1.06.2022

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Erthygl i'r Wasg **Press Release**

O'r wawr i'r machlud - y bobl sy'n byw am y penwythnos

I'r rhan fwyaf ohonom mae'r penwythnos yn gyfle i ymlacio, cael seibiant o'r gwaith neu i fod gyda'r teulu. Os yw amser yn caniatáu, mae hefyd yn gyfle i wneud rhywbeth rydyn ni'n diddori ynddo.

I rai, mae'n gyfle i ganolbwyntio ar hobi, sefydlu busnes neu ffocysu ar waith gwirfoddol neu gadwriaethol. A dyma fydd ffocws cyfres newydd ar S4C, **Pobol y Penwythnos.**

Yn y bennod cyntaf fe awn o un pegwn o Gymru i'r llall i gwrdd â Ioan Lord, Siân Jones a Gwynfor James.

O ddydd Llun i ddydd Gwener, mae Ioan yn gard a thaniwr ar Reilffordd Rheidol, Aberystwyth. Ond ar fore Sadwrn mae'n diflannu i berfeddion arallfydol mwyngloddion Cwmystwyth i ddilyn olion troed ein cyndeidiau. Wedi ei swyno gan y gorffennol, mae Ioan eisiau sicrhau fod hanes diwydiannol y canolbarth ar gael i eraill ei etifeddu.

"Mae hanes i fi'n rhywbeth byw iawn" meddai Ioan. "Mae o i gyd yn stwff da ni'n gallu defnyddio i ddathlu pwy i ni, i ddathlu'n hunaniaeth ni, a sut ni'n gallu symud 'mlaen i'r dyfodol. Be hoffwn ni neud ydi sefydlu amgueddfa fawr safonol ar gyfer mwyn canolbarth Cymru.

"I fi, mae'r cyfle i weld agweddau o Gymru 'sneb arall wedi gweld yn wefr yn ei hun. Mae'n ffordd o gamu nôl mewn amser, mewn i fyd coll. Ond rwy hefyd yn credu taw'r darn gorau o fynd dan ddaear ar y penwythnos yw dod nôl allan, nôl i fyd y byw. Mae o fel deffro o ryw fath o freuddwyd".

Ac mae sefydlu busnes sy'n gweithredu ar ddydd Sadwrn, yn gam at wireddu breuddwyd i Siân, sy'n gynorthwyydd dosbarth yn ysgol Pwllcoch, Caerdydd, yn ystod yr wythnos.

Meddai Siân: "O ni'n gwneud gwallt ffrind fi a Mam trwy'r amser, felly nes i feddwl pam ddim gwneud hyn fel busnes?

"Does dim llawer o fusnesau yng Nghaerdydd sy'n cynnig braids ar gyfer merched gyda gwallt affro. Oedd lot o bobl yn teithio i Lundain neu Fryste. Mae angen llefydd yma i gal nhw wedi neud, felly pam ddim agor lle lan?"

"Breuddwyd fi yw agor salon lot fwy lle fi'n gallu cynnal fwy o sales a chael pobl i weithio o danaf i. Er ei fod yn heriol, mae'n gyffrous."

I rai, fel Siri y coreograffydd sy’n bachu ar unrhyw gyfle i nofio gwyllt - mae gwneud rhywbeth hollol wahanol ar y penwythnos yn ddihangfa, cyfle i anghofio am straen bywyd dyddiol. I eraill, mae’n gyfle i dreulio amser gyda’r bobl bwysig yn eich bywyd.

“Fyddai’n gweld lot o bobl yn gwahanu dros y penwythnos, mae’r dyn yn neud un peth a’r wraig yn neud rhywbeth gwahanol” meddai Gwynfor, Peiriannydd Trydan o Ddeiniolen. Ar y penwythnos, mae’n tynnu lluniau rasys mynydd gyda’i wraig, Wendy.

“Da ni’n licio gwneud yr un pethau - cerdded, rhedeg, beicio - tynnu lluniau bellach. ‘Does 'na ddim bos, tîm ydi o, a ffrindiau gorau. Ydi, mae rhywun yn cael bach o bres poced i gael offer, camerâu, lenses newydd ac ati, ond dim dyna sy’n bwysig.”

