

December  
2025

Issue #1

# Thank You!

## National Grief Awareness Week Age Cymru Dyfed Bereavement Team News!

Samantha Owen

A heartfelt Thank you to  
everyone who got involved!

National Grief Awareness Week is there  
to highlight the need to better  
understand and support those who are  
affected by bereavement.

This was the first Grief Awareness  
event for Age Cymru Dyfed and your  
contributions, and those of the  
communities of Dyfed, have set the  
stall for the future of bereavement  
support. It has been an absolute  
honour and privilege to receive poems,  
share memories and create our first  
Tree of Life.

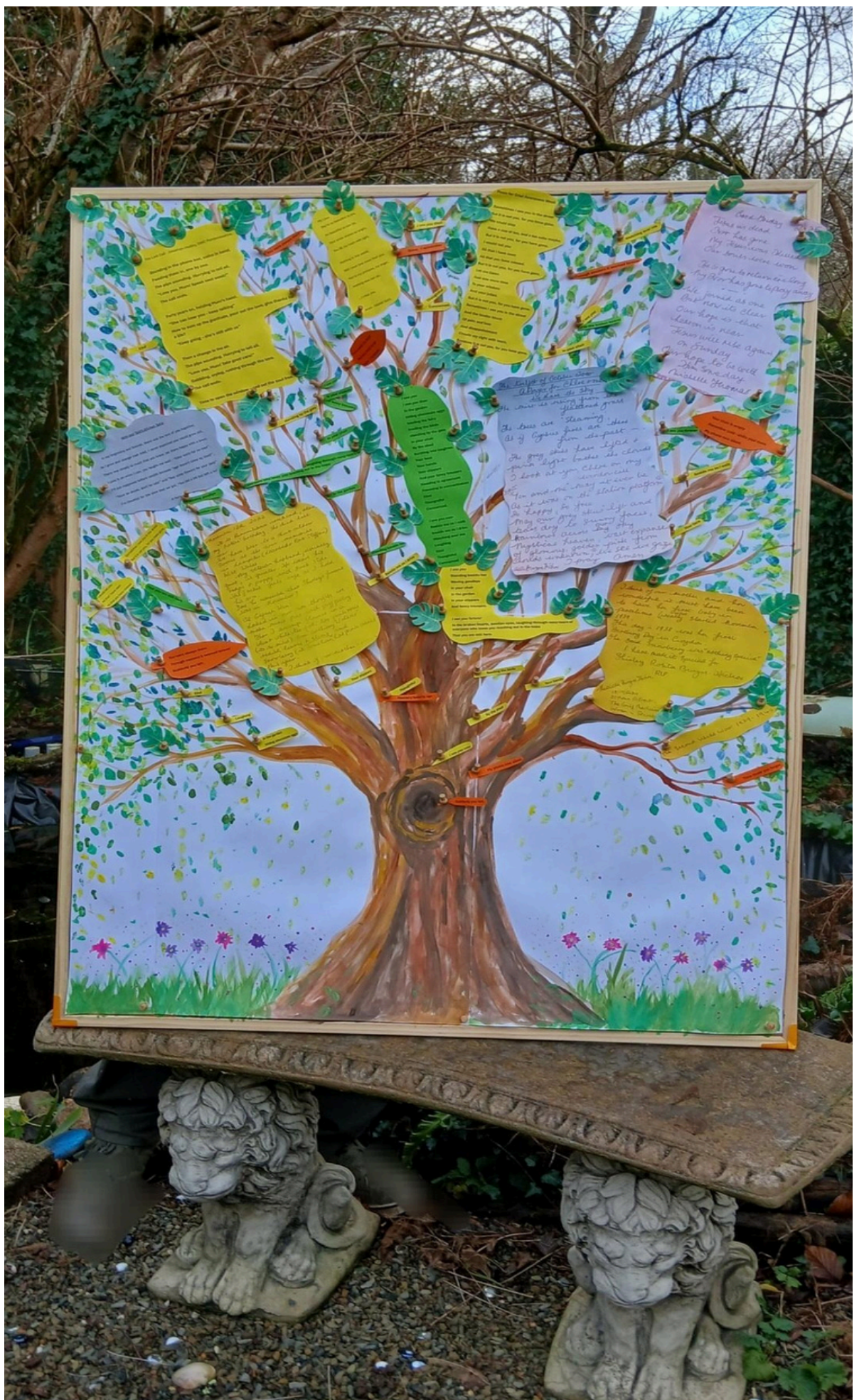
I have been privileged to take this out  
into the community, talk to individuals  
and share your words; and I cannot  
understate the positive impact this has  
had. People have commented on how  
they felt seen in their dark places and  
able to express themselves where they  
didn't feel this would be possible. Your  
poems have given others the  
confidence to express their own  
feelings – and for that I hope you will  
be immensely proud.

