



Theatr  
Genedlaethol  
Cymru

# ANFAMOL

GAN / BY RHIANNON BOYLE

Theatr Genedlaethol Cymru mewn  
cydweithrediad â Theatr y Sherman  
Theatr Genedlaethol Cymru in  
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# ANFAMOL

## RHIANNON BOYLE

Dwi'n meddwl 'mod i wastad yn sgwennu gyda gonestrwydd. Dwi'n licio siarad am bethau anodd *dwi* falla wedi stryglan efo nhw, yn y gobaith y byddai eraill yn gallu uniaethu. Dyna pam nes i sgwennu *Anfamol*, achos, pan ges i ddwy o ferched o fewn un mis ar hugain, na'th hynny hitio fi fatha trêrn. Trio jyglo bod yn fam berffaith efo gyrfa brysur. Colli hunaniaeth. Dygymod â'r newidiadau yn fy nghorff. Ceisio delio efo'r feirniadaeth a'r pwysau cymdeithasol a ddaeth yn sgil bod yn fam newydd. Y problemau iechyd meddwl a ddiodeffais i yn ddistaw bach. 'Nes i ffeindio'r cyfan yn anodd iawn, fel mae nifer o famau modern eraill yn ei wneud.

Wrth fynd ati i greu cymeriad Ani, felly, fe geisiais i feddwl sut y gallwn i ei llwytho hi gyda rhwystrau a phob math o bwysau allanol a mewnol er mwyn gwneud ei thaith yn fwy heriol fyth. Dyna pam mae hi'n ddynes sengl yn ei phedwar degau sy'n defnyddio banc sberm i gael babi, ac ar ben hynny, beth am ei rhoi hi mewn pandemig rhyngwladol hollol *terrifying*?

Wrth sgwennu'r ddrama hon yn ystod y cyfnod clo fe syrthiais mewn cariad â'r ffeminist cryf, annibynnol a doniol – Ani. Mae hi wedi gwneud i mi chwerthin yn uchel a beichio crio, ac mae hynny wedi bod yn brofiad hynod o gathartig. Dwi'n gobeithio y bydd cynulleidfaoedd yn gallu teimlo'r un peth wrth edrych yn ôl ar y deunaw mis diwethaf gyda'n gilydd a cheisio gwneud synnwyr o'r hyn sydd wedi digwydd i ni. Ro'n i eisiau sgwennu rhywbeth fyddai'n ein galluogi ni i chwerthin yn ogystal â phrosesu digwyddiadau 2020. Stori sy'n gadael i ni gofio, ond yna, symud ymlaen i'r dyfodol gyda chariad a gobaith.



I always try to write with honesty. I like to talk about the things that I *myself* have perhaps struggled with, in the hope that others will be able to identify. That's why I wrote *Anfamol*, because, when I became a mother of two daughters within a period of 21 months, that hit me like a train. Trying to juggle being a perfect mum whilst holding down a busy career. Losing my identity. Coping with the changes in my body. Trying to deal with the criticism and the social pressures that came in the wake of being a new mother. The mental health problems I suffered in silence. I found it all very difficult to cope with, like many other modern mums.

And so, as I set about creating the character Ani, I tried to think how I could weigh her down with difficulties and all sorts of external and internal pressures that would make her journey even more challenging. That is why she's a single woman in her forties who uses a sperm bank to have a baby and, on top of that, how about placing her in the middle of a terrifying international pandemic?

As I wrote this play during lockdown, I fell in love with Ani – the strong, independent and funny feminist. She has made me laugh out loud and burst into tears, and that has been a very cathartic experience. I hope that audiences will be able to feel the same as we look back together at the past 18 months, and try to make sense of everything that has happened to us. I wanted to write something that would enable us to laugh, as well as to process the events of 2020. A story that allows us to remember, but then to move into the future with love and hope.

## TÎM CREADIGOL A CHYNHYRCHU CREATIVE AND PRODUCTION TEAM



**Bethan Ellis Owen**  
Actor – Ani



**Gwawr Loader**  
Eilydd / Understudy – Ani

**Rhiannon Boyle**  
Dramodydd / Playwright

**Sara Lloyd**  
Cyfarwyddwr / Director

**Amy Jane Cook**  
Cynllunydd / Designer

**Katy Morison**  
Cynllunydd Goleuo / Lighting Designer

**Niamh O'Donnell**  
**Tayla-Leigh Payne**  
Cynllunwyr Sain a Chyfansoddwyr  
dan hyfforddiant / Trainee Sound  
Designers and Composers