Yn ogystal cawn gwrdd ag; athrawes o Ffostrasol sy’n adnewyddu dodrefn, chwaraewr rygbi proffesiynol o Gwmbrân sy’n seren rap ar ddydd Sul, Ysgrifenyddes Capel o Abertawe sy’n un o ddilynwyr mwyaf ffyddlon tîm pêl-droed yr Elyrch, porthor pentref Portmeirion sy’n rêl ‘rebel wicend’ a Hywel - gweithiwr haearn o Wrecsam sy’n cadw’n heini trwy hyfforddi ei hun ac eraill.

Wrth ddringo mynydd ar ben bore Sadwrn, mae gan Hywel gyngor y gallwn ni gyd fuddio ohono:

“Mae gyda ni’r lle i fod yn iach, mae gyda ni pob *chance* i fod yn iach yn Nghymru. Ond rhaid i chi neud *chance* i chi’ch hun, codi off y cadeiriau a jyst gwneud o.”

Pobol y Penwythnos
Nos Fercher, 15 Mehefin 9.00, S4C
Isdeitlau Saesneg
Ar S4C Clic, BBC iPlayer a llwyfannau eraill
Cynhyrchiad Boom Cymru a Slam Media ar gyfer S4C

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Meet the people that live for the weekend

For most of us the weekend is a chance to relax, have a break from work or spend time with family. If time allows, it's also an opportunity to do something we enjoy.

For some, it's an opportunity to focus on a hobby, grow a business or to do some voluntary or conservation work. And it's this highly dedicated group of people that will be the focus of a new series on S4C, **Pobol y Penwythnos**.

In the first episode we go from one end of Wales to another to meet Ioan Lord, Siân Jones and Gwynfor James.

From Monday to Friday, Ioan is a guard on the Vale of Rheidol Railway, Aberystwyth. But on a Saturday morning he disappears into the other wordly depths of the Cwmystwyth mines to follow in our forefathers footsteps. Enchanted by the past, Ioan wants to make the industrial history of mid Wales available for others to inherit.

"History is a living thing for me," said Ioan. "It's all stuff we can use to celebrate who we are, to celebrate our identity, and to learn how to move forward into the future. What I would really like to do is establish a large museum on the mines of mid Wales.

"For me, the opportunity to see aspects of Wales that no-one has seen before is a real buzz. It's a way to step back in time, into a lost world. But I also think that the best part of going underground at the weekend is to come back out, back to life. It's like waking up from some kind of dream".

And setting up a business operating on a Saturday is a step towards realising a dream for Siân, a classroom assistant at Ysgol Pwllcoch, Cardiff, during the week.

Sian said: "I was doing my friend's and Mum's hair all the time, so I thought why not do this as a business?

"There aren't many businesses in Cardiff that offer braids for women with afro hair. Many people were traveling to London or Bristol. We need places here to do them, so why not open my own place?"

"My dream is to open a much bigger salon where I can manage more sales and get people to work for me. Despite being challenging, it is exciting."

For some, like Siri the choreographer who seizes any opportunity to go for a wild swim - doing something completely different at the weekend is escapism, a chance to forget about the stresses of daily life. For others, it's a chance to spend time with loved ones.

"I see a lot of couples doing their own thing on the weekend, the guy is doing one thing and the woman doing something different," said Gwynfor, an electrical engineer from Deiniolen. At the weekend, he photographs people running mountain races with his wife, Wendy.

"We like doing the same things - walking, running, cycling – and now, taking photos. There isn't a boss, we're a team, best friends. Yes, we get a little pocket money out of it to get new equipment; cameras, lenses etc, but that's not why we do it."

We will also meet; a teacher from Ffostrasol who upcycles furniture, a professional rugby player from Cwmbran who spends his Sundays rapping, the secretary of a Swansea Chapel who is one of the Swans football team's most loyal followers, a Portmeirion village porter who is a proper weekend rebel and Hywel – a steel worker from Wrexham who keeps fit by training himself and others.

As he climbs a mountain as dawn breaks on a Saturday morning, Hywel has some advice we can all benefit from:

"We have the surroundings to be healthy, we have every chance to be healthy in Wales. But you have to take a chance on yourself, get off the settee and just do it."

Pobol y Penwythnos
Wednesday, 15 June 9.00, S4C
English subtitles available
On S4C Clic, BBC iPlayer and other platforms
A Boom Cymru and Slam Media production for S4C