

**How to support someone  
who is grieving**

**Language: Somali**

**Cruse**  
Bereavement  
Support

## **Sida loo taageero qof murugaysan**

Haddii saaxiibkaa ama qaraabadaada ay murugaysan yihiin, way adkaan kartaa in la ogaado sida loo taageero. Waa wax iska caadi ah in aad dareento wareer, ama aad ka welwelsan tahay inay ka sii darsiin doonto.

Ha u ogolaan welwelkaaga iyo cabsidaadu inay kaa joojiyaan inaad ayaga u joogtid meeshaas wakhti ay kaaga baahi badan yihiin weligood. Waxa jira waxyaabo fudud oo aad samayn karto si aad u caawiso oo u taageerto.

## **Dhageyso**

Mid ka mid ah waxyaalaha ugu waxtarka badan ee aad u qaban karto qof murugaysan waa inaad dhegaysato.

Waxay noqon kartaa wada hadal adag in la bilaabo, laakiin runtii waa muhiim inaad la xiriirto saaxiibkaa ama qaraabadaada oo u sheegto inaad ka fikirayso iyaga.

Waxaad u baahan tahay inaad ogaato inaad 'hagaajin' karin murugadooda. Laakiin waad ku taageeri kartaa iyaga. Sii meel bannaan oo ay uga gudbaan waxa dhacay. Waxa kale oo aad isku dayi kartaa in aad la wadaagto xusuusta ama aad waydiiso sida uu qofku ahaa markii uu noolaa.

## **Sii caawimo wax ku ool ah**

Caawinta waxyaalaha la taaban karo ayaa runtii waxtar leh marka aad murugaysan tahay. Dadka murugaysan badanaa way ku adag tahay inay go'aan gaadhaan. Haddii aad tiraahdo "I soo sheeg haddii aan wax samayn karo" waxay u baahan yihiin inay awoodaan inay la xiriiraan oo ay ka fekeraan waxa ay ku weydiinayaan. Tani waxay noqon kartaa mid culus. Taa beddelkeeda isku day inaad soo jeediso talooyin gaar ah.

Tusaale:

“Ka warran inaan carruurta dugsiga ka soo kaxeeyo Khamiista? inta badan way ka fiican tahay...”

“Isoo ogaysii haddii aad jeclaan lahayd inaan carruurta dhawro marar.”

### **Soo ogow haddii ay u baahan yihiin taageero dheeraad ah**

Haddii qofka dhintay uu caawimo ama daryeel ka hel saaxiibkaa ama qaraabadaada, waxa laga yaabaa inay hadda uga baahan yihiin caawimo dheeraad ah guriga. Waxa laga yaabaa inay ku caawiso in la eego taageerada la heli karo oo lagu daayo macluumaadka. Ha cadaadin iyaga sababtoo ah waxaa jiri kara waqtiyo ay dareemeen culeyska dhammaan waxa loo baahan yahay samaynta, oo ay u baahan yihiin inay si tartiib ah wax uga qaataan.

### **Tixgeli xaaladdooda gaarka ah**

Murugadu waa mid caalami ah, laakiin dhaqamada kala duwan ayaa leh caadooyin iyo waxyaabo kala duwan, markaa isku day inaad ogaato waxa saaxiibkaa ama xubnaha qoyskaagu u baahan yihiin. Waxaa laga yaabaa inay jiraan waxyaabo muhiim u ah kuwaas oo aadan ka fikirin ama aadan dareemayn inay yihiin mudnaanta koowaad laftaadu. U dulqaado oo isku day inaad ogaato waxay u baahan yihiin.

Tixgeli waxyaalaha saamayn kara waayo-aragnimadooda sida caafimaadka, naafanimada, jinsiga iyo galmada. Haddii ay xidhiidh adag la lahaayeen qofka dhintay tani waxay ka dhigi kartaa dareenkooda mid jahawareersan oo ay adagtahay in wax laga qabto

### **Ogow in murugadu aanay weligeed tagin**

Ha ka filanin in qofka uu waligiis ka gudbi doono dhimashada qof u dhow – waqti ka dib xanuunku wuu yaraanayaa laakiin weli waxaa jiri doona waqtiyo adag sannado ama tobanaan sano ka dib. Runtii asxaabta iyo qaraabada qiimaha leh way ogyihiin inay ku jiraan mudada dheer.

### **Xusuusnow taariikhaha muhiimka ah**

Sannad-guurada, maalmaha dhalashada, ciidaha iyo maalmo gaar ah ayaa si gaar ah ugu xanuun badan dad badan. Xusuusinta iyo siinta taageerada waqtiyadan waxay noqon kartaa mid aad u raaxo badan.

