

Welcome to our Sing with Us Choir



 facebook.com/tenovuscancercare
 [@tenovuscancer](https://instagram.com/tenovuscancer)

Give hope. Help cope.
tenovuscancercare.org.uk


cancer care
gofal canser



We're so happy you've joined the Tenovus Cancer Care community!

What it's all about

Sing with Us is a community of choirs throughout Wales; a support service run by Tenovus Cancer Care. Our purpose is to support people affected by cancer through singing together. Our choirs are informal and uplifting, and by joining us, you're joining a very special community!

As well as support, friendship and fun, there's a physical benefit too. Our research has shown that our Sing with Us choirs reduce anxiety and depression, and have a positive effect on immune function and inflammatory response, both of which may be linked to the body's ability to fight cancer. How amazing is that!

If you'd like to know more about the science behind Sing with Us, visit tenovuscancercare.org.uk/research/more-than-singing

What our rehearsals are like

Our rehearsals are designed to be fun, fulfilling and supportive. We all work together to learn the songs and make sure we have a laugh doing it! We'll never make you sing on your own and we welcome anyone, no matter your singing ability or experience. Our songs are arranged to be satisfying and manageable to sing, even if you've never sung in a choir before. Lastly, we say 'come as you are'; whatever you're going through, we're ready to support you and will create space for you to respond however you need.

Opposite is a rundown of what you can expect from us and what we expect from you in return, to be able to create the supportive and welcoming environment that we strive for.





Fun



Fulfilment



Support

What you can expect from us

- We'll provide a safe space for you to meet new people, try new things and most importantly, have fun
- We'll prioritise your enjoyment in everything we do, making sure gigs and rehearsals are relaxed and fun
- We'll provide opportunities to perform with your choir, but there's no pressure to take part if you don't want to.

- We'll provide a wide variety of music and teach it in a fun and uplifting way, regardless of musical experience or ability
- Your Choir Leader is a professional musician and will aim to create a great sound and an enjoyable experience for everyone
- Our team will always make decisions with the choir's best interests in mind.

- We'll create a positive and supportive environment for all who come to choir
- We'll always listen and never judge, so if you have questions and concerns we'll do our best to help
- Tenovus Cancer Care offers support and advice in many other ways, not just through our choirs. See the page before last for more information.

What we need from you

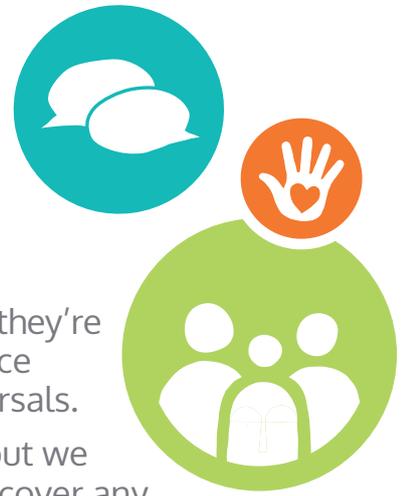
- Be open-minded. Choir is about trying something new and making new friends
- Bring a positive attitude. We know everyone will have rough patches, but we can help each other through by making every rehearsal as enjoyable as possible
- We encourage you to socialise outside of choir and ask you to be proactive in including everyone.

- You'll be given access to resources to learn at home, so please come prepared
- We love to hear your feedback; all we ask is that you keep it positive and constructive where possible
- We'll always give you the information you need for choir via email. Please read your emails carefully and help each other out by passing info on when necessary.

- Please be respectful towards each other and any Sing with Us staff or volunteers, both in person and via phone, email, social media etc
- As part of our choir, you're representing Tenovus Cancer Care, so please represent the charity in a positive way
- Always be yourself! Choir is a place for you to be supported, but also support others.

The Sing with Us family

There are many people on-hand to support you and help with any questions you might have during your Sing with Us journey.



Choir Leaders

Our Choir Leaders are the people you'll see face-to-face at choir, and they're responsible for making sure you have a great session. They're freelance sessional musicians booked by Tenovus Cancer Care to run our rehearsals.

Each choir has a couple of Choir Leaders that you'll see most often, but we also share the sessions around on a regular basis to add variety and cover any absence. All choirs learn the same music so that they have a consistent experience, even if you have different leaders.

