

Coping when someone  
dies of cancer

Welsh

*Cruse*  
Bereavement  
Support

## Ymdopi pan fydd rhywun ym marw o ganser

Mae pob galar yn unigryw ac yn boenus. Pan fydd rhywun yn marw o ganser, bydd perthnasau a ffrindiau eisoes wedi wynebu profiadau anodd neu drawmatig sy'n gallu cael effeithiau emosiynol a chorfforol dwfn.

### Cyn i rywun farw o ganser

Weithiau, daw marwolaeth o ganser yn gyflym iawn a gall y farwolaeth fod yn sioc ofnadwy. Weithiau, bydd salwch person yn gwaethygu dros amser hir. Os yw hyn yn wir yn eich achos chi, efallai y byddwch chi wedi bod yn byw mewn cyflwr o bryder mawr ers sawl mis neu flwyddyn. Gall hyn gael effaith gorfforol ac emosiynol enfawr, cyn ac ar ôl y farwolaeth.

#### ***Galaru cyn i rywun farw***

Pan fydd gan rywun salwch hir dymor, mae'n gyffredin i alaru cyn iddo farw. Gelwir hyn yn 'alar rhagweledol'. Efallai y byddwch chi'n teimlo'n ofidus neu wedi'ch llethu gan y syniad o fyw hebdo.

Gan ddibynnu ar ddwysedd eu salwch, efallai y byddwch chi eisoes yn teimlo eich bod chi wedi colli rhan ohono. Efallai y byddwch chi wedi colli pethau ar hyd y ffordd wrth i'w rôl yn eich bywyd newid, a'i alluoedd a'i bersonoliaeth newid hefyd.

#### ***Gofalu am rywun â chanser***

Gall cymryd cyfrifoldebau gofalu ychwanegol ar gyfer pobl sy'n sâl neu'n farw achosi blinder eithafol, yn feddyliol ac yn gorfforol. Mae'n anodd iawn gweld rhywun rydych chi'n gofalu amdano mewn poen.

#### ***Arwahanrwydd***

Efallai y byddwch chi'n teimlo eich bod chi wedi'ch ynysu o'ch rhwydwaith cymorth arferol. Efallai y byddwch chi'n ei chael hi'n anodd cysylltu ag eraill nad ydynt yn mynd drwy rywbeth tebyg.

## Teimladau pan fydd rhywun yn marw o ganser

### ***Trawma***

Mae gwyllo rhywun rydych chi'n ei adnabod yn dioddef am gyfnod estynedig o amser yn drawmatig. Os gwnaeth y person farw'n gyflym iawn, gall y sioc gael effaith barhaol arnoch chi.

### ***Rhyddhad***

Mae'n normal teimlo ychydig o ryddhad nad yw eich ffrind, eich partner neu'ch perthynas yn dioddef mwyach. Mae hefyd yn naturiol i deimlo rhyddhad bod y gwaith caled o ofalu amdano wedi dod i ben. Mae'r teimladau hyn yn gyffredin iawn. Ceisiwch beidio â theimlo'n euog. Mwy na thebyg byddwch chi'n teimlo hyn oherwydd bod y person hwnnw'n bwysig iawn i chi ac rydych chi am i'r dioddef ddod i ben.

### ***Colli rôl***

Os ydych chi wedi bod yn gofalu am rywun, gall y newid o ran eich rôl pan fydd wedi marw fod yn golled ychwanegol. Mae'n normal iawn amrywio o deimlo rhyddhad a theimlo eich bod chi wedi colli pwrpas a chyfeiriad.

## Cefnogi eich hun pan fydd rhywun yn marw o ganser

### ***Siaradwch â rhywun***

Gall siarad am eich teimladau helpu llawer. Beth am siarad am eich rhiant gyda phobl a oedd yn eu hadnabod. Cysylltwch â'n llinell gymorth (gweler isod).

### ***Dewch o hyd i ffyrdd o'u cofio***

Gall dod o hyd i ffyrdd o gofio'r person sydd wedi marw helpu i'w gadw'n rhan o'ch bywyd. Gallai hyn olygu cadw ychydig o eitemau arbennig, creu bocs atgofion neu drefnu amser i deulu a ffrindiau ddod ynghyd a chofio.

### ***Cynllunioch o flaen llaw ar bennau blwyddi***

Mae pennau blwyddi a diwrnodau arbennig yn aml yn peri atgofion poenus am y person sydd wedi marw. Gallu helpu i feddwl am sut y byddwch chi'n ymdopi o flaen llaw.

### ***Gofalu amdanoch chi eich hun***

Mae'n bwysig gofalu am eich iechyd a'ch lles chi. Gall fod yn anodd ond ceisiwch gadw arferion bwyta, cysgu a chael ychydig o ymarfer corff.

## Cysylltu â Llinell Gymorth Cruse

Os bydd angen rhagor o help arnoch chi, ac nad ydych chi'n siarad Saesneg, gallwn ni drefnu cymorth ar eich cyfer drwy ein llinell gymorth drwy wasanaeth o'r enw LanguageLine.

