this.
- When a person dies in our Inpatient Unit, our team will forward the medical certificate of cause of death to the medical examiner's office for their review.
- When a person dies at home or in a care home, the GP will complete the medical certificate of cause of death and send it to the medical examiner's office.
- The medical examiner is an independent clinician, usually based at the local hospital, who will review the care your loved one has received. They ensure the medical certificate of cause of death is accurate, before it is sent to the registrar's office.

Part of their role is to answer any questions you may have about the care or communication received, giving you a chance to raise any concerns. If you did have any concerns about our care, we would always encourage you to speak directly to a member of the Rennie Grove Peace team.

- The medical examiner will contact you when they have reviewed this and will tell you when you can book at appointment at the registrar's office. If you have any concerns at all during this time, please do contact a member of our team for advice.



How to register a death

- In Hertfordshire, call **0300 123 40 45** to book an appointment at the registrar's office, or book online via www.hertfordshire.gov.uk
- In Buckinghamshire, call **01296 38 25 81** to book an appointment or book online via www.buckinghamshire.gov.uk
- **Unless a coroner is involved, deaths should be registered within five days.** It is advisable to obtain extra copies of the death certificate at the time of registration.
- The registrar will give you information about the Tell Us Once service that allows you to inform local and national government services about the death of your loved one in a single call.

What to do with medication and equipment

- When you are ready, take any leftover medications to a pharmacy and they will dispose of them for you.
- If you have a yellow sharps bin, please take this to your GP surgery, or if you live in Buckinghamshire, ask the district nurse to collect.

- If you live in Hertfordshire, please call Dacorum Clinical Waste on **01442 228 020** or St Albans Clinical Waste on **01727 809 019**
- The notes and syringe pump box (if you have one) will be collected by your Rennie Grove Peace team or district nurse at a time convenient for you.
- If you have a hospital bed, please call the number on the end of the bed to arrange collection. Any other equipment can be removed at the same time if it was provided by the same equipment service.
- If there is anything left after the collection, or if you do not have a number to call because you did not have a hospital bed, then contact the district nurses and they will arrange collection for you.



What happens next?

A Rennie Grove Peace team member will be in contact with you during the coming days to offer you support at this time. Please feel free to contact us on **01923 60 60 30**



“At an incredibly difficult time in my life, the bereavement counselling service really was a lifesaver for me.”

Carla's story

Carla, from St Albans, made use of the Rennie Grove Peace bereavement counselling service following the death of her mother in 2022.

Carla says, “After my mum died, I was struggling with my grief and referred myself to Rennie Grove (now Rennie Grove Peace) for bereavement counselling. In all honesty, counselling was not really ‘my thing’. I was very sceptical about whether it would make a difference, but I reached a point where I was struggling so much that I knew I needed to try something. “I’m so glad I did, because I can honestly say that I don’t think I’d be here today if it wasn’t for the counselling I received.

“The counsellor just helped me to see things in a different light and gave me the time and space I needed to process things.

“The counsellor also helped me to see myself in a different light. At the point I came to counselling I would say I wasn’t the best version of myself. She helped me to see what I could do and how to become that better version of me. That was incredibly powerful and made a huge difference to me.”

Find out about our full range of services at renniegrovepeace.org/bereavement-help



Understanding your feelings

Everyone experiences grief in their own way. It's completely normal to be angry one minute and sad the next. You may feel overwhelmed, incredibly tired or worried that you don't feel in control. Some people experience peace or a sense of release that a difficult illness has come to an end. Others feel a rush of adrenalin, putting all their energy into planning or visiting people. All of these are normal reactions to bereavement.

The most important thing is to take time for yourself to understand your emotions.

Reach out for support. Understand that there are many people who can offer help, whether it's friends and family cooking meals and spending time with you, support groups who have experienced the same feelings, counsellors offering specialist advice or your GP who knows your situation. We're all here for you, whenever you're ready to talk.

You may find it difficult to put your feelings into words, and that's OK. If you're worried about anything, or you feel like you're struggling to cope, please call our Coordination Centre team on 01923 60 60 30 and ask for our help.