Our Choir Leaders are wonderful and caring people who'll love getting to know you, so please feel free to chat to them in choir. However, they aren't involved in the behind the scenes running of Sing with Us so any queries about gigs, logistics, and any questions or concerns should come to the Area Coordinators or Managers who can work with the Choir Leaders to make sure the best support is given.

Area Coordinators

Each choir is assigned an Area Coordinator (AC) who's the go-to person for all enquiries or questions about their choir. They also look after some of the practicalities, like venues and logistics.

Our ACs are employees of Tenovus Cancer Care who work hard to make sure all our choir members know what's going on and feel supported outside of rehearsals. All our Area Coordinators also run choirs so they understand the ins and outs of the sessions.

Our ACs communicate regularly via email but are also available on the phone if you need to chat. If they can't help you then they'll be able to find someone who can.



Managers

We have two Managers in the Sing with Us team who work hard to make sure all choirs have a consistently good experience. They help make overarching decisions to make sure our choirs run smoothly, recruit Choir Leaders and volunteers, and support all of them to do an excellent job! They also run and visit all our choirs as often as they can, so that they can check in and see how they're getting on.

The Managers choose and arrange the music and oversee the gig requests to make sure all choirs get the chance to perform at fulfilling events whilst sounding their best.

Our Managers are always open to receive feedback and have a chat, so feel free to get in touch if you have any questions, suggestions or concerns.

Volunteers

Our choir volunteers support our rehearsals to run smoothly. They take the register and make sure new members are welcomed and supported when they come through the door. They also help with collecting and banking donations that come in at choir, and they help provide information and resources that members might need.

They're generally the first people that anyone sees when they come through the door. They're the lovely, smiley faces that put people at ease ready for rehearsal!

Choir members

Our choirs are like families, and are so brilliant at supporting one another. We encourage members to organise social events between themselves. We know that life-long friendships have been created in Sing with Us choirs, and we've even had some marriages!

For those on social media, we have a Facebook group for members of the choir that allows people to chat and share photos and memories of gigs and rehearsals. Ask your Area Coordinator if you'd like to join.



FAQs



How do I know which part to sing and where I should stand?

Your Choir Leader will let you know which part is best for you. Don't worry, you'll never have to sing on your own! We're a relaxed and friendly bunch and we like to keep things informal and supportive. We'll make sure you're introduced to some other members in your section.

Do I have to pay?

We don't charge a membership fee for our choirs. However, we want to make sure we can keep this important service running, so any donations you're able to make would be appreciated.

Do I have to attend every week?

We hope you can, but we're here to support you, so don't worry about missing rehearsals or events. If you're away from choir for a long time, one of the team might drop you a line to check in and see how you are.

Do I have to learn all the words?

We'll provide access to lyric sheets; we'll have some copies in rehearsal but if you can print your own that's even better. Please remember to bring them with you. We encourage all our choristers to try to perform songs at events without the lyric sheets if possible. You'll get so much more from the performance, plus it looks and sounds better for the audience!

How many rehearsals before I can perform at gigs, and do I have to perform?

Gigs provide a sense of fulfilment and we're more than happy for you to get stuck into performing as soon as you feel ready! We'd encourage you to give it a go, but there's absolutely no pressure!

What do I wear at gigs?

We have 'Sing with Us' T-shirts that we wear at casual gigs which are available to buy online. For more formal gigs, we usually wear black with a splash of your choir colour which could be a tie, flower, necklace...you decide! Your AC will guide you.

Do I have to talk about my experience with cancer?

Our choirs are a supportive environment for people to share their experiences, but many use choir as an escape from thinking about cancer and decide not to talk about it at all. We're always looking for choristers to share their story so that we can let more people know about how we can support them. If you'd like to do this, please speak to your AC.

Can I bring a friend?

You are welcome to bring a friend. Ideally, we ask people to get in touch before turning up. If you know anyone interested in joining, ask them to email sing@tenovuscancercare.org.uk or call our free Support Line on **0808 808 1010**. Please remember when inviting others to join, that our core purpose is to support people affected by cancer.

How can I become a volunteer?

You can volunteer at choir rehearsals and outside of choir, too; such as in our shops, fundraising or helping our Support Team. Speak to your AC if you're interested.

How do you protect my privacy?

It's important we capture personal information at your first rehearsal to keep in touch with you, keep track of attendance and let you know what's happening. This data is kept safely, confidentially, and will never be released unlawfully.

What should I do if I have a problem?

