



“ My confidant was always so patient and willing to listen to anything I had to say. Thank you so much. ”

Cruse
Bereavement
Support

“ I wanted people to say they knew what had happened, not avoid it or pretend they didn't know. ”



HELPLINE
01635 523573

If you hear the answer-phone, please don't be put off. Just leave your name and telephone number and we will get back to you soon.

Email: enquiry@crusewestberks.org

All contacts are treated in complete confidence.

For further information and resources visit:

cruse.org.uk
hopegain.org.uk

Cruse
Bereavement
Support

West Berkshire Cruse Bereavement Support
Broadway House, 4-8 The Broadway,
Northbrook Street, Newbury RG14 1BA

Registered Charity No. 208078

Cruse
Bereavement
Support

Provides free support and help for the bereaved in West Berkshire



01635 523573

Email: enquiry@crusewestberks.org

Someone to talk to...

Bereaved people need to talk, to express their feelings, to grieve. Cruse provides Bereavement Volunteers who, with counselling skills, will listen to the confusion, despair or remorse that bereavement can bring and who can help you to cope over time.

We can offer children, young people and adults support by phone or zoom or in person support either in our counselling offices in Newbury or in your home.

In our experience, people derive most benefit a few months or later after the death, although you may call 01635 523573 at any time for help and advice.

Practical Advice

Bereavement can bring varied practical problems. Cruse provides the opportunity to discuss these, supported by a wide range of leaflets and information on where other help may be found. This includes: cruse.org.uk and for young people: hopeagain.org.uk.

How can you help yourself?

- Talk about what has happened, share how you feel.
- Don't hide your feelings or pretend feelings you don't have.
- Get help if and when you think you need it. It's a real strength to be able to ask for help.
- Have patience, with yourself and with others. Everyone grieves at a different rate and in different ways. It can take a long time.
- Try to keep your everyday life as normal as possible
- Be kind to yourself and others. It's impossible to get it right all the time.

How can you help us?

- Tell anyone who is grieving about Cruse.
- Apply to become a Bereavement Volunteer.
- Offer to help with our committees.
- Help with our fund raising activities or give a donation.

Cruse Bereavement Support is a national organisation and registered charity...

It was started in Great Britain in 1959 and now has over 150 branches. Cruse in West Berkshire was founded in 1987.

Grief can be overwhelming

You don't have to deal with it alone.

Here are some guidelines on when it may be advisable to consider seeking help

- If you have difficulty handling intense feelings
- If you feel chronic tension, confusion, or tiredness
- If you continue to feel numb and empty
- If you continue to have nightmares or poor sleep
- If your relationships seem to be suffering badly
- If you are clumsy and have accidents
- If you smoke, drink or take drugs more than usual
- If your work performance suffers

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**SUPPORT IS
FREE AND CONFIDENTIAL**