

Dal Gfael Keep Hold

Casgliad o ysgrifennu creadigol gan gyfranogwyr Ar y Dibyn
A collection of creative writing by Ar y Dibyn participants

Argraffiad cyntaf 2025
Hawlfraint y cyfranogwyr / Ar y Dibyn

Daw'r gwaith yn y pamffled hwn o sesiynau Ar y Dibyn a gynhaliwyd yn Llangefni ac ym Maesgeirchen, Bangor yn 2023-24.

Artistiaid: Iola Ynyr, Mari Elen, Iestyn Tyne,
Mirain Fflur, Mared Llywelyn
Cwnselydd: Carwyn Jones
Cyfieithydd: Lowri Gwyn
Cyddlynu: Nia Wyn Skyrme, Gwenan Pennant Jones

Golygu, dylunio a chysodi: Iestyn Tyne



**THEATR
CYMRU**

**CANOLFAN Y CELEFYDDYDAU
ABERYSTWYTH ARTS CENTRE**



l.l.l. Llenyddiaeth
Cymru
Literature
Wales




Funded by
UK Government
Wedi ei ariannu gan
Llywodraeth y DU



**FFYNIANT
BRO**

**LEVELLING
UP**



 **Cyngor Celfyddydau Cymru**
Arts Council of Wales

**ARIENNIR GAN
Y LOTERI
LOTTERY FUNDED**



Gyda chefnogaeth gan Fwrdd Cynllunio Ardal, Gogledd Cymru
With support from Area Planning Board, North Wales

Dal Gafael Keep Hold

Dan 247

Pwynt cyswllt ar gyfer unrhyw un yng Nghymru sydd eisiau gwybodaeth neu gymorth pellach yn ymwneud â chyffuriau a/neu alcohol.

dan247.org.uk

0808 808 2234

dan@helpline.wales

Point of contact for anyone in Wales wanting further information or help relating to drugs and/or alcohol.

Mae Ar y Dibyn yn argyhoeddedig y gall gofodau diogel ysbrydoli creadigrwydd ym mhob unigolyn. Gall y creadigrwydd hwn ein cefnogi i gael golwg newydd ar ein hunain, ar ein gilydd ac ar y byd o'n cwrpas. Golwg sydd yn dyner, yn gweld y gorau, yn derbyn ein gwendidau ond ar yr un pryd yn rhoi'r hawl inni ddychmygu gwell dyfodol. Golwg sy'n deillio o ffurfio cysylltiadau yn hytrach na chael ein hynysu trwy ddibyniaeth.

Rydym fel artistiaid a chyfranogwyr wedi profi grym y creadigrwydd hwn ar ffurf deialogau, ffilm, delweddu, gosodiad celf, zine; a dyma gyfrol gyntaf o ysgrifennu creadigol yn deillio o'r prosiect.

Rydym yn ymfalchïo yn yr holl waith, ac yn y lleisiau unigryw sydd yn aml wedi eu mygu gan ofn. Dyma ymgais i fagu dewrder i wynebu'r byd a chael ein clywed a'n gweld a thrwy hynny gamu yn ein blaenau at fagu hunan-werth.

Mae gennym oll brofiadau sydd yn ysgytwol, yn druenus, yn anodd ac yn llawn cywilydd; ond o'u rhannu mewn diogelwch a'u trawsffurfio trwy greadigrwydd, mae gennym ni gymuned. Croeso i Ar y Dibyn.

Ar y Dibyn is convinced that safe spaces can inspire creativity in everyone. This creativity can support us to take a new view of ourselves, of one another and of the world around us. A tender view, one that sees the best, is accepting of our shortcomings while giving us permission to imagine a better future. A view that comes from forging connections rather than being isolated by addiction.

As artists and participants, we have experienced the power of this creativity through dialogues, film, images, an art installation and a zine; and now, we present the first volume of creative writing from the project.

We take pride in all of the work, and in the unique voices so often stifled by fear. This is an attempt to foster bravery to face the world, to be heard and seen and therefore to move forward in building self-worth.

