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Erthygl i'r Wasg Press Release

Dathlu arwyr arbennig Cymru yng nghyfnod Covid

Fe fydd 2020 yn aros yn hir iawn yn y cof fel blwyddyn na welsom ni erioed mo'i thebyg. Dyma flwyddyn y Pandemig - ac wrth i ni agosáu at y Nadolig a ffarwelio â'r flwyddyn mae'n bwysicach nag erioed inni gydnabod dewrder ein pobol a'n cymunedau.

Bydd rhaglen arbennig sef **Dathlu Dewrder: Arwyr 2020** ar S4C ar nos Wener, 18 Rhagfyr yn dathlu a dweud diolch wrth sawl grŵp a sawl unigolyn am eu gwaith hynod yn ystod pandemig Covid-19 gan dalu teyrnged i arwyr tawel y cyfnod clo.

O ofalwyr mewn cartrefi gofal, i'r rheiny fu'n ateb y galw ac yn gwnio PPEs am oriau maith, i'r rheiny gasglodd arian i goffrau sawl bwrdd iechyd, ac i'r rheiny gollodd anwyliaid - mae pawb â'u straeon a phob stori yn werth ei chlywed.

Yng nghwmni Elin Fflur ac Owain Tudur Jones fe fyddwn ni'n dweud diolch trwy gyflwyno tlws gan y gof, Ann Catrin, i'n harwyr ar ran S4C a Chymru gyfan. Mae **Dathlu Dewrder: Arwyr 2020** yn addo deffro'r holl emosiynau - fe fydd y dagrau, y gwenu a'r chwerthin law yn llaw - ond, yr hyn fydd yn aros yn y cof fydd y 'dewrder'.

Fe fydd sawl wyneb enwog yn ymuno â'r ddathlu gan gynnwys Michael Sheen, Cerys Matthews, Ben Cabango a Geraint Thomas.

Yn ystod rhaglen awr o hyd byddwn yn clywed straeon 10 mudiad ac unigolion o bob oedran, dros Gymru gyfan gan gynnwys Rhythwyn Evans o Silian, Ceredigion, Banc Bwyd Cwmaman a Joseff, 10 oed o Gaerdydd.

Cafodd Rhythwyn ei ysbrydoli gan y Capten Tom Moore ac fe ddathlodd ei ben-blwydd yn 91 oed trwy gerdded o amgylch ei dŷ 91 o weithiau a chodi £50,000 ar gyfer Bwrdd Iechyd Prifysgol Hywel Dda. Meddai Rhythwyn yn ystod y rhaglen: "O'n i wedi gweld beth wnaeth Capten Tom ei gyflawni ac o'n i'n meddwl, i raddau, gallwn i wneud rhywbeth tebyg."

Y Capten Tom Moore wnaeth ysbrydoli Joseff hefyd i osod yr her o gerdded 100 milltir ym mis Mehefin a chodi £2,000. "Penderfynais i ar yr elusen Arch Noah (Ysbyty Plant Cymru) oherwydd roedd fy mrawd Steffan yn sâl iawn a phan dw i'n mynd lawr i'r clinig rydw i'n gweld y doctoriaid a'r nyrsys yn gweithio yn galed iawn."

Meddai Rhian, mam Joseff a Steffan: "Da ni'n mor ddiolchgar i'r staff. Doedd dim byd yn ormod iddyn nhw. O'n nhw'n rhoi pob darn o'u hegni mewn i'w gofal. Nid yn unig i Steffan, ond i bob plentyn oedd yna. A da ni'n gwybod roedd e'n cael y gofal gorau galle fe."

Mae Banc Bwyd Cwmaman - un o'r mudiadau sy'n cael clod yn ystod y rhaglen **Dathlu Dewrder: Arwyr 2020** - wedi helpu dros 2,000 o bobl yn ystod y pandemig Covid-19.

Un o'r rheiny yw Sarah Davies a'i theulu sy'n cynnwys pump o blant. Meddai Sarah: "Mae 2020 wedi bod yn anodd iawn. Ar ddechrau'r *lockdown* dim ond un cyflog oedd yn dod mewn achos roedd rhaid i fi orffen gwaith. Roedd e'n jysd 'o le mae'r bwyd yn mynd i ddod', 'o ble mae'r arian yn mynd i ddod i dalu am yr holl filiau a rhent'?"

