05.01.23

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Erthygl i'r Wasg **Press Release**

Y band Fleur De Lys yn gwireddu breuddwydion yn Canu Gyda Fy Arwr

Os fyddech chi'n cael y cyfle i rannu llwyfan gydag unrhyw un, pwy fydden nhw? Ydi, mae Canu Gyda Fy Arwr yn ôl! Mae'r canwr Rhys Merion wedi bod yn ddigon lwcus i gael canu gyda rhai o enwau mawr y byd cerddorol, ac yn y gyfres **Canu Gyda fy Arwr**, mae o am roi'r un profiad i eraill.

Gyda Rhys wrth y llyw yn teithio i bob cwr o Gymru - a thu hwnt - i wireddu breuddwydion pobl i ganu gyda'u harwyr cerddorol, mae hon yn raglen llawn hwyl gyda digon o dynnu coes, ambell ddeigryn a lot o sypreisys!

Yn y drydydd pennod o'r gyfres newydd **Canu Gyda fy Arwr**, yr arwyr tro yma yw un o fandiau mwyaf llwyddiannus y sîn gerddorol yng Nghymru, Fleur De Lys. Ers ffurfio yn 2013, mae Huw, Sion, Carwyn a Rhys wedi recordio tair albwm a pherfformio o flaen cynulleidfaoedd ar draws Cymru.

"Da ni wedi dychryn 'chydig bach!" meddai Rhys Edwards, prif leisydd y band. "Oddan ni byth yn meddwl fysa ni'n ymddangos ar y fath raglen...'Da ni'n edrych ymlaen i gyfarfod y bobl yma sydd isio canu efo ni!"

A'r unigolyn cyntaf sy'n cael y cyfle i ganu gyda Fleur De Lys ydi Ioan sy'n 8 oed o Ynys Môn - yr ieuengaf erioed i ganu yn y gyfres. Cafodd ei enwebu gan ei fam, Ffion, am ei fod yn ffan enfawr o'r band ers oedd o'n ddim o beth:

"Fysa bob 'Dolig yn dod ar unwaith i Ioan petai o'n cael gwireddu ei freuddwyd o ganu efo'i arwr, neu arwyr, Fleur De Lys."

Ac yng nghanol gwers yn yr ysgol, mae'n cael sypreis enfawr o glywed ei fod o am gael canu'r gân 'Dawnsia' gyda Fleur De Lys a hynny o flaen cynulleidfa o gannoedd yng Ngŵyl Y Felinheli.

Yr ail i berfformio gyda Fleur De Lys yw Ceri, sy'n Weithiwr Ieuenctid 21 oed. Mae Ceri yn un o ffans mwyaf y band, ac yn mynd i bron pob un o'i gigs nhw. Mae cryfder Ceri yn ysbrydoliaeth i'w thad, sydd wedi'i enwebu hi.

Mae Ceri'n byw gyda'r cyflwr dyspracsia sy'n golygu ei bod hi'n gweld hi'n anodd cadw balans a gwneud gweithgareddau fel nofio neu reidio beic. A llynedd, fe gafodd ddiagnosis o glefyd y siwgr – rhywbeth sydd ddim wedi bod yn hawdd iddi.

Yn ogystal a hyn, mae hi wedi delio â cholled ei chyfnither a'i ffrind gorau, Charlotte, a fu farw cyn ei phen-blwydd yn 18 oed. Roedd Charlotte yn ysbrydoliaeth mawr i Ceri:

"Dwi'n cael lot o ddiwrnodau lle dwi'n rili stryglo...Stryglo mynd i'r gwaith a phethau achos fod fy lefelau i'n mynd i bob man efo *diabetes* fi, a bob tro dwi'n meddwl fel yna, dwi'n meddwl, na, mi nath Charlotte lot mwy 'na hyn, a doedd hi byth yn cwyno."

Mae cerddoriaeth – yn enwedig cerddoriaeth Fleur De Lys – yn help i Ceri. Mae'r gân 'Amherffaith Perffaith' yn golygu lot iddi hi a dyma'r gân y mae hi wedi dewis canu gyda'r band mewn perfformiad arbennig o flaen eu ffrindiau a'u theulu.

Y criw nesaf sy'n derbyn ymweliad annisgwyl iawn gan Rhys Meirion yw Côr Encôr Bangor. Côr sydd wrth eu boddau yn canu caneuon i godi ysbryd, cymdeithasu a gwella lles corfforol a meddyliol. Ac mi fyddan nhw wrth eu boddau yn canu gyda band, yn ôl Ruth Williams, sydd wedi enwebu'r côr.

Mae Ruth yn Nyrs Anabledd Dysgu ac er ei swydd brysur, mae hi dal yn ffeindio amser i wirfoddoli. Mae hi wedi gwirfoddoli gydag elusen sy'n cynnig cefnogaeth i Wcrain, ac mi aeth yno fel rhan o'r gwaith elusennol.

