NYRSYS

gan / by Bethan Marlow

Ar daith 6 Tachwedd – 8 Rhagfyr 2018

On tour 6 November – 8 December 2018

ABERYSTWYTH

Mae **Tŷ Geraint** yn cynnig gofal, cyngor a chefnogaeth i bobl a chanddynt salwch sy'n cyfyngu ar fywyd, a'u teuluoedd. Byddwn yn rhoi o'n gorau bob amser i helpu gyda'r materion sydd bwysicaf i'r unigolion, ac yn anelu i wella ansawdd eu bywyd o ddydd i ddydd. Ffoniwch: **01970 635790**

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

sing with tenovus cancer care gofal canser

Mae **Look Good Feel Better** yn cynnal gweithdai codi-hyder mewn gofal croen a choluro i bobl sy'n byw gydag unrhyw fath o ganser. Mae'r sesiynau dwy-awr yn gyfle i ddysgu technegau i helpu i guddio effeithiau triniaeth, ac i gwrdd ag eraill mewn sefyllfa debyg. Cynhelir gweithdai yn Ysbyty Bronglais, Aberystwyth.
Rhif ffôn i drefnu: **01970 613888**

look good feel better
FACING CANCER WITH CONFIDENCE

HaHav: Rydyn ni'n elusen gofrestredig yn cynnig gwasanaeth gwirfoddol Hosbis yn y Cartref i'r gymuned leol yng ngogledd Ceredigion. Nod y gwasanaeth yw cynnig cefnogaeth ymarferol, cymdeithasol ac emosiynol i gleifion sydd yn byw gyda gwaeledd hir dymor, sy'n gwaethygu a heb obaith o wellhad, ac i'r rhai sy'n gofalu amdanynt, a hynny yn awyrgylch clyd a phreifat eu cartrefi eu hunain. **hahavcord@aol.co.uk**

HAHAV

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**

CYMORTH CANSER MACMILLAN

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**

tenovus cancer care gofal canser

Gallwch ffonio **Galw Iechyd Cymru** ar **0845 46 47** os ydych yn teimlo'n anhwylus ac yn ansicr beth ddylech ei wneud, neu i gael gwybodaeth iechyd ar amrywiaeth eang o gyflyrau, triniaethau 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 Meddyg Teulu.

GIG CYMRU NHS WALES | Rhwydwaith Canser Cymru Wales Cancer Network

ABERYSTWYTH

Tŷ Geraint offers care, advice and support to people who are living with life-limiting illness and their families. We will always do our best to help with the issues that are most important to individuals, aiming to improve the quality of their day to day life. Telephone: **01970 635790**

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

Look Good Feel Better runs free confidence-boosting skincare and make-up workshops for people living with any type of cancer. The two-hour sessions are a chance to learn techniques to help disguise some of the side effects of treatment and an opportunity to meet others in a similar situation. Workshops are held at Bronglais Hospital, Aberystwyth. Booking number: **01970 613888**

HaHav: We are a locally registered charity providing a Hospice at Home Volunteer Service to the local community of north Ceredigion. The aim of the service is to provide practical, social and emotional support to patients who are living with advanced, incurable and progressive illnesses, and for their carers, in the comfort and privacy of their own homes. **hahavcord@aol.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**

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.

Mewn cydweithrediad â Pontio
Cyngor Celfyddydau Cymru Arts Council of Wales
ARIENNIR GAN Y LOTERI LOTTERY FUNDED
Pontio