



2wish

# 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



TELLEN AMBULANS AER CYMRU  
WALES AIR AMBULANCE CHARITY

Organ Donollian  
Wales  
Rhod Organau  
Cymru





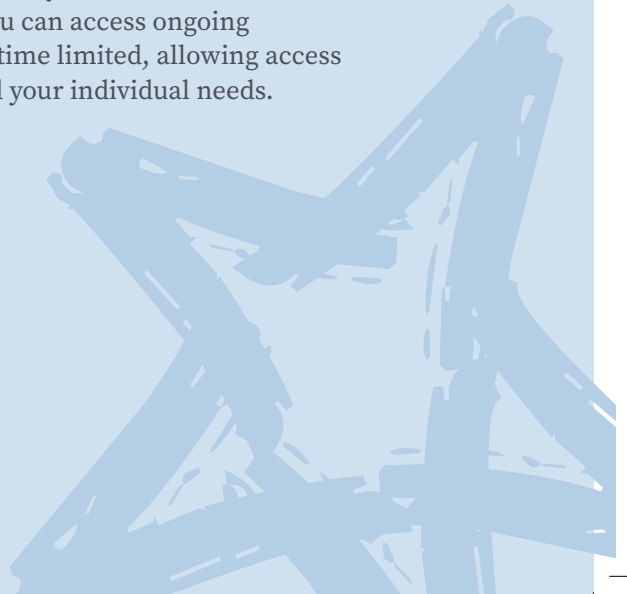
## What can we do to help?

### **Immediate Support**

2wish offers immediate support after the sudden and unexpected death of a child or young person aged 25 years and under. With consent, a professional will pass on your details to 2wish and you will then be contacted for the first time within 48 hours of the referral by one of our Immediate Support Coordinators. When making the initial telephone contact the Immediate Support Coordinator will arrange a home visit with the family as soon as possible. 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 in the first few weeks following a death.

### **Ongoing Family Support**

Once the immediate support has come to an end, your Immediate Support Coordinator will have informed you about other services 2wish 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.





## **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 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 via instant messaging or over the phone if preferred. We are very much person-led and let you guide the way as to if, and when, you are ready for support.

## **Complementary Therapy**

2wish offers complementary therapy solely or combined with talking counselling. We offer reflexology and aromatherapy massage. Both have been proven to have calming, soothing and rebalancing benefits, effective for treating stress, anxiety and insomnia.





## **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.

## **Focus Support Groups**

Focus groups are six-weekly, 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 continued friendships that often form following these groups offer peer support to those who have experienced the loss of their child and find comfort from those who can understand what they have experienced.

## **S.T.A.R (Stand Together And Remember) Residential Weekends**

S.T.A.R residentials are designed to support the whole family. The weekends offer an opportunity for families to meet others in similar situations. They involve practical and creative activities that encourage teamwork, building confidence and self-esteem. This sets the scene for the participants to begin sharing their own stories (if they wish), to untangle and express a range of feelings and to continue their individual journeys towards understanding their grief.



## **Monthly Support Events**

A variety of monthly events are held over the year. These are tailored for Mums, Dads, siblings and families. The events offer the opportunity to enjoy new experiences whilst coming together with others who understand the journey of a bereaved person.

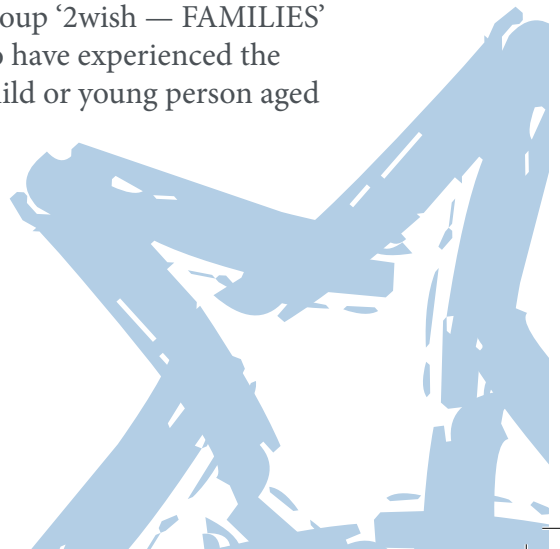
## **Support for Professionals and Witnesses**

2wish can offer support for professionals and witnesses who have been affected by the sudden death of a child or young person. We can offer free and confidential counselling, complementary therapy and debriefing sessions that fit alongside work commitments and daily life.