While we hope that all our members are happy, we want to make sure that any issues are dealt with quickly. If there's ever anything you're concerned or upset about, please chat with your AC. We'll always listen, try to find a solution, and keep you in the loop with what's happening.

More ways to support you

The Sing with Us service is part of a holistic team of support on offer for people affected by cancer. We're here with information, advice, practical and emotional support so that you can take back some control of your life and live well with cancer.

Benefits Advice

We understand that 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 advisors can guide you through the benefits and grants that you might be entitled to.

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.

Counselling

Talking to a counsellor can help you explore your feelings, talk through confusing or upsetting emotions and adjust to what it means to live with cancer. Our trained BACP registered counsellors are highly experienced in helping people with cancer and the many emotions it may cause.

Our counselling services are currently only available to those referred by a healthcare professional. You can find further information on 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. Join 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.

Community Engagement

Are you a member of a community group who would benefit from hearing about our services? If so, please get in touch with us and we will arrange for one of our trained Community Engagement Champions to come and speak to you.

For more information call us or visit
[tenovuscancercare.org.uk](https://www.tenovuscancercare.org.uk)

Call our free Support Line

0808 808 1010

Our Support Line is open 9am-5pm Monday to Friday, and 10am-1pm on weekends and bank holidays. At all other times, leave a message and we will call you back.



Supporting Tenovus Cancer Care

Our volunteers, supporters and fundraisers are at the heart of everything we do. It's because of them that we can continue to support thousands of people every year, when and where it is needed most. There are many ways people can get involved and support the charity.

Fundraising

Fundraising is a wonderful way to give back while also having some fun! There are plenty of ways people can support us, from doing a bake sale or taking on a challenge event, to joining one of our Friends of Tenovus Cancer Care groups, who put on local fundraising events across Wales. Or simply by playing the weekly 'make a smile' lottery. There's something for everyone!

To find out more visit tenovuscancercare.org.uk/fundraising contact our friendly fundraising team on **029 2076 8850** or email fundraising@tenovuscancercare.org.uk

Our shops

Help us support people and their loved ones to live well with cancer, just by visiting one of our shops. Some people pop in for a bargain; others drop in with donations. Either way, you'll be helping people affected by cancer in your community.

To find your local Tenovus Cancer Care shop visit tenovuscancercare.org.uk/support-us/shop

Volunteering

We have a wide variety of volunteer roles and opportunities and you can give as much or as little time as you like. Whatever your interests or skills, there's a way to get involved. From volunteering in one of our shops, to joining a local Friends of Tenovus Cancer Care group. Or maybe helping out at a local event, or becoming a Community Engagement volunteer, there are so many ways you can make a difference.

To find out more and get involved visit tenovuscancercare.org.uk/volunteer



Like many charities, we are facing increasing financial pressures. Rising costs mean we need to find new ways to fund our vital services. One of those ways is inviting our choir members to consider a regular donation to help support Tenovus Cancer Care, and in turn, Sing with Us.

We're proud that our choirs remain accessible to all, and that isn't changing. **Any contribution is completely voluntary and hugely appreciated.**

If you'd like to support financially, here's how:

- **Set up a monthly direct debit via our website** - tenovuscancercare.org.uk/donate
The most simple way to make a regular donation, and can also be gift aided, if applicable.
- **Donate at your weekly rehearsal** - by cash or card
- **Arrange a standing order through your bank** - just ask us for details
- **Make a one-off donation** - online or by calling 029 2076 8850



Croeso i'n Côr Sing with Us



sing
with

tenovus
cancer care
gofal canser

Estyn gobaith. Estyn llaw.
tenovuscancercare.org.uk



Rydyn ni mor falch eich bod wedi ymuno â chymuned Gofal Canser Tenovus!

Beth yw Sing with Us?

Mae Sing with Us yn gymuned o gorau ledled Cymru. Dyma wasanaeth cymorth sy'n cael ei reoli gan Gofal Canser Tenovus. Ein hamcan yw cefnogi pobl sydd wedi'u heffeithio gan ganser drwy ganu gyda'i gilydd. Mae ein corau yn anffurfiol ac yn siŵr o godi'ch ysbryd. Drwy ymuno â ni, rydych chi'n ymuno â chymuned arbennig iawn!

Yn ogystal â chefnogaeth, cyfeillgarwch a hwyl, mae 'na fanteision corfforol hefyd. Mae ein hymchwil yn dangos bod ein corau Sing with Us yn lleihau pryder ac iselder, ac yn cael effaith gadarnhaol ar imiwnedd a llid, a allai fod yn gysylltiedig â gallu'r corff i frwydro yn erbyn canser - sy'n anhygoel!

