Bereavement Care - Past, Present and Future

Celebrating 60 years of Cruse

Park Regis Hotel, Birmingham

4th & 5th July 2019
Dear Colleagues,

A very warm welcome to all delegates and distinguished speakers to this our annual Conference 2019.

This is a very special and exciting year for Cruse as we celebrate 60 years of supporting bereaved people and begin to implement our Bereaved People First Strategy.

Cruse has grown from supporting widows out of a room in the home of our founder, Margaret Torrie, to a network of 5,000 highly trained and skilled volunteers operating across Northern Ireland, Wales and England. Our volunteers not only support bereaved people but also raise funds, serve on our management and Council committees and on our Trustee Board.

We are grateful for their dedication and hard work in ensuring we meet the needs of bereaved people and continue to advocate on their behalf. We are thankful and proud to work alongside them. We value the support and input of our stakeholders and partners, some of whom are represented at Conference.

We would like to thank the National Association of Funeral Directors and C.P.J. Field & Company Ltd Funeral Directors for their financial support of Conference. We would especially like to thank Dignity Funerals, our gold sponsors, for their generous contribution.

Looking to the future our new strategy will broaden our reach and transform the way in which we deliver our services to meet the changing needs of bereaved people in today’s world. We will continue to challenge society to recognise those needs and to advocate on their behalf. We will maintain and develop our partnerships with like-minded organisations to improve the services and support available throughout our many and varied communities.

Conference is an opportunity for our volunteers, staff and external delegates to share experiences and take away new ideas and skills gained from participating in the workshops and from engaging with our world renowned speakers.

Cruse has long enjoyed good working relationships with the foremost authorities in the field of bereavement, including our own Life President, Dr Colin Murray Parkes, to keep us abreast of the latest research, to inform our clinical practices and to contribute to the Bereavement Care Journal. We are delighted and especially grateful to those specialists who will be sharing their knowledge and giving us, I am sure, food for thought throughout this Conference.

Sadly for me, Pamela, after 27 years in Cruse this is my last Conference. I am humbled and honored to end my tenure as Chair of this amazing Charity. I have learnt much and met so many committed and inspiring people both within Cruse and among our supporters. I have been privileged to hear their stories and to receive so much support, particularly in the role of Chair. I thank all those people, I will leave with so many memories to treasure.

Steven and I hope you find your time with us equally inspiring and a useful learning experience. Working in the field of bereavement can be emotionally difficult at times so we do also hope that at Conference you will find moments to relax and enjoy the company of others.

With our best wishes,

Pamela Rutter
Chair
Cruse Bereavement Care

Steven Wibberley
Chief Executive
Cruse Bereavement Care

Steven Wibberley

Day 1 - Thursday 4th July

8.45am Registration opens
Including workshop registration for day 1

9.00am Tea/coffee, time for networking

10.00am Conference opening
Welcome by Pamela Rutter, Chair and Steven Wibberley, Chief Executive

10.20am Plenary Robert Neimeyer
“Intervening in Meaning”:
New directions in grief therapy

11.20am Tea/coffee

11.45am Workshops/seminars (A)

12.45pm Lunch - and time for networking

12.45pm Tea/coffee

2.45pm Plenary Caroline Lloyd
“The Lloyd & Mc Guckin multidimensional theory of bereavement”

3.00pm Plenary Chris Hall
“Technology and bereavement care”:
Opportunities and challenges of providing a telehealth bereavement service

3.10pm Tea/coffee

3.25pm Workshops/seminars (B)

5.25pm Tea/coffee

5.50pm Workshop Chair: Pamela Rutter, Chair
Cruse – looking to the future (Cruse delegates only)

6.25pm Steven Wibberley

7.30pm Drinks reception

8.00pm 60th Anniversary Gala Dinner,
Including volunteer awards ceremony

Day 2 - Friday 5 July

8.30am Registration opens
Including workshop registration for day 2.

9.00am Tea/coffee, time for networking

9.15am Welcome by Pamela Rutter Chair and Letizia Ponna-Forrest, Vice Chair

9.25am Plenary Henk Schut
“60 years of caring for the bereaved.
Does it benefit bereaved people?”

