

Diwrnod o Fyfyrdod 2024

Cymerwch ran fel ysgol

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#DayOfReflection



Day of Reflection 2024

Get your school involved

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#DayOfReflection



Diolch am gael eich ysgol i fod yn rhan o Ddiwrnod o Fyfyrdod 2024

Mae Diwrnod o Fyfyrdod Marie Curie ddydd Sul 3 Mawrth 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 gyfnod mor anarferol.

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

Er bod y diwrnod wedi'i wreiddio yn y pandemig, rydym yn gofyn i ysgolion gymryd rhan mewn unrhyw ffordd sy'n gweddu i'w cymuned ar unrhyw adeg yn ystod yr wythnos cyn neu ar ôl y diwrnod. Boed hynny'n cynllunio gwasanaethau neu sesiwn ar alar neu blannu er cof am bobl sydd wedi marw yn ystod y flwyddyn ddiwethaf. Sut bynnag y byddwch chi'n dewis cymryd rhan, gadewch i ni gymryd y foment hon i gydnabod ein galar, cymryd amser a lle i fyfyrio a chofio, ac i gefnogi ein gilydd.

Rydym yn gofyn i chi wneud y pethau canlynol...



Cymerwch amser i fyfyrio

Defnyddiwch ein syniadau a'n hadnoddau i helpu eich ysgol i nodi'r diwrnod yn eich ffordd eich hun.



Rhannwch eu henw

Dywedwch wrthym pwy mae eich ysgol yn cofio ar Ddiwrnod o Fyfyrdod eleni gan ddefnyddio ein **petal y gellir ei lawrlwytho**.



Cymerwch ran mewn digwyddiad

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

Thank you for getting your school involved in the Day of Reflection 2024

Marie Curie's Day of Reflection on Sunday 3 March is 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 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.

Although the day is rooted in the pandemic, we're asking schools to get involved in any way that suits their community at any time in the week leading up to, or after the day. Whether that's planning an assembly or session on grief or planting in memory of people who have died in the past year. However you chose to get involved, let's take this moment to acknowledge our grief, take time and space to reflect and remember, and to support one another.

We're asking you to...



Take time to reflect

Make use of our ideas and resources to help your school mark the day in your own way.



Share their name

Tell us who your school is remembering on this year's Day of Reflection using our [downloadable petal](#).



Take part in an event

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

Cyn i chi ddechrau, dyma rai awgrymiadau gan ein partneriaid, y Rhwydwaith Profedigaeth Plentyndod

Mae'r tudalennau isod yn cynnwys awgrymiadau o fwy o ffyrdd y gall eich ysgol gymryd rhan.

Gall cynnal gwrs am brofedigaeth a galar deimlo'n frawychus ac yn llethol. Mae llawer o **adnoddau ar gael i'ch cefnogi a'ch** tywys drwy'r sgysiau pwysig hyn.

Edrychwch hefyd ar ein cymorth i oedolion, a allai fod o gymorth i chi'ch hun, rhieni/gwarcheidwaid neu gydweithwyr.

Mae'n bwysig iawn cael eich arwain gan eich disgyblion ac wrth gynllunio'r wers hon, gwnewch yn siŵr eich bod yn caniatáu gwahanol ffyrdd i'ch disgyblion ymgysylltu â'r pynciau hyn. Meddyliwch am y canlynol:

- Mannau i gael amser allan os yw hwn yn bwnc sensitif i'r disgyblion hynny a allai fod yn delio â thrawma neu brofedigaeth.
- Gwahanol adnoddau sy'n ysgogi trafodaethau ynghylch cefnogi eich gilydd drwy ac ar ôl profedigaeth.
- Siarad am y pwnc yn gyntaf gyda disgyblion mewn profedigaeth hysbys a'u rhieni/gwarcheidwaid.

Cyn i chi gynllunio unrhyw wers, efallai yr hoffech ystyried y canlynol:

- Pa gwestiynau allai godi gan eich disgyblion a sut allech chi eu hateb? Er enghraifft, efallai y byddan nhw'n gofyn am wahanol gredoau am farwolaeth a galar.
- Sut byddwch chi'n paratoi disgybl y gwyddys ei fod mewn profedigaeth?
- Beth fyddwch chi'n ei wneud os bydd disgybl yn datgelu profedigaeth am y tro cyntaf yn ystod y wers?
- Beth fyddai'r arwyddion bod angen mwy o amser ar eich disgyblion i drafod hyn?
- Pa fesurau y byddwch yn eu rhoi ar waith ar gyfer unrhyw ddisgybl a allai fod yn ofidus ynghylch y pwnc hwn?
- Mae llawer mwy o gefnogaeth ac awgrymiadau adnoddau yng nghefn y pecyn hwn i helpu gydag unrhyw gynllunio.



