

## Sut rydym yn gallu helpu

### Corau Sing with Us

Mae ein corau Sing with Us yn berthnasol i unrhyw un sydd wedi'i effeithio gan ganser. Mae'r corau yn hwyl, yn gyfelligar ac yn ffyrhonnell gefnogaeth arbennig. Ac mae ein hymchwyl yn dangos bod canu yn dda ar eich cyfer hefyd.

Mae'n ffordd wych o godi'ch ysbryd, lleihau pryder a bod yn rhan o rywbeth arbennig.

Mae gennym gorau ledled y wlad ac mae pobl newydd yn ymuno â ni drwy'r amser.

#### I ddefnyddio'r gwasanaeth:

Ffoniwch ein Llinell Gymorth, ewch i'n gwefan neu sganio'r cod QR yma am ragor o wybodaeth.



### Gwasanaeth Tele-ffrindiau

Rydym ni'n gwybod y galli cancer fod yn anodd ac efallai eich bod chi'n teimlo'n unig ac yn ymysig. Rydym ni yma i'ch cefnogi fel y gallwch siarad am y pethau sy'n bwysig i chi.

Gallwn ni gysylltu chi ag un o'n gwirfoddolwyr hyfforddedig ar gyfer galwadau ffôn wyfnosol. Mae rai o'n tele-ffrindiau yn mwynhau siarad am eu diddordebau a'u hoffterau. Gall ein gwirfoddolwyr hefyd siarad â chi am y cymorth sydd ar gael drwy Gofal Canser Tenovus.

#### I ddefnyddio'r gwasanaeth:

Ffoniwch ein Llinell Gymorth rhad ac am ddim a gofyn am eich gwasanaeth Tele-ffrind neu ewch i'n gwefan.

### tenovuscancer.org.uk/support

Tenovus Gofal Care Elusen Gofrestredig Rhif 1054015.

## How we can support you

### Sing with Us choirs

Our Sing with Us choirs are for anyone affected by cancer. They're fun, friendly and a great source of support. Our research has shown singing is good for you too. It's a wonderful way to lift your spirits, reduce anxiety and be part of something special.

We have choirs across the country and new people are joining us all the time.

#### Access to this service:

Call our Support Line, visit our website or scan this QR code to find out more.



### Tele-friends service

We know being affected by cancer can be difficult and you may be feeling alone and isolated. We're here to support you so that you can talk about the things that matter to you.

One of our trained volunteers, could be matched with you, for a weekly phone call. Some of our paired Tele-friends enjoy talking about their interests and hobbies. Our volunteers can also talk to you about the support we can offer you at Tenovus Cancer Care.

#### Access to this service:

Call our free Support Line and ask about our Tele-friend service or visit our website.

### tenovuscancer.org.uk/support

Tenovus Cancer Care, Reg Charity No. 1054015

### Gwasanaeth Cwmsela

Gall siarad â chwmselydd eich helpu i archwilio eich teimladau a siarad am emosiynau dryslyd neu ofidus ac addasu i'r hyn y mae'n ei olygu i fyw gyda chanser. Mae ein cwmselwyr BACP cofrestredig yn broffadur iawn wrth helpu pobl â chanser a'r emosiynau amrywiol sy'n deillio ohono.

#### I ddefnyddio'r gwasanaeth:

Ar hyn o bryd, mae ein gwasanaethau cwmsela ond at gael i'r rhai sy'n cael eu hatgyfeirio i ni gan weithiwr gofal iechyd profesiynol. Gallwch ddod o hyd i ragor o wybodaeth ar ein gwefan.

### Unedau Cymorth Symudol

Mae ein Hunedau Cymorth Symudol yn gweithredu yn y gymuned i ddod â thriniaethau yn nes i adref. Rydym yn gweithio gyda byrddau iechyd lleol i ddarparu triniaethau ar gyfer lymffoedema yn ogystal â chemotherapi ac immiwotherapi.

Maen nhw'n ysgafn, yn gynnes ac yn gyfelligar, ac o'r un safon glinigol y byddech chi'n ei disgwyl mewn ysbdy. Gallwch barcio y tu allan yn rhad ac am ddim ac oherwydd ein bod ni'n gweld llai o bobl, nid oes oedi o ran apwyntiadau.

#### I ddefnyddio'r gwasanaeth:

Mae'r gwasanaeth yma ar gael i bobl sy'n cael eu hatgyfeirio gan weithiwr gofal iechyd profesiynol yn unig. Am ragor o wybodaeth, ewch i'n gwefan.

