

FRÂN WEN

# ANWELEDIG

## PECYN DYSGWYR

WELSH LANGUAGE  
LEARNER RESOURCES

# PECYN CREADIGOL ANWELEDIG

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“Mae gwella’n beth blêr, a salwch yn od o daclus.”

[ **Gwella** - healing/ to get better ]

[ **Salwch** - illness ]

[ **Blêr** - messy ]

[ **Taclus** - tidy ]

# CYD-DESTUN

## CONTEXT

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### [ **Iselder** - Depression ]

Teimlo'n drist am amser hir nes mae'n effeithio eich bywyd bob dydd.

### [ **Bywyd bob dydd** – Everyday life ]

Geiriau eraill am iselder:

Welsh	English
Teimlo'n isel	Feeling low
Y felan	Down in the dumps
Isel dy ysbryd	Low in spirit
Trist	Sad
Digalon	Unhappy

# CYD-DESTUN

## CONTEXT

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### **Ffeithiau a gwybodaeth**

1. Mae 13% o oedolion sy'n byw yng Nghymru wedi derbyn triniaeth ar gyfer salwch meddwl.

*Thirteen percent of people who live in Wales have received treatment for a mental illness.*

2. Mae mwy o ferched yn derbyn triniaeth iechyd meddwl na dynion.

*More women receive treatment for mental illness than men.*

**(Ffynhonnell/ Resource: [www.mentalhealth.org](http://www.mentalhealth.org))**

# CEFNDIR

## BACKGROUND

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Welsh	English
Lle pwysig	Important place
Wedi cau	Closed
Edrych ar ôl	To look after
'nabod	Recognised
Sawl	Many
Gwaith llenyddol	Literary work
Cofnodion Meddygol	Medical Records
Ysbrydoli	Inspire

# CEFNDIR BACKGROUND

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## **Ysbyty Dinbych (Dimbach)**

*Llun: Cymdeithas Hanes Ysbyty Gogledd Cymru*

# CEFNDIR

## BACKGROUND

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Mae Ysbyty Dinbych yn lle pwysig yn hanes gogledd Cymru. Mi wnaeth yr ysbyty agor ym 1848.

Erbyn heddiw, mae'r ysbyty wedi cau ers dros 20 mlynedd.

### **Ysbyty Meddwl**

Roedd Ysbyty Dinbych yn edrych ar ôl pobl oedd yn dioddef o salwch meddwl. Yn y gogledd, mae'r gair 'Dimbach' yn cael ei 'nabod fel ffordd o sôn am yr ysbyty meddwl.

*The word 'Dimbach' is well known in north Wales as a way of referring to the psychiatric hospital that opened in 1848 in the market town of Denbigh.*

*The hospital has been closed for well over 20 years, but is still famous for its role in caring for people who suffered from mental illnesses during the last century or so.*

# CEFNDIR

## BACKGROUND

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Mae sôn am 'Dimbach' mewn sawl darn llenyddol Cymraeg.

- Un Nos Ola Leuad (Caradog Prichard)
- Blasu (Manon Steffan Ros)
- Wrth Fy Nagrau i (Angharad Tomos)
- Tywyll Heno (Kate Roberts)

Cofnodion Meddygol o'r ysbyty sydd wedi ysbrydoli'r ddrama 'Anweledig'.

*'Dimbach' is a key figure in the play Anweledig and has also been a subject of many Welsh literary works including:*

- *Un Nos Ola Leuad (Caradog Prichard)*
- *Blasu (Manon Steffan Ros)*
- *Wrth Fy Nagrau i (Angharad Tomos)*
- *Tywyll Heno (Kate Roberts)*

*The medical records from 'Dimbach' inspired this production.*



# CYMERIADAU

# CHARACTERS

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*This play is a monologue.*

*We are introduced to the characters in the play through Glenda's thoughts.*

## **GLEND A**

Oed: 40au

Gwaith: Gweithio mewn banc

Teulu: Gŵr o'r enw Huw a phlant yn y  
Brifysgol

## **HUW**

Gŵr Glenda

## **BERYL**

Ffrind gorau Glenda

## **DAFYDD**

Dyn oedd yn yr ysbyty hefo Glenda

# CRYNODEB

## SYNOPSIS

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Iselder	<i>Depression</i>
Prif Gymeriad	<i>Main Character</i>
Dioddef	<i>Suffer</i>
Ceisio	<i>Try/attempt</i>
Effeithio	<i>Effect</i>

“Dyma gyfanwaith cignoeth a dirdynnol sy’n dilyn taith Glenda, dynes sy’n byw gydag iselder difrifol, wrth iddi frwydro i ymdopi â salwch anweledig.”