Os hoffech wybod mwy am gefndir gwyddonol Sing with Us, ewch i tenovuscancercare.org.uk/research/more-than-singing

Beth sy'n digwydd yn ystod ein hymarferion?

Amcan ein hymarferion yw bod yn hwyl, yn foddhaus a chefnogol. Mae pawb yn gweithio gyda'i gilydd i ddysgu'r caneuon a gwneud yn siŵr ein bod ni'n mwynhau wrth wneud! Fyddwn ni byth yn gwneud ichi ganu ar eich pen eich hun ac rydym yn croesawu unrhyw un, dim ots o'u gallu neu brofiad canu. Rydym ni'n dewis caneuon pleserus sy'n hawdd i'w canu, hyd yn oed os nad ydych wedi canu mewn côr o'r blaen. Yn olaf, rydym yn gofyn i chi 'ddod fel yr ydych chi; beth bynnag rydych chi'n mynd drwyddo, rydym ni'n barod i'ch cefnogi a byddwn ni'n creu amgylchedd lle allwch chi ymateb sut bynnag rydych chi ei angen.

Er mwyn gallu creu amgylchedd cefnogol a chroesawgar, gweler enghraifft o beth gallwch ei ddisgwyl gennym ni a beth rydym yn ei ddisgwyl gennych chi.





Hwyl



Bodddhad



Cymorth

Beth allwch ei ddisgwyl gennym ni

- Fe ddarparwn le diogel i chi gwrdd â phobl newydd, rhoi cynnig ar bethau newydd ac yn bwysicaf oll, mwynhau
- Byddwn yn blaenoriaethu eich mwynhad bob tro, gan sicrhau bod gigs a rihysals yn hamddenol ac yn hwyl
- Fe gynigwn gyfleoedd i chi berfformio gyda'ch côr, ond does dim pwysau i gymryd rhan os nad ydych chi eisiau.

- Fe ddarparwn amrywiaeth eang o gerddoriaeth a'u ddysgu mewn ffordd hwyl sy'n codi'r ysbryd, dim ots beth yw'ch profiad neu allu cerddorol
- Mae eich Arweinydd Côr yn gerddor proffesiynol sy'n anelu at greu sain ardderchog a phrofiad plerusus i bawb
- Bydd ein tîm bob amser yn gwneud penderfyniadau er budd y côr.

- Byddwn yn creu amgylchedd cadarnhaol a chynorthwyol i bawb sy'n dod i'r côr
- Fe wrandwn bob amser a byth yn barnu, felly os oes gennych gwestiynau a phryderon fe wnawn ein gorau i helpu
- Mae Gofal Cancer Tenovus yn cynnig cymorth mewn llawer o ffyrdd eraill, nid yn unig drwy'n corau. Gweler y dudalen olaf ond un i wybod mwy.

Beth rydyn ni ei angen gennych chi

- Cadwch feddwl agored. Mae ymuno a chôr yn golygu trio rhywbeth newydd a gwneud ffrindiau newydd
- Dewch ag agwedd bositif. Rydyn ni'n deall y bydd pawb yn profi cyfnodau anodd, ond gallwn ni helpu'n gilydd drwy wneud pob rihysal mor bleserus â phosibl
- Rydym yn eich annog i gymdeithasu tu allan i'r côr ac i fod yn rhagweithiol wrth gynnwys pawb arall.

- Fe gewch chi fynediad at adnoddau i ddysgu gartref - plŷs paratowch cyn pob rihysal
- Rydym wrth ein bodd yn clywed eich adborth; gofynnwn i chi ei gadw'n gadarnhaol ac yn adeiladol lle bo modd
- Fe rannwn y wybodaeth bydd angen arnoch am y côr drwy e-bost. Darllenwch eich e-byst yn ofalus a helpwch eich gilydd trwy drosglwyddo gwybodaeth pan fo angen.

- Plŷs byddwch yn barchus tuag at eich gilydd ac unrhyw staff neu wirfoddolwyr Sing with Us, wyneb yn wyneb, dros y ffôn, drwy e-bost, y cyfryngau cymdeithasol ac ati
- Fel rhan o'n côr, rydych chi'n cynrychioli Gofal Cancer Tenovus, felly cynrychiolwch yr elusen mewn ffordd gadarnhaol
- Byddwch chi'ch hun bob amser! Mae côr yn lle i chi dderbyn cefnogaeth a chefnogi eraill.