**Dyfan Jones**  
Cyfansoddi a Chynllunio Sain  
Composer and Sound Design

**Deborah Light**  
Cyfarwyddwr Corfforol  
Movement Director

**Nia Lynn**  
Cyfarwyddwr Llais / Voice Director

**Juliette Manon Lewis**  
Cyfarwyddwr Cynorthwyol  
Assistant Director

**Ceri James**  
Rheolwr y Cynhyrchiad  
Production Manager

**Ian Buchanan**  
Rheolwr y Cynhyrchiad dros dro  
Interim Production Manager

**Lisa Briddon**  
Rheolwr Cynhyrchu a Rheolwr Llwyfan  
Production Manager and Stage Manager

**Ffion Evans**  
Dirprwy Reolwr Llwyfan  
Deputy Stage Manager

**Carwyn Williams**  
Technegydd / Technician

**Gareth Hughes**  
Ail-oleuydd / Relighter

**DZ9R**  
Adeiladwr y Set / Set Builder

**Technegol Ltd**  
Rheolwr Technegol y Daith  
Tour Technical Manager

**Cathryn McShane**  
Dehonglydd Iaith Arwyddion Prydain  
BSL Interpreter

**Lowri Johnston**  
Marchnata / Marketing

**Kirsten Mcternan**  
Ffotograffydd / Photographer

**Elin Mannion**  
Recordio Digidol / Digital Capture

**Chris Harris**  
Cyflynydd a Dramatwrg Sibrwd  
Sibrwd Dramaturg and Coordinator

**Martha Davies**  
Gweithredydd Sibrwd ar Daith  
Sibrwd Operator on tour



**DIOLCHIADAU  
THANK YOU**

Joshua Lascar, Mari Roberts,  
Maria Molcher, Mari Gruffydd,  
Eirian Templeman, Tic Ashfield-Fox.



## STAFF THEATR GENEDLAETHOL CYMRU

Cydlynnydd Datblygu Creadigol  
Creative Development Coordinator  
**Sarah Bickerton**

Swyddog Marchnata a Chyfathrebu  
Marketing and Communications Officer  
**Elin Cain**

Pennaeth Cynhyrchu  
Head of Production  
**Angharad Mair Davies**

Rheolwr Marchnata a Chyfathrebu  
Marketing and Communications Manager  
(dros gyfnod mamolaeth / maternity cover)  
**Heulwen Davies**

Cynhyrchydd Gweithredol  
Executive Producer  
**Rhian A. Davies**

Cydlynnydd Datblygu Creadigol  
Creative Development Coordinator  
(dros gyfnod mamolaeth / maternity cover)  
**Melangell Dolma**

Swyddog Technegol / Technical Officer  
**Ffen Evans**

Swyddog Marchnata a Chyfathrebu  
Marketing and Communications Officer  
**Angharad Mai Griffiths**

Cyfarwyddwr Artistig / Artistic Director  
**Arwel Gruffydd**

Rheolwr Cyllid / Finance Manager  
**Meinir James**

Cyfarwyddwr Gweithredol  
Executive Director  
**Angharad Jones Leefe**

Swyddog Gweinyddiaeth a Chyllid  
Administration and Finance Officer  
**Nesta Jones**

Cynorthwydd Datblygu Creadigol  
Creative Development Assistant  
**Gavin Richards**

Cynhyrchydd / Producer  
**Nia Wyn Skyrme**

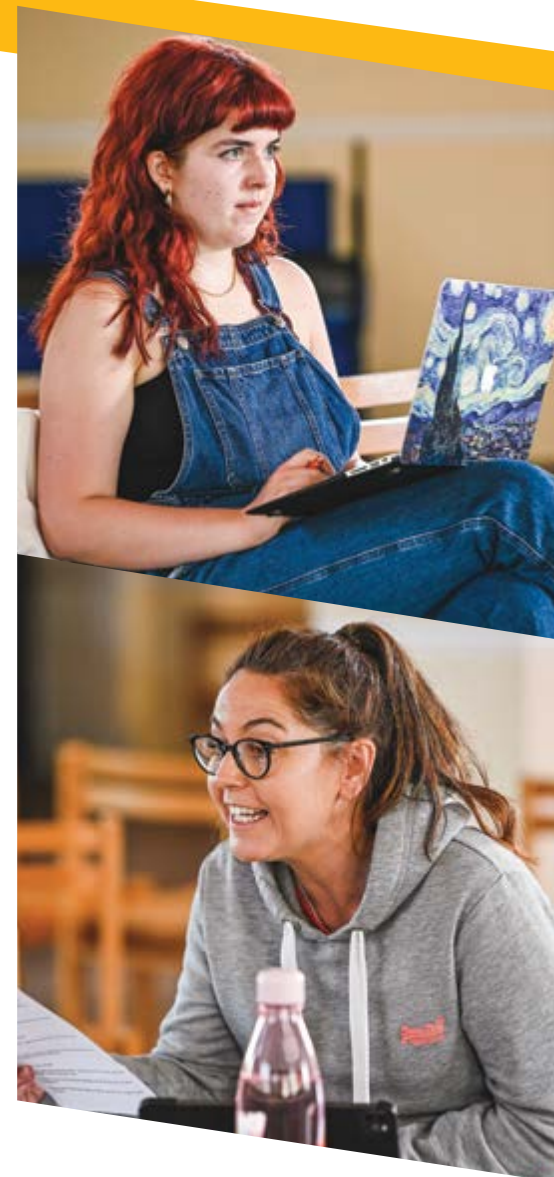
Cynhyrchydd / Producer  
**Fflur Thomas**

Rheolwr Marchnata a Chyfathrebu  
Marketing and Communications Manager  
**Ceri Williams**

Cydlynnydd Cyfranogi  
Participation Co-ordinator  
**Sian Elin Williams**

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**Catherine Rees**  
**Rhys Miles Thomas**  
**Gwyn Williams**  
**Meilir Rhys Williams**





## BYWGRAFFIADAU

### **Bethan Ellis Owen Ani**

Addysg / Hyfforddiant  
Education / Training:

Coleg Brenhinol Cerdd a Drama Cymru,  
Caerdydd / Royal Welsh College of Music  
and Drama, Cardiff

Gwaith theatr yn cynnwys /  
Theatre work includes:

Nyrsys (Theatr Genedlaethol Cymru);  
*Bownsars*, *Oleanna* (Cwmni Theatr  
Gwynedd).

