

Diwrnod o Fyfyrdod 2024

Pecyn croeso

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#DayOfReflection



Day of Reflection 2024

Welcome pack

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Beth yw'r Diwrnod o Fyfyrddod?

Mae Diwrnod o Fyfyrddod Marie Curie yn digwydd ddydd Sul 3 Mawrth ac rydym am i chi fod yn rhan ohono. Mae'r Diwrnod o Fyfyrddod yn foment arbennig yn y calendr i gofio pawb a fu farw yn ystod y pandemig, i gefnogi pobl sy'n galaru, ac i gymryd amser i gydnabod a myfyrio ar y tristwch, y golled ar y cyd a'r

galar heb ei ddatrys a ddaeth i'r amlwg o gyfnodau mor anarferol.

Fel elusen diwedd oes flaenllaw'r DU, rydym yn gwybod pa mor bwysig yw cydnabod a myfyrio ar ein galar. Dyna pam rydym ni'n annog pawb i gymryd eiliad i fyfyrio, megis munud o dawelwch, i anrhydeddu'r rhai sydd wedi marw ac

i rannu enw rhywun annwyl rydych chi'n ei gofio ar y diwrnod. Gallwch wneud hyn ar y cyfryngau cymdeithasol; mewn digwyddiad lleol; neu mewn unrhyw ffordd sy'n teimlo'n iawn i chi.

Gwybodaeth am Marie Curie

Marie Curie yw prif elusen diwedd oes y DU. Rydym ni yma i unrhyw un sydd â salwch maen nhw'n debygol o farw ohono, a'r rhai sy'n agos atynt. Beth bynnag yw'r salwch, ble bynnag yr ydych chi, rydym ni gyda chi tan y diwedd.

Rydym yn dod â 75 mlynedd o brofiad ac yn arwain ymchwil i'r gofal a roddwn gartref, yn ein hosbisau a thros y ffôn. Ac rydym yn gwthio am ddiwedd oes gwell i bawb drwy ymgyrchu a rhannu ymchwil i newid y system.



Gwylwch rai o uchafbwyntiau
Diwrnod o Fyfyrddod y llynedd

What is the Day of Reflection?

Marie Curie's Day of Reflection is happening on Sunday 3 March and we want you to be a part of it. The Day of Reflection a special moment in the calendar to remember everyone who died during the pandemic, to support people who are grieving, and to take time to recognise and reflect on the

sorrow, collective loss and unresolved grief that emerged from such unusual times.

As the UK's leading end of life charity, we know just how important it is to acknowledge and reflect on our grief. That's why we're encouraging everyone

to take a moment to reflect, such as a minute's silence, to honour those who've died and to share the name of a loved one you're remembering on the day. You can do this on social media; at a local event; or in any way that feels right to you.

About Marie Curie

Marie Curie is the UK's leading end of life charity. We are here for anyone with an illness they're likely to die from, and those close to them. Whatever the illness, wherever you are, we're with you to the end.

We bring 75 years of experience and leading research to the care we give at home, in our hospices and over the phone. And we push for a better end of life for all by campaigning and sharing research to change the system.



Watch some of the highlights from last year's Day of Reflection

Tair ffordd i gymryd rhan



Cymerwch amser i fyfyrto

P'un a ydych chi'n unigolyn neu'n rhan o sefydliad, gallwn ddarparu syniadau ac adnoddau i'ch helpu i nodi'r diwrnod yn eich ffordd eich hun.



Rhannwch eu henw

Dywedwch wrthym pwy rydych chi'n ei gofio trwy ysgrifennu eu henw ar betal (gweler tudalen 4 am fwy o fanylion ar sut i wneud hyn).



Cymerwch ran mewn digwyddiad

Dywedwch wrthym am y digwyddiadau myfyriol rydych chi'n eu cynllunio, megis munud o dawelwch neu ymunwch â gweithgaredd myfyriol sy'n lleol i chi.

Three ways to get involved



Take time to reflect

Whether you're an individual or part of an organisation, we can provide ideas and resources to help you mark the day in your own way.