*A powerful and harrowing production that follows Glenda’s journey, as she struggles to deal with this invisible illness.*

Mae Glenda yn dioddef o iselder. Mae Anweledig yn stori emosiynol iawn wrth i ni weld sut mae gwella yn effeithio perthynas Glenda gyda’i theulu a’i ffrindiau.

Monolog ydy’r ddrama, a llais Glenda sy’n rhoi gwybod i ni am ei salwch hi a’r ffordd mae hyn wedi effeithio ar ei pherthynas hi gyda’i gŵr, Huw, a’i ffrind gorau, Beryl. Fydd Glenda’n gwella?

# CRYNODEB

## SYNOPSIS

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### **YSBYTY MEDDWL DINBYCH (DIMBACH)**

Dyma le'r oedd pobl gyda salwch meddwl yn mynd i wella yn ystod y ganrif ddiwethaf. Roedd gan salwch meddwl lawer o stigma yn y cyfnod yma.

Doedd rhai pobl ddim yn gallu dweud y gair 'Dimbach' gan eu bod yn teimlo cywilydd.

Dan ni'n gweld hyn yn y ddrama.

### ***DIMBACH***

*This is how people referred to the psychiatric hospital in Denbigh.*

*There was a substantial amount of stigma associated with mental illness during the operating period of the hospital in the last century. Some people could not even say the word 'Dimbach' because they were embarrassed and worried what judgment would be associated with the place.*

# CEFNDIR

## BACKGROUND

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### **Yr Eifl**

*A group of mountains on the north coast of the Llŷn Peninsula (see above).*

### **Dinas Dinlla**

*Dinas Dinlla (pictured above with Yr Eifl in background) is a small settlement in Gwynedd. It also has a sand and pebble beach, this is where Glenda tried to take her own life during the first act.*

G O L Y G F A

U N

**S C E N E**

**O N E**

# GOLYGFA UN

## SCENE ONE

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### KEY MOMENTS

*Glenda is reminiscing about her happy childhood. In particular days on the beach with her father. Family picnics, sandwiches filled with various ingredients and a good pinch of sand!*

*Glenda doesn't feel like going to work. She can't face it. There isn't a reason, she just isn't able to face it, or find the strength to call in sick. Huw her husband calls in sick for her. The reason he gives for her not being able to go to work is 'time of the month'.*

*"Deud be' fynno ti," medda fi. Mi clywn o, o ddi-ymadferthedd 'y ngwely'n deud fod hi'n amser o'r mis arna i a'i bod nhw'n go ddrwg."*

*Glenda can hear Huw and Beryl her friend discussing her illness. They try to find reasons for her 'behaviour', blaming her age, or the monotony of working in a bank.*

# GOLYGFA UN

## SCENE ONE

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Cymraeg	Gair Tafodieithol	Saesneg
	Fa'ma	here
	Meindio	To mind
Bendith Duw		For God's sake
Awydd		Desire
odli		To rhyme
	Be' haru ti?	What's wrong with you?
Degau		Tens
	Cymryd ffansi	To take fancy to someone
	Hen fwngral	Old mongrel
Dim byd o'i le arna i		Nothing wrong with me
Pwdlyd		Sulky
Bronnau		Breasts
	O-lle-dutho-nhw	Where did they come from
	Deud be fynno ti	Say whatever you want
Diymadferth		Helpless
Amser o'r mis		Time of the month
	Go ddrwg	Quite bad
Clustog		Cushion
Tywod		Sand
Menthyg		To borrow
	Cymwch	Take
	Dwynwch	Steal

