

#Caru  
Cymraeg

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GROUP OF COLLEGES

## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

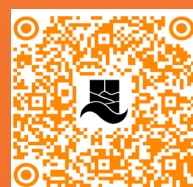
a	b	c	ch	d	dd
e	f	ff	g	ng	h
i	j	l	ll	m	n
o	p	ph	r	rh	s
t	th	u	w	y	

(the letter j has been adopted from the English)

#### Ynganu      Pronunciation

a	-	as in cat
c	-	as in cat
ch	-	as in Bach
dd	-	as in this
e	-	as in bet
f	-	as in of
g	-	as in go
o	-	as in dog
u	-	as in sit
w	-	as in cool
y	-	sometimes as in fun sometimes as in sit

Other letters are fairly similar to English, apart from “ll”. To say “ll” place your tongue as if to say “l” and blow gently down the sides of the tongue.



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## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

#### CyFarch

Helo  
Shwmai  
Bore da  
Prynhawn da  
Noswaith dda  
Ydy'ch chi'n siarad  
Cymraeg?  
Tipyn bach  
Dim llawer  
Ydw  
Nac ydw  
Da iawn, fel fi  
Sut y'ch chi?  
Sut ydych chi heddiw?  
Sut ydych chi'n teimlo  
heddiw?  
Iawn diolch  
Yn well diolch  
Weddol  
Ddim yn dda iawn  
Ofnadwy  
Da iawn  
Mae'n flin gen i  
Mae'n braf  
Ydy  
Mae'n oer  
Mae'n wlyb

#### Cyflwyno Eich Hunan

\_\_\_\_\_ ydw i  
Nyrs ydw i  
Ffisiotherapydd ydw i  
Dyma Dr. Jones, y  
doctor/y meddyg

#### Greeting

Hello  
Hi, how are you  
Good morning  
Good afternoon  
Good evening  
Do you speak Welsh?  
A little  
Not much  
Yes I do  
No I don't  
Very good, like me  
How are you?  
How are you today?  
How are you feeling  
today?  
Fine, thanks  
Better, thanks  
Fair/So-so  
Not very well  
Awful  
Very good  
I'm sorry  
It's nice/fine  
Yes it is  
It's cold  
It's wet

#### Introducing Yourself

I'm \_\_\_\_\_  
I'm a nurse  
I'm a physiotherapist  
This is Dr. Jones, the  
doctor

Pat Davies, y  
fydwraig  
Gweithiwr  
cymdeithasol yw e/hi

#### Manylion Personol

Rhoi gwybodaeth  
Beth yw'ch...?  
cyfeiriad  
Cyfenw  
Enwau cyntaf  
Rhif ffôn

#### Pwy yw eich...?

**Dyma fy...**  
Brawd  
Chwaer  
Ffrind/iau  
Gofalwr  
Llysdad  
Llysfam  
Mab  
Mam  
Mamgu/Nain  
Merch  
Perthynas agosaf  
Plant  
Plentyn  
Rhiant  
Rhieni  
Tad  
Tadcu/Taid  
Teulu

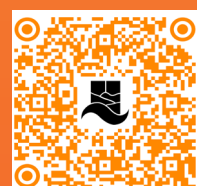
Pat Davies,  
the midwife  
He/she is a social  
worker

#### Personal details

Give information  
What's your...?  
address  
surname  
first names  
telephone number

#### Who is/are your...?

**This is my...**  
Brother  
Sister  
Friend/s  
Carer  
Step father  
Step mother  
Son  
Mother  
Grandmother  
Daughter  
Next of kin  
Children  
Child  
Parent  
Parents  
Father  
Grandfather  
Family