Here are some reactions to grief:

- **Shock and disconnect**
- **Panic and feeling overwhelmed**
- **Anxiety and fear**
- **Anger and frustration**
- **Heartbreak**
- **Relief and guilt**
- **Numbness**

We just want to reassure you that any of these feelings are normal.

You may find it hard to switch off from thinking about the person who has died, and the best approach at this time is to seek support.



One step at a time

Coping during bereavement can be overwhelming, so we hope this guide will provide useful information and signpost further places to seek advice.

Do take things at your own pace. We often hear from those we have supported that just knowing this guide is on the shelf to refer to at any time, can feel comforting.

Tasks to complete first

- Refer to page 3 for guidance on who you will need to inform of your loss straightaway.
- A death must be registered within five working days in person with the registrar, but you do not have to do this alone. A relative can go, or anyone who was present when it happened.
- If the death took place at home, the person who is arranging the funeral or anyone who lives in the house where the death occurred, can register a death.
- In some circumstances, a coroner can be involved, and the council will need written authorisation, once any investigations are concluded, before they can register the death.
- In these cases, you would not be expected to register the death within five days, only when the coroner informs you it is possible to do so. Contact the coroner regularly to be kept updated of their investigations and progress.
- Remember to ask people around you to help and support you, as coroner involvement can add complexity to an already difficult time.
- There is no cost to register a death, but there is a charge of £11 for each death certificate, and you may wish to order several to help with the next processes. These can be ordered online once registration has been completed.

Registrar appointment checklist

Your head may be all over the place during these first few days, so we've prepared a handy checklist for your registrar appointment.

Don't forget to bring the following:



INFORMATION REQUIRED	DOCUMENTS TO BRING
Full legal name and maiden name of deceased	Passport and driving licence of the deceased
Place and date of birth and death	Birth certificate and medical certificate of the cause of death
Home address and proof of address of deceased	Utility bill
Marital status	Marriage certificate if applicable
NHS number	Medical card or NHS document
Occupation (or retired) and National Insurance number	Employee details or payslip
Details of partner or spouse	Proof of name, address, date of birth and occupation
Full name and email address of person registering death, and relationship to deceased	Proof of identity

Please don't panic if you don't immediately have access to all these items. Registration can still go ahead. It will just help everything along if you have these.

Tell Us Once service

The registrar will offer to help you with the Tell Us Once service. You will be given a unique reference number to inform all local and national government services about a recent death, either online or with a single phone call. You have 28 days, so don't worry if you don't feel ready to do this straightaway.

To complete this service during your appointment with the registrar, you will also need the following:

- Name, address and contact details for the person managing the estate
- Telephone number and National Insurance number of the spouse or partner
- National Insurance number of the person who has died
- Details of any owned vehicles and council responsible for where they lived
- Details of any benefits, pensions and similar



The service will notify the following organisations:

- HMRC for tax, pensions, credits, benefits
- DWP for benefits and entitlements (Department for Work and Pensions)
- Passport Office
- DVLA to cancel driving licence, end road tax and remove the person who has died as the owner of any vehicles
- Local council for Blue Badge, council tax, housing benefit, electoral register, adult services, library
- Veterans UK for armed forces, if applicable
- Public sector pensions, if applicable

Other places to inform

Now you have registered the death, you may find there are endless other organisations to inform, which can feel overwhelming.

To keep track of who you have already spoken to, and who is still on the list, we have put together a handy reminder below. Some of these may require a copy of the death certificate.

We know there is a lot to take in, so tackle this in a way you feel you can manage. Just one organisation at a time will mean it will all eventually be completed.

Some organisations have specialist bereavement teams you can ask to be put through to, who will understand how you may be feeling and can answer any questions you may have.

