



## CAERDYDD

**Mae Grŵp Hunan-Gynorthwyo Rhymni (Helping Hands)** yn sefydliad annibynnol, di-elw sy'n bodoli i gyflawni a rhagori ar ddisgwyliadau preswylwyr Cwm Rhymni Uchaf sy'n dioddef o afiechyd difrifol drwy gynnig y gefnogaeth, y gwasanaeth a'r cymhorthion meddygol angenrheidiol ar fenthyg yn ddi-dâl.

**01685 844888 / 01685 840974 [helpinghands-rhymney.co.uk](http://helpinghands-rhymney.co.uk)**



Mae gan **Gofal Canser Tenovus** gôr yn eich ardal chi! Am wybodaeth ynghylch corau Sing with Us **Caerdydd** ewch i **[tenovuscancercare.org.uk/singwithus](http://tenovuscancercare.org.uk/singwithus)**



**Ray of Light:** Rydyn ni'n Grŵp Cefnogi Canser sy'n cynnig cefnogaeth emosiynol ac ymarferol i'r rheiny sydd â'r rôl hollbwysig o gefnogi rhywun â chanser. Mae gennym hefyd grŵp canu *Ray of Light Warblers* (sy'n agored i unrhyw un sydd wedi dioddef o ganser), ac mae'r naill a'r llall yn cwrdd yng Nghanolfan Ganser Felindre ar ddydd Mercher cyntaf bob mis. Mae'r ddau'n grwpiau hunan-gymorth sy'n cynnig cyfle i siarad gyda rhai sy'n deall, heb unrhyw bwysau na disgwyliadau.

**07971 349703 / [rayoflightwales.org.uk](http://rayoflightwales.org.uk)**



Sefydlwyd **CancerPal** yn ddiweddar er mwyn cefnogi ffrindiau, perthnasau a gofaluwr pobl sydd wedi'u heffeithio gan ganser, fel ein bod ni yn ein tro yn cefnogi'r rhai sy'n byw gyda chanser.

**[cancerpal.co.uk](http://cancerpal.co.uk) / [hello@cancerpal.co.uk](mailto:hello@cancerpal.co.uk)**



**Cymorth Canser 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 gyda rhywun, ffoniwch **0808 808 00 00 / [macmillan.org.uk](http://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](http://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](http://nhsdirect.wales.nhs.uk)**



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 cyngori i gysylltu â'ch Meddyg Teulu.

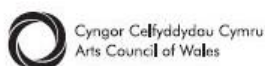


#Nyrsys

@TheatrGenCymru

[theatr.cymru](http://theatr.cymru)

Mewn cydweithrediad â Pontio





## CARDIFF

**Rhymney Cancer Self-Help Group (Helping Hands)** is an independent, non-profit organisation which exists to fulfil and exceed the expectations of the seriously ill residents of the Upper Rhymney Valley by providing the necessary support, services and free loan medical aids.

**01685 844888 / 01685 840974 [helpinghands-rhymney.co.uk](http://helpinghands-rhymney.co.uk)**

**Tenovus Cancer Care** has a choir near you! For information about the Sing with Us Cardiff choirs, visit **[tenovuscancercare.org.uk/singwithus](http://tenovuscancercare.org.uk/singwithus)**

**Ray of Light:** We are a Cancer Support Group that provides emotional and practical help to those with the vital role of supporting someone with cancer. We have a support group (for those supporting someone with cancer) and also a singing group *Ray of Light Warblers* (open to anyone affected by cancer), both held at **Velindre Cancer Centre** on the first Wednesday of each month. They are both self-help groups that provide a place to chat with people who understand, with no pressure and no expectations. **07971 349703 / [rayoflightwales.org.uk](http://rayoflightwales.org.uk)**

**CancerPal** is a start-up organisation; we have been set up to support the friends, loved ones and carers of those affected by cancer, so that we in turn can better support those who are living with cancer. **[cancerpal.co.uk](http://cancerpal.co.uk) [hello@cancerpal.co.uk](mailto:hello@cancerpal.co.uk)**

**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](http://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](http://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](http://nhsdirect.wales.nhs.uk)**

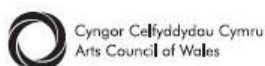
If you have been affected by any of the issues raised in this evening's production, or are worried about any aspects of cancer, we would advise you to contact your General Practitioner.



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