# GOLYGFA UN

## SCENE ONE

---

Cymraeg	Gair Tafodieithol	Saesneg
	Slempio	To slop/splatter
Llosgi'n golsyn		To be badly burnt
	Ffisig rhesyma	Medicine of reason
Carped patrymog		Patterned carpet
	Brygowthan	To babble
Rhesymau'n cychwyn		Reasons start
Chwyrlio		Swirl
	Ond ddaru hi ddim	But she did not
Awydd		Desire
Diddorol		Interesting
	Genod	Girls
Prin fel aur		As scarce as gold
Modfedd		An inch
	Dw i'm isio	I don't want
Gola' dydd		Daylight
Gweiddi enwau		Name calling
Fy mhwrpas		My purpose
Carreg ateb		Echo
Am byth		Forever
	Rwla	Anywhere
Ffrwydro		Explode
Afiechyd		Disease



# GOLYGFA UN

## SCENE ONE

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Cymraeg	Gair Tafodieithol	Saesneg
	Bwcad a rhaw	Bucket and spade
Codi cestyll		Building castles
Ymylon		Edges
	Am'i hoedal	For his dear life/ for all one's worth
Twll		Hole

*We reach a turning point in Glenda's mental wellbeing when she's thinking about the first time she tried to swim in the sea. We hear her father encouraging her. This is also a breaking point for Huw her husband when he suggests that they find a specialist in Manchester to help Glenda.*

“Ma raid i ti gal gweld riwin,” medda Huw a'i ben o rhwng'i ddulo fo ar fwr' y gegin, “Ma'na Ddoctor da yn Manchester medda Docdor Huws. Mi fedrwn ni fforddio.”

# GOLYGFA UN

## SCENE ONE

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*After visiting the Doctor in Manchester, Huw and Beryl believe that Glenda has been cured. Glenda sits there not saying a word, while they speak for her. They order her dinner and discuss how much better she already looks. This is when Glenda realises how ill she really is.*

“Oherwydd pan dach chi’n wirioneddol sâl, ma’ pobl yn siarad drwydda chi nid hefo chi a chwestiwn ac ateb yn ffurfio un frawddeg ddi-dor.”

Cymraeg	Gair Tafodieithol	Saesneg
	Mi fendi’n fano	You will get better there
Tynerach		Gentler
	Twllwch	Darkness
Yn llythrennol		Literally
Distawrwydd		Quietness/ Silence
Bob dim		Everything
Dan warchae		Enclosed/ obstructed
Fy ngharu fi		Loves me
Plant llwyddiannus		Successful children

# GOLYGFA UN

## SCENE ONE

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Cymraeg	Gair Tafodieithol	Saesneg
	Gwnidog	Minister
Pa enwad		Which religious denomination
	Ffrwcslyd	Tangled/ confused
	Fel fanodd yr enaid	Comparison: like a toothache of the soul
Blasu		To taste
	Gallu ciami i drin geiria	Hopless ability with words
Salwch		Illness
Fy ngwar i		My neck
Mellt a tharanna'		Thunder and lightning
	Sdrancio	To throw a tantrum
	Fforddio	afford
Haws		Easier
Twt		Tidy
	Llanasd	Mess
Magu afiaith		Becoming high spirited/flat-terey
Drych		Mirror
	Mi neith les iddi	It will be good for her
	Cogio	To pretend
	Sglaffio	To gulp
Gwirioneddol		Seriously
Drwydda chi		Through you
Ffurio		To form
Di-dor		Continuous/ without a break
Cyd-gynllwynio		Co-conspire

# GOLYGFA UN

## SCENE ONE

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*Glenda reaches breaking point after returning home from Manchester. This is when she decides enough is enough and tries to take her own life by attempting to drown herself in the sea.*

“Dw i yma. O’r diwadd. DIWADD! Mi wnesh i, dad! Mi wnesh i! ‘Gyllwng dy afael rwan a trystia’r môr. Gad i’r môr fynd â chdi. Nes yr ydw i’n anweledig yno fo. A dw i’n nofio allan o’mywyd. A chditha ar y lan. Ar y traeth. ‘Trystia’r môr’. Dyna rydw i’n neud. A dw i’n dechra mendio. Yn mendio’n llwyr”

[ **Anweledig - Invisible** ]