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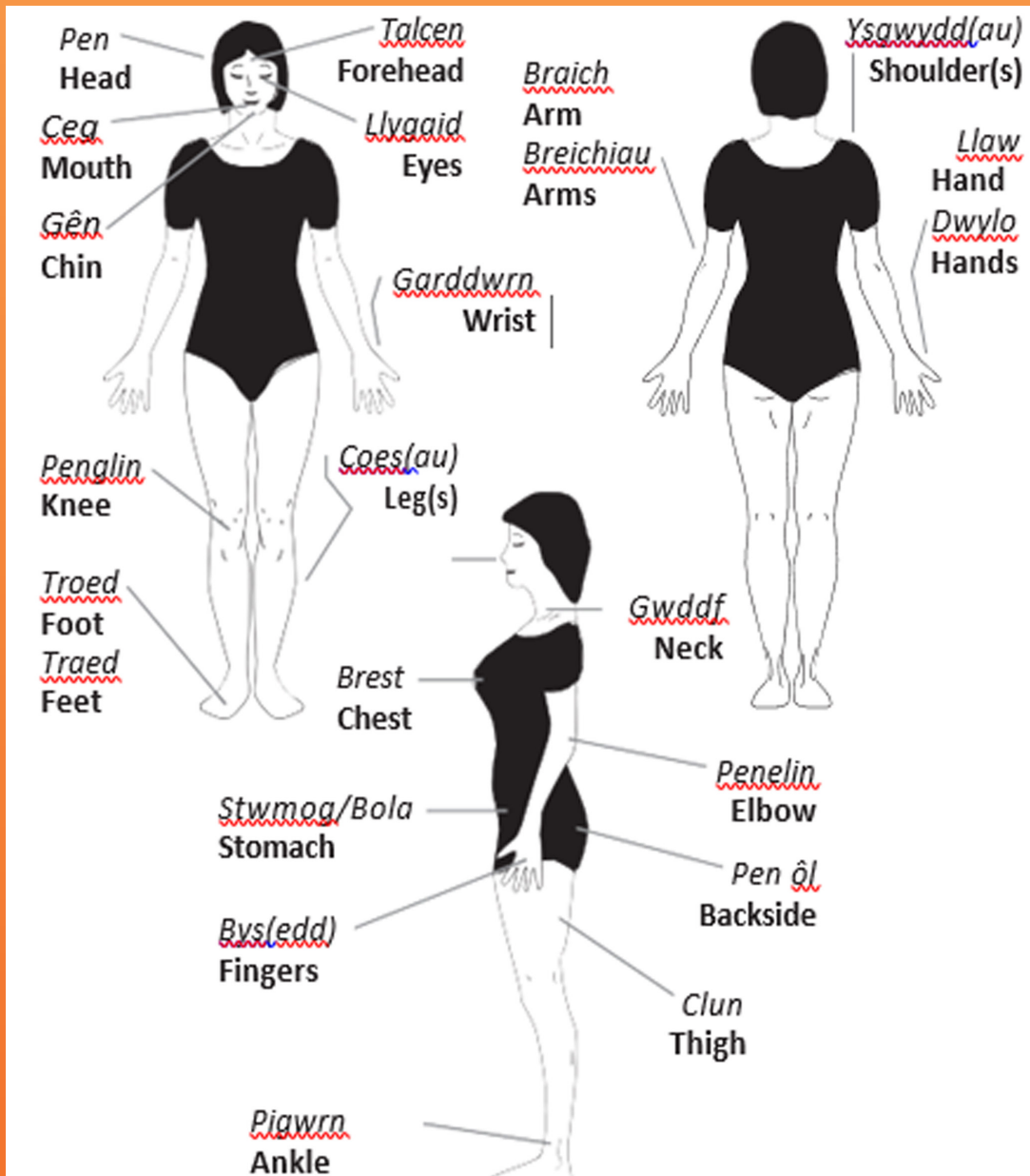
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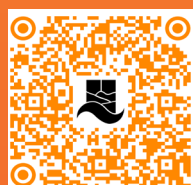
## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

#### Corff The Body



[www.nptcgroup.ac.uk/cy](http://www.nptcgroup.ac.uk/cy)



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## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

#### Holi 'sut ydych chi'?

Sut ydych chi?  
Sut ydych chi'n teimlo  
Sut mae'ch iechyd yn  
gyffredinol?  
Ydych chi...?  
Ydych chi'n teimlo...?