Before you get started, here's some tips from our partners, the Childhood Bereavement Network

The following pages include suggestions of more ways your school can get involved.

Running a lesson about bereavement and grief can feel daunting and overwhelming. There are lots of **resources available to support and guide you** through these important conversations.

Please also look at our adult support, which you might find helpful for yourself, parents/guardians or colleagues.

It's really important to be led by your pupils and when planning this lesson, make sure you allow different ways for your pupils to engage around these topics. Think about:

- Spaces for time out if this is a sensitive topic for those pupils who could be dealing with trauma or bereavement.
- Different resources that provoke discussions around supporting each other through and after a bereavement.
- Talking about the topic first with known bereaved pupils and their parents/guardians.

Before you plan any lesson, you may want to consider the following:

- What questions might come up from your pupils and how might you answer them? For example, they might ask about different beliefs about death and grief.
- How will you prepare a pupil who is known to be bereaved?
- What will you do if a pupil discloses a bereavement for the first time during the lesson?
- What would be the signs that your pupils need more time to discuss this?
- What measures will you put in place for any pupil who may become upset or distressed about this topic?
- There's lots more support and suggested resources at the back of this pack to help with any planning.



Cofio a dathlu bywydau

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 ar y diwrnod.

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

Cadwch bethau'n syml

Gallai fod mor syml â gofyn i'ch disgyblion ysgrifennu enw neu addurno petal, ond os ydyn nhw am adrodd stori rhywun annwyl, mae hynny'n iawn hefyd. Gofynnwch iddyn nhw ddweud wrthym pwy maen nhw'n ei gofio ar y Diwrnod o Fyfyrdod 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 petalau – efallai yr hoffech chi eu harddangos mewn ystafelloedd dosbarth neu yn y neuadd. Os ydych chi am i'ch petalau gael eu gweld 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

Efallai yr hoffech chi sefydlu arddangosfa lle gall disgyblion, athrawon ac ymwelwyr ychwanegu eu petalau, neu efallai yr hoffech annog disgyblion i atodi eu petalau i goed ar dir yr ysgol.



Remembering and celebrating lives

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 on the day.**

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

Keep it simple

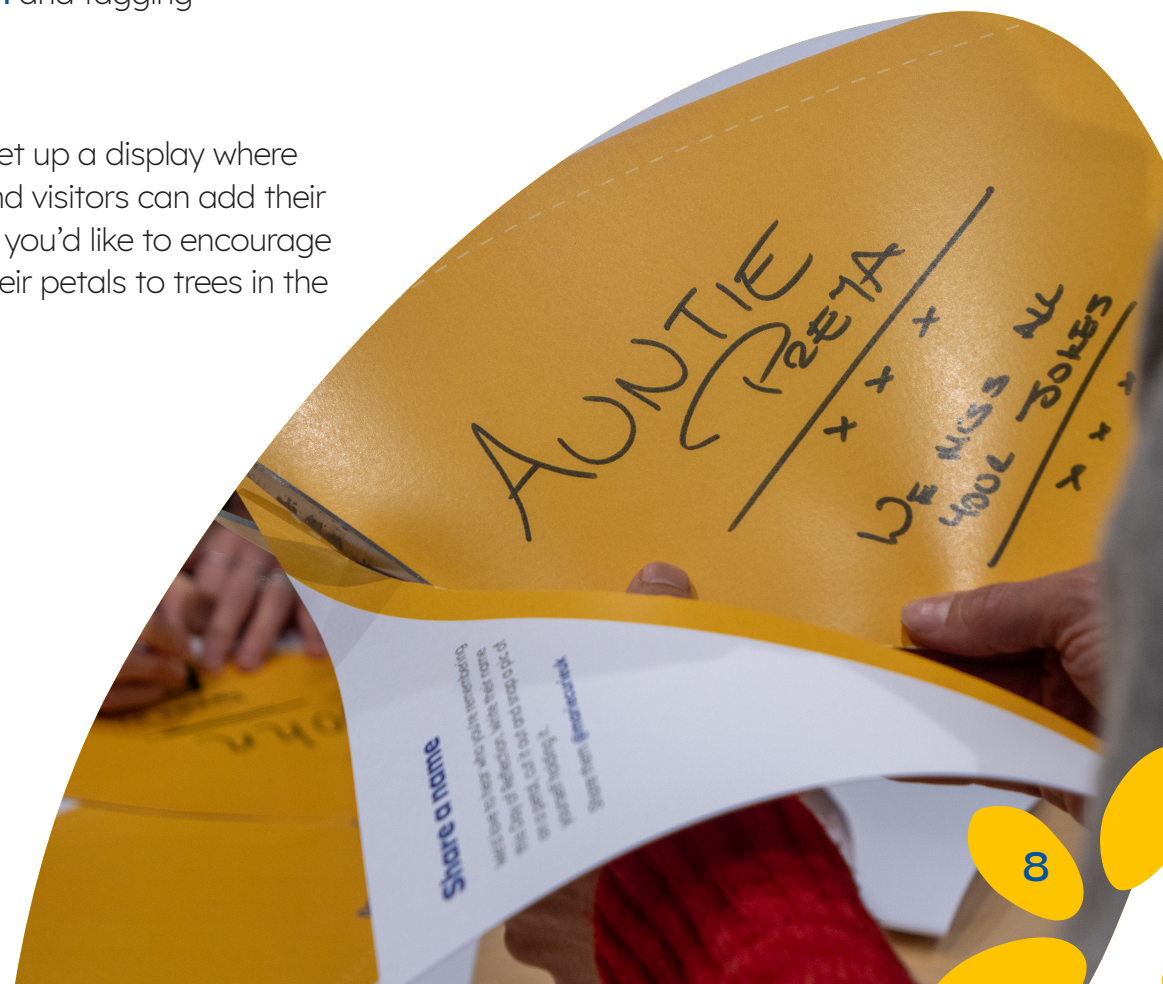
It could be as simple as asking your pupils to write a name or decorate a petal, though if they want to tell a loved one's story, that's fine too. Ask them to tell us who they're remembering on the Day of Reflection by writing it on one of our downloadable petals.