# **Making the first step is always the hardest**

## **Facebook Group**

2wish also have a closed Facebook group '2wish — FAMILIES' Which is specifically for families who have experienced the sudden and unexpected death of a child or young person aged 25 years and under.





## 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



**@2wishcharity**



## Cymryd y cam cyntaf yw'r cam anoddaf bob amser.

### Grŵp Facebook

Mae gan 2wish grŵp Facebook caeedig hefyd: '2wish - FAMILIES'. Mae'n grŵp caeedig, preifat yn benodol i deuluoedd sydd wedi profi marwolaeth sydyn ac annisgwyl plentyn neu berson ifanc 25 mlynedd oed ac iau.

## Cysylltwch â ni!

Os ydych chi'n teimlo y bydddech chi'n hoffi rhagor o gefnogaeth neu wybodaeth am y gwasanaethau yr ydym yn eu cynnig, ffoniwch neu anfonwch e-bost:

**support@2wish.org.uk**  
**01443 853125**

**www.2wish.org.uk**

Elusen gofrestrdedig yng Nghymru a Lloegr  
Rhif Elusen 1168140



@2wishcharity



## **Penwythnosau Preswyl S.T.A.R. (Stand Together**

### **And Remember)**

Cafodd y penwythnosau preswyl S.T.A.R. eu llunio i gefnogi'r teulu cyfan. Maen nhw'n rhoi cyfle i deuluoedd gwdd â theuluoedd eraill sydd mewn sefyllfa debyg iddyn nhw. Maen nhw'n cynnwys gweithgareddau ymarferol a chreadigol sy'n annog pobl i weithio fel tîm, magu hyder a datblygu eu hunan-barch. Maen nhw hefyd yn creu awyrgylich lle gall y cyfranogwyr ddechrau rhannu eu hanesion eu hunain (os bydden nhw'n dymuno gwneud hynny), gwneud synnwyr o deimladau dryslyd a rhoi llais i'r teimladau hyn. Maen nhw hefyd yn gadael i bobl barhau gyda'u dulliau personol eu hunain o geisio deall eu galar.

## **Digwyddiadau Cymorth Misol**

Rydym yn cynnal amrywiaeth o ddiwyddiadau misol yn ystod y flwyddyn. Mae'r rhain wedi eu teiwrta i famau, tadau, brodyr a chwiorydd a theuluoedd cyfan. Maen nhw'n cynnig cyfle i chi fwyhau profiadau newydd gan hefyd ddod ynghyd â phobl eraill sy'n deall y datih y mae rhywun mewn profedigaeth yn ei theithio.

## **Cefnogaeth i Weithwyr Profesiynol a Thystion**

Gall zwiash gynnig cefnogaeth i bobl broffesiynol a thystion sydd wedi cael eu heffethio gan farwolaeth sydyn plenty'n neu berson ifanc. Gallwn gynnig cwnsela cyfrinachol sy'n rhad ac am ddim, therapi cyflenwol a sesiynau adrodd yn ôl sy'n cyd-fynd â'ch ymrwymladau gwaith a'ch bywyd dyddiol.





## Therapi Chwarae

Mae therapi chwarae yn fath o seicotherapi sy'n defnyddio chwarae i helpu plant i ddelio â materion emosiynol ac iechyd meddwl. Trwy ddefnyddio chwarae a thechnegau creadigol, gall plant archwilio eu teimladau a'u meddyliau a dechrau prosesu a deall teimladau drwslyd a digwyddiadau sy'n peri gofid iddynt. Mae therapi chwarae yn addas i blant 4-12 oed. Mae pob un o'n Therapyddion Chwarae yn gofrestrdedig gyda BAPT neu PTUK.