ti  
chi

mewn poen  
yn boeth  
yn dost  
yn dwym  
yn gyfforddus  
yn iawn  
yn oer  
yn rhy boeth  
yn rhy dwym  
yn rhy oer  
yn waeth  
yn well

Beth sy'n brifo/gwneud  
dolor/rhoi los?  
Ble mae fe'n brifo/  
gwneud dolor /rhoi los?

chwith  
dde  
Dy goes di  
Eich stumog/bola chi  
Fan hyn  
Fy 'mhen i  
llosgi  
Mae fy ..... yn boenus  
Pa fath o boen ydy e?  
Poen sydyn

#### Enquiring 'How are you'?

How are you?  
How are you feeling?  
How is your health  
generally?  
Are you...?  
Do you feel...?

you (familiar)  
you (singular/plural,  
polite)  
in pain  
hot  
poorly/ill  
warm  
comfortable  
fine/OK  
cold  
too hot  
too warm  
too cold  
worse  
better

#### What's hurting?

#### Where does it hurt?

left  
right  
Your leg (familiar)  
Your stomach (polite)  
Here  
My head  
burning  
My.....is painful  
What kind of pain is it?  
A sharp pain

#### Helpu Rhywun

Alla i...?  
Ga i...?  
helpu chi (i...)  
helpu  
Hoffech chi gael help?  
Hoffech chi i fi...?  
Hoffech chi...?

le plis  
le os gwelwch yn dda  
Na, dim diolch

#### Ydych chi eisiau...?

brwsio dannedd  
cael rhywbeth i fwyta  
cael bath  
cael brecwast, cinio  
cael bwyd  
cael cawod  
cael diod  
cael paned  
cael te, swper  
codi  
eistedd  
golchi gwallt  
golchi  
gorwedd  
gwisgo  
mynd adref  
mynd i gysgu  
mynd i'r gwely  
mynd i'r lolfa  
mynd i'r ty' bach  
newid  
Ydw/nac ydw

#### Helping Someone

Can I ?  
May I ?  
help you (to...)  
help  
Would you like to have help?  
Would you like me to?  
Would you like...?

Yes please  
Yes please  
No thanks

#### Do you want to...?

brush teeth  
have something to eat  
have a bath  
have breakfast, lunch  
have food  
have a shower  
have a drink  
have a cuppa  
have tea, supper  
get up  
sit  
wash hair  
wash  
lie down  
get dressed  
go home  
go to sleep  
go to bed  
go to the day room  
go/going to the toilet  
get changed  
Yes I do/no I don't



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## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

#### Ydych chi'n gallu...?

cerdded  
codi  
sefyll  
symud eich braich  
symud eich coes  
Tipyn bach  
Ydw/nac ydw

#### Ble mae eich...?

'Dw i ddim yn gwybod  
dannedd  
dillad  
Fan hyn / Fan'na  
ffon  
sbectol

#### Dyma y... Dyma eich...

bag ymolchi  
blanced  
brwsh dannedd  
cadair  
clustog  
cwpwrdd  
dillad nos  
dillad  
esgidiau  
gwely  
moddion  
sebon  
sliperi  
tabledi  
tywel

#### Can you ...?

walk  
get up  
stand  
move your arm  
move your leg  
A little bit  
Yes I can/no I can't

#### Where are you ...?

I don't know  
teeth  
clothes  
Here / There  
stick  
glasses

#### Here is/are the... Here is/are your...

toilet bag  
blanket  
tooth brush  
chair  
pillow  
cupboard  
night clothes  
clothes  
shoes  
bed  
medicine  
soap  
slippers  
tablets  
towel

#### Nyrsio

#### Os gwelwch yn dda A wnewch chi...?

dynu eich pyjamas  
eistedd yn y gadair  
eistedd i fyny  
godi eich coes  
godi  
gymeryd y moddion yma  
gymeryd y tabledi yma  
roi eich braich i lawr  
wisgo eich gwn nos

#### Ga i gymryd eich ...?

pwysedd/pwysau gwaed  
pys  
tymheredd

#### Ga i wrando ar eich ...?

brest  
calon

Ga i ddal eich llaw?  
Ga i deimlo eich bola?  
Ga i weld eich tabledi?  
Ga i gyffwrdd eich troed?  
Ga i roi pigiad i chi?