Gwaith teledu a ffilm yn cynnwys /  
Television and film work includes:

*Pobol y Cwm*; *Rownd a Rownd*; *Lolipop*;  
*Y Tŷ*; *Rhyw Fath o Fusnes*; *Asembli*;  
*Solomon a Gaenor*; *Lois*; *Eryn Roc  
a Rôl* (S4C).

### **Gwawr Loader Eilydd / Understudy**

Addysg / Hyfforddiant  
Education / Training:

Prifysgol Aberystwyth a Choleg Brenhinol  
Cerdd a Drama Cymru / Aberystwyth  
University and the Royal Welsh College  
of Music and Drama.

Gwaith theatr yn cynnwys /  
Theatre work includes:

*Before I Leave*, *The Radicalisation of  
Bradley Manning* (National Theatre Wales);  
*Cyrano De Bergerac*, *Portrait of the Artist  
as a Young Dog*, *Skyhawk*, *Rape of the  
Fair Country* (Theatr Clwyd); *Windsongs  
of the Blessed Bay* (Theatr Cadair);  
*The Lion*, *The Witch & The Wardrobe*,  
*Leviathan & The Sleeping Beauties*  
(Sherman Theatre / Theatr y Sherman);

*The Hoard Season* (New Vic Theatre), *Garw*  
(Theatr Bara Caws) a / and *Priodferch  
Utah/The Utah Bride* (1.618 Theatrefilm).

Gwaith teledu yn cynnwys /  
Television work includes:

*Hidden / Craith 3* (BBC / S4C); *Pobol y Cwm*,  
*Byw Celwydd*, *Tir*, *Cara Fi*, *Teulu* (S4C);  
*The Indian Doctor* (BBC).

### **Rhiannon Boyle Dramodydd / Playwright**

Yn 2019, enillodd Rhiannon Wobr  
Awdur Preswyl Cymru BBC Cymru /  
National Theatre Wales. Yn sgil hynny fe  
gomisiynwyd ei drama gyntaf, *Safe from  
Harm*, a ddarlledwyd ar BBC Radio 4. Yn yr  
un flwyddyn fe ddewiswyd Rhiannon i fod  
yn rhan o gynllun y BBC, *Lleisiau Cymru*.

Dechreuodd Rhiannon ysgrifennu ar gyfer  
y llwyfan yn 2007, i gwmni theatr Dirty  
Protest. Mae hi wedi creu nifer o ddramâu  
byrion ar y cyd gyda nhw, yn cynnwys  
*Tag Me* (Canolfan Mileniwm Cymru), *Un  
Bach Arall* (Theatr Clwyd), *Druggie* (Gŵyl  
Caeredin & Paines Plough). Cynhyrchodd  
Dirty Protest ei drama ar-lein, *Kill Me Now*,  
a pherfformiwyd hi fel rhan o Ŵyl Ymylol  
Caeredin 2021.

Yn ogystal â hyn mae Rhiannon yn  
ysgrifennu ar gyfer y teledu, yn cynnwys  
y cyfresi *Gwaith Cartref*, *Pobol y Cwm a  
Stad* (S4C). Mae ganddi brosiectau mewn  
datblygiad gyda BBC Studios, BBC Radio  
Wales a Channel 4.

In 2019, Rhiannon won the BBC Cymru  
Wales / National Theatre Wales Writer  
in Residence Award. As a result, she was  
commissioned to write her first play,  
*Safe from Harm*, that was broadcast on  
BBC Radio 4. In the same year, Rhiannon  
was selected to be part of the BBC Welsh  
Voices initiative.

Rhiannon started writing for the stage  
in 2007, for the Dirty Protest theatre  
company. She has created several  
short plays jointly with the company,  
including *Tag Me* (Wales Millennium  
Centre), *Un Bach Arall* (Theatr Clwyd),  
*Druggie* (Edinburgh Festival & Paines  
Plough). Dirty Protest produced her  
on-line play, *Kill Me Now*, and it was  
performed as part of the Edinburgh  
Fringe Festival 2021.

Rhiannon also writes for television,  
including the series *Gwaith Cartref*,  
*Pobol y Cwm* and *Stad* (S4C). She  
currently has projects in development  
with BBC Studios, BBC Radio Wales  
and Channel 4.

