

Coronavirus,  
bereavement and grief  
Welsh

*Cruse*  
Bereavement  
Support

## Y coronafeirws, profedigaeth a galaru

Mae'r Coronafeirws wedi effeithio ar lawer o bethau o ran sut mae pobl yn marw a sut gallwn ni eu galaru. Gall colli rhywun yn ystod pandemig fod yn boenus ac yn anodd iawn.

## Teimladau pan fydd rhywun yn marw o Covid-19 neu yn ystod pandemig

### ***Sioc***

Efallai'r oedd eu marwolaeth yn annisgwyl neu wedi mynd yn ddifrifol yn gyflym iawn. Gall hyn arwain at deimladau o sioc.; Os nad oeddech chi wedi gallu bod yn bresennol ar gyfer y farwolaeth neu ddim wedi gallu gweld y corff, gall gymryd amser i dderbyn realiti'r farwolaeth.

### ***Trawma***

Efallai na chawsoch chi'r cyfle i dreulio amser gyda'r person tra'r oedd yn marw, neu ddim wedi gallu ffarwelio'n iawn. Gall hyn fod yn boenus ac yn drawmatig iawn.

Efallai y byddwch chi hefyd wedi darllen neu weld straeon anodd yn y cyfryngau neu wedi bod yn dyst i olygfeydd trallodus yn uniongyrchol sy'n gallu arwain at drawma ynghylch y farwolaeth.

### ***Dicter ac euogrwydd***

Efallai bod gennych chi bryderon hefyd ynghylch y gofal a dderbyniodd y person cyn marw. Gall hyn, yn ei dro, arwain at deimladau o ddicter ac euogrwydd. Efallai y byddwch chi'n teimlo y gellid bod wedi atal y farwolaeth, sy'n gallu arwain at ddicter tuag at eraill, neu euogrwydd am fethu eu hamddiffyn nhw eich hunan.

### ***Ynysiad***

Os cawsoch chi brofedigaeth yn ystod cyfnod cloi neu yn ystod cyfyngiadau efallai y byddwch chi wedi gweld eisiau cefnogaeth a chymorth eich ffrindiau a'ch teulu eraill.

### ***Angladdau a gwasanaethau coffa***

Efallai na fyddwch chi wedi gallu cael yr angladd neu'r gwasanaeth coffa roeddech chi'n dymuno ei gael. Efallai yr oedd niferoedd wedi'u cyfyngu ac efallai nad oedd hi'n bosib i chi fynd oherwydd eu bod chi'n hunan-ynysu neu'n sâl eich hunan. Gallu peidio â chael yr yn arferion i'w dilyn pan fydd rhywun yn marw deimlo'n rhyfedd ac yn boenus iawn.

## **Beth sy'n gallu helpu**

Bydd yr ymatebion cychwynnol o ddicte, sioc ac ofn yn lleihau dros amser. Byddwch chi mwy na thebyg yn cael dyddiau da a dyddiau gwell wrth i chi alaru.

### ***Siaradwch â rhywun***

Siaradwch â theulu, ffrindiau neu i rywun sydd wedi cael profiadau tebyg. Efallai bydd eich meddyg teulu yn gallu helpu os yw eich iechyd meddwl neu gorfforol yn dioddef. Gallwch gysylltu â ni yn Cruse (gweler isod).

### ***Gofalwch amdano chi'ch hun***

Ceisiwch gael awyr iach a golau'r haul bob dydd. Gall ymarfer corff helpu, hyd yn oed os yw'n mynd am dro bach yn unig. Gall gadw trefn ddyddiol helpu, a gorffwys os na allwch chi gysgu.

### ***Cofio***

Mae llawer o ffyrdd gwahanol o gofio rhywun a'u cadw nhw fel rhan o'ch bywyd. Gallai hyn hyd yn oed golygu creu bocs atgofion, albw, arbennig o luniau, neu ymweld â lleoedd a oedd yn arbennig iddyn nhw.

Os nad oedd hi'n bosib cynnal yr angladd roeddech chi'n dymuno ei gael, gallech chi gynllunio gwasanaeth arall neu ddigwyddiad coffa pan fydd hynny'n bosib.

Os nad oeddech chi wedi gallu ffarwelio na siarad â'ch perthynas neu'ch ffrind cyn iddo/i farw, mae'n helpu llawer o bobl i ysgrifennu llythyr neu ddod o hyd i ffordd arall o ddweud yr hyn mae angen i chi ei ddweud. Mae cadw dyddiadur yn ddefnyddiol i rai pobl.

## **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.

[cruse.org.uk](http://cruse.org.uk)

Llinell gymorth: 0808 808 1677

Elusen gofrestredig rhif 208078

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: am-2pm

## English version

### Coronavirus, bereavement and grief

Coronavirus has affected any things in the way people have died and how we are able to grieve for them. Losing someone during a pandemic can be very painful and difficult.

### Feelings when someone died of Covid-19 or during the pandemic

#### ***Shock***

Their death may have been unexpected or become serious very quickly. This can lead to feelings of shock. If you weren't able to be present for the death or couldn't view the body it can take time to accept the reality of the death.

#### ***Trauma***

You may not have had an opportunity to spend time with the person while they were dying, or been able to say a proper goodbye. This can be very painful and traumatic.

You may have also read or seen difficult stories in the media or you may have witnessed distressing scenes directly that can add to the trauma of their death.

### ***Anger and guilt***

You may also have concerns about the care the person received before they died. This in turn can lead to feelings of anger and guilt. You might feel that their death could have been prevented which might lead to anger with others, or guilt that you couldn't protect them.

### ***Isolation***

If you were bereaved during a lockdown or during restrictions you might have missed out on support and love from your other friends and family.

### ***Funerals and memorials***

You may not have been able to have the funeral or memorial service you wanted. Numbers may have been restricted and you may not have been able to attend if you were isolating or ill yourself. Not having the usual routines to follow after someone dies can feel very strange and painful.

## **What can help**

The initial reactions of anger, shock and fear will reduce over time. You will most likely have bad days and better days as you grieve.

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

Talk to family, friends, or to someone who has had similar experiences. Your GP may be able to help if your mental or physical health is suffering. You can also contact us at Cruse (see below).

### ***Look after yourself***

Try and get some fresh air or sunlight each day. Exercise can be really helpful, even if it's just a walk around the block. Keeping to a routine can help, and resting even if you can't sleep.

### ***Remembering***

There are lots of different ways to remember someone and keep them as part of your life. This might mean creating a memory box, a special album of pictures, or visiting places which were special to them.

If you weren't able to have the funeral you would have wanted, you could plan another service or memorial event when it's possible.

If you weren't able to say goodbye or talk to your relative or friend before they died, many people find it helps to write them a letter or find another way to say what you need to. Some people find keeping a journal is useful.

## 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