Share their name

Tell us who you're remembering by writing their name on a petal (see page 4 for more details on how to do this).



Take part in an event

Tell us about the reflective events you're planning, such as a minute's silence, or join a reflective activity local to you.

Syniadau ar gyfer eich gweithle

Fel rhan o'r Diwrnod o Fyfyrdod eleni, rydym yn gofyn i chi a'ch teuluoedd, cymunedau, ysgolion a gweithleoedd ddod ynghyd i fyfyrion a chofio pawb a fu farw yn ystod y pandemig, beth bynnag yw'r achos. Rydym am i chi ddweud wrthym pwy rydych chi'n ei gofio ar y diwrnod trwy ysgrifennu eu henw ar un o'n petalau y gellir eu lawrlwytho.



Dywedwch wrthym pwy rydych chi'n ei gofio ar gyfryngau cymdeithasol trwy ddefnyddio'r hashnod **#DayOfReflection** a thagio **@mariecurieuk**.



Byddwch yn greadigol P'un a ydych chi'n dewis ysgrifennu enw ar eich petal neu ddim ond ei addurno, meddyliwch am ble yr hoffech chi ei arddangos pan fydd wedi'i orffen. Efallai bod ffenestr neu wal y gallwch annog cydweithwyr i ychwanegu eu petalau pwrpasol atynt.



Gwnewch amser i gydweithwyr siarad a rhannu Efallai y bydd yn helpu i ymglyfarwyddo â'n **tudalennau gwe Galar yn y Gwaith** cyn sgwrsio gyda chydweithwyr am brofedigaeth a galar.



Lawrlwythwch adnoddau Efallai yr hoffech chi fenthyg syniadau o'n pecyn ysgolion neu **lawrlwytho petalau** i'ch cydweithwyr ysgrifennu arnynt neu eu haddurno.

Ideas for your workplace

As part of this year's Day of Reflection, we're asking you and your families, communities, schools and workplaces to come together to reflect and remember all those who died during the pandemic, whatever the cause. We want you to tell us who you're remembering on the day by writing their name on one of our downloadable petals.



Tell us who you're remembering

on social media by using the hashtag **#DayOfReflection** and tagging **@mariecurieuk**.



Get creative

Whether you choose to write a name on your petal or simply decorate it, think about where you might like to display it when it's finished.

Perhaps there's a window or wall that you can encourage colleagues to add their dedicated petals to.

Make time for colleagues



to talk and share

It might help to familiarise yourself with our **Grief at Work webpages** before having conversations with colleagues about bereavement and grief.



Download resources

You might like to borrow ideas from our schools pack or **download petals** for your colleagues to write on or decorate.

Diwrnod o Fyfyrdod Cenedlaethol

Ar gyfer Diwrnod o Fyfyrdod eleni rydyn ni wedi creu petal **Marie Curie melyn arbennig** y gallwch ei ddefnyddio i rannu enw person sydd wedi marw rydych chi'n ei gofio.

Does dim ffordd gywir nac anghywir o alaru, ond dyma rai awgrymiadau i gychwyn arni:

