

PRESS RELEASE

**Would you like to make a difference to peoples' lives?
Have you thought about learning a new skill?
Are you interested in helping people who are bereaved?**



Cruse Bedfordshire is offering a foundation course "Awareness in Bereavement Care" at St John's Hospice, Moggerhanger from September 2010.

Whether you have contact with bereaved people through your work or are interested in helping others, then this course will give you a basic understanding of bereavement and the skills required to offer support. The course is taught by people who have a many years experience in bereavement care both professionally and as volunteers.

It is hoped that participants will go on to use their new found skills to volunteer for Cruse Bedfordshire. Cruse Bedfordshire offers support to bereaved people in Bedfordshire through one-to-one support in the home or at its drop in centres in Luton, Bedford or Biggleswade.

Cruse Bedfordshire currently has over 100 volunteers across the county but as demand for the service grows more bereavement supporters are needed. The work is very rewarding and can be flexible to fit in with other commitments.

"The reward in this job is to see the person taking up his or her life again. I am always impressed by the strength of the human spirit and have met some wonderful people" comments one Bereavement Supporter.

The course starts on Saturday 11th September until Tuesday 16th November and will run on Tuesday evenings with some Saturday daytime sessions. No formal qualifications are needed just a desire to help people and the willingness to learn. To ensure a high standard of training, places are limited and early booking is advised.

For further information on Cruse Bedfordshire or the training course please contact Lois Wright, Area Co-ordinator on (01525) 841415 or at crusebedfordshire@btinternet.com.

ENDS

For further information on Cruse Bedfordshire or the training course please contact Lois Wright, Area Co-ordinator on (01525) 841415 or at crusebedfordshire@btinternet.com.