10.25am Tea/coffee

10.50am Workshops/seminars (C)

11.50am Lunch – and time for networking

12.10pm Workshops/seminars (D)

3.15pm Workshops/seminars (E)

4.30pm Workshops/seminars (F)

5.00pm Plenary Carl Becker –
“The future of bereavement support, the next 60 years
A discussion Panel with Robert Neimeyer, Chris Hall, Henri Schut, Carl Becker, Caroline Lloyd. Hosted by Debbie Kerslake

6.00pm Conference close
Pamela Rutter, Chair

6.30pm Tea/coffee

Thank you for coming to this year’s conference and helping Cruse celebrate 60 years of supporting bereaved people. We hope you enjoyed the conference and look forward to seeing you again next year. We wish you a safe journey home.
Workshops

Day 1 - Thursday 4th July 2019

Workshops session A - 11.45am to 12.45pm

Led by: Elaine Roub
Elaine, Young Cruse Coordinator (NI) and 2018 Churchill Fellow, will share lessons learned from visiting Refugee and Grief Agencies in the USA and New Zealand and running a pilot project working with bereaved refugee families in Northern Ireland.

This will be an interactive workshop, helping us think together about how we can apply this new learning to all aspects of our Cruse services across the UK.

This Party’s Dead: Grief, Joy and Spilled Rum at the World’s Death Festivals
Led by: Erica Buist
After finding her father-in-law dead a week after he died, Erica found herself flailing in a culture that doesn’t like to discuss death. Having lived in Mexico, she decided to go back to Day of the Dead, and six more death festivals around the world to answer the question: How do people all over the world deal with the certainty that they’re going to die?

This Party’s Dead follows Erica Buist’s journey to the death festivals of Mexico, Nepal, Sicily, Thailand, Japan, Indonesia and Madagascar.

“The use of pictorial metaphors with clients”
Led by: James Turner
Metaphors can be a powerful bridge between thought and emotions, can enhance the therapeutic encounter for a wide range of mental health problems and often become a central theme that can both contain and extend emotional awareness.

This workshop will help you understand the theoretical underpinnings of working with metaphor, more easily recognise metaphors in your session time, focus on working with them in the encounter and begin to enable you to develop a pictorial representation of the metaphor that can support and enhance emotional management.

“The Bereaved by Dementia project - showcase of core findings”
Led by: Maxine Norrish & Caity Roleston
Maxine will introduce the “Bereaved by Dementia” a three year project which has increased access to bereavement support for people who are bereaved by dementia in Wales.

Caity Roleston an external evaluator from Aston University, Birmingham will present the project’s core findings, including any recommendations, learning, and future directions for bereavement support and research.

Workshops session B - 4.25pm to 5.25pm

“Recent developments in bereavement: Bridging theory and practice”
Led by: Chris Hall
It has been calculated that it takes an average of 17 years for research evidence to reach clinical practice. Over the past few decades the field of grief and bereavement has undergone transformational change in terms of how the human experience of loss is understood and how the goals and outcomes of grief therapy are conceptualised.

We now know a great deal about what is effective in the provision of bereavement care. There has been a lot of discussion on evidence informed practice and practice informed evidence.

This workshop will provide a broad overview of recent developments and trends in the field of bereavement. Issues such as complicated or prolonged grief, the efficacy of interventions, matching clients’ needs to interventions and how we go about measuring the impact of our work with clients will be considered.

“Multidimensional Theory of Bereavement (MTB)”
Led by: Caroline Lloyd
This interactive workshop will explore the theoretical background to the Multidimensional Theory of Bereavement.

Participants will be encouraged to view the MTB as another tool for the toolbox to facilitate the telling of the loss story, particularly with other aspects of grief that accompany the emotional, and secondary losses.

Aims of the seminar:
• To introduce the MTB with practical examples to expand our understanding of the ecological experience of bereavement and grief.
• To understand how the MTB can be used in practice to support griefers.
• To have an experiential opportunity to interact with the MTB and share knowledge.