ORGANISATION	NOTES	DONE
Pension scheme providers		
Insurance companies (car, life, home)		
Banks/building societies/savings		
Employer		
Mortgage provider/landlord/housing		
Property records if they owned a property		
Social services		
Utility companies		
TV Licence		
Streaming services		
Broadband services/telephone		
GP		
Dentist		
Optician		
Other medical providers		
Subscriptions		
Student Loans Company		
Bereavement Register 0800 082 1230 (this will stop advertising mail and remove links to mailing lists)		
Office of the Public Guardian (to cancel any enduring power of attorney)		
Education establishments		
Clubs		
Gym and other memberships		
Store card providers/rental		

We're here to provide a listening ear

Coping with grief is different for everyone, but rest assured you don't have to face it alone. Our bereavement team will help you process your emotions through listening and talking therapies, providing comfort and kindness during difficult times.

We're here to listen and provide emotional, psychological and spiritual support for you, your family and others who are important to you.



Bereavement & Wellbeing Support



"The listening and talking therapies were exceptional. I was able to talk about all the complex feelings I was holding inside."

Independent patient survey

Support that suits your needs

Our bereavement team can provide one-to-one listening and talking support for you in your home, in one of our hospices, in a child or young person's school setting, or via video call or phone.

We provide six sessions of listening and talking therapy, with the scope to extend to twelve sessions.

Find out more

Our specialist bereavement team are here to provide support Monday to Friday, 9am to 5pm. We also provide out-of-hours support at our buildings on Saturdays and some weekday evenings.

To find out more, or to book some listening and talking therapy, call us on **01923 60 60 30*** or email coordinationcentre@renniegrovepeace.org

*8am-6pm/7 days a week.

Digital legacy

Today there is an online presence for so many aspects of our lives, through social media channels, websites, photo storage and many more. It may be that your loved one shared with you how they wished their digital presence to be managed, but if not, it can be hard to access another person's account. Take your time and ask for support where you need it.

Below is a useful list of accounts you may wish to consider managing, memorialising or deleting:

- **Music storage, streaming or any other media subscriptions (Netflix, Spotify and similar)**
- **Social media (Facebook, LinkedIn, Twitter (X), Instagram, TikTok and many others)**
- **Personal email accounts (Gmail, Yahoo, Hotmail and many others)**
- **Cloud storage services**
- **Online accounts for banking, savings and similar**
- **Online accounts for mobile, utilities and more**
- **Accounts holding money or anything of financial value (cryptocurrencies, PayPal, other online accounts)**
- **Mobile phone or tablet apps**

Memorialise social accounts

You may wish to memorialise social media accounts to keep the memories alive, for you, your family and friends. There are guides for each account, simply choose what can still be seen and how the account is managed going forward. Also, page 26 shows how to set up an online tribute page with help from the In Memory team at Rennie Grove Peace.



Financial support for a funeral

Thinking about money when you are grieving can be difficult, but if you do decide to organise a funeral, here are ways you can prepare.

Accessing funds from the estate

The assets of the person who has died are collectively known as their 'estate'. Money from the estate can be used to pay for the funeral if the person did not have a funeral plan or life insurance that covered costs.

Releasing funds from a bank

The first place to approach after someone has died is their bank or building society, as they may be able to release funds required to cover the cost of the funeral, if needed. They will require a copy of the death certificate and in many cases will release funds before the probate process has started.

Administering your loved one's financial affairs

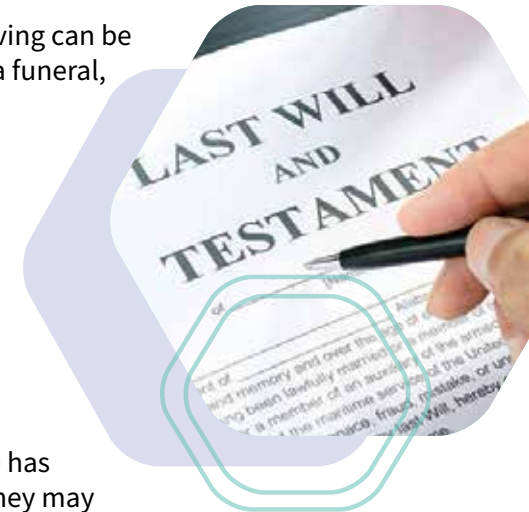
Probate is the name for the legal process that distributes the person's estate. First it should be established whether a Will has been made, which may be found at their bank, with their solicitor, in their home, with family or a friend.

