

## Further Support Resources (A-Z) Adnoddau cymorth pellach

### A

#### Aching Arms

A service run by bereaved parents which provides help and support following baby loss during pregnancy, at birth or soon after. [Gwasanaeth sy'n cael ei redeg gan rieni mewn profedigaeth sy'n darparu cymorth a chefnogaeth yn dilyn colli babanod yn ystod beichiogrwydd, adeg eu geni neu'n fuan wedi hynny.](#)

[www.achingarms.co.uk](http://www.achingarms.co.uk) Email: E-bost: [support@achingarms.co.uk](mailto:support@achingarms.co.uk)

#### Antenatal Results & Choices (ARC)

Support for parents whose baby is diagnosed with a fetal abnormality in pregnancy. [Cymorth i rieni y mae eu babi yn cael diagnosis o annormaledd ffetws yn ystod beichiogrwydd.](#) [www.arc-uk.org](http://www.arc-uk.org) Email: E-bost:

[info@arc-uk.org](mailto:info@arc-uk.org)

### B

#### Bent Not Broken Trauma Counselling Project

A local organisation that helps support people who have experienced trauma, anxiety and depression; specialising in birth-related trauma. [Sefydliad lleol sy'n helpu i gefnogi pobl sydd wedi profi trawma, gorbryder ac iselder; yn arbenigo mewn trawma sy'n gysylltiedig â genedigaeth.](#)

[www.bentnotbrokenproject.co.uk](http://www.bentnotbrokenproject.co.uk) Email: E-bost: [bentnotbrokenproject@gmail.com](mailto:bentnotbrokenproject@gmail.com)

### C

#### Care for the Family

Provides a range of support and resources for bereaved families. [Mae'n darparu amrywiaeth o gefnogaeth ac adnoddau i deuluoedd mewn profedigaeth.](#) [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk) Email: E-bost: [mail@cff.org.uk](mailto:mail@cff.org.uk)

#### Child Death Helpline

Supports those affected by the death of a child. [Cefnogi pobl sydd wedi cael eu heffeithio gan farwolaeth plentyn.](#) [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk) Telephone: Rhif ffôn: 0800 282 986 / 0808 80 6019

#### Cruse Bereavement Care

For adults and children who are grieving. [Ar gyfer oedolion a phlant sy'n galaru.](#) [www.cruse.org.uk](http://www.cruse.org.uk)

#### Contact (for families with disabled children)

Providing help for families caring for children with specific needs. [Ar gyfer teuluoedd â phlant anabl: Darparu cymorth i deuluoedd sy'n gofalu am blant ag anghenion penodol.](#) <https://contact.org.uk/> Email: E-bost: [katherine.wyke@contact.org.uk](mailto:katherine.wyke@contact.org.uk)

#### The Compassionate Friends

A charity made up of bereaved parents, siblings and grandparents supporting similarly bereaved family members. [Elusen sy'n cael ei rhedeg gan rieni, brodyr a chwiorydd a neiniau a theidiau mewn profedigaeth sy'n cefnogi aelodau o'r teulu sydd hefyd yn profi profedigaeth.](#) [www.tcf.org.uk](http://www.tcf.org.uk) Email: E-bost:

[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

## D-E

### Daddies with Angels

Advice and support to male family members following the loss of a child. [Cyngor a chefnogaeth i aelodau gwrywaidd o'r teulu ar ôl colli plentyn.](#) [www.daddyswithangels.org](http://www.daddyswithangels.org)

### Ellie's Gift

Provides help for families experiencing baby loss with additional resources provided through a downloadable App. [Yn darparu cymorth i deuluoedd sy'n profi colled babanod gydag adnoddau ychwanegol a ddarperir trwy Ap y gellir ei lawrlwytho.](#) [www.relaxwithlucy.co.uk](http://www.relaxwithlucy.co.uk) Email: E-bost: [support@relaxwithlucy.co.uk](mailto:support@relaxwithlucy.co.uk)

## F-R

### Grief Chat

Support through a qualified bereavement counsellor with information on local support services. [Cefnogaeth drwy gwrselydd profedigaeth cymwys gyda gwybodaeth am wasanaethau cymorth lleol.](#) [www.griefchat.co.uk](http://www.griefchat.co.uk) Email: E-bost: [info@griefchat.co.uk](mailto:info@griefchat.co.uk)

### The Good Grief Trust

Helps those affected by grief and providing tailored support. [Yn helpu'r rhai sy'n cael eu heffeithio gan alar ac yn darparu cefnogaeth wedi'i theilwra.](#) [www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)  
Email: E-bost: [hello@thegoodgrieftrust.org](mailto:hello@thegoodgrieftrust.org)

