

What Do We Offer?

Professional counselling on a one to one basis. This service is confidential and is held at Ty George Thomas during the day between 9.00am and 5.00pm

Support by telephone to your own home from one of our trained bereavement volunteers. You can specify your preferred time of call either daytime or evenings.

In the event of being unable to make contact with a bereaved person or family we send a card saying we tried to get in touch and include a telephone contact number. For some people this acts as a 'safety net' knowing that they have a number to ring should they feel the need to talk to someone at a later date.

"Grief invites us to remember not forget"

If you feel you need to talk about your loss before the George Thomas Hospice Care Bereavement Team contacts you, please don't hesitate to get in touch and ask to speak to the Head of Bereavement and Counselling Services.

Tel: (029) 2052 4150
Fax: (029) 2062 4856
Email: info@gthc.org.uk

www.gthc.org.uk

George Thomas Hospice Care
Ty George Thomas
Whitchurch Hospital Grounds
Park Road
Whitchurch
Cardiff
CF14 7BQ



Bereavement Support Service Gofal Mewn Profedigaeth Gwasanaeth

How we can help you
Sut Allwn Ni Eich Helpu

Patron: HRH The Prince of Wales
Noddw: EUB Tywysog Cymru

Beth Ydyn Ni'n Ei Gynnig?

Cwnsela proffesiynol ar sail un i un. Mae'r gwasanaeth yma'n gyfrinachol a chaiff ei gynnal yn Ty George Thomas yn ystod y dydd rhwng 9.00am a 5pm

Cefnogaeth ar y ffôn yn eich cartref eich hun oddi wrth un o'n gwirfoddolwyr galar sydd wedi ei hyfforddi. Gallwch nodi pa amser yr hoffech yr alwad un ai yn ystod y dydd neu'r min nos.

Os byddwn yn methu â chysylltu â pherson neu deulu mewn galar fe fyddwn yn anfon cerdyn yn dweud ein bod wedi ceisio cysylltu gan gynnwys rhif ffôn. I rai pobl mae hyn yn fesur o ddiogelwch o wybod bod ganddyn nhw rif i'w ffonio petaen nhw am siarad â rhywun yn ddiweddarach

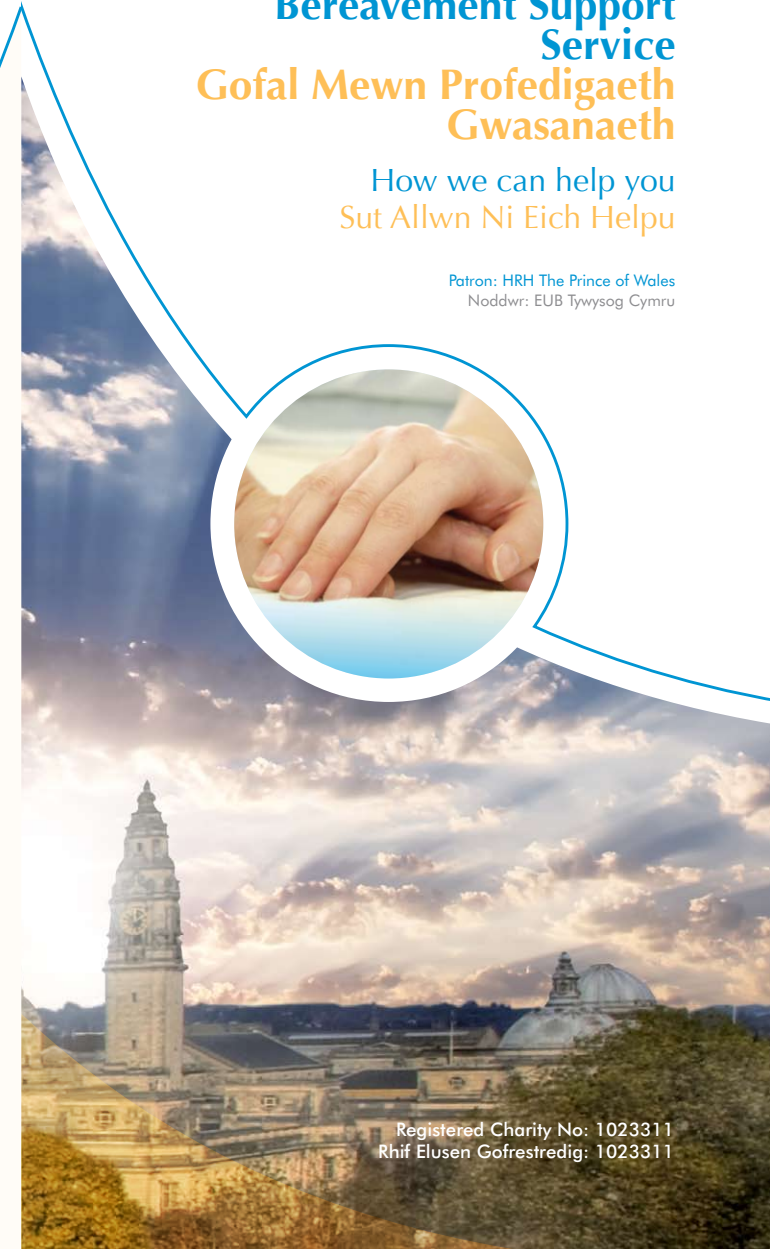
"Mae galar yn ein gwahodd i gofio, nid i anghofio"