### **Sara Lloyd Cyfarwyddwr / Director**

Gwaith fel Cyfarwyddwr yn cynnwys /  
Directing work includes:

*American Nightmare* (The Other Room);  
*Yr Hwyaden Fach Hyll / The Ugly Duckling*  
(Theatr Sherman); *Anweledig*, *'Fala Surion*  
(Frân Wen); *Nyrsys*, *Pridd*, *Rhith Gân*  
(Theatr Genedlaethol Cymru); *Merch yr  
Eog / Merc'h an Eog* (Theatr Genedlaethol  
Cymru / *Teatr Piba*); *Swansea's Three Night  
Blitz* (Swansea Grand / Joio); *Leaves on the  
Line* (Royal Court / Dirty Protest); *Under  
the Sofa*; *Breathe* (Almeida Festival /  
Dirty Protest).

Gwaith fel Dramatwrg yn cynnwys /  
Work as Dramaturg includes:

*Y Tŵr* (opera gyda / with Music Theatre  
Wales / Theatr Genedlaethol Cymru).  
Y darn dawn *Babalus* (ICoDaCo) ar  
daith yng Nghymru a Sweden  
The dance piece *Babalus* (ICoDaCo)  
on tour in Wales and Sweden.

[Gwaith fel Cyfarwyddwr Cyswllt yn cynnwys / Work as Associate Director includes:](#)

*Cyrano de Bergerac* (Theatr Clwyd).

Mae Sara hefyd yn gyn-Gyfarwyddwr Cyswllt gyda Theatr Genedlaethol Cymru.

Sara is also a former Associate Director with Theatr Genedlaethol Cymru.

[Gwaith fel actores / Acting work:](#)

Mae Sara wedi gweithio yn Theatr Clwyd, Salisbury Playhouse, Theatr y Sherman a Theatr Genedlaethol Cymru; mae ei chyfresi teledu yn cynnwys *Bang, Hinterland / Y Gwyll, Gwaith Cartref, The Indian Doctor a Deian a Loli*.

Sara has worked at Theatr Clwyd, Salisbury Playhouse, Sherman Theatre and Theatr Genedlaethol Cymru; her television series include *Bang, Hinterland / Y Gwyll, Gwaith Cartref, The Indian Doctor* and *Deian a Loli*.

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### **Amy Jane Cook** **Cynllunydd / Designer**

Yn 2017, enillodd Amy Jane wobwr y Cynllun Gorau yng Ngwobrau Theatr Cymru aam ei gwaith ar Constellation Street yn The Other Room. Yn 2018, enwebwyd hi ar gyfer tair gwobr Off West End am y Cynllun Llwyfan Gorau gyda Jellyfish (Bush Theatre), The Funeral Director (Southwark Playhouse) a Not Talking (Arcola).

In 2017, Amy Jane won the Wales Theatre Award for Best Design for Constellation Street at The Other Room. She was nominated for three Off West End Best Set Design Awards in 2018 for Jellyfish (Bush Theatre), The Funeral Director (Southwark Playhouse) and Not Talking (Arcola).

[Mae ei gwaith yn y theatr yn cynnwys / Her theatre credits include:](#) *Baskerville* (Mercury Theatre); *Jellyfish* (National Theatre/Bush Theatre); *The Season* (Royal & Derngate); *The Importance of Being Earnest* (Watermill Theatre); *You Stupid Darkness* (Plymouth Drum / Paines Plough); *The Funeral Director* (Southwark Playhouse, Taith o'r DU/UK tour); *Absurd Person Singular* (Watford Palace Theatre); *Wave Me Goodbye, The Rise and Fall of Little Voice, Insignificance, St Nicholas* (Theatr Clwyd); *Not Talking* (Arcola Theatre); *Thor & Loki* (Assembly Caeredin/Edinburgh); *Lava* (Nottingham Playhouse, Taith o'r DU / UK tour); *Our Blue Heaven* (New Wolsey Theatre); *Up 'n' Under* (New Wolsey Theatre, Taith o'r DU/UK tour, Fingersmiths); *To Dream Again* (Theatr Clwyd/Polka Theatre); *Insignificance* (The Langham, NYC); *The 8th* (Barbican); *Mudlarks* (Bush Theatre / HighTide Festival); *Medea, W11* (The Gate); *65 Miles, Once Upon a Time in Wigan* (Hull Truck); *Hamlet* (Young Vic / Maria Theatre); *66 Books* (Bush Theatre/Westminster Abbey); *Flooded Grave, Where's My Seat?* (Bush Theatre); *The Water Engine* (Old Vic Tunnels); *Constellation Street, The Insomnia Season* (The Other Room); *Mydidae* (Soho Theatre / Trafalgar Studios); *Glory Dazed* (Soho Theatre).

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### **Katy Morison** **Cynllunydd Goleuo / Lighting Designer**

[Addysg / Hyfforddiant:](#) Prifysgol Hull a Coleg Brenhinol Cerdd a Drama Cymru.

Mae Katy yn byw yn ne Cymru ac yn gweithio gyda chwmnïau theatr a chyfarwyddwyr yng Nghymru a ledled y DU. Mae ei gwaith diweddar yn cynnwys *The Litten Trees* (Fuel Theatre), *The Glee Club* (Out of Joint) a *Possible* (National Theatre Wales).

