

14.05.2020

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Erthygl i'r Wasg Press Release

Perthynas mab a'i fam yn cynnig goleuni yn y twyllwch

Mae'r ddrama ddwys a thywyl **35 Diwrnod** wedi bod yn cadw gwylwyr ar flaen ei seddau dros yr wythnosau diwethaf perthnasau cymhleth, y cyfrinachau a'r dirgelwch.

Weithiau mae angen lleihau'r tensiwn amlwg trwy gyflwyno bach o hiwmor ac ysgafnader ac yn ôl yr actor Siôn Ifan sy'n chwarae rhan Efan yn y ddrama - dyma'n gwmws beth mae'r perthynas agos a chynnes rhwng ei gymeriad ef a chymeriad ei fam Alwen (Delyth Wyn) yn cynnig.

Dyma Siôn yn disgrifio ei gymeriad a sut mae'r berthynas yna gyda'i fam yn dangos ochr arall i'r ffotograffydd sydd dim bob tro mor neis ag mae e'n ymddangos.

"Mae Efan yn ffotograffydd; mae'n eitha' llwyddiannus. Ma' arddangosfa gyda fe ac mae hyn yn llwyddiant eitha mawr," meddai Siôn.

"Mae e'n byw gyda'i fam Alwen. Mae ganddo fe berthynas lyfli gyda'i fam. Mae Alwen yn fam sengl, does dim sôn am dad Efan o gwbl ac mae'n dal yn byw gatre er ei fod e yn ei ugeiniau hwyr.

"Mae Alwen wedi bod mewn damwain car ac mae hi wedi cael niwed i'w hymennydd. Felly mae Efan yn ofalydd iddi hefyd. Beth sy'n lyfli am Efan yw ei fod e'n caru ei fam ac yn edrych ar ei hôl hi. Ac mae e yn gofalu am bobl, mae e'n lico neud yn siŵr eu bod nhw'n oce."

"Ond chi'n gweld bod rhai cyfrinachau gyda fe. Ac er ei fod e'n ddyn neis ar y wyneb, mae beth mae e'n neud gyda Katie (Ella Peel) yn ystod y ddrama yn dangos ochr arall i'w gymeriad."

Mae Delyth Wyn, sy'n chwarae rhan Alwen yn cytuno bod y berthynas rhyngddi hi ac Efan yn ysgafnhau'r dwyster sy'n rhan annatod o **35 Diwrnod**. Ac mae hi'n meddwl bod elfen eithaf comic i'w chymeriad sy'n cynnig bach o hiwmor ymmsg y twyllwch.

"Mae Alwen yn eitha' adnabyddus yn yr ardal - mae pawb yn ei nabod hi ac mae hi'n nabod pawb," meddai Delyth. "Mae hi'n gymeriad hoffus, eitha ffraeth ei thafod ond dw i yn lico Alwen - mae rhywbeth annwyl iawn ond bach yn *whacky* hefyd. Mae ei chalon hi yn y man iawn."

Yn ôl Delyth, roedd hi wedi cael lot o hwyl ar y set yn chwarae rhan Alwen.

"Mae cymeriad Alwen yn dod a lot o hiwmor a twtshis bach o gomedi yn aml ac mae hynna'n neis oherwydd mae'n ysgafnhau pethau hefyd. Achos mae'r ddrama yn ddwys ac yn drwm, weithiau.

"Mae ambell i frawddeg ac ambell i linell ffres man hyn a man draw i godi'r sefyllfa a gwneud pethau'n fwy ysgafn. Mae'n neis iawn. Mae'n swnio'n od, ac er bod e'n ddrama eitha' tywyll, mae lot sy'n eitha' doniol ynddo fe. Mae'n anodd esbonio ond weithiau mewn bywyd, pan mae pethau mor ofnadwy, ti'n ffeindio rhyw fath o oleuni i ysgafnhau pethau."

Os ydych chi wedi colli penodau cyntaf **35 Diwrnod**, gallwch ddal i fyny ar S4C Clic.

35 Diwrnod

Nos Sul 24 Mai, 9.00

Isdeitlau Saesneg

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Boom ar gyfer S4C

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Erthygl i'r Wasg Press Release

Mother-son relationship offers light in the darkness

The complex relationships, secrets and lies in the gripping and dark drama **35 Diwrnod** (35 Days) have been keeping audiences on the edge of their seats over the last few weeks.

But sometimes you need a break from the almost unbearable tension by introducing a bit of humour and light relief. And according to the actor Siôn Ifan, who plays the part of Efan in the drama, this is exactly what the close and warm relationship between his character and that of his mother Alwen, (Delyth Wyn) offers.

Siôn describes his character and explains how his relationship with his mum shows another side to the photographer who isn't always quite as nice as he seems.

"Efan is a successful photographer – he has an exhibition of his work and this is quite a major achievement for him," said Siôn.

"He lives with his mum Alwen and he has a lovely relationship with her. Alwen is a single mum – you don't hear any mention of Efan's dad at all. He lives at home with his mum even though he's in his late 20s.

"Alwen has been in a car accident and has suffered brain damage. So Efan is her carer also. What is lovely about Efan is that he loves his mum and looks after her. And he does like to look after people, he likes to make sure that everybody is OK."

"But he does have some secrets. Although he seems like a nice guy on the surface, the stuff he does together with Katie (Ella Peel) during the drama reveals another side to his character."

Delyth Wyn, who plays Alwen agrees that the relationship between her character and Efan lightens the intensity which is at the heart of **35 Diwrnod**. And she thinks that there is a rather comic element to her character which offers some light relief when things are at their darkest.

"Alwen is well-known in the area – everybody knows her and she knows everybody," said Delyth. "She is a likeable character, she has quite a sharp tongue, but I like her – there is something very endearing about her but she's a bit whacky too. Alwen's heart is in the right place."

Delyth said that she had a lot of fun on set playing Alwen.

"Alwen's character often brings a lot of humour and little touches of comedy and this is nice because it lightens things up, because the drama is quite dark and serious at times.

"There's the odd sentence, the odd phrase or line here and there which lift the situation and brings some light relief. It sounds strange but, although this is quite a dark drama, there are a lot of things which are quite funny. It's difficult to explain but sometimes in life, when things are at their darkest, you always find some sort light to ease the situation."

If you have missed the first episodes of **35 Diwrnod**, you can catch up on S4C Clic.

35 Diwrnod

Sunday, 24 May 9.00, S4C

English subtitles available

On demand: S4C Clic, iPlayer and other platforms

A Boom production for S4C