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### Oak Tree Planting

With donations of pots and  
compost, over 80 little Oak  
trees have been planted!  
These have been given away  
throughout November and  
December!

See below for photos and  
more...



Tree of Life: Made to Bloom with your beautiful Poems and Words. More photos below...



14h · 🌱

had the pleasure of meeting with the amazing Sam from the Age Cymru Dyfed Bereavement Team today.

In honor of National Grief Awareness Week, the team has generously provided some lovely potted oak trees 🌳 as part of their 'Growing with Grief' initiative. They are located in the walled garden under the shelter, so feel free to take one!

The Bereavement Team were lucky enough to meet with Kelly, Manager of the **Ty Glyn Davies Trust** (Left) to talk about Grief Awareness and the A.C.D Bereavement Service and provide visitors to the centre with potted oaks to keep and nurture.



Sam also met with the **Carers Alliance** (Above) at the Centre of Independent Living in Penmorfa. Where planted oaks were given out and really positive connections were made.

Thank you to everyone who Donated Compost, Pots and Tubs – Thanks to you All, over 80 little Oaks have been Planted and Given Away over National Grief Awareness Week 2025!





A photograph of a grey plastic crate on a wooden deck, containing several red plastic cups and informational brochures. The cups and brochures feature the text 'Cymru Dydd Hafreiddio' and 'Supporting You Through Bereavement'. The background shows a large, leafless tree with yellow fruit hanging from its branches, and a grassy area with fallen leaves.

I see you  
I see you then  
in the garden  
hiding chocolate eggs  
feeding the fairy  
feeding the birds  
standing by the gate  
In your chair  
By the shed  
Bursting into laughter.  
Your face  
Your hands  
Your slippers  
And your fancy trousers  
Nodding in agreement  
Frowning in concentration  
Kind  
Thoughtful  
Concerned.

I see you now  
Beside me as I walk  
Beside me as I drive  
Watching over me  
Laughing  
Kind  
Thoughtful  
Concerned

I see you  
Standing beside her  
Waving goodbye  
In your chair  
In the garden  
In your slippers  
And fancy trousers.

I see you forever  
In the broken hearts, swollen eyes, laughing-through-easy-tears of  
everyone who loves you reaching out in the hope  
That you are still here.

A large, colorful drawing of a tree with many branches, decorated with numerous small yellow and orange paper leaves and larger yellow and pink paper leaves. The drawing is mounted on a wooden boardwalk and is supported by two stone lion statues.

[illegible]

Sometimes I see you in the street  
 But it is not you, for you have gone.  
 We could stop  
 Have a cup of tea, and a tea cake maybe.  
 But it is not you, for you have gone.  
 I would tell you  
 All that I have seen  
 All that you have missed.  
 But it is not you, for you have gone.  
 Let me listen  
 Just one more time  
 To your wisdom  
 And your jokes.  
 But it is not you, for you have gone.  
 Sometimes I see you in the street  
 And the tender touch  
 Of pain and loss  
 And disappointment  
 Clouds my sight with tears,  
 Because it is not you, for you have gone.

then  
 umber  
 sightful  
 concerned.





**Above: RAY Ceredigion Bereavement and Carers Support Group getting involved with Grief Awareness Week.**

This group, run by the brilliant Jenny and Caz from RAY Ceredigion, meet every Thursday from 11am. This is a place where individuals come together to support each other, have fun, feel a sense of togetherness through their loss. Sam attends monthly sessions and, on request, provides talks on subjects that can feel difficult to understand or talk about. Most recently we discussed LPA's and end of life planning. We discussed how to get independent legal advice and the free services on offer. These sessions are service user lead and discussion sessions are based on requests. The Group arranges activities, days out and trips away where they spend time exploring, enjoying each other's company and finding the best cakes around!

OPEN TO ALL THOSE TOUCHED BY BEREAVEMENT The Age Cymru Dyfed Bereavement Team is privileged to be a part of supporting people who are bereaved.

**Thank you All again! X**