27.10.2022

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Erthygl i'r Wasg **Press Release**

Trigolion cymunedau Cymru'n cael llais ar donfeddi Radio Fa'ma

O'r llon i'r lleddf - sgyrsiau o galon y gymuned fydd yn ganolog i raglen radio sydd hefyd yn rhaglen deledu newydd. Yn y gyfres **Radio Fa'ma**, sy'n dechrau ar 8 Tachwedd, bydd Tara Bethan a Kris Hughes yn teithio led led Cymru mewn fan ac yn tynnu carafán sy'n trawsnewid i orsaf radio symudol.

Ar ôl cyrraedd pob lleoliad, bydd y stiwdio radio 'pop up' yn darlledu'n fyw am gyfnod, a bydd Tara a Kris yn sgwrsio gyda rhai o gymeriadau'r ardal am brofiadau dwys ac ysgafn sydd wedi cael effaith ar eu bywydau – o achub bywyd i ddelio gyda straen arholiadau, ac o fyw gydag anghenion ychwanegol i ddygymod gyda hunanladdiad. Bydd cyfle hefyd i glywed hoff ganeuon y gwesteion.

Yn y rhaglen gyntaf, tref fwyaf gogleddol Cymru - Amlwch, Ynys Môn fydd yn gyrchfan i'r garafán. Cawn ddod i adnabod pobl fel Julie Ann Hughes, sy'n bostmon yn y dref. Ysgogodd y sefyllfa o swyddfeydd post yn cau iddi dynnu grŵp at ei gilydd i wneud rhywbeth arbennig iawn i greu hwb yn y gymuned, sef sefydlu rhandiroedd cymunedol yn Amlwch, a hynny yn ystod cyfnod y Pandemig.

Cawn hefyd glywed stori Kerry Davies-Jones, sy'n ymgyrchu i gynyddu ymwybyddiaeth pobl o faterion iechyd meddwl, gan ysgogi rhai sy'n dioddef i geisio am help, ac i beidio â chymryd na fel ateb. Fe gollodd Kerry ei mab Kale, oedd yn 20 oed, wedi iddo gymryd ei fywyd ei hun yn 2018 ar ôl dioddef o psychosis. Yn sgil hyn, nod Kerry yw sefydlu gwasanaeth mentora i bobl ifanc sydd â phroblemau.

Un arall, ymysg llawer, sy'n rhannu eu hanes ar Radio Fa'ma yw John Pritchard, gôl-geidwad tîm pêl-droed cerdded Cymru - tîm sydd wedi cael cryn lwyddiant yn ddiweddar gan gynnwys curo Cwpan y Byd 2019.

Mae'r profiad o weithio ar y rhaglen wedi bod yn un arbennig iawn i Kris Hughes wrth iddo sylweddoli cymaint o lefydd yng Nghymru sydd â chymuned glos, gref:

"Roedd hi mor braf cael mynd i lefydd fel Nefyn, Castellnewydd Emlyn a Threorci, lle'r oedd ysbryd o gymuned yno – roedd pobl yn nabod ei gilydd, yn cymdeithasu efo'i gilydd, yn rhannu bywydau efo pobl eraill, ac roedd ymdeimlad bod cynhesrwydd yn y gymuned.

"Roedden ni'n cael straeon weithiau oedd yn reit drwm - straeon am hunan laddiad, anorexia, cancr a phethau felly - ond er bod y sgyrsiau weithiau'n ddwys, roedden nhw'n ysgafn hefyd, achos roedd y bobl yma wedi dod dros beth oedd yn bod neu wedi cael cyfle i boen setlo a ffeindio cartref ynddyn nhw rywsut.

“Yn Amlwch, wnaethon ni siarad efo dynes oedd wedi colli’i mab yn sgil hunanladdiad, ond beth oedd yn hyfryd oedd y ffaith bod y gymuned wedi’i chefnogi hi, ac roedd llawer ohonyn nhw’n eistedd y tu allan i’r garafán tra’r oedd hi tu fewn yn sgwrsio efo fi a Tara.

