



## YR WYDDGRUG

Mae **Hospis Tŷr Eos** yn Wrecsam yn cynnig gwasanaethau gofal lliniarol arbenigol, yn rhad ac am ddim, i gleifion a'u teuluoedd yn ngogledd-ddwyrain Cymru. Mae'r gwasanaethau'n cynnwys ward 12 gwely i gleifion preswyl, ac uned gofal dydd i 15 claf, clinig cleifion allanol, therapi galwedigaethol, therapiau cyflenwol, ffisiotherapi yn cynnwys pwll hydrotherapi, a gwasanaeth ambiwlans. Mae amryw o wasanaethau colled ar gael, yn cynnwys gwasanaeth arbenigol i blant ac oedolion ifanc. **01978 316 800 / nightingalehouse.co.uk**



Nightingale House Hospice  
Hospis Tŷr Eos

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



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 The Beaches Hotel, Prestatyn. ar y cyd ag Ysbyty Glan Clwyd. Rhif ffôn i drefnu: Morgan's Hair and Beauty **01745 798747**



look good **feel better**  
FACING CANCER WITH CONFIDENCE

Mae **Fforwm Cleifion Canser Gogledd Cymru** yn gweithio gyda gwasanaethau lleol i alluogi lleisiau a phrofiadau pobl a effeithiwyd gan ganser i helpu yn y gwaith o wella gofal cancer i eraill. Ar wefan y Fforwm mae ystod eang o wybodaeth ynghylch ffynonellau lleol o wybodaeth a chymorth i gleifion cancer a'u teuluoedd ledled gogledd Cymru. Am ragor o fanylion, cysylltwch â ni: **01745 44 5168 / pat.evans@wales.nhs.uk / northwalescancerforum.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, cymorth neu os hoffech siarad â rhywun, ffoniwch **0808 808 00 00 / macmillan.org.uk**

**CYMORTH CANCER  
MACMILLAN**

**Gofal Canser Tenovus:** Mae ein nyrsys profiadol ar gael 365 dydd y flwyddyn i gynnig gwybodaeth, cefnogaeth a chyngor 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**

**tenovus** cancer care  
gofal cancer

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.

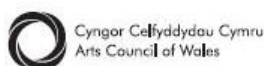


**GIG  
CYMRU  
NHS  
WALES** Rhwydwaith  
Canser Cymru  
Wales Cancer  
Network

#Nyrsys

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio



## MOLD

**Nightingale House Hospice** in Wrexham provides specialist palliative care services, completely free-of-charge, to patients and their families within north-east Wales. Services include a 12-bed inpatient ward, a 15-patient day-care unit, an outpatient clinic, occupational therapy, complementary therapies, physiotherapy including a hydrotherapy pool, and an ambulance service. Our bereavement support services include a specialist service for children and young adults. [nightingalehouse.co.uk](http://nightingalehouse.co.uk) **01978 316 800**

**Tenovus Cancer Care** has a choir near you! For information about the Sing with Us **Wrexham** choir, visit [tenovuscancercare.org.uk/singwithus](http://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 The Beaches Hotel, Prestatyn in conjunction with Glan Clwyd Hospital. Booking tel. number: Morgan's Hair and Beauty **01745 798747**

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's website brings 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 contact: **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 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](http://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.

#NyrSYS

@TheatrGenCymru



Nightingale House Hospice  
Hospis Tŷr Eos



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CANCER SUPPORT

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