



Cruse Bereavement Care: What's it like being a Volunteer?

As a retired teacher, I am in the fortunate position of being able to devote a lot of my time to Cruse. I love working with clients, and find my role as a trainer has afforded me the opportunity to get to know all of the Cruse volunteers from their initial contact with Cruse. I am quite passionate about bereavement 'care', and hope my work goes some way to help clients and trainees become more tolerant and understanding of the grieving process.

My role at Cruse has changed considerably over the years. Following my husband's sudden death in 1997, I attended Cruse training in the winter of 2001 and started working as a Bereavement Volunteer in early 2002, seeing three clients a fortnight. In 2004, I attended the Children's and Young Person's course, as I had been a primary school teacher and really wanted to work with children again. I gained Cruse accredited status at the same time, and entered 2005 working with adults on Fridays and with children and young people on Tuesdays.

During 2005, I was also invited to join the training team at my branch, and had my first experience as co-facilitator of a Cruse course in autumn 2005. In the summer of 2006, I was appointed as a counsellor representative on the Sheffield Cruse Executive Committee and the Counselling sub-Committee. I was appointed Vice Chair of the Executive Committee in November 2006 and, following a short break from Committee work, now hold the position of In-House Training Lead for Sheffield Cruse. In spring 2007 I attended the Cruse Supervision course, and have now been supervising a minimum of five Cruse volunteers since successfully completing the course.

In 2006, I took over the production of a local branch newsletter, and 'CruseLink' is now available via the members' area of the Cruse website for those who work with the organisation.

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