We all have experiences that are traumatic, distressing, difficult and laced with shame; but by sharing some of these in safety, and transforming them with our creativity, we have ourselves a community. Welcome to Ar y Dibyn.

Yma ac acw yn y pamffled, fe welwch nodion bychain fel hwn, sy'n cynnwys rhai sbardunau ysgrifennu cryno a ddefnyddiwyd yn sesiynau Ar y Dibyn.

Sprinkled through this pamphlet, you'll see little notes like this one, which include some brief writing prompts we've used for Ar y Dibyn sessions.



Adferiad

Keep hold

Authentic knowing.
Where in my body do I feel the pain?

It all feels the same
and it aches.
My heart hurts.

My heart aches, my heart hurts.
My thoughts race; they don't stop
but they jump,
long enough to land on one thing
and focus.

I feel itching in my hands
but I can't breathe;
the anxiety,
like I'm drowning ...

but my gut tells me to be strong,
to hold on.

I will sit.
I will write.
I will type.

It's a journey.

It's not the starting
that's
dangerous.

Liz

Fy arwr fy hun ydw i

Does dim poen
dim drwg
yma
o gwbl
ddim mwy.

Sarah

Intention

is to write with power
and heal my past trauma.
I will have faith that I will
succeed in this.

Liz

Beth yw'r cyswllt rhyngom ni a'r foment unigryw hon – y gofod,
y bobl, y teimlad, y gobaith? Sut allwn ni ddod o hyd i drysor y
foment hon?

What is our connection to this unique moment – the space, the
people, the feeling, the hope? How can we find the treasure within
this moment?

“Dwi isio bod fatha chdi”

“Dwi isio bod fatha chdi,’ ddudodd o gan guddio potal mewn bag wrth ddod allan o siop. O’n i’n dallt be oedd o’n drïo’i neud, o’n; dwi’n gw bod y tricia i gyd ac wedi’u defnyddio nhw fy hun.

O’n i ’rioed yn meddwl ’sw’n i’n clywed hyn’na ar ôl bob dim dwi ’di mynd drwyddo, a’r petha dwi di ’neud.

Pan dwi’n sbio nôl ar bopeth drwg dwi ’di neud, popeth hunanol, fedra i’m helpu ond bod yn drist. Ond mae yna gymaint mwy i fi na jyst y drwg. Yn union fel pawb arall, mae ’na dda a drwg i fi. Mae’n bwysig ’mod i ddim yn gweld fy hun trwy oleuni’r dyddia drwg.

*

Dwi isio cymryd fy holl botensial a gadael iddo fo dyfu, ac ar yr un pryd, gweld y gorffennol fatha gwers. Ni ydi arwyr ein straeon, os ydan ni’n ei weld o neu beidio.

*

Nid yw pobl sy’n addicts yn bobl ddrwg. Pobl dda sydd wedi gwneud pethau drwg er mwyn goroesi’r frwydr tu mewn ydyn nhw. Nid yw goroesi yn bechod.

Dafydd

Lle mae cariad?

Yr elfen angerddol
sydd i'w weld
yn dangos ei hun
mewn symudiad hapus.

Cariad yw y grym;
cariad sydd yn rhoi
un droed
o flaen y llall.

Cyswllt a chariad
yn dod o'r diwedd.
Cyswllt a chydbwysedd
yn agor y drws.
Elfennau y diwrnod gorau.
Elfennau y diwrnod du.

Dy galon yn cydbwyso
dy enaid – Adferiad;
grym newydd.

Cym dy gariad,
mae'r dyfodol yn aros.

Dafydd

Ysgrifennwch am yr ystafell rydych chi ynddi rŵan hyn.
Meddyliwch am ei maint, lle mae'r golau a'r cysgodion yn glanio,
pa synnau sydd, a beth fyddai gan yr ystafell i'w ddweud.

Write about the room you're in right now. Think about its size,
where the light lands and where the shadows are, what noises you
can hear, and what the room might have to say if it spoke.

Himalayan Balsam

Pulling out these plants is self-imposed therapy. I am pulling out by roots that which has taken over. The toxic and misplaced that has no right being there.

