



Y FENNI

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 drwy gynnig y gefnogaeth, y gwasanaeth a'r cymhorthion meddygol di-dâl angenrheidiol. **01685 844888 / 01685 840974**

helpinghands-rhymney.co.uk

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

Mae **Cancer Aid Merthyr Tydfil** yn cynnig cefnogaeth ymarferol ac emosynol i unrhyw un wedi'i effeithio gan ganser sy'n byw yn ardal Merthyr Tudful. Rydym yn cefnogi cleifion a gofalwyr drwy gynnig trafndiaeth i'r ysbty, therapiau amrywiol, cwnsela a grwpiau cefnogi. Am fynediad at gefnogaeth, cysylltwch â ni ar **01685 379633**. Mae mwy o wybodaeth i'w chael ar canceraidmerthyr.co.uk

Mae **Breathe Easy**, sef grwpiau cefnogi'r **British Lung Foundation**, yn cael eu cynnal gan wirfoddolwyr sy'n cwrdd yn rheolaidd i gynnig cefnogaeth, codi ymwybyddiaeth a llawer mwy. Breathe Easy Blaenau Gwent yw'ch grŵp cefnogi lleol chi. Am wybodaeth bellach, cysylltwch â llinell gymorth y BLF ar **0300 3030 253 / blf.org.uk**

Cymorth Cancer 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 Cancer 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 cynghori i gysylltu â'ch Meddyg Teulu.



CYMORTH CANCER MACMILLAN



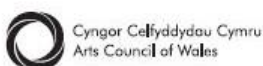
Galw IECHYD Cymru



#Nyrsys

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio



ABERGAVENTNY

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

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

Cancer Aid Merthyr Tydfil provides practical and emotional support to anyone who has been affected by cancer living in the Merthyr Tydfil Borough. We support patients and carers by providing hospital transport, complementary therapies, counselling and support groups. To access any form of support, please contact **01685 379633**. More information can be found on **canceraidmerthyr.co.uk**

The **British Lung Foundation's** support groups – known as Breathe Easy groups – are run by volunteers who meet regularly to provide peer support, raise awareness and much more. Breathe Easy Blaenau Gwent is your local support group. For further information, please call the BLF helpline on **0300 3030 253 / blf.org.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, please 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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