



10.02.2023

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Erthygl i'r Wasg Press Release

Y Gymraeg yn helpu siwrne Alex Jones o Rydaman i The One Show

Yr wythnos hon yn Stori'r Iaith, Alex Jones, cyflwynydd The One Show fydd yn mynd ar daith bersonol i ddarganfod mwy am hanes y Gymraeg a'i pherthynas unigryw hi gyda'r iaith.

Mae'r gyfres ddogfen yn dilyn pedwar cyflwynydd sydd, yn eu tro yn holi o ble mae'r iaith wedi dod, beth yw ei sefyllfa heddiw a beth fydd ei dyfodol.

Bydd Alex yn ein tywys i'r dref lle cafodd ei magu – Rhydaman – ardal, yn ei geiriau hi "lle'r oedd y Gymraeg i'w glywed ym mhobman, ond mae popeth wedi newid yn fawr ers 'ny."

"Sai'n credu bod gymaint o bobl yn siarad Cymraeg yn Rhydaman a beth o'dd e pan o'n i'n tyfu lan 'ma – s'dim dowl ambyti 'na" medd Alex, "ond dwi'n credu bod Cymreictod y lle, a hanes a diwylliant Rhydaman dal yn bwysig i bawb sy'n byw 'ma, ond fi'n credu bo' nhw wedi colli'r hyder i siarad Cymraeg, a 'ma hwna'n itha trist."

Bydd Alex yn olrhain hanes Rhydaman ac yn darganfod mwy am sut ddaeth ei theulu hi i'r ardal yn ystod oes aur y Gymraeg adeg y Chwyldro Diwydiannol. Caiff glywed am y cyfoeth o gorau, clybiau rygbi, grwpiau theatr a'r diwydiant argraffu oedd yno ar ddiwedd y 19eg Ganrif - a'r cyfan yn digwydd drwy'r Gymraeg. Ar droad yr 20fed ganrif er bod miliwn o siaradwyr Cymraeg yng Nghymru, y nifer uchaf erioed, roedd hi hefyd yn drobwynt hanesyddol i'r iaith gan ei bod yn iaith leiafrifol am y tro cyntaf erioed.

Bydd Alex yn ymweld ag Amgueddfa Werin Sain Ffagan ac yn darganfod stôr o recordiadau sain arbennig o ganol yr 20fed Ganrif. Archif sydd yn drysorfa o acenion a thafodiaethau a gasglwyd o ddiwedd y 1950au, ar adeg pan oedd gwir ofnau y byddai'r Gymraeg yn marw.

Bydd Alex hefyd yn cwrdd â'r newyddiadurwr a'r awdur Carolyn Hitt i drafod hunaniaeth Gymreig, ac yn holi oes rhaid siarad Cymraeg i fod yn Gymro?

Mae teulu Alex ei hun yn adlewyrchu'r norm ieithyddol i nifer yng Nghymru – dwyieithrwydd, gyda'r Gymraeg a'r Saesneg yn gymysg i gyd:

"Pan gwrddodd mam a dad, o'n nhw'n siarad Saesneg â'i gilydd yn naturiol er bod y ddau ohonyn nhw'n gallu siarad Cymraeg – mam o ochrau Brynaman a dad o Lanelli" meddai Alex. "O'dd dim gair o Gymraeg 'da fi pan es i i'r ysgol, ond wedodd y Prifathro 'fydd hi'n iawn, o fewn chwe wythnos fydd hi'n rhygl y Gymraeg. Es i fewn yn bedair oed ac mewn chwe wythnos o'n i'n gallu siarad Cymraeg yn iawn."

Wrth ymweld â'i hen ysgol gynradd – Ysgol Gymraeg Rhydaman yn y rhaglen, mae hi'n cydnabod rôl y profiadau amhrisiadwy a gafodd yn sgîl yr addysg Gymraeg wrth feithrin ei hyder:



"O'n i'n ferch swil iawn yn tyfu lan, ac yn edrych nôl fi'n credu taw'r person cyntaf na'th ddylanwadu arna i oedd Prifathro'n ysgol gynradd i – Mr Randall Isaac. Roedd pawb yn cael cystadlu yn yr Eisteddfod. I gael cyfle fel 'na o pan o'n i'n bedair reit lan trwy'r ysgol gynradd ac uwchradd – fi'n credu bod hwnna 'di rhoi lot o hyder i fi, a fi'n credu bod pethau fel Eisteddfodau, yr ysgol Gymraeg lle fues i – y ddau beth yna wedi helpu fy siwrne o Rydaman i The One Show."

A hithau'n byw yn Llundain ac yn fam i dri o blant bach, mae Alex yn benderfynol o feithrin Cymreictod yn ei phlant, a bod yr iaith Gymraeg yn ran naturiol o'r aelwyd:

"O'dd dim cwestiwn pan ges i'r plant taw Cymraeg fydden i'n siarad 'da nhw. Wedi dweud hynny, achos bod Charlie 'ngŵr i'n siarad Saesneg, pan y'n ni gyd gyda'n gilydd, Saesneg yw'r iaith, ond wedyn fi dal yn siarad Cymraeg. Mae Charlie'n gefnogol iawn o hynny, a ma fe'n darllen storis Cymraeg 'da Ted cyn mynd i'r gwely, ond ma' fe'n gwbod yn y bôn bo' fi'n teimlo bod ishe lot fwy o ymdrech er mwyn rhoi unrhyw fath o sylfaen Cymraeg i'r bois os y'n ni'n aros fan hyn am y blynyddoedd nesaf."

