



2wish
CYMRU

Our Services

Support for those affected by sudden death in young people

Gweithio mewn
partneriaeth gyda
Working in
partnership with



Iechyd Cyhoeddus
Cymru
Public Health
Wales



BUDDI ANHWYBANGUS YDYR CYMRU
WELSH AIR AMBULANCE CHARITY

Organ Donation
Wales
Rhol Organau
Cymru

CRONFA
GYMUNEDOL
COMMUNITY
FUND





What can we do to help?

Immediate Support

2wish Cymru offer immediate support after the sudden and unexpected death of a child or young person aged 25 years and under. With consent, a professional will inform the charity, pass on your details and you will be contacted within 48 hours of the referral by an Immediate Support Coordinator. When making the initial telephone call the Immediate Support Coordinator will arrange a home visit as soon as possible and provide memory boxes where required. Our support coordinators are there to help you understand the procedure following a sudden child death, provide emotional support and help in any way they can through the initial stages of your loss.

Ongoing Family Support

Once the immediate support has come to an end, your Immediate Support Coordinator will have informed you about other services 2wish Cymru offer and the ways in which you can access ongoing support. The ongoing support is not time limited, allowing access in your own time, to support you and your individual needs.

We do not put a timeline on grief and our service can be accessed at any time. The death of your loved one may have happened some time ago and support was not offered at that time, or you did not feel ready to access available services.

Whatever the reason, 2wish Cymru will support anyone affected by the sudden death of a child or young person whether the death happened yesterday, or twenty years ago.





Counselling

Counselling doesn't aim to hurry the process along; it supports people as they grieve, in their own way and in their own time. 2wish Cymru provide funded sessions of 1:1 counselling with a local, qualified, BACP registered counsellor. You can access this service as an individual, a couple, or as a young person. We can also offer counselling sessions online or over the phone if preferred. We are very much person-led and let you guide the way, providing support that is right for you, when you are ready.

Support for Children and Young People

2wish Cymru offer support for any child or young person following the sudden and unexpected death of a child or young person aged 25 years and under. With consent from a parent or guardian, our Children and Young Person Coordinator will provide immediate and ongoing emotional and practical support to siblings, relatives, and friends. We understand that sometimes young people feel isolated in their grief and may struggle with difficult emotions or feel alone. We offer a safe space for them to speak privately with one of our friendly team about their feelings, emotions, and anything else they wish to talk about.

We hold regular support events giving children and young people the opportunity to enjoy new experiences in a safe environment and meet others who have experienced a similar loss. We also help schools, colleges and universities with bereavement support which can be provided through bespoke workshops, group, and individual sessions.





Parent Support Pathway

2wish Cymru offer a pathway to guide and empower parents when supporting a bereaved child. The pathway is facilitated by specialised child and young person counsellors. They will offer bespoke advice and support to help parents and carers understand and identify the individual needs of their bereaved child. The support available will be age appropriate and may include Play Therapy and Young Person Counselling.

Play Therapy

Play Therapy is a form of psychotherapy that uses play to help children deal with emotional and mental health issues. By using play and creative techniques, children are able to explore their feelings and thoughts and begin to process and understand muddled feeling and upsetting events. Play Therapy is suitable for children aged 4-12 years old. All of our Play Therapists are BAPT or PTUK registered.

Complementary Therapy

2wish Cymru offer complementary therapies like reflexology, aromatherapy massage and Yoga. All are proven to have calming, soothing, and rebalancing benefits, effective for treating stress, anxiety, and insomnia. Complementary therapies can be used solely or combined with counselling.

Focus Support Groups

Focus Support Groups are closed groups facilitated by two qualified and registered counsellors. The focus groups bring together a small group of bereaved family members who have lost their loved one in a similar way. The focus is on group talking, sharing and helping each other to process and understand their



loss within a safe environment. Topics include, triggers, physical aspects of grief and continuing bonds. The friendships that often form from these groups offer peer support and comfort to those who can relate to each other's experiences.

Support Events

Regular support events are held throughout the year. They are tailored for Mum's, Dads, siblings, extended family, and friends. Our events offer the opportunity to enjoy new experiences whilst coming together with others who understand the journey of bereavement and loss.