Cadwch bethau'n syml

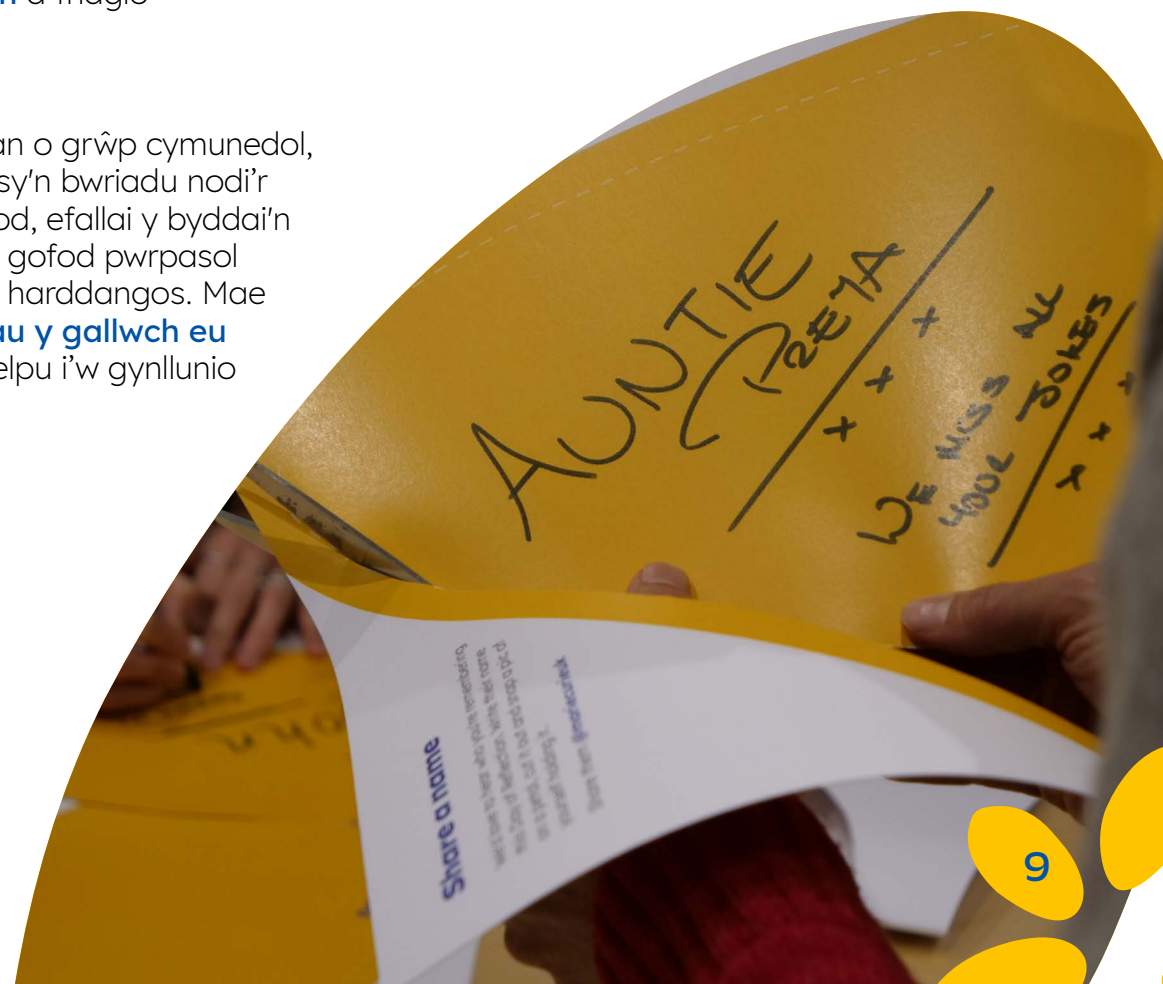
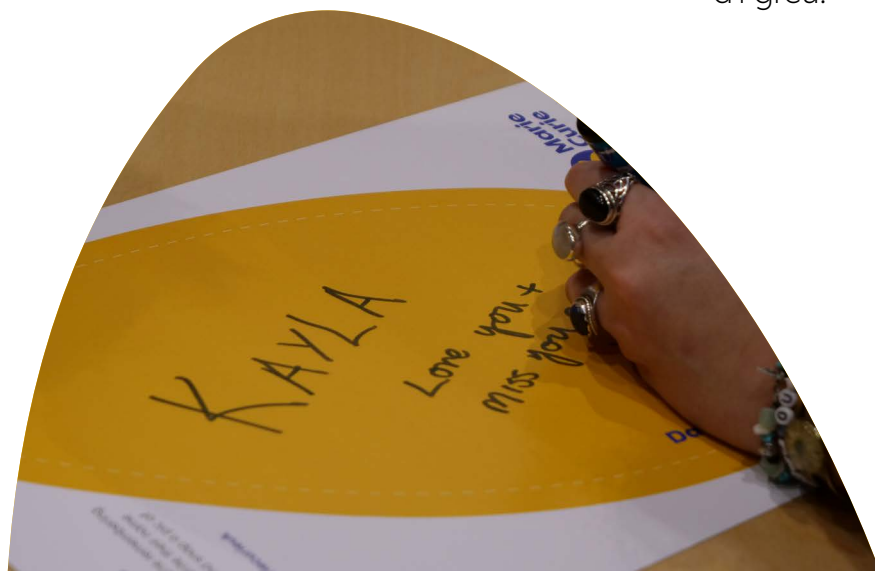
Gallai fod mor syml ag ysgrifennu enw neu addurno petal, ond os ydych chi am adrodd stori rhywun annwyl, mae hynny'n iawn hefyd. Dywedwch wrthym pwy rydych chi'n ei gofio trwy ei ysgrifennu ar un o'n petalau y gellir eu lawrlwytho.

