

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

Language: Somali

Cruse
Bereavement
Support

Marka lamaanaha, ninka ama naagtu ay dhimato

Dhimashada ninkaaga, xaaskaaga ama lamaanahaaga waa mid ka mid ah waayo-aragnimada ugu daran ee nolosha. Dhimashada ninkaaga, xaaskaaga ama lamaanahaaga waa mid ka mid ah waayo-aragnimada ugu daran ee nolosha. Aduunyadaada sidaad u ogeyd inay isbedeshay, waxayna noqon kartaa mid aad u xanuun badan.

Dareenada kala duwan ka dib marka lamaanaha uu dhinto

Kalinimo

Haddii aad la noolayd lamaanahaaga xaqiiqda ah in aysan kula joogin waa wax aan macquul aheyn in la iloobo, dhimashada wehelkaasna waa mid aad u adag. Hadda waxa miiska yaal meel bannaan. Haddii aad sariir la wadaagto, xitaa iskudayida inaad seexato waxay xasuusta wixii kaa lumay.

Luminta xiriirka qotada dheer

Dad badan ayaa u arka luminta xiriirka jireed ama galmo ay ku adagtahay inay u dulqaataan. Waa wax la fahmi karo inaad su xiisto xiriirka qotada dheer iyo isu soo dhawaanshaha lamaanahaaga. Ka hadalka arrintan waxa laga yaabaa inay si gaar ah u dareento mid adag ama aan habboonayn laakiin waxay kaa caawin kartaa inaad sidaas kula samayso qof aad ku kalsoon tahay, ama annaga nala jira.

Dareemida qof kula jooga

Waa suurtoagal in la dareemo in qofka dhintay uu dhab ahaantii kula joogo. Waxaa laga yaabaa inaad uriso ama maqasho ama xitaa aragto lamaanahaaga geeridooda ka dib. Dadka qaarkiis tani waxay u noqon kartaa mid niyad-jab leh, qaarna waxay u noqon kartaa mid dhibta. Caadiyan way yaraataa oo istaagtaa muddo ka dib.

Saamayn jireed

Murugada kaliya ma saameeyaan shucuurteena laakiin sidoo kale waxay saameeyaan caafimaadkeena. Waa wax caadi ah in laga cawdo madax-xanuun, miisaan isbedel, hurdo la'aan ama daal. Cadaadiska jirrada waa la dhimi karaa waxaana laga yaabaa inaad isku

aragto inay aad ugu dhowdahay inay qaadaan cudurro fudud. Haddii astaamuhu sii socdaan ama aad la halgamayso inaad la qabsato caawimaad ka raadso GP-gaaga.

Isbeddellada kale iyo khasaaraha

Waayida lamaanahaaga waxay keeni kartaa dhowr isbedel iyo khasaaro kale. Waxaad wajihi doontaa beddelaad aqoonsi oo laga bilaabo mid ka mid ah lamaanaha oo noqda qof keli ah. Waxaa laga yaabaa inaad dareento xanuunka luminta riyoooyinka mustaqbalka iyo sida aad u sawirtay sida noloshada ay noqonayso mustaqbalka. Waxaa laga yaabaa inaad la kulanto dhibaato dhaqaale haddii aad lumisay dakhliga labaad ama aasaasiga ah waxaana laga yaabaa inaad kordhisay mas'uuliyadda cida iyo qoyska. Waxay saamayn kartaa caafimaadkaaga. Kala soocida arrimahan waxay qaadan kartaa waqti iyo tamar badan.

Marka lamaane hore dhinto

Dhimashada lamaanihii hore ama ninkaadii hore waa khibrad gaar ah oo inta badan jahawareer leh. Waxaa laga yaabaa inaad dareento naxdin, murugo, jahawareer ama waxba. Waa muhiim inaad u ogolaato boos dareenkaaga si kasta oo ay yihiin.

Haddii aad xiriir adag la lahayd lamaanahaagi hore ka dib kala tagiina waxa laga yaabaa inaad dareento hilow ama qoomamo. Waxaa laga yaabaa inaad weli dareen u leedahay qofka laakiin waxay ku jiraan xiriir cusub, ama laga yaabee inaad dareentay inay wax badan ka harsan yihiin oo aad jeclaan lahayd inaad u sheegto.

Marka qof dhinto, taageerada badanaa waxay diiradda saartaa lamaanaha hadda ama carruurta qofka dhintay. Lamaanahii hore waa laga gudbi karaa habka murugada, xitaa haddii ay la jooheen qofka muddo dheer.

Xiriirada cusub

Waqti ka dib waxaa laga yaabaa inaad dareento cadaadis si aad u hesho xiriir cusub. Cadaadiskan ayaa laga yaabaa inuu ka yimaado nafteena ama kuwa nagu xeeran. Caadi ahaan dadka kale waxay ula jeedaan wanaag, laakiin go'aanku wuxuu ugu dambeyntii u baahan yahay inuu kula nasto, iyo waxa kula saxan adiga wakhtigaas.

Ka dib markii wakhtigu ku dhaafo waxaa laga yaabaa inaad diyaar u tahay inaad qof ku cusub noloshada u soo bandhigto. Kuwo kale ma dareemaan inay diyaar u yihiin sanado badan, ama waligood. Waa muhiim inaad sameyso go'aanka adiga kugu habboon. Haddii aad carruur leedahay waxaad sidoo kale rabi doontaa inaad miisaanto waxa ay uga dhigan tahay iyaga. Maxay ka dhigan tahay in qof cusub lagu soo biiriyo noloshada?

Waxaa ku caawin kara

Xusuusnow lamaanahaaga

Xitaa haddii qof u dhow dhinto, xusuustooda ma dhimato. Xidhiidhkaagu wuu sii socdaa xataa haddii aanay hadda noolayn. Waxay ku caawin kartaa inaad ka fikirto siyaabaha aad ugu haysan karto lamaanahaaga sida qayb ka mid ah noloshada. Tani waxay la macno

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noqon kartaa abaabulka dhacdo gaar ah oo sharaftooda ah ama u abuurista xusuus yar iyaga oo guriga ku jira.

U hel kaalmo caruurta

Haddii uu guriga kuu joogaan caruur yar yar ama dhalinyaro waxaad ka akhrisan kartaa sida ay uga falcelinayaan iyo sida loogu caawiyo xaashida xogta muhiimka ah ku saabsan carruurta iyo murugada.

Sanad guurada iyo xasuusinta

Maalmaha dhalashada, ciidaha, sannad-guurada iyo maalmaha gaarka ah waxay noqon karaan kuwo aad u adag ka dib marka lammaanuhu dhinto. Waxay ku caawin kartaa in aad horay uga sii fikirto sida aad u maareyn doonto.

Ilaalinta naftaada

Waa muhiim inaad u fiirsato caafimaadkaaga iyo ladnaantaada. Way adkaan kartaa, laakiin isku day inaad wax cunto, hurudo iyo xoogaa jimicsi samayso.

Arrimaha la taaban karo iyo dhaqaalaha

Haddii aad la halgamayso dhaqaale ahaan hubi inaad hesho dhammaan dheefaha aad codsan karto. Citizen's Advice ama ururada kale ee bulshada ayaa laga yaabaa inay awoodaan inay ku siiyaan talo.

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.

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.

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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

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.

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

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