Share your petal

It's up to you how you share your petals – you might like to display them in classrooms or in the hall. If you want your petals 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

You might like to set up a display where pupils, teachers and visitors can add their petals, or perhaps you'd like to encourage pupils to attach their petals to trees in the school grounds.



Mwy o ffyrdd i gael eich ysgol i gymryd rhan

Plannu coeden neu flodau i symboleiddio gobaith

Yn ogystal â chofio ein hanwyliaid sydd wedi marw a chefnogi pobl sy'n galaru, mae'r Diwrnod o Fyfyrdod hefyd yn ymwneud â gobaith ac edrych ymlaen.

Mae plannu coeden neu hau hadau yn y gobaith o flodau hardd y eich ysgol yn y misoedd i ddod yn un ffordd o wneud hyn.

Efallai yr hoffech chi gysegru coeden neu wely blodau i'r bobl yng nghymuned eich ysgol sydd wedi marw.

Gall natur ddod â chysur yn ystod galar mewn sawl ffordd wahanol. I gael ysbrydoliaeth plannu, [ewch i Siop Ardd Marie Curie](#).



More ways to get your school involved

Plant a tree or flowers to symbolise hope

As well as remembering our loved ones who've died and supporting people who are grieving, the Day of Reflection is also about hope and looking forward.

Planting a tree or sowing seeds in the hope of beautiful blooms in months to come at your school is one way to do this.

Perhaps you'd like to dedicate a tree or flower bed to the people in your school community who have died.

Nature can bring comfort during grief in lots of different ways. For planting inspiration, [visit the Marie Curie Garden Shop](#).



Mwy o ffyrdd i gael eich ysgol i gymryd rhan

Gwneud gweithgaredd ysgrifennu coffa

Gallwch ofyn i'ch myfyrwyr ysgrifennu am rywun maen nhw'n ei gofio. Does dim rhaid iddyn nhw fod wedi marw – efallai nad ydyn nhw wedi gallu eu gweld ers sbel neu eu bod nhw wedi symud i ffwrdd.

1. Rhowch ddwy funud iddyn nhw ysgrifennu popeth maen nhw'n ei gofio amdany'n nhw mor gyflym â phosibl.
2. Gofynnwch iddyn nhw ysgrifennu llythyr i'r person, a'i roi mewn amlen gyda'i enw arno.
3. Arddangoswch yr amlenni ar Wal Fyfyrio. Nid yw'r llythyrau eu hunain byth yn cael eu gweld, dim ond y person y cyfeirir atynt.

Mae mwy o **adnoddau ysgrifennu** ar gael gan ein partneriaid Twinkl.