When a Will is in place

A Will may include funeral wishes, instructions for the estate and the name of the executor(s) or the person (people) legally entitled to deal with the estate. The named executor is legally responsible for administering the estate according to the wishes in the Will. If the Will is with a solicitor, they should be informed of the death. The named executor can then administer the person's estate on their own, either with the help of a solicitor or using information available from gov.uk

When there is no Will in place

When someone dies without making a Will, they are said to have died intestate and different rules apply. When this happens the law sets out who should deal with the person's affairs and who benefits. Further information can be found at gov.uk





Ongoing financial support

If funds are not available and you cannot pay for the funeral, you may be able to get help if you receive certain benefits. A Funeral Expenses Payment will help towards the funeral costs if you receive any of the following:

- Universal Credit
- Income Support
- Jobseeker's Allowance
- Employment and Support Allowance
- Pension Credit
- Housing Benefit
- Working Tax Credit Disability Element
- Child Tax Credit

Call the **Bereavement Services Helpline 0800 151 2012** to check what help you are entitled to. It is best to do this as soon as you can. The helpline can also help you with any other support you may be eligible for; it is important to reach out to them for advice and guidance.

For example: Bereavement Support Payment is not means-tested and you may be eligible if you are under state pension age, a UK resident and married to or residing with your loved one, providing the person had paid class 1 or 2 National Insurance contributions in any one tax year since 1975.

Do I need to contact HMRC?

If the person who has died was your spouse or partner, then your income is likely to change. You will need to let HMRC know of any changes which could affect the amount of tax you will need to pay (this might increase or decrease.) This is likely to be after you have dealt with the estate. You may also be eligible for changes in benefits. You can phone them to discuss changes on 0300 200 3300

What about changes to benefits?

You may need to make changes to any benefits that the person who has died claimed on behalf of your family or new ones will need to be claimed in your name. These may include:

- Council Tax Credit
- Housing Benefit
- Child Benefit
- Tax Credit



What if my income reduces?

If your income reduces then other benefits may be available to you. Everything can be reviewed through the **Government Bereavement Services Helpline on 0800 151 2012** so that you can get the help you are entitled to. This will be the case whether you are under or over state pension age. Remember, not all benefits are means-tested; the support line can review your situation and help you if needed.

Arranging a funeral

In remembrance of the person who has died, it is customary to have a funeral. However, the details of how someone wished for their life to be celebrated will be personal to them and those around them, so always check the following:

- If they had any wishes you may not know about
- If they left a Will or letter that indicates any preferences
- If they had a pre-paid plan through a life insurance policy, where any arrangements will already be in place and will need to be followed

If no specific wishes were expressed, then the nearest relative or executor of the Will can decide on either a cremation or a burial and the type of funeral they feel that person would have wanted. The funeral can be arranged independently or with a funeral director.

Making your own arrangements

Anyone can contact the Cemeteries and Crematorium department of a local council to make their own arrangements for a funeral to take place in either of those locations. This means choosing all the elements of the funeral, but it does take more organisation and planning. It can be a less expensive and more personal option, but it will take more time.

Our In Memory team can help with tributes or funeral donations, see page 26.



Planning with the help of a funeral director

When choosing a funeral director, you will need to ensure they are a member of either of the following, as this means they will follow a code of practice:

- National Association of Funeral Directors
- The National Society of Applied and Independent Funeral Directors

Do ask for an itemised price list, so you are aware of all possible costs. There may be additional costs for the crematorium and clergy, so make sure you discuss your budget at the outset and that the funeral director goes through everything with you for clarity.

Working with a funeral director can take away some of the stress and burden of having to plan everything yourself, but the most important thing to remember is to try to respect the wishes of the person who has died.