“Use of self in supervision”
Led by: Robin Shohet
It seems obvious to say, but we take ourselves with us wherever we go.

How to use the self in individual and group supervision will be explored in this workshop.

Screening of “EVELYN” a 100 minute film followed by Q & A Session.
Led by: Andy Langford and Debbie Kerslake
“EVELYN” is a deeply personal film from Academy Award® winning filmmakers. It is the story of how a family survives the unthinkable. Fourteen years after the suicide of their son and brother, Evelyn, the family decides to walk the length of the UK and try to talk about him - something they had failed to do in over a decade. This poetic feature documentary explores the fabric of grief and the longevity of love. Part quest film, part road-trip, part memoir, EVELYN is an exposition of the taboos of mental health and male emotion, and a tribute to our times.

The film will be followed by a question and answer session involving a guest that will join via Skype.

“Help! What do I do with all this stuff?”
Led by: Sammy Ryan
When someone dies the people left behind can become completely overwhelmed by the situation. The sheer amount of paperwork and administration is difficult enough, but when you add having to deal with someone else’s belongings this can prove to be a painful and emotional experience which can lead to people struggling to move forward.

In this session we will be using some case studies to show how a professional organiser can help people tackle these dilemmas, identify the correct support and declutter successfully at their own pace.

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Workshops

Day 2 - Friday 5th July 2019

Workshops session C - 10.50am to 11.50am

“Bridging the gap between bereavement research and bereavement care”
Led by: Henk Schut
Good practice not only needs theory, it also requires research, and sound research needs to be fuelled by clinical practice and day to day experience.

Henk Schut will address this gap between scientific research on the one hand and daily practice of grief counselling and grief therapy on the other. He will discuss the challenges of such a working alliance and the unique value of such collaboration in improving not only the quality of care for bereaved people but also the quality of research in this area.

“Brief grief therapy”
Led by: Robert Neimeyer
Part one of two part workshop delivered over 2 workshop sessions.
Exploring two techniques –
(Part 1) Introducing our Loved Ones - 10.50 - 11.50
(Part 2) Virtual Dream Stories - 2.30 - 3.30

“Compassion fatigue, secondary trauma and growth”
Led by: Christine Toft
Workers’ mental health and wellbeing is high on the current agenda. Staff retention, sick leave, burn-out and low productivity are all issues organisations are grappling with while faced with reduced funding and higher targets.

So how do we, as individuals and organisations, work together to improve outcomes for our workers and the people attending our services?

This workshop will explore the risks, but more importantly the protective factors, to improve the health and wellbeing of our amazing workforce.

In this workshop we will explore the impact of working with other people’s traumatic experiences. We will discuss how to recognise the signs of compassion fatigue, secondary and vicarious trauma in ourselves and our colleagues, and how to build protective factors in the workplace and at home. We will look at how organisations can work collaboratively with workers to minimise the impact these issues can have on the health and wellbeing of the workforce and destigmatise mental health.

“Pre-bereavement - the other side of loss”
Led by: Eve Wilson and Michael Spellman
This workshop that explores the other side of loss, pre-bereavement. It builds on learning from the Bereavement Supporter and Bereaved by Dementia projects.

People experience a number of losses and emotions leading up to an expected death, which are often not recognised or acknowledged, resulting in a missed opportunity for timely support which can aid the grieving process.

This workshop will encourage delegates to explore a person’s grief response prior to death and consider practically how to address those needs throughout the pre-bereavement journey.

Workshops session D - 2.10pm to 3.10pm

“Brief grief therapy”
Led by: Robert Neimeyer
Part two of the two part workshop.
Exploring techniques – (Part 2) Virtual Dream Stories

“The experiences of bereavement as a same sex partner”
Led by: Richard O’Leary
Richard tells the story of his experiences of bereavement as a same sex partner.

In 2013 Richard lost his civil partner Mervyn after 25 years together. This bereavement was preceded by experiences of carer services, hospitals and hospice. His story reveals the particular complexities of bereavement for a surviving same sex partner of which service providers may not be adequately aware. His personal and moving talk covers themes of family and informal support networks, organised religion and chaplains/clergy, end of life and bereavement service providers, anticipated discrimination and disenfranchised grief.