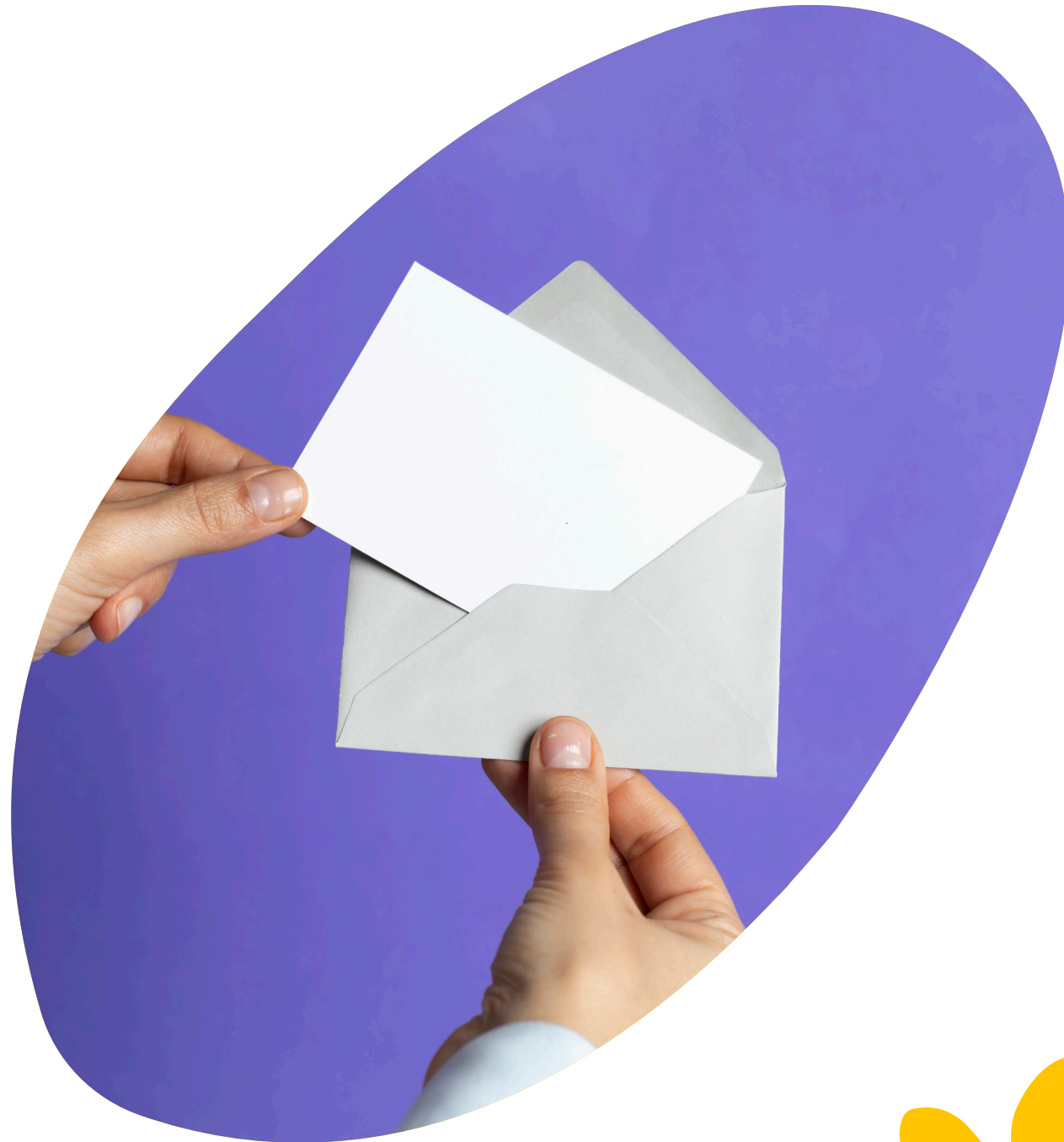
More ways to get your school involved

Do a remembrance writing activity

You could ask your students to write about someone they remember. They don't have to have died – it could just be that they haven't been able to see them for a while or they've moved away.

1. Give them two minutes to write out everything they remember about them as quickly as possible.
2. Ask them to write the person a letter, put it in an envelope with their name on.
3. Display the envelopes as a Wall of Reflection. The letters themselves are never seen, just the person they're addressed to.

There are more [writing resources](#) available from our partners Twinkl.



Mwy o ffyrdd i gael eich ysgol i gymryd rhan

Gwneud myfyrdod dan arweiniad 'blodyn y gwanwyn sy'n tyfu'

Ar gyfer disgyblion iau oedran ysgol gynradd, defnyddiwch y gweithgaredd deng munud hwn i ddod ag amser myfyrio i'ch diwrnod.

- Gofynnwch i'ch disgyblion ddychmygu eu bod yn hedyn bach ac i ymbelennu'n dynn, dychmygu eu bod yn cysgu yn y pridd meddal, gan gadw eu hanadlu'n araf ac yn hamddenol.
- Arweiniwch eu hanadl: Cyfrifwch 2, 3, 4, dal 2, 3, 4, allan 2, 3, 4, dal 2, 3, 4.
- Ar ôl ychydig, chwaraewch fideos glaw, defnyddiwch ddewin glaw ac effeithiau sain haul pefriol.
- Gofynnwch iddyn nhw ddechrau symud yn araf, ymestyn a thyfu tuag at y nenfwd.
- Pan maen nhw'n flodau wedi'u tyfu'n llawn, trowch y gwyntyll ymlaen a dychmygu bod eu dail a'u petalau yn symud yn ysgafn yn y gwynt.