The funeral director can offer options and advice. They can also provide support at this difficult time. If you and those close to you wish to view the person who has died, this can be arranged. This can be an important part of the grieving process for you and others.

Types of funeral

Requirements for funerals to take place are that:

- The death has been certified by a doctor or coroner
- The death has been registered with the registrar
- The person who has died needs to be buried or cremated

Beyond the above, it is up to you, those close to you/to the person who has died, and the person's direct wishes, as to how and where you choose to say goodbye and mark their life.



Types of funerals you may wish to consider

Religious traditional funeral

Conducted by a minister of a particular faith (religious or non-religious.) It can take place in a church, crematorium, or a natural burial site.

Humanist funeral

This is a non-religious ceremony to celebrate the person who has died. It is led by a celebrant and can take place in a hall, at a graveside, in your home or wherever you choose. The focus is on the person's life and their impact on the world.

British Humanist Association, www.humanism.org.uk 020 7324 3060

Civil funeral

You and those close to the person can choose the format of the ceremony with the focus being on the wishes of the individual. It can include your or their choice of how much religious content is included.

Institute of Civil Funerals, www.iocf.org.uk 01480 861411

Woodland burial or natural burial

Environmentally-friendly funerals are becoming increasingly popular. Not only do they protect the environment, but a person can be laid to rest in a natural setting, surrounded by trees and flowers. The person can either be buried or their ashes can be scattered. Coffins can be biodegradable and instead of headstones or anything unsustainable, wooden signs, plants or trees can commemorate the person instead.

Natural Death Centre, www.naturaldeath.org.uk 01962 712690

Direct burial and direct cremation

If a person dies leaving wishes not to have any kind of ceremony or event, either a direct burial or a direct cremation can be considered. These are more affordable options, and other ways to mark or celebrate a person's life can be organised separately. After a direct cremation, the ashes can be returned to you.

Alternative funerals

If the above options are not in line with the person's wishes then there are other options, including:

Colourful funerals where nothing is black, and everything instead is colourful, from the dress code to the coffin to the vibrant celebration of the person's life.

Burials at sea which can be especially relevant for those who have a special relationship or connection with the sea.

Eco-friendly funerals where all aspects of the funeral are planned and conducted with sustainability in mind. A step beyond woodland burials, although they can be one and the same.

Scattering ceremony where you have full choice of where and when the ashes are scattered, based on yours and your loved one's wishes.





Looking after yourself

- Remember there is no right or wrong way to grieve – everyone is different.
- Try not to feel pressurised by others – do what feels right and comfortable for you.
- Allow yourself to laugh, cry or feel angry – someone you love has died and that is painful.
- Take care of yourself and pay attention to your own health.
- Talk about the person who has died and your experiences. This can help you start to make sense of what is happening to you.
- Try to let people know how they can best help you, including any practical help. They may really want to support you but be afraid of doing the wrong thing.
- Don't be afraid to seek help either from our Bereavement Service or your GP if you find that you are not coping. Help is available at any stage of grief, whenever you feel you would benefit from it.

Useful websites for bereaved adults

renniedgrovepeace.org/our-care-and-support/for-the-bereaved/

Our bereavement support service offers a range of support to people living in Herts and Bucks who are coming to terms with the loss of a loved one.

cruse.org.uk

Cruse Bereavement Care promotes the wellbeing of bereaved people, to help them understand their grief and cope with their loss. The organisation provides counselling and support. It also offers information, advice, education and training services.

National helpline: 0808 808 1677 Email: helpline@cruse.org.uk

tcf.org.uk

The Compassionate Friends provides support and friendship for bereaved parents and their families. For parents who have lost a child of any age.

Helpline: 0345 123 2304 Email: info@tcf.org.uk

widowedandyoung.org.uk

The WAY (Widowed and Young) provides a self-help social and support network for men and women widowed up to the age of 50, and their children. The main aim is to help people who are widowed young to rebuild their lives by helping one another.

Email: enquiries@widowedandyoung.org.uk

bereavementadvice.org

Bereavement Advice Centre gives support and advice on what to do after a death.