"Mewn un ffordd, ti'n medru gwneud dim byd oherwydd maen nhw dan warchae rhyfel." Meddai Ruth, "Fel nyrs weithiau ti jest yn gorfod cychwyn wrth dy draed a trio gwneud gwahaniaeth i un person, i un plentyn, ar un adeg...Maen nhw'n agos iawn i fy nghalon i."

Rhywbeth arall sy'n arbennig i Ruth yw'r côr. Mae'r côr cymdeithasol a llawn hwyl yma'n mwynhau cyfarfod yn anffurfiol am baned cyn mynd ati i ganu ac yn help i bawb, yn enwedig y rhai hynny sy'n byw ar ben eu hunain.

Ac mae'r profiad o ganu gyda chôr yn rywbeth newydd i'r band, hefyd! A cawn fwynhau fersiwn arbennig iawn o'r gân 'Sbectol' yn adeilad eiconig Prifysgol Bangor.

Canu Gyda fy Arwr
Nos Sul 15 Ionawr 8.00, S4C
Ar alw: S4C Clic, iPlayer a llwyfannau eraill
Cynhyrchiad Cwmni Da ar gyfer S4C

S4C

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Making dreams of singing with Fleur De Lys come true

If you had the chance to share a stage with anyone, who would you choose? Yes, Canu Gyda Fy Arwr (Singing With My Hero) is back! Singer Rhys Merion has been lucky enough to be able to perform with some of the biggest names in music, and in the series **Canu Gyda fy Arwr**, he wants to give others the same experience.

With Rhys at the helm traveling all over Wales - and beyond - to make people's dreams of singing with their musical heroes come true, one thing's for sure - this series will be jam-packed with plenty of laughs, a few tears and lots of surprises!

In the third episode of the new series **Canu Gyda fy Arwr**, the heroes this time are one of the most successful bands in the music scene in Wales, Fleur De Lys. Since forming in 2013, Huw, Sion, Carwyn and Rhys have recorded three albums and performed in front of large audiences across Wales.

"We're a little shocked!" said Rhys Edwards, the band's lead singer. "We never thought we would be on a programme like this...We're looking forward to meeting the people who want to sing with us!"

And the first person who gets the chance to sing with Fleur De Lys is 8-year-old Ioan from Anglesey - the youngest ever to sing in the series. He was nominated by his mother, Ffion, because he's been a huge fan of the band from an early age:

"All the Christmases would come at once for Ioan if he could fulfill his dream of singing with his hero, or heroes, Fleur De Lys."

And during a lesson at school, he gets a huge surprise to hear that he'll sing the song 'Dawnsia' with Fleur De Lys in front of a big audience at the Felinheli Festival.

The second to perform with Fleur De Lys is Ceri, a 21-year-old Youth Worker. Ceri is one of the band's biggest fans and goes to almost all their gigs. Ceri's strength is an inspiration to her father, who has nominated her.

Ceri lives with the condition dyspraxia which means she finds it difficult to keep balance and activities such as swimming or riding a bike. And last year, she was diagnosed with diabetes - something that hasn't been easy for her.

As well as this, she has dealt with the loss of her cousin and best friend, Charlotte, who died before her 18th birthday. Charlotte was a great inspiration to Ceri:

"There are a lot of days where I struggle...I struggle to go to work and other things because my levels go all over the place with my diabetes, and every time I think like that, I think, no, Charlotte did much more than this, and she never complained."

Music – especially Fleur De Lys' music – helps Ceri. The song 'Amherffaith Perffaith' (Perfect Imperfect) means a lot to her and its the song she has chosen to sing with the band in a special performance in front of her friends and family.

The next group to receive a very unexpected visit from Rhys Meirion is Côr Encôr in Bangor. A choir that loves to sing songs to lift spirits, socialize and improve physical and mental well-being. And they would love to sing with a band, according to Ruth Williams, who nominated the choir.

Ruth is a Learning Disability Nurse and despite her busy job, she still finds time to volunteer. She has volunteered with a charity that offers support to Ukraine and went there as part of her charity work.

"In one way, you can do nothing because they are besieged by war." Ruth said, "As a nurse, sometimes you just have to start at your feet and try to make a difference to one person, to one child, at one time...They are very close to my heart."

Something else that's special to Ruth is the choir. This sociable and fun choir enjoy meeting informally for a cuppa before they sing and it helps everyone, especially those who live alone.

And singing with a choir is a new experience for the band, too! And we'll get to enjoy a very special version of the song 'Sbectol' in the iconic building of Bangor University.

Canu Gyda fy Arwr
Sunday 15 January 8.00, S4C
English subtitles available
On demand: S4C Clic, iPlayer and other platforms
A Cwmni Da production for S4C