More ways to get your school involved

Do a 'growing spring flower' guided meditation

For younger primary school aged pupils, use this ten-minute activity to bring some reflection time into your day.

- Ask your pupils to imagine they were a tiny seed and to wrap up into a tight ball, imagine they're sleeping in the soft soil, keeping their breathing nice and slow.
- Guide their breathing: Count 2, 3, 4, hold 2, 3, 4, out 2, 3, 4, hold 2, 3, 4.
- After a short while, play rain videos, use a rain maker and twinkly sun sound effects.
- Ask them to slowly begin to move, stretch and grow towards the ceiling.
- When they're fully grown flowers, put the fan on and imagine their leaves and petals leaves gently moving in the wind.



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**

Byddem wrth ein bodd i'ch ysgol gymryd rhan yn y Diwrnod o Fyfyrdod eleni. Peidiwch ag anghofio lawrlwytho eich petalau o **dayofreflection.org.uk/resources** ac efallai creu arddangosfa am y bobl y byddwch chi'n eu cofio ar y diwrnod. Diolch am gefnogi'r Diwrnod o Fyfyrdod!

Unrhyw gwestiynau, syniadau neu awgrymiadau?

Cysylltwch â'n fîm 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**

Mynd yn felyn!

Os na allwch gymryd rhan yn y Diwrnod o Fyfyrdod, beth am Fynd yn Felyn i Marie Curie fel rhan o'n Apêl Fawr y Daffodil sy'n rhedeg am y cyfan o fis Mawrth. P'un a ydych chi'n gwisgo melyn o'ch pen i'ch traed neu'n pobi teisenni lemon, bydd mynd yn felyn yn helpu Marie Curie i ddarparu gofal i fwy o bobl ar ddiwedd oes.

Dysgwch ragor yn **mariecurie.org.uk/daffodil**



Help 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**

We'd love your school to get involved with this year's Day of Reflection. Don't forget to download your petals from **dayofreflection.org.uk/resources** and perhaps create a display about the people you'll be remembering on the day. Thanks for your support of Day of Reflection!

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

Go yellow!

If you can't get involved with the Day of Reflection, why not Go Yellow for Marie Curie as part of our Great Daffodil Appeal that runs for the whole of March. Whether you wear head-to-toe yellow or bake lemon drizzles, going yellow will help Marie Curie provide care to more people at the end of life.

Find out more at



Adnoddau

Mae Marie Curie a'r cyhoeddwr addysgol, Twinkl, wedi partneru i gynhyrchu amrywiaeth o adnoddau ar gyfer pobl ifanc, o ddechreuwyr sgwrs ysgafn pan fydd rhywun yn marw, i ddyddiaduron cofio i gofnodi atgofion gwerthfawr tragwyddol.

Adnoddau eraill gan Marie Curie

Cefnogi plentyn sy'n galaru

Siarad â phlant am farwolaeth

Galaru yn eich ffordd eich hun

Llyfrau ar gyfer ac am blant sy'n galaru

Chwe ffilm i helpu plant i ddeall marwolaeth a galar

O ran siarad â phlant am farwolaeth, mae'n well bod yn onest

"Er ei fod yn drist iawn pan fydd anifail anwes yn marw, gall hefyd baratoi person ifanc ar gyfer pan fydd person yn marw"

Straeon go iawn:

Tyler: fideo ar siarad am alar

Zaynah: Nid ydych chi'n disgwyl marwolaeth fel plentyn

Beau: Adolygiad o The Immortal Jellyfish gan Sang Miao

Plant yn rhannu eu cyngor ar ddod i delerau â galar

Mae llyfr Stephen Mangan yn rhoi gwersi bywyd gwerthfawr i blant o fewn antur gyflym

"Mae fy mhlant wedi colli eu mam. Nawr mae fy mhartner newydd yn eu helpu i gadw cof amdani yn fyw."

Adnoddau gan y Childhood Bereavement Network

Mae profedigaeth yn bwnc anodd i siarad amdano. Mae llawer o bobl yn teimlo'n lletchwith yn trafod marwolaeth, marw a phrofedigaeth gyda'r rhai yr effeithir arnynt yn agos. Gall fod yn anodd siarad am y pynciau hyn yn yr ysgol, gan y gallech fod yn bryderus am ymateb ac emosiynau eich disgyblion. Mae plant a phobl ifanc yn haeddu'r cyfle i archwilio effaith profedigaeth a sut y gallant helpu ei gilydd mewn gofod diogel, niwtral megis yr ysgol. Ar ôl cyflwyniad byr i ymdopi â galar a phrofedigaeth, mae'r rhan fwyaf o ddisgyblion yn teimlo y byddent yn gwybod sut i gefnogi ffrind pe bai rhywun sy'n agos atynt yn marw. Mae gan y Childhood Bereavement Network (CBN) ystod o adnoddau i helpu gyda hyn.