Mae hi wedi gweithio fel Cynllunydd Cysyllt iol ac Ail-oleuydd ar daith gyda nifer o gynrychiadau a Chynllunwyr Goleuo adnabyddus. Mae hi hefyd yn gweithio fel darlithydd a Goruchwyliwr yng Ngholeg Brenhinol Cerdd a Drama Cymru. Roedd hi'n rhan o'r tîm goleuo yn Theatr y Sherman am dros 7 mlynedd.

[Education / Training:](#) University of Hull and Royal Welsh College of Music and Drama.

Katy is based in south Wales and works with theatre companies and directors both in Wales and across the UK. Her recent work includes *The Litten Trees* for Fuel Theatre, *The Glee Club* for Out of Joint and *Possible* for National Theatre Wales. She has worked as an Associate Designer and Re-lighter on tour for many productions and renowned Lighting Designers. She also works as a lecturer and Supervisor at the Royal Welsh College of Music and Drama. She was part of the Lighting Team at Sherman Theatre for over 7 years.

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### **Niamh O'Donnell** **Cyd-gyfansoddwr a Chyd-gynllunydd Sain / Co-composer and Co-sound Designer**

[Addysg / Hyfforddiant:](#) Coleg Brenhinol Cerdd a Drama Cymru

Mae Niamh, sy'n hanu'n wreiddiol o Aberystwyth, yn archwilio cerddoriaeth nodiannol ac electro-acwstig fel ei gilydd. Mae hi wedi estyn allan at ensemblau a grwpiau, gan gyfansoddi gosodiadau digidol ar gyfer dau gyngerdd Sinfonia Cymru: Curate, a chymerodd ran yn CoDi Sound, Tŷ Cerdd. Mae hi wedi cyfansoddi ar gyfer ensemblau megis The Hermes Experiment, y Gallos Trio, Berkeley Ensemble ac UPROAR dan diwtoriaeth

y cyfansoddwyr Prydeinig poblogaidd Mark Bowden, Lynne Plowman a Mark D. Boden. Mae ei phrosiectau diweddaraf yn cynnwys cyfansoddi cerddoriaeth ar gyfer ffilm fer a chreu, cyfansoddi a chyfarwyddo'r profiad cerddorol / gweledol dan y teitl *HER*, ynghyd â'r cynllunydd goleuo Ella Dijle Cunnison; cynhaliwyd y perfformiad cyntaf o'r gwaith yn Theatr Richard Burton, Coleg Brenhinol Cerdd a Drama Cymru, yn 2021.

[Education / Training:](#) Royal Welsh College of Music and Drama.

Niamh, originally from Aberystwyth, explores both notational and electro-acoustic music. She has branched out to ensembles and groups, having composed digital installations for two Sinfonia Cymru Curate concerts and participated in Tŷ Cerdd's CoDi Sound. She has composed for ensembles such as The Hermes Experiment, the Gallos Trio, Berkeley ensemble and UPROAR with the tutorage of popular British composers Mark Bowden, Lynne Plowman and Mark D. Boden. Her latest projects include composing music for a short film and creating, composing and directing the musical / visual experience entitled *HER* alongside lighting designer Ella Dijle Cunnison, which was premiered in the Richard Burton Theatre, Royal Welsh College of Music and Drama 2021.

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### **Tayla-Leigh Payne** **Cyd-gyfansoddwr a Chyd-gynllunydd Sain / Co-composer and Co-sound Designer**

[Addysg / Hyfforddiant:](#) Coleg Brenhinol Cerdd a Drama Cymru.

Cymraes yw Tayla, a chyfansoddwr sydd wedi'i lleoli ar hyn o bryd yng



Nghaerdydd. Ar ôl astudio dan Mark David Boden, Ceri Tippetts a Dr Owen Lloyd, mae Tayla wedi cyfansoddi gweithiau electronig a nodiannol. Mae ei llwyddiannau'n cynnwys derbyn comisiwn gan Gerddorfa Genedlaethol Cymru'r BBC, fel rhan o'r Cynllun Cyfansoddiad: Cymru 2020, CoDI Move mewn cydweithrediad â Theatr Hijinx a Tŷ Cerdd; bod yn aelod o'r panel ar gyfer Anthem Cronfa Gerdd Cymru; a chynorthwyo'r cyfansoddwr Tic Ashfield-Fox, enillydd gwobr BAFTA, ar Rodney and the Shrieking Sisterhood a oedd yn cynnwys Rhys Ifans yn y prif ran. Yn ogystal, mae Tayla hefyd wedi bod yn rhan o gerddoriaeth gymunedol trwy gynorthwyo gyda gweithdai ar y cynllun Cyfansoddwyr Ifanc Dyfed dan Lynne Plowman, ac mae hi hefyd wedi cynhyrchu prosiectau annibynnol megis ei gosodiad rhyngweithiol, MIXTAPE, a berfformiwyd am y tro cyntaf yng Ngŵyl Atmosfferau 2021 Coleg Brenhinol Cerdd a Drama Cymru.

