



## ABERTEIFI

Mae **Gofal Cancer Aberteifi** yn elusen leol sy'n gwasanaethu'r dref a'r ardal fel grŵp gofalu a chefnogi i deuluoedd sy'n gofalu am unigolyn gyda chanser. Ein gobaith yw esmwytho'r straen i gleifion a'u teuluoedd mewn cyfnod anodd. Rydym yn cynnig clust i wrando a chefnogaeth emosiynol gyfrinachol, ac yn gallu cynnig cymorth ariannol ac ymarferol i wneud bywyd yn haws.

**cardigancancercare.org.uk**  
**Angela: 01239 614843 / Anne: 01239 615141**  
**Enfys: 01239 613123 / Helen: 01239 612187**  
**Judy: 01239 614851 / Ray: 01239 615087**

Mae gan **Gofal Cancer Tenovus** gŵr yn eich ardal chi! Am wybodaeth ynghylch corau Sing with Us **Aberystwyth** a **Chaerfyrddin**, ewch i **tenovuscancercare.org.uk/singwithus**

Mae **Tŷ Cymorth** yn cynnig help a chefnogaeth i gleifion a'u teuluoedd yn yr uned arbennig yn Ysbyty Glangwili ac yn eu cartrefi ar ôl derbyn diagnosis sy'n cyfyngu ar fywyd. Mae'r gwasanaeth ar gael i helpu pobl i ddelio â'u sefyllfaoedd a gwella ansawdd bywyd o ddydd i ddydd.  
**01267 235151 / tycymorth.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 yn gyfle i gwrdd ag eraill mewn sefyllfa debyg. Cynhelir gweithdai yn Ysbyty Bronglais, Aberystwyth.  
Rhif ffôn i drefnu: **01970 613888**

**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 Cancer Tenovus:** Mae ein nyrsys profiadol ar gael 365 dydd y flwyddyn i gynnig gwybodaeth, cefnogaeth a chynngor 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 / tenovuscancercare.org.uk**

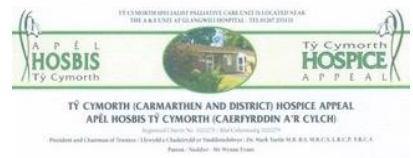
Gallwch ffonio **Galw Iechyd Cymru** ar **0845 46 47** os ydych yn teimlo'n anhwylyd ac yn ansicr beth ddylech ei wneud, neu i gael gwybodaeth iechyd ar amrywiaeth eang o gyflyrau, triniaethau a gwasanaethau iechyd lleol. **nhsdirect.wales.nhs.uk**

Os ydych 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.

**Cardigan Cancer Care**



Formed by local people for local people



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



#Nyrsys

@TheatrGenCymru

theatr.cymru



Mewn cydweithrediad â Pontio



## CARDIGAN

**Cardigan Cancer Care** is a local charity serving the town and district as a care and support group for families who have someone suffering from cancer. Our aim is to help relieve the stress and anxiety for both patients and their families at a time when they need it most. We offer a listening ear and confidential emotional support and can provide financial assistance and offer practical help to make their lives easier.

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

**Tŷ Cymorth** provides help and support for patients and their families in the special unit at Glangwili Hospital and in their homes after a diagnosis of a life-restricting illness. The service is available to help people deal with their situations and improve the quality of day to day life. **01267 235151 / tycymorth.org.uk**

**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 offer an opportunity to meet others in a similar situation. Workshops are held at Bronglais Hospital, Aberystwyth.

Booking telephone number: **01970 613888**  
**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**

**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.

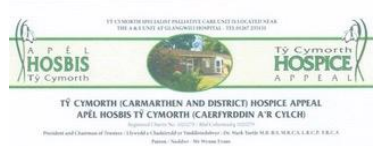
**0808 808 1010 / tenovuscancercare.org.uk**  
 You can call **NHS Direct Wales** on **0845 46 47** if you're feeling ill and are unsure what to do, or for health information on a wide range of conditions, treatments and local health services.  
**nhsdirect.wales.nhs.uk**

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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