Cymraeg	Gair Tafodieithol	Saesneg
Fy nghodi fi		Lift me
Cadach o’r dŵr		Cloth from water
	‘Lyb doman	Soaking wet
Cofleidiau'r tonnau		Embrace of the waves
	Dimbach	The psychiatric Hospital (see synopsis)
Siâp ceg		Miming/ mouthing

# GOLYGFA UN

## SCENE ONE

---

*Glenda is admitted to the psychiatric hospital 'Dimbach'. Huw and Beryl are there when she's admitted.*

Cymraeg	Gair Tafodieithol	Saesneg
Distawa'		Quietest
Gwefusau		Lips
	Seins gwynion	White signs
Gweigion		Empty (plural)
Dinbych y Pysgod	Dimbach y Pysgod	Tenby
	Pobol'im yn gall	Crazy people
	Cuddiad rwbath	Hide something
	Pishyn	Piece
It is also used as a word to describe a good looking person, here both meanings are deliberately mixed up		
Codi llaw		To wave
Drwy gydol		Throughout
Bywyd priodasol		Married life

G O L Y G F A

D A U

**S C E N E**

**T W O**

# GOLYGFA DAU

## SCENE TWO

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### KEY MOMENTS

“Dyna be ydy gwella Beryl, troi dibyn yn drothwy.”

*That’s healing Beryl, turning an edge into an entrance.*

*Glenda’s better. She has been discharged from ‘Dimbach’ and is back home with Beryl.*

*Beryl still finds it difficult to discuss Glenda’s illness. She can’t even bring herself to say words such as depression, suicide or ‘Dimbach’.*

*A friend of Beryl’s had seen Glenda shopping in a charity shop earlier in the week. This was much to Beryl’s dismay as Glenda is a ‘Debenhams’ woman. Glenda finds it difficult to explain to Beryl that change needs to happen if one is to heal.*

# GOLYGFA DAU

## SCENE TWO

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[ Meiddio gwellhad - Dare to get better ]

“Meiddio gwellhad mae rhywun.

Ei drïo fo allan fel trio'r gardigan honno yn siop Red Cross i edrach sut mae o'n teimlo amdanoch chi... Na, fedrwn i ddim dweud wrth Beryl fod 'meiddio gwellhad' yn golygu peidio mynd yn ôl i'r hyn oeddwn i.”

*Glenda finds herself living on her own for a while. Huw is dubious about the idea of Glenda being alone after what's happened.*

*But Glenda is adamant that learning to live by herself is key to learning to live with herself.*



# GOLYGFA DAU

## SCENE TWO

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“Ydy o’n beth da i ti fod ar ben dy hun? Holodd Huw. Nid ar ben’n hun ydw i, Huw, ond dysgu sut i fod hefo fi’n hun.”

*Y CI - Woblar, the toy dog, was given to Glenda as a gift from one of the other patients in ‘Dimbach’.*

*The dog is a symbol of the darker days and is there to remind Glenda that everybody has a down day a ‘Woblar’. It doesn’t mean that the storm has returned.*

# GOLYGFA DAU

## SCENE TWO

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“A gwranda di, pan gei di ddiwrnod drwg, a mi cei di nhw, fel pawb arall...cer ato fo a hitia fo'n ysgafn. Dim yn galad. Dim yn frwnt. Ond yn ysgafn. A deud wrth dy hun: woblar ydy hyn. Nid y sdorm yn dechra eto...”

*Healing means losing aspects of what you previously had. Glenda in this instance needs to look at her lifestyle and relationships. She's stronger than what she initially thought; but healing comes at a price.*

“Ma'na gollad mewn gwella. Yn union fel ma'na ennill.”

# GOLYGFA DAU

## SCENE TWO

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### DIWRNOD CHWARTER WEDI DAU

*If Glenda feels that the day gets too much for her. She ends it at 2:15pm.*

*No questions, no expectations, no treatments. It is simply something that works for her.*

“Wedyn pan ddaw hi’n chwarterar wedi dau mi fyddai’n dwad â’r dwrnod i ben. Rhoi’r dwrnod allan o’i boen.

A gan nad oes’na ddwrnod ar ôl, does na felly ddim disgwyliadau, dim gofynion, uffar o ddim byd...”

