



Y DRENEWYDD

Hosbis Hafren: Rydym yn ymfalchïo mewn cynnig gofal un-i-un o'r radd flaenaf sy'n rhoi cymorth i gannoedd o bobl leol bob blwyddyn. Y llynedd fe gynigion ni gefnogaeth arbenigol i dros 69 math gwahanol o ganser. Nid yw salwch sy'n cyfyngu ar fywyd yn effeithio cleifion mewn modd corfforol yn unig. Mae ein gweithwyr cymdeithasol, ein caplaniaid a'n gwasanaeth cefnogi colled yn cynnig cefnogaeth seicolegol, emosiynol ac ysbrydol i gleifion a'u teuluoedd.

01686 623558 / severnhospice.org.uk

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

Mae **Ymddiriedolaeth Bracken** yn elusen gofrestredig wedi'i lleoli yn Llandrindod sy'n cynnig cefnogaeth i unrhyw un sydd wedi'i effeithio gan ganser. Rydym yn cynnig gofal nyrsio cymwysiedig a chynghor i gleifion, eu teuluoedd a'u gofalwyr, yn ogystal â pherthnasau sy'n galaru. Rydym hefyd yn cynnig cwnsela, amryw o therapïau a gweithgareddau cymdeithasol eraill sy'n annog pobl i ddelio â'u cyflwr a chynnal safon byw da. Mae'r holl wasanaethau hyn ar gael yn rhad ac am ddim. **01597 823646 / brackentrust.org.uk**

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 â phobl eraill sydd mewn sefyllfa debyg. Cynhelir gweithdai yn Ysbyty Brenhinol Yr Amwythig.

Rhif ffôn i drefnu: **01743 261035**

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**

Gofal Canser Tenovus: Mae ein nyrsys profiadol ar gael 365 dydd y flwyddyn i gynnig gwybodaeth, cefnogaeth a chynghor 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 / tenovuscancer.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 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.



#Nyrsys

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio



NEWTOWN

Severn Hospice: We pride ourselves on providing high-quality, one-to-one care that gives comfort to hundreds of local people every year. Last year we provided specialist support for more than 69 different types of cancer. Living with a progressing life-limiting illness does not only affect patients physically. Our social workers, chaplains and bereavement support service provide psychological, emotional and spiritual support to patients and their families. **01686 623558 / severnhospice.org.uk**

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

The **Bracken Trust** is a registered charity based in Llandrindod Wells that provides support to anyone affected by cancer. It provides qualified nursing support and advice to cancer patients, their families and carers as well as bereaved relatives. It also offers counselling, a range of complementary body therapies and other social activities that encourage people to manage their condition and maintain a good quality of life. All of these services are provided free of charge. **brackentrust.org.uk / 01597 823646**

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 is an opportunity to meet others in a similar situation. Workshops are held at Royal Shrewsbury Hospital.

Booking telephone number: **01743 261035**

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 to contact your General Practitioner.

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