Following the talk those in attendance will have an opportunity, in small groups, to discuss what they have heard. There will then be time for sharing and discussion of the questions and reflections which have been raised.

“The struggle to enfranchise grief care”
Led by: Carl Becker
Grief Care uses people, time, money, buildings and resources. Should hospitals or governments spend money on grief care? Grief and bereavement support are seldom provided in mainstream hospital service, because evidence on the value of grief care seems inconclusive.

So we need to match types of grief care with mourners’ needs. Some experiments suggest that grief care reduces stress. Other data suggests that proper intervention may raise Sense of Coherence (SoC). Lowering stress and raising SoC reduce health care costs. This presentation will provide an overview on the evidence and efficacy of grief care intervention from multiple experimental projects. Then some costs and benefits of grief care will be discussed.

“The impact of perceived negligence on the bereavement process”
Led by: Linda Kenward
An interactive workshop considering the support needs of those that have been bereaved by errors, mistakes or neglect in healthcare.

The workshop will explore the specific features of distress and trauma of clients who might seek support from Cruse. It offers an opportunity to understand and explore what common features might be noted in clinical negligence cases, where bereaved relatives are left seeking answers to what happened to those that have died, where apology and admission of responsibility is contested, or in the case where a clinician comes to Cruse, having been involved in an error which led to a patient’s death.

The impact of these issues on the bereavement process will be discussed. Case studies will be used with participants who will work in small groups and discussion in wider groups will enhance a broader understanding of the topic.

“What’s changing for bereaved families?”
Led by: Alison Penny
This looks at recent policy changes and updates that might be affecting some of the clients that people may be working with.

It will cover areas such as:
• The new entitlement to bereavement leave for bereaved parents.
• The Child Funeral Fund.
• Better support for carers before a death.
• The new Death Notification Service.
• How the move to Universal Credit will affect bereaved families.
• Funeral poverty

“Supporting bereaved students while at university”
Led by: Dr Kate Woodthorpe
Higher Education is woefully underprepared and equipped to support students who are bereaved of a significant other before or during their studies.

Based on research conducted at the University of Bath, this workshop will explore why this is the case, how bereaved students can be supported and what needs to be done to facilitate university engagement on the issue, including the potential for involvement from Cruse.
Hosts

Pamela Rutter - Chair
Pamela held various General Manager/Editorial Director roles in the building and furniture manufacturing industries before moving into the public sector in 1991. Pamela joined the NHS to establish a wide range of community-based services before managing a group of privately owned care homes for the elderly in the North West.
She finished her working career as Senior Commissioning Manager for Adult Care in Local Government and continues to undertake work for the Care Quality Commission. Specialising in the review of services for older people and raising awareness of the impact of bereavement on health and well-being have been long-standing passions. Pamela has been a volunteer with Cruse Bereavement Care for 27 years.
After making a successful bid to the Lottery in 1998 Pamela was instrumental in establishing the North West Region and has served in a number of capacities on Management Committees, Council Committees and as a Trustee. Previously Pamela was the Vice Chair of Cruse Bereavement Care from June 2015.

Letizia Perna-Forrest - Vice Chair, Trustee Safeguarding Lead
Letizia is currently the Head of Patient and Family Support at Royal Trinity Hospice in London.
Letizia has previously worked as a clinical social worker and psychotherapist working with patients, family members/friends, and children around issues of grief and loss both at Royal Trinity Hospice and at New York Presbyterian Well Cornell Medical Centre in New York City. Letizia has over fourteen years’ experience in the non-profit/third sector as a clinician, clinical supervisor and educator. She is passionate about mental health, illness and mental wellbeing and advocates for an end to mental health stigma and discrimination.
She has vast experience of developing services and of working with volunteers within the charity sector. Letizia is a member of the London End of Life Clinical Leadership Group and a member of the Association of Bereavement Service Coordinators (ABSO). Letizia is particularly interested in Cruse’s work around traumatic and sudden deaths. Letizia chairs the Board of Trustees’ Appointments and Remuneration Committee.