Support for Professionals and Witnesses

We offer immediate and ongoing confidential support for professionals and witnesses who have been affected by the sudden and unexpected death of a child or young person. Our support includes counselling, complementary therapy and debrief sessions that fit alongside work commitments and daily life.

Ty Uchaf

Ty Uchaf is a beautiful respite cottage situated just south of Caernarfon in North Wales, less than 30m from the beach. The cottage is available for families, professionals, and others to have quality time away to rest, reflect or reconnect. Guests can choose to engage in local attractions, or simply appreciate the natural beauty of their surroundings, spending quality time with loved ones, or much-needed time alone.



Making the first step is always the hardest

Facebook Group

Along with our main 2wish Cymru Facebook page we have a number of closed Facebook groups that are run specifically for the families we support who have experienced the sudden loss of a child or young person. These groups are private and can only be accessed by members.

You can access the groups by searching 2wish Cymru and requesting access from a member of our support team.

2wish Cymru — Families

2wish Cymru — Baby Loss

2wish Cymru — Supporting families bereaved by suicide

2wish Blog — ‘The elephant in the room’

Our journal of grief and loss — this collaborative blog is written by anyone in our community who finds comfort in the cathartic act of writing about their own experiences of grief and loss. The blog aims to provide a sense of belonging to those with shared experience, who live the pain of losing a child or young person every day.

Please let us know if you would like to contribute to our blog, we welcome all entries which can be credited to each author or anonymised upon request.

Contact us

If you feel you would like further support or information about the services we offer, please call or email:

support@2wish.org.uk

01443 853125

www.2wish.org.uk

Registered charity in England and Wales
Charity number: 1168140



Cysylltwch â ni

Os hoffech gymorth neu wybodaeth bellach am y gwasanaethau rydym yn eu cynnig, ffoniwch neu e-bostiwch ni ar:

support@2wish.org.uk

01443 853125

www.2wish.org.uk

Elusen gotrestredig yng Nghymru a Lloegr
Rhif Elusen: 1168140





Y cam cyntaf yw'r cam anoddaf bob amser

Grŵp Facebook

Yn ogystal â phrif dudalen Facebook 2wish Cymru mae gennym nifer o grwpiau Facebook caeedig sy'n cael eu cynnal yn benodol ar gyfer y teuluoedd rydym yn eu cefnogi sydd wedi wnebu colli plentyn neu berson ifanc yn sydyn. Mae'r grwpiau hyn yn breifat a dim ond yr aelodau all gael mynediad atynt.

Gallwch gael mynediad at y grwpiau drwy chwilio 2wish Cymru a gofyn am fynediad gan aelod o'r tîm cymorth.

2wish — Teuluoedd

2wish — Colli Babi

2wish — Cefnogi teuluoedd mewn profedigaeth oherwydd hunanladdiad

Blog 2wish — 'Yr eliffant yn yr ystafell'

Ein cyfnodolyn o alar a cholled – mae'r blog cydweithredol hwn yn cael ei ysgrifennu gan unrhyw un yn ein cymuned sy'n cael cysur yn y weithred cathartig o ysgrifennu am eu profiadau eu hunain o alar a cholled. Mae'r blog yn anelu i roi ymdeimlad o berthyn i'r rhai sy'n rhannu'r profiad, sy'n byw â'r boen o gollu plentyn neu berson ifanc.

Gadewch i ni wybod os hoffech gyfrannu at ein blog, rydym yn croesawu pob cais y gellir ei gredydu i bob awdur neu ei roi'n ddiennw ar gais.

sbardunau, agweddau ffigol o alar a chysylltadau parhaus. Mae'r cyfeillgarwch sy'n aml yn cael eu ffurfio o'r gwmpiau hyn yn cynnig cymorth cymhellir a chysur i'r rheini a all uniaethu â phroffadau ei gilydd.

Cenogwch Ddigiwyddiadau

Cynhellir digwyddiadau cymorth rheolaidd drwy gydol y flwyddyn. Maent yn bwrpasol ar gyfer mamau, tadau, brodyr a chwiorydd, teulu estynedig a ffriindiau. Mae ein digwyddiadau yn cynnig y cyllir i fwyhau profiadau newydd wrth ddod ynghyd ag eraill sy'n deall tath profedigaeth a cholled ar yr un pryd.