### Cymuned Canser Cymru Gyfan

Rydym eisiau i baw y mae cancer yn effeithio arnynt yng Nghymru i gael llais, ac i'r lleisiau hyn gael eu clywed. Ymunwch â Chymuned Canser Cymru Gyfan a dywedwch wrthyfym pa faterion sydd bwysicaf i chi.

Gallwch helpu i wella canlyniadau a phroffadur i bobl y mae cancer yn effeithio arnynt yng Nghymru.

Am ragor o wybodaeth, sganiwch y cod QR neu ewch i'n gwefan.



### Counselling service

Talking to a counsellor can help you explore your feelings, our experienced BACP registered Counsellors may be able to help you adjust to what it means to live with cancer.

#### Access to this service:

Our individual counselling sessions are currently only available to those referred by identified healthcare professionals.

We offer a Virtual Group Service with a range of support that can be accessed by anyone affected by cancer. For details visit our website.

### Mobile Support Units

Our Mobile Support Units are in the community bringing treatments closer to home. We work with local health boards to deliver treatments for lymphoedema as well as chemotherapy and immunotherapy.

They're light, warm and friendly, with the same clinical standards you'd expect from a hospital. You can park right outside, for free. Because we see fewer people there are no appointment delays.

#### Access to this service:

This service is available by referral from a health professional only. To find out more visit our website.

### All-Wales Cancer Community

We want everyone affected by cancer, anywhere in Wales, to have a voice, and for these voices to be heard. Become part of The All-Wales Cancer Community and tell us about the issues most important to you.

You can help improve outcomes and experiences for people affected by cancer in Wales.

To get find out more scan the QR code or visit our website.



**tenovus**  
cancer care  
gofal canser



### Sut rydym yn helpu

Cefnogi pobl a'u hanwyllicid i fyw'n dda â chanser.

tenovuscancer.org.uk

TOOIE 23

**tenovus**  
cancer care  
gofal canser



### How we help

Giving help, hope, and a voice to everyone affected by cancer.

tenovuscancer.org.uk

## Yma i chi

Gall byw â chanser ochosi straen a phryder. **Rydyn ni yma i helpu.**

Mae Gofal Canser Tenovus yma ar eich cyfer o adeg y diagnosis, yn ystod triniaeth a thu hwnt. Rydym ni'n deall sut beth yw byw â chanser a sut mae'n effeithio ar deuluoedd a frindiau hefyd.

Mae ein hystod eang o wasanaethau ar gael i gynnig gwybodaeth, cyngor a chymorth ymarferol ac emosïynol ac i ateb eich cwestiynau am driniaeth a i sgil-ffeithiau a helpu gyda phryderon ariannol. Os ydych chi angen siarad â rhywun, rydym ni yma.

Mae nifer o'n gwasanaethau ar gael yn ddwyieithog, yn Gymraeg ac yn Saesneg.

Gallwch ddefnyddio ein gwasanaethau o dysgu rhagor am sut gallwn ni eich helpu drwy ffonio ein **Llinell Gymorth** rhod ac am ddim.

# 0808 808 1010

Ffoniwch ein Llinell Gymorth rhadffôn

## Here when you need us

Living with cancer can be worrying and stressful. **We can help.**

Tenovus Cancer Care is here for you from the moment of diagnosis, through treatment and beyond.

We understand what it is to live with cancer and how it affects families and friends too.

Our wide-ranging services mean that we're here with information, advice, practical and emotional support and to answer your questions about treatment and its effects, help with money worries and if you need someone to talk to, we're here.

Many of our services are available bilingually in English or Welsh.

You can access our services and find out more about how we can help you by calling our free **Support Line**.

## Sut i gael help

### Llinell Gymorth

Os oes gennych chi, neu rywun annwyl ganser, mae ein Llinell Gymorth yma ar eich cyfer. Mae'r Llinell Gymorth ar gael i unrhyw un sydd wedi'i effeithio gan ganser. Gall ein nyrsys profiadol gynnig cyngor ar ddiagnosis, triniaeth, sgil-ffeithiau ac unrhyw beth arall sy'n eich poeni.

Mae ein tîm ar gael 365 diwrnod o'r flwyddyn i ateb pob math o gwestiynau sy'n gysylltiedig ag unrhyw fath o ganser, neu dra fod pethau efallai nad ydych chi'n teimlo'n gyfforddus eu rhannu gyda ch teulu neu anwyliad.

#### I ddefnyddio'r gwasanaeth:

Ffoniwch ni am ddim ar **0808 808 1010**

Llinellau ar agor 9am - 5pm Dydd Llun i Dydd Gwener: 10am - 1pm dros y penwythnos a gwyliau'r banc. Os nad ydym ni ar gael i ateb eich galwad, gadewch neges a byddwn ni'n cysylltu â chi cyn gynted â phosibl.