There are so many of these plants to pull out. It is overwhelming but I tell myself to carry on, to keep pushing into it.

I give myself a moment to stand back and see just how much more there is to do. I assess the space by the hour and feel optimistic that I will weed it all out before it seeds again for another year.

Lisa

Natur

Cwricwlwm yr ysgol flodau

1. Amgylchedd

I gael gwreiddio'n dda a chadarn mae angen paratoi'r tir h.y. y meddwl. Gweithgareddau i gynnwys *sound baths* a meddwlgarwch.

2. Goleuni

Gadael y da i mewn, amsugno'r pethau positif drwy ailadrodd mantras yn y pen a lliwio hunan-ofal.

3. Dyfrio

Dysgu pwysigrwydd maeth a sut i'w ddefnyddio'n iach.

Bethan

Absence of butterflies

Of all the insects that I encounter, I notice that the butterfly is not there. For the butterfly to be present, there must be ecological balance. I know the balance is wrong in this place.

Lisa

I see a raindrop land on a puddle, and it makes a lovely pattern as it hits the water. I wonder how a little drop of rain can make such a lovely pattern, and if it knows that it's having this beautiful effect on the water?

Matese

The trees in the woods are so different. Some grow fast, some just don't thrive at all. They blow in the breeze, all fighting to survive the elements.

Caroline

In times of Change, I noticed certain patterns that would occur, whether that be time sync, a well-placed rainbow or an usually unseen animal. At first I would ignore them or brush them off as coincidence, but as I grew and changed I noticed it happening with certain life events. Now, I see and recognise them.

Lee

The leaf falls slowly down to earth from where it dies and decays. In a way it doesn't die. It breaks down into soil to feed the tree. In the spring – a complete life circle.

Joseph

A dyma fi'n sefyll

o flaen
y cerrig a gasglwyd
sydd o flaen
y blodau a blannwyd
sydd o flaen
y bedd
sydd o flaen
yr eglwys
sydd o flaen
y tonnau
sydd o flaen
y traeth,

a dyma ti'n gorwedd.

Ty'd!
Ty'd o'ma efo fi!

Lowri

Agorwch ddarn creadigol gyda'r geiriau 'A dyma fi'n sefyll'.
Gweithiwch am allan, cyn dod yn ôl at eich traed.

Open a creative piece with the words 'So here I stand'. Work
outwards, before coming back to your own two feet.

Darllen/Read: 'So Here I Stand' gan Inger Christensen

I love walking on my own, going down through the woods to the river. I have my music on in my ears and I enjoy the walk, listening to the sounds of the river and watching squirrels running up a tree. The sun shines on the water. I stop and sit on a bench near the river. There are so many trees, big and old, around me. A slight breeze blows them gently and I wish I could just stay in this quiet place forever.

Matese

The moss – unseen by most
until Covid came;
the vivid green spread of the
moss began on the roofs,
some fell in clumps then
it would spread from the wall,
across the path and in between
the bricks in the wall
making light work of the mortar
that bound them together.

Liz

Building a garden

Strength for manual labour
Spirit to keep you going
Nature for magic
Empathy to care and raise
Melancholy to mourn what's lost
Adventure for creativity
Love to make it home

Lee

Nant

yn diferu

yn driplan

yn disgyn,

i'r gloyw

i'r croyw,

dros gerrig,

pyllau, pant,

ymlaen

amdani

dros fwsog

dan bont

rownd

a rownd

dros, o dan,

llithro,

neidio,

sbuncio

ymlaen.

Bob tro ymlaen.

Lowri

Beth yw'r peth pellaf i ffwrdd y gallwch chi ei weld? Beth yw'r peth tawelaf y gallwch chi ei glywed?

What is the furthest thing you can see? What is the quietest thing you can hear?



Pobl

When I was 32 I felt something missing in my life. I mused about this for a few weeks, trying to put my finger on what was missing. Eventually, it dawned on me that it could possibly be that I was missing having a teddy bear to cuddle at night. The more I thought about it, the more the idea resonated with me. I felt a bit daft going into a shop and choosing one for myself. So I let it rest.

