



ABERTAWE

Canolfan Maggie's Abertawe: Mae Maggie's yn cynnig cymorth canser a gwybodaeth am ddim yn ein canolfannau ar y cyd gydag ysbytai GIG ac ar-lein. Rydym yn helpu pobl i gymryd rheolaeth pan fydd canser yn troi eu bywydau ben i waered, gyda chefnogaeth broffesiynol ar gyfer unrhyw beth o sgil-ffeithiau triniaeth i ofidiau ariannol. **01792 200000 / maggiescentres.org**

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

Gwasanaethau Gwybodaeth a Chyngor Canser: Mae CISS yn cynnig gwybodaeth, cefnogaeth emosiynol a chwrsela un-i-un i unrhyw un o 3 oed i fyny sydd wedi'i effeithio gan ganser – claf, aelod o'r teulu, gofalwr neu ffrind. Mae ein gwasanaethau yn rhad ac am ddim ac ar gael yn ddwyieithog ar draws Abertawe, Castell-nedd Port Talbot a Phen-y-bont, mewn canolfannau neu ar drefniant allgymorth. Ffoniwch **01762 655025** i drefnu cefnogaeth. **cancersupport.wales/cy/**

Sefydlwyd **CancerPal** yn ddiweddar er mwyn cefnogi ffrindiau, perthnasau a gofalwyr 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 / 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 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'ch 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, triniaethau 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.



MAGGIE'S

Everyone's home of cancer care



CISS

CANCER INFORMATION & SUPPORT SERVICES
GWASANAETHAU GWYBODAETH a CHYMORTH CANCER



CYMORTH CANCER
MACMILLAN



Galw **IECHYD** Cymru

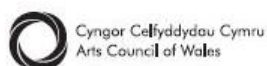


Rhwydwaith
Canser Cymru
Wales Cancer
Network

#NyrSYS

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio



SWANSEA

Maggie's Centre Swansea: Maggie's provides free cancer support and information in our centres alongside NHS hospitals and online. We help people take back control when cancer turns their lives upside down, with professional support for anything from treatment side effects to money worries. **01792 200000 / maggiescentres.org**

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

Cancer Information Support Services: CISS offers information, emotional support and one-to-one counselling to anyone affected by cancer from age 3 upwards, whether they are a patient, family member, carer or friend. Our services are free and available bilingually across Swansea, Neath Port Talbot and Bridgend, both centre-based and on an outreach basis. Please telephone **01762 655025** to arrange support. **cancersupport.wales**

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 / hello@cancerpal.co.uk**

Macmillan Cancer Support: We're here to help you find your best way through from the moment of diagnosis, so 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 contact your General Practitioner.

Ar daith 6 Tachwedd –
8 Rhagfyr 2018

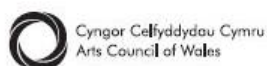
On tour 6 November –
8 December 2018



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