#### Nursing

#### Please Would you...?

take off your pyjamas  
sit in the chair  
sit up  
lift your leg  
get up  
take this medicine  
take these tablets  
put your arm down  
put on your nightdress

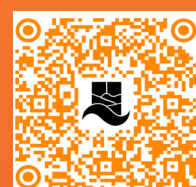
#### May I take your...?

blood pressure  
pulse  
temperature

#### May I listen to your...?

chest  
heart

May I hold your hand?  
May I feel your  
stomach/belly?  
May I see your tablets?  
May I touch your foot?  
May I give you an  
injection?



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### HEALTH AND SOCIAL CARE VOCABULARY

#### Parafeddygaeth

#### Gwasanaethau

Ambiwlans Awyr  
Cymru  
Gwasanaeth Galw  
Iechyd Cymru  
Gwasanaeth Meddygol  
Brys  
Adran Ddamweiniau  
ac Achosion Brys

Gwasanaeth  
Ambiwlans  
Cymru  
Technegydd  
ambiwlans  
Ymddiriedolaeth  
GIG

#### Termau Clinigol

achos brys  
anaf difrifol  
anhawster anadlu  
anymwybodol  
argyfwng meddygol  
arolwg  
asesiad  
claf  
galwad brys  
mân anaf  
mân salwch  
trawiad ar y galon  
triniaeth  
ymwybodol  
ymwybyddiaeth  
yn ddifrifol wael

#### Paramedicine

#### Services

Welsh Air Ambulance  
  
NHS Direct Wales  
  
Medical Emergency  
Service  
Accident and  
Emergency  
Department  
Welsh Ambulance  
Trust

Ambulance  
technician  
NHS Trust

#### Clinical Terms

emergency  
serious injury  
breathing difficulties  
unconscious  
medical emergency  
survey  
assessment  
patient/client  
emergency call  
minor injury  
minor illness  
heart attack  
treatment  
conscious  
consciousness  
seriously ill

#### Termau Clinigol

adfywio'r galon a'r  
ysgyfaint  
gwaedu difrifol  
llosgiadau  
pigiad  
poen  
sblint  
toriad

#### Ymadroddion Defnyddiol

Allwch chi deimlo  
hwn?  
Allwch chi glywed fi?  
Ble mae'r boen?  
ladd poen arnoch  
chi?  
Oes angen rhywbeth i  
Peidiwch symud  
Ry'n ni'n mynd i'r  
ysbyty

#### Osteopathi

#### A wnewch chi...?

asesiad  
asgwrn cefn  
asgwrn/esgyrn  
blygu i'r ochr  
blygu ymlaen  
bwyso'n ol  
Ceisiwch...  
clun  
cyhyr/au  
cymal

#### Clinical Terms

cardiopulmonary  
resuscitation  
haemorrhage  
burns  
injection  
pain  
splint  
fracture

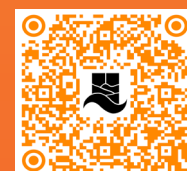
#### Useful Phrases

Can you feel this?  
  
Can you hear me?  
Where is the pain?  
Do you need pain  
relief?  
  
Don't move  
We're going to the  
hospital

#### Osteopathy

#### Will you...?

assessment  
spine  
  
bone/s  
bend to the side  
bend forward  
lean back  
Try to...  
hip  
muscle/s  
joint



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### HEALTH AND SOCIAL CARE VOCABULARY

#### Osteopathi

cyngor am ymarferion/  
ymarfer corff  
cyngor am ddeiet  
dadwisgo  
droi eich pen i'r ochr  
droi eich corff i'r dde/  
chwith  
symud eich coes lan/i  
fynu  
eich gallu i wneud  
pethau  
Faint o boen ydy'ch  
chi'n cael?  
gwynegon/cric cymalau  
holiadur iechyd

Oes gormod o bwysau?

