



Richmond Clinical Commissioning Group

Somewhere to turn when someone dies

Cruse Bereavement Care

is a national charity that provides advice, information and support to anyone who has been bereaved.

Our free and confidential service is delivered by trained, experienced volunteers.

Support is available on an individual and group basis.

We aim to help anyone from any background and from any community to come to terms with their loss.

We are the UK's leading bereavement charity that supports adults, young people and children.

Richmond upon Thames Branch

Call us on **020 8876 0417**

All messages will be returned within 24 hours

or email:

referrals@cruserichmonduponthames.org.uk

www.cruserichmonduponthames.org.uk

Registered Charity No. 208078
Patron: Her Majesty the Queen

My Story by Barbara Want

If death is our last taboo, so is its fallout. I yearned to talk, to have people around me, but the only companion for my loneliness turned out to be deepening isolation.

I would never have navigated my way through the delirium of grief without a woman called Sarah K. She came from Cruse Bereavement Care, one of an army of volunteers who walk without fear into the wreckage of lives turned upside down by loss, extending a helping hand when it is most needed.

Neither therapist nor counsellor, Sarah's brilliance was that she understood the DNA of grief, the multi-layered complexity of loss.

She had no fear of my tears, my emotions or my anger. She didn't try to "make me better". She simply listened, talked and guided. The words that no one else wanted to hear spilt out when in the safety of her company.

Sarah visited me at home every week until I was strong enough to go it alone, a strength I had gained from her compassion, commitment and understanding. Then she drifted as quietly out of my life as she had drifted in.

More information is available at www.cruse.org.uk

Also a special website for young people by young people at www.rd4u.org.uk

Cruse National Helpline: 0844 477 9400

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