### Keyhope Centre

Local support for pre/post termination of pregnancy, miscarriage and stillbirth. [Cefnogaeth leol ar gyfer cyn/ar ôl terfynu beichiogrwydd, comesgoriad a marw - enedigaeth.](#) <http://www.keyhopecentre.org.uk>  
Email: E-bost: [Info.keyhope@btconnect.com](mailto:Info.keyhope@btconnect.com)

### The Lullaby Trust

Provides advice on safer sleep for babies and offers emotional support for bereaved families. [Mae'n darparu cyngor ar gwsg mwy diogel i fabanod ac yn cynnig cefnogaeth emosiynol i deuluoedd mewn profedigaeth.](#) [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk) Email : E-bost: [Support@lullabytrust.org.uk](mailto:Support@lullabytrust.org.uk)

## S

### Saying Goodbye

Provides information, advice, support to anyone who has suffered the loss of a baby, at any stage of pregnancy, at birth or in infancy. [Mae'n darparu gwybodaeth, cyngor, cefnogaeth i unrhyw un sydd wedi dioddef colli babi, ar unrhyw adeg yn ystod beichiogrwydd, yn ystod genedigaeth neu yn ystod babandod.](#) [www.sayinggoodbye.org](http://www.sayinggoodbye.org) Email: E-bost: [info@sayinggoodbye.org](mailto:info@sayinggoodbye.org)

### Swansea Bay Baby Loss Support Group

A local support group for anyone who has experienced a pregnancy loss, death of a child or requires support during subsequent pregnancies. This is a confidential, closed Facebook group: Swansea Bay Baby Loss Support Group. [Grŵp cymorth lleol ar gyfer unrhyw un sydd wedi profi colled beichiogrwydd, marwolaeth plentyn neu sydd angen cymorth yn ystod beichiogrwydd dilynol. Mae hwn yn grŵp Facebook cyfrinachol, caeedig.](#)

### Swansea Bay Care After Death Centre

The team can offer support and guidance following a bereavement. [Gall y tîm gynnig cefnogaeth ac arweiniad yn dilyn profedigaeth.](#) Email: E-bost: [SBU.CADC@wales.nhs.uk](mailto:SBU.CADC@wales.nhs.uk)

### Swansea Rainbow Counselling Centre

A range of counselling services from members of the BACP (British Association for Counselling and Psychotherapy). [Amrywiaeth o wasanaethau cwnsela gan aelodau o'r BACP \(Cymdeithas Cwnsela a Seicotherapi Prydain\)](#). [swansearcc.org.uk](http://swansearcc.org.uk) Email: E-bost: [info@swansearc.org.uk](mailto:info@swansearc.org.uk)

## T-Z

### Twins Trust

Bereavement and special needs support groups. Grwpiau cymorth profedigaeth ac anghenion arbennig. [www.twinstrust.org](http://www.twinstrust.org) Tel: Rhif ffôn: 01252 332344

### Tommys

Support for anyone who has experienced the loss of a baby, whether through miscarriage, stillbirth, neonatal death, or termination for medical reasons; bereavement trained midwives available. [Cefnogaeth i unrhyw un sydd wedi colli babi, boed hynny trwy camesgoriad, marw - enedigaeth, marwolaeth newyddenedigol, neu derfynu am resymau meddygol; mae bydwragedd sydd wedi hyfforddi mewn profedigaeth ar gael](#). [www.tommys.org](http://www.tommys.org) Email: E-bost: [midwife@tommys.org](mailto:midwife@tommys.org)

### 2 Wish Upon a Star

Supporting those affected by a sudden and traumatic death of a child. [Cefnogi pobl yr effeithir arnynt gan farwolaeth sydyn a thrawmatig plentyn](#). [www.2wish.org.uk](http://www.2wish.org.uk) Email: E-bost: [info@2wishuponastar.org](mailto:info@2wishuponastar.org)

### 4 Louis

Provides support to anyone affected by miscarriage, stillbirth and the death of a baby or child. [Mae'n darparu cefnogaeth i unrhyw un y mae camesgoriad, marw - enedigaeth a marwolaeth baban neu blentyn yn effeithio arnynt](#). [www.4louis.co.uk](http://www.4louis.co.uk) Email: E-bost: [mail@4louis.co.uk](mailto:mail@4louis.co.uk)

## Domestic abuse

The following websites provide links to help and support for people experiencing domestic abuse: [Mae'r gwefannau canlynol yn darparu dolenni i help a chefnogaeth i bobl sy'n dioddef cam - drin domestig:](#)

<https://www.south-wales.police.uk/advice/advice-and-information/daa/domestic-abuse/support-organisations/>

<https://www.gov.wales/live-fear-free/domestic-abuse-wales>

<https://sheltercymru.org.uk/housing-advice/families-and-relationships/domestic-abuse/>