

Cruse Bereavement Care is a voluntary organisation providing support to anyone who has been bereaved, and to enable anyone bereaved to understand their grief and cope with their loss. Cruse provides help and support, it also offers information, education and training services. It is non-religious and non-political.

Our services are provided free of charge to our clients; donations are needed to ensure we can continue to provide our services.

ABOUT SUFFOLK CRUSE

Suffolk Cruse was formed in April 2009 as an amalgamation of four branches that had existed in Suffolk for many years. Two branches (Ipswich & West Suffolk) have offices where they can see clients, although they also see clients in their own homes; Suffolk Coastal and North Suffolk & Great Yarmouth always visit clients at their own homes.

Please contact our Suffolk Helpline on
01473 230888



HOW CRUSE CAN HELP

Our volunteers – are all carefully selected, have received specialist training, undergo continuous development and are regularly supervised; we also have a specialist Children & Young People Team. All our volunteers have enhanced Disclosure Barring Service certificates.

Someone to talk to – a trained volunteer will meet with the bereaved person to give one-to-one support. This will be at an agreed venue or, in some areas, at the bereaved person's home. Volunteers are also available to give telephone support if required.

Groups – offer bereaved people the chance to talk to others in similar circumstances.

Information – can be given on many aspects of bereavement, including practical and financial matters.

Training – support, information and publications are available for those working to care for the bereaved.

We also offer telephone and email support with specially trained volunteers.

We can offer speakers for meetings, we also have books and materials which can be loaned to teachers and youth workers.

The area provides a regular series of training sessions for volunteers, and runs a nationally recognised training course in bereavement support. For details of how to contact us, please see the back page of this leaflet.

Up to date news of the area can be found on our website: www.suffolkruse.co.uk.

Donations – all Suffolk Cruse services are provided free of charge to our clients. As a registered charity, we rely on voluntary contributions to enable us to continue our much needed support service. Donations, which will be acknowledged, should be posted to the address on the back page.

Donations can also be made on line at: www.justgiving.com/cruse-suffolk