### Gofynnwch i nyrs

Weithiau mae'n haws mynegi eich hun yn ysgrifenedig na thrwy siarad.

Neu efallai bod gennych gwestiynau nad ydych eisiau gofyn i'ch doctor am ganser.

#### I ddefnyddio'r gwasanaeth:

Ewch i'n gwefan neu sganio'r cod QR yma a llenwi'r ffurflen syml i anfon eich cwestiynau atom. Byddwn ni'n ymateb erbyn y diwrnod gwaith nesaf.



[tenovuscancer.org.uk/support](https://www.tenovuscancer.org.uk/support)

## How to get help

### Support Line

If you or someone you love has been affected by cancer, our free Support Line is here for you. It's for anyone affected by cancer and our experienced nurses can offer advice on diagnosis, treatment, side-effects, and anything else that's on your mind.

Our team is here 365 days a year to answer all types of questions about all types of cancer, or simply things you might not feel comfortable sharing with your family or loved ones.

#### Access to this service:

Call us free on **0808 808 1010**

Lines are open 9am - 5pm Monday to Friday, 10am - 1pm weekends and bank holidays.

If we are unable to take your call, please leave a message and we will get back to you as soon as we can.

### Ask the nurse

Sometimes it's easier to put things down in words rather than talk about it.

Or you might have questions about cancer you don't want to ask your doctor.

#### Access to this service:

Just visit our website or scan this QR code, and fill in the simple form to send us your questions, and we'll get back to you by the next working day.



[tenovuscancer.org.uk/support](https://www.tenovuscancer.org.uk/support)

## Sut rydym yn gallu helpu

### Gwasanaeth Ffonio yn ôl

Os ydych wedi cael diagnosis o ganser, gall ein gwasanaeth Ffonio yn ôl rhad ac am ddim eich cefnogi chi yn ystod eich triniaeth.

Byddwch yn derbyn cyfres o alwadau ffôn rheolaidd oddi wrth ein nyrsys arbenigol sy'n gallu ateb cwestiynau a chynnig cymorth ynghylch unrhyw beth sy'n gysylltiedig â'ch diagnosis neu driniaeth

#### I ddefnyddio'r gwasanaeth:

Mae'n bosib y gallwch gael eich atgygeirio at y gwasanaeth hwn drwy eich darparwr gofal iechyd. Mae'r gwasanaeth hwn yn cael ei gynnig i bobl sydd angen cymorth nyrs parhaus yn ôl cadarnhad eu darparwr iechyd.

### Gwasanaeth Cymorth Budd-daliadau

Gall canser arwain at gostau annisgwyl a phryderon ariannol. Efallai y byddwch yn ennill llai o arian oherwydd bod angen i chi weithio llai o oriau ac yn gweld eich bod yn gwario mwy ar wres a theithio i'r ysbty.

Rydym yma i helpu a gall ein hymgyrghorwyr eich arwain drwy'r budd-daliadau a'r grantiau y gallech fod yn gymrwys i'w derbyn.

#### I ddefnyddio'r gwasanaeth:

Ffoniwch ein Llinell Gymorth rhad ac am ddim a gofyn am ein Gwasanaeth Cymorth Budd-daliadau. Sganwch y cod QR i lenwi ffurflen syml i anfon eich cwestiynau atom neu ewch i



[tenovuscancer.org.uk/support](https://www.tenovuscancer.org.uk/support)

## How we can support you

### Cancer Callback service

If you've just been diagnosed with cancer, our free Callback service can support you as go through your treatment.

You'll get a series of regular calls from one of our dedicated nurses who can answer questions and offer support about absolutely anything to do with your diagnosis or treatment.

#### Access to this service:

Your healthcare provider may be able to refer you to this service. Callers who ring our Support Line, who are identified as having an ongoing need for nurse support, are offered this service.

### Benefits Advice service

Cancer can lead to unexpected costs and money worries.

You may earn less because you need to work fewer hours and then find that you're spending more on heating and travelling to hospital.

We're here to help and our specialist advisors can guide you through the benefits and grants that you might be entitled to.

#### Access to this service:

Call our free Support Line and ask about our Benefits Advice service. Scan the QR code to fill in a simple online form to send us your questions or visit



[tenovuscancer.org.uk/support](https://www.tenovuscancer.org.uk/support)



Call our free Support Line

# 0808 808 1010

Ffoniwch ein Llinell Gymorth rhadffôn