Pecyn cymorth Tyfu mewn Ymwybyddiaeth Galar

sy'n caniatáu i ysgolion adolygu sut maent yn cefnogi disgyblion mewn profedigaeth, gan weithio tuag at amgylchedd diogel a chynhwysol sy'n sensitif ac yn hyblyg i anghenion newidiol plant a phobl ifanc.

Cardiau post i helpu plant a phobl ifanc sydd mewn profedigaeth i gyfleu'r gefnogaeth sydd ei hangen arnynt gan athrawon ac oedolion eraill yn eu bywyd. Gall y cardiau post gael disgyblion i siarad am yr hyn sy'n gweithio iddyn nhw ac agor trafodaethau eraill ynghylch deall profedigaeth a bod yn dosturiol.

Gall llawer o **aelodau lleol** CBN hefyd ddarparu hyfforddiant a chefnogaeth.

Resources

Marie Curie and educational publisher, Twinkl, have **partnered together** to produce a range of resources for young people, from gentle conversation starters when someone dies, to memory journals for recording precious everlasting memories.

Other resources from Marie Curie:

Supporting a child
who's grieving

Talking to children about death

Grieving your own way

Books for and about grieving
children

Six films to help kids understand
death and grief

When it comes to talking to
children about death, it's better
to be honest

“As sad as it is when a pet dies, it
can also really prepare
a young person for when a
human dies”

Real stories:

Tyler: a video on talking
about grief

Zaynah: You don't expect death
as a child

Beau: Review of The Immortal
Jellyfish by Sang Miao

Kids share their tips on coming
to terms with grief

Stephen Mangan's book gives
children valuable life lessons
within a fast-paced adventure

“My children lost their mum. Now
my new partner helps them keep
her memory alive”

Resources from the Childhood Bereavement Network

Bereavement is a tricky subject to talk about. Many people feel awkward discussing death, dying and bereavement with those closely affected. It can be hard to talk about these subjects at school, as you could be concerned about the reactions and emotions of your pupils. Children and young people deserve the chance to explore the impact of bereavement and how they can help each other in a safe, neutral space like school. After a short introduction to coping with grief and bereavement, the majority of pupils feel they would know how to support a friend if someone close to them died. The Childhood Bereavement Network (CBN) has a range of resources to help with this.

Growing in Grief Awareness toolkit which allows schools to review how they support bereaved pupils, working towards a safe and inclusive environment that is sensitive and flexible to the changing needs of children and young people.

Postcards to help children and young people who are bereaved communicate the support they need from teachers and other adults in their life. The postcards can get pupils talking about what works for them and open up other discussions around understanding bereavement and being compassionate.

Many of CBN's **local members** can also provide training and support.

Cyfeiriadur cymorth

Cymorth profedigaeth i blant

Child Bereavement UK

Syniadau ar gyfer athrawon mewn ysgolion yn ogystal â rhieni a phlant. Mae eu gwefan yn cynnwys canllawiau a gwybodaeth am brofedigaeth i ysgolion, o'r blynyddoedd cynnar i addysg uwch.

Llinell gymorth: **0800 02 888 40**
childbereavementuk.org

Childhood Bereavement Network

Yn cynnig gwybodaeth am wasanaethau cymorth lleol. Mae rhaglen Tyfu mewn Ymwybyddiaeth Galar am ddim y sefydliad yn helpu ysgolion i gynllunio ymlaen llaw i gefnogi disgyblion sy'n wynebu neu ymdopi â phrofedigaeth.
childhoodbereavementnetwork.org.uk

Childline

Yn cefnogi plant a phobl ifanc gydag amrywiaeth o faterion, gan gynnwys iechyd meddwl, bwlio a phroblemau teuluol.

0800 1111
childline.org.uk

Grief Encounter

Yn cefnogi plant a phobl ifanc mewn profedigaeth.

020 8371 8455
griefencounter.org.uk

Hope Again

Gwefan wedi'i chynllunio ar gyfer pobl ifanc gan bobl ifanc sydd wedi cael profedigaeth (rhan o Cruse Bereavement Care).

0808 808 1677
hopeagain.org.uk

Sibling Support

Offeryn gwefan sy'n darparu adnoddau i blant sy'n ymdopi â marwolaeth brawd neu chwaer.