# GOLYGFA DAU

## SCENE TWO

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Cymraeg	Gair Tafodieithol	Saesneg
	Dris i ladd'n hun	I tried to kill myself
Drachefn		Again and again
	Heb gywilyddio	Without shame
Tlws		Pretty
Diarwybod		Unknown
Heintio iaith		Infect a language
Clafychu		To sicken
Mudo		Migrate
Picwarch		Pitchfork
ysgub		Broom
Siomiant mewnlol		Inner disappointment
	Brynys di?	Did you buy?
Breuo		To become brittle
	Wadin	Cotton wool
Rhwygiadau		Rips
	Fel ryw garidým	Like one of the riff-raff
Mae gen tí'r modd		You can afford it
Meiddio		To dare
Gwellhad		Heal / get better
Cwlwm		Knot
Haws		Easier
Dal yn sâl		Still ill

# GOLYGFA DAU

## SCENE TWO

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Cymraeg	Gair Tafodieithol	Saesneg
Dirnad		To comprehend
Cymysgu meddyginiaeth		To mix medicine
	Chwip din	A whipping
	Peltan boeth	A burning smack
Euogrwydd		Guilt
Lledu		Increasing
	Na cha hi'nghyhuddo fi	She could not accuse me
Hunangyfiawnder		Self righteousness
Llawenydd		Joy
Ffyddlonach		More faithful
	Fel cyllath	Like a knife
Rhiniog		Doorstep
trafferthus		Difficult
	Sgriffian	To scrape
	Diferryd	To pour
Ar ben dy hun		By yourself
Gwaeth		Worse
Mor uffernol		So horrific/ hellish
Diamcan		Without purpose
Sychu'n nhin		Wipe my bum
Bodddhad		Satisfaction
diffygio		To lack
Colli ngwynt		Out of breath
Petha od		Strange things
Yr Eifl		A group of mountains on the north coast of the Llŷn Peninsula.
Dinas Dinlla		A small settlement in Gwynedd. It also has a sand and pebble beach, this is where Glenda tried to take her own life during the first act.

# GOLYGFA DAU

## SCENE TWO

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Cymraeg	Gair Tafodieithol	Saesneg
Diwrnod drwg		Bad day
Caled		Hard
Brwnt		Nasty
Ysgafn		Lightly
Digon i'r diwrnod		Enough for the day
Chwilboeth		Scorching
	Dynwarded	To imitate
Gorthrwm		Opression
Gordd salwch		The beating of illness
Gorfodaeth		Obligation
Gwthio		To push
Tynnu		To pull
Tegeirian		Orchid/ Any one of the colourful flower family
Trech		More powerful
Anwybodaeth		Lack of information
Uffernol		Infernal
	Fi bia'r dipreshyn	I own the depression
Dwyn		To steal
	Cachu rwtsh o ddwrnod	A really shit day
Pur anaml		Not at all often
Rhoi'r diwrnod o'i boen		Relive the day from its pain
Disgwyliadau		Expectations
Hen gwestiynau gwirion		Silly old questions
Chwerthin		To laugh
	Ffasiwn lol	Such madness

G O L Y G F A

T R I

**S C E N E**

**T H R E E**

# GOLYGFA TRI

## SCENE THREE

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### KEY MOMENTS

*Dafydd a man that was in 'Dimbach' with Glenda had visited her at her home. Beryl saw this and was worried that she had a 'fancy man'.*

*When Glenda talks about a 'dance' that she hopes to attend, this is Beryl's cue to ask about Dafydd.*

*The feelings between Dafydd and Glenda did blur the conventional relationship lines between two people. What happens when you are admitted to hospital long-term is not that simple.*



# GOLYGFA TRI

## SCENE THREE

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### KEY MOMENTS

“Gyda llaw, medda hi yn cofio’n iawn pam yr oedd hi wedi dwad i’ngweld i, ‘Sgin ti ffansi man? Oherwydd ti’n gweld, mi welodd rhiwin riwin yn dwad yma ac nid Huw oedd o.”

*Glenda sends Dafydd and his flowers away from her home when she realises that he has something to say to her. Glenda’s feelings aren’t mutual. Although she desires to be loved again, it isn’t with Dafydd.*

# GOLYGFA TRI

## SCENE THREE

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### KEY MOMENTS

“A medda fo, bloda yn ei law o: ‘Ma gin i rw bath dw i isho i...’