Michael Whitehouse OBE - Hon Treasurer
Michael was Chief Operating Officer of the National Audit Office until April 2017 and now has a portfolio of non-executive directorships including the Medicines and Health Care Products Regulatory Agency and the South East Coast Ambulance NHS Foundation Trust.
An accountant and auditor by profession, he has had responsibility throughout his career for numerous public sector portfolios. Michael chairs Cruse’s Board of Trustees’ Audit and Finance Committee.

Colin Robertson - Trustee
Colin is a qualified accountant who worked at a senior level in the corporate sector, and subsequently at board level with responsibility for finance and marketing.
He has been a volunteer for Cruse for over 20 years, initially as a Bereavement Support Volunteer and latter as Chair of an Area Development Committee. Colin was a Cruse Trustee representing National Council on the then National Executive Committee. He is now a Cruse Council Representative and joined the present Board of Trustees in March 2017.

Helen Causley - Trustee
Helen is Deputy Branch Head of the Quality, Patient Safety and Investigations Branch in the Department of Health and Social Care.
Helen was a bereavement volunteer for Greenwich Cruse before becoming a Trustee of Cruse Bereavement Care in 2015. Helen brings to Cruse an excellent understanding of health policy, health service strategy and delivery, together with experience of bereavement work.

Tina Challacombe - Trustee
Tina has been a volunteer for Cruse Bereavement Care for over 30 years. She started as a committee member with Greenwich Cruse, becoming Area Chair in 1998 and then Regionally Elected Member for the South East Region, representing the Region on Cruse’s Council.
Tina was a General Practitioner for nearly 40 years in Greenwich, during which time her special interests were in teaching and training, mental health and care of older people, and clinical governance.

Steven Wibberley - CEO
Steven has been Chief Executive of Cruse Bereavement Care since March 2018. He spent the first 20 years of his working life as a manager in the NHS, ending up as Regional Director for NHS Direct, the national telephone helpline.
He then moved to health charities and worked first with Macmillan Cancer Support. Steven then worked at The British Lung Foundation as Chief Operating Officer, this included developing services for people with chronic lung disease and working with the NHS to support high quality respiratory care.
Steven was a Trustee of the Richmond Citizen’s Advice Bureau, becoming Chair for 6 years. Steven has recently completed the Cruse National Helpline training and joined the volunteer team supporting our callers.

Plenary speakers

Robert A. Neimeyer
Robert is a Professor in the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. He also serves as Director of the Portland Institute for Loss and Transition, which offers training and certification in grief therapy.
Since completing his doctoral training at the University of Nebraska in 1982, Robert has published 30 books. He is currently working to advance a more adequate theory of grieving as a ‘meaning-making’ process, both in his published work and through his frequent professional workshops for national and international audiences.

Caroline Lloyd
Caroline is currently focussed on completing a PhD in bereavement at Trinity College, Dublin.
She has 30 years’ experience as a volunteer, which includes active involvement with Cruse as a Bereavement Volunteer, Support Group Facilitator & member of West Berks CSC. She is a trainer/educator, published academic, and author of Grief Demystified: An Introduction. Caroline utilises a triangulation perspective to her work: personal lived experiences, academic research and client support.

Christopher Hall
For the past 23 years Christopher Hall has held the position of Director and Chief Executive Officer of the Australian Centre for Grief and Bereavement.
He is a psychologist specialising in grief and bereavement. Christopher was elected President of the Association for Death Education and Counselling in 2015. In 2007, he was elected to the Board of Directors of the International Work Group on Death, Dying and Bereavement and served as chair from 2010-2013. He currently serves as the Secretary/Treasurer of the work group. The Association for Death Education and Counselling in 2016 awarded him the ADEC Service Award for his commitment to the field and advancing the study of dying, death and bereavement.