0800 02 888 40
siblingsupport.co.uk

UK Trauma Council (UKTC)

Yn creu adnoddau sy'n seiliedig ar dystiolaeth i wella dealltwriaeth gweithwyr proffesiynol a gofawyr o natur ac effaith trawma. Eu nod yw arfogi pawb sy'n cefnogi plant a phobl ifanc sydd wedi profi trawma yn well ac maent wedi datblygu adnoddau penodol ar gyfer y rhai sydd wedi dioddef profedigaeth drawmatig.

uktraumacouncil.org

Winston's Wish

Elusen profedigaeth plant sy'n cynnig cymorth ac arweiniad ymarferol arbenigol i blant mewn profedigaeth, eu teuluoedd a gweithwyr proffesiynol. Mae gan yr elusen hefyd ystod o gynlluniau gwersi PSHE am ddim ar gollod a phrofedigaeth ar gyfer Cyfnodau Allweddol 1-4.

08088 020 021
winstonswish.org.uk

Support directory

Child bereavement support

Child Bereavement UK

Ideas for teachers in schools as well as parents and children. Their website includes guides and information on bereavement for schools, from early years to higher education.

Helpline: **0800 02 888 40**
childbereavementuk.org

Childhood Bereavement Network

Offers information about local support services. The organisation's free Growing in Grief Awareness programme helps schools plan ahead to support pupils facing or coping with bereavement.

childhoodbereavementnetwork.org.uk

Childline

Supports children and young people with a range of issues, including mental health, bullying and family problems.

0800 1111
childline.org.uk

Grief Encounter

Supports bereaved children and teenagers.

020 8371 8455
griefencounter.org.uk

Hope Again

A website designed for young people by young people who have been bereaved (part of Cruse Bereavement Care).

0808 808 1677
hopeagain.org.uk

Sibling Support

A website tool which provides resources for children who are coping with the death of a brother or sister.

0800 02 888 40
siblingsupport.co.uk

The UK Trauma Council (UKTC)

Creates evidence-based resources to improve professionals and carers' understanding of the nature and impact of trauma. They aim to better equip all those supporting children and young people exposed to trauma and have developed specific resources for those who have been traumatically bereaved.

uktraumacouncil.org

Winston's Wish

A child bereavement charity which offers specialist practical support and guidance to bereaved children, their families and professionals. The charity also has a range of free PSHE lesson plans on loss and bereavement for Key Stages 1-4.

08088 020 021
winstonswish.org.uk

Cyfeiriadur cymorth

Cymorth profedigaeth i oedolion

AtaLoss.org

Gwefan cyfeirio y DU ar gyfer pobl mewn profedigaeth. Gwasanaethau cymorth, gwybodaeth, llinellau cymorth a darlleniadau defnyddiol i unrhyw un sydd wedi cael profedigaeth, beth bynnag fo'u hoedran, colled neu gefndir. Yn cynnwys rhestr chwiliadwy o wasanaethau lleol, cenedlaethol ac arbenigol ar draws y DU. Mae sgwrs we cwnsela rhad ac am ddim, proffesiynol hefyd ar gael. [Ataloss.org](http://ataloss.org)

Beyond Words

Llyfrau, e-lyfrau ac adnoddau i'w lawrlwytho ar gyfer pobl sy'n ei chael hi'n haws deall lluniau na geiriau, gan gynnwys pobl ag anawsterau dysgu. Pynciau fel 'Bwrw ymlaen gyda chanser', 'Pan fu Mam farw' a 'Pan fu farw Dad'.
020 7492 2559
booksbeyondwords.co.uk

Compassionate Friends

Sefydliad elusenol o rieni, brodyr a chwiorydd a neiniau a theidiau mewn profedigaeth sy'n ymroddedig i gefnogi a gofalu am rieni, brodyr a chwiorydd a neiniau a theidiau eraill mewn profedigaeth sydd wedi dioddef marwolaeth plentyn neu blant.

Llinell gymorth: **0345 123 2304**
tcf.org.uk

Cruse Bereavement Care

Yn darparu cymorth profedigaeth, naill ai wyneb yn wyneb neu dros y ffôn, gan wirfoddolwyr hyfforddedig ledled y DU. Mae galwadau i'r llinell gymorth hon yn rhad ac am ddim. Mae'r wefan yn cynnwys adnoddau i ysgolion i gefnogi plant sy'n wynebu profedigaeth.