Teulu Sing with Us

Mae nifer o bobl ar gael i'ch cefnogi ac i helpu gydag unrhyw gwestiynau a allai fod gennych yn ystod eich taith Sing with Us.



Arweinwyr Côr

Mae ein Harweinwyr Côr yn bobl y byddwch yn eu gweld wyneb yn wyneb yn ystod ymarferion côr, a nhw sy'n gyfrifol am sicrhau eich bod yn cael sesiwn wych. Maen nhw'n gerddorion sesiynol llawrydd sydd wedi cael eu penodi gan Gofal Canser Tenovus i gynnal ein hymarferion.

Mae gan bob côr un neu ddau o Arweinwyr Côr y byddwch chi'n eu gweld amlaf, ond rydyn ni hefyd yn rhannu'r sesiynau yn rheolaidd i sicrhau amrywiaeth ac i gyflenwi yn ystod absenoldebau. Mae pob côr yn dysgu'r un gerddoriaeth fel eu bod yn cael profiad cyson, hyd yn oed os oes gennych chi arweinwyr gwahanol.

Mae ein Harweinwyr Côr yn bobl hyfryd a gofalggar a fydd wrth eu bodd yn dod i'ch adnabod, felly mae croeso i chi sgwrsio â nhw yn y côr. Fodd bynnag, nid ydynt yn ymwneud â threfnu ymarferion Sing with Us. Felly, dylai unrhyw ymholiadau am gyngherddau, logisteg, neu gwestiynau neu bryderon eraill gael eu cyfeirio at y Cydlynwyr neu Reolwyr Ardal a all weithio gyda'r Arweinwyr Côr i sicrhau'r cymorth gorau.

Cydlynwyr Ardal

Neilltuir Cydlynnydd Ardal i bob côr. Dyma'r person i fynd ato gydag ymholiadau neu gwestiynau am eich côr. Maen nhw hefyd yn gofalu am rai o'r pethau ymarferol, fel lleoliadau a logisteg.

Staff Gofal Canser Tenovus yw ein Cydlynwyr Ardal sy'n gweithio'n galed i sicrhau bod holl aelodau ein corau yn gwybod beth sy'n digwydd ac yn teimlo eu bod yn cael eu cynorthwyo y tu allan i ymarferion. Mae pob un o'n Cydlynwyr Ardal hefyd yn rheoli corau fel eu bod yn deall natur y sesiynau.

Mae ein Cydlynwyr Ardal yn cyfathrebu'n rheolaidd trwy e-bost ond maen nhw hefyd ar gael dros y ffôn os oes angen i chi sgwrsio. Os na allan nhw eich helpu, byddan nhw'n gallu eich cyfeirio at rywun arall addas.



Rheolwyr

Mae gennym ddau Reolwr yn y tîm Sing with Us sy'n gweithio'n galed i sicrhau bod pob côr yn cael profiadau da cyson. Maen nhw'n helpu i wneud penderfyniadau cyfannol i sicrhau bod ein corau yn rhedeg yn esmwyth, yn recriwtio Arweinwyr Corau a gwirfoddolwyr, a chefnogi pob un ohonynt i wneud gwaith rhagorol! Maen nhw hefyd yn rhedeg ac yn ymweld â'n holl gorau mor aml ag y gallan nhw, er mwyn iddyn nhw allu gweld sut maen nhw'n mynd rhagddo.

Mae'r Rheolwyr yn dewis ac yn trefnu'r gerddoriaeth ac yn goruchwylio ceisiadau am gyngherddau er mwyn sicrhau bod pob côr yn cael y cyfle i berfformio mewn digwyddiadau hwyl wrth ganu eu gorau. Mae ein Rheolwyr bob amser yn agored i dderbyn adborth a chael sgwrs, felly mae croeso i chi gysylltu os oes gennych unrhyw gwestiynau, awgrymiadau neu bryderon.

Gwirfoddolwyr

Mae gwirfoddolwyr ein côr yn cefnogi ein rihyrsals i redaeg yn esmwyth. Maen nhw'n cymryd y gofrestr ac yn sicrhau bod aelodau newydd yn cael eu croesawu a'u cefnogi pan maen nhw'n cyrraedd. Maen nhw hefyd yn helpu gyda chasglu a bancio rhoddion sy'n cael eu cyfrannu yn ystod côr, ac maen nhw'n helpu i ddarparu gwybodaeth ac adnoddau defnyddiol i aelodau.

