## Grief can be overwhelming Can you help?



We help people through one of the most painful times in their lives – with bereavement support, information, and campaigning.

We're looking for volunteers to help us in the Crawley, Horsham and Mid Sussex branch

If you're looking for a volunteering role locally, we'd love to have you join our team. We've got lots of roles suited to all needs and you'll be making a difference to someone's life when it's needed.

www.cruse.org.uk

Email Chrissy for more information Chrissy.terry@cruse.org.uk

