



Suffolk Cruse Bereavement Care

We are a charity set up to help bereaved people to understand their grief and cope with their loss. We provide information, one to one support and offer advice, education and training services. We also have a specialist Children & Young People Team.

If you would like to volunteer to support bereaved people, help on our Area Committee or with publicity and fundraising please contact us.

For help or information please telephone your local Branch:

Ipswich 01473 230888

Suffolk Coastal 01394 670770

North Suffolk & Great Yarmouth 01502 722234

West Suffolk 01284 767674

Further information can be found at www.cruse.org.uk, www.suffolkcruse.co.uk or email suffolk@cruse.org.uk

"I felt my counselling with my volunteer was very helpful indeed, at a time when I felt isolated and at times desperate".