2wish

Rhian's Story

In February 2012, my son George tragically passed away a week after his first birthday. With little to no support available and unable to cope with the loss, my husband and best friend, Paul, took his own life five days later. Understandably, coming to terms with the loss has been very tough emotionally, both for myself and our two young children. However, since February 2012, I have gained strength from the idea of raising money and I set up 2wish, so that no parent in Wales ever need experience that same feeling of helplessness and abandonment.

The Charity

2wish provides bereavement support for anyone affected by the sudden and unexpected death of a child or young person aged 25 and under.

We aim to:

- Ensure every Emergency Department in Wales has a suitable bereavement suite.
- Ensure that bereavement boxes are available at each of these hospitals.
- Ensure that immediate bereavement support is available for all affected by the sudden death of a child or young person.
- Provide a professional counselling service and other therapies for those affected by the sudden death of a child or young person.
- Provide support to individuals who witness the sudden and traumatic death of a child or young adult.
- Provide staff support and training.

2wish, Ground Floor, Unit 7, Magden Park, Llantrisant, CF72 8XT

Tel: **01443 853125** Email: **info@2wish.org.uk**
www.2wish.org.uk

@2wishcharity

Registered Charity in England and Wales
Charity No: 1168140

Gweithio mewn partneriaeth gyda
Working in partnership with
GIG CYMRU NHS WALES

2wish

Stori Rhian

Ym mis Chwefror 2012, bu farw fy mab George yn drasig wythnos ar ôl ei ben-blwydd cyntaf. Heb fawr ddim o gymorth ar gael ac yn methu ymdopi â'r golled, fe wnaeth fy ngŵr a'm cyfaill gorau, Paul, gymryd ei fywyd ei hun bum niwrnod yn ddiweddarach. Yn ddealladwy, mae dod i delerau â'r golled wedi bod yn galed iawn yn emosiynol, i mi fy hun ac i'n dau blentyn ifanc. Fodd bynnag, ers mis Chwefror 2012, mae fy syniad o godi arian wedi rhoi cryfder i mi ac rwyf wedi sefydlu '2wish', fel nad oes angen i unrhyw rieni yng Nghymru brofi'r un teimlad hwnnw o ddiymadferthedd na theimlo fel petai'r byd wedi cefnu arnynt.

Yr Elusen

Mae 2wish yn darparu cefnogaeth galar i unrhyw un sydd wedi ei effeithio gan farwolaeth sydyn ac annisgwyl plentyn neu berson ifanc 25 oed neu iau.

Ein nod yw:

- Sicrhau bod gan bob Adran Achosion Brys yng Nghymru ystafell brofedigaeth briodol.
- Sicrhau bod blychau profedigaeth ar gael ym mhob un o'r ysbytai hyn.
- Sicrhau bod cymorth profedigaeth uniongyrchol ar gael i bawb y mae marwolaeth sydyn plentyn neu berson ifanc yn effeithio arnynt.
- Darparu gwasanaeth cwnsela proffesiynol a therapïau eraill ar gyfer y rheini sydd wedi eu heffeithio gan farwolaeth sydyn plentyn neu berson ifanc.
- Rhoi cymorth i unigolion sy'n dyst i farwolaeth sydyn a thrawmatig plentyn neu oedolyn ifanc.
- Darparu cymorth a hyfforddiant i staff.

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Rhif elusen: 1168140

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