Wrth edrych i'r dyfodol, os ydyn ni am gyrraedd y miliwn o siaradwyr unwaith eto, mae hi'n adlewyrchu ar y ffaith mai siaradwyr newydd fydd nifer helaeth ohonyn nhw, ac mewn ardal fel Rhydaman ble mae "dyw 'Nghymraeg i ddim digon da" i'w glywed yn aml, sut mae annog pobl i fod yn fwy hyderus ac i ddefnyddio mwy o'u Cymraeg:

"Cymraeg yw beth wyt ti moyn e fod fi'n credu. A ma'n neis, mewn gwlad mor fach bod cymaint o fersiynau o'r Gymraeg 'da ni – hyd yn oed yn ein teulu bach ni. Ni gyd yn deall ein gilydd ar ddiwedd y dydd, a 'na beth sy'n bwysig".

Stori'r Iaith: Alex Jones

Dydd Mawrth, 22 Chwefror, 9.00, S4C

Isdeitlau Cymraeg a Saesneg

Ar alw: S4C Clic; BBC iPlayer a llwyfannau eraill

Cynhyrchiad Rondo Media ar gyfer S4C



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Welsh helps Alex Jones's journey from Ammanford to The One Show

In this week's episode of **Stori'r Iaith**, Alex Jones, presenter of The One Show will go on a personal journey to find out more about the history of the Welsh language and her unique relationship with the language.

The documentary series of four programmes follows four presenters who, in turn, ask where the language has come from, what its situation is today and what will its future be?

Alex will guide us to the town where she was raised - Ammanford - an area, in her words "where Welsh could be heard everywhere, but things have changed a lot since then."

"I don't think as many people speak Welsh in Ammanford as when I was growing up here," says Alex, "but I believe that the Welshness of the place is still just as important, and the history and culture of Ammanford is still important to everyone who lives here, but I believe they have lost the confidence to speak Welsh, and that's sad."

While following the personal stories of her ancestors in Ammanford, Alex discovers more about the golden age of the Welsh language during the Industrial Revolution. She'll hear about the wealth of choirs, rugby clubs, theatre groups, and the printing culture at the end of the 19th Century - all happening through the medium of Welsh. At the turn of the 20th century although there were one million Welsh speakers in Wales, the highest number ever, it was also a historic turning point for the language as it was a minority language for the first time ever.

Alex will visit St Fagans National Museum of History and discover a collection of sound recordings from the mid-20th Century - an archive that is a treasure trove of accents and dialects collected from the late 1950s, at a time when there were real fears that the Welsh language would die.

Alex will also meet journalist and author Carolyn Hitt to discuss Welsh identity, and asks do you have to speak Welsh to be Welsh?

It seems that Alex's own family reflects the linguistic norm for many in Wales - bilingualism:

"When mam and dad met, they naturally spoke English to each other even though they could both speak Welsh - mam from the Brynaman and dad from Llanelli," says Alex. "I didn't speak a word of Welsh when I went to school, but the headmaster said 'it will be fine - within six weeks she'll be fluent in Welsh'. I started school at four years old, and in six weeks I could speak Welsh fluently."

When visiting her old primary school - Ysgol Gymraeg Rhydaman - in the programme, she acknowledges the contribution the invaluable experiences she had as a result of the Welsh language education in building her confidence:



"I was a very shy girl growing up, and looking back I think the first person who made an impression on me was the headmaster of my primary school - Mr Randell Isaac. Everyone was allowed to compete in the Eisteddfod. To have an opportunity like that from when I was four right up through primary and secondary school gave me a lot of confidence. I believe that things like the Eisteddfodau and the Welsh school where I was helped my journey from Ammanford to The One Show."

Living in London, a mother of three young children, Alex is determined to foster the Welsh language in her children, and for it to be a natural part of the household:

"There was no question that when I had the kids I would speak with them in Welsh. Having said that, because Charlie, my husband, speaks English, when we are all together, the language is English, but then I still speak Welsh! Charlie is very supportive of that, and he reads Welsh stories to Ted at bedtime, but deep down he knows that I feel there is a lot more effort needed in order to give the boys any kind of Welsh foundation if we stay here for the next few years."

Looking to the future, if we want to reach a million of Welsh speakers once again, Alex reflects on the fact that a large number of those will be Welsh learners, and in an area like Ammanford where "my Welsh is not good enough" is often heard, what needs to be done to encourage people to be more confident to use more of the language?:

"I think Welsh is what you want it to be. And it's nice, in such a small country that there are so many versions of Welsh - even in our little family. We all understand each other at the end of the day, and that's what matters".

Stori'r Iaith: Alex Jones

Tuesday, 22 February, 9.00, S4C

English and Welsh subtitles

On demand: S4C Clic; BBC iPlayer and other platforms

A Rondo Media production for S4C