Ond diolch i Fanc Bwyd Cwmaman fe ddaeth Sarah a'i theulu trwy gyfnod anodd iawn. "Wnaethon' nhw rhoi popeth i ni - o'n i mor *relieved* achos roedd rhywun mas 'na yn helpu pobol. Mae 'na lawer o deuluoedd sydd yn stryglan - maen nhw'n gweithio ond sdim lot o arian yn dod mewn," meddai Sarah.

Ymysg eraill sydd yn cael eu hanrhydeddu mae Catrin 'Toffoc' Jones am ei gwaith hi gyda Côr-ona a Jessica, 10 oed o ardal Deiniolen am ysgrifennu llythyrau i henoed yr ardal er mwyn iddyn nhw beidio'n unig.

Yn goron ar y cyfan ac yn ddiweddglo perffaith i'n rhaglen fe fydd Elin Fflur yn canu cân newydd sbon fydd yn anrhydeddu ein harwyr, cân fydd yn rhoi'r flwyddyn a'n straeon anhygoel ar gof a chadw.

Dathlu Dewrder: Arwyr 2020

Nos Wener 18 Rhagfyr 9.00, S4C

Isdeitlau Saesneg

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Tinopolis ar gyfer S4C

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Celebrating Wales's amazing Covid heroes

2020 will long be remembered as a year unlike any other. This has been the year of the pandemic and as Christmas approaches and we bid farewell to the old year, it is more important than ever to recognise the bravery of our people and our communities.

A special programme **Dathlu Dewrder: Arwyr 2020** (Celebrating Bravery: Heroes of 2020) on S4C on Friday, 18 December celebrates and says thank you to several groups and individuals for their outstanding work during the Covid-19 pandemic.

From the staff in care homes to those who rose the challenge by sewing PPEs for hours on end, from those who collected money for several NHS health boards and to those who lost loved ones – everybody has their story to tell and each story is worth hearing.

In the company of Elin Fflur and Owain Tudur Jones we will be saying thanks by presenting a special award by the blacksmith Ann Catrin to our heroes on behalf of S4C and the whole of Wales. **Dathlu Dewrder: Arwyr 2020** promises to awaken a whole range of emotions – tears, smiles and laughter all go hand in hand – but it is the bravery that we will remember most.

Several famous faces will be joining in the celebrations including Michael Sheen, Cerys Matthews, Ben Cabango and Geraint Thomas.

During this hour-long programme we will be hearing the stories of 10 organisations and individuals of all ages from all over Wales including Rhythwyn Evans from Silian, Ceredigion, Cwmaman Food Bank and Joseff, aged 10 from Cardiff.

Rhythwyn was inspired by Captain Tom Moore and he celebrated his 91st birthday by walking around his house 91 times, raising £50,000 for the Hywel Dda University Health Board. Rhythwyn says during the programme: "I had seen what Captain Tom had done and I thought, to an extent, that I could do something similar."

Captain Tom Moore also inspired Joseff to set himself the challenge of walking 100 miles in June, raising £2000. "I decided to give the money to the Noah's Ark Appeal (Children's Hospital for Wales) because my brother Steffan was very sick and when I go down to the clinic, I see the doctors and nurses working very hard."

Rhian, Joseff and Steffan's mum said: "We are so grateful to the staff. Nothing was too much trouble for them. They put all their energy into caring for Steffan - not only Steffan but every child that was in there. We knew he was getting the very best care possible."

Cwmaman Food Bank has helped more than 2,000 people during the Covid-19 pandemic.

One of these is Sarah Davies and her family which includes five children. Sarah said: "2020 has been very difficult. At the beginning of lockdown, we only had one wage coming in because I had to finish work. It was just 'where is the food going to come from?', 'where is the money going to come from to pay all the bills and rent?'."

But thanks to Cwmaman Food Bank, Sarah and her family got through a very difficult time. "They gave us everything – I was so relieved that there was somebody out there helping people. So many families are struggling – they are working, but there isn't a lot of money coming in," said Sarah.

Among others who are being honoured are Catrin 'Toffoc' Jones for her work with Côr-on a and Jessica, aged 10 from Deiniolen for writing letters to elderly people in the area to stop them from feeling lonely.

Bringing everything to a rousing finale, Elin Fflur will sing a brand-new song to honour our heroes – a perfect ending to a special programme and a constant reminder of this year and all it's amazing stories.

Dathlu Dewrder: Arwyr 2020

Friday 18 December 9.00, S4C

English Subtitles

On demand: S4C Clic, iPlayer and other platforms

A Tinopolis production for S4C