S4C

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Elin Lenny
Cyswllt Contact
Ffôn Phone 03305 880506

Erthygl i'r Wasg **Press Article**

Cyfeillgarwch yn achub bywyd yr actor Iwan John

Mewn argyfwng, mae yn ein natur i gynnig cefnogaeth ddiamod i ffrindiau a theulu. Ond pa mor bell fyddech chi'n fodlon mynd?

A fyddech chi wir yn gwneud unrhyw beth i achub bywyd eich hanwylyd neu ffrind agos? Yn ddigon dewr ac anhunanol i aberthu aren a wynebu llawdriniaeth fawr?

Dyna'n union wnaeth Steffan Rhys Williams, y cerddor o Gaerfyrddin, i ddiogelu bywyd ei ffrind, yr actor a digrifwr Iwan John. Cawn weld canlyniad y weithred arwrol hon yn **DRYCH: Dau ffrind, Un aren,** ffilm ddogfen deimladwy fydd ar **S4C ar nos Sul 5 Ebrill am 9.00.**

Mae'n dilyn **DRYCH: Aros am aren** a ddarlledwyd ym mis Tachwedd i gofnodi siwrne emosiynol Iwan, sy'n byw ym Mridell, Sir Benfro, wrth aros am drawsblaniad.

"Doeddwn i methu sefyll nôl a gwneud dim. Ar ôl gweld iechyd Iwan yn dirywio a sylweddoli faint oedd dialysis yn amharu ar ei fywyd e a'i deulu, ro ni'n gwybod mor bwysig oedd cael aren iddo. Dim ond un aren sydd ishe ife, felly beth am roi'r llall i rywun sydd ei angen?" meddai Steffan.

Datgelodd cyfres o brofion nad oedd aren Steffan yn addas i gorff Iwan. Ond nid oedd hynny yn ddigon i atal ysbryd a phenderfyniad y ddau gyfaill. Y cam nesaf oedd ymuno a system swopio organau, felly byddai Steffan yn rhoi aren i ddieithryn, a dieithryn arall yn rhoi aren i Iwan.

Wedi dechrau llawn gobaith i'r broses, mae'r newyddion fod y gadwyn organau wedi'i thorri yn siom enfawr. Mewn tro pedol syfrdanol, mae meddygon yn cynnig yr opsiwn o drawsblannu aren Steff yn uniongyrchol i Iwan, gan obeithio na fydd ei gorff yn ei wrthod.

Yn yr un modd a mae camerâu DRYCH wedi dilyn pob tro trwstan yn hanes y ddau gyfaill, maent hefyd yn dilyn y trawsblaniad gam-wrth-gam. Gwelwn y cyfan wrth i'r aren gael ei gludo o gorff Steffan i un Iwan.

Mae realiti y sefyllfa yn glir i Non, gwraig Iwan wrth iddi aros am newyddion o'r theatr. Y gobaith yw y bydd y broses yn newid bywyd Iwan a'i deulu am y gorau, ond mae risg enfawr y gall rhywbeth fynd o'i le.

Mewn tro pellach, mae cwmwl arall ar y gorwel – coronafeirws. Wedi'r driniaeth, mae'n rhaid i Iwan a'i deulu hunan-ynysu gan ei fod mewn categori risg uchel.

Meddai Iwan: "Fi'n ysu i gael prynu peint i Steff, ond bydd rhaid aros. Buaswn byth wedi cal gwell person i neud hyn gyda gan fod o'n becso dim! Mae wedi bod mor hamddenol trwy'r cyfan. Mae'n gymaint haws mynd trwy hyn gyda ffrind agos, rydym wedi cael hwyl gyda'n gilydd a chwerthin, er fod y sefyllfa yn un gref.

"Mae'n beth ridicilys i wneud i rhywun, a does dim geiriau digonol i ni fel teulu ddangos ein gwerthfawrogiad. Ond fi'n credu fod Steff wedi cael digon o glywed pobl yn sôn am arennau nawr. Mae wedi symud 'mlaen i'r peth nesa'n barod."

Mewn cyfnod heriol, braf yw gweld natur ddynol ar ei orau. Bydd hanes y ddau a'u tynnu coes diddiwedd yn siŵr o godi calon.

