24.11.2022

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Erthygl i'r Wasg **Press Release**

Profiad un meddyg teulu o'r pandemig yn Radio Fa'ma

Profiadau un meddyg teulu, a wnaeth waith arloesol yn ystod y pandemig, yw un o'r straeon cawn glywed ym mhennod yr wythnos yma o **Radio Fa'ma,** ar 6ed o Ragfyr.

Daeth Dr Eilir Hughes, sy'n feddyg yn Nefyn, Pen Llŷn yn wyneb adnabyddus yn ystod cyfnod y clo mawr yn ei ymdrech ddiflino i amddiffyn y boblogaeth yng nghefn gwlad gogledd Cymru rhag Covid.

Wrth i garafán liwgar Radio Fa'ma gyrraedd pentref Nefyn ym Mhen Llŷn, bydd Tara Bethan a Kris Hughes yn sgwrsio gyda phobl leol ac yn chwarae eu hoff ganeuon mewn rhaglen radio fywiog, sydd hefyd yn rhaglen deledu. Cawn glywed sut aeth Dr Eilir a thîm y syrjeri ati yn eu hymdrech arwrol i gynnal syrjeri brechu yn erbyn Covid, a llwyddo i roi pigiad i bron i 4,000 o bobl mewn un penwythnos.

"Fel meddygon, be oedden ni'n gorfod neud oedd dysgu'n gyflym iawn am y firws newydd yma - sut oedd o'n effeithio ni" meddai Eilir. "Wedyn ddo'th y llwyr-gload, ac wedyn falle bod pobl yn nabod fi o'r penwythnos cyn ddo'th y llwyr-gload, es i'n feiral - yr eironi o hynny!"

Wedi i bobl gysylltu gydag e'n bersonol ac yn broffesiynol ar ddechrau'r cyfnod, yn poeni bod fflýd o bobl yn heidio i Ben Llŷn, boed i'w tai ha', neu am dripiau o ardaloedd trefol, ac yn cario'r firws i'r ardal, penderfynodd Eilir droi at y cyfryngau cymdeithasol.

Aeth ei glipiau, oedd yn darparu cyngor a gwybodaeth i bobl, yn feiral wrth iddo rybuddio ymwelwyr fyddai'n teithio i mewn i'r ardal am y pwysau ychwanegol fydden nhw'n ei roi ar y gwasanaeth iechyd lleol. Yn fuan, roedd sianeli newyddion dros Brydain a'r byd eisiau clywed mwy.

"Pan ddo'th y brechlyn, roedd hwnnw'n arf ychwanegol i ni drio taclo'r broblem roedden ni'n wynebu. Felly sylwais os fedrwch chi greu'r canolfannau anferth 'ma mewn llefydd fel Llandudno, sut goblyn mae pobl mewn ardal wledig fel Llŷn yn mynd i gael gafael ar y brechlyn? Dan ni'n mynd i gael i gael ein gadael ar ôl.

"Mi wna i ddeud yn blwmp ac yn blaen tydi ddim yn hafal rhwng pobl y dref a phobl y wlad – mae na rhyw anghydbwysedd da'n ni'n anghofio amdano. Dan ni fel pobl y wlad ddim yn gwneud lot o stŵr amdano chwaith - dim digon.

"Nes i gymryd arna i'n hun i feddwl rydan ni isho'r frechlyn yma, ac mae';n rhaid cwffio - ges i sawl dadl, sawl ffrae. A dyma fi'n deud 'reit rhowch un *batch* i ni ac mi wnawn ni brofi i chi. Ac mi nathon ni, reit ar y cychwyn ym mis Ionawr pan o'dd hi'n bwrw eira yn Nefyn. Nathon ni lwyddo i frechu 1,000 o bobl yn yr eira. Mi oedd o'n llwyddiant felly ddaru ni barhau wedyn drwy'r flwyddyn efo'r cyntaf, ail a'r trydydd."

Ymysg sgyrsiau eraill y rhaglen bydd trafod yr argyfwng tai a hawl pobl i fyw yn lleol gyda Sioned Pearson, profiad nyrs cartref gofal lleol yn ystod y pandemig, camp pobl leol wrth ail-agor tafarn gymunedol Yr Heliwr, a chawn glywed sut mae un dyn lleol yn ennill ei fywoliaeth fel bysgiwr.

Radio Fa’ma
Nos Fawrth, 6 Rhagfyr 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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Erthygl i'r Wasg **Press Release**

One family doctor's experience of the pandemic

The experiences of one family doctor who did pioneering work during the pandemic is one of the stories we'll hear in this week's episode of **Radio Fa'ma** on 6 December.

Dr Eilir Hughes, who is a GP in Nefyn, Pen Llŷn became a well-known face during lockdown as a result of his tireless effort to protect the population in rural north Wales from Covid.

As the Radio Fa'ma caravan sets up camp in the village of Nefyn, Llŷn Peninsula, Tara Bethan and Kristopher Hughes will chat to locals and play their favourite songs in a lively radio programme, which is also a TV show. We'll hear about Dr Eilir and the team at the surgery's heroic effort to roll out the vaccination against Covid, and how they managed to immunise almost 4,000 people in one weekend.

"As doctors, we had learn very quickly about this new virus and how it affected us," says Eilir. "Then lockdown came, and people probably recognise me from that time, when a video I made went viral - the irony of that!"

When people contacted him personally and professionally at the beginning of the lockdown period, worried that hoards of people were flocking to the Pen Llŷn area - to their second homes, or just as a day trippers from urban areas - carrying the virus to the area, Eilir decided to turn to social media.

His video clips, which provided advice and information to people, went viral as he warned visitors traveling into the area about the extra pressure they would put on the local health service. Soon, news channels all over Britain, and the world wanted to hear more.

"When the vaccine became available, that was an additional weapon for us to try to tackle the problem we were facing. You can create these huge centres in places like Llandudno, but how would people in a rural area like Llŷn get hold of the vaccine so readily? I was worried we are going to get left behind.

"Quite frankly things aren't equal people living in towns and cities compared to those who live in the countryside – there's an imbalance. We as the people of the country don't make a lot of fuss about it either - not enough.

"I took it upon myself to think 'no, we really need this vaccine', I had to fight for it, and had several arguments. So I said 'right give us one batch and we'll prove we can do it'. And we did, right at the beginning in January when it was snowing in Nefyn. We managed to vaccinate 1,000 people in the snow. It was a success so we then continued throughout the year with the first, second and third."

Also on the programme, Tara and Kris will chat with Sioned Pearson about the housing crisis and people's right to live locally, the experience of a local care home nurse during the

pandemic, the achievement of local people in reopening Yr Heliwr community pub, and we hear how one local makes a living from busking.

Radio Fa'ma
Tuesday, 6 December, 9.00 S4C
English and Welsh subtitles
On demand: S4C Clic; BBC iPlayer and other platforms
A Cwmni Da production for S4C