



BANGOR

Grŵp Cefnogi Canser y Fron Bangor ac Ynys Môn: Mae'r Grŵp yn cwrdd ar ddydd Mawrth cyntaf bob mis yng Ngwesty'r Fictoria, Porthaethwy. Mae'r aelodau yn cynnig cefnogaeth i bobl sydd wedi'u heffeithio gan ganser y fron ac yn codi arian ar gyfer Ysbyty Gwynedd. Mae'r Grŵp wedi bod yn cwrdd ers dros 30 o flynyddoedd. Cysylltwch â **Rhian Morris: 07549 222771 / r.morris768@btinternet.com**

Grŵp Cefnogi Cancer Chums, Llandudno: Grŵp o fenywod sy'n derbyn triniaeth ar gyfer cancer neu sydd wedi derbyn triniaeth yn y gorffennol. Cynhelir cyfarfodydd anffurfiol (gyda chinio ysgafn) ar ddydd lau cyntaf bob mis am 12.30pm. Mae'r Grŵp yn cynnig cyfle i sgwrsio a chefnogi menywod eraill sydd wedi cael cancer, ynghyd â mwynhau teithiau a chiniawau codi arian drwy'r flwyddyn.

Gillian Evans (Cadeirydd / Trysorydd): **01745 823312 / gillyeys@gmail.com**

Dr Pam Macdonald (Ysgrifennydd): **07702 101657 / pam.macdonald@btinternet.com**

Mae'r **Cynllun Atgyfeirio Cleifion i Wneud Ymarfer Corff** wedi'i gynllunio ar gyfer oedolion segur, sy'n wynebu risg o ddatblygu problemau iechyd, neu bobl a chanddynt gyflwr iechyd eisoes. Diben y cynllun yw hyrwyddo iechyd a lles drwy annog gweithgareddau corfforol hirdymor. Am ragor o wybodaeth, cysylltwch â **Terry Williams: 07813 594777**



Mae gan **Gofal Canser Tenovus** gôr yn eich ardal chi! Am wybodaeth ynghylch corau Sing with Us **Bangor** a **Llandudno** ewch i **tenovuscancercare.org.uk/singwithus**



Cymorth Canser Macmillan: Rydyn ni yma i'ch helpu chi i ddod o hyd i'r ffordd orau drwyddi o'r eiliad y cewch chi ddiagnosis, fel y gallwch fyw bywyd mor llawn â phosibl. Am wybodaeth neu gymorth, neu os hoffech siarad â rhywun, ffoniwch **0808 808 00 00 / macmillan.org.uk**



Gofal Canser Tenovus: Mae ein nyrsys profiadol ar gael 365 dydd y flwyddyn i gynnig gwybodaeth, cefnogaeth a chyngor ymarferol. Mae eich galwad yn rhad ac 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 ar amrywiaeth eang o gyflyrau, triniaeth a gwasanaethau iechyd lleol. **nhsdirect.wales.nhs.uk**



Os ydych chi wedi cael eich effeithio gan unrhyw fater yn y cynhyrchiad heno, neu'n poeni am unrhyw agwedd ar ganser, byddem yn eich cyngori i gysylltu â'ch Meddyg Teulu.



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Mewn cydweithrediad â Pontio



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Cancer Chums Support Group, Llandudno: A group of women who are currently receiving treatment for some kind of cancer, or who have received treatment in the past. Informal meetings (with a light lunch) are held on the first Thursday of each month at 12.30pm. The Group provides an opportunity to chat and support other women who have had cancer, as well as enjoying trips and fund-raising lunches throughout the year.

Gillian Evans (Chair / Treasurer): **01745 823312 / gillyevs@gmail.com**

Dr Pam Macdonald (Secretary): **07702101657 / pam.macdonald@btinternet.com**

Bangor and Anglesey Breast Cancer Support Group: The Group meets on the first Tuesday of every month at the Victoria Hotel, Menai Bridge. Members offer mutual support for people affected by breast cancer, and they fundraise for Ysbyty Gwynedd. The Group has been meeting for over 30 years. Contact **Rhian Morris: 07549222771 / r.morris768@btinternet.com**

The **National Exercise Referral Scheme** is designed for inactive adults who are either at risk of poor health or have a pre-existing medical condition. The purpose of the scheme is to promote health and wellbeing by encouraging long term physical activity. For more information please contact **Terry Williams: 07813594777**



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



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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