Tel: 0800 634 9494 (9am to 5pm Monday to Friday)

Books on bereavement for adults

- **Death and How to Survive It** - Kate Boydell
- **How to Survive Bereavement** - Andrea Kon
- **The Empty Bed** - Susan Wallbank
- **Surviving Your Partner** - Sylvia Murphy
- **Love and Grief** - Catherine O'Neill and Lisa Keane
- **When Will I Stop Hurting?** - June Cerza Kol





Looking after others

Bereavement support for children and young people

Supporting children at this time can feel daunting, particularly if you are struggling with your own grief. However, there are some simple things you can do which can make a real difference to you and to a grieving child.

Make sure you have enough support for yourself

Make sure that the nursery/school/college is aware of what has happened, as they may be able to offer support.

Children 0-11 years

- Try to continue with regular activities as far as possible. This can help children feel secure
- Children often see-saw in and out of grief, needing time to have fun as well as be sad
- Talk to your child using simple, straightforward language
- Give your child as much information as they ask for
- Answer questions about death as honestly as you can
- Encourage children to talk about how they are feeling
- Children often need help retaining their memories – share memories and stories with them

Helping children understand grief

A child's understanding of illness and death will vary according to their age and development. However, they will all need to come to some understanding about what has happened. With support and information, children and young people can be helped and can slowly learn to live with their loss.

Try to avoid using terms like 'lost' or 'passed away', which can be confusing.



Young people 12 years +

- They may need to grieve privately, and be reluctant to display their true feelings
- Young people sometimes take their lead from the way adults around them behave, joining in rather than sharing their own thoughts
- Some young people may start to channel their feelings into more risk-taking behaviour, such as aggression or even self-harming in private
- Others may become emotional, finding it hard to remember or talk about their loved ones

Try to provide firm but flexible boundaries. If you are concerned, contact your GP or other professional agencies.

Useful websites for bereaved children and young people

- signpostcounselling.co.uk
- chums.uk.com
- griefencounter.org.uk
- hopeagain.org.uk
- winstonswish.org
- childline.org.uk
- childhoodbereavementnetwork.org.uk
- themix.org.uk



Local companionship

Compassionate Neighbours are trained volunteers who provide social and emotional support for anyone who has been diagnosed with a potentially life-limiting illness, or has been affected by loss or bereavement.



Compassionate
Neighbours

Dave, a Compassionate Neighbour, tells his story:

“The first lady I supported was isolated due to bereavement and was also very unwell. My visits to her were all about offering company and a listening ear. I would visit for an hour or so each week and we would have a cuppa and a chat. “I then supported a man who was living with a brain tumour. That pairing was all about keeping him company and also offering emotional support to his family. As well as visiting him at home, I visited him during admissions to the hospital and at the Inpatient Unit, which is where he spent the last few weeks of his life. “I’m currently matched with Jason. He is isolated due to bereavement after recently losing his wife. We both have a passion for cars which helped us to get off on the right foot when we first met. The Compassionate Communities Coordinator at Rennie Grove Peace does a fantastic job of matching volunteers with people, based on their location and interests, to ensure the match is a real success.

What people say about their Compassionate Neighbour

“Love seeing my Compassionate Neighbour and spending time together; we enjoy walking the dog.”

“It’s been so lovely to meet someone else and have a laugh! He doesn’t judge or look down on me because of my condition. Love Peter’s dog! Hoping to go out together as the weather gets better, we might go to the park.”

“They come round every week and we play Scrabble together - love it! Really cheers me up!”

To find out more visit renniedgrovepeace.org/compassionate-neighbours



A friendly place to talk

Compassionate Cafés are drop-in sessions, in local cafés and venues, that provide a welcoming space for people affected by any type of loss.



“Without doubt, the Compassionate Café made such a positive difference to me. It was wonderful to meet like-minded people who understood what I was going through and gave me the space to talk about how I was feeling, and where I could share my memories and my experiences. I feel I have now gained a renewed sense of purpose and structure in my life, and I am in a much better place than a few months ago – I’m now even looking at volunteering myself.”



