11.01.2021

Cathryn Ings
Cyswllt Contact
Ffôn Phone
03305 880450

Erthygl i'r Wasg **Press Release**

Ffydd, gobaith a chariad yn rhoi ail gyfle i Carol

Mewn amseroedd tywyll a heriol rydym ni gyd angen clywed straeon o obaith. A dyma beth mae stori Carol Hardy yn ei gynnig - gobaith, cariad ac ail gyfle ar ôl cyfnod tywyll iawn yn ei bywyd.

Yn **Dechrau Canu Dechrau Canmol** ar S4C, nos Sul, 17 Ionawr mae Carol yn trafod gyda Nia Roberts ei brwydr gydag alcohol a'i thaith i ddechrau ei bywyd o'r newydd. Clywn hefyd sut mae Carol nawr yn defnyddio ei phrofiadau hi i roi cymorth ac ysbrydoliaeth i eraill.

Yn 2013 rhannodd Carol ei hanes erchyll hi o fod yn gaeth i alcohol mewn rhaglen ddogfen bwerus 'O'r Galon' ar S4C.

"Alcohol oedd y peth pwysicaf yn fy mywyd i," meddai Carol yn y rhaglen ddogfen. "Yn bwysicach na Geraint a Daniel (ei meibion ifanc), na fy ngŵr, fy ngwaith, fy nheulu ... oedd o fel cael *love affair* mawr gyda'r alcohol 'ma."

Ond ar ôl cyfnod tywyll iawn, roedd Carol yn benderfynol o newid y ffordd roedd hi'n byw a threchu ei pherthynas ddinistriol gydag alcohol.

Ac fe lwyddodd hi wneud hyn drwy ei ffydd a thrwy dreulio amser ar ben ei hun yn mwynhau a chael ei hysbrydoli gan yr arfordir trawiadol yn Southerndown, ger ei chartref yng Nghaerdydd.

"Yn ystod y misoedd cyntaf o wella, o fedru byw un dydd ar y tro heb yfed, dw i'n cofio dod lawr i fan hyn a theimlo'r ysfa i weld y greadigaeth a bod yn rhan o fywyd. Wedi sawl blwyddyn o fod yn gaeth i alcohol, oni wedi datblygu i gredu yn wirioneddol mod i ddim yn haeddu, ddim yn perthyn, fy mod i ddim i fod yn rhan o ddim byd," meddai Carol.

Wrth edrych allan tuag at y môr cafodd Carol y teimlad bod Duw yna i helpu hi drwy ei chyfnodau tywyll.

"Sylweddolais hefyd, wrth eistedd fan hyn ac edrych tuag at y môr, er mor fychan ydw i fel person, mod i a lle ac yn haeddu lle a fy mod i yn rhan o'r bywyd a'r greadigaeth yma."

Erbyn nawr mae Carol wedi gwella ac mae hi'n defnyddio ei phrofiadau hi i helpu eraill trwy waith cwnsela diflino. Mae Carol yn gweithio fel rhan o dîm yng nghanolfan adfer a chymorth 'Stafell Fyw' yng Nghaerdydd.

"Y mae'r drws 'ma yn agor i unrhyw un sy' efo unrhyw fath o ddibyniaeth. Da ni'n siarad â nhw am beth sydd wedi bod yn mynd ymlaen yn eu bywydau ac efallai dw i'n rhannu fy mhrofiadau i ac asesu ei gofynion."

Yn ôl Carol, cariad sy'n gyrru hi wrth ei gwaith yn y 'Stafell Fyw. "A tra dw i'n gallu, dyma le dw i fod, gan obeithio fy mod i'n medru gwneud gwahaniaeth. A hefyd mae o'n cadw fi yn sobor ac ar y llwybr yna hefyd."

Gallwch glywed mwy am hanes Carol a 'Stafell Fyw ar **Dechrau Canu Dechrau Canmol** nos Sul, 17 Ionawr ar S4C.

Dechrau Canu Dechrau Canmol
Nos Sul 17 Ionawr 7.30, S4C
Isdeitlau Saesneg
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Rondo ar gyfer S4C

S4C

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Erthygl i'r Wasg **Press Release**

How faith, hope and love gave Carol a second chance

In dark and difficult times, we all need to hear stories of hope. And this is what Carol Hardy's story has to offer – hope, love and a second chance after coming through a very difficult time in her life.

In **Dechrau Canu Dechrau Canmol** on S4C, Sunday, 17 January Carol talks to Nia Roberts about her battle with alcohol, her journey to recovery and how she now uses her experiences to help and inspire others.

In 2013 Carol shared her harrowing story of being addicted to alcohol in a powerful documentary 'O'r Galon' (From the Heart) on S4C.

"Alcohol was the most important thing in my life," said Carol in the documentary. "More important than Geraint and Daniel (her two young sons), or my husband, my work, my family ... it was like having a big love affair with alcohol."

But after a very difficult time, Carol was determined to change the way she was living her life and end this destructive relationship she had with alcohol.

And she succeeded in doing this by spending time by herself and enjoying and being inspired by the beautiful coastline of Southerndown, near her home in Cardiff.

"During the first few months of recovery, of being able to live one day at a time without drinking, I remember coming down here and feeling the urge to see creation and be a part of life. After many years of being addicted to alcohol, I had genuinely come to believe that I didn't deserve anything, I didn't belong and that I wasn't worthy being a part of anything," said Carol.

As she looked out to sea, Carol had the feeling that God was with her, helping her through her darker moments.

"I realised also, sitting here and looking at the sea, that, despite how small I am as a person, I do have and am worthy of a place in the world and I am a part of this life and creation."

Carol has now recovered and is using her experiences to help others through her tireless counselling work. She works as part of a team in 'Stafell Fyw (Living Room) - a support and rehabilitation centre in Cardiff.

“This door is open to anybody who has some sort of dependency. We talk to them about what has been going on in their lives and I might share my experiences with them and then assess their needs.

According to Carol, it is love which drives her in her work at ‘Stafell Fyw. “For as long as I can, this is where I’m supposed to be, and I hope that I am making a difference. The work also keeps me sober and on the right path.”

Hear more about Carol’s story and ‘Stafell fyw on **Dechrau Canu Dechrau Canmol**, Sunday 17 January on S4C.

Dechrau Canu Dechrau Canmol
Sunday 17 January 7.30, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Rondo production for S4C