Meddai Steffan: "I fi, ma'r broses wedi bod yn un bositif iawn o'r cychwyn. Mae'r cefnogaeth ni wedi cael gan ffrindiau a'r gwasanaeth iechyd wedi bod yn ffantastig. Mae helpu rhywun i'r graddau yna yn gwneud lles i'r enaid. Byddwn i'n ei argymell i unrhyw un, os chi'n nabod unrhyw un y sefyllfa yna, gwnewch e."

Mae **Dau ffrind, Un aren** yn rhan o gyfres newydd **DRYCH**; cyfres o ddogfennau gafaelgar sy'n adlewyrchu bywyd yng Nghymru heddiw. Bydd hefyd cyfle i ail-wylio **DRYCH: Aros am aren** ar nos Iau 2 Ebrill.

DRYCH: Dau ffrind, Un aren
Nos Sul, 5 Ebrill 9.00, S4C
Isdeitlau Saesneg
Ar gael ar S4C Clic, BBC iPlayer a llwyfannau eraill
Cynhyrchiad Boom Cymru ar gyfer S4C

26.03.2020

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Erthygl i'r Wasg Press Article

Friendship saves the life of actor Iwan John

In a crisis, it’s human nature to offer to do anything to help our friends and family. But how far would you really go?

When it comes to the crunch, would you do absolutely anything to save a loved one’s life? Would you be brave and selfless enough to go under the knife and sacrifice a vital organ?

This is exactly what Carmarthen based musician, Steffan Rhys Williams, offered to do to save the life of his best friend, actor and comedian Iwan John. The result of this heroic act will be the subject of **DRYCH: Dau ffrind, Un aren** (Two friends, one kidney), a moving documentary that will be shown on S4C on Sunday 5 April at 9.00.

It follows **DRYCH: Aros am aren** (Waiting for a kidney), a documentary that was broadcast in November to highlight the emotional journey Iwan, of Bridell in Pembrokeshire, experienced while waiting for a transplant.

“I couldn't stand back and do nothing. After seeing Iwan's health deteriorate and the impact dialysis was having on his life, and that of his family, I knew he needed a donor desperately. You only need one kidney right, so why not give the other to someone who needs it?” said Steffan.

When a series of tests revealed Steffan’s kidney wasn’t suitable for Iwan's body, it didn’t dampen the two friends’ spirits and determination. The next step was to join an organ swapping system, where Steffan would donate his kidney to a stranger, and another stranger would give Iwan their kidney.

As the pair prepare for surgery, huge disappointment comes with the news that the organ chain has broken. In a dramatic turn, medics offer Iwan a transplant directly from Steffan albeit with a risk his body could reject it.

In the same way as the DRYCH cameras have followed every twist and turn in this story, they also follow the transplant step-by-step. We get to see everything as the kidney is transported from one body to another.

The reality of the situation is all too clear for Non, Iwan's wife as she anxiously awaits news from the operating theatre. The process has the potential to drastically change their family’s lives for the better, but there is also a huge risk that something could go wrong.

In a further twist, there’s another cloud on the horizon - Coronavirus. Iwan is in a high-risk category after the transplant, so he and his family are forced to self-isolate for the foreseeable future.

Iwan said: “I really want to be able to buy Steff a pint and enjoy a drink together, but it'll have to wait. I could never have asked for a better person to do this with because he just doesn’t stress!

He’s been so laid back throughout. It's so much easier to go through this with a close friend. Even though it’s a really serious situation, we've had fun together and laughed the whole way through.

“It's a ridiculous thing to do for someone, and as a family we feel there aren’t enough words to show our appreciation. But I think Steff has had enough of talking about kidneys now. He’s already moved on to the next thing.”

In challenging times, it’s nice to see human nature at its best. The tale of the two friends and their endless banter will be heart-warming to watch.

Steffan said: “For me, the process has been very positive from the start. The support from friends and the health service has been fantastic. Helping someone to that degree is good for the soul. I would recommend it to anyone, if you know anyone in that situation, do it.”

DRYCH: Dau ffrind, Un aren is part of the new DRYCH series; a series of captivating documentaries that reflect life in Wales today. There will be an opportunity to catch-up with the first instalment, **DRYCH: Aros am Aren,** on Thursday 2 April.

DRYCH: Dau ffrind, Un aren
Sunday, 5 April 9.00, S4C
English subtitles
Available on S4C Clic, BBC iPlayer and other platforms
A Boom Cymru production for S4C