Rhannwch eich petal

Chi sydd i benderfynu sut rydych chi'n rhannu'ch petal – efallai yr hoffech chi ei arddangos yn ffenestr eich cartref, ysgol, neu weithle, neu os ydych chi am iddo gael ei weld gan hyd yn oed mwy o bobl, beth am rannu llun neu fideo gyda ni ar Instagram neu TikTok gan ddefnyddio **#DayOfReflection** a thagio **@mariecurieuk**

Crëwch ofod

Os ydych chi'n rhan o grŵp cymunedol, ysgol neu weithle sy'n bwriadu nodi'r Diwrnod o Fyfyrdod, efallai y byddai'n well gennych greu gofod pwrpasol i'r petalau gael eu harddangos. Mae gennym **adnoddau y gallwch eu lawrlwytho** i'ch helpu i'w gynllunio a'i greu.



Using your Day of Reflection petals

For this year's Day of Reflection we've created a **special yellow Marie Curie petal** that you can use to share the name of a person who has died that you're remembering.

There's no right or wrong way to use the petals, but here are a few suggestions for getting started:

Keep it simple

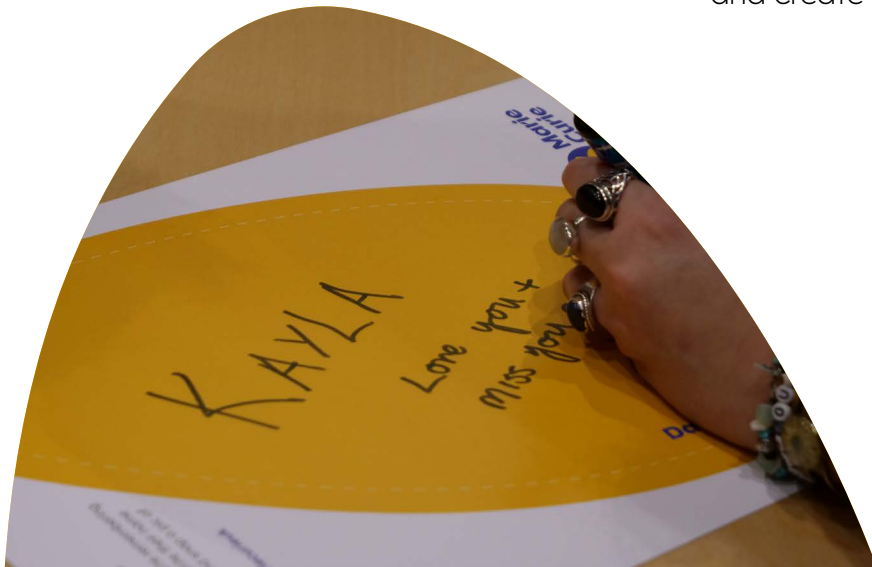
It could be as simple as writing a name or decorating a petal, though if you want to tell a loved one's story, that's fine too. Tell us who you're remembering by writing it on one of our downloadable petals.

Share your petal

It's up to you how you share your petal – you might like to display it in the window of your home, school, or workplace, or if you want it to be seen by even more people, why not share a picture or video with us on Instagram or TikTok using **#DayOfReflection** and tagging **@mariecurieuk**

Create a space

If you're part of a community group, school or workplace that plans to mark the Day of Reflection, you might prefer to create a bespoke space for the petals to be displayed. We have **resources you can download** to help you plan and create it.



