

**When a partner, husband
or wife dies**

Welsh

Cruse
Bereavement
Support

Pan fydd partner, gŵr neu wraig yn marw

Mae colli eich gŵr, eich gwraig neu'ch partner yn un o'r profiadau emosiynol mwyaf dwys ym mywyd. Sut bynnag y byddwch chi'n disgrifio eich perthynas, mae'n golled enfawr yn eich bywyd. Mae eich byd fel yr oedd wedi newid, a gall hyn fod yn hynod boenus.

Teimladau gwahanol pan fydd partner yn marw

Unigrwydd

Os oeddech chi'n byw gyda'ch partner, mae'n amhosib anghofio nad yw gyda chi mwyach, ac mae colli'r cwmni yn anodd iawn. Bellach, mae lle gwag wrth y ford. Os oeddech chi'n rhannu gwely, mae hyd yn oed ceisio cysgu'n atgof yr hyn rydych chi wedi'i golli.

Colli agosrwydd

I lawer o bobl, mae colli perthynas gorfforol neu rywiol yn anodd derbyn. Mae'n ddealladwy y byddwch chi'n gweld eisiau agosrwydd eich partner. Gall siarad am hyn deimlo'n arbennig o anodd neu'n amrhodol ond gall helpu i wneud hynny â rhywun rydych chi'n ymddiried ynddyn nhw, neu â ni.

Teimlo presenoldeb rhywun

Mae'n bosib teimlo fel bod y person sydd wedi marw gyda chi. Efallai y byddwch chi'n clywed neu hyd yn oed yn gweld eich partner yn dilyn ei farwolaeth. I rai pobl, gall hyn roi sicrwydd, ond i eraill, mae'n aflonyddu. Fel arfer, mae'n dod yn llai rheolaidd ac yn dod i ben dros amser.

Effeithiau corfforol

Nid yn unig mae galaru yn effeithio ar ein hemosiynau, mae'n effeithio ar ein hiechyd hefyd. Mae'n gyffredin i ddioddef o gur pen, newidiadau o ran pwysau, cwsg afreolaidd neu flinder. Gallai eich ymwrthedd i salwch fod yn is ac efallai y byddwch chi'n fwy tebygol o ddal mân anhwylderau. Os bydd symptomau'n parhau neu os ydych chi'n ei chael hi'n anodd ymdopi, gofynnwch am helpu gan eich meddyg teulu.

Newidiadau a cholledion eraill

Gall colli eich partner beri sawl math o newid a cholled. Rydych chi'n wynebu newid hunaniaeth, o fod yn un o bâr i fod yn berson sengl. Efallai byddwch chi'n teimlo poen o ganlyniad i gollu breuddwydion y dyfodol a sut roeddech chi'n dychmygu i'ch bywyd fod yn y dyfodol. Efallai y byddwch chi'n wynebu anawsterau ariannol os ydych chi wedi colli ail neu brif incwm ac efallai y bydd eich cyfrifoldebau o ran teulu ac aelwyd wedi cynyddu. Efallai y bydd yn effeithio ar eich iechyd. Gall trefnu'r materion hyn gymryd llawer o amser ac egni.

Pan fydd cyn-bartner yn marw

Mae marwolaeth cyn-bartner neu bartner priod yn unigryw ac mae'n gallu bod yn brofiad sy'n drysu yn aml. Efallai y byddwch chi'n teimlo sioc, neu dristwch, dryswch neu dim byd o gwbl. Mae'n bwysig cymryd lle i'ch teimladau, waeth beth fyddwch chi'n ei deimlo.

Os oedd gennych chi berthynas anodd gyda'ch cyn-bartner ar ôl gwahanu, efallai y byddwch chi'n teimlo hiraeth neu edifeirwch. Efallai yr oedd gennych chi deimladau i'r person o hyd er yr oedd ef neu hi mewn perthynas newydd, neu efallai roeddech chi'n teimlo bod llawer y byddwch chi wedi hoffi dweud wrthyn nhw.

Pan fydd rhywun yn marw, mae'r gefnogaeth yn tueddu i ganolbwyntio ar y partner presennol neu blant y person a fu farw. Gall cyn-bartneriaid gael eu hieithrio o'r broses alaru, hyd yn oed os oeddent gyda'r person am amser hir.

Perthnasoedd newydd

Mewn amser, efallai y byddwch chi'n teimlo dan bwysau i ganfod perthynas newydd. Efallai y bydd y pwysau hyn o dod gennym ni neu gan y bobl o'n cwmpas. Fel arfer, mae pobl yn trio bod yn garedig, ond eich penderfyniad chi yw hwn yn y pen draw, a'r hyn sy'n teimlo'n iawn i chi ar y pryd.

Pan fydd amser wedi mynd heibio, efallai y byddwch chi'n barod i gyflwyno rhywun newydd i'ch bywyd. Nid yw pobl eraill yn teimlo'n barod am flynyddoedd lawer, neu byth o gwbl. Mae'n bwysig gwneud y penderfyniad sy'n iawn i chi. Os oes gennych chi blant, byddwch chi hefyd am bwysu a mesur yr hyn mae'n ei olygu iddyn nhw. Beth fyddai effaith cyflwyno rhywun newydd i'w bywydau nhw?

