

#### Who can contact Cruse?

Anybody can use Cruse. We work to ensure access to our services for all sections of the community and we believe strongly in diversity and equal opportunities.

#### How do I contact Cruse Bereavement Care?

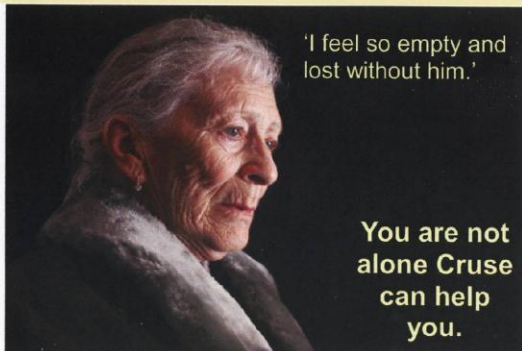
You can contact the local Eastbourne & District Branch on 01323 642942 or email to [cruseeastbourne@hotmail.com](mailto:cruseeastbourne@hotmail.com). Alternatively, you can contact the UK Cruse Day by Day Help Line on 0844 477 9400.

#### Bereavement is a shattering experience.....

The death of someone close can affect us in many ways - emotionally, physically, socially and in many practical areas of life. It can present us with one of the greatest challenges we shall ever have to face.

The one person we may have shared our most intimate thoughts, feelings and times with is no longer with us.

At that moment it can feel as though there is no one there to help us with our grief and pain.



'I feel so empty and lost without him.'

**You are not alone Cruse can help you.**

## Eastbourne & District Cruse Bereavement Care

c/o EAVS  
8 Saffrons Rd  
Eastbourne  
East Sussex  
BN21 1DG

Tel No: 01323 642942

Email: [cruseeastbourne@hotmail.com](mailto:cruseeastbourne@hotmail.com)



#### Does Cruse Charge?

No charge is made for bereavement support but if you feel you have been helped, Cruse will be pleased to accept any donations to help it to continue to provide this valuable support for other bereaved people.

**Eastbourne & District Cruse Bereavement Care** is a registered Charity and relies completely on the time given by volunteers and donations from the general public. If you know any business, club or society that may like to find out more about our organisation or to help us with raising funds then please do contact the office and let us know.

All donations are gratefully received.

Please contact the office on 01323 642942 if you can help. Reg'd Charity No: 208078

If you have any complaints about the service, we would like to know. Please write to the Area/Branch Chairperson at the above address. Your complaint will be dealt with in confidence and as quickly as possible.

## Eastbourne & District Cruse Bereavement Care



Cruse  
Bereavement  
Care

Enabling anybody bereaved by death to understand their grief and cope with their loss.

**Cruse, c/o EAVS,  
8 Saffrons Rd, Eastbourne,  
East Sussex, BN21 1DG**