### **U diyaargarow inaad khalad ku dhacdo**

Si kastaba ha ahaatee aad isku daydo inaad saaxiib wanaagsan noqoto, waxaa jira waqtiyo aad dhihi karto waxa ‘qaldan’, ama aad qof ka xanaajiso. Marar badan waxaa laga yaabaa inaad wax qalad ah sheegin, laakiin ma ahayn waxa ay rabeen inay maqlaan. Isku day

inaad yeelato maskax furan, laakiin sidoo kale xusuusnow in murugadooda ay tahay mid iyaga ka cadhaysiisa, adigana maaha.

## **Fahan baahiyahooda**

Baahida qofka murugaysan maalinba maalinta ka dambaysa way isbedeshaa, mana dhici karto in mar walba la saxo. Dadka murugaysan waxa kale oo laga yaabaa inay yarayn karaan inay xakameeyaan cadhadooda iyo xanaaqooda marka ay wax qaldamaan.

Haddii aad u dhowdahay waxaa laga yaabaa inaad ogaato inaad tahay qof badqaba oo ay ka cadhoodaan. Tani waxay noqon kartaa mid adag sida loola tacaalo waxayna u baahan tahay in si xasaasi ah loo maareeyo. Mararka qaarkood waxaa laga yaabaa inay rabaan in muddo ah keligood looga tago. Waa muhiim in la ixtiraamo baahidooda meel bannaan, laakiin sii wad inaad hubiso haddii baahidooda isbeddelaan.

## **Soo jeedi adeegyo waxtar leh**

Ma jiro waqti u go'an ama marxalado loo dejiyay murugada. Laakin haddii bilo ka dib qof uu sii ahaado in uu la qabsan waayo nolol maalmeedka, ama uu ku farxi waayo waxyaalihii ay mar ku raaxaysanayeen, waxa laga yaabaa in ay u baahdaan caawimo dheeraad ah. Ku dhiiri geli inay wacaan Khadka Caawinta Cruse (hoos ka eeg).

Waa wax caadi ah in dadku dareemaan in aysan rabin in ay sii noolaadaan ka dib marka qof aad qaali uga ah uu ka dhinto. Caddaynta ayaa muujineysa in qof wax laga weyddiiyo dareenka isdilka ay u badan tahay inuu difaaco. U sheeg inay la xiriiraan GP-gooda haddii aad ka welwelsan tahay.

## **Naftaada ilaali**

Waxay noqon kartaa mid aad u shucuur badan in qof la taageero wakhtigan adag. Xasuusnoow in aad caawin karto inta ugu badan haddii aad naftaada ka dhigto mid adkaysi badan.

## **La xiriirida khadka caawinta ee Cruse**

Haddii aad u baahan tahay caawimo dheeraad ah, oo aadan ku hadlin luuqada Ingiriisiga, waxaan kaaga diyaarin karnaa taageero khadkeena caawinta adeeg la yiraahdo LanguageLine.

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

Khadka caawinta: 0808 808 1677

Lambarka Ku diwaangashan Samafalka 208078

## Sida ay u shaqayso

1. Wac 0808 808 1677.
2. Waxaad maqli doontaa fariin la duubay oo Ingiriisi ah. Fadlan khadka kuji si aad qof ula hadasho. Waxaa jira baahi badan oo loo qabo adeegeena markaa waxaa laga yaabaa inaad isku daydo mar labaad wakhti mashquulka yaryahay haddii qofna awoodin inuu ka jawaabo.
3. Marka uu kaa qabto tabarrucaha khadka caawinta si cad ugu sheeg ingiriisi magaca luqadda aad ku hadasho.
4. Tabarucuhu wuxuu markaa wici doonaa adeegayada turjumaada – waxaad maqli doontaa iyagoo la hadlaya qof kale si ay u habeeyaan wicitaanka, fadlan khadka kusii jir. Tani waxay qaadan kartaa dhowr daqiiqo.
5. Turjubaanka ayaa markaa ku biiri doona wacitaanka oo kuu kala turjumi doona luqadaada iyo Ingiriisiga adiga iyo tabarucaha khadka caawimada kujira.
6. Sababtoo ah kani waa wada hadal saddex geesood ah waxay qaadan doontaa inay sida caadiga waxyar ka dheeraato wicitaanka khadka caawinta markaa fadlan samir.

Saacadaheena khadka caawinta waa:

- Isniin: 9.30am-5pm
- Talaado: 9.30am-8pm
- Arbaco: 9.30am-8pm
- Khamiis: 9.30am-8pm
- Jimco: 9.30am-5pm
- Sabti iyo Axad: 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.

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

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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 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