To find your local Compassionate Café visit renniedgrovepeace.org/compassionate-cafes or call the coordination centre on 01923 60 60 30

“Thank you all for your care, kindness and understanding. I don’t know how I would have got through the early days of my husband’s passing without you, so thank you for being there for me.”

foreverloved



Remember someone special with an online tribute page



What is a Forever Loved tribute?



Celebrate the life, memories, and legacy of a loved one by creating an online Forever Loved tribute page. A free everlasting memorial where family and friends can share special memories and light a virtual candle to express their condolences. You can also leave a message on special days such as a birthday or anniversary. Forever Loved tributes can be used to share funeral arrangements and gather donations in memory, helping to fund Rennie Grove Peace Hospice Care for others who need it.

Need help creating a Forever Loved tribute? We'll guide you through the process or help create it for you. Email inmemory@renniegrovepeace.org or call 01442 89 02 22 renniegrovepeace.org/forever-loved

Derek's tribute to Janet

During the last few weeks of her life, Janet was able to stay at home, pottering around the house and garden where she felt most comfortable.

The funeral took place during the pandemic, when we were all living under severe restrictions. Only a small number of close family members were able to say their goodbyes. We needed some way to allow other family members and Janet's many friends to be involved.

With the help of the funeral director, we came up with the idea of making a webcast of the service and we set up an online tribute page dedicated to Janet's memory. We added photos from Janet's life, the eulogy that I had written, and we encouraged people to donate through the tribute page.

We wanted to raise funds for the hospice to show our gratitude for all the care and support Janet received at home free of charge. The family liked the idea of taking part in a challenge that would bring everyone together in her memory and we chose the Chilterns 3 Peaks Challenge. It was a fun day out, if not a little exhausting, but people made generous donations via the tribute page. We have since participated in the walk every year for the last three years and many friends and family have continued to make donations.

Janet was an active member of Harleyford Golf Club, and the Seniors' section have held a golf event for Rennie Grove (now Rennie Grove Peace) twice in the last three years in her honour. The tribute page gave her many friends a way to remember the good times we all had together, as well as providing the means to make donations.

The family like to mark Janet's birthday and remember her at Christmas time with a donation to your charity.

So, in reality, the tribute site was set up out of a necessity brought about by the pandemic but as time has gone on it seems to have generated a life of its own. At today's date the total amount raised is £15,007.50 and hopefully the donations will continue.

Derek, husband of Janet



How can I help my loved one's tribute fund grow?

Here are some suggestions to help grow your Forever Loved tribute page in support of Rennie Grove Peace Hospice Care. All donations in the future can be added to your page so you can see at a glance the total funds raised in tribute to your loved one.

- Become a friend of Rennie Grove Peace and set up a regular donation.
- Take part in an event – check the calendar on our website.
- Take on a challenge – try something new.
- Hold your own fundraising activity – with family and friends.

Leave a gift in your Will

One in three of our nurses is funded by gifts in Wills.

To find out more visit renniegrovepeace.org/legacies or email legacy@renniegrovepeace.org



Memory Tree

Have a leaf engraved on our Memory Tree as a tribute to your loved one.



MAKE A DEDICATION

To make your dedication online, go to renniegrovepeace.org/memory-tree or scan the QR code. To chat through options, please call the In Memory team on 01442 89 02 22



"I love seeing my mum's name on the memory tree, it makes me feel closer to her when I see it. She was really proud of the work we do at the hospice and I know she would love it too.
Maria – Healthcare Assistant, Inpatient Unit

Remember a loved one

The Rennie Grove Peace Memory Trees are located along the walkway to our Inpatient Unit at Peace Hospice in Watford. The trees are a place where an engraved leaf or poppy can be dedicated to the memory of a loved one. Every leaf and poppy is a poignant tribute to somebody loved and remembered. Every gift will help fund care for Rennie Grove Peace patients in the future. When you make a dedication in memory of your loved one, you give someone else the gift of care that they urgently need.