Nagoes, medda fi’n camu mewn i’w frawddeg o... Arglwydd medda fi yn sylweddoli rw bath nad oeddwn wedi ei deimlo ers duw-â-wyr pryd: Dw i isio ffwc. Ond nid efo chdi, Dafydd.”

*Glenda is getting better, but it isn’t easy. When Beryl manifests the difficulties she and Huw have experienced trying to deal with her illness, it opens up a discussion between both women about their experiences, and mainly about Huw and how scared he still is. Glenda describes getting better like learning a new language, and sometimes she does get it wrong.*

# GOLYGFA TRI

## SCENE THREE

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### KEY MOMENTS

“A rwan a chditha’n well medda chdi, dan ni dal i ddownsio o dy gwmpas di...’Yn union, medda finna’n ôl, trio deud petha ydw i. Mae hyn fel dysgu iaith o’r newydd, Beryl. Dw i ddim yn siwr o’r geiria’. Ac mi fydda i’n cal petha’n rong. Gwella ydw i, Beryl. a dydy’r hen eiria oedd gin i’n da i ddim.”

*Glenda asks Beryl if she and Huw would like to come and see her dance performance. Beryl is chuffed about this but warns Glenda that she’s not going to be the messenger between her and Huw, and that Glenda must ask him herself if he would like to come to the performance. Huw agrees.*

# GOLYGFA TRI

## SCENE THREE

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“ Ddoi di, Huw? Medda fi wrtho fo yn nieithrwch y lle yr oeddwn i wedi ei alw'n sdfell fyw am flynyddoedd.

‘Wyt ti ishoi i mi ddwad?’ medda fo'n cyfarch'i sgidia.

Oes, meddwn inna'n sbio arno fo.”

Cymraeg	Gair Tafodieithol	Saesneg
Crwyn		Skins
	Fel tyrcwns	Like turkeys
	Gwersi downsio	Dance lessons
Rhyngddo ti a dy bethau		Whatever
Cochi		Blushed
	Croesi ffor	Cross the road
Geiriau peryglus		Dangerous words
Rhag ofn		In case
Dweud y gwir		Tell the truth
Rhag dy gywilydd di		Shame on you
	Sylweddolish i	I realised
	Sbecian	To peep
Noethlymun		Naked

# GOLYGFA TRI

## SCENE THREE

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Cymraeg	Gair Tafodieithol	Saesneg
Dychymyg		Imagine
Dychwelyd		To return
	Cadw cwmpeini	To keep company
Llu paneidiau te		Numerous cups of tea
Annisgwyl		Unexpected
	Prifio	To grow up/ To mature
Mewn hyder		In confidence
Tir neb		No man's land
Tymor hir		Long-term
Llacio		To become loose
A'u rhyddhau nhw'n rhemp		To be excessively released
Rheolau		Rules
Cymdeithas		Society
	Rhiwin	Someone
Difrifol		Seriously
Mynegi		To express
Creu dawn		To create a dance
Ofn gofyn		Scared to ask
O'r newydd		From new
Hen eiriau		Old words

# GOLYGFA TRI

## SCENE THREE

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Cymraeg	Gair Tafodieithol	Saesneg
Cam-ddeall		Misunderstand
Cicio fi'n hun		To kick myself
Rheitiach		More necessary
Mwy dilys		More valid
Yn rhybudd ac yn rhodd		A warning and a gift
Dy orfodi		Forces one
Gweld gwerth		To see worth in something
Cydnabod		To acknowledge
	Siwrna ffwdanus	A laborious journey
Fy ffrind bore oes		Childhood friend
Croesffordd		Crossroads
Perfformio dawnsfeydd		Perform dances
Yn gyhoeddus		In public
Yn gegrwth		Agape
	Dwad i'r fei	To be found
I'r golau		To the light
Buddugoliaeth		Victory
Gwahoddiad		Invitation
	Cyfarch'i sgidia	Greeting his shoes

Datblygwyd y pecyn hwn gan Lowri Mair Jones gyda chefnogaeth Frân Wen.

*This pack was created by Lowri Mair Jones with the support of Frân Wen.*

*If you require further information about the production then please visit our fully bilingual website **[www.franwen.com](http://www.franwen.com)**.*

