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Erthygl i'r Wasg **Press Release**

Llofft yn llanast? Cyfres newydd yn help i gadw trefn

Os ydi eich llofft yn llanast a'ch wardrob wyneb i waered - bydd cyfres newydd sbon ar S4C yn siŵr o daro tant.

Yn **Ffasiwn Drefn**, bydd y cyflwynydd Lara Catrin a'r trefnydd proffesiynol Gwenan Rosser yn rhoi trefn ar gypyrddau dillad a llofftydd ar hyd a lled Cymru. 'Lle i bopeth a phopeth yn ei le' yw'r nod.

Yn y bennod gyntaf, sydd nawr ar gael ar S4C ac iPlayer, cwpwrdd dillad Llio Thomas o Dudweiliog ym Mhen Llyn sy'n cael ei drawsnewid. Ond pam mae Llio wedi gofyn am gymorth?

"Dwi'n licio siopa" meddai Llio. "Mae gen i lot o'r un pethau mewn gwahanol liwiau. Dwi'n bach o *hoarder*.

"Jyst bo fi'n gallu gweld be sydd gen i, i fi gael gwybod bod gen i un yn barod a dwi ddim angen prynu un arall. Dwi wedi colli cyfri ar faint o barau o jîns sydd gen i. Mae pob dim mewn yn fa'ma ac mae popeth ar fy mhen i."

Gyda'r cwpwrdd dillad yn gwegian efo esgidiau a dillad mae angen chwynnu a didoli'n daclus. A hynny cyn dechrau rhoi trefn ar y trugareddau mae Llio wedi eu casglu oherwydd ei diddordeb penodol mewn pethau Disney a'r grwp pop McFly!

Bydd tipyn o waith dwyn perswâd ar Llio i waredu ac ailgylchu eitemau o'i llofft, ond mae angen lle mwy llonydd a thawel i'r fam i ddau gael ymlacio.

Sut bydd Gwenan yn mynd ati i helpu, a beth mae'n olygu i fod yn drefnydd proffesiynol?

"Beth mae'n golygu ydi mod i'n trefnu ac yn helpu pobl i sortio eu stwff allan, a gweithio ffordd well o storio a thacluso a bod ar ben popeth. Fi'n hoffi trefn, fi'n hoffi strwythur. Dwi'n credu yn gryf mewn lle i bopeth a phopeth yn ei le."

Y gobaith felly yw cyrraedd pwynt ble gall Llio siopa yn ei wardrob ei hun trwy ddidoli, gwagio a sortio.

Yn yr ail bennod, cwpwrdd dillad yn y brifddinas sydd dan sylw ac i dŷ newydd y gantores opera Alys Mererid Roberts. Ond, yn ogystal â caru canu mae Alys yn caru dillad.

"Mae gen i lot o ddillad *vintage* a dillad ail-law, mae gen i gasgliad eitha mawr" meddai Alys. "A gan mod i wedi symyd o gwmpas lot yn ddiweddar, dyna'r peth dwi angen help gyda mwy na dim. Unwaith mae rhywbeth yn mynd mewn bocs, mae o'n cael ei anghofio gen i."

A fydd Llio'n llwyddo i ddweud hwyl fawr wrth y ffasiwn cyflym, a phwyllo cyn prynu 'rhag ofn'? A fydd Alys yn penderfyny rhoi pentwr o ddillad perfformio di-angen i elusen?

Ac a fydd Lara a Gwenan hefyd yn gallu helpu Dafydd Lennon a Meinir Jones i glirio a thwtio, ailgylchu ac aildrefnu?

Gwyliwch **Ffasiwn Drefn** ar nos Lun am 8.25

Ffasiwn Drefn
Dydd Llun 9 Ionawr 8.25, S4C
Isdeitlau Saesneg
Ar S4C Clic, BBC iPlayer a llwyfannau eraill
Cynhyrchiad Boom Cymru ar gyfer S4C

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Erthygl i'r Wasg **Press Release**

New S4C show helps bring back order to the bedroom

If your bedroom is a mess and your wardrobe is upside down - a brand new series on S4C is sure to strike a chord.

In **Ffasiwn Drefn**, presenter Lara Catrin and professional organiser Gwenan Rosser will be sorting out wardrobes and bedrooms across Wales. 'A place for everything and everything in its place' is the aim.

In the first episode, now available on S4C and iPlayer, it is Llio Thomas' from Tudweiliog in Pen Llyn wardrobe that is transformed. But why has Llio asked for help? "I like to shop," said Llio. "I have a lot of the same things in different colours. I'm a bit of a hoarder.

"I just want to be able to see what I have, so I can tell myself I already have one and I don't need to buy another. I've lost count of how many pairs of jeans I have. Everything in is my bedroom and it feels like it's all on top of me."

With the wardrobe rammed with shoes and clothes it needs to be culled and sorted neatly. And that's before looking at the merchandise Llio has collected because of her love of all things Disney and pop group McFly!

It will take some persuasion for Llio to dispose of and recycle items from her bedroom, but the busy mum-of-two needs a more calming and quiet place to relax.

How will Gwenan go about helping, and what does it mean to be a professional organiser?

"What it means is that I love organising and helping people to sort their stuff out - working out a better way to store and tidy and be on top of everything. I like routine, I like structure. I'm a firm believer in a place for everything and everything in its place."

The hope is to reach a point where Llio can shop her own wardrobe by sorting, emptying and organising.

In the second episode, the team travel to Cardiff to sort out the wardrobe of opera singer Alys Mererid Roberts, who has recently moved house. But, as well as loving to sing – Alys also loves clothes.

"I have a lot of vintage and second-hand clothes, I have quite a large collection," says Alys. "And since I've moved around a lot lately, that's the thing I need help with more than anything. Once something goes in a box, it's forgotten."

Will Llio manage to say goodbye to the fast fashion, and avoid buying 'just in case'? Will Alys decide to donate a pile of unwanted concert clothes to charity?

And will Lara and Gwenan also be able to help Dafydd Lennon and Meinir Jones to clear sort, recycle and reorganise?

Watch **Ffasiwn Drefn** on Monday night at 8.25

Ffasiwn Drefn
Monday 9 December 8.25, S4C
English subtitles available
On S4C Clic, BBC iPlayer and other platforms
A Boom Cymru production for S4C