Gaynor Williams – Participant | Cyfranogwy
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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?
Cyn i mi ddod yn rhan o'r prosiect hwn, roeddwn gartref bob dydd. Yn y bôn, ddim yn gwneud llawer, achos fyddai ddim yn gallu gwneud llawer. Ac yna fe ges i fy nghyfeirio at y bobl yma ac fe ddaethon nhw mas ac maen nhw wedi gwneud tua chwe sesiwn. A nawr maen nhw wedi cynnig i mi fynd i'r grŵp yng Nghapel Zion, ac rwy'n mynd i fynd i weld beth sy'n digwydd yno.

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

Fe wnaethon nhw ddweud ei fod fel celf a chrefft a dyna ydyn ni wedi ei wneud, wyddoch chi? Fe wnes i gyfarfod Donna a Lisa trwy'r grŵp a Steffan hefyd a do fe wnaethon ni i gyd ymuno a gwneud pethau gyda'n gilydd a hyd yn oed ar ddiwrnod braf roedden ni'n mynd mas i wneud crefftau yn yr ardd.

O ganlyniad i gymryd rhan yn y prosiect, beth ydych chi'n ei feddwl yw'r newid mwyaf arwyddocaol i chi yn bersonol?
Wel, roedd hi'n braf eu gweld a dod i'w hadnabod, wyddoch chi? A nawr fy mod yn gwybod am y grŵp celf, felly os byddaf yn mynd i'r dosbarth, mae rhywun yno yr wyf yn ei adnabod.

Beth wnaeth achosi'r newid hwn?
Fe wnes i grochenwaith ac nid oeddwn wedi gwneud hynny ers yr ysgol, felly roedd hynny'n wahanol. Roedd cael pobl yn y tŷ yn beth da.

Pe baech chi'n dweud wrth bobl eraill am People Speak Up, beth fyddech chi'n ei ddweud?
Mae'n grŵp da i ymuno ag o, wyddoch chi? Hyd yn oed os mai am gyfnod byr y bydd ac mae'r cyfan yn helpu pan fyddan nhw'n dod i'ch cartref, yn arbennig i'r rhai nad ydyn nhw'n mynd allan i weld pobl, mae wedi bod o fudd i mi.

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?
Before I got involved in this project, I was home every day. Basically, doing not a lot, because I can't do a lot. And then I got referred to these people and **Gaynor Williams – Participant | Cyfranogwy**
they come out and they done about six sessions. And now they've offered me to go to the group in the Zion Chapel, which I'm going to try and see what it's all about.

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

They said it was like arts and crafts and that's what we've done, you know? I met Donna and Lisa through the group and Steffan as well and yeah we all joined in and did things together and even on a nice day we went outside to do crafts in the garden.

As a result of participating in the project what do you think has been the most significant change for you personally?
Well, it was nice to see them and get to know them you know? And now I know about the art group so if I go to the class, somebody is there that I know.

What caused this change?
I done pottery and I haven't done that since school so that was different. Having people in the house was all good.

If you were to tell other people about People Speak Up, what would you say?
It's a good group to join you know? Even if it is for a short while and it all helps when they come to your home especially for those that don't go out and see people, it's benefitted me.