orwedd ar eich bola  
orwedd ar eich cefn  
pen  
penglog  
rwy'n mynd i'ch  
cynghori  
symud eich braich i  
lawr  
torri/toriad  
Ydw i'n gwasgu rhy  
galed?  
Ydych chi'n teimlo'n  
ben ysgafn?  
i ddal eich penglin  
Ydy hwn yn boenus?  
ymlacio

#### Osteopathy

advice on exercises/  
exercise  
dietary advice  
undress  
bend your head  
to the side  
right/left  
move your leg up

your ability to do  
things

How much pain  
do you get?

arthritis  
health  
questionnaire  
Is this too much  
pressure?

lie on your stomach  
lie on your back  
head  
skull

I'm going to  
advise you  
move your arm  
down

break/fracture  
Am I pressing too  
hard?

Do you feel light  
headed? 'Na

I'll support your knee  
Is this painful?  
relax

#### Awdioleg

byddar  
clust  
clyw  
colli clyw  
cymorth clyw  
drwm i clyw  
prawf clyw  
Sut i chi'n dod 'mlaen?

#### Technoleg Glinigol

anadlwch yn naturiol  
arhoswch yn llonydd  
ceisiwch ymlacio  
fydd hwn ddim yn  
boenus  
fydd hwn ddim yn hir  
gorweddwch lawr  
os gwelwch yn dda  
pigiad  
radiograffydd  
radiologydd/radiolegwr  
radiotherapi  
Ydych chi'n gyffyrddus?  
ymbelydredd

#### Audiology

deaf  
ear  
hearing  
deafness  
hearing aid  
hard of hearing  
hearing test  
How are you getting  
on?

#### Clinical Technology

breathe normally  
stay still  
try to relax  
this won't be painful  
  
this won't be long  
lie down  
please  
injection  
radiographer  
radiologist  
radiotherapy  
Are you comfortable?  
radiation



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### HEALTH AND SOCIAL CARE VOCABULARY

#### Bydwreigaeth

##### Termau

anadlwch  
archwiliad mewnol  
baban/babi  
bwydo o'r fron/ar y  
fron  
bwyta'n iach  
bydwraig  
clwyf  
dal y babi  
esgor  
geni  
lladd poen  
llaeth  
llongyfarchiadau  
poenau geni/esgor  
prawf dw'r  
profion gwaed  
pwythau  
symudiadau'r babi  
ymlaciwch

##### Holi

##### Ga i ...?

bwyso'r babi  
deimlo eich bola  
gymryd gwaed  
helpu  
wrando ar y babi

Oes cwestiwn/  
cwestiynau gyda chi?  
Oes rhywbeth hoffech  
chi ofyn?  
Ydy popeth yn iawn?

#### Midwifery

##### Terms

breathe  
internal examination  
baby  
breast feeding  
  
healthy eating  
midwife  
wound  
hold the baby  
about  
birth  
pain relief  
milk  
congratulations  
labour pains  
urine test  
blood tests  
stitches  
baby's movements  
relax

##### Enquiring

##### May I...?

weigh the baby  
feel your tummy  
take blood  
help  
listen to the baby

Do you have a  
question/questions?  
Is there something  
you'd like to ask?  
Is everything alright?

#### Termau Clinigol

adfywio'r galon a'r  
ysgyfaint  
gwaedu difrifol  
llosgiadau  
pigiad  
poen  
sblint  
toriad

##### Ymadroddion Defnyddiol

Allwch chi deimlo  
hwn?  
Allwch chi glywed fi?  
Ble mae'r boen?  
ladd poen arnoch  
chi?  
Oes angen rhywbeth i  
Peidiwch symud  
Ry'n ni'n mynd i'r  
ysbyty

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##### A wnewch chi...?

asesiad  
asgwrn cefn  
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blygu i'r ochr  
blygu ymlaen  
bwyso'n ol  
Ceisiwch...  
clun  
cyhyr/au  
cymal

#### Clinical Terms

cardiopulmonary  
resuscitation  
haemorrhage  
burns  
injection  
pain  
splint  
fracture

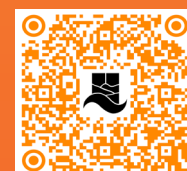
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Can you hear me?  
Where is the pain?  
Do you need pain  
relief?  
  