## Grwpiau Ffocws i'ch Cynorthwyo

Mae grwpiau ffocws yn grwpiau caeedig sy'n cael eu cynnal bob chwe wythnos dan ofal dau gwnselydd cymwysedig a chofrestrdedig. Mae'r grwpiau ffocws hyn yn tynnu at ei gilydd grŵp bychan o aelodau teulu sydd mewn profedigaeth ac sydd wedi colli eu hanwyliaid mewn ffordd debyg i'w gilydd. Mae'r ffocws ar siarad fel grŵp, rhanu, a helpu ei gilydd i brosesu a deall eu colled mewn amgylchedd diogel. Byddent yn trafod pynciau fel y pethau sy'n eu sbarduno nhw, agweddau ffisegol y galarr a chadw cysylltiadau gyda'r aelodau eraill. Mae'r cyfeillgarwch sy'n ffurfio rhwng pobl yn aml iawn oherwydd y grwpiau hyn yn gyfle i bobl sydd wedi colli plentyn gyming cefnogaeth i'w gilydd a chael cysur gan bobl sy'n gallu deall y profiad a gawson nhw.

## Cwswela

Dydy cwswela ddim yn ceisio brysio'r broses; mae'n cefnogi pobl wrth iddynt nhw alaru, yn eu ffordd eu hunain ac yn eu hamser eu hunain. Mae Zwish yn darparu sesiynau cwswela 1:1, wedi eu harianu, gyda chwswelydd lleol, cymmysedig, sy'n gofrestrtedig gyda BACP. Gallwch ddefnyddio'r gwasanaeth hwn fel unigolyn, cwpwl, neu berson ifanc. Gallwn hefyd gynig sesiynau cwswela drwy negeseua gwib neu dros y ffôn os byddai'n well genych chi hynny. Rydyn ni'n gweithio drwy ddilyn dymuniad y person ei hun ac yn gadael i chi roi gwybod i ni a ydych chi'n barod a phryd yr ydych chi'n barod am gefnogaeth.

## Therapi Cyflenwol

Mae Zwish yn cynnig therapi cyflenwol ar ei ben ei hun, neu wedi ei gyfuno â chwswela siarad. Rydyn ni'n cynnig adweithieg a thylino aromathherapi. Mae tystiolaeth i ddangos bod pobl yn cael budd mawr o'r ddwy driniaeth yma am eu bod nhw'n tawelu'r meddwl, yn lleddfu ac yn adfer cydbwysedd ac hefyd yn effeithiol os ydych chi'n teimlo straen a phryder ac yn cael trafferth cysgu.





## Beth allwn ni ei wneud i helpu?

### Cefnogaeth ar Unwaith

Mae Zwish yn cynnig cefnogaeth uniongyrchol yn dilyn marwolaeth sydyn ac annisgwyl plentyyn neu berson ifanc 25 oed neu'n iau. Gyda chaniatâd, bydd gweithiwr proffesiynol yn rhoi eich manylion i Zwish ac, o fewn 48 awr i'r atgyfeiriad, bydd un o'n Cydlynwyr Cefnogaeth Uniongyrchol yn cysylltu â chi am y tro cyntaf. Wrth gysylltu dros y ffon y tro cyntaf, bydd y Cydlynydd Cefnogaeth Uniongyrchol yn trefnu ymweliad cartref â'r teulu cyn gynted â phosibl. Mae ein Cydlynwyr Cefnogaeth yno i'ch helpu i ddeall y weithdrefn yn dilyn marwolaeth sydyn plentyyn, i roi cefnogaeth emosiynol, ac i helpu mew'n unrhyw ffordd y gallant yn ystod yr wythnosau cyntaf yn dilyn marwolaeth.

### Parhau i Gelfog'r Teulu

Wedi i'r gelfnogaeth uniongyrchol ddod i ben, bydd eich Cydlynydd Cefnogaeth Uniongyrchol wedi dweud wrthy'ch am y gwasanaethau eraill y mae Zwish yn eu cynnig, a'r ffyrdd y gallw'ch gael cefnogaeth barhaus. Nid oes cyfyngder amser ar y gelfnogaeth barhaus, gan eich galluogi i'w defnyddio yn eich amser eich hun, i'ch cefnogi chi a'ch anghenion unigol.



Cefnogaeth pan fydd plant a phobl ifanc yn marw'n sydyn

# Ein Gwasanaethau

