

Enid Stone – Participant

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Allwch chi ddweud ychydig amdanoch eich hun a sut yr oedd bywyd cyn i chi ddod yn rhan o'r prosiect Gwasanaeth Creadigol yn y Cartref?

Wel, roeddwn yn gallu cerdded, roeddwn yn gallu defnyddio fy nghoesau ac nid wyf yn gwybod sut y gwnes i gyfarfod Carys. Rwy'n meddwl mod i wedi ei chyfarfod yn yr arddangosfa, felly dechrau Awst neu Fedi yn Llanelli ac roedd rhywun yn dod i'r tŷ ar ddyddiau Gwener, ar ddydd Gwener, ac roedd Liz Duffy yn arfer dod hefyd - mae hi'n byw ddau ddrws, ddwy res yn nes i fyny na fi. Roeddem yn arfer perthyn i'r cyngor ac roedden ni'n arfer mynd i'w cyfarfodydd, roeddwn yn mynd gyda Liz bob tro. Ble bynnag yr oedd ganddyn nhw gyfarfod fe fyddem yn ymuno. Ac os oedd ganddyn nhw sioe, fe fyddem yn mynd i'r sioe, rwyf wedi adnabod Liz ers blynyddoedd maith. Rwy'n meddwl eu bod yn dal i gynnal sioeau yn theatr Llanelli. Ond nid wyf wedi bod ers tro oherwydd ni allaf fynd. Ni allaf gerdded lan stâr, mae'n rhaid i chi fod y ofalus o ran ble'r ewch chi. Oherwydd ni fyddwn yn gallu mynd mas hyd yn oed pe bawn i'n mynd gyda Liz yn awr. Y theatr, mae'n rhaid i chi fynd lan stâr ac mae'n anodd iawn, pan na fyddwch yn gallu cerdded...

Sut wnaethoch chi ddod yn rhan o'r prosiect? A beth oeddech chi'n ei obeithio allai ddigwydd o ganlyniad i ddod yn rhan ohono?

Felly, rwy'n meddwl eich bod chi wedi mynd draw, Liz oedd cyn hynny, roeddech yn adnabod Liz Duffy ac fe wnaeth hi ryw fath o'ch cyflwyno chi a siarad â Carys a'ch cael chi ar y rhaglen Gwasanaeth Creadigol yn y Cartref. A oedd gennych unrhyw obeithion neu ddisgwyliadau? Wel, oedd. Roeddem yn arfer gwneud beth bynnag oedden nhw'n ei roi i ni ei wneud. Roedd hi'n dda iawn, Carys. Doeddwn i ddim yn adnabod pwy bynnag oedd yn gyfrifol. Ie, ac os oedden nhw yn tynnu llun roedden nhw'n dangos i ni sut i'w wneud. Os bydden nhw'n defnyddio paent neu rywbeth fe fyddai hi bob amser yn dangos i ni beth i'w wneud. Roedd ganddyn nhw...yn cael eu harddangos mewn arddangosfa, ac roedd yn ddiddorol iawn oherwydd ei fod yn neis.

Felly, wyddoch chi gyda'r arddangosfa? A oeddech wedi cyffroi am gael gweld eich gwaith, a oeddech yn nerfus? Roedd yn gyffrous iawn gwybod fy mod yno ac roedd yn dyrfa neis. Roedd yn llawn ac roedd yn dda, oedd.

O ganlyniad i gymryd rhan yn y prosiect, beth ydych chi'n ei feddwl yw'r newid mwyaf arwyddocaol i chi yn bersonol? Wel, paentio oedd fwyaf...oherwydd nid oeddwn erioed wedi poeni am baentio na thynnu llun. Nid wyf erioed wedi gallu gwneud pethau fel 'na. Ond roeddwn yn paentio... blodau a'r môr a'r awyr a phethau felly. Roedd y cyfan yn ddiddorol, yr hyn oedden ni'n ei wneud a'r hyn oedden ni'n ei ddefnyddio i wneud pethau, wyddoch chi? Roedd yn wych ac rydych yn edrych ymlaen at yr wythnos nesaf.