**Education / Training:** Royal Welsh College of Music and Drama.

Tayla is a Welsh composer currently based in Cardiff. Having studied under Mark David Boden, Ceri Tippetts and Dr Owen Lloyd, Tayla has composed works in both electronics and music notation. Her achievements include being commissioned by the BBC National Orchestra of Wales as part of the Composition Wales Scheme 2020, CoDI Move in collaboration with Hijinx Theatre and Tŷ Cerdd; being a panellist for Anthem Cronfa Gerdd Cymru; and assisting BAFTA award-winning composer Tic Ashfield-Fox on Rodney and the Shrieking Sisterhood starring Rhys Ifans. Furthermore, Tayla has also been involved in community music through assisting workshops on the Dyfed Young Composers Scheme under Lynne Plowman and has also produced

independent projects such as her interactive installation, MIXTAPE, which premiered at RWCMD's 2021 Atmospheres Festival.

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**Dyfan Jones**  
**Ymgynghorydd Cyfansoddi a**  
**Chynllunio Sain / Composition and**  
**Sound Design Adviser**

**Addysg / Hyfforddiant**  
**Education / Training:**  
Prifysgol Kingston a Choleg Cerdd a Drama'r Guildhall. / Kingston University and the Guildhall College of Music and Drama.

**Gwaith theatr yn cynnwys / Theatre work includes:** *The Glee Club, A View from Islington North, All That Fall* (Out of Joint); *Sydney & the Old Girl* (Park Theatre); *Comedy of Errors, The Provoked Wife* (RSC); *Close Quarters* (Out of Joint / Sheffield Theatres); *Shakespeare in Love* (Theatre Royal Bath, Taith y DU/UK tour); *Amedee, Treasure Island* (Birmingham Rep); *Barnbow Canaries* (West Yorkshire Playhouse); *Love & Money* (Waking Exploits); *Before I Leave* (National Theatre Wales); *Crouch, Touch, Pause, Engage* (National Theatre Wales / Out of Joint); *The Rise and Fall of Little Voice, Insignificance, Cyrano de Bergerac, My People, Little Shop of Horrors* (Theatr Clwyd); *Hoof* (Theatr Iolo); *Contractions* (Iain Goosey / Chapter); *Still Life* (Mappa Mundi); *Seanmhair, Play, Silence, Blasted, A Good Clean Heart* (The Other Room); *Y Coblynnod a'r Crydd, Yr Hwyaden Fach Hyll, Hud y Crochan Uwd, Teigr yr Eira*, (Sherman Cymru); *Jack and the Beanstalk* (Stafford Gatehouse Theatre); *Milwr yn y Meddwl* (Theatr Genedlaethol Cymru / Theatr y Sherman / Sherman Theatre); *Y Cylch Sialc, Merched Caerdydd, Nos Sadwrn o Hyd, Nyrsys, Macbeth, Nansi,*

*Pan oedd y Byd yn Fach, Blodeuwedd, Pridd, Chwalfa, Dyled Eileen, Deffro'r Gwanwyn, House of America, 2110 / Yn y Trê, Y Gofalwr, Esther* (Theatr Genedlaethol Cymru).

**Gwaith ffilm, teledu a gwaith arall yn cynnwys / Film, television and other work includes:** *Vivienne Westwood Hydref/Gaeaf / Autumn/Winter 2019* (Wythnos Ffasiwn Llundain / London Fashion Week); *The Hammer Song, The Magic Flute, The Humming Chorus, Madame Butterfly* (Cwmni Opera Cenedlaethol Cymru / WNO); *Soli and Mo* (CITV/S4C / Al Jazeera); *Abadas* (CBeebies); *Dragon's Eye, Children in Need, Close to You, Wales Yesterday, A Christmas in Clay, Belonging, Just Up Your Street, The Indian Doctor, Voices, Save Our World* (BBC); *Caru Canu, Teithiau Twm, Caru Canu a Stori, Llan-ar-goll-en, Cwm Teg, Pobol y Cwm, Teulu* (S4C).

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**Deborah Light**  
**Cyfarwyddwr Corfforol**  
**Movement Director**

**Addysg / Hyfforddiant:** Trinity Laban Conservatoire of Music and Dance, Llundain.  
Mae Deborah yn artist dawn ac yn fam i 3 wedi ei lleoli yng Nghaerdydd. Mae ei gweithiau coreograffig yn cynnwys *Angelica, Cortex, HIDE a Curio Cabinet*. Roedd ar y rhestr fer ar gyfer y Place Prize, mae wedi derbyn Gwobr Cymru Greadigol, ac mae wedi bod yn artist cysylltiol gyda Chapter, Coreo Cymru a Chwmni Dawns Cenedlaethol Cymru.

Mae Deborah hefyd yn gyd-gyfarwyddwr y cwmni arobryn Light, Ladd & Emberton. Gyda'r cwmni hwn bu'n cyfarwyddo *Caitlin*. Mae gweithiau eraill LLE yn cynnwys *Crossing a Beach / Croesi Traeth,*

*Disgo Distaw Owain Glyndŵr, Danfona Ddawns / Deliver a Dance.*

**Education / Training:** Trinity Laban Conservatoire of Music and Dance, London.

Deborah is a dance artist and mother of 3 based in Cardiff. Her choreographic works include *Angelica Cortex, HIDE* and *Curio Cabinet*. She shortlisted as a Place Prize Semi Finalist, received a Creative Wales Award and has been associate artist of Chapter Arts, Coreo Cymru and National Dance Company Wales.

