

9.02.2023

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### Erthygl i'r Wasg Press Release

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## Stori Paul, y dyn sy'n dewis byw mewn van

Tair blynedd yn ôl penderfynodd Paul O'Neill symud allan o'i dŷ; a throi ei fan gwaith yn gartref iddo'i hun. Penderfyniad a oedd yn drobwynt yn dilyn cyfnod tywyll a chythryblus yn ei fywyd.

I Paul, mae bywyd mewn fan yn fwy na ffordd o fyw; dyma'r unig ffordd o fyw.

Mae'r rhaglen ddogfen **DRYCH: Dyn yn y Van** yn gofnod o fywyd anghyffredin Paul wrth iddo deithio, gweithio a byw yn harddwch Eifionydd a Phen Llŷn.

"Faint o bobl sy'n gallu gorffen gwaith a galw hyn yn adra?" meddai Paul gan gyfeirio at y golygfeydd ysblennydd o'i gwmpas.

Bydd y rhaglen, sy'n agor cil y drws ar heriau byw gyda phroblemau iechyd, yn ymddangos ar S4C am 9.00 ar nos Sul 19 Chwefror a hefyd ar gael ar S4C Clic a BBC iPlayer.

Er mwyn cael gwir deimlad o fywyd Paul mae'r gwneuthurwr ffilm, Eilir Pierce, yn ei gysgodi am gyfnod. Yn fuan iawn, mae Eilir yn darganfod mwy o elfennau anghyffredin ym mywyd Paul, gan gynnwys rhai o reolau bywyd mae wedi creu iddo'i hun; dim cynllunio, dim alcohol a pheidio dibynnu ar neb arall.

Gan nad yw'n cynllunio, tydi Paul ddim yn penderfynu ble mae'n mynd nesa tan mae'n amser i symud ymlaen a thanio modur y fan. Mae'n saer a *handyman* dawnus sy'n teithio o le i le ar gyfer ei waith. Golygir hyn fod rhaid i Eilir dreulio cyfnod yn crwydro a chysgu mewn fan hefyd.

"Tra'n gwneud y ffilm, nes i heirio *camper van* er mwyn trio dallt mwy am Paul a bywyd mewn van," meddai Eilir. "Mae Paul wedi arfer bod ar ben ei hun, so o ni'n gorfod bod yn ofalus o beidio amharu ar ei ffordd *impulsive* o fyw. Mae'n brofiad anodd iddo fo ac i fi."

Mae Paul yn ymwybodol fod elfen o risg ynghlwm â gwneud y ffilm: "Gall hyn chwalu'r byd dwi wedi adeiladu yn hawdd. Mae'n tynnu'r *spontaneity* allan o bywyd fi."

Mae ambell olygfa heriol wrth i'r ddau drafod a dogfennu. Er nad yw bod o flaen camera yn rhywbeth sy'n dod yn hawdd na'n naturiol i Paul, mae'n benderfynol o wneud i'r trefniant weithio.

Er y ffordd o fyw gymharol syml, mae'n amlwg fod Paul yn delio gyda sgil effeithiau heriau iechyd meddwl yn ddyddiol.

"Maen nhw'n dweud fod *depression* fel cylch" meddai Paul. "A mwy isel dwi'n mynd, ar ôl dipyn, dwi'n eistedd yn y fan a gwneud dim. Dim digon o *confidence* i fynd i siop lawr lôn jyst i nôl

peint o lefrith. Nai eistedd yna am ddau ddiwrnod heb fwyd na llefrith achos dwi'n rhy *anxious* ac isel i gerdded mewn i siop. *That's depression.* Ac mae'n medru dod allan o nunlle."

Mae wedi byw gyda dyslecsia ers yn blentyn ac wedi delio gyda dibyniaeth ar alcohol pan yn oedolyn. Mae'n agor fyny am gyrraedd "rock bottom".

Beth sy'n ysbrydoledig yw'r ffordd mae Paul yn wynebu ei ofnau wrth ddelio gyda'r heriau hyn mewn ffordd unigryw, ffordd sydd yn gweithio iddo ef. A dyna'r neges mae Paul mor awyddus i rannu. Mae o hyd gobaith a 'does dim un ffordd gywir o weithio ar wella eich iechyd meddwl.

**DRYCH: Dyn yn y Van**

**Dydd Sul 19 Chwefror 9.00, S4C**

**Isdeitlau Saesneg**

**Ar S4C Clic, BBC iPlayer a llwyfannau eraill**

**Cynhyrchiad Chwarel ar gyfer S4C**

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## Paul, the man who chooses to live in a van, tells his story

Three years ago Paul O'Neill decided to move out of his house and turn his work van into a home. The decision marked a turning point after a dark and turbulent time in his life.

For Paul, living in a van is more than a way of life; it's the only way to live.

The documentary, **DRYCH: Y Dyn yn y Van**, is a record of Paul's extraordinary life as he travels, works and lives amidst the beauty of Eifionydd and the Llŷn Peninsula.

"How many people can finish work and call this home?" says Paul, referring to the magnificent, sprawling scenery that surrounds him.

The programme, which lifts the lid on the challenges of living with mental health problems, airs on S4C at 9.00 on Sunday 19 February and will also be available on S4C Clic and BBC iPlayer.

To get a real feel for Paul's life, film-maker Eilir Pierce needs to spend a significant time following Paul. Eilir soon discovers more extraordinary elements to Paul's life, including some of the life rules he has created for himself that include; no planning, no alcohol and not relying on anyone else.

Refusing to plan means Paul doesn't decide where he's going next until it's time to move on and start the van's engine. He is a talented carpenter and handyman whose work takes him from place to place. This means Eilir must also spend time roaming nomadically and sleeping in a van, if he is to capture Paul on film.

"While making the film, I hired a camper van to try to get a better understanding of Paul and his life in a van," said Eilir. "Paul is used to being alone, so we have to be careful not to disrupt his impulsive lifestyle. It's a difficult experience for him and for me."

Paul is aware there is an element of risk involved in making the film: "This can easily shatter the world I've built. It takes the spontaneity out of my life."

There are some uncomfortable scenes as the two discuss and document. Being in front of a camera isn't something that comes easily or naturally to Paul, but he's determined to make the arrangement work.

Despite his relatively carefree lifestyle, the film shows how Paul deals with the side effects of mental health problems on a daily basis.

"They say depression is like a cycle," says Paul. "And the lower I go, after a while, I just sit in the van and do nothing. I haven't even got enough confidence to go to a shop down the road just to get a pint of milk. I might sit there for two days without food or milk because I'm too anxious and down to walk into a shop. That's depression. And it can come out of nowhere."

He has lived with dyslexia since he was a child and dealt with alcohol addiction in adulthood. He opens up about getting to "rock bottom".

What's inspiring is the way Paul confronts his fears to deal with these challenges in a unique way, a way that works for him. And that's the message Paul is so eager to share. There's always hope and there's no one right way to work on improving your mental health.

**DRYCH: Y Dyn yn y Van**

**Sunday 19 February 9.00, S4C**

**English subtitles available**

**On S4C Clic, BBC iPlayer and other platforms**

**A Chwarel production for S4C**