Don't move  
We're going to the  
hospital

#### Osteopathy

##### Will you...?

assessment  
spine  
  
bone/s  
bend to the side  
bend forward  
lean back  
Try to...  
hip  
muscle/s  
joint





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#### Iechyd Plant

##### Hoffet ti...?

beintio  
chwarae  
ddarllen cylchgrawn  
ddarllen llyfr  
degan  
dynnu llun  
fynd ar y cyfrifiadur  
gêm  
gysgu  
liwio  
rywbeth i fwyta  
rywbeth i yfed  
wrando ar  
gerddoriaeth  
wylïo ffilm  
wylïo'r teledu

##### Wnei di gymryd...?

moddion i wneud ti'n  
well  
y moddion

##### Ga i...?

brawd a chwaer  
bwyso ti  
fesur dy uchder  
Mam a Dad  
mynd i'r wers  
Rwy ti wedi tyfu  
Wyt ti'n teimlo'n well?  
ysgol

#### Child Health

##### Would you like...?

to do some painting  
play  
to read a magazine  
to read a book  
a toy  
to draw a picture  
to go on the computer  
a game  
to sleep  
to do some colouring  
something to eat  
something to drink  
to listen to music

to watch a film  
to watch the TV

##### Will you take...?

medicine to make you  
better  
the medicine

##### May I...?

brother and sister  
weigh you  
measure your height  
Mum and Dad  
go to the lesson  
You've grown  
Are you feeling better?  
school

#### Iechyd Cymunedol

##### Pobl sy'n gweithio yn y gymuned

ciropodydd/  
triniwr traed  
cymorth cartref  
dietegydd  
fferyllydd  
ffisiotherapydd  
gofalwr cartref  
gweithiwr allanol  
gweithiwr cymdeithasol  
gweithiwr hybu iechyd

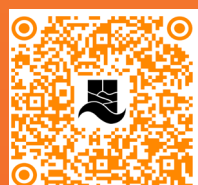
meddyg teulu  
nyrs ardal  
nyrs gymuned  
nyrs iechyd meddwl  
nyrs meddygfa  
nyrs ysgol  
optegydd  
seicolegydd  
therapydd  
galwedigaethol  
therapydd lleferydd  
ymwelydd iechyd

#### Community health

##### People who work in the community

chiropridist

home help  
dietician  
pharmacist  
physiotherapist  
home carer  
outreach worker  
social worker  
health promotion  
worker  
general practitioner  
district nurse  
community nurse  
mental health nurse  
practice nurse  
school nurse  
optician  
psychologist  
occupational  
therapist  
speech therapist  
health visitor



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#### Iechyd Cymunedol

##### Termau

brechiad  
canolfan iechyd  
claf  
cleient  
clwyf  
gofalwr/wyr  
gorchudd clwyf  
iechyd y cyhoedd  
llawdriniaeth  
meddygfa

pwythau

#### Gwaith A Gofal Cymdeithasol

##### Termau

cynhadledd achos/  
cyfarfod achos  
Cyngor Gofal Cymru  
defnyddwyr  
gwasanaeth  
diogelu plant  
gofalwr maeth  
gofalwr  
gwasanaeth  
cymdeithasol  
gweithiwr  
cymdeithasol  
oedolyn  
oedrannus  
plentyn

#### Community Health

##### Terms

vaccination  
health centre  
patient  
client  
wound  
carer/carers  
wound dressing  
public health  
surgery (an operation)  
surgery (of family  
doctor)  
stitches

#### Social Work and Social Care

##### Terms

case conference  
Care Council for Wales  
service users  
child protection  
foster carer  
carer  
social services  
social worker  
adult  
elderly  
child

#### Ymadroddion Defnyddiol

Rwy'n weithiwr  
cymdeithasol  
Rwy o'r  
gwasanaethau  
cymdeithasol  
Rwy o'r gwasanaeth  
plant/oedolion

#### Ga i ddod i mewn?

Dewch i mewn, os  
gwelwch yn dda  
Eisteddwch i lawr, os  
gwelwch yn dda

Sut alla i helpu?

