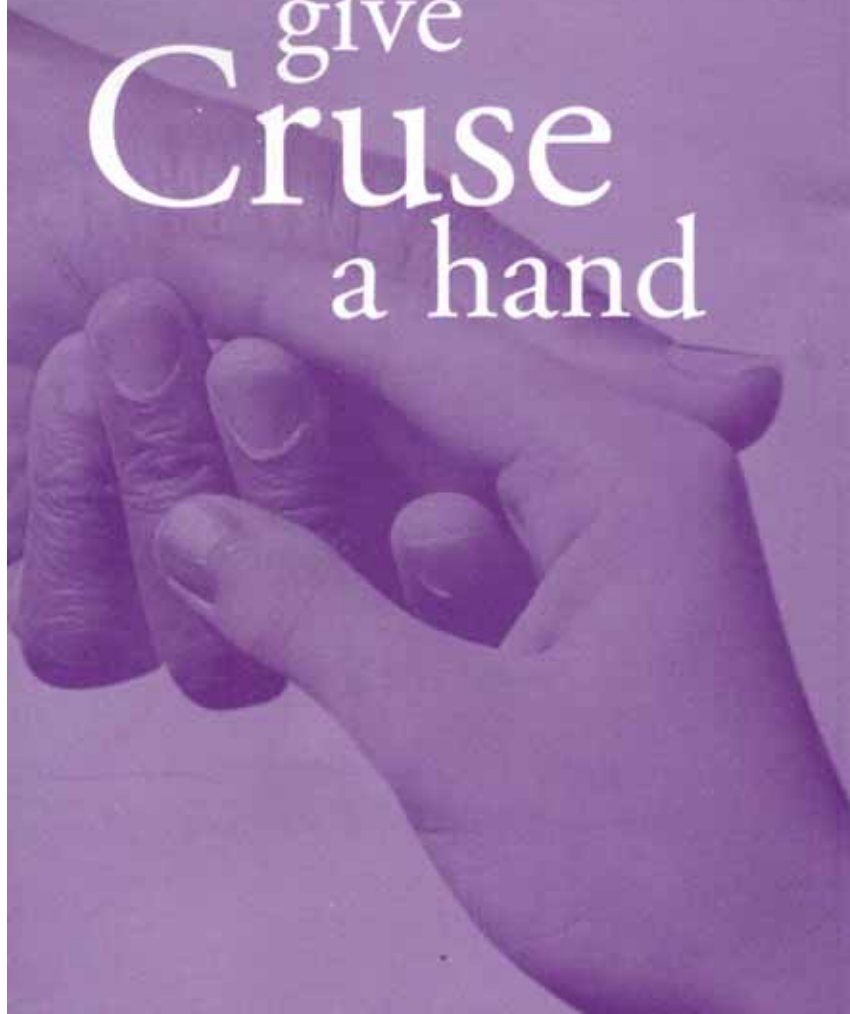




give
Cruse
a hand



Thank you for your interest in Cruse Bereavement Care. This leaflet tells you about the work that Cruse does and how you can help. Not everyone feels able to help others through their grief and that is why we need people like you to give time and a helping hand by volunteering for Cruse.

Cruse Bereavement Care is a charity which:

- offers free information and advice to anyone who has been affected by a death
- provides support and counselling one to one and in groups
- offers education, support, information and publications to anyone supporting bereaved people.
- Increases public awareness of the needs of bereaved people through campaigning and information services.

Who comes to Cruse for help?

- Children, young people and adults of all ages. Each year over 100,000 people contact Cruse for help and information.
- People approach Cruse because someone they know has died. They may have lost a husband, wife, partner, child a brother or sister, another relative or close friend. They want someone who will listen and help them cope with their pain and grief.

Why does Cruse need volunteers?

Cruse needs volunteers to help people who are struggling to face the future after a death. It can be immensely rewarding to meet bereaved people and we need volunteers to make sure that any bereaved person who needs us can have someone to talk to. But you can also help in other very important ways- whatever you do to help Cruse you will be helping bereaved people.

What can you do for Cruse?

- You can help run a Branch or Area. This could involve fundraising, organising publicity, administration or being part of a management committee
- You can talk to bereaved people. This could be counselling or support for individuals, running bereavement groups, organising social and fundraising groups, or telephone support.
- You can be part of a team offering training and bereavement awareness programmes to anyone who wants to know more about bereavement.

'I looked after my father for eight years and I was completely on my own after he died. I was getting depressed. My doctor recommended Cruse and I've been going to the local Branch. It's takes a while but I'm beginning to find things to enjoy again.'



Who can volunteer for Cruse?

Anyone can apply to be a volunteer for Cruse. You do not need to have any qualifications or previous experience but you do need to care about bereaved people and have the time to offer. You will be given all the preparation and support you need.

We welcome men and women of all ages, races, cultures and backgrounds.

What is the reward for volunteers?

Only your expenses will be paid, but volunteers gain enormous satisfaction from knowing they have made a positive difference to someone's life. Every hour of time given by a volunteer helps a child or adult face the future knowing that they are not alone.

What should I do now?

Please do call the Branch/Area number on the leaflet and ask for an application form and more information or call Central Office for the details of your nearest Branch/Area.

'I couldn't tell anyone how I felt when my mum died. When I talked about her to my sister and my Dad it made them cry so I stopped. I began to have problems at school too. Then I started going to see a woman at Cruse. I went back several times and my sister went sometimes too.'





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Branch/Area details

Working towards equality