11.08.2022

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Erthygl i'r Wasg **Press Release**

Al Parr yn ffyrnig dros comedi LHDTQ+

Mae Al Parr yn wyneb newydd i'r sîn stand-yp, ac yntau wedi bod wrthi ers 'chydig cyn i'r pandemig gyrraedd. Al sy'n arwain noson o gomedi LHDTQ+ fydd ar S4C nos Wener 26 Awst. Ffilmiwyd y noson o flaen gynulleidfa fyw yn Eglwys Norwyaidd ym Mae Caerdydd, oedd yn rhan o ŵyl queer fringe Caerdydd.

Sêr y sioe **Ffyrnig** yw rhai o ddigrifwyr gorau Cymru sy'n perthyn i'r gymdeithas LHDTQ+ – Priya Hall, Ellis Lloyd Jones, Leila Navabi, Chris Rio, a Sianny Thomas. Mae'r rhaglen hefyd yn cynnwys perfformiad arbennig gan Gymuned Ddawnsfa Gymreig.

Yr awydd i fod eisiau adrodd straeon fyddai pobl hoyw'n medru uniaethu â nhw wnaeth ysgogi Al Parr, sy'n 29 oed ac yn dod o bentref Carmel ger Caernarfon i fentro i fyd stand-yp:

"O'n i ddim yn gweld pobl fatha fi - person hoyw a dosbarth gweithiol - ar y teledu. Ac os oedd rhywun hoyw yn rhan o raglen deledu, doeddet ti ddim yn gallu uniaethu efo nhw achos roeddet ti'n gallu deud nad pobl o'r cefndir yna oedd wedi sgwennu'u straeon nhw o'r ffordd roedd y cymeriadau'n cael eu trin"

Dyw perfformio ddim yn rhywbeth newydd i Al, ac yntau wedi gwneud ychydig o waith ar Hansh S4C, gan gynnwys cyfres gyda S4C comedi yn y cyfnod clo sef 'Deli Derfel', ac wedi astudio Perfformio ym Mhrifysgol De Cymry yng Nghaerdydd:

"O'n i wastad yn berson dramatic ac yn *over the top*, ac o'dd pawb wastad yn deud 'rhaid i ti astudio drama'! Ar ôl graddio, nes i ddim gwneud dim efo fo; doedd dim cyfleoedd i fi, a do'n i ddim yn cael lwc efo trio am *auditions*. Felly i fi, stand-up oedd yr unig ffordd o sgwennu a pherfformio oedd ar gael i fi. Na'th o droi i fod yn rhywbeth *therapeutic*. Roedd o'n syth ar ôl *break-up*, ac roedd gen i gymaint i'w ddweud, ond neb i ddweud wrtho. Roedd o fel rhyw fath o *outlet*.

"Ro'n i'n cael siarad am fy mhlentyndod; am dyfu fyny'n hoyw. Ro'n i'n cael fy mwlio ac roedd pobl yn pigo arna i wrth i fi dyfu i fyny, oedd yn beth reit unig, achos do'n i byth yn teimlo fel 'mod i'n ffitio i fewn. Dwi'n cymryd y profiad negatif yma, a'i droi'n rhywbeth i wneud i bobl chwerthin. Ac i fi, does dim yn fwy *rewarding* na throi rhywbeth tywyll i fod yn ddoniol."

Ond roedd y gig stand-yp cyntaf yn bell o fod yn atgof pleserus i Al, sydd wedi dysgu'i grefft ei hun:

"Roedd o'n ofnadwy. Ryw noson ar gyfer rhai oedd yn dechrau allan yn stand-up yng ngŵyl gomedi Machynlleth oedd hi, ac ro'n i'n lot rhy *cocky*! Es i yno heb fynd dros y jôcs a heb baratoi digon, a nes i gwympo *flat on my face*, ond wrth yn edrych nôl, dyna oedd y ffordd orau i ddysgu. Do'n i ddim eisiau gwneud gig ar ôl hynna, ond na'th ffrind i mi berswadio i mi wneud un arall yng Nghaerdydd, a mwynhau gymaint mwy am 'mod i wedi paratoi ar ei gyfer, a chael teimlad *high* ar y diwedd."