Adnoddau profedigaeth

Adnoddau i helpu'ch sefydliad i reoli profedigaeth

Rydyn ni i gyd wedi bod yno: y sgysiau trwsogl, y distawrwydd poenus. Pan fydd rhywun mewn profedigaeth, gall fod yn anodd gwybod sut i ymateb. Rydyn ni i gyd eisiau helpu, ond weithiau gall fod yn dir peryglus.

Yn Marie Curie, rydyn ni'n gwybod y gall newidiadau bach, syml wneud gwahaniaeth mawr i bobl sy'n galaru.

Rydyn ni yma i helpu'ch sefydliad i drawsnewid y ffordd rydych chi'n cefnogi eich cydweithwyr sydd mewn profedigaeth.

Cychwynnwch arni yn mariecurie.org.uk/grief-at-work



Cymorth os rydych chi neu rywun rydych chi'n ei adnabod yn galaru

Os ydych chi, neu rywun rydych chi'n ei adnabod, yn galaru, gall Llinell Gymorth Marie Curie helpu.

P'un a oedd eich profedigaeth yn ddisgwyliedig, yn ddiweddar neu beth amser yn ôl, rydym yma i wrando a thrafod eich pryderon ymarferol ac emosiynol. Gallwn hefyd eich cefnogi cyn i'ch anwylyd farw.

Siaradwch ag un o'n Swyddogion Llinell Gymorth hyfforddedig neu mynnwch gymorth parhaol gan wirfoddolwr profedigaeth.

Ffoniwch **0800 090 2309** am ddim

Bereavement resources

Resources to help your organisation manage bereavement

We've all been there: the clumsy conversations, the painful silences. When someone is bereaved, it can be hard to know how to react. We all want to help but it can feel like a bit of a minefield.

At Marie Curie, we know small, simple changes can make a big

difference to grieving people. We're here to help your organisation transform the way you support your colleagues who are bereaved.

Get started at
mariecurie.org.uk/grief-at-work



Support if you or someone you know is grieving

If you, or someone you know, is grieving, the Marie Curie Support Line can help.

Whether your bereavement was expected, happened recently or was some time ago, we're here to listen and discuss your practical and emotional concerns. We can also support you

before your loved one dies.

Speak to one of our trained Support Line Officers or get ongoing support from a bereavement volunteer.

Call free on **0800 090 2309**

Helpwch i ledaenu'r gair

Beth bynnag a wnewch ar gyfer y Diwrnod o Fyfyrdod, rhannwch eich lluniau, meddyliau, straeon a phrofiadau gan ddefnyddio **#DayOfReflection** a thagio **@mariecurieuk**

Os ydych chi'n gwneud gweithgaredd neu'n cynnal digwyddiad, rhannwch ef trwy ei ychwanegu at ein map digwyddiadau yn **dayofreflection.org.uk**

Mae pecynnau cymorth a thempledi defnyddiol ar y wefan hefyd, gan gynnwys ein petal y gellir ei lawrlwytho a phecyn y gellir ei ddefnyddio mewn ysgolion.

Unrhyw gwestiynau, syniadau neu awgrymiadau?

Cysylltwch â'n tîm Diwrnod o Fyfyrdod

E-bostiwch dayofreflection@mariecurie.org.uk

Dysgwch am gefnogi gwaith hanfodol Marie Curie mewn ffyrdd eraill

Ewch i mariecurie.org.uk/get-involved



Spread the word

Whatever you do for the Day of Reflection, please share your photos, thoughts, stories and experiences using [#DayOfReflection](#) and tag [@mariecurieuk](#)

If you're doing an activity or hosting an event, please share it by adding it to our event map at [dayofreflection.org.uk](#)

There are useful toolkits and templates on the site too, including our downloadable petal and a pack that can be used in schools.

Any questions, ideas or suggestions?

Please get in touch with our Day of Reflection team

Email

Find out about supporting Marie Curie's vital work in other ways

Visit

