

**How to support someone
who is grieving**

Welsh

Cruse
Bereavement
Support

Sut i gefnogi rhywun sy'n galaru

Os yw eich ffrind neu'ch perthynas yn galaru, gall fod yn anodd gwybod sut i'w gefnogi. Mae'n normal i deimlo'n anghyffyrddus, neu i boeni y byddwch chi'n gwneud pethau'n waeth.

Peidiwch â gadael i'ch pryderon a'ch ofn chi eich atal rhag bod yno i'w gefnogi ar adeg pan fydd yr angen mwyaf ganddo. Dyma bethau syml y gallwch chi eu gwneud i'w helpu a'u cefnogi.

Gwranddo

Un o'r pethau mwyaf defnyddiol y gallwch chi eu gwneud i rywun sy'n mynd drwy brofedigaeth yw gwranddo.

Gall fod yn sgwrs anodd i ddechrau, ond mae'n bwysig iawn cysylltu â'ch ffrind a'ch perthynas a rhoi gwybod iddo eich bod chi'n meddwl amdanynt.

Mae angen i chi wybod na allwch chi 'drwsio' y galar. Ond gallwch chi ei gefnogi drwyddo. Rhowch le iddo fynd dros yr hyn sydd wedi digwydd. Gallwch chi hefyd roi cynnig ar rannu atgofion neu ofyn iddo sut berson oedd y person sydd wedi marw pan oedd yn fyw.

Cynnig help ymarferol

Gall gael help gyda phethau ymarferol fod yn ddefnyddiol iawn pan fydd rhywun yn galaru. Mae pobl sy'n galaru yn ei chael hi'n anodd gwneud penderfyniadau yn aml. Os ydych chi'n dweud "rhowch wybod i mi os oes unrhyw beth y galla i ei wneud", mae angen iddo allu cysylltu a meddwl am yr hyn i feddwl amdano. Gall hyn lethu. Yn hytrach, ceisiwch wneud awgrymiadau penodol.

Er enghraifft:

Mae "Beth am i mi gasglu'r plant o'r ysgol ddydd lau?" yn aml yn well na....

"Rhowch wybod i mi os hoffech chi i mi ofalu am y plant rhyw dro."

Cael gwybod os mae angen rhagor o gymorth arno

Os oedd y person sydd wedi marw yn darparu help neu ofal i'ch ffrind neu'ch perthynas, efallai bydd angen rhagor o help arno nawr yn y tŷ. Gall fod yn ddefnyddiol chwilio i weld pa gymorth sydd ar gael, a gadael yr wybodaeth gyda nhw. Peidiwch â rhoi pwysau arno oherwydd efallai y bydd adegau pan fydd yn teimlo wedi llethu gyda phopeth mae angen ei wneud, a'r angen i gymryd amser i'w gwneud.

Ystyriwch eu sefyllfa unigol

Mae galar yn gyffredin i bawb, ond mae gan ddiwylliannau gwahanol draddodiadau ac arlliwiau gwahanol, felly ceisiwch ddarganfod anghenion eich ffrind neu aelod eich teulu. Efallai y bydd pethau sy'n bwysig iddo nad ydych chi wedi meddwl amdanynt neu na fyddai'n flaenoriaeth i chi. Ceisiwch fod yn amyneddgar a cheisio cael gwybod yr hyn mae ei angen arno.

Ystyriwch bethau a allai effeithio ar eu profiadau, megis iechyd, anabledd, rhyw a rhywioldeb. Os oedd ganddo berthynas anodd â'r person sydd wedi marw, gallai hyn olygu bod ganddynt deimladau mwy dryslyd ac anodd i ymdopi â nhw.

Rhaid deall na fydd galar byth yn diflannu

Peidiwch â disgwyl i rywun adfer yn gyfan gwbl wedi marwolaeth rhywun agos – gydag amser, mae'r poen yn llethu llai ond bydd cyfnodau o hyd sy'n anodd flynyddoedd a degawdau'n ddiweddarach. Mae ffrindiau a pherthnasau gwerthfawr iawn yn gwybod mai proses hir dymor yw hon.

Cofiwch ddyddiadau pwysig

Gall pennau blwyddi, gwyliau a diwrnodau arbennig fod yn arbennig o boenus i lawer o bobl. Gall cofio a chynnig cymorth ar yr adegau hyn roi cysur mawr.

Byddwch yn barod i fod yn anghywir

Waeth pa mor galed y byddwch chi'n trio bod yn ffrind da, mae adegau pan allwch chi ddweud y peth 'anghywir' neu achosi gofid i rywun. Llauer o'r amser, byddwch chi mwy na thebyg heb ddweud unrhyw beth sydd o'i le, ond nid dyna'r hyn yr oedd eich ffrind neu'ch perthynas yn dymuno ei glywed. Ceisiwch gadw meddwl agored ond cofiwch hefyd ei bod hi'n bosib mai'r galar sy'n achosi'r trallod, nid chi.