Os ydych yn teimlo eich bod angen siarad am eich colled cyn i Dîm Gofal mewn Profedigaeth Hosbis George Thomas gysylltu â chi, please don't hesitate to get in touch and ask to speak to the Head of Bereavement and Counselling Services.

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Gofal Hosbis George Thomas
Ty George Thomas, Tir Ysbyty'r Eglwys Newydd
Heol y Parc, Yr Eglwys Newydd
Caerdydd CF14 7BQ



Registered Charity No: 1023311
Rhif Elusen Gofrestredig: 1023311

When Would Someone Need Our Support?

Grief and other very mixed emotions following bereavement is natural. Affecting people in different ways it can bring feelings of sadness, loneliness, anger or guilt.

Some people find it very supportive to be able to speak to non family members about their experience and reassuring that someone will listen and understand their situation.



How Can We Help?

- We provide confidential and professional support through our team of experienced and trained bereavement volunteers overseen by our full-time specialist counsellor for family members of our patients.
- Initial contact is made by telephone and/or letter around four weeks after bereavement is suffered.
- If requested then or at a later date continued day or evening telephone support can be given by volunteers or if needed the counsellor can provide one to one support at our hospice centre.



Who Makes Up Our Bereavement Support Team?

The Bereavement Support Service consists of a team of experienced, trained Volunteers and a Counsellor Specialist who oversees them.

Where a higher level of need is identified our Counsellor can offer bereavement counselling which takes place either at home or at Ty George Thomas.



Pryd Byddai Rhywun Angen Ein Cefnogaeth?

Mae galaru'n broses naturiol ar ôl marwolaeth a gall effeithio pobl mewn ffyrdd gwahanol.

Mae rhai pobl yn teimlo bod siarad â theulu â ffrindiau yn ddigon. Ond gall eraill ei chael o gymorth i siarad â rhywun y tu allan i uned y teulu agosaf.

Weithiau mae pobl yn profi teimladau o dristwch, unigrwydd, dicter neu euogrwydd neu hyd yn oed gyfuniad ohonyn nhw i gyd. Weithiau gall gwybod bod teimlo'r emosiynau yma'n normal fod o gymorth.

Sut Allwn Ni Helpu?

I ddechrau gwneir galwad ffôn i'r person neu'r teulu sydd mewn galar tua 4 wythnos ar ôl y brofedigaeth. Lle bo'r gefnogaeth gaiff ei gynnig yn cael ei dderbyn, bydd aelod o'r Tîm Gofal Mewn Profedigaeth yn cadw mewn cysylltiad ar y ffôn ac yn parhau i gefnogi.

Mae Gofal Hosbis George Thomas yn cynnig gwasanaeth cwnsela proffesiynol a chyfrinachol ar gyfer teuluoedd galarus ein cleifion dderbyniodd ofal gan ein tîm amlddisgyblaeth.

Pwy Yw'n Tîm Gofal Mewn Profedigaeth?

Mae'r Tîm Gofal Mewn Profedigaeth wedi ei ffurfio o Wirfoddolwyr profiadol, sydd wedi eu hyfforddi a Chynghorwr sy'n Arbenigwr sy'n eu harolygu.

Lle bo lefel uwch o angen yn cael ei nodi yn aml gall ein Cynghorwr gynnig cwnsela galar sy'n cael ei gynnal yn Ty George Thomas.