Henk Schut
Henk is a clinical psychologist and Associate Professor of Clinical Psychology at Utrecht University, the Netherlands. His research interests cover processes of coping with loss and the efficacy of bereavement care and grief therapy.
Henk is one of the editors of Handbook of Bereavement Research (2001), Handbook of Bereavement Research and Practice: Advances in Theory and Intervention (2009), both together with Maggie Stroebe, Wolfgang Stroebe and Bob Hansson and, together with Maggie Stroebe and Jan van den Bout, Complicated Grief: Scientific Foundations for Health Care Professionals (2012).

Cari Becker
Dr Becker is Specially appointed Professor of Policy Science at the Medical School of Kyoto University, where his research has focused on medical ethics at the end of life, psycho-social support for terminal patients, and burnout of medical staff.
He is a director or board member of the Japan Society for Medicine and Philosophy, the Japan Society for Spiritual Care, the Japan Vihara and Buddhist Nursing Society, the Japan Society for Mind-Body Science, the Japan Society for Bioethanology, the Society for the History of Psychiatry, the International Work Group on Death, Dying, and Bereavement, and the Japan Religious Studies Association.
Workshop speakers

Erica Buist
Erica is a writer and journalist, mostly for the Guardian. She is currently travelling to seven of the world’s death festivals and writing a book about it called This Party’s Dead, which is on sale as she’s writing it on Unbound.com

Yolanda Clarke
Yolanda attended a Cruse Bereavement Care one-day loss and bereavement awareness course having suffered a number of bereavements.

As a result of the support and guidance she received, she was inspired to train as a Bereavement Volunteer. She joined the Manchester team in April 2018 and is a group facilitator and ‘More than words’ Champion.

Linda Kenwood
Linda, a nurse, is Principal Lecturer in Nursing at the University of Cumbria. She is a registered counsellor with the British Association of Counselling and Psychotherapy and is currently undertaking a doctorate in integrative counselling focusing on counselling for ‘second harm’ as a result of errors, neglect and mismanagement of care in the healthcare setting.

Linda specialises in counselling clients who have experienced a medical error or harm. She is also a Trustee for the patient safety and justice charity Action Against Medical Accidents.

Debbie Kerslake
Debbie was Chief Executive of Cruse from 2008-2018. She played a key role in developing bereavement support across England, Wales and Northern Ireland.

Andy Langford
Andy is the Chief Operating Officer for Cruse Bereavement Care – providing bereavement support across England, Wales and Northern Ireland.

Andy has worked in the voluntary sector for 21 years, in homelessness, mental health, substance misuse, and with older people. Andy has been a BACP accredited member for over 13 years, with over 13 years’ experience working directly with bereaved people. He holds qualifications in Integrative Counselling, Cognitive Behavioral Therapy and Life Coaching, and Andy’s experience includes private practice and training.

Maxine Norrish
Maxine is the Project Manager for the Bereaved by Dementia project in Wales, a partnership project with Alzheimer’s Society Cymru which has been running since 2016.

Previously she was the Project Manager for Cruse’s partnership project with Marie Curie. Before becoming a staff member, she joined Cruse as a Bereavement Volunteer in the Cardiff Area in 2008.

Richard O’Leary
Richard is a visiting Research Fellow in the School of History at Queen’s University Belfast. Born in 1964 in Cork he obtained a PhD in sociology at Oxford University.

His doctoral thesis was on the subject of marriage but it did not include his own same sex partnership with Mervyn, who died in 2013 after their 25 year relationship. Richard has used storytelling to campaign for marriage equality for same sex couples in Northern Ireland. In 2017 he wrote and performed his first play called “There’s a Bishop in my Bedroom” at the MAC theatre Belfast.

Alison Penny
Alison is Director of the Childhood Bereavement Network, the hub for those working with bereaved children and young people across the UK. She is also Project Coordinator of the National Bereavement Alliance, a strategic collaboration of organisations and individuals working with bereaved people.

Alison has a particular interest in supporting bereavement services to demonstrate the effectiveness of their work and is taking this forward as a PhD. She is an editor of the peer-review journal Bereavement Care and a member of the International Work Group on Death, Dying and Bereavement.

