

Gwasanaeth Profedigaeth Plant a Theuluoedd Caerdydd

Credwch mewn plant



Barnardo's Cymru

Gwybodaeth i deuluoedd a gweithwyr proffesiynol



Prif nod y gwasanaeth yw gweithio gyda'r canlynol:

- Plant, pobl ifanc ac aelodau eu teuluoedd y mae person pwysig yn eu bywydau wedi marw
- Teuluoedd/gofalwyr sy'n galaru ac eisiau cyngor a chyfarwyddyd efallai am gefnogi eu plant.

Mae mwyafrif y plant sydd wedi cael profedigaeth yn llwyddo i ymdopi â'u teimladau o boen a cholled gyda chefnogaeth eu teulu a'u ffrindiau. Fodd bynnag, mewn rhai sefyllfaoedd, efallai y bydd rhaid i blant a theuluoedd gyfarfod ag un o'n staff ni i'w helpu ar eu siwrnai bersonol o ymdopi â'u galar. Gallwn gyfarfod teuluoedd yn un o'n canolfannau, yn eu cartrefi, mewn ysgolion neu, os oes rhai ar gael, mewn lleoliadau cymunedol eraill.

Pa gefnogaeth sydd ar gael?

Pan mae plant a theuluoedd yn cyfarfod gyda ni, mae'r holl gefnogaeth yn seiliedig ar anghenion y teulu a gall gynnwys y canlynol:

- Cyngor ar sut mae cefnogi plentyn yn syth ar ôl profedigaeth
- Cefnogaeth wyneb yn wyneb, gan gynnwys cefnogaeth mewn profedigaeth, therapi chwarae ac ymyriadau seicolegol ar gyfer unigolion, cyplau, plant a phobl ifanc i'w helpu i roi sylw i'w galar, neu unrhyw broblem gysylltiedig gan ddefnyddio gweithgareddau priodol i oedran
- Sesiynau teulu sy'n canolbwyntio ar gyfathrebu a rhannu emosiynau am y profedigaeth
- Cefnogi rhieni/gofalwyr o ran deall galar eu plentyn ac ymateb iddo
- Grwpiau cefnogi i bobl ifanc a rhieni.

I gael gwybod rhagor

Mae dwy ffordd i chi gysylltu â'r gwasanaeth:

- Ein ffonio ni neu anfon e-bost atom a gadael eich manylion a bydd aelod o'r tîm yn cysylltu â chi o fewn pythefnos i drafod y wybodaeth ymhellach
- Neu i siarad yn uniongyrchol ag aelod o'r tîm, ffoniwch ein llinell gyngor ar **029 2056 7323** ar fore **Mawrth rhwng 9.15am a 12.15pm**.

Cysylltu â ni:

Gwasanaeth Profedigaeth Plant a Theuluoedd Barnardo's Caerdydd
Unit 1, 58-62 Cowbridge Court
Cowbridge Road West
Caerdydd
CF23 5BX

Ffôn: 029 2056 7323

E-bost: bereavementservicecardiff@barnardos.org.uk

Rhoi Teuluoedd yn Gyntaf yng Nghaerdydd



www.barnardos.org.uk

Rhifau Cofrestru'r Elusen Barnardo's 216250 a SC037605

15881/CD/14

Child and Family Bereavement Service Cardiff

Believe in children



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Information for
families and
professionals



Primarily the service aims to work with:

- Children, young people and family members who have experienced the death of a significant person in their lives
- Families/carers who are grieving and may need advice and guidance about supporting their children.

The majority of children who have been bereaved manage to cope with their feelings of pain and loss with the support of their family and friends. However, in some situations it may be necessary for children and families to meet with one of our staff to help them in their personal journey of coping with their grief. We can meet with families at one of our service bases, at their homes, at schools, or if available at other community venues.

What support is offered?

When children and families meet with us, all support is based on the needs of the family and may include:

- Advice about how to support a child immediately after bereavement
- Face to face support, including bereavement support, play therapy and psychological interventions for individuals, couples, children and young people to help them explore their grief, or any related problem using age appropriate activities
- Family sessions focusing on communication and sharing emotions about the bereavement
- Supporting parents/carers in terms of understanding and responding to their child's grief
- Support groups for young people and parents.

To find out more

There are two ways you can contact the service:

- Phone, or e-mail us and leave your details and a member of the team will contact you within two weeks to discuss the information further
- Or to speak directly to a member of the team, phone our telephone advice line on **029 2056 7323** held on a **Tuesday morning from 9:15am until 12:15 pm.**

Contact us:

Barnardo's Child & Family Bereavement Service Cardiff
Unit 1, 58-62 Cowbridge Court
Cowbridge Road West
Cardiff
CF5 5BS

Tel. 029 2056 7323

Email: bereavementservicecardiff@barnardos.org.uk

Putting Families First in Cardiff



www.barnardos.org.uk

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