Beth wnaeth achosi'r newid hwn? Wel fe gefais i...gyda'm coes ac nid oeddwn yn mynd mas. Roeddwn yn yr ysbyty am tua 20 wythnos. Wrth gwrs mae gennych chi rywun i sgwrsio da fe yn yr ysbyty bob amser ac rydych yn gweld pobl ond pan fyddwch chi'n gaeth i'r tŷ ar eich pen eich hun, nid ydych yn gweld unrhyw un, nid ydych yn siarad ag

unrhyw un ac roedd yn braf i rywun fel Carys ddod ataf a dweud “fyddech chi’n hoffi dod i ymuno â’n clwb?” neu rywbeth. Ac fe wnes i ymuno a dod yn rhan ohono a dyna ni.

Pe baech chi’n dweud wrth bobl eraill am People Speak Up, beth fyddech chi’n ei ddweud? Fe fyddwn yn eu cyngori i’w wneud, a’u hadlonni, a dweud wrthyn nhw cyfle mor fawr yw i wneud y pethau hyn oherwydd fe allwch chi fod ar eich pen eich hun am amser hir iawn. Yn aml iawn fe fyddaf yn gweld fy ngofalwr dydd am 9 o’r golch y bore ac yna ni fyddaf yn ei gweld tan 1 o’r gloch yn y dydd ac ni fyddaf yn gweld unrhyw un arall yn yr amser hwnnw, mae’n hir iawn iawn.

Pa deitl fyddech chi’n ei roi i’ch stori? Ymunwch ym mhopeth fyddan nhw’n ei ddweud wrthoch chi. *chwerthin*

Could you tell us a little bit about yourself and what life was like before you got involved in the Creative Home Delivery Service project?

Well I could walk, I had use of my legs and I don't know how I met Carys. I think I met her at the exhibition, that's the beginning of August or September in Llanelli and I was having somebody come to the house Fridays, on a Friday, and Liz Duffy used to come as well - she lives two doors, two rows up from me. We used to belong to the council and we used to go to their meetings, I always went with Liz. Wherever they had a meeting we'd join up. And if they had a show, we'd go to a show I've known Liz for quite a long time. I think they still have shows at the Llanelli theatre. But I haven't been for quite a while because I can't go. I can't walk upstairs, you've got to be careful where you go. I mean I couldn't get out even if I went with Liz now. The theatre, you've got to get up stairs and it's very difficult, when you can't walk...

How did you get involved in the project? And what did you hope might happen as a result of getting involved?

So, I think you went over before it was Liz, you knew Liz Duffy and she kind of introduced you and spoke to Carys and got you on to the CHDS program. Did you have any hopes or any expectations? Well, yeah. We used to do whatever they used to give us to do. She was very good, Carys. I didn't know whoever was in charge. Yes, and if they draw they would show us how to do it. If they use any paint or anything she'd always show us what to do. They had some...on show at the exhibition, and it was very interesting because it was nice.

So you know with the exhibition? Were you excited to see your work, were you nervous? It was very exciting to know that I was there and it was a nice crowd. It was full and it was good, yes. As a result of participating in the project, What do you think has been the most significant change for you personally? Well painting was the most... because I never bothered with painting or drawing. I've never

been able to do things like that. But I did paint... flowers and the sea and the sky and things like that. It was all interesting what we were doing and what we used to make these things up you know? It was great and you look forward to the next week. What

caused this change? Well I had this... with my leg and I didn't go out. I was in hospital for about 20 weeks. Of course you always have someone to talk to in hospital and you see people but when you are stuck in the house on your own, you see nobody, you talk to nobody and it was nice for someone like Carys to come to me and to say "would you like to join our club?" or something. And I joined it and I got into it and that was it. If you were to tell other people about People Speak Up, what would you say? I would advise them to do it, and entertain them, and tell them what a big opportunity it is to do these things because you can be on your own an awful long time. It's very often I see my day carer at 9 o'clock in the morning and then I don't see her till 1 o'clock in the day and don't see anyone else in that time, it's very very long. What title would you give your story? Join in everything they tell you. *laughter*