A week or two later a knock at the door revealed a lady selling raffle tickets for charity. So I bought a strip.

A few days later, the lady came to the door again and handed me a teddy bear.

Lisa

I can see my mother looking at me. She opens her hands. She has nice hands, short nails. She's smiling at me before she turns away to go back and see Dad. I know she's OK.

She looks at Dad. She can't find anything – he's put the things away. She goes to the end of the garden to reflect and looks up at the old apple tree to see the new apples growing. She has a little moment, a breather, before walking up the path and back indoors to face my dad. They have a cup of coffee together.

Caroline

*Pethau dwi wedi'u dysgu ac isio i bobl eraill
nybod am fod â salwch hirdymor / anabledd*

Mae'n amrywiol.

Gall pobl fod â'r un cyflwr ond symptomau gwahanol.

Mae'n anweledig.

Ella nad wyt ti'n ei weld o, ond mae o dal yna.

Mae'n ddeinamig.

Mae'r effeithiau yn newid yn ddyddiol.

Mae'n gorfforol a meddylol.

Mae poen a theimlo'n flinedig yn cael effaith ar hwyliau rhywun.

Mae'n effeithio ar eraill.

Mae teulu a ffrindiau yn gorfod deall yr uchod i gyd.

Bethan

For years my dad took me to football and rugby matches. From boy to man, he sat me on his shoulders and kept me warm when it got cold in the stadium; put me up high so I could see the players and fought through to get my shirt signed.

Lee

Patchwork

A dry stone wall of experiential grit,
Atop one another we try to fit;
Each meaning, each feeling, reactions unfit,
And learn from the load these teachings of wit.

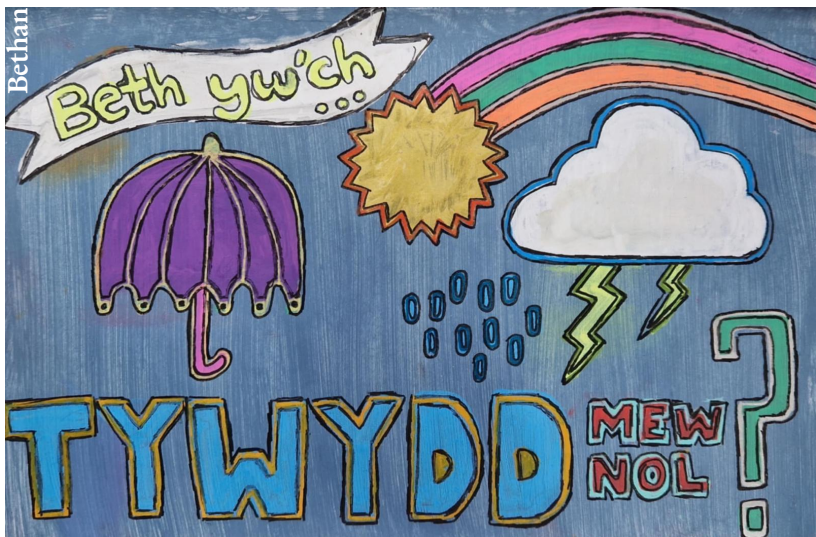
It's heavy, it's taller, the stones getting smaller,
Awareness is lifting, emotions are drifting;
Yet here I still am, I'm building a dam,
Taming feelings that are a-shifting ...

Appropriate behaviours
Become our good saviours,
Protection from external woes
To fit in a shell, you come across well,
To encourage friendship, not foe.

But is it our duty to emulate beauty,
Who's liked and admired and seen?
Or should we be true, and see ourselves through
Our dry stone wall made of dreams?

Sophie

Bethan



Ar y
Dibyn

Ar y Dibyn

O gylch y bwrdd, yng nghymundeb geiriau:

C. a Matese, S. a Bethan, Carwyn a Lowri a Mari a fi.

Ac er mai peth bach oedd o – awr a hanner wedi'i naddu o gorff y dydd – roedd o'n rwbath. Rwbath lleia 'rioed i fynd hefo ni o 'ma.

Yn y dweud nad yw pob dydd yn llawn daioni ond fod daioni ym mhob dydd, rwla.

