16.01.2020

Heledd Williams
Cyswllt Contact
Ffôn Phone
01286 674622

Erthygl i'r Wasg Press Release

Carys Eleri'n edrych ar arferion caru'r Cymry

Erbyn heddiw, mae technoleg yn giwpid i'r rhan fwyaf o bobl wrth geisio dod o hyd i gymar, diolch i *Tinder, Hinge, Bumble, Grindr* a'r llu o apps eraill sy'n caniatáu i chi gysylltu â phwy bynnag sy'n cymryd eich ffansi. Ond sut mae hyn yn cymharu gyda'r hen ffordd draddodiadol o ddod o hyd i gariad?

Mewn rhaglen arbennig **Carys Eleri'n Caru** a ddarlledir ar Ddydd Santes Dwynwen, 25 Ionawr ar S4C, bydd yr actores Carys Eleri yn edrych yn ôl mewn hanes ar hen arferion caru Cymreig ac yn cymryd golwg ar sut rydym ni'r Cymry'n caru heddiw.

Mae Carys Eleri'n wyneb cyfarwydd i S4C; hi oedd yn chwarae rhan Myfanwy, y gweinidog yn y gyfres ddrama **Parch**. Yn ddiweddar, mae hi wedi teithio'r byd gyda'i sioe gomedi gerddorol wyddonol, *Lovecraft (Not the Sex Shop in Cardiff)*, a'r fersiwn Gymraeg, *Cer i Grafu…Sori Garu*.

"Fi'n teimlo weithie bo' fi 'di neud PhD ar bwnc mwya' anferth yn y byd – cariad. Fi'n *self-confessed love bomb*!" meddai Carys. "Ma' cymaint o ddewis erbyn heddi. Ma' cymaint o bobol i gwrdd â nhw - a fi'n siŵr bo lot yn cytuno ei fod yn *all too much* withe. Ac wrth inni gael ein catapwltio i fyd technolegol iawn yn ein harferion caru, ond yw e'n syniad i edrych nôl i hanes ein cyn-deidie i weld beth odd eu harferion caru nhw!

"Wrth fynd rownd Cymru a siarad efo pobl o wahanol ardaloedd, mae gwahaniaeth mawr rhwng sut mae pobl sy'n byw mewn dinas a'r rhai sy'n byw yn y wlad yn gweld *Tinder*. Mae'n beth normal mewn dinas, ond mae'n fwy anodd yng nghefn gwlad am nad oes llawer arno fe. Fel dywedodd un ferch - ti'n perthyn i'r rhan fwyaf! Roedd y sgyrsiau hyn yn *fascinating*!"

Yn y rhaglen, cawn glywed os oedd y ffordd werinol o garu yn fwy llwyddiannus na'r ffordd fodern. Beth am yr hen arferiad o gwrdd â rhywun mewn dawnsfeydd? Ac ar Ynys Llanddwyn, sy'n gartref i adfeilion eglwys hynafol sydd wedi'i chysegru i Dwynwen nawddsant cariadon Cymru, cawn wybod mwy am draddodiadau gwerinol a hudolus. Oedd swyn yn cael unrhyw effaith o gwbl? A beth ar y ddaear oedd y Monkey Parade?

"Wy' wedi dysgu wrth wneud y rhaglen bod cyswllt corfforol - ac nid o reidrwydd mewn ffordd rywiol yn mynd ar goll gyda'r apps hyn" meddai Carys. "Yn y 60au pan roedd pobl yn mynd i ddawnsfeydd ac yn cyffwrdd a'i gilydd wrth ddawnsio wrth gyfarfod. Ond erbyn hyn mae e'r ffordd arall rownd. Mae cyswllt yn bwysig i ni fel bodau dynol. Mae rhywbeth i'w ddweud am sut roedd pethau'n cael eu gwneud yn y gorffennol - ffordd fwy cymunedol."

Carys Eleri'n Caru
Nos Sadwrn, 25 Ionawr 9.00 S4C
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Captain Jac ar gyfer S4C

16.01.2020

Heledd Williams
Cyswllt Contact
Ffôn Phone
01286 674622

Erthygl i'r Wasg Press Release

Carys Eleri takes a look at Welsh love customs

These days - thanks to Tinder, Hinge, Bumble, Grindr and a whole host of other apps which let you get to know whoever takes your fancy - technology plays cupid to most people who want to find a partner. But how does this compare with the more traditional ways of finding love?

In a special programme **Carys Eleri'n Caru** on S4C on Saint Dwynwen's Day, 25 January, the actor Carys Eleri looks back in history at old Welsh love customs and takes a look at how we, the Welsh, love today.

Carys Eleri is a familiar face on S4C; she played the part of Myfanwy in the drama series **Parch**. Recently she has toured the world with her scientific musical comedy show *Lovecraft (Not the Sex Shop in Cardiff)* and the Welsh version *Cer i Grafu ... Sori Garu*.

"I feel sometimes that I have done a PhD in the world's hugest subject – love. I am a self-confessed love bomb!", said Carys.

"There is so much choice these days. There are so many people to meet – and I'm sure many people would agree, that it's all too much sometimes. And as we find ourselves catapulted into a world of technology in the way we find love, isn't it a good idea to look back to the time of our ancestors to see what their love customs were?

"By going round Wales and talking with people from different areas, there is a big difference between how those who live in the city and those who live in the country view Tinder. It's a normal thing in the city, but it is difficult in the countryside because not many people use it. As one woman said – you're related to most of them! These conversations were fascinating!"

In the programme, we hear if the traditional ways of finding love were more successful than the modern ways. What about the old custom of meeting somebody at a dance? And on Llanddwyn Island, which is home to the ruins of an ancient church dedicated to Saint Dwynwen, the patron saint of Welsh lovers, we learn more about folk and magical traditions. Did a love spell have any effect at all? And what on earth was the Monkey Parade?

"I have learned from doing the programme that there is a physical connection – not necessarily a sexual one – that is lost with these apps," said Carys. "In the 60s when people went to dances they touched when dancing and getting to know each other. But these days, it is the other way round. Physical contact is important to us as human beings. There's something to be said for the way things were done in the past – in a more communal way."

Carys Eleri'n Caru
Saturday, 25 January 9.00 S4C
English subtitles available
Available to watch on-demand at S4C Clic, iPlayer and other platforms
A Captain Jac production for S4C