Deborah is also co-director of award-winning company Light, Ladd & Emberton for whom she directed *Caitlin*. LLE's other works include *Croesi Traeth / Crossing a Beach, Disgo Distaw Owain Glydwr Silent Disco* and *Danfona Ddawns / Deliver a Dance*.

**Gwaith cyfarwyddo corfforol a chynorthwyo theatr yn cynnwys / Movement directing and support for theatre includes:** *A Doll's House, Uncle Vanya* (Coleg Brenhinol Cerdd a Drama Cymru / Royal Welsh College of Music and Drama); *Nyrsys* (Theatr Genedlaethol Cymru); *Anweledig* (Frân Wen); *Peeling, Taking Flight* (The Other Room).

**Gwaith perfformio yn cynnwys / Performance credits include:** Laura Wilson, Joanna Young, Caroline Sabin, Run Ragged / Jem Treays, Sean Tuan John, Longborough Festival Opera, Diversions, Polish Dance Theatre, Institute of Crazy Dancing.

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**Juliette Manon**  
**Cyfarwyddwr Cynorthwyo**  
**Assistant Director**

**Addysg / Hyfforddiant:** Royal Northern College of Music, Manceinion, a Phrifysgol Manceinion, lle graddiodd yn 2020 gyda

gradd anrhydedd Dosbarth Cyntaf mewn Drama a Cherddoriaeth.

Mae Juliette yn gyfarwyddwr a dramodydd Cwiar Cymraeg o ogledd Cymru, a ddechreuodd ei gyrfa fel cerddor a chanwr opera. Maen nhw'n angerddol am greu gwaith sy'n seiliedig ar leisiau pobl o'r gymuned LHDTG+, lleisiau menywod, ac unrhyw lais arall sydd wedi ei dan-gynrychioli (neu heb ei gynrychioli o gwbl) ar lwyfan neu sgrin Gymraeg.

**Gwaith fel Cyfarwyddwr Cynorthwyol yn cynnwys:** *George's Wonderful Life* (Theatr Clwyd, 2020); *Millie Miller and the Golden Baguette* (Theatr Clwyd, 2021); y cynhyrchiad digidol *Y Teimlad* (2021) gyda Theatr Cenedlaethol Ieuencid Cymru. Yn ogystal â chyfarwyddo, mae Juliette yn gweithio fel arolygydd sgript (BBC, S4C) a hwylusydd theatr (Theatr Clwyd, Menter Iaith).

**Education / Training:** Royal Northern College of Music, Manchester, and Manchester University, where they graduated in 2020 with a First Class Honours degree in Drama and Music.

Juliette is a Queer director and playwright from north Wales who started their career as a musician and opera singer. They're passionate about creating work that amplifies LGBTQ+ voices, women's voices and any other voice that is currently under-represented (or, rather, not represented) on the Welsh screen and stage.

**Work as Assistant Director includes:** *George's Wonderful Life* (Theatr Clwyd, 2020); *Millie Miller and the Golden Baguette* (Theatr Clwyd, 2021); the digital production *Y Teimlad* (2021) with Theatr Cenedlaethol Ieuencid Cymru. In addition to directing, Juliette also works as a script supervisor (BBC, S4C) and theatre facilitator (Theatr Clwyd, Menter Iaith).

**Nia Lynn**  
**Cyfarwyddwr Llais / Voice Director**

**Addysg a hyfforddiant / Education and training:** Central School of Speech and Drama, Llundain / London (MA); Guildhall School of Music and Drama, Llundain / London (MA).

**Gwaith theatr yn cynnwys / Theatre work includes:** *Goat* (Ballet Rambert); *King Hadley II* (Stratford East); *Night of the Iguana* (West End); *I Am Rachel Corrie* (Young Vic); *The Prime Of Miss Jean Brodie*, *The Committee*, *Limehouse* (The Donmar Warehouse); *Tiger Bay* (Canolfan Mileniwm Cymru / Wales Millennium Centre); *City of Glass* (Hammersmith); *Faust + Greta* (Theatr Genedlaethol Cymru, Frân Wen a Pontio) *Y Cylch Sialc*, *Holli*, *Macbeth*, *Chwalfa*, *Pan Oeddy Byd yn Fach*, *Nansi*, *Y Fenyw Ddaeth o'r Môr*, *Mrs Reynolds a'r Cena Bach* (Theatr Genedlaethol Cymru); *The Alchemist*, *The Merchant of Venice*, *Oppenheimer*, *The Christmas Truce*, *The Taming of the Shrew*, *Wendy & Peter Pan*, *Matilda the Musical* (Royal Shakespeare Company).

**Cymorth i Artistiaid / Artist Support:** *Love's Labour's Lost*, *Love's Labour's Won*, *Wolf Hall*, *Bring Up the Bodies*, *Candide*, *A Mad World My Masters*, *As You Like It*, *Hamlet* (Royal Shakespeare Company).