Llinell gymorth: **0808 808 1677**
cruse.org.uk
crusescotland.org.uk

The Good Grief Trust

Elusen ymbarél y DU sy'n dod â dros 800 o wasanaethau cymorth at ei gilydd o dan un gronfa ddata. Wedi'i rhedeg gan y rhai mewn profedigaeth ar gyfer y rhai sydd mewn profedigaeth, gan gynnig cyfeirio cynnar at ddewis o gymorth wedi'i deilwra. Rhwydwaith cenedlaethol o gefnogaeth i'r rhai sy'n galaru a'r gweithwyr proffesiynol sy'n gweithio gyda nhw. Help a gobaith mewn un lle.

thegoodgrieftrust.org

Canllaw Cymorth Galar

Mae'r llyfryn hwn y gellir ei lawrlwytho yn esbonio'r gwahanol fathau o gymorth profedigaeth sydd ar gael, o lyfrau a phodlediadau i grwpiau a chwnsela. Ar gael mewn 10 iaith, mae'r canllaw yn helpu pobl i ddod o hyd i'r cymorth profedigaeth sy'n iawn iddyn nhw.

nationalbereavementalliance.org.uk/support

Marie Curie

Mae Llinell Gymorth Marie Curie yn darparu cefnogaeth ymarferol ac emosiydol i unrhyw un sydd wedi cael profedigaeth, p'un a ddigwyddodd yn ddiweddar neu beth amser yn ôl. Gallwch hefyd gael cefnogaeth barhaus gan wirfoddolwr profedigaeth. Llinell Gymorth: **0800 090 2309** Gwybodaeth a chefnogaeth ar-lein:

mariecurie.org.uk/support

Llyfrynnau ac adnoddau, gan gynnwys fersiynau hawdd eu darllen:

mariecurie.org.uk/publications

Support directory

Adult bereavement support

AtaLoss.org

The UK's signposting website for bereaved people. Support services, information, helplines and helpful reads for anyone who has been bereaved, whatever their age, loss or background. Includes a searchable list of local, national and specialist services across the UK. A free, professional counselling web chat is also available. ataloss.org

Beyond Words

Books, e-books and downloadable resources for people who find it easier to understand pictures than words, including people with learning difficulties. Topics like 'Getting on with cancer', 'When Mum died' and 'When Dad died'.
020 7492 2559
booksbeyondwords.co.uk

Compassionate Friends

A charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child or children.

Helpline: **0345 123 2304**
tcf.org.uk

Cruse Bereavement Care

Provides bereavement support, either face-to-face or over the phone, from trained volunteers around the UK. Calls to this helpline are free. The website includes resources for schools to support children facing bereavement.

Helpline: **0808 808 1677**
cruse.org.uk
crusescotland.org.uk

The Good Grief Trust

The UK's umbrella charity bringing over 800 support services together under one database. Run by the bereaved for the bereaved, offering early signposting to a choice of tailored help. A national network of support for those grieving and the professionals working with them. Help and hope in one place.

thegoodgrieftrust.org

Grief Support Guide

This downloadable booklet explains the different types of bereavement support available, from books and podcasts to groups and counselling. Available in 10 languages, the guide helps people find the bereavement support that's right for them.

nationalbereavementalliance.org.uk/support

Marie Curie

The Marie Curie Support Line provides practical and emotional support for anyone who's been bereaved, whether it happened recently or some time ago. You can also get ongoing support from a bereavement volunteer.

Support Line: **0800 090 2309**

Online information and support:

mariecurie.org.uk/support

Booklets and resources, including easy read versions:
mariecurie.org.uk/publications

Cyfeiriadur cymorth

Cymorth profedigaeth i oedolion

Our Frontline

Cymorth iechyd meddwl a phrofedigaeth cyfrinachol am ddim i athrawon a staff ysgolion, dros y ffôn a thrwy neges destun. Mae gan y sefydliad adnoddau addysgu defnyddiol hefyd ar gyfer ysgolion a cholegau.

ourfrontline.org

WAY (Widowed & Young) Foundation

WAY yw'r unig elusen genedlaethol yn y DU ar gyfer dynion a menywod 50 oed neu iau pan fu farw eu partner. Mae'n grŵp cymorth cymar-i-gymar sy'n cael ei redeg gan rwydwaith o wirfoddolwyr sydd wedi cael profedigaeth yn ifanc. Mae'n cynnal gweithgareddau a grwpiau cymorth ar gyfer pobl sy'n ymdopi â galar.

widowedandyoung.org.uk

Cymorth profedigaeth i oedolion

Gwybodaeth am Marie Curie

Marie Curie yw prif elusen diwedd oes y DU. Rydyn 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, rydyn 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.

Support directory

Adult bereavement support

Our Frontline

Free and confidential mental health and bereavement support for teachers and schools staff, over the phone and by text. The organisation also has useful teaching resources for schools and colleges.

ourfrontline.org

WAY (Widowed & Young) Foundation

WAY is the only national charity in the UK for men and women aged 50 or under when their partner died. It's a peer-to-peer support group run by a network of volunteers who have been bereaved at a young age. It runs activities and support groups for people coping with grief.

widowedandyoung.org.uk

Adult bereavement support

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.