Mae sawl un o'r digrifwyr yn y rhaglen yn wynebau newydd i S4C, a hon yw gig gyntaf Elis, sydd fel arfer yn gwneud drag. Gyda phob un ohonynt yn perthyn i'r gymuned LHDTQ+ mae Al yn gweld rhaglen fel Ffyrnig yn hollbwysig:

"Pwrpas Pride ydi'n bod ni fel cymuned LHDTQ+ yn cael ein gweld. Wrth dyfu fyny, ro'n i'n gwylio lot o deledu, ac roedd unrhyw jôc am berson hoyw yn golygu mai'r person hoyw oedd y *butt of the joke* - nhw oedd y punchline. Dan ni wedi cymryd *ownership* os lici di dros ein *identity* ni. Mae gwybod bod ni'n adrodd jôcs ein hunain yn hytrach na phobl eraill yn adrodd ein jôcs ni yn beth pwysig.

"Dwi isho adrodd stori o'm persbectif fi, felly os oes hogyn ifanc yn gwylio adre yn gweld bod pobl fatha fi, ac yna gobeithio yn gweld bod hynna'n iawn. Mae angen normaleiddio pethau."

Ffyrnig
Nos Wener 26 Awst, S4C
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Beastly Media ar gyfer S4C

S4C

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Al Parr is passionate about LGBTQ+ comedy

Al Parr is a new face on the stand-up scene, which he has been doing since just before the pandemic hit. Al presents a night of LGBTQ+ comedy on S4C on Friday, 26 August. The night was filmed before a live audience in the Norwegian Church in Cardiff Bay, as part of the Cardiff Queer Fringe Festival.

Stars of the show **Ffyrnig** (Fierce) are some of Wales's best comedians who belong to the LGBTQ+ community - Priya Hall, Ellis Lloyd Jones, Leila Navabi, Chris Rio and Sianny Thomas. The programme also includes a special performance by the Welsh Ballroom Community.

The wish to be able to tell stories that gay people would be able to identify with is what motivated Al Parr, who is 29 years old and comes from the village of Carmel near Caernarfon, to go into stand-up comedy:

"I didn't see people like me – someone who is gay and working class – on the television. And if there was a gay person on the television, you weren't able to identify with them because you could tell that it wasn't people from that background who had written their stories because of the way the characters were treated."

Performing isn't something new to Al, he has done some work for S4C Hansh, including a comedy series during Lockdown called 'Deli Derfel' and he studied Performance at the University of South Wales in Cardiff:

"I was always a dramatic person and over the top, and everybody was always saying 'you must study drama'! After graduating, I didn't do anything with it; there weren't any opportunities for me and I didn't get any luck at auditions. So stand-up was the only thing available to me where I could write and perform. It turned into being something therapeutic. It came straight after a break-up, and I had so much to say, but no-one to say it to. It was a kind of outlet."

"I got to speak about my childhood; about growing up gay. I was bullied and people picked on me when I was growing up, which was a very lonely thing, because I never felt like I fitted in. I take this negative experience, and turn it into something to make people laugh. And to me, there's nothing more rewarding than turning something dark into something funny."

But Al's first stand-up gig was far from being a pleasure: "It was awful. It was a night for people who had just started out in comedy in the Machynlleth Comedy Festival and I was a lot too cocky! I went there without having gone over the jokes and not having prepared enough, I fell flat on my face, but looking back, this was the best way to learn. I didn't want to do another

gig after that one but a friend persuaded me to do another one in Cardiff, and I enjoyed this so much more because I had prepared for it and felt on a high by the end."

Several of the comedians in **Ffyrnig** are new to S4C, and this is Elis's – who usually does drag – first gig. With every one of them belonging to the LGBTQ+ community, Al thinks that a programme like **Ffyrnig** is hugely important:

"The purpose of Pride is that we, as the LGBTQ+ community, are seen. Growing up, I watched a lot of television, and any joke about a gay person meant that it was the gay person who was the butt of the joke – they were the punchline. We have taken ownership, if you like, of our identity. Knowing that we tell our own jokes rather than other people telling our jokes is important."

"I want to tell the story from my perspective, so if there's a young boy watching at home who can see that there are people like me, he will hopefully see that that's absolutely fine. We need to normalise things."

Ffyrnig
Friday 26 August 9.00, S4C
Welsh and English subtitles
On demand: S4C Clic; BBC iPlayer and other platforms
A Beastly Media production for S4C