Lluniau ymarferion / Rehearsal images: Kirsten McTernan

## MANYLION CYMORTH SUPPORT DETAILS



### Cruse

Mae Cruse yn elusen genedlaethol sy'n darparu cefnogaeth, cyngor a gwybodaeth i blant, pobl ifanc ac oedolion pan fydd rhywun sy'n agos atynt yn marw. Maent hefyd yn gweithio i wella'r gofal y mae cymdeithas yn ei roi i bobl mewn profedigaeth.

Cruse charity offers support, advice and information to children, young people and adults when someone dies. They also work to enhance society's care of bereaved people.

Llinell gymorth / Helpline:  
0808 808 1677  
cruse.org.uk



### PANDAS

Mae elusen PANDAS yn cynnig cymorth i deuluoedd a'u rhwydweithiau gall fod yn dioddef o salwch meddwl amenedigol, gan gynnwys iselder cyn-enedigol ac ôl-enedigol. Eu bwriad yw sicrhau nad oes unrhyw riant, teulu neu ofalwr yn teimlo'n unig.

PANDAS is a charity which offers a support service for families and their networks who may be suffering with perinatal mental illness, including prenatal (antenatal) and postnatal depression. Their aim is to make sure no parent, family or carer feels alone.

Llinell gymorth / Helpline:  
0808 1961 776  
pandasfoundation.org.uk





## Cyfarwyddiadau sut i ddefnyddio Sibrwd

**Mae Sibrwd yn ap mynediad iaith sy'n darparu cyfieithiad Saesneg o'r ddrama yn fyw yn ystod y perfformiad. Bydd angen lawrlwytho yr ap Sibrwd ar eich ffôn neu dabled er mwyn cael mynediad i'r cyfieithiad.**

Cyn dod i'r perfformiad, bydd angen i chi:

- lawrlwytho'r fersiwn newydd o'r ap o'r App Store neu'r Google Play Store.
- gofio dod â'ch clustffonau gyda chi.

Wrth gyrraedd y ganolfan:

- Dewch ychydig yn gynt rhag ofn bod angen unrhyw gefnogaeth arnoch i ddefnyddio'r ap.
- Bydd angen i chi gael manylion wi-fi – sydd ar gael ar y bwrdd Sibrwd ger y Swyddfa Docynnau.
- Agorwch yr ap cyn mynd i mewn i'r awditoriwm, a sganio'r cod QR isod gyda'r ap. Bydd ap Sibrwd yn gofyn am ganiatâd i gael mynediad i'ch camera, a bydd angen dangos y cod i'r camera.
- Cofiwch roi eich ffôn ar y gosodiad 'distaw / silent'.
- Peidiwch â thynnu eich clustffonau o'ch ffôn/tabled yn ystod y perfformiad.

- Rydych chi'n barod i ddefnyddio Sibrwd! Pan fydd y perfformiad yn cychwyn, bydd modd gwrandio yn gyfieithiad Saesneg trwy eich clustffonau neu ei ddarllen ar sgrin eich ffôn / tabled.
- Cofiwch gwblhau'r holiadur adborth ar ddiwedd y sioe, i roi gwybod i ni am eich profiad o ddefnyddio Sibrwd.

### Cwestiynau Cyffredin

**Gan fy mod i wedi defnyddio Sibrwd yn y gorffennol, oes angen i mi ei lawrlwytho eto?**

Oes. Bydd angen i chi ddileu'r hen fersiwn o'ch ffôn / tabled a lawrlwytho'r ap newydd o'r App Store neu Google Play.

**Sut ydw i'n cael mynediad i wrando ar gyfieithiad o'r ddrama?**

Bydd angen sganio'r cod QR sydd yn rhaglen y sioe er mwyn cael mynediad.

**Mae Sibrwd wedi datgysylltu yn ystod y sioe!**

Gwiriwch eich cysylltiad wi-fi, mae'n bosib ei fod wedi datgysylltu. Bydd angen i chi sganio y cod QR eto.

Côd QR Sibrwd



## Directions for using Sibrwd

**Sibrwd is a language access app which offers a live English translation of the play during the performance. You will need to download the Sibrwd app onto your phone or tablet to have access to the translation.**

Before coming to the performance, you will need to:

- download the new version of the app from the App Store or the Google Play Store.
- remember to bring your earphones with you.

When you arrive at the venue:

- Arrive in plenty of time in case you need any support on how to use the app.
- You will need the wi-fi details – they will be available at the Sibrwd table near the Ticket Office.
- Open the app before going into the auditorium and scan the QR code below. The Sibrwd app will ask for permission to gain access to your camera, and you will need to show the code to the camera.
- Remember to set your phone to 'silent'.
- Do not remove your earphones from your device during the performance.

- You are now ready to use Sibrwd! When the performance starts, it will be possible to listen to the English translation through your earphones or read it on the screen of your device.
- At the end of the show, remember to complete the feedback questionnaire, telling us about your experience of using Sibrwd.

### FAQs

**As I have used Sibrwd in the past, do I need to download it again?**

Yes. You will have to delete the old version from your device and download the new app from the App Store or Google Play.

**How do I gain access to listen to the play?**

In order to gain access, you will have to scan the QR code that is in the show programme.

**Sibrwd has disconnected during the show!**

Check your wi-fi connection – it's possible that it has disconnected. You'll need to scan the QR code again.

Sibrwd QR code



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