

Bereavement Support Foundation training to become a Cruse Bereavement Volunteer

Firstly, thank you very much for your interest in volunteering with us. This information sheet aims to answer the most common questions associated with training and working as a bereavement volunteer for Cruse Bereavement Support Isle of Man.

Cruse Bereavement Support Isle of Man exists to promote the wellbeing of bereaved people, and to enable anyone bereaved by death to understand their grief and cope with their loss. We are affiliated to Cruse Bereavement Support in the UK.

A key part of what we do is to offer individual support to adults, young people and children when someone dies. Bereavement support is usually in-person, but we can also provide support via phone or video chat if preferred. Most of our services are provided by a network of bereavement volunteers. All our services are delivered without cost and are confidential. We also provide training for external organisations and for those who may encounter bereaved people in the course of their work.

Why do I need to do the training to volunteer for Cruse?

This course aims to develop the skills and abilities of those who wish to support bereaved people through volunteering with Cruse. Everybody who works with Cruse clients needs to first complete a Bereavement Support Foundation (BSF) course, followed by some mandatory modules (see below 'What further training will I need?')

The BSF course uses personal reflection and group processes to develop the Awareness, Skills and Knowledge of participants. Ongoing review and self-assessment are also essential to the learning process.

In addition, all trainees will be required to complete a portfolio of work to provide evidence of their learning. Completion of this work is undertaken in your own time, although there is a completion date.

I haven't undertaken any study for a long time, does this matter?

No. You are well-supported on the training course by the trainers and the others who are on the course. We are keen to recruit people with a wide range of skills and experiences.

This course is open to adults of all ages and backgrounds who are committed to volunteering their time to support bereaved people on behalf of Cruse.

Who delivers the training and what is involved?

The modules are delivered by skilled Cruse trainers who have extensive experience of working with bereaved people as well as supervisory and training experience within Cruse.

Date	Bereavement Support Foundation Course 2023/24
Monday 30 October 2023	Deadline for applications to attend the course.
w/b 13 November 2023	Pre-course interviews held at Cruse Office.
w/b 20 November 2023	Applicants notified if they have been accepted onto the training course.
	Foundation Module (venue to be arranged)
Saturday 13 January 2024	Day 1, 9.30am – 4.00pm The impact of loss and bereavement on self and others.
Saturday 20 January 2024	Day 2, 9.30am – 4.00pm Models of Grief. Active listening, counselling skills.
Saturday 3 February 2024	Day 3, 9.30am – 4.00pm Impact of death on family relationships. Skills practice.
Saturday 10 February 2024	Day 4, 9.30am – 4.00pm Impact of different types of bereavement. Skills practice.
Saturday 24 February 2024	Day 5, 9.30am – 4.00pm Supporting others. Self-care. Skills practice.
Saturday 2 March 2024	Day 6, 9.30am – 4.00pm Good endings. Skills practice. What next?
	Other Mandatory Modules and follow up
TBA	Safeguarding, full day.
TBA	Self-care, half day.
TBA	Working with suicidal clients, full day (to be completed within 3 months).
TBA	Trauma awareness, half day (to be completed within 3 months).
TBA	Post-course interviews, DBS check, induction
	Additional Elective
TBA	Telephone training module, half day

Is there a cost for the training?

The cost of the course is £75 payable prior to the commencement of the first session. The cost is to cover resources and materials. If making this payment will be difficult for you, please don't let it put you off applying; if you are offered an interview, we can discuss options then.

Can I start volunteering immediately after completion of the Bereavement Support Foundation course?

As self-care and safeguarding training are essential, you will attend modules on both these topics straight after the BSF course. You will also need to attend a successful post-course interview and complete a Disclosure & Barring Service (DBS) check, reference check and induction. You will then be able to start volunteering. Cruse's administration team work to ensure the best match between each BV and client.

What further training will I need?

All bereavement volunteers are required to attend two modules within the first three months of being accepted as volunteers – Trauma Awareness and Working with Suicidal Clients. There are also opportunities to complete other Cruse elective modules to support your skills development, including *Working with People Bereaved by Suicide* and *Telephone Skills*. For those with relevant experience there may be an opportunity to train to support children and young people. We also offer regular workshops and talks on relevant topics of interest.

We are committed to providing free ongoing training and all volunteers are required to fulfil 15 hours training/continuing professional development each year, of which 6 hours should be in-person training.

What ongoing commitment do I need to give to Cruse?

We are seeking to recruit volunteers prepared to give a minimum of four hours a month supporting Cruse clients.

How does Cruse look after its volunteers?

Volunteers are assigned a supervisor and will be required to have regular supervision sessions. Supervisors support bereavement volunteers' client work, professional development and well-being. Clinical supervision is a mandatory requirement when volunteering for Cruse. We also arrange an annual Cruse Together Day and various social and well-being events.

If you have any queries or need further information, please contact us at **training@cruseisleofman.org**

If you would like to apply for a place on the BSF course, please complete the online application form by **30 October 2023**.