Cat's story

Supporter, Cat, has decided to remember her husband by joining a group of intrepid explorers on a 10-day challenge through the beautiful Vietnamese countryside in March 2025.

The challenge will also see the team volunteering with a local community project to support palliative care facilities in the country.



Supporter, Cat, tells her story here:

“When I saw Trek Vietnam advertised, I just knew it was for me. The charity cared for my husband, Martin, at the end of his life last year so this is a way of both giving something back and really pushing myself. Martin spent his last two weeks in the Inpatient Unit in Watford and the staff there just couldn't do enough to support both him and me.

“I've always fancied doing a challenge like this and I'm not getting any younger. So if I don't do it now, I never will! Having the chance to take on this trek while raising money to make sure other families can benefit from the same care we received, is an opportunity I couldn't miss. I'm training by hiking with my friends in the UK and taking part in organised hiking events over the coming year.

“I've signed up on my own and I'm really looking forward to meeting people in the group and doing it as part of a team.”

Events Manager, Emma Stewart, says:

“Trek Vietnam is a totally new event for us and we're delighted to have people like Cat already on the team. The trip promises to be a once-in-a-lifetime experience for the trekkers who will also be raising crucial funds so we can continue offering vital services to people in our local communities who need them.”



Liz's story

Volunteer, Liz, has been a Compassionate Neighbour since December 2022. Here's her story:

“I have been wanting to volunteer for a while. My husband, David, was cared for at home by the hospice team in the last few days of his life before he died in March 2021. The care he received enabled him to stay at home right to the end, which is what he wanted, and I'll always be grateful for that.

“In December 2022 I attended the Light up a Life event in memory of David and got chatting to the Compassionate Communities team. They told me they had some Compassionate Neighbours training lined up for the following week and I signed up immediately. It's the perfect role for me because I love to chat!

“I support a gentleman who has COPD (chronic obstructive pulmonary disease) and suffers with depression.

“At first he wasn't so chatty on the phone but we've really built a rapport now and by the time we finish our call each week he's laughing and joking!

“It's just a couple of phone calls each week but it really makes a difference to the people who are isolated and may not have friends or relatives nearby.

“I also volunteer at the Compassionate Cafés once per month. The Cafés are a space for anybody who is affected by loss to get together with others and talk about their experience in a safe and friendly environment. I really enjoy volunteering there as I get to meet so many people and talk to them. As I've been bereaved too, I get as much out of the peer support as anybody else who attends and I really look forward to the monthly events.

“For me, volunteering has been a great way to get out and meet new people since losing my husband. I also struggle with loneliness, especially in the evenings, so keeping busy and building a new network of people to socialise with is a great way for me to combat loneliness.

“Now that I'm registered as a volunteer I'm keen to get involved with even more roles at the Hospice. I'm due to start volunteering in the Inpatient Unit soon, to chat to patients and keep them company. I think I'll really enjoy that as I love face-to-face interaction and it'll be an honour to support people at this stage of their life.”

We hope you have found our Bereavement Guide useful. If you have been inspired to support our work, here are some of the ways you can get involved.

VOLUNTEER WITH US

Search volunteer vacancies on our website or call the volunteer team on 01727 73 10 20.



SHOP WITH US

With 33 shops across Hertfordshire and Buckinghamshire you're sure to find one on a High Street near you.



RAISE FUNDS FOR US

Whether it's through regular giving, taking part in a challenge event or supporting an event in your community, every penny you donate helps us to deliver our services for patients and families. Visit renniegrovepeace.org/get-involved to find out more.

KEEP IN TOUCH

We'd love to stay in touch via email to keep you updated on news and events from Rennie Grove Peace. Visit our website today to sign up for our emails.



Get in touch on
01442 89 02 22

fundraising@renniegrovepeace.org
renniegrovepeace.org

Registered Office: Peace Drive, Watford, Hertfordshire WD17 3PH
Registered Charity Number: 1201713