Cymorth i bobl broffesiynol a thystion

Rydym yn cynnig cymorth uniongyrchol a pharhaus cyfrinachol i bobl broffesiynol a thystion y mae marwolaeth sydyn ac annisgwyl i plentyn neu berson ifanc wedi effeithio arnynt. Mae ein cymorth yn cynnwys cwnsela, therapi cyllenwol a sesiynau ôl-drafodaeth y gellir eu cynnal ochr yn ochr ag ymrwymtadau gwaith a bywyd o ddwydd i ddydd.

Ty Uchar

Bwthyn seibiant hyfryd yw Ty Uchar wedi'i leoli ychydig i'r de o Gaernarfon, lai na 30m o'r traeth. Mae'r bwthyn ar gael i deuluoedd, pobl broffesiynol ac eraill i gael amser gwerthfawr i ymlacio, i ffrystro neu i ailgysylltu. Gall ymwelwyr ddeuwis ymgysylltu mewn atyniadau lleol, neu werthfawrogi harddwch naturiol yr ardal o'u hamgylch, treulio amser gwerthfawr.





Llwybr Cymorth Rhiant

Mae Zwiſh Cymru yn cynnig llwybr i arwain a grymuſo rhieni wrth gefnogi plentyn mewn profedigaeth. Caiff y llwybr hwn ei hwyluso gan gwnselwyr arbennigol plant a phobl ifanc. Byddant yn cynnig cynngor pwrpasol a chymorth i helpu rhieni a gwarcheidwaid i ddeall a nodi anghenion unigol eu plentyn mewn profedigaeth. Bydd y cymorth fydd ar gael yn berthnasol i'w hoedran a gall gynnwys Therapi trwy Chwarae a Chwnsela Pobl Ifanc.

Therapi trwy Chwarae

Mae Therapi trwy Chwarae yn ffurf o seicotherapi sy'n defnyddio chwarae i helpu plant i ddelio â materion iechyd meddwl ac emosiynol. Drwy ddefnyddio chwarae a thechnegau creadigol, gall plant archwilio eu teimladau a'u meddyliau a dechrau prosesu a deall teimladau cymysg a digwyddiadau sy'n peri gofid. Mae Therapi trwy Chwarae yn addas i plant 4-12 oed. Mae pob un o'n Therapyddion Chwarae wedi'u cofrestru â BACP neu PTUK.

Therapi Cylfenwol

Mae Zwiſh Cymru yn cynnig therapïau cyflenwol megis adweithieg, tyllino aromatherapi a Ioga. Mae tystiolaeth bod gan bob un ohonynt fanteision sy'n ymlacio, tawelu ac ail-gydbwysu, ac yn effeithiol ar gyfer trin straen, pen eu hunain neu ar y cyd â chwnsela.

Grwpiau Cymorth Ffocws

Grwpiau Cymorth Ffocws yw grwpiau caeedig a gaiff eu hwyluso gan ddau gynghorwr cymwysedig a chofrestredig. Mae'r grwpiau ffocws yn uno grwp bach o aelodau o'r teulu sydd wedi cael profedigaeth wedi colli eu hanwyl yd mewn modd tebyg. Y ffocws yw starad, rhanu a helpu ei gilydd fel grwp I brosesu a deall eu colled mewn amgylchedd diogel. Mae'r testunau'n cynnwys

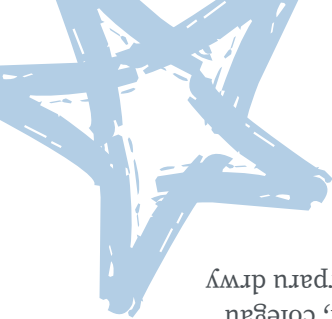
Cwswela

Nid nod cwswela yw brysior broses yn ei blaen; mae'n cefnogi pobl wrth iddynt alaru, yn eu ffordd eu hunain ac yn eu hamser eu hunain. Darperir sesiynau cwswela personol wedi'u harianu gan 2wish Cymru gyda chwswelydd cymwysedig lleol sydd wedi'i gofrestru â BACP. Gallwch ddefnyddio'r gwasanaeth hwn fel unigolyn, cwp, neu fel person ifanc. Gallwn hefyd gynig sesiynau cwswela ar-lein neu dros y ffôn os byddai'n well gennyh. Rydym yn cael ein harwain gan y person i bob pwrpas ac yn gadael i chi arwain y ffordd, gan ddarparu cymorth sy'n iawn i chi, pan fyddwch yn barod.

