

RHYNGOM



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Beth i'w ddisgwyl a rhai rhybuddion cynnwys

Canllaw oed **Rhyngom** yw 16+

Ry'n ni'n gwybod y gall perfformiadau byw beri gofid i rai, yn enwedig y perfformiadau hynny'n sy'n trafod materion dwys. Ry'n ni hefyd yn ymwybodol bod yn well gan rai i wybod ychydig o'r hyn fydd yn digwydd o flaen llaw, fel bod modd iddyn nhw brosesu'r cynnwys cyn gwyllo'r perfformiad a gallu mwynhau'r sioe heb deimlo wedi'u llethu.

Cewch fanylion am rai o brif themâu **Rhyngom** ar y daflen hon, er mwyn i chi allu penderfynu a yw'r ddrama'n addas i chi.

Dyma restr o themâu a chynnwys y darlenniadau. Mae rhai o'r themâu hyn yn bresennol trwy gydol y gwaith, tra bod eraill yn cael eu cyfeirio atynt unwaith neu ddwy:

Adferiad

- Camdrin plant
- Galar a marwolaeth rhiant a rhieni cu
- Alcoholiaeth
- Defnydd o gyffuriau
- Trais
- Cancr
- Tlodi

Er Fy Mwyn Fy Hun

- Salwch meddwl
- Cancr y fron
- Cemotherapi
- Galar ac ymdopi â phrognosis terfynol

Os hoffech drafod unrhyw elfen o'r uchod neu holi fwy o gwestiynau am gynnwys y ddrama, plis cysylltwch â Ceri Williams ar ceri.williams@theatr.com

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What to expect and some trigger warnings

Rhyngom has an age guidance of 16+

We know live performance can trigger difficult feelings for some people, particularly if the performance contains a sensitive subject matter. We also recognise that some people prefer to know what is going to happen in advance so they can process the content beforehand, allowing them to enjoy the show, without feeling overwhelmed.

This handout details some of the key themes in **Rhyngom**, so that you can make an informed decision about whether it is suitable for you.

The following is a list of the themes and content within the show. Some of the themes run throughout the play, whilst others are only occasionally referenced or alluded to:

Adferiad

- Child abuse
- Grief and the death of a parent and grandparents
- Alcoholism
- Drug use
- Violence
- Cancer
- Poverty

Er Fy Mwyn Fy Hun

- Mental illness
- Breast cancer
- Chemotherapy
- Grief and coping with a terminal prognosis

If you would like to discuss any of the above or have more questions about the content of the performance, please contact Ceri Williams: ceri.williams@theatr.com