Yn gyffredinol, nhw yw'r bobl gyntaf y mae unrhyw un yn eu gweld pan fyddant yn dod trwy'r drws. Nhw yw'r wynebâu hyfryd sy'n gwenu ac sy'n gwneud i bobl deimlo'n gartrefol yn barod ar gyfer y sesiwn ymarfer!

Aelodau côr

Mae ein corau fel teuluoedd, ac mor wych am gefnogi ei gilydd. Rydym yn annog aelodau i drefnu digwyddiadau cymdeithasol tu allan i ymarferion. Rydyn ni'n gwybod bod cyfeillgarwch gydol oes yn cael eu ffurfio drwy ein corau Sing with Us, ac rydyn ni hyd yn oed wedi dathlu rhai priodasau!

I'r rhai ar y cyfryngau cymdeithasol, mae gennym grŵp Facebook ar gyfer aelodau côr sy'n caniatáu i bobl sgwrsio a rhannu lluniau ac atgofion o gigs ac ymarferion. Gofynnwch i'ch Cydlynnydd Ardal os hoffech ymuno.



Cwestiynau cyffredin



Sut ydych chi'n gwybod pa ran i'w ganu a ble ddylwn i sefyll?

Bydd eich Arweinydd Côr yn rhoi gwybod i chi pa ran sydd orau i chi. Peidiwch â phoeni, ni fydd rhaid i chi ganu ar eich pen eich hun! Rydyn ni'n griw hamddenol a chyfeillgar sy'n hoffi cadw pethau'n anffurfiol a chynorthwyol. Byddwn yn sicrhau eich cyflwyno i aelodau eraill yn eich adran.

Oes rhaid i fi dalu?

Nid ydym yn codi tâl aelodaeth ar gyfer ein corau. Fodd bynnag, rydym eisiau cadw'r gwasanaeth pwysig hwn i fynd, felly byddwn ni'n gwerthfawrogi unrhyw roddion y gallwch eu cyfrannu.

Oes rhaid i fi ddod bob wythnos?

Gobeithiwn y gallwch chi, ond rydym yma i'ch cefnogi, felly peidiwch â phoeni am golli ymarferion neu ddigwyddiadau. Os ydych chi i ffwrdd o'r côr am amser hir, efallai y bydd un o'r tîm yn cysylltu â chi i weld sut ydych chi.

Oes rhaid i mi ddysgu'r holl eiriau?

Fe rannwn daflenni geiriau gyda chi. Bydd rhai copïau ar gael mewn rihyrsals ond os fedrwch argraffu rhai eich hun, bydd hynny hyd yn oed yn well. Cofiwch i ddod â nhw gyda chi. Os yn bosibl, rydym yn annog pawb i geisio perfformio heb daflenni geiriau yn ystod digwyddiadau. Fe gewch chi gymaint yn fwy o'r perfformiad, ac mae'n edrych ac yn swnio'n well i'r gynulleidfa!

Sawl ymarfer cyn i mi allu perfformio mewn gigs, ac oes rhaid i mi berfformio?

Mae gigs yn rhoi ymdeimlad o foddhad ac rydym yn fwy na hapus i chi berfformio cyn gynted ag y byddwch yn teimlo'n barod! Byddem yn eich annog i roi cynnig arni, ond does dim pwysau o gwbl!

Beth ddylwn i wisgo i gigs?

Mae gennym grysau-t Sing with Us i wisgo yn ystod gigs hamddenol sydd ar gael i'w brynu ar-lein. Ar gyfer gigs mwy ffurfiol, rydyn ni'n gwisgo du gyda fflach o liw'r côr e.e. tei, blodyn, mwclis... eich dewis chi! Bydd eich Cydlynnydd Ardal yn eich cynghori.

Oes rhaid i mi drafod fy mhrofiad i o ganser?

Mae ein corau yn cynnig amgylchedd cefnogol i bobl rannu eu profiadau, ond mae llawer yn defnyddio côr fel cyfle i ddianc rhag meddwl am ganser ac yn penderfynu peidio â siarad amdano o gwbl. Rydym bob amser yn chwilio am gantorion i rannu eu stori fel y gallwn roi gwybod i fwy o bobl sut y gallwn eu cefnogi. Os hoffech wneud hyn, siaradwch â'ch Cydlynnydd Ardal.