Caitly Roleston
Having completed an undergraduate degree in Psychology (2016) and a Master’s degree, Health Psychology (2017), Caitly is currently working towards her PhD at Aston University which is focused on the bereavement experiences and support needs of older adults.

In addition, Caitly is part of an independent research team based at Aston University and the University of Bristol that has/ will be evaluating two Cruse Bereavement Care Projects: the Bereaved by Dementia Project and the Bereavement Supporter Project.

Elaine Roub
Elaine joined Cruse in 2005. She coordinates “Get Together - Bereaved Families Discovering”, a NI project working with families who have experienced the death of a parent or child.

In 2008 Elaine travelled to the USA and NZ to explore best practice in supporting bereaved refugee and asylum seeking children and their families. With an international background in Social Work and Youth work, Elaine is passionate about giving children, young people and families a voice.

Sammy Ryan
Helping people to become ‘organised for life’ is Sammy Ryan’s key mission.

Her clients appreciate her discrete, personal and sensitive approach. They trust her implicitly; through the way she cuts through the chaos to bring a calming clarity. After a varied career where processes, streamlining and organising were a key element to her roles, she founded Strictly Organised in 2010. One of her specialities is working with people who are struggling with the overwhelming administrative burden of death, helping them to get their own affairs and life back on track.

She is a board member of the Association of Professional Declutterers and Organisers (APDO) as Head of Conference; an event which attracts speakers and organisers from around the world.

Robin Shohet
Robin is an author and editor of several books on supervision.

His latest book “Live in the NEL: Stories of Kindness, Caring and Compassion” will come out early next year.

Eve Wilson
Eve is the Project Manager for the Bereavement Supporter Project, a 5 year partnership between Cruse and The ExtraCare Charitable Trust, funded by the National Lottery Community Fund.

She previously worked as a Commissioning Officer for a local authority. Eve has 15 years’ experience volunteering for a range of charities, including a local bereavement charity, and is a Dementia Friends Champion.

Kate Woodthorpe
Dr Kate Woodthorpe is Senior Lecturer in Sociology in the Centre for Death and Society at the University of Bath.

She has conducted research on the funeral industry, bereavement experiences and doing research in the field of death and dying. She has edited the journal Mortality and is a member of the editorial board for Bereavement Care and Death Studies.

Michael Spellman
Michael is from ‘The ExtraCare Charitable Trust’. He has been ExtraCare’s Dementia and Mental Health Lead for the last 6 years, supporting the Trust’s services that assist residents to remain living independently for longer in retirement communities.

Additionally, Michael supports people with a variety of mental wellbeing needs as a counsellor in private practice.

Christine Toff
Christine is a consultant and trainer in the social, health, therapeutic and criminal justice fields with twenty years of experience in addiction, abuse and trauma.

The Mobius model is the result of this vast experience of working in the field, and the practitioners she worked with as a therapist and supervisor. Christine is a powerful voice in the field championing safe practice and a balancing of organisational and workers’ responsibility towards fully trauma informed organisations and services.

James Turner
James is the Professional Lead End of Life and Supportive Care at Sheffield Hallam University.

He has been a Mental Health Professional for nearly 30 years working in a number of settings and has spent 15 years working in in-patient settings (acute mental health problems and dementia care). Five years as a community specialist, and the last seven years in a combination of roles as a Senior Academic. James is an active researcher who has researched, evaluated and published in a number of areas of mental health nursing and psychotherapy practice.

Sally Smeeth
Sally is the UK’s first Professor of Public Health and is the lead for the University of Oxford’s new Oxford Department of Public Health. In 2018 she was awarded the Queen’s Birthday Honours list of CBE for services to life science and public health.

Sally has previously worked as a Mental Health Professional at both the local and national level and is currently a member of the editorial board for the journal Mortality.

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She previously worked as a Commissioning Officer for a local authority. Eve has 15 years’ experience volunteering for a range of charities, including a local bereavement charity, and is a Dementia Friends Champion.

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Dr Kate Woodthorpe is Senior Lecturer in Sociology in the Centre for Death and Society at the University of Bath.

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