“Dwi’n meddwl wneith pobl werthfawrogi’r rhaglen, achos dwi’n meddwl bod pobl yn hoff iawn o wylio pobl gyffredin ar y teledu, achos bod o’n real, a hefyd maen nhw’n gallu cydymdeimlo. Mae 'na bellter rhwng pobl a selebs. Mae’n rhaglen gynnes, ac yn dangos bod ‘na obaith i gymunedau, jest bod ni’n cymryd yr amser i annog a magu cymuned.”

Yn ogystal ag Amlwch, bydd Radio Fa’ma’n ymweld â’r Rhondda, Dyffryn Nantlle, Nefyn, Castell Newydd Emlyn a Rhuthun.

Radio Fa’ma
Dydd Mawrth, 8 Tachwedd, 9.00 S4C
Isdeitlau Cymraeg a Saesneg
Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill
Cynhyrchiad Cwmni Da ar gyfer S4C

S4C

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Welsh community members get voice on Radio Fa'ma's airwaves

Conversations from the heart of the community are the focus of a radio programme which is also a TV programme. In the series **Radio Fa'ma**, which starts on 8 November, Tara Bethan and Kris Hughes will travel to locations across Wales in a van towing a pop-up caravan which can be quickly and easily turned into a mobile radio studio.

Having arrived at a specific location, the 'pop up' radio studio will broadcast live for a period, where Tara and Kris chat to some of the characters in the area about experiences that have had an impact on their lives. The conversations will be on a mixture of topics – from the intense to the light-hearted – including dealing with exam stress, and from living with additional needs to coping with suicide. As well as the conversations from the radio programmes we'll see portraits of the guests in their community, at work or at home, and each guest will have the opportunity to choose songs that are special to them.

In the first programme, the caravan heads to Wales's most northerly town - Amlwch, Anglesey. We'll get to know people like Julie Ann Hughes, a postman in the town who set up a thriving allotment scheme to boost community spirit, prompted by the closure of the town's post office.

We'll also hear the story of Kerry Davies-Jones, who is campaigning to increase people's awareness of mental health issues, motivating those who suffer to seek help, and not take no as an answer. Kerry, who lost her son Kale aged 20 after he took his own life, aims to establish a mentoring service for young people with problems.

Another, among many, who will share their story on **Radio Fa'ma** is John Pritchard, goalkeeper for the Wales walking football team, who won the World Cup in Zurich in 2019.

The experience of working on the programme has been a very special one for Kris; he felt a strong community spirit in so many Welsh towns:

"It was so nice to visit places like Nefyn, Newcastle Emlyn and Treorchy, where there was a real feel of community spirit - people knew each other, socialised with each other, and there was a sense of warmth in the community.

"We heard stories that were sometimes quite heavy – topics of suicide, anorexia, cancer and things like that - but although the conversations were sometimes intense, there was a lightness to them, because these people had overcome whatever they were dealing with, or had given pain a chance to settle and find a home in them somehow.

"In Amlwch, we spoke to a woman who had lost her son to suicide, but what was lovely was the fact that the community supported her, and many of them sat outside the caravan while she was inside chatting with me and Tara.

"I’m sure people will really appreciate the programme, because I think people really like watching ordinary folk on TV, as they can empathise with them. There’s a distance between people and celebrities. It's a warm series, and shows that there is hope for communities - as long as we take the time to encourage and nurture them."

As well as Amlwch, **Radio Fa'ma** will visit the Rhondda, Dyffryn Nantlle, Nefyn, New Castle Emlyn and Ruthin.

Radio Fa’ma
Tuesday 8 November 9.00, S4C
English and Welsh subtitles
On demand: S4C Clic; BBC iPlayer and other platforms
A Cwmni Da production for S4C