### ***Sut mae'n gweithio***

1. Ffoniwch 0808 808 1677.
2. Byddwch yn clywed neges wedi'i recordio yn Saesneg. Arhoswch i siarad â rhywun. Mae llawer o alw am ein gwasanaeth felly mae'n bosib y bydd yn rhaid i chi roi cynnig arall arni pan na fydd hi mor brysur os na fydd unrhyw un ar gael i ateb.
3. Pan fydd gwirfoddolwr y llinell gymorth yn ateb, dwedwch enw'r iaith rydych chi'n ei siarad yn glir wrtho'n Saesneg.
4. Bydd y gwirfoddolwr yn ffonio ein gwasanaeth cyfieithu – byddwch yn ei glywed yn siarad â rhywun arall i drefnu'r galwad. Arhoswch ar y galwad. Gallai hyn gymryd ychydig o funudau.
5. Bydd cyfieithydd yn ymuno â'r galwad ac yn cyfieithu rhwng eich iaith chi a'r Saesneg ar eich cyfer chi a gwirfoddolwr y llinell gymorth.
6. Mae hyn oherwydd bod hon yn sgwrs tair ffordd a fydd yn cymryd ychydig mwy o amser na galwad arferol i'r llinell gymorth felly byddwch yn amyneddgar.

Ein horiau llinell gymorth yw:

- Dydd Llun: 9.30am-5pm
- Dydd Mawrth: 9.30am-8pm
- Dydd Mercher: 9.30am-8pm
- Dydd Iau: 9.30am-8pm
- Dydd Gwener: 9.30am-5pm
- Dydd Sadwrn a dydd Sul: 10am -2pm

## **English version**

### **Coping when someone dies of cancer**

Every bereavement is unique and painful. When someone dies with cancer relatives and friends may have already faced difficult or traumatic experiences which can have deep emotional and physical effects.

### **Before someone dies of cancer**

Sometimes a death from cancer comes very quickly and their death can come as a horrible shock. Sometimes a person's illness will get worse over a long time. If this is the case, you might have been living in a heightened state of anxiety for several months or years. This can have a huge physical and emotional effect, both before and after the death.

### ***Grieving before someone dies***

[cruse.org.uk](http://cruse.org.uk)  
 Llinell Gymorth: 0808 808 1677  
 Elusen gofrestredig rhif 208078

When someone has a long-term illness, it's common to feel grief before they die. This is called 'anticipatory grief.' You might feel anxious or overwhelmed at the idea of living without them.

Depending on the intensity of their illness, you might already feel as if you've lost a part of them. There may have been losses along the way as their role in your life changes, and their abilities and personality may change too.

### ***Caring for someone with cancer***

Taking on extra caring responsibilities for those who are very ill or dying can be exhausting both mentally and physically. It is very difficult to see someone you care about in pain.

### ***Isolation***

You might feel isolated from your usual support network. You might find it difficult to connect with others who aren't going through the same thing.

## **Feelings after someone dies of cancer**

### ***Trauma***

Watching someone you know suffer for an extended period of time is traumatic. If the person died very quickly, the shock can also have a lasting effect on you.

### ***Relief***

It is normal to feel some relief that your friend, partner or relative is no longer suffering. It's also natural to be relieved that the hard work of caring for them is over. These feelings are very common. Try not to feel guilty. These feelings most likely come from a place of care and from wanting their suffering to be over.

### ***Loss of role***

If you have been caring for someone, the change in your role after they die is an additional loss. It is very normal to alternate between some relief and feeling that you've lost some purpose and direction.

## **Supporting yourself after someone dies of cancer**

### ***Talk to someone***

Talking about your feelings really helps. Try talking about your parent with people that knew them. Or contact our helpline (see below).

***Find ways to remember them***

Finding ways to remember the person who's died helps to keep them as part of your life. This might mean keeping a few special possessions, creating a memory box or organising a time for family and friends to come together and remember.

***Plan ahead on anniversaries***

Birthdays, anniversaries and special days are often painful reminders of the person who died. It can help to think in advance about how you are going to manage.

***Looking after yourself***

It's important to pay attention to your own health and wellbeing. It can be difficult, but try to keep to a routine of eating, sleeping and getting a little bit of exercise.

**Contacting the Cruse Helpline**

If you need more help, and don't speak English, we can arrange for support on our helpline through a service called LanguageLine.

***How it works***

1. Call 0808 808 1677.
2. You will hear a recorded message in English. Please hold to speak to someone. There is a lot of demand for our service so you might have to try again at a less busy time if no one is able to answer.
3. When a helpline volunteer answers clearly tell them the name of the language you speak in English.
4. The volunteer will then call up our translation service – you will hear them talking to someone else to set the call up, please stay on the line. This could take a few minutes.
5. An interpreter will then join the call and translate between your language and English for you and for the helpline volunteer.
6. Because this is a three-way conversation it will take a little longer than a usual helpline call so please be patient.

Our helpline hours are:

- Monday: 9.30am-5pm
- Tuesday: 9.30am-8pm
- Wednesday: 9.30am-8pm
- Thursday: 9.30am-8pm
- Friday: 9.30am-5pm
- Saturday and Sunday: 10am -2pm