



CAERNARFON

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 yn barod. Diben y cynllun yw hyrwyddo iechyd a lles drwy annog gweithgareddau corfforol hirdymor. Am fwy o wybodaeth, cysylltwch â **Terry Williams: 07813594777**
Mae gan **Gofal Canser Tenovus** gôr yn eich ardal chi! Am wybodaeth ynghylch côr Sing with Us **Bangor**, ewch i tenovuscancercare.org.uk/singwithus



Clwb Seren Wen, Criccieth: Mae'r Grŵp yn cynnig cefnogaeth, therapiau a digwyddiadau cymdeithasol drwy'r flwyddyn. Cysylltwch â **Martha Hughes: 01766 522 641**

Mae **Fforwm Cleifion Canser Gogledd Cymru** yn gweithio gyda gwasanaethau lleol i ganiatáu i leisiau a phrofiadau y rheiny sydd wedi'u heffeithio gan ganser helpu a gwella gofal cancer i eraill. Mae gan y fforwm wefan gynhwysol, sy'n dod â gwybodaeth eang ynghylch cefnogaeth i gleifion cancer a'u teuluoedd ar draws gogledd Cymru at ei gilydd. Am fanylion pellach, cysylltwch: **01745 44 5168**
pat.evans@wales.nhs.uk / northwalescancerforum.co.uk



CYMORTH CANCER MACMILLAN

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 neu gymorth, neu os hoffech siarad gyda 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 chynghor ymarferol. Mae'ch 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 iechyd ar amrywiaeth eang o gyflyrau, triniaethau a gwasanaethau iechyd lleol. nhsdirect.wales.nhs.uk

Galw IECHYD Cymru

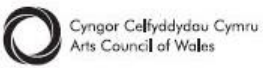
Os ydych chi wedi cael eich effeithio gan unrhyw fater yn y cynhyrchiad heno, neu'n poeni am unrhyw agwedd ar ganser, byddem yn eich cynghori i gysylltu â'ch Meddyg Teulu.



#NyrSYS

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio



CAERNARFON

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**



Wales National Exercise Referral Scheme (NERS)
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru

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



Clwb Seren Wen, Criccieth: The Group offers mutual support, complementary therapies and social outings throughout the year. Contact **Martha Hughes: 01766 522 641**

The **North Wales Cancer Patient Forum** works together with local services to enable the voices and experiences of people affected by cancer to help improve cancer care for others. The Forum has also developed a website, bringing together a wide range of information about local sources of information and support for cancer patients and their families across North Wales. For more details, please get in touch: **01745 44 5168** pat.evans@wales.nhs.uk / northwalescancerforum.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

**MACMILLAN
CANCER SUPPORT**

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

tenovus cancer care
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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

NHS Direct Wales

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.

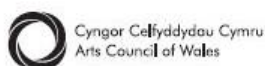


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Mewn cydweithrediaid â Pontio