Yr hyn sy'n gallu helpu

Cofio eich partner

Hyd yn oed os bydd rhywun agos yn marw, nid yw'r atgofion yn marw. Mae eich perthynas yn parhau, hyd yn oed os nad yw'n fyw mwyach. Gall helpu i feddwl am ffyrdd y gallwch chi gadw eich partner yn rhan o'ch bywyd. Gallai hyn olygu trefnu digwyddiad arbennig er anrhydedd iddo neu greu ardal neu beth coffa ar ei gyfer yn y cartref.

Cael cymorth gyda phlant

Os oes gennych chi blant neu ardegwyr gartref, gallwch chi ddarllen am sut y gallant ymateb a sut i'w helpu yn ein ffeithlen am blant a galaru.

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Llinell gymorth: 0808 808 1677

Elusen gofrestrdedig rhif 208078

Pennau blwyddi a phethau sy'n atgoffa

Gall pennau blwyddi, gwyliau a diwrnodau arbennig fod yn anodd iawn ar ôl marwolaeth partner. Gall helpu i feddwl o flaen llaw am sut y byddwch chi'n ymdopi.

Gofalu amdanoch chi'ch hun

Mae'n bwysig talu sylw i'ch iechyd a'ch lles chi. Gall fod yn anodd ond ceisiwch gadw trefn ddyddiol o ran bwyta, cysgu a chael ychydig o ymarfer corff.

Materion ymarferol ac ariannol

Os ydych chi'n cael anawsterau ariannol, sicrhewch eich bod chi'n derbyn yr holl fudd-daliadau rydych chi'n gymwys ar eu cyfer. Gall Cyngor ar Bopeth neu sefydliadau cymunedol eraill helpu drwy gynnig cyngor.

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

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- Dydd Sadwrn a dydd Sul: 10am -2pm

English version

When a partner, husband or wife dies

Losing your husband, wife or partner is one of the most intense and emotional experiences in life. Whatever way you would describe your relationship, it's a huge loss in your life. Your world as you knew it has changed, and it can be incredibly painful.

Different feelings after a partner dies

Loneliness

If you lived with your partner the fact that they are not with you is impossible to forget, and losing that companionship is very hard. There's now an empty space at the table. If you shared a bed, even trying to sleep is a reminder of what you have lost.

Loss of intimacy

Many people find the loss of a physical or sexual relationship hard to bear. It's understandable to miss the intimacy and closeness of your partner. Talking about this may feel particularly difficult or inappropriate but it can help to do so with someone you trust, or with us.

Feeling someone's presence

It's possible to feel like the person who has died is actually with you. You might smell or hear or even see your partner following their death. For some people this can be very reassuring, and for others disturbing. It usually becomes less common and stops over time.

Physical effects

Grief doesn't just affect our emotions but also affects our health. It's common to suffer headaches, weight changes, sleep disturbance or fatigue. Resistance to illness may be lowered and you might find yourself more likely to catch minor illnesses. If symptoms persist or you are struggling to cope seek help from your GP.

Other changes and losses

The loss of your partner can bring a number of other changes and losses. You face a change of identity from one of a couple to a single person. You may feel pain at the loss of future dreams and how you pictured your life to be in the future. You may face financial difficulties if you have lost a second or primary income and you may have increased family and household responsibility. It may affect your health. Sorting out these issues can take a lot of time and energy.

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When an ex-partner dies

The death of an ex-partner or spouse is a unique and often confusing experience. You may feel shocked, sad, confused or nothing at all. It's important to allow space for your feelings no matter what they are.

If you had a difficult relationship with your ex-partner after your separation you may feel a sense of longing or regret. Maybe you still had feelings for the person but they are in a new relationship, or maybe you felt there was a lot left you would have liked to say to them.

When someone dies, support is often focused on the current partner or children of the person who died. Ex-partners can be left out of the grieving process, even if they were with the person for a long time.

New relationships

In time you might feel pressure to find a new relationship. This pressure may come from ourselves or those around us. Usually other people mean well, but the decision ultimately needs to rest with you, and what feels right for you at that time.

After time has passed you might be ready to introduce someone new into your life. Others do not feel ready for many years, or never. It's important to make the decision that's right for you. If you have children you will also want to weigh up what it means for them. What would it mean to introduce someone new into their lives?

What can help

Remember your partner

Even if someone close dies, the memory of them does not die. Your relationship continues even if they're no longer alive. It can help to think of ways you can keep your partner as part of your life. This might mean organising a special event in their honour or creating a small memorial for them in the home.

Get support with children

If you have young children or teenagers at home you can read about how they may react and how to help them in our factsheet about children and grief.

Anniversaries and reminders

Birthdays, holidays, anniversaries and special days can be very difficult after a partner dies. 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.

Practical and financial matters

If you are struggling financially make sure you are receiving all the benefits you can claim. Citizen's Advice or other community organisations may also be able to offer advice.

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