

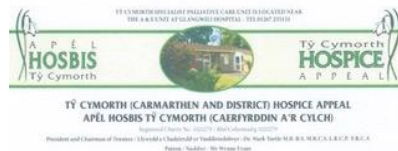


CAERFYRDDIN

Mae **Tŷ Cymorth** yn cynnig help a chefnogaeth i gleifion a'u teuluoedd yn yr uned arbennig yn Ysbyty Glangwili ac yn eu cartrefi ar ôl cael diagnosis o gyflwr sy'n cyfyngu ar fywyd. Mae'r gwasanaeth ar gael i gynorthwyo pobl i ddelio â'u sefyllfaedd a gwella ansawdd bywyd o ddydd i ddydd.

01267 235151 / tycymorth.org.uk

Mae gan **Gofal Cancer Tenovus** gôr yn eich ardal chi! Am wybodaeth ynghylch côr Sing with Us **Caerfyrddin** ewch i tenovuscancercare.org.uk/singwithus



Grŵp Cefnogi Cancer y Fron Llanelli: Grŵp sy'n cwrdd ers 25 o flynyddoedd ac yn gwahodd siaradwyr i drafod pynciau amrywiol dros banded. Cysylltwch â **Jean Slade** am ragor o wybodaeth: **01554 810967**

Canolfan Maggie's Abertawe: Mae **Maggie's** yn cynnig cymorth cancer a gwybodaeth yn rhad ac am ddim yn ein canolfannau, ar y cyd gydag ysbytai'r GIG ac ar-lein. Rydym yn helpu pobl i gymryd rheolaeth pan fydd cancer yn troi bywyd ben i waered, gyda chefnogaeth broffesiynol ar gyfer unrhyw beth o sgil-ffeithiau triniaeth i ofidiau ariannol.

01792 200000 / maggiescentres.org



Cymorth Cancer Macmillan: Rydyn ni yma i'ch helpu chi i ganfod y ffordd orau drwy hyn o'r eiliad pan gewch ddiagnosis, fel y gallwch fyw bywyd mor llawn â phosibl. Am wybodaeth a chymorth, neu os hoffech siarad â rhywun, ffoniwch **0808 808 00 00**

macmillan.org.uk

**CYMORTH CANCER
MACMILLAN**

Gofal Cancer Tenovus: Mae ein nyrsys profiadol ar gael 365 dydd y flwyddyn i gynnig gwybodaeth, cefnogaeth a chyngor ymarferol. Mae eich galwad am ddim ac yn gyfrinachol. Does dim cwestiynau amhriodol am ganser, felly cysylltwch â ni i drafod unrhyw beth sydd ar eich meddwl.

0808 808 1010 / tenovuscancercare.org.uk



Gallwch ffonio **Galw Iechyd Cymru** ar **0845 46 47** os ydych yn teimlo'n anhwylyd ac yn ansicr beth ddylech ei wneud, neu i gael gwybodaeth iechyd ar amrywiaeth eang o gyflyrau, triniaeth a gwasanaethau iechyd lleol.

nhsdirect.wales.nhs.uk

Galw IECHYD Cymru

Os ydych wedi cael eich effeithio gan unrhyw fater a godwyd yn y cynhyrchiad heno, neu'n poeni am unrhyw agwedd ar Ganser, byddem yn eich cynghori i gysylltu â'ch Meddy Teulu.



#Nyrsys

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio

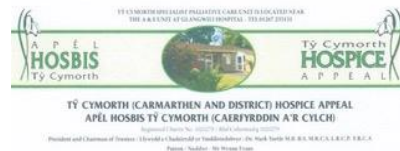


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CARMARTHEN

Tŷ Cymorth provides help and support for patients and their families in the special unit at Glangwili Hospital and in their homes after a diagnosis of a life-limiting illness. The service is available to help people deal with their situation and improve the quality of day to day life.

01267 235151 / tycymorth.org.uk

Tenovus Cancer Care has a choir near you! For information about the Sing with Us **Carmarthen** choir, visit **tenovuscancercare.org.uk/singwithus**

Llanelli Breast Cancer Support Group: The Group has been meeting for 25 years and invites speakers to discuss various topics over a cup of tea. Contact **Jean Slade** for more information: **01554 810967**

Maggie's Centre Swansea: **Maggie's** provides free cancer support and information in our centres alongside NHS hospitals and on-line. We help people take back control when cancer turns life upside down, with professional support for anything from treatment side-effects to money worries.

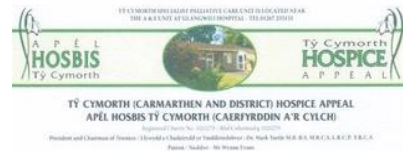
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Macmillan Cancer Support: We're here to help you find your best way through from the moment of diagnosis, so that you're able to live life as fully as you can. For information, support or just someone to talk to, call **0808 808 00 00 / macmillan.org.uk**

Tenovus Cancer Care: Our experienced nurses are here 365 days a year to offer information, support and practical advice. Your call is free and confidential. There are no silly questions about cancer, so whatever's on your mind, get in touch. **0808 808 1010 / tenovuscancercare.org.uk**

You can call **NHS Direct Wales** on **0845 46 47** if you're feeling ill and are unsure what to do, or for health information on a wide range of conditions, treatments and local health services. **nhsdirect.wales.nhs.uk**

If you have been affected by any of the issues raised in this evening's production, or are worried about any aspects of cancer, we would advise you to contact your General Practitioner.



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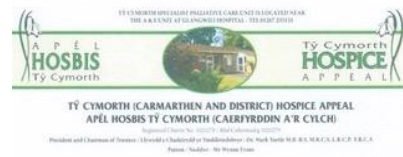
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