



Helping Bereaved People

Please call

Freephone 0800 288 4700

for bereavement support in

Carmarthenshire, Pembrokeshire or Ceredigion or

Area Admin

07979 711092

P O Box 34
HAVERFORDWEST
Pembrokeshire SA61 1YS

westwales@cruse.org.uk

www.cruse.org.uk

young people's website:
www.hopeagain.org.uk

Somewhere to turn when someone dies

The death of someone close can affect us in several different ways - emotionally, physically, socially, and in many practical areas of our life. It can present us with one of the greatest challenges that we ever have to face.

CRUSE UNDERSTANDS

Cruse Bereavement Care is a national

organisation with over 60 years of

knowledge and experience of the

effects of bereavement.

Cruse offers personal and confidential

help to bereaved people and those who

care for them through:

✧ The opportunity to talk through

feelings with a trained volunteer

who has counselling skills and

knowledge and understanding of

the process of grief

✧ Information on many aspects of

bereavement

✧ Bereavement support and

friendship groups

Cruse is open to people of all faiths or

none. No charge is made for personal

counselling or for membership of

groups.

Cruse has a wide range of helpful

leaflets and books about bereavement.

A publications list can be supplied.

HOW PEOPLE MAY REACT TO A BEREAVEMENT

Although bereaved people's experience is a very personal one, everyone has some of these feelings after a death and they are normal.

✧ Disbelief or denial - carrying on as if nothing has happened

✧ Shock or numbness

✧ Imagining they still see or hear the

person they have lost

✧ Guilt - feeling they could have done

more or prevented the death from

happening

✧ Anger - at the world, a specific

person or even the person who has

died

✧ Difficulty in sleeping, mood swings,

depression, loss of appetite, lack of

concentration, exhaustion

WEST WALES CRUSE

provides a service throughout the

counties of Carmarthenshire, Ceredigion

and Pembrokeshire using carefully

selected and trained volunteers.

Referrals are welcomed from bereaved

people as well as those who are

concerned for them.

Support is provided at safe, approved

premises or sometimes at home.

Information about Bereavement Support

Groups and Friendship Groups is

available on request.



Cynorthwyo Pobl yn eu Galar

Ffoniwch

Rhadffôn

0800 288 4700

! ofyn am gymorth

mewn profedigaeth

yn Sir Gâr,

Ceredigion neu

Sir Benfro

Gwein, Yr Ardal

07979 711092

Blwch S P 34

HWLFFORDD

Sir Benfro SA61 1YS

westwales@cruse.org.uk

www.cruse.org.uk

gwefan ar gyfer pobl ifanc:

www.hopeagain.org.uk

Mae marwolaeth rhywun annwyl yn gallu effeithio arnom mewn sawl gwahanol ffordd - yn emosiynol, yn gorfforol, yn gymdeithasol ac mewn sawl agwedd ymarferol o'n bywyd. Dyma'r her fwyaf o bosib erioed a wynebdir gennyf.

MAE CRUSE YN DEALL

Mae Cruse - Gofal Mewn Galar - yn fudlad cenedlaethol gyda mwy na 60 mlynedd o wybodaeth a phrofiad o effeithiau galar.

Mae Cruse yn cynnig cymorth personol wedi gwneud rhagor neu fod wedi gallu arbed y farwolaeth rhag digwydd

☒ Gwrthod credu neu wrthod derbyn - yn cario ymlaen fel petai dim byd wedi digwydd

☒ Sioe neu ddiffyg teimlad

☒ Yn dychmygu eu bod yn dal i weld neu glywed y person y meant wedi'i goll!

☒ Enogrwydd - teimlo y gallent fod wedi gwneud rhagor neu fod wedi

☒ Dicter - wrth y byd, person neilltuol neu hyd yn oed y person fu farw

☒ Anhawster i gysgu, hwyliau orlog, iselder, diffyg archwaeath bwyd, methu canolbwytio, gorrudedd

CRUSE GORLEWIN CYMRU

Mae'r Gangen yn cynnig gwasanaeth ledled Sir Gâr, Ceredigion a Sir Benfro drwy ddefnyddio gwirfoddolwyr dehol sydd wedi derbyn hyfforddiant. Croesewir y rhai sy'n galaru yn ogystal â rhai sy'n poeni amdanynt, i gyfeirio achosion at Cruse.

Darparir cynnal i bobl mewn adeiladau diogel a chymeradwy neu, ambeill wath, yn eu cartrefi. Gellir cael gwybodaeth am Grwpiau Cymorth mewn Galar ac am Grwpiau Cyfeillgarwch dim ond gofyn.