Byddwch yn ddeallgar o'i anghenion

Bydd anghenion rhywun sy'n galaru yn newid o ddydd i ddydd, ac nid yw hi'n bosib cael pethau'n iawn drwy'r amser. Hefyd, gall pobl sydd wedi cael profedigaeth ei chael hi'n anodd rheoli eu pigogrwydd a'u tymer pan fydd pethau'n mynd o'i le.

Os ydych chi'n agos, efallai mai chi fydd y person diogel y gallant fod yn ddig â chi. Gall fod yn anodd ymdopi â hyn ac mae angen troedio'n ofalus. Weithiau, efallai mai'r unig beth y bydd ei angen arnynt yw bod ar eu pennau eu hunain am sbel. Mae'n bwysig parchu eu hangen am le, ond parhewch i wirio rhag ofn bod eu hanghenion yn newid.

Awgrymwch wasanaethau defnyddiol

Does dim llinell amser na champau sefydlog pan ddaw i alaru. Ond os nad yw rhywun yn gallu ymdopi â bywyd bob dydd ar ôl ychydig fisoedd, na mwynhau pethau y byddai wedi'u mwynhau o'r blaen, efallai y bydd angen help ychwanegol arno. Anogwch nhw i ffonio Llinell Gymorth Cruse (gweler isod).

Mae'n gyffredin i bobl deimlo nad ydynt am barhau i fyw pan fydd rhywun annwyl iawn iddynt yn marw. Mae tystiolaeth yn dangos bod gofyn i rywun am deimladau hunan-ladd yn debygol o'i amddiffyn. Dwedwch wrtho am gysylltu â'i feddyg teulu os ydych chi'n poeni.

Gofalwch amdanoch chi'ch hun.

Gall cefnogi rhywun yn ystod cyfnod mor anodd fod yn emosiynol iawn. Cofiwch y gallwch chi helpu orau os ydych chi'ch hun yn gryf.

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.

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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

How to support someone who is grieving

If your friend or relative is grieving, it can be difficult to know how to support them. It's normal to feel awkward, or worried that you will make things worse.

Don't let your worries and fears stop you from being there for them at a time when they need you more than ever. There are some simple things you can do to help and support them.

Listen

One of the most helpful things you can do for someone who is bereaved is to listen.

It can be a difficult conversation to start, but it is really important to get in touch with your friend or relative and let them know you are thinking about them.

You need to know that you can't 'fix' their grief. But you can support them through it. Give them a space to go over what's happened. You can also try sharing memories or asking them what the person was like when they were alive.

Offer practical help

Help with practical things can be really helpful when you are grieving. Grieving people often find it difficult to make decisions. If you say "Let me know if I can do anything" they need to

be able to reach out and think about what to ask you for. This can be overwhelming. Instead try to make specific suggestions.

For example:

“How about I pick up the children from school on Thursday?” is often better than...

“Let me know if you’d like me to look after the children sometime.”

Find out if they need more support

If the person who died provided help or care for your friend or relative, they may now require extra help in the house. It might help to look up what support is available and leave information with them. Don’t pressure them as there may be times when they feel overwhelmed with all that needs doing, and need to take things slowly.

Consider their individual situation

Grief is universal, but different cultures have different traditions and nuances, so try to find out what your friend or family member needs. There may be things important to them which you haven’t thought of or wouldn’t feel are a top priority yourself. Bear with them and try to find out what they need.

Consider things that might affect their experiences such as health, disability, gender and sexuality. If they had a difficult relationship with the person who has died this could make their feelings more confusing and difficult to deal with

Understand that grief doesn’t ever go away

Don’t expect the person to ever to get over the death of someone close – in time the pain becomes less overwhelming but there are still going to be times which are difficult years or decades later. Really valuable friends and relatives know that they are in it for the long haul.

Remember important dates

Anniversaries, birthdays, holidays and special days can be particularly painful for many people. Remembering and offering support at these times can be very comforting.

Be prepared to be in the wrong

However hard you try to be a good friend, there are times when you might say the ‘wrong’ thing, or upset someone. Many times you probably didn’t say anything wrong, but it was

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just not what they wanted to hear. Try to keep an open mind but also remember it might be their grief that upsets them, and not you.

Be understanding of their needs

The needs of someone grieving will change from day to day, and it's just not possible to always get it right. Bereaved people may also be less able to control their irritation and temper when something does go wrong.

If you are very close you may find you are a safe person for them to be angry with. This can be difficult to cope with and needs to be handled sensitively. Sometimes they might just want to be left alone for a while. It's important to respect their need for space, but do continue to check in in case their needs change.

Suggest useful services

There is no set timeline or set stages for grief. But if after some months someone remains unable to cope with everyday life, or find any pleasure in things they might have once enjoyed, they may need extra help. Encourage them to call the Cruse Helpline (see below).

It is common for people to feel that they don't want to go on living after someone very precious to them dies. Evidence shows that asking someone about suicidal feelings is likely to protect them. Tell them to contact their GP if you are worried.

Look after yourself

It can be very emotional to support someone at such a difficult time. Remember that you can help most if you keep yourself strong.

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