Mewn gweld lôn yn pantio, a pethu penderfynu ai osgoi neu gamu drosodd sydd orau.

Ar daith drên o ferw Llundain i gornel fach o Ogledd Cymru, yn yr haul sy'n pelydru'n gain drwy ffenestri'r carejys – mewn dyn sy'n edrych dros ymyl ei fywyd ar fyd newydd sbon.

Mewn codi ar lwybr coediog at racadr clir a chroyw, a neb o gwmpas. Piano yn tincian gyda'r dŵr.

Mewn cerdd sy'n crefu arnat ti i beidio gadael y dydd hwn o'th afael nes mwytho pob eiliad ohono.

Mewn geiriau sydd wedi'u dal yn anllafarog at fynwes friw am ugain mlynedd a mwy.

Yfory, yn sbecian dros ddibyn heddiw.

Criw Maesgeirchen, 11 Gorffennaf 2024

Dim i'w wneud

Dwi'n cerdded am yr afon
ar fy mhen fy hun,
yn gwrando ar gerddoriaeth ac yn
gwrando ar gân yr afon,
yn gwylio'r gwynt
yn chwythu trwy frigau'r coed ...

Os eisteddi di a chau dy lygaid
mi fedri dithau fynd i'r man tawel hwnnw.
Man lle galli gael trefn ar dy bryderon ac
anghofio popeth sy'n dy lethu ...

Does dim i'w wneud ond
ildio,
i alw ar ddiwedd i'r tywyllwch;
wedi gofalon a galar bywyd,
dyma heddwch melys i'th gofleidio.

Does dim i'w wneud
ond
crwydro i'r tywyllwch a
chrwydro i'r goleuni,
cofleidio'r pryderon
a chofleidio'r llawenydd.

Efallai nad oes dim i'w wneud
pan fydd dy fywyd yn deilchion
ond derbyn ar ryw lefel
a cheisio brwydro'r ofn.

Ac weithiau, wrth reswm,
does dim i'w wneud
ond
cymryd tamaid arall o gacen;

Nothing to be done

I walk down to the river
by myself,
listening to music and
to the sound of the river;
watching the wind blowing
the trees' branches ...

If you just sit and close your eyes
you can go into a quiet place.
A place to sort out your problems and
forget everything that overwhelms you ...

There is nothing to be done other than
to surrender,
to bid all darkness to cease;
after life's cares and sorrows,
the comfort and sweetness of peace.

There is nothing to be done
other than
to wander into the darkness and
to wander into the light,
to embrace the anxiety and
to embrace the euphoria.

Maybe there is nothing to be done
when one's life disintegrates,
other than accepting on some level
and trying to overcome your fears.

And sometimes, of course,
there is nothing to be done
other than
to have another piece of cake;

dim i'w wneud
ond
codi ar dy draed,
agor drws,
teimlo gwres ar dy groen –
bod bywyd
dan
dy
draed;

a dim i'w wneud
ond
Bod,
anadlu,
cymryd gwynt, llonyddu;

does dim i'w wneud
ond
cymryd y cyfan i fewn ...

Criw Maesgeirchen, 12 Hydref 2023

Sbardun y cywaith hwn oedd 'Ambell dro', cerdd gan Morwen Brosschot sy'n ailadrodd yr ymadrodd 'does dim i'w wneud ond ...'

The prompt for this collaborative piece was 'Ambell dro', a poem by Morwen Brosschot where she repeats the phrase 'does dim i'w wneud ond ...' (there is nothing to be done other than ...)

nothing to be done
other than
to stand up,
to open a door,
to feel warmth on my skin –
that there is life
under
my
feet;

and nothing to be done
other than
to Be,
to breathe,
to take in air, to become still;

there is nothing to be done
other than
taking it all in ...

Maesgeirchen Group, 12 October 2023

Mae Ar y Dibyn yn brosiect hirdymor gan Theatr Cymru, dan arweiniad yr artist Iola Ynyr, sy'n cefnogi rhai wedi'u heffeithio gan ddibyniaeth gyda gweithdai creadigol.

