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Erthygl i'r Wasg Press Release

Sobri, Star Wars a Marathon de Sable – sgwrs onest Mark Lewis Jones

"Mae 'na amseroedd caled iawn wedi bod. Mae 'na paralel efo rhedeg ultra marathon, lle ti'n rhoi un droed o flaen y llall, a pharhau, a jest cadw i fynd." Dyna eiriau'r actor amryddawn Mark Lewis Jones wrth iddo edrych yn ôl ar drywydd ei fywyd hyd yn hyn.

A dyma pwy fydd gwestai Elin Fflur yn rhaglen gyntaf y gyfres newydd o **Sgwrs Dan y Lloer** ar 1 Chwefror am 8.25. Yn ei ardd glud yng Nghaerdydd, gyda thanllwyth o dân a'r sêr yn gwmni, fe fydd Elin yn cael hanes gyrfa a bywyd hynod liwgar yr actor, o Con Passionate i Star Wars a The Crown. Er ei fod wedi swyno gwylwyr ar hyd y degawdau mae o'n parhau i fod yn un o hogia' Rhosllanerchrugog, ac wrth i'r nos gau am y brifddinas, fe ddown ni i adnabod y dyn go iawn, y tad a'r gŵr sy'n Gymro i'r carn!

Cawn glywed am ei brofiad cyntaf o actio ar lwyfan Ysgol Morgan Llwyd yn 16 mlwydd oed a'r athrawes a newidiodd ei fywyd wrth roi'r cyfle hwnnw iddo.

Ond y newid mwyaf iddo brofi, mae'n debyg, yw'r ffaith iddo lwyddo i gael gwared ar alcohol o'i fywyd. Yn y sgwrs, mae'n siarad o'r galon am ei brofiad, a pha mor hawdd mae ffordd o fyw actor yn medru arwain at yfed yn drwm:

"Ro'n i'n gweld fy hun yn mynd lawr y cyfeiriad anghywir; goryfed – yn cael effaith negyddol a dinistriol ar fy mywyd. A nes i drïo ambell waith i stopio, a nes i jest penderfynu ryw 12 mlynedd yn ôl bod o'n amser rhoi stop yn llwyr" meddai Mark.

"Nes i drïo yfed yn normal a chael bywyd normal ond doedden nhw ddim yn ffitio efo'i gilydd. Do'n i'm yn gallu'i neud o. So nes i jest rhoi'r gorau iddi'n llwyr.

"Y busnes dwi ynddi; mae 'na gymaint o gyfleoedd i yfed a byw mewn gwestai a trafailio drwy'r amser, a 'di hynny ddim yn helpu. Da'n ni'n byw bywyd hollol sobor yma. Dwi 'di cael fy *fill* ac roedd o'n amser stopio. Mae'n *cliché* bod actor yn yfed gormod ond dyna fo, dwi'n *cliché*. A dwi jest yn ddiolchgar iawn 'mod i 'di gallu cael gwared ohono, achos dwi'n gweld lot o bobl sydd mewn sefyllfa debyg i be o'n i ynddi, a dwi jest yn gobeithio bod nhw'n gallu gwneud yr un peth os oes angen. Ges i help yn y diwedd, a dwi'n falch iawn 'mod i 'di gallu gofyn am help.

"Mae'n rhan mor bwysig o 'mywyd bo' fi 'di gallu newid a bod fi'n hapus efo'r bywyd newydd, a bod fi ddim eisiau mynd 'nôl. Dwi'n hollol gyfforddus lle ydw i."

Tua'r un pryd â rhoi'r gorau i alcohol daeth ffocws newydd i'w fywyd newydd, sef cadw'n heini, a chawn glywed sut iddo fynd ati i ymarfer a chymryd rhan mewn sawl marathon, gan gynnwys *ultra marathon* enwog Marathon de Sables, sy'n profi dyn i'r eithaf:



"O'n i wedi syrthio mewn cariad â'r holl philosophy o redeg. Dwi hefyd yn licio gwneud triathalons. Dwi'n hoffi gwneud pethau i'r eithaf. Mae'n therapi; cadw fi'n ffit, yn iach, helpu iechyd meddwl. Pam na faswn i'n gwneud o?"

Sgwrs Dan y Lloer: Mark Lewis Jones

Nos Lun, 1 Chwefror 8.25

Ar alw: S4C Clic, iPlayer a llwyfannau eraill

Cynhyrchiad Tinopolis ar gyfer S4C



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A sobering experience for Mark Lewis Jones

"There have been a few tough times. There's a parallel to running an ultra marathon, where you put one foot in front of the other, and carry on, and just keep going." These are the words of renowned actor Mark Lewis Jones as he reflects on his life so far.

He will be Elin Fflur's guest in the first episode of a new series of **Sgwrs Dan y Lloer** on 1 February at 8.25 In his garden in Cardiff, accompanied by a blazing fire and the stars, Elin will get to hear about the actor's career and colourful life, from Con Passionate to Star Wars and The Crown. Although he has captivated viewers throughout the decades, he remains a true Rhosllanerchrugog lad, and as the sun goes down on the capital, we get to know the real man, the father, husband and true Welshman!

We hear about his first acting experience on the stage at Ysgol Morgan Llwyd at the age of 16 and the teacher who changed his life by giving him that opportunity. But no doubt one of the biggest changes he's experienced is the fact that he managed to get rid of alcohol from his life. In the programme, he talks from the heart about his experience, and how easily an actor's lifestyle can lead to heavy drinking:

"I saw myself going in the wrong direction; drinking heavily – and its negative and destructive effect on my life. I tried to stop drinking a few times, and just decided about 12 years ago it was time to stop completely," says Mark.

"I tried drinking normally and having a normal life but they didn't go together. I couldn't do it. So I just gave up alcohol altogether.

"The business I'm in; there are so many opportunities to drink and live in hotels and travel all the time, which doesn't help. We are living a totally sober life here. I've had my fill and it was time to stop. It's a cliché for an actor to drink too much, but there we go, I'm a cliché. And I'm just very thankful that I was able to get rid of it, because I see a lot of people who are in a similar situation to what I was in, and I just hope they can do the same if necessary. I got help in the end, and I'm really glad I was able to ask for help.

"The fact I've been able to change is such a big part of my life, and I'm happy with my new life and don't want to go back. I'm completely comfortable where I am."

About the same time as giving up alcohol a new focus came into Mark's life – keeping fit. We'll get to hear how he went about exercising and taking part in several marathons, including the infamous extreme Marathon de Sables ultra marathon.

"I had fallen for the whole philosophy of running. I also like taking part in triathlons. I enjoy taking things to the extreme. It's therapy, keeps me fit and healthy, and is good for mental health. Why wouldn't I do it?"



Sgwrs Dan y Lloer: Mark Lewis Jones

Monday, 1 February 8.25pm

On demand: S4C Clic, iPlayer and other platforms

A Tinopolis production for S4C