Ydych chi'n gallu dod â ffrind?

Mae croeso i chi ddod â ffrind. Yn ddelfrydol, rydyn ni'n gofyn i bobl gysylltu am hyn ymlaen llaw. Os ydych yn nabod unrhyw un sydd â diddordeb mewn ymuno, gofynnwch iddyn nhw anfon e-bost at sing@tenovuscancercare.org.uk neu ffonio ein Llinell Gymorth ar **0808 808 1010**. Os ydych chi'n gofyn eraill i ymuno, cofiwch mai cefnogi pobl effeithiwyd gan ganser yw ein prwpas craidd.

Sut allu i ddod yn wirfoddolwr?

Gallwch wirfoddoli yn ystod rihyrsals a thu allan hefyd, e.e. mewn siopau, drwy godi arian neu helpu ein Tîm Cymorth. Siaradwch a'ch Cydlynnydd Ardal.

Sut ydych chi'n diogelu fy mhreifatrwydd?

Mae'n bwysig ein bod yn casglu gwybodaeth bersonol yn ystod eich ymarfer cyntaf er mwyn cadw mewn cysylltiad â chi, cofnodi presenoldeb a rhoi gwybod i chi beth sy'n digwydd. Cedwir y data hwn yn ddiogel, yn gyfrinachol, ac ni fydd byth yn cael ei ryddhau'n anghyfreithlon.

Beth ddylwn i wneud os oes gen i broblem?

Er gobeithiwn bydd ein holl aelodau'n hapus, rydym am sicrhau bod unrhyw broblemau'n cael eu trin yn gyflym. Os ydych chi'n pryderu neu ofidio am unrhyw beth, siaradwch â'ch Cydlynnydd Ardal. Byddwn bob amser yn gwranddo, ceisio dod o hyd i ateb, ac yn rhoi gwybod i chi beth sy'n digwydd.

Rhagor o gymorth i chi

Mae'r gwasanaeth Sing with Us yn rhan o dîm cymorth cyfannol sydd ar gael i bobl sydd wedi'u heffeithio gan ganser. Rydym yn darparu gwybodaeth, cyngor, cymorth ymarferol ac emosiynol ar eich cyfer fel y gallwch gymryd rhywfaint o reolaeth dros eich bywyd a byw'n well â chanser.

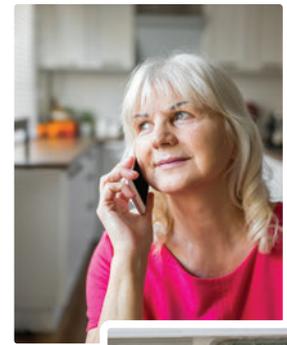
Cymorth Budd-daliadau

Rydym yn deall y gall cancer 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 ysbyty. Rydym yma i helpu a gall ein hymgyngorwyr eich arwain drwy'r budd-daliadau a'r grantiau y gallech fod yn gymwys i'w derbyn.



Llinell Gymorth

Os ydych chi neu rywun annwyl wedi'ch effeithio gan ganser, mae ein Llinell Gymorth rhadffôn yma i chi. Mae'n ar gyfer unrhyw un a effeithir gan ganser a gall ein nyrsys profiadol gynnig cyngor ar ddiagnosis, triniaeth, sgil-ffeithiau, ac unrhyw beth arall sy'n eich poeni.



Gwasanaeth Cwnsela

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 cwnselwyr BACP cofrestredig yn brofiadol iawn wrth helpu pobl â chanser a'r emosiynau amrywiol sy'n deillio ohono.

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



Cymuned Ganser Cymru Gyfan

Rydym am i bawb a effeithir gan ganser, unrhyw le yng Nghymru, gael llais, ac i'r lleisiau hyn gael eu clywed. Ymunwch â Chymuned Ganser Cymru Gyfan a dywedwch wrthym pa faterion sydd bwysicaf i chi. Gallwch helpu i wella canlyniadau a phrofiadau i bobl a effeithir gan ganser yng Nghymru.

Ymgysylltu Cymunedol

Ydych chi'n aelod o grŵp cymunedol a fyddai'n elwa o glywed am ein gwasanaethau? Os felly, cysylltwch â ni ac fe wnawn drefnu i un o'n Hyrwyddwyr Ymgysylltu Cymunedol ddod i siarad â chi.