Yn 2019, roedd Iola Ynyr mewn adferiad cynnar o'i halcoholiaeth ac yn gweld diffyg gofodau creadigol Cymraeg ar gyfer unigolion yn byw gyda dibyniaeth. A dyna gychwyn Ar y Dibyn – prosiect sydd bellach wedi cefnogi cannoedd o bobl gan obeithio cynnig llwybr at adferiad.

Fel rhan o'r prosiect, mae artistiaid yn cynnal sesiynau, yn ddigidol ac wyneb yn wyneb, fesul grŵp ac yn unigol, sy'n herio tabŵ cymdeithasol yn erbyn unigolion sydd wedi'u heffeithio gan ddibyniaeth. Y gobaith yw cynyddu hunan-werth ein cyfranogwyr a datblygu gwaith creadigol o'r galon, o fewn gofod diogel, heb feirniadaeth.

Mae'r gwaith yn y pamffled hwn yn ganlyniad cyfres o weithdai Ar y Dibyn a gynhaliwyd ym Maesgeirchen, Bangor, dros y ddwy flynedd ddiwethaf, ynghyd â sesiynau un i un gyda chyfranogwyr nad oeddent yn gyfforddus i fod yn rhan o sesiynau grŵp.

Diolch o galon i bob cyfranogydd sydd wedi cymryd rhan yn ein gweithdai hyd heddiw, ac i'r rhai sy'n rhannu eu gwaith yn y pamffled hwn.

Ein gobaith yw creu rhwydwaith o weithdai ym mhob canolfan gelfyddydol yng Nghymru, ynghyd ag o fewn canolfannau a hybiau cymunedol lle bo galw amdanynt. Os ydych chi'n byw gyda dibyniaeth neu yn adnabod rhywun gyda dibyniaeth, mae croeso i chi gysylltu â ni.

nia.skyrme@theatr.com

Ar y Dibyn is a long term project by Theatr Cymru, led by the artist Iola Ynyr, that offers creative workshops as a way of supporting people affected by addiction.

In 2019, Iola Ynyr was in early recovery from her own alcoholism, and found that there was a lack of creative spaces, through the medium of Welsh, for people living with addiction. This was the initial spark for Ar y Dibyn – a project that has now provided support to hundreds of people in the hope of offering a pathway to recovery.

Within the project, artists run digital and face to face sessions for groups and individuals, challenging the social stereotypes aimed at those affected by addiction. The aim is to increase our participants' self worth and develop creative work from the heart within a safe space, and without judgement.

The work contained in this pamphlet is the result of a series of Ar y Dibyn workshops in Maesgeirchen, Bangor, over the past two years, as well as one to one sessions with participants who didn't feel comfortable attending group sessions.

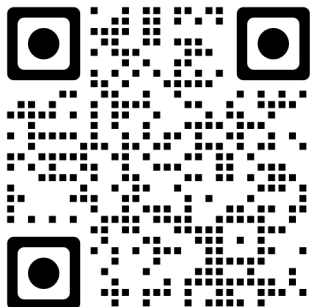
Our heartfelt thanks goes out to each and every contributor who has attended our workshops so far, and to those who have shared their work in this pamphlet.

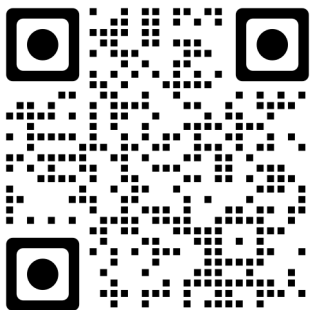
It is our hope to form a network of workshops in all arts centres across Wales, as well as in community centres and hubs where there is demand. If you or someone you know are living with addiction, you're welcome to get in touch.

nia.skyrme@theatr.com

Os hoffech ddysgu mwy am waith a gweledigaeth Ar y Dibyn, ewch am dro i'n tudalen ar wefan Theatr Cymru trwy ddefnyddio'r côd QR isod.

If you'd like to learn more about Ar y Dibyn's work and vision, take a look at our page on the Theatr Cymru website via the QR code below.





THEATR
CYMRU