Cymorth i Blant a Phobl Ifanc

Mae 2wish yn rhoi cymorth i unrhyw blentyn neu berson ifanc yn dilyn marwolaeth sydyn ac annisgwyl plentyn neu berson ifanc 25 oed ac iau. Gyda chaniatâd gan riant neu warcheidwad, bydd ein Cydlynedd Plant a Phobl Ifanc yn darparu cymorth emosïynol ac ymarferol uniongyrchol a pharhaus i frodyr a chwiorydd, perthnasau a ffrindiau. Rydym yn deall bod pobl ifanc weithiau'n teimlo'n unig yn eu gal ar ac efallai eu bod yn gweld delio ag emosïynau cymhleth yn anodd neu'n teimlo'n unig.

Rydym yn cynig man diogel iddynt siarad am eu teimladau, eu hemosiynau, neu unrhyw beth arall y dymunant siarad amdano gydag un o'n tîm cyfeillig, yn breifat. Rydym yn cynnal digwyddiadau cymorth rheolaidd gan roi'r cyfle i blant a phobl ifanc fwyhanau profiadau newydd mewn amgylchedd diogel a chyfarfod ag eraill sydd wedi wnebu colled debyg. Rydym hefyd yn helpu ysgolion, colegau a phrifysgolion gyda chymorth profedigaeth y gellir ei ddarparu drwy weithdai pwrpasol, sesiynau grŵp a sesiynau unigol.





Beth y gallwn ni ei wneud i helpu?

Cymorth Uniongyrchol

Mae Zwisch Cymru yn cynnig cymorth uniongyrchol yn dilyn marwolaeth sydyn ac amnysgwyli plentyn neu berson ifanc 25 oed ac iau. Gyda'ch caniatâd, bydd gweithiwr profesiynol yn rhannu eich manylion a bydd Cydlynudd Cymorth Uniongyrchol yn cysylltu â chi o fewn 48 awr i'r atgyfeiriad. Yn ystod y cyswllt cyntaf dros y ffon, bydd y Cydlynudd Cymorth Uniongyrchol yn trefnu ymweliad â'ch cartref cyn gynted â phosibl ac yn darparu blychau cofio lle bo angen. Mae ein cydlynwyr cymorth yno i'ch helpu i ddeall y broses yn dilyn marwolaeth sydyn plentyn, rhoi cefnogaeth emosïynol a'ch helpu mwyn unrhyw ffordd posibl yn ystod camau cynnar eich colled.

Cymorth Teuloi Parhaus

Unwaith y daw'r cymorth uniongyrchol i ben, bydd eich Cydlynudd Cymorth Uniongyrchol yn rhoi gwybod i chi am wasanaethau eraill y mae Zwisch Cymru yn eu cynnig a'r modd y gallwch gael gafael ar gymorth parhaus. Nid oes cyfngiad amser ar y cymorth parhaus, gan alluogi i chi gael gafael arno yn eich amser eich hun, i'ch cefnogi chi a'ch anghenion unigol.

Nid ydym yn amseru galar a gallwch fantestio ar ein gwasanaeth ar unrhyw adeg. Efallai bod marwolaeth eich anwylyd wedi digwydd gryn dipyn o amser yn ôl ac na chawsoch gymorth ar yr adeg honno, neu nad oedddech yn teimlo'n barod i wneud defnydd o'r gwasanaethau oedd ar gael. Beth bynnag fo'r rheswm, bydd Zwisch Cymru yn cefnogi unrhyw un y mae marwolaeth sydyn plentyn neu berson ifanc wedi effeithio arnynt, p'un a ddigwyddodd y farwolaeth ddoe, neu ugain mlynedd yn ôl.



CRONFA
COMMUNITY
FUND

Organ Donor
Wales
RECORD CENTRE

WELSH AMBULANCE CHARITY



Welsh Ambulance
Charity

SHN
WELSH
HEALTH
NHS



SHN
WELSH
HEALTH
NHS



SHN
WELSH
HEALTH
NHS



partnership with
Welsh Ambulance
Charity

Cefnogi'r rhai y mae marwolaeth sydyn pobl
ifanc wedi effeithio arnynt

Gwasanaethau

Ein

2wish
CYMRU

