

# **On becoming a Volunteer for Cruse Bereavement Care in Sutton and Merton**

## ***INTRODUCTION***

Thank you for your interest in volunteering for Cruse Bereavement Care in Sutton and Merton. This sheet explains what is involved in becoming a bereavement support volunteer for Cruse Bereavement Care in Sutton and Merton.

We offer clients a choice of face to face support or support on the telephone. All volunteers who offer support to clients undertake our very high quality training course.

## ***WHY DOES CRUSE NEED YOU IN SUTTON AND MERTON?***

When someone dies people can be affected in many ways, emotionally and mentally and physically and how they behave and relate to other people.

Cruse offers bereavement support and somewhere for the person to turn. Our volunteers are very well trained and supervised.

## ***WHO DOES CRUSE HELP AND SUPPORT?***

Cruse Bereavement Care works with anyone who has been bereaved by death whenever the death happened. Cruse seeks to make its services equally accessible to all bereaved people. No charge is made to bereaved people for the bereavement support.

## ***HOW CAN YOU TRAIN TO SUPPORT THOSE WHO ARE BEREAVED?***

All our Cruse volunteers who support clients receive a very high quality initial training and ongoing training.

The initial training course, Awareness in Bereavement Care, comprises both theory and practical skills practice, has 48 hours of contact time (16 sessions of 3 hours each) and at least 12 hours personal study time. You are well supported on the training course by the trainers and the others who are on the course. We are keen to recruit from people with a wide range of skills and experiences. You may not have studied for a while but this should not be a problem.

It is expected that trainees will attend the entire course but to successfully complete it, you must attend at least 13 of the 16 sessions including the first two days.

All trainees on the course will be given the opportunity to seek Ascentis certification for the course.

## ***WHAT ARE THE NEXT STEPS?***

The first step is to complete the volunteer application form which includes giving us references that we can contact.

The next step is that we invite you to a selection interview so that you can explain in more detail why you want to volunteer and what skills you would bring and how you would

expect to benefit from the Awareness in Bereavement Care training course. If you have any questions please ask us at the interview or contact us at 02089392537 or [suttonandmerton@cruse.org.uk](mailto:suttonandmerton@cruse.org.uk)

If you are successful at the interview then you would join the Awareness in Bereavement Care training course.

### ***WHAT ARE THE NEXT STEPS AT THE END OF THE TRAINING COURSE?***

You would apply to become a Cruse volunteer. There would be a post course interview and if successful at the interview you could start work with Cruse provided a CRB reference check has been made successfully and that two satisfactory references have been received.

You would be allocated to a supervisor and would after contact with your supervisor you would allocated your first client.

### ***WHEN IS THE TRAINING COURSE AND IS THERE A CHARGE?***

The course contact time is 48 hours and this will be on eight Saturdays between mid/late January 2011 and the end of April 2011 (the exact dates and the venues will be confirmed as soon as possible). There is no charge for the course.

If you are interested in applying for the course but are not available for these dates please let us know and we can let you know of future courses.

### ***WHAT COMMITMENT DO I NEED TO GIVE TO CRUSE?***

Ideally the Branch is seeking to recruit volunteers who will be prepared to give a minimum of six hours a month: this involves supporting one client face to face or over the telephone for fifty minutes each week and attending supervision which is an essential part of working for Cruse. After a time you may take on additional clients if you have time.

### ***ON-GOING TRAINING***

All successful applicants who work with Cruse will be required to attend further training modules on Child Bereavement and Sudden Death within their first year. No charge is made for training once you have been accepted by the Branch as a volunteer, but 15 hours continuing professional development each year is expected.

### ***SUPERVISION***

This is an essential and on going requirement for all Cruse volunteers and is in a supervision group every four to six weeks. There is an individual session which lasts an hour at least once a year. The supervision groups offer the opportunity to reflect on the work you are undertaking, to gain insight into the different bereavements encountered, to gain more knowledge through the experiences of the other members of the group and to be supported in Cruse work.

**Cruse Bereavement Care Bereavement Support Service in Sutton and Merton is funded by NHS Sutton and Merton**

**'Somewhere to turn when someone dies'**