Ga i ofyn cwestiynau  
personol i chi?

Sut mae pethau?

Sut i chi'n teimlo  
heddiw?

Oes cwestiynau 'da  
chi?

#### Useful Phrases

I'm a social worker

I'm from social services

I'm from children's/  
adult services

May I come in?

Please come in

Please sit down

How can I help?

May I ask some  
personal questions?

How are things?

How do you feel today?

Do you have any  
questions?



#caru  
Cymraeg

Cymraeg

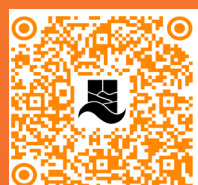


GRŴP COLEGAU  
**NPTC**  
GROUP OF COLLEGES

## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

Gadael	Leaving	Rhifau	Numbers
<b>Ewch....</b>	<b>Go...</b>	deg	10
i weld eich doctor/ meddyg	to see your doctor	un deg un	11
i weld y nyrs	to see the nurse	un deg dau	12
i'r ganolfan ddydd ardef	to the day centre home	un deg tri	13
Cymerwch ofal	Take care	un deg pedwar	14
Pob lwc	Good luck	un deg pump	15
Hwyl/hwyl fawr	Bye	un deg chwech	16
Gweld chi fory	See you tomorrow	un deg saith	17
Gweld chi nes mlaen	See you later on	un deg wyth	18
Gweld chi ar y penwythnos	See you at the weekend	un deg naw	19
Gweld chi wythnos nesaf	See you next week	dau ddeg	20
<b>Help, dysgwyr ydw</b>	<b>Help, I'm a learner</b>	dau ddeg un	21
Mae'n ddrwg gen i, 'dw i ddim yn deall	I'm sorry, I don't understand	dau ddeg dau	22
Rwy'n dysgu Cymraeg	I'm learning Welsh	dau ddeg tri	23
Rwy'n deall dipyn bach	I understand a little	dau ddeg pedwar	24
Yn araf, os gwelwch yn dda	I'm sorry, I don't understand	dau ddeg pump	25
<b>Rhifau</b>	<b>Numbers</b>	dau ddeg chwech	26
un	1	dau ddeg saith	27
dau	2	dau ddeg wyth	28
tri	3	dau ddeg naw	29
pedwar	4	tri deg	30
pump	5	pedwar deg	40
chwech	6	pum deg	50
saith	7	chwe deg	60
wyth	8	saith deg	70
naw	9	wyth deg	80
		naw deg	90
		cant	100



#Love  
Welsh

Cymraeg



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## GERIFA IECHYD A GOFAL CYMDEITHASOL

### HEALTH AND SOCIAL CARE VOCABULARY

<b>Dyddiau Ac Amser</b>	<b>Dates and times</b>	<b>Amser</b>	<b>Time</b>
<b>misoedd</b>	<b>months</b>	blwyddyn	year
Ionawr	January	mis	month
Chwefror	February	wythnos	week
Mawrth	March	wythnos nesaf	next week
Ebrill	April	heddiw	today
Mai	May	yfory	tomorrow
Mehefin	June	ddoe	yesterday
Gorffennaf	July	dydd/diwrnod	day
Awst	August	bore	morning
Medi	September	prynhawn	afternoon
Hydref	October	nos	night
Tachwedd	November	un o'r gloch	one o'clock
Rhagfyr	December	chwarter wedi dau	quarter past two
		hanner awr wedi tri	half past three
		chwarter i bedwar	quarter to four
		hanner dydd	midday
		hanner nos	midnight
<b>Diwrnodau'r Wythnos</b>	<b>Days of the Week</b>		
Dydd Sul	Sunday		
Dydd Llun	Monday		
Dydd Mawrth	Tuesday		
Dydd Mercher	Wednesday		
Dydd Iau	Thursday		
Dydd Gwener	Friday		
Dydd Sadwrn	Saturday		