Am ragor o wybodaeth, ffoniwch ni neu ewch i [tenovuscancercare.org.uk](https://www.tenovuscancercare.org.uk)

0808 808 1010

Ffoniwch ein Llinell Gymorth rhadffôn

Mae ein Llinell Gymorth ar agor 9y.b. - 5y.p. o ddydd Llun i ddydd Gwener, a 10y.b. - 1y.p. dros y penwythnos a gwyliau'r banc. Ar unrhyw adeg arall, gadewch neges a byddwn ni'n eich ffonio yn ôl.

Cefnogi Gofal Cancer Tenovus

Mae ein gwirfoddolwyr, ein cefnogwyr a'n codwyr arian wrth galon popeth a wnawn. O'u herwydd nhw y gallwn barhau i gefnogi miloedd o bobl bob blwyddyn, pryd a ble mae ei angen fwyaf. Mae llawer o ffyrdd y gall pobl gymryd rhan a chefnogi'r elusen.

Codi arian

Mae codi arian yn ffordd wych o roi yn ôl tra hefyd yn cael ychydig o hwyl! Mae yna ddigonedd o ffyrdd y gall pobl ein cefnogi, o wneud arwerthiant pobi neu gymryd rhan mewn digwyddiad her, i ymuno ag un o'n grwpiau Cyfeillion Gofal Cancer Tenovus, sy'n cynnal digwyddiadau codi arian lleol ledled Cymru. Neu yn syml trwy chwarae ein loteri wythnosol. Mae rhywbeth at ddant pawb!

I wybod mwy ewch i tenovuscancer.org.uk/fundraising neu cysylltwch â'n tîm codi arian cyfeillgar ar **029 2076 8850** neu e-bostiwch fundraising@tenovuscancer.org.uk

Ein siopau

Helpwch ni i gefnogi pobl a'u hanwyliaid i fyw'n well â chanser, trwy ymweld ag un o'n siopau. Mae rhai pobl yn galw i mewn am fargen; mae eraill yn galw gyda rhoddion. Y naill ffordd neu'r llall, byddwch chi'n helpu pobl sydd wedi'u heffeithio gan ganser yn eich cymuned.

I ddod o hyd i'ch siop leol Gofal Cancer Tenovus, ewch i tenovuscancer.org.uk/support-us/shop

Gwirfoddoli

Mae gennym amrywiaeth eang o rolau a chyfleoedd gwirfoddoli, a gallwch roi cymaint neu gyn lleied o amser ag y dymunwch. Beth bynnag fo'ch diddordebau neu sgiliau, mae yna ffordd i gymryd rhan. O wirfoddoli yn un o'n siopau, i ymuno â grŵp Cyfeillion Gofal Cancer Tenovus lleol. Neu efallai helpu mewn digwyddiad lleol, neu fod yn wirfoddolwr Ymgysylltu Cymunedol, mae cymaint o ffyrdd y gallwch chi wneud gwahaniaeth.

I wybod mwy a chymryd rhan ewch i tenovuscancer.org.uk/volunteer



Fel llawer o elusennau, rydym yn wynebu pwysau ariannol. Mae costau cynyddol yn golygu bod angen i ni ddod o hyd i ffyrdd newydd o ariannu ein gwasanaethau hanfodol. Un o'r ffyrdd hynny yw gofyn i aelodau ein côr i ystyried sefydlu rhodd reolaidd i helpu i gefnogi Gofal Cancer Tenovus, ac o ganlyniad, corau Sing with Us.

Rydym yn falch bod ein corau'n parhau i fod ar gael i bawb, ac nid yw hynny'n newid. Mae unrhyw gyfraniad yn gwbl wirfoddol ac yn cael ei werthfawrogi'n fawr.

Dyma sut gallwch gefnogi yn ariannol:

- **Sefydlu debyd uniongyrchol misol drwy ein gwefan - tenovuscancer.org.uk/donate**
Dyma'r ffordd fwyaf syml o gyfrannu yn rheolaidd. Gallwn hefyd ychwanegu rhodd cymorth (gift aid) pan mae'n berthnasol.
- **Cyfrannu yn ystod eich sesiwn ymarfer wythnosol** – arian parod neu gerdyn
- **Trefnu taliad sefydlog drwy eich banc** – gofynnwch am fanylion
- **